



Kindness-Knowledge-Experience

Personal Care That Puts YOU First.

**Forget Nursing Homes – we have something much
better (and cheaper) for you!**

*Imagine a nice bed-and-breakfast style setting
with 'to-your-taste' meals and all the comforts of home.
Now add 24/7 expert personal care to meet all your safety
and health needs. Then, add a nurse of 26 years to
oversee and pro-actively manage everything.*

That's Spada Homes in a nutshell.

Highlights

Let our skilled hands, caring hearts, and extensive experience do the hard work, so you can return to being the child or spouse – not the caregiver.

✓ **Get the benefit of experience - Operated by a geriatric LPN.**

- We know the tools and techniques that work, and avoid costly gimmicks that don't.
- Joseph Spada is a Certified Geriatric Care Provider and geriatric nurse with 23 years operating adult family homes. He also holds a Diploma in Traditional Chinese Medicine and is very well versed in natural remedies including nutritional and herbal supplementation.

✓ **Medical care & oversight – We bring a full team of medical professionals to work for you... World-class care in the home.**

- Joseph Spada, LPN, CGCP; Management, Nursing, Care Planning (and everything else!)
- Choice of TWO outstanding Primary Care Providers in the home, for hassle-free medical care.
- Gale Wald, RN, assessments, nurse delegation and support nursing services.
- Dr. Barlam, DPM, for hassle-free in-home foot care.
- Dr. Charles Millington, D.D.S. for in-home dental care.
- Most all of the medical care happens easily and effortlessly.

✓ **From light care to end-of-life, you'll fit right in and won't have to move out.**

- Moving is stressful and disruptive, especially for the aged. As your care needs increase, we'll provide more care and go the extra mile to help you avoid another move.
- The staff is loving, caring, and well trained (including Certified Nursing Assistants). Most have worked here for years.
- You'll receive round-the-clock care and support from our 24/7/365 awake staff. We're dementia & mental health specialty certified and licensed.

✓ **Delicious wholesome & healthy meals.**

- We pride ourselves in cooking fresh and wholesome meals you will love (I really mean that!)
- We tailor our cooking to your preferences and medical needs. Meals are freshly prepared in-house using plenty of fruits and vegetables, including organic and natural ingredients whenever possible.

✓ **Wellness program & comprehensive health monitoring.**

- One key to healthier aging is a pro-active approach to wellness; that's why we check for and identify problems before they become serious.
- Our program also includes personalized exercises, physical therapy, therapeutic walking and range-of-motion.

✓ **Life Enrichment –enjoy a quality life no matter how frail you are.**

- Our residents enjoy live music performances, in-home beautician, games, birthday celebrations, and time outdoors – weather permitting of course.

✓ **Month-to-month**

No long-term contracts. WA State DSHS licensed since 1990.

Benefits

Everyone who lives at Spada Homes, nearly without fail, says their quality of life significantly improved, both for themselves and their loved one. Here are some of the benefits you will enjoy:

- ✓ *Decreased falls*
- ✓ *Increased socialization & companionship. Social isolation is a significant downside of 1-to-1 care at home, and even in assisted living facilities where seniors retreat behind closed doors.*
- ✓ *Improved medication management and compliance*
- ✓ *Better nutrition & hydration*
- ✓ *Health management & monitoring by seasoned professionals - on autopilot so you have more time!*
- ✓ *Decreased trips to pharmacies and doctors*
- ✓ *Decreased emergency room visits*
- ✓ *More fun, like regular live music and social opportunities*
- ✓ *Diet and meals prepared with your very own tastes and needs in mind, fresh, every day!*
- ✓ *Increased peace of mind knowing your loved one is in good hands*
- ✓ *No worries about maintenance, upkeep, and housekeeping.*



