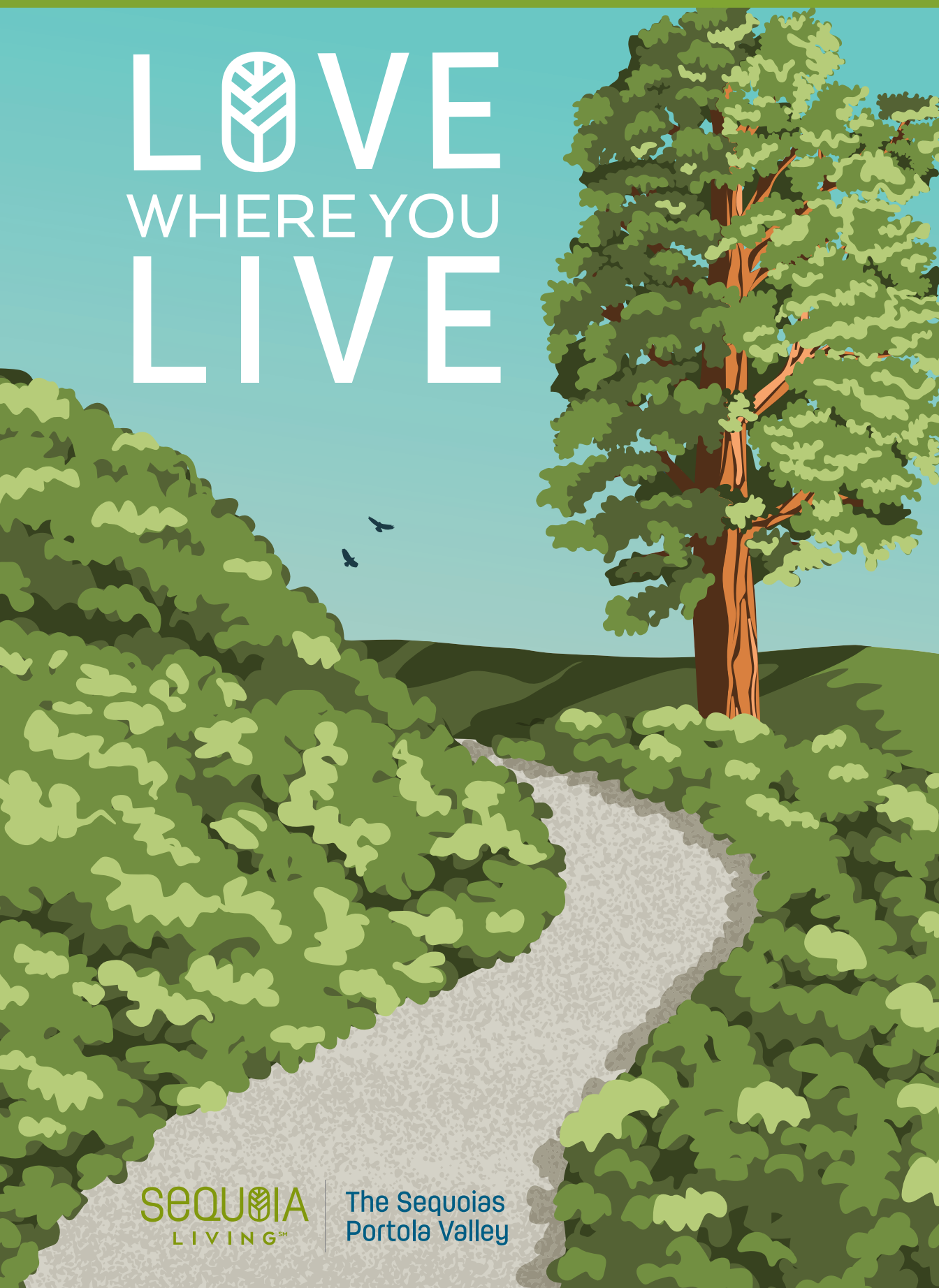
LOVE WHERE YOU LIVE



SEQUOIA LIVING℠

The Sequoias
Portola Valley

Discover, learn, and grow at The Sequoias Portola Valley.

Brenda Gilpin and O'Malley Stoumen residents, since 2021.

Enjoy breathtaking views, fascinating people, and a dynamic blend of arts, culture, and music.

This is where your adventure begins...

Top: Jack Walker, resident since 2023.
Middle: Phyrne Osborne and Elizabeth Guthrie, residents since 2023.
Bottom: Suzanne and Mike Seashols, residents since 2024.

