

# QUICKCARE SERVICE *From*

sequoia  senior  
solutions

*Excellence in In-Home Care*

Our personalized services are available to Oakmont residents for as little as 15 minutes at a time.

## What is special about QuickCare Service?

- ◆ No minimum hours
- ◆ Choose only the service you need
- ◆ Very affordable
- ◆ Allows you to remain independent
- ◆ Peace of mind



### Services Include:

- Caring companionship
- Meal planning and preparation
- Incidental transportation
- Running errands
- Light housekeeping
- Assistance with bathing and grooming
- Medication Reminders

*Extended care also available*

*We provide professional, certified caregivers*

*Licensed, Bonded, Insured*

**BEST** of  
**HOME CARE**  
2010



*Three times NBBJ  
Best Places to Work  
Award Winner*

*Serving Sonoma, Marin, Napa, Solano, Lake, and Mendocino Counties*

*Call Toll Free: (707) 539-0500*

*Visit us at [www.SequoiaSeniorSolutions.com](http://www.SequoiaSeniorSolutions.com)*