

T TUSCAN GARDENS OF PALM COAST



BALANCE AND WELL BEING

Unlock the keys to successful aging through our innovative wellness programming

At Tuscan Gardens of Palm Coast, our Salus™ Wellness Philosophy is at the heart of everything we do. Salus meaning “health and well-being” in Latin, emphasizes a holistic approach to living fully at every stage of life. This philosophy is seamlessly woven into every aspect of our community, offering a wide range of programs and activities designed to support overall well-being.



*Salus (SAL-us), noun.
Latin for “well-being.”*

HOLLISTIC FULFILLMENT

THE FOUR COMPONENTS OF WELLNESS

We focus on the **Four Components of Wellness**—Physical, Social, Intellectual, and Spiritual—to ensure that residents thrive in an environment of growth, connection, and fulfillment.



1. PHYSICAL: Stay strong, active, and healthy with tailored fitness programs and nutritious, gourmet dining options that promote vitality.



2. SOCIAL: Build lasting friendships and enjoy a vibrant community through a rich calendar of social and cultural events.



3. INTELLECTUAL: Engage in lifelong learning with stimulating educational programs that keep your mind sharp and curiosity alive.



4. SPIRITUAL: Explore a deeper sense of purpose through meaningful activities that nurture your spirit and enhance emotional well-being

SCHEDULE A TOUR AND DISCOVER HOW SALUS™ CAN ENRICH YOUR LIFE

Whether participating in fitness classes, enjoying intellectually stimulating events, or finding purpose through spiritual and social connections, residents thrive under the Salus™ philosophy. It's more than just a wellness program—it's a lifestyle that encourages residents, their families, and our team members to collaborate in creating a vibrant, supportive community. At Tuscan Gardens, residents are encouraged to use their unique talents and experiences to lead a truly fulfilling life. Wellness is a journey we take together, fostering a community where everyone can live their best life.

Salus™ at Tuscan Garden offers a comprehensive approach to wellness, focusing on the **Four Components of Wellness**—Physical, Social, Intellectual, and Spiritual. Each component plays a vital role in creating an enriching experience for residents, ensuring they thrive in every aspect of their daily lives.

Flourish with support and empowerment

The Floreo neighborhood (Latin for “to flourish”) is designed specifically to minimize symptoms and delay the progression of memory loss. The programs, exercises and structure that the Floreo neighborhood offers benefits those that want to stave off dementia and remain as independent as possible for as long as possible. And like everything we do, Floreo reflects — and respects — the story of each person’s life.

The neighborhood is led by a Floreo Coach, a certified FitMinds™ cognitive stimulation coach. Founded on our wellness philosophy, Salus™ by AgeWell Solvere Living, our Floreo intensive and holistic approach is committed to increasing quality of life, prolonging current skills, strengthening cognitive function and managing the often stressful and overwhelming emotions that accompany early stages of memory loss. All of these benefits are delivered in an engaging setting.



1. COGNITIVE STIMULATION:

The brain’s ability to produce natural growth factors that help fight off the effects of mental aging.



2. FOCUSED PHYSICAL ACTIVITY:

Carefully selected exercises, recreational activities, self-care and household tasks that contribute to cognitive health.



3. NUTRITION:

Floreo features a brain-healthy diet that can help maintain brain function and slow memory decline.



4. CUSTOMIZED PROGRAMMING:

Programs are tailored based off of residents’ goals, level of memory loss and interests.



The Support Needed. The Lifestyle Deserved.



Provided as part of the Floreo experience:

- Support groups
- Volunteer opportunities
- Brain-healthy refreshments
- Nutrition education and cooking classes
- Customized programs based on club members' interests
- Color therapy for mood enhancement



Creating moments of joy every day, in every interaction.

Valeo (Latin for “to thrive”) is much more than a program — it’s a wellness philosophy designed specifically to engage individuals living with memory impairments.

Valeo is integrated into every aspect of care and service at Tuscan Gardens of Palm Coast. Customized to the individual’s needs, Valeo allows residents to thrive and have meaningful interactions through one-on-one programs, build relationships with others and grow connections through positive approaches to social interactions.

LEGACY

Respecting legacy is the core of Valeo. Our Signature Programs tap into the individual’s past and call upon and preserve their memories — not only for the resident, but for the entire family.

CUSTOM PROGRAMMING

Each person’s life experiences and needs are unique, so our programs are adapted to the individual. We assess each resident’s interests and abilities, then build a personalized approach to create moments of joy. Each resident’s legacy and passions are honored through our Valeo Signature Programs which increase awareness, cognition and engagement, stimulate pleasant long-term memories, provide joy and pleasure and decrease anxiety and agitation.



The Valeo wellness philosophy centers on holistic care, maintaining and improving what is commonly referred to as the Four Components of Wellness.

THE FOUR COMPONENTS OF WELLNESS



1. **PHYSICAL:** engaging in self-care through both activity and proper nutrition



2. **SOCIAL:** strengthening and developing existing and new relationships — both with people and pets



3. **INTELLECTUAL:** performing creative, stimulating activities to reignite memories and preserve cognition



4. **SPIRITUAL:** reserving time to connect with one’s personal beliefs

Helping hands to help minds thrive.

Individuals who build a career at Tuscan Gardens are filled with optimism and a genuine desire to help others. You don't just work at Tuscan Gardens — you care, motivate and engage.

