

**Subject:** Re: Suggestions and Information  
**From:** Mark Cao <[mark.cao@gmail.com](mailto:mark.cao@gmail.com)>  
**Date:** 7/21/2023, 9:23 AM  
**To:** Denise Powell <[denise@qsps.org](mailto:denise@qsps.org)>

Ooops, I had a work meeting start right at 9 AM. Will drop by Sterling probably around 10:15 AM.

On Fri, Jul 21, 2023 at 8:59 AM Mark Cao <[mark.cao@gmail.com](mailto:mark.cao@gmail.com)> wrote:

Thanks Denise. I am heading over there now.

On Fri, Jul 21, 2023 at 8:53 AM Denise Powell <[denise@qsps.org](mailto:denise@qsps.org)> wrote:

Hi Mark

Please bring a check over to hold the room, \$500.

You can always touch base with Michele and I gave her number to you to call as well.

Thank you

Warmest Regards,  
Denise Powell  
Quality Senior Placement  
949-510-7988

---

**From:** Mark Cao <[mark.cao@gmail.com](mailto:mark.cao@gmail.com)>  
**Sent:** Friday, July 21, 2023 8:00 AM  
**To:** Denise Powell <[denise@qsps.org](mailto:denise@qsps.org)>  
**Subject:** Re: Suggestions and Information

Thank you, Denise. is there anything I should do to make a commitment to Sterling?

On Thu, Jul 20, 2023 at 9:27 PM Denise Powell <[denise@qsps.org](mailto:denise@qsps.org)> wrote:

Hi Mark

Sterling Senior Community  
15442 Columbia Lane  
Huntington Beach, CA 92647  
714-357-1377 cell Michele  
[Sterlingliving2210@gmail.com](mailto:Sterlingliving2210@gmail.com)

I will update the facility and keep you posted. Please take all of dad's medications and pick up any new medications from pharmacy when they discharge Dad.

Take pictures, clothes, shoes, jacket, favorite blanket, and favorite toiletries.

I will make sure all equipment that Michele needs at the home will be ordered from Kaiser. I will also make sure all paperwork is faxed to Michele regarding Dad's medical care.

Thank you again for allowing us to help you during this difficult time. Please keep me posted if you have any questions or need anything.  
Have a great weekend.

Warmest Regards,  
Denise Powell  
Quality Senior Placement  
949-510-7988

---

**From:** Denise Powell <[denise@qsps.org](mailto:denise@qsps.org)>  
**Sent:** Thursday, July 20, 2023 1:54 PM  
**To:** Mark Cao <[mark.cao@gmail.com](mailto:mark.cao@gmail.com)>  
**Subject:** Re: Suggestions and Information

Hi Mark -

Ivy Cottages was taken this am.  
We will meet you at 3p at OC Care home.  
Please confirm  
9371 El Valle Street, Fountain Valley, 92708

Thank you  
Denise

---

**From:** Mark Cao <[mark.cao@gmail.com](mailto:mark.cao@gmail.com)>  
**Sent:** Wednesday, July 19, 2023 10:36 PM  
**To:** Denise Powell <[denise@qsps.org](mailto:denise@qsps.org)>  
**Subject:** Re: Suggestions and Information

Thank you, let's start by meeting at Ivy Cottages at 3:00 p.m. tomorrow.

On Wed, Jul 19, 2023, 10:09 PM Denise Powell <[denise@qsps.org](mailto:denise@qsps.org)> wrote:  
Good Evening

Thank you for your time on the phone and we look forward to helping you during this difficult time.

**Board and Care (B&C)-** is a California state licensed care home in a residential community. They are licensed for six residents and two caregivers. You pay one price, and all care is included. The homes have at least two caregivers, they sleep in the home at night. If the resident needs anything they will get up and help them. However, if your loved one needs something at night, every night, he/she will need to go to a home with awake night staff. Thus, allowing them to get assistance with whatever they need 24/7. The average price is \$4000 - 5500 for a semi private room (may or may not include a bathroom). Private rooms start at \$5500 - \$8500. Again, may or may not include a bathroom. Transportation is not included. Typically, there are not many activities offered in a B&C.

The advantage is your loved one will get more one-on-one care, and the price points are much lower. They will do activities around the table, walks and a "let's be seated" exercise video in the afternoon. Most homes have an activities director that comes in the home, and music as well. There are very few homes with true awake night staff. Not sure if dad will need it or not.

**3:00 Ivy cottages**- Carmen owner - Has been in business for over 30 years. awake night staff, 6500, private room, outdoor area is very nice, older home but no clutter. Private room. The best care and great reputation. She has 3 caregivers in the daytime and 2 at night.

16827 Mount Eden, Fountain Valley, CA 92708

[www.ivycottages.org](http://www.ivycottages.org)



## Residential Care Home for the Older Adult

Committed to providing excellent service to all older adults. Specializing in the care of those experiencing Alzheimers, Parkinsons, stroke,...

[www.ivycottages.org](http://www.ivycottages.org)

Most homes do not have a website - if they do, I have included it.

**3:30 OC Care Home** - Brian - he is a nurse, has awake night staff, beautiful home and most rooms have a private bath. \$6500, \$800 admission fee.

9371 El Valle Street, Fountain Valley, 92708

**4:15 Matsonia** - Mylene is the owner, great caregivers, beautiful home, separate living area and den, lovely room private bathroom, and private patio, \$5500 - 6000, no awake night staff. Great care and great rehab. Several clients alert and high functioning.

Not sure if you want to go to Newport Beach area. - if so, we can see this home.

**Mary's Loving Care** - owned by a Chinese family - and the mom is one of the caregivers. Small home, but very nice. The mom speaks perfect English. She has a private room/ awake night staff at this home, which gives the complete care that your dad may need. Nice home, just smaller, but great job with care. I have placed 3 people in this home, and the compliments about Mary are incredible. Her price points are great considering night staff and the area. \$6000 - 6500, depending on the size of the room.

341 16th Place, Costa Mesa, CA

They do not have a website.

All board & cares have a one-time admission fee. The average is \$1000 for the B&C. You will still pay for medication, incontinent supplies if needed and supplemental drinks if he/she drinks them. Transportation is not provided in a board and care.

We are a free service. My mother/partner was a nurse and Case Manager at Kaiser. We are a family business and have been placing loved ones for over 8 years! We have contracts with all facilities. We will try to work with budgets and geographic locations that work best for all family members. We will not suggest a facility or home where we would not feel comfortable placing our own loved one.

Thank you for the opportunity to help you during this difficult time. I am waiting on a few homes to get back to me. I will continue to monitor openings and update you as I see great options. Call me anytime with questions. I look forward to meeting you. We can meet tomorrow at 3p at Ivy Cottages.

Have a nice evening.

Warmest Regards,  
Denise Powell  
Quality Senior Placement  
949-510-7988