Locations

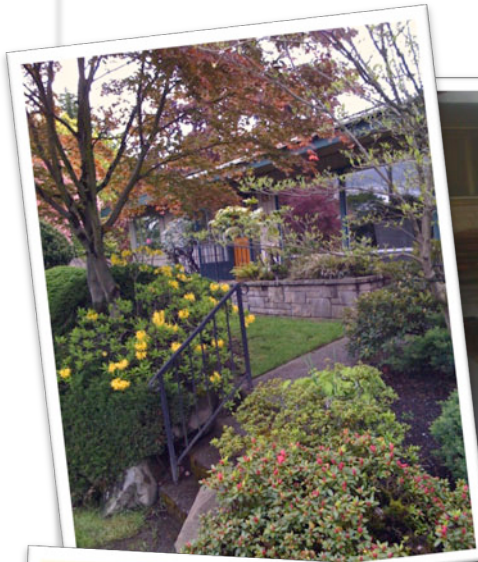
We offer two locations in the Wedgwood area.

Spada Homes at Alicia Park

3621 NE 100TH ST
Seattle WA, 98125

Spada Homes at Wedgwood

8601 26TH AVE NE
Seattle WA, 98115



Credentials

If receiving the most competent care possible is important to you and your loved one, look for this Certified Geriatric Care Provider credential.

Offered by the University of Washington School of Nursing and touted as one of the BEST geriatric care education course around, this certification is NOT required by DSHS. Very few care providers possess this level of skill and expertise.



Testimonials

Joseph; we want to thank you for extraordinary and compassionate care mother received during her nearly 3 years at Spada Home. We can never thank you enough for the attention and dignified lifestyle Miriam enjoyed. M. Miller.

Joseph; I can't tell you how much I appreciate you taking my dad in. These months have been so good for him; it was clear how much he enjoyed the camaraderie of the other men and Lotte, it was a pleasure to watch. And the care you provided was fabulous... loving and so respectful. Thank you so much for everything! Carol Jensen.

Dear Joseph; you really go the extra mile, and we are so appreciative. You have no idea how blessed we are to have mom at Spada Homes. Burt & Lynn Sharpe.

Les & I cannot begin to express our gratitude for the loving care you gave mom so freely. You all are truly angels walking among us & we will forever give thanks to God for you! Les & Laura Jones.

Thank you for wonderful care you gave my mother Miriam the past few years. I am grateful for the warm and compassionate attention you all gave to her, event to the very end. Dr. Kolotkin, MD

Dear Joseph; I want to thank you for all the time you've spent these past few years sitting in doctor's offices with my mother and me. Your hands-on style and active participation in her health care are such a tremendous help to me. I feel as though I have another 'family member' here in Seattle helping me take care of her. I just wanted you to know I appreciate and value your help and time. Rita Cipalla.

To everyone at Spada Homes: many thanks for your sympathetic and devoted care for our father, Dick. We are forever grateful. Claudia, Andrew, & Susan Templeton.

Dear Joseph; Thank you so much for giving my big 'Five-O' party. It was the best yet! I feel so fortunate to live here! Love. Charlotte Casey.

Dear Joseph; thank you so much for gifting me with your time and insight. You are doing such an 'above average' job it certainly isn't difficult to direct people to you! I can understand why I have heard so many good things about you and your wife. Continued success and happy Holidays. Julie Smith, RN

Other homes I visited charged more but offered so much less. We were so pleased with the care and services you provided to my father. Thank you. M. Chopp.

I marvel often at our great fortune of finding you! I couldn't have wished for a finer home for my mother to live in during her final years. Love. Selma Snaring.

Thank you so much for the beautiful cookbook and the wonderful care of my brother, Joe. He just looks better all the time. We really appreciate the care Joe receives and your help in getting the wheelchair. Joyce Sorenson.

Dear Joseph; thank you for so lovingly caring for mother. Janet & I could relax knowing she was so well cared for. We felt at home in your home. With love and appreciation. Jean Ladin.