TRAINING

Our industry-leading training programs teach all team members — even non-clinically licensed employees such as operations, dining or housekeeping — how to compassionately support the day-to-day needs of residents living with memory impairments while finding ways to engage with them. Our methods and leadership give team members permission to slow down, make connections and gain a deeper understanding of residents' lives.

INTERACTION

Every team member — from housekeepers and bookkeepers to the kitchen and wellness teams — are considered care providers in the community and are trained to go above and beyond. Team members take time to truly get to know each



resident and work every day to create moments of joy. They are encouraged to blend personal interests and experiences with the lives of residents, lead group programs and interact on a regular basis. Residents have endless opportunities to stay engaged in positive experiences, yet can always find privacy and quiet time when they need it.

FAMILY

For the Valeo philosophy to achieve success, we encourage families to play a key role in engaging residents and rekindling joy and memories. Valeo is an opportunity to preserve the legacy and memories of family members for new generations.

“One day at a time — this is enough.
Do not look back and grieve over the past, for it is gone; and do not be troubled about the future, for it has yet to come. Live in the present, and make it so beautiful that it will be worth remembering.”

— Ida Scott Taylor McKinney



SERVICES & AMENITIES



Where Vibrant Living Meets Exceptional Care

You have your own vision of what living well means. Tuscan Gardens of Palm Coast, we understand that settling for ordinary is not an option. Our community is designed with exceptional amenities to help you embrace every day with comfort, style, and ease. Whether taking a peaceful walk along our beautiful grounds, dining on chef-prepared meals, or enjoying personalized wellness programs, Tuscan Gardens offers a vibrant lifestyle that enhances your independence while providing just the right balance of support. Bright, welcoming, and tailored to your needs, Tuscan Gardens is where care and comfort come together to make every day extraordinary.



Elevate Your Lifestyle With Premiere Amenities

When you live at Tuscan Gardens of Palm Coast, each day offers an opportunity for something new. With amenities that cater to a range of interests, our community provides a lifestyle that combines independence and support into a life of fulfillment and joy.



- Anytime dining with gourmet chef-prepared options
- A selection of dining venues including the Tuscan Kitchen with pizza oven, Bistro & Wine Bar, and private dining room
- Full service Salon and Spa offering hair styling, barber, and nail services



- Fitness Center, with group classes including yoga
- 24/7 on-site nursing support
- Therapy and rehabilitation services available
- Emergency & Fall Notification System for peace of mind



- Expansive courtyards, walking paths, bocce court, and putting green
- Engaging Game Room and Art Studio for recreational activities
- Happy hours, weekly entertainment, and movie nights
- Pet-friendly areas for your furry companions

Our Services

Life Fully Live Elegantly

Our dedicated team is here to ensure your health and well-being are always a top priority, with services designed to provide comfort, security, and peace of mind. From 24-hour support to daily wellness checks, personalized fitness programs, and assistance with medical coordination, we're here to help you live each day to the fullest. We believe exceptional care goes beyond meeting basic needs—it's about enriching every aspect of life.

- Active event calendar featuring entertainment, social gatherings, and educational programs coordinated by our Salus, Floreo and Valeo Directors
- Gourmet Dining with a full-time Executive Chef curating seasonal menus
- Complimentary cable TV and Wi-Fi throughout the community
- Weekly apartment refresh and housekeeping for a worry-free lifestyle
- Convenient weekly laundry service
- Personalized training programs at our state-of-the-art Fitness and Wellness Center

Exceptional Services to Simplify and Enhance Your Life

Our comprehensive suite of services ensures that residents can enjoy a worry-free lifestyle with everything taken care of by our professional team. From personal care to daily conveniences, each service is tailored to provide the support you choose.

- Personalized concierge services to assist with everyday requests
- Complimentary scheduled transportation services for appointments and outings utilizing our van or car
- Worry-free maintenance and repairs by our dedicated team
- 24-Hour nursing support available for all your health needs
- Advanced ALIS Electronic Health System (EHR) for efficient, comprehensive health management

Discover the Tuscan Gardens Difference

Our goal at Tuscan Gardens of Palm Coast is to provide a supportive community where every detail is carefully considered to enhance your quality of life.

We provide personalized, responsive support in a resort-style setting so you can live a lifestyle of convenience, wellness, and enjoyment.

Contact us to learn more about how our services and amenities can create a truly fulfilling senior living experience.

PISA

ASSISTED LIVING

DELUXE STUDIO | 451 SQ. FT.

TUSCAN GARDENS[®]
OF PALM COAST



SIENA

ASSISTED LIVING

ONE BEDROOM, ONE BATHROOM | 617 SQ. FT.

TUSCAN GARDENS[®]
OF PALM COAST



SIENA II

ASSISTED LIVING

ONE BEDROOM, ONE BATHROOM

DELUXE I 641 SQ. FT.

TUSCAN GARDENS[®]
OF PALM COAST



FLORENCE

ASSISTED LIVING

TWO BEDROOM, ONE BATHROOM | 754 SQ. FT.

TUSCAN GARDENS[®]
OF PALM COAST



TUSCANY

ASSISTED LIVING

TWO BEDROOM, TWO BATHROOM | 873 SQ. FT.

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TUSCAN GARDENS®
OF PALM COAST



ROMA

FLOREO | VALEO

FRIENDSHIP SUITE | 452 SQ. FT.

TUSCAN GARDENS[®]
OF PALM COAST



LUCCA

FLOREO | VALEO

PRIVATE STUDIO | 306 SQ. FT.

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OF PALM COAST



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