"I knew I'd love the natural beauty here at The Sequoias, but I didn't know I would find so many wonderful new friends and the sense of belonging. Moving here was the best thing I could possibly do for my three daughters."

-Helen, resident

Are you looking to get the most out of life as you age? Prioritize the things that bring joy and fulfillment.

Wellness programs are multidimensional and include physical, social, and opportunities for meaningful connections. Each day brings a chance to discover, learn, and grow to be an even better version of yourself.

As we age, taking good care of ourselves is essential. Having support services and getting involved in activities will enhance your well-being. Whether you enjoy a morning walk with a friend or attend a stretch class in the afternoon, there are plenty of choices to connect with the people around you.

Here are five wellness benefits of community living:

- A welcoming environment for people of all backgrounds
- Resident-led clubs that foster your interests
- Fitness center and exercise programs
- Daily life-enriching experiences and activities
- Time to rest and reset when you need it

Left: Janet Dore residents since 2023.
Right: Susan Duvall and Joanna Baciocco, residents since 2021 and 2023.

Community Living

Dining

- Three Meals Daily
- Flexible Meal Plan Option
- Carry-Out Service

Housekeeping

- Housekeeping & Linen Service

Fitness & Wellness

- Fitness Center
- Wellness Lectures & Programs
- Exercise, Balance & Yoga Classes
- Nearby Walking Trails to Open Space Preserves
- Indoor Swimming Pool & Spa, Aquacize Classes

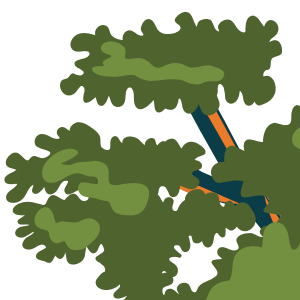
Activities

- Education Programs, Movies
- Lawn Bowling, Putting Green
- Live Entertainment, Concerts, Chamber Music
- Woodworking
- Local Scheduled Transportation Available

Services & Amenities

- Library, Daily Newspapers
- Beauty Salon for Men & Women*
- Massage Therapist*
- Art Gallery
- Community Garden
- Gift Shop

- Utilities
- 24-Hour Emergency Call System in Each Residence
- Individual Temperature Control
- Carport Parking*
- Digital TV Screens for Daily Activities (also Broadcast on TV Residence)
- Memory Care
- Skilled Nursing
- Assisted Living
- Clinic with Nursing Services
- Rehabilitation Center*
- Physical Therapy
- Occupational Therapy
- Speech Therapy



**Additional Fee*

Left: Sarah Tennyson and Dora Kuo, residents since 2010 and 2015.
Right: Stephen Trott, resident since 2025.

Dining Experience

"Open tables mean there's always room for one more, and that's how friendships grow."

–Joanne, resident

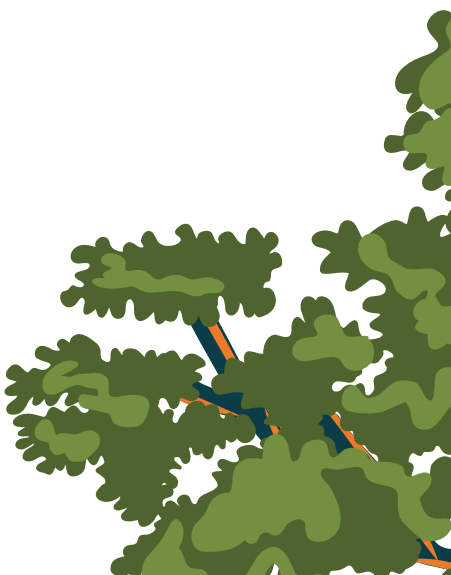
At The Sequoias, dining includes a tempting array of fresh and healthy choices. Enjoy the impeccable table service of our dining room staff. We offer dining plans with three meals a day, or choose our one meal a day option. You're always free to take away a meal to enjoy in your residence or in our outdoor seating area.

Whether it's a savory dish in the dining room or a sandwich to take on a hike, you're guaranteed a satisfying meal. Stunning, panoramic views of the Windy Hill Open Space Preserve or the many beautiful trees around us make your dining experience even more enjoyable.

Our Sequoias culinary team places a high priority on ensuring that the dining experience is relaxing and enjoyable to all the senses. It's all part of our focus on enriching the aging experience in every way we can.

Amenities Abound

- Full service dining
- Three meals daily, or flexible meal plan
- Take our service available
- Patio for outdoor dining
- Vegetarian options are available
- A la carte menu available all day



Left: Dennis Holahan and Margaret Milledge, residents since 2019 and 2022.

