

## ASSISTED LIVING

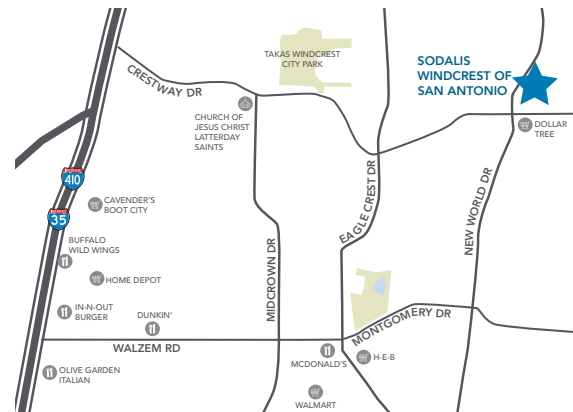
Engaged living, a tranquil setting, and compassionate care are hallmarks of Sodalis Windcrest of San Antonio, an assisted living community that encourages an active lifestyle and daily activities for residents – both on campus and throughout the beautiful San Antonio area. With designer touches throughout, you'll enjoy a spacious apartment home and a long list of amenities, knowing that you have a full range of personalized care available.

## MEMORY CARE

You're not alone during the long, stressful, and emotional journey of caring for someone with memory loss. As caregiving responsibilities become more challenging, it can be comforting to discover a setting with trained and caring staff. The Sodalis Windcrest of San Antonio team has specialized training in memory care and programs to optimize quality of life through everyday activities in a meaningful way.

## RESPIRE CARE

Sodalis Windcrest of San Antonio offers respite stays, if rooms are available, for those needing extra help throughout the day or while on vacation. For stays 14 days or longer, our community is here to provide your loved one with social interaction, mental stimulation, delicious meals, and entertainment.



**SODALIS**  
WINDCREST  
*of San Antonio*

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ALF #103829



**SODALIS**  
WINDCREST  
*of San Antonio*

AN ASSISTED LIVING AND  
MEMORY CARE COMMUNITY



## DINING

Three delicious meals each day and snacks as you wish, on your own time, are locally curated by our trained chef. Restaurant-style cuisine with a touch of traditional home cooking is provided by our courteous and friendly wait staff in the gracious Sodalis Windcrest of San Antonio dining room.

- Fresh, never frozen or precooked meals for breakfast, lunch, and dinner served in our restaurant-style dining room
- Seasonal menus consist of hearty breakfast options, full course lunches, and nutritious dinner selections
- Customized to meet your preferences or special dietary needs

## ACTIVITIES

Choose from a variety of activities, wellness programs, technology engagement, and more each morning, afternoon, and evening. Our full-time engagement director offers daily activities designed around the interests of our residents such as bridge and bingo, live music and entertainment, dancing and walking clubs, virtual reality, and memory enhancement programming.

Our community is located within minutes of the vibrant San Antonio area. You can take advantage of our free shuttle service to access San Antonio's independent restaurants, coffee bars, breweries, shops, and wellness services.

We have thought of everything to make Sodalis Windcrest of San Antonio your perfect new home.



## CARE

Live with vitality at Sodalis Windcrest of San Antonio with care services tailored for your specific needs. With our "residents first" philosophy, our team embraces a proactive approach to the health and wellness of our residents, making our community distinctly capable of providing the highest levels of care, delivered with the warmth and hospitality of a family member. If issues ever arise unexpectedly, staff is available 24/7 to assist you.

- Bathing, grooming, and dressing assistance
- Errand / transportation services
- Specialized diets / individualized nutrition supervision
- Scheduled medical visits
- Medication reminders, assistance and monitoring
- Fall management
- Weekly housekeeping and laundering
- And more!