“Home is Wherever The Heart Is”

A personal message from Joseph Spada

I was born in Sicily (Italy) and my parents immigrated us to Geneva Switzerland to escape the lack of work and poverty when I was a young boy. I was schooled in Geneva and started working at the University Hospital's geriatric wing when I was just 18. My fondness for the elderly became immediately apparent; I enjoyed making them laugh while caring for them and discovered it was a valuable contribution. We all felt better!

I came to Seattle in 1989. I was broke, didn't know anyone and barely spoke English. I earned \$6.12 per hour at a local nursing home, frequently working 72-to-80 hours each and every week just to make ends meet. In the beginning I was consistently responsible to care for 8 to 12 residents (more during the frequent staffing shortages), and it was heart wrenching not to have the time to give them the attention, care and consideration I knew would have made them feel so much better.

Then our first daughter Alycia arrived ten weeks early at 2 lb 14 oz; five weeks in an incubator, daily trips to Swedish Hospital, work, and exorbitant hospital bills had become our new routine. So I went to my boss asking for help but when it came to it, he went silent and disappeared. Eight months passed and our second daughter was on the way – what was I going to do?

When a coworker-friend mentioned this “adult family home” model, my creative mind got instantly engaged as I considered the needs of so many seniors and their loved ones, blending them with my skills and quality standards I was accustomed to from Switzerland – not only could I make a tangible contribution to my community, there was (and still is) a very real need for a long-term care setting that values and centers around the individual who needs care, rather than the individual having to adapt to the care setting's institutional structure. And, it was the perfect solution to my family thriving rather than surviving.

After researching, learning, raising funds and finding a suitable home, we were finally “home.” I still remember Vander, our very first resident; he loved holding our youngest on his lap and sing her lullabies. He told me that because his only daughter had Down Syndrome he wasn't able to do that for her during her youth, and that he now felt he'd come full circle and found completion. He passed shortly thereafter.

Now 23 years later, I'm still so grateful for the opportunity to serve the elderly population and to help relieve the burden of care from their adult children. I truly believe that helping another human being is one of the most important and noble job anyone can have.

Home is wherever the heart is.

Joseph Spada

Cost

For less than the price of an average Bed & Breakfast, just about everything you will need for your stay and care at Spada Homes is included in one straight daily fee! NO nickel-and-diming - Just exceptional value and the highest possible quality of life.

What's Included	Additional Cost*
<ul style="list-style-type: none">✓ Pro-active care management & oversight by Joseph Spada LPN, Certified Geriatric Care Provider.✓ All personal care assistance, as per your personalized care plan✓ 24/7/365 awake staff – including at night✓ Incontinence care & reusable pads✓ Room & board including linen, laundry & housekeeping, room maintenance & repairs.✓ Medication management and Medication administration✓ Wellness Program: Vital signs monitoring, mental-physical evaluations, exercises and physical fitness.✓ Life Enrichment program: celebrations, games, brain fitness, concerts, and more.✓ Sundry items & toiletries (creams, lotions, toothpaste, tooth brushes, etc.)✓ Home newspaper subscription✓ Hair care once monthly (then extra cost)✓ TV hookup in room with service included✓ Wireless computer network access✓ Freshly prepared wholesome meals & snacks. Special diets management.✓ Competent & caring staff: well-trained, screened, dedicated, experienced, stable staff.✓ Furnish & decorate your own room - Or let us furnish everything for you!✓ High standards of quality✓ FREE Consulting and coordination on alternative/natural remedies.✓ Unlimited access to a geriatric professional to answer your questions.✓ Staff ratio of 1-2 staff per 6 residents (varies)✓ And LOTS of personal attention!	<ul style="list-style-type: none">✗ Incontinence: briefs, insert pads, and disposable bed pads.✗ Transportation & recreational outings.✗ Nurse delegation – mandated by DSHS (supplied by State-licensed 3rd party RN)✗ Long-term care Assessment – mandated by DSHS. Annual and updates (supplied by 3rd party RN)✗ Medically prescribed dietary supplements such as Ensure, Boost, Thick-it, etc.✗ In-room personal telephone line.

**Please see Spada Homes Policies for full details.*