Our Local Neighborhood

Only a few minutes from your home are all the sights, flavors, and culture that Portola Valley has to offer. Stroll the Stanford Shopping Center's open-air shops and restaurants, explore local art galleries and performing arts venues like the Bing Concert Hall and Cantor Arts Center, or catch a performance by the Palo Alto Philharmonic.

Situated on 42 acres of beautifully landscaped grounds, The Sequoias offers numerous hiking trails to explore. With Windy Hill Preserve in your backyard, scenic walks in nature can be part of your daily routine.

You'll also enjoy the charm of nearby farmers' markets, featuring artisan breads, organic produce, and local delights.

Susan Duvall, Jeff Green, Jon Stoumen, and Sally Knorp, residents since 2021 and 2024.

CONTRACT OPTIONS

The Sequoias Portola Valley offers several contract options. Choose the one that's right for you.

Continuing Care Preferred Contract*

When you select this contract option, your monthly fees will increase as your need for care increases. Standard independent living monthly fees increase if you need services provided in assisted living, memory care, or skilled nursing. Fees in these higher levels of care will be discounted 10% off the market rate and may be covered, in part, if you have long-term care insurance.

Continuing Care Contract*

This contract option is designed to increase your monthly fees as your need for care increases. Base monthly fees in independent living only increase if you need services provided in assisted living, memory care, or skilled nursing. Fees in these higher levels of care will be charged at market rates and some fees may be covered by your long-term care insurance.

*50% Repayment Option

Versions of both contract types are available with a 50% repayment option. This version is a great choice for people who want to benefit their estate.

HEALTH & FITNESS

At The Sequoias, choose from a wide range of exercise classes encompassing all aspects of fitness, from stretching and cardiovascular strength, to balance and resistance training.

Our fitness classes are taught by certified instructors and are designed to help adults maintain their cardiovascular health, strength and flexibility. Enjoy the benefits of working out in a group.

Fitness and Wellness

- Fitness center with personal assessment
- Exercise, balance, and yoga classes
- Indoor pool and spa / aquacize classes
- Nearby walking trails to open space preserve
- Wellness lectures and programs

Staying active is an important part of a healthy senior lifestyle. Our well-equipped fitness center, programs, and activities make it easy to keep in shape.

April 1, 2025 - March 31, 2026
Fee Schedule

CONTINUING CARE PREFERRED					
Apartment Type	Single Monthly Fee Starting At	Double Monthly Fee Starting At	Entrance Fee Starting At	Entrance Fee 50% Rebate Starting At	Second Person Entrance Fee
Studio	$5,222	N/A	$194,580	$274,965	N/A
One Bedroom	$5,854	$8,802	$331,011	$467,731	$26,400
Two Bedroom	$7,391	$10,339	$623,185	$880,627	$26,400
Two Bedroom Two Bath	$8,552	$11,499	$1,031,520	$1,457,760	$26,400

CONTINUING CARE					
Apartment Type	Single Monthly Fee Starting At	Double Monthly Fee Starting At	Entrance Fee Starting At	Entrance Fee 50% Rebate Starting At	Second Person Entrance Fee
Studio	$5,222	N/A	$176,640	$249,665	N/A
One Bedroom	$5,854	$8,802	$300,805	$425,105	$24,000
Two Bedroom	$7,391	$10,339	$566,035	$799,900	$24,000
Two Bedroom Two Bath	$8,552	$11,499	$937,440	$1,324,800	$24,000

Through the payment of an Entrance Fee (a non-equity agreement) and Monthly Fee, The Sequoias Portola Valley provides freedom from the responsibilities of home ownership in addition **to a potential tax advantage in the form of a pre-paid medical expense deduction**. Certain age & other restrictions apply. Please consult your tax advisor.

Value Comparison Worksheet

Compare your current expenses to the benefits of one flat monthly fee enjoyed by residents at The Sequoias. Begin by examining your current expenses, converting annual expenditures to monthly expenses. Then compare your costs to the value of the Monthly Fee at The Sequoias.

