



What is a Life Plan Community?

At Enso Village, residents will take comfort knowing that if they should require higher levels of care in the future, their community will be there for them as both a provider of care and an advocate.

That is, by definition, a Life Plan Community.

Services, including assisted living and memory care, will be provided with areas and programs specifically designed with those needs in mind. As a result, residents can rest assured, knowing that they will have a well-thought-out strategy for the unexpected.

Independent Living

Individuals and couples live independently in their own spacious home, which includes features and services, such as dining, maintenance and housekeeping.

Assisted Living

Assisted living services are provided for residents who need help with daily activities. At Enso Village, you will have access to care provided by staff members you know and who know you. Every effort will be made to deliver services to you at your Enso Village residence or in an assisted living suite. In fact, the entire community is licensed as an RCFE, which allows you to receive higher level of in-home care.

Memory Care

The goal of our caring staff is to minimize stress and help our residents to maintain their independence and individuality in their own homes.

Contemplative Care

Contemplative care is an approach to caregiving that incorporates mindfulness practice, compassionate action and moment-to-moment awareness while in relationship with the one being cared for. It is rooted in Buddhist practices of meditation and contemplation. At Enso Village, all of our medical and caregiving staff have been trained in the practice of contemplative care. Residents will also have access to the training should they choose to form their own small volunteer groups, and be spiritual companions to other residents.

Enso VillageSM
A KENDAL® AFFILIATE

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Per Health and Safety Code section 1772.2, Kendal at Sonoma has filed an application for a Provisional Certificate of Authority and a permit to accept deposits has been issued.