

FREE Care Adviser 800-955-8510

FREE

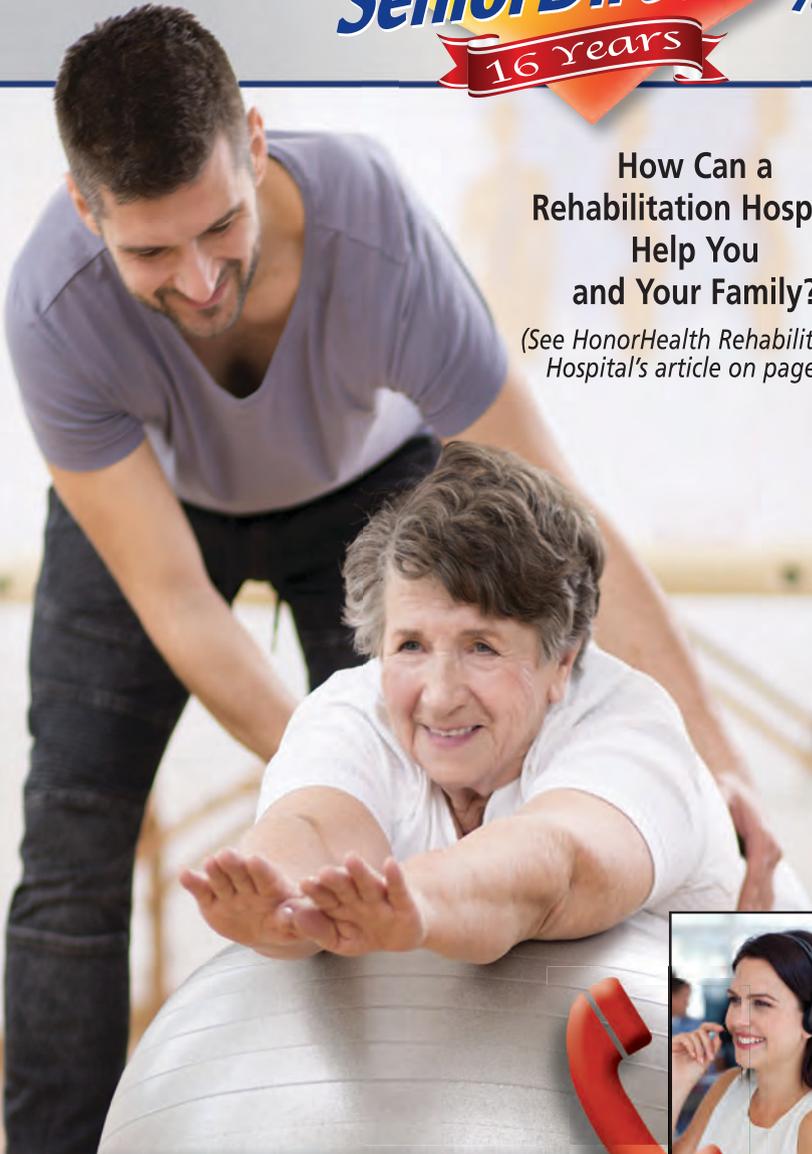
Spring/Summer 2020
32nd Edition

SeniorDirectory[®]

16 Years

How Can a
Rehabilitation Hospital
Help You
and Your Family?

*(See HonorHealth Rehabilitation
Hospital's article on page 1)*



Use our FREE Care Adviser Line 800.955.8510

Phoenix & Surrounding Areas
www.SeniorDirectory.com/Phoenix



"Thanks to the awesome team at HonorHealth Rehabilitation Hospital for giving me my life back!" - David R., Former Patient

REBUILDING LIVES

Conditions we treat:

- Stroke
- Spinal cord injury
- Orthopedic conditions
- Neurological disorders (Parkinson's disease, multiple sclerosis, ALS)
- Brain injury
- Amputation
- Cardiac recovery
- General rehabilitation

For more information, call **480.800.3900** or visit **honorhealth-rehab.com**

HONORHEALTH™

Rehabilitation Hospital
In affiliation with Select Medical

Serving Our Veterans Proudly



How Can a Rehabilitation Hospital Help You and Your Family?

Determining care for a loved one with serious medical conditions can be confusing. In the Greater Phoenix area, rehabilitation hospitals offer a variety of programs and services to help patients recover and regain their independence.

An **inpatient rehabilitation hospital** provides physical medicine as well as rehabilitation programs and services with advanced treatments tailored to each patient's goals.

Patients who may benefit from this type of care have some of the following conditions:

- Fractures, joint replacements, musculoskeletal injuries
- Stroke, brain injury, multiple sclerosis (MS), amyotrophic lateral sclerosis (ALS), Guillain-Barré syndrome and other neurological disorders
- Spinal cord injury
- Amputation
- Cardiovascular and/or respiratory conditions (chronic obstructive pulmonary disorder, pulmonary embolism), diabetes, renal failure

When considering inpatient rehabilitation hospital options, look for the following:

- **Accreditation** – Hospitals certified by The Joint Commission (Jcaho) and the Commission on Accreditation of Rehabilitation Facilities (CARF). These entities ensure that a facility upholds the highest standards in patient care and programs.

- **Body weight supported gait and balance offering** – This program eliminates the risk and fear of falling while training the patient with walking and balance activities.

- **Neuro cognition/language program** – Evaluation and treatment used to train, improve and resolve difficulties in comprehension, speaking and complex problem solving.

- **Home life offering** – Using a home-like setting, patients fully engage in activities of daily living, reeducating them on caring for themselves.

- **Dysphagia (difficulty swallowing) program** – This therapy may include a swallowing study to assess and develop strategies and exercises to combat muscle loss. Some patients also benefit from low-level electrical muscle stimulation.