MONTHLY EXPENSES	CURRENT	FUTURE
Mortgage/rent or Monthly Fee	$ _____	$ _____
Property Taxes	$_____	Included
Utilities (gas, electric, water, sewer, garbage removal, cable)	$_____	Included
Home Maintenance/Repairs (plumbing, roofing, major appliance repair, painting, electrical, storm damage, pest control, etc)	$ _____	Included
Homeowners Association Fees/Assessments	$ _____	Included
Landscaping Maintenance	$ _____	Included
Food Expenses (groceries, gratuities, dining out)	$ _____	Included
Domestic Help (housekeeper, laundry, etc.)	$ _____	Included
Security (smoke, fire alarms, patrol, etc.)	$ _____	Included
Healthcare (Assisted Living, Skilled Nursing, and Memory Care)	$ _____	Included
Call System (24-hour monitoring of resident call system if available in the home)	$ _____	Included
Transportation (car payment, fuel, maintenance, repairs, and insurance)*	$ _____	Included
Entertainment, Social, and Cultural Programs and Events	$ _____	Included
Fitness membership and fees (pool and gym)	$ _____	Included
TOTAL MONTHLY EXPENSES	$ _____	$ _____

* Transportation available to local medical appointments, shopping, church services, and scheduled cultural events and scenic drives.

I Want to Apply. What Do I Do?

First, let's discuss the basic qualifications.

You may apply to become a resident of The Sequoias Portola Valley if you:

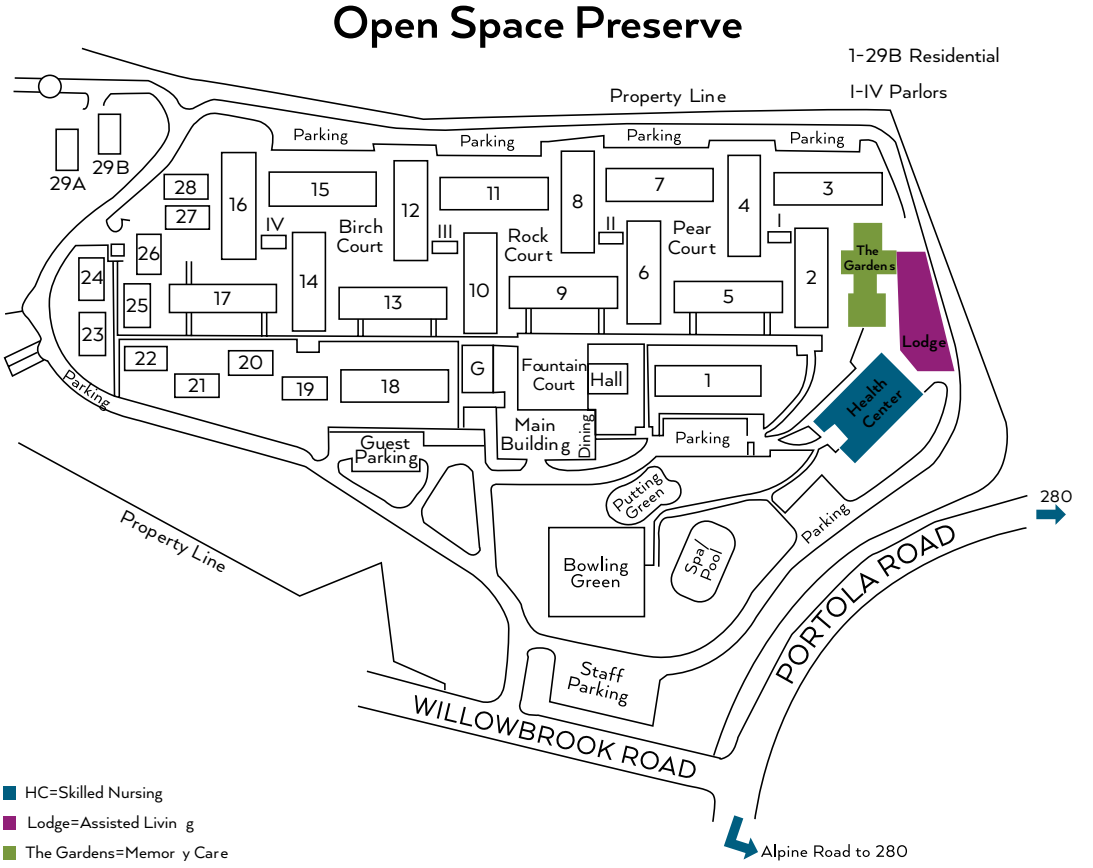
- Medically qualify
- Financially qualify
- Manage your own personal and financial matters
- Have Medicare, parts A and B, or the equivalent

Application for Residency

If you are considering a move to The Sequoias, the full application process is recommended. The application entails completing the application packet, which includes a financial report, health care supporting documentation, required lab tests, and an introductory meeting with our executive director and medical director.

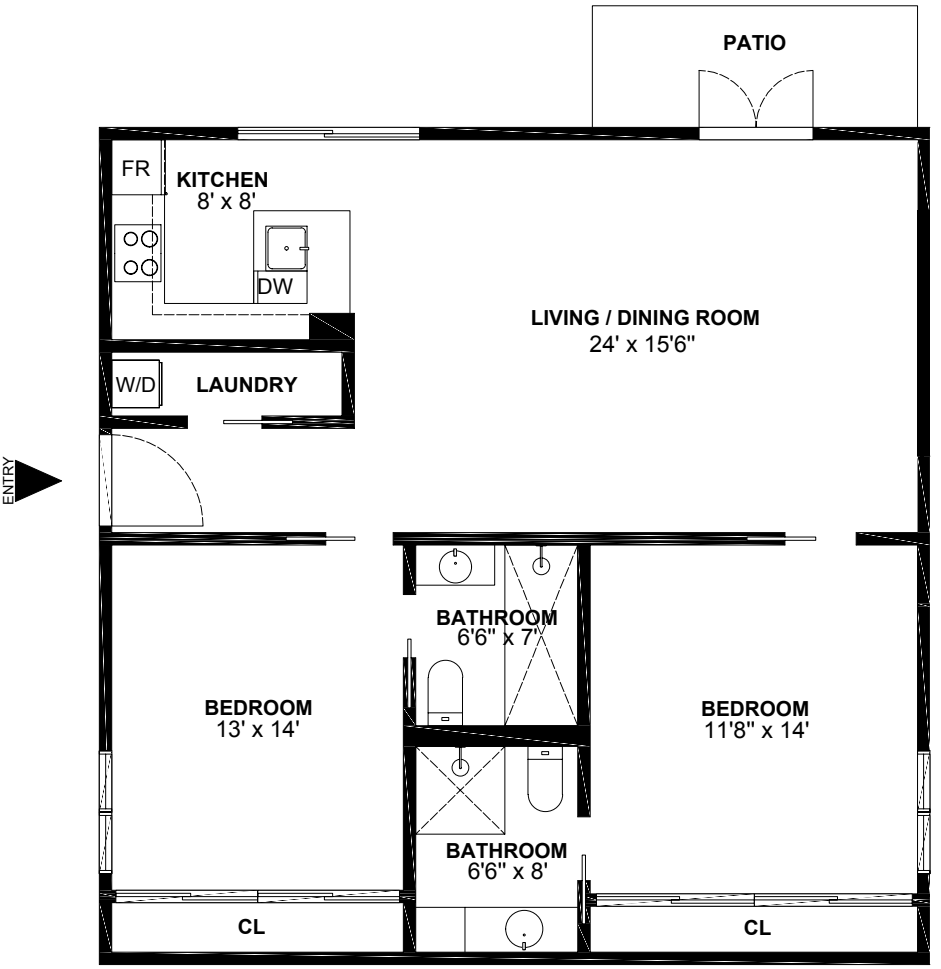
If you have not previously been on our waiting list, the application fee for residency is $1,500. The $1,000 deposit is applied to your entry fee or refunded if you decide not to apply for residency; $500 is a non-refundable processing fee. We recommend that people who desire future residency apply sooner rather than later.

Portola Valley Neighborhood Map



The Sequoias Floor Plan Examples

TWO BEDROOM TWO BATH DUPLEX - APPROX. 1,089 SQ FT



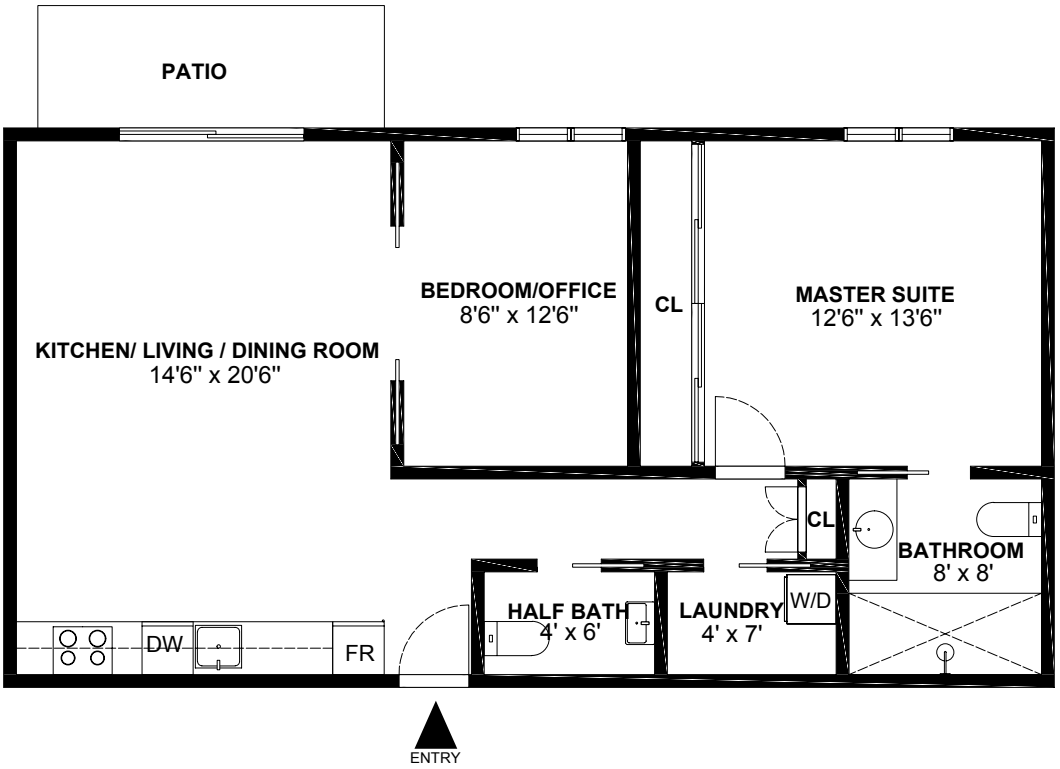
Size and dimensions are approximate. Actual may vary.

Features of your new home:

- Kitchen with refrigerator, dishwasher, electric range and oven, convection microwave, under counter cast iron sink
- Bath features wide entry door, easy-access shower, built-in vanity, medicine cabinet, and safety grab bars
- Energy-efficient gas furnace with radiant heat
- Individually controlled, programmable thermost
- Private ground-level garden patios or private sunroom, based on apartment selected
- Carpet and hardwood floors
- Ample closet space
- Resident call system
- Smoke detector and sprinkler system
- Added soundproofing and fire-rating on common walls
- Pre-wired for cable TV with in-house TV channel
- Pre-wired for phone with in-house phone service
- Washer and dryer

The Sequoias Floor Plan Examples

TWO BEDROOM 1.5 BATH - APPROX. 860 SQ FT



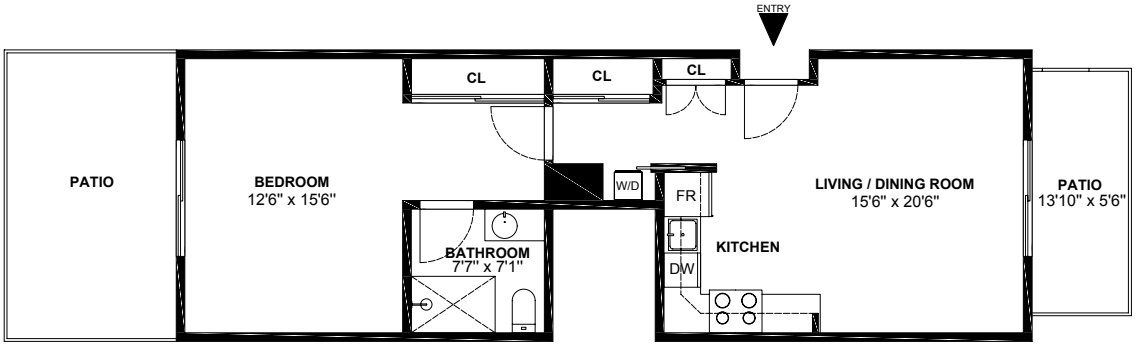
Size and dimensions are approximate. Actual may vary.

Features of your new home:

- Kitchen with refrigerator, dishwasher, electric range and oven, convection microwave, under counter cast iron sink
- Bath features wide entry door, easy-access shower, built-in vanity, medicine cabinet, and safety grab bars
- Energy-efficient gas furnace with radiant heat
- Individually controlled, programmable thermost
- Private ground-level garden patios or private sunroom, based on apartment selected
- Carpet and hardwood floors
- Ample closet space
- Resident call system
- Smoke detector and sprinkler system
- Added soundproofing and fire-rating on common walls
- Pre-wired for cable TV with in-house TV channel
- Pre-wired for phone with in-house phone service
- Washer and dryer

The Sequoias Floor Plan Examples

GRANDE ONE BEDROOM - APPROX. 775 SQ FT



Size and dimensions are approximate. Actual may vary.

Features of your new home:

- Kitchen with refrigerator, dishwasher, electric range and oven, convection microwave, under counter cast iron sink
- Bath features wide entry door, easy-access shower, built-in vanity, medicine cabinet, and safety grab bars
- Energy-efficient gas furnace with radiant heat
- Individually controlled, programmable thermost
- Private ground-level garden patios or private sunroom, based on apartment selected
- Carpet and hardwood floors
- Ample closet space
- Resident call system
- Smoke detector and sprinkler system
- Added soundproofing and fire-rating on common walls
- Pre-wired for cable TV with in-house TV channel
- Pre-wired for phone with in-house phone service
- Washer and dryer

The Sequoias Floor Plan Examples

ONE BEDROOM ONE BATH - APPROX. 560 SQ FT

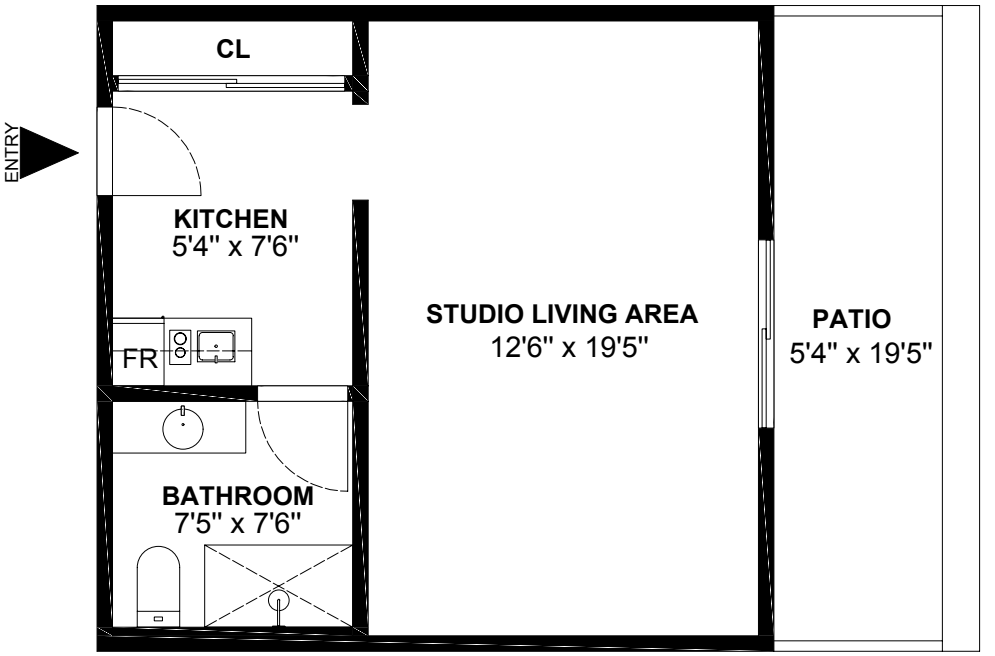
Size and dimensions are approximate. Actual may vary.

Features of your new home:

- Kitchen with refrigerator, dishwasher, electric range and oven, convection microwave, under counter cast iron sink
- Bath features wide entry door, easy-access shower, built-in vanity, medicine cabinet, and safety grab bars
- Energy-efficient gas furnace with radiant heat
- Individually controlled, programmable thermost
- Private ground-level garden patios or private sunroom, based on apartment selected
- Carpet and hardwood floors
- Ample closet space
- Resident call system
- Smoke detector and sprinkler system
- Added soundproofing and fire-rating on common walls
- Pre-wired for cable TV with in-house TV channel
- Pre-wired for phone with in-house phone service
- Washer and dryer

The Sequoias Floor Plan Examples

STUDIO - APPROX. 440 SQ FT



Size and dimensions are approximate. Actual may vary.

Features of your new home:

- Kitchen with refrigerator, dishwasher, electric range and oven, convection microwave, under counter cast iron sink
- Bath features wide entry door, easy-access shower, built-in vanity, medicine cabinet, and safety grab bars
- Energy-efficient gas furnace with radiant heat
- Individually controlled, programmable thermost
- Private ground-level garden patios
- Hardwood floors
- Ample closet space
- Resident call system
- Smoke detector and sprinkler system
- Added soundproofing and fire-rating on common walls
- Pre-wired for cable TV with in-house TV channel
- Pre-wired for phone with in-house phone service
- Access to convenient laundry rooms

Frequently Asked Questions

What is the difference between a Life Plan Community and a CCRC?

A Life Plan Community refers to a place to live where you can plan for the rest of your life. A Continuing Care Retirement Community (CCRC) is the same as a Life Plan Community. In 2014, an industry-wide effor was made to replace the term CCRC with Life Plan to better reflect the services and security people are looking for as they age.

Who owns and operates The Sequoias?

The Sequoias is owned and operated by Sequoia Living, a nonprofit organization founded in 1958. Sequoia Living oversees seven communities and several community service programs throughout Northern California. A non-compensated Board of Directors and trustees, comprised of professionals from the region, guides Sequoia Living in achieving its vision and mission of serving older adults.

What does it cost to live in a Life Plan Community?

There are several components to the cost of a Life Plan Community: The entrance fee and the monthly care fee (MCF). The entrance fee depends on apartment size. This can range from as low as $300,000 dollars to over one million dollars. The MCF will depend on which contract type you select, and whether you live alone or have a partner or spouse. Please refer to the annual fee schedule.

What wellness programs are offered?

Life Plan communities excel in providing an extensive array of professionals, resources and programs to promote good health and well being to help residents prolong thier independence. A wide variety of fitness, wellness and preventive health programs are available through the Activities Department and Clinic staff. Classes to help residents improve balance and reduce the risk of falls and injury include yoga and stength training. Classes in health and nutrition topics, routine screening and support groups are also available.

Will I still need my health insurance? Are there deductibles and/or time limits?

Medicare or equivalent coverage and supplemental health insurance are a requirement for acceptance at The Sequoias. You are responsible for Medicare co-payments, deductibles, and other out-of-pocket healthcare expenses.

Can I keep my own doctors?

Yes, you can retain your current physicians. You will be responsible for physician service co-payments and deductibles not covered by Medicare.

What is the ideal age to move into a Life Plan Community?

The minimum age to live at The Sequoias is 60 years old. However, many residents state they wish they had moved in sooner because of the increase quality of life they experience in our community.

What is the difference between the entrance fee and a monthly care fee (MCF)?

The entrance fee is a one-time payment to secure the apartment of your choice. Your MCF will continue each month regardless if you live independently or in a higher level of care, i.e. assisted living, memory care, or skilled nursing.

Can I have overnight guests?

At The Sequoias, your residence is your home. You are welcome to entertain guests, including having visitors for overnight stays up to 14 days without approval. We alsohave several guest rooms (available for a nominal fee) and rollaway beds to accommodate your visiting friends and relatives.

Frequently Asked Questions

What does the monthly care fee (MCF) cover?

The MCF covers amenities and services offered by The Sequoias, such as: meals, housekeeping, linen service, utilities, transportation, on-site clinic, private dining and meeting rooms, plus fitness and wellness activities, and much more. Please see the Services and Amenities page.

Can the contract be canceled?

There are two types of cancellations: (1) 90-day cancellation period and (2) contract termination before 44 months of residency. During the first 90 days, you are eligible for a full refund of your entrance fee, minus any deductions of reasonable fees to cover costs of cancellation as well as the reasonable value of the accommodations, care, and services rendered.

Is any portion of the entrance fee refundable?

If you terminate the contract, or pass away during the first 44 months, Sequoia Living will repay to you (or your estate) eighty-two percent (82%) of the entrance fee less an amount equal to 2% for each month of residency for voluntary termination. After 44 months have passed, there shall be no refund of any portion of your entrance fee. The Sequoias has several contract options available with a 50% repayment option. Please see the Contract Options page for details.

Are pets allowed?

We love furry friends! In general, dogs and cats are allowed within weight limits. Other small pets that do not pose a danger to residents and staff may be accepted. Please ask for details on our pet policy.

How do I select and reserve an apartment?

Please schedule a tour of The Sequoias by calling (650) 851-1501 or visit our website at TheSequoiasPV.org. Once you select your apartment, you may reserve it with a 10% fully refundable deposit. You will be asked to sign a reservation agreement which will take the apartment off the marker while you complete the application process.

How long does the application process take?

Upon completing the reservation agreement, you have 10 days to turn in your full application packet, which includes a health questionnaire, lab tests, and financial statements. Our medical director will evaluate your medical records and schedule you for an exam. After a successful completion of the medical and financial portions of the application, the approval committee will make a decision as to which contract option you qualify for. Once you receive the acceptance letter, we can schedule your contract signing. The entire process in most cases can take between 30 and 60 days.

TheSequoiasPV.org