These programs and more are available at HonorHealth Rehabilitation Hospital, a Certified Jcaho and CARF accredited hospital.

Let us help restore strength, improve physical and cognitive function while promoting independence following serious injury or illness. 



Editor's Note: This article was contributed by Lisa Young, Director of Business Development at the HonorHealth Rehabilitation Hospital. See their Ads on the Inside Front Cover and on Page 13.

Hoarding Disorder Among Older Adults

Studies indicate that over six percent of the population are living with Hoarding Disorder. Hoarding Disorder impacts every aspect of a person's life, from self-esteem, to relationships, to self-care and finances. What we see is the stuff, but hoarding is more than the items -it's about untreated underlying issues such as grief, trauma, anxiety, or depression.

"Too Many Treasures", a therapy program created by Area Agency on Aging, provides support, education and an opportunity for participants to understand and change their behavior. The 14-week program introduces clients to understanding the causes of their hoarding behavior, learning new techniques that will replace ineffective coping (excessive acquiring, difficulty discarding) and finding support among others who understand the daily struggle with critical thoughts and self-doubt. The results have been an increase in self-esteem, decision making, relationships and socialization as well as decreases in anxiety and depression symptoms, and hoarding behavior.

Through this program, we have learned that those who participate are some of the most courageous and hardworking individuals. Stereotypes such as "laziness" are inaccurate. We know that perfectionism, difficulty making decisions or being overwhelmed in determining where to begin are some of the true hallmarks of this disorder.

"Too Many Treasures" is designed for those 60 and over who self-identify as having hoarding behavior and are committed to making positive changes in their lives. Groups meet in Central Phoenix and North Glendale twice a year. For more information contact Mary Coalson, LPC at 602-241-5577. 

Editor's Note: By Mary E. Coalson, LPC, ElderVention Therapist, Area Agency on Aging, Region One. Learn more at aaaphx.org/program-services/eldervention-program/. See Ad on page 3.



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

RESPONDING

To changing lifestyles and unmet needs

Area Agency on Aging

is partnering with our community to foster innovative programs and services to enrich the quality of life for older adults, caregivers and diverse populations.

- **Information and Assistance**
- **Home and Community Based Services**
- **Family Caregiver Support**
- **Elder Rights**
- **Life Enrichment**

*We envision a community
where adults thrive
along life's journey.*

**Contact us for more information, support,
education, and volunteer opportunities.**

**24-Hour *Senior* HELP LINE | 602-264-HELP (4357)
aaa.phx.org**



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Art Production

Senior Directory
800-955-8510

**www.SeniorDirectory.com/
Phoenix**

Additional copies of this Directory are available FREE at most gathering places for seniors, many of which are featured in the Senior Directory.

Give us a call at 800-955-8510 and we will direct you to the location nearest you. Copies are available by mail for \$5.00 shipping & handling.

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Dear Readers,

Welcome to the 32nd edition of **Senior Directory, Phoenix**. This edition marks our 16th year of bringing our valuable resource to Phoenix and the Surrounding Areas! We continue to be the #1 resource used by seniors, their families and friends, with the largest senior publication distribution in the area.

Our guide is available to the public FREE of charge because of our loyal advertising partners. **Senior Directory** advertising partners and referral sources welcome the opportunity to assist you, so please let them know you are contacting them because of their relationship with the guide.

To complement our print guide, we offer these additional services:

- Visit our website at **SeniorDirectory.com/Phoenix**
- View a digital flipbook of this edition on your computer or mobile device at <https://seniordirectory.com/flipbook/phoenix/>
- Call our Referral Line at **800-955-8510** for personalized service

To better represent the ever-changing senior industry, we have added a number of new categories to this edition including Rehabilitation Hospitals. According to HonorHealth Rehabilitation Hospital, "An inpatient rehabilitation hospital provides physical medicine as well as rehabilitation programs and services with advanced treatments tailored to each patient's goals." You will find this new category on page 12. Find a full list of all categories on the Table of Contents on pages 5-7 and the Alphabetical Index located on page 100.

Warmly,
Stephanie G. Milzer
National Publisher
smilzer@seniordirectory.com

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LOCAL

ALS Association	480 609-3888
Alzheimer's Association - Sun Cities Center	623 815-2494
Alzheimer's Association	602 528-0545 800 272-3900
American Cancer Society - Metro Area	602 224-0880
American Diabetes Association	602 861-4731
American Heart Association	602 414-5353
American Lung Association	602 258-7505
American Prostate Society	800 308-1106
Arizona Kidney Foundation	602 840-1644
Arthritis Foundation, Greater SW Chapter	602 264-7679
Huntington Disease Society of America	602 222-9312
Mental Health Association of Arizona	480 994-4407
Muhammed Ali Parkinson Research Center	602 406-4931
Sickle Cell Anemia Society	602 254-5048
The Arthritis Foundation	602 264-7679

NATIONAL

Alzheimer's	800 272-3900
Alzheimer's Research & Prevention Foundation	888 908-5766
Arthritis	800 283-7800
Cancer	800 ACS-2345
Diabetes	800 342-2383
Hearing	800 638-8255
Heart	800 AHA-USA1
Liver	800 223-0179
Lung Disease	800 586-4872
Multiple Sclerosis	800 344-4867
National Foundation of Swallowing Disorders	www.swallowingdisorderfoundation.org
Stroke	800 STROKES

Dental Resources

Arizona Dental Association 4131 N 36 St	480 344-5777 800 866-2732
Maricopa Medical Center Dental Clinic 2525 E Roosevelt	602 344-1005
Phoenix College Dental Hygiene 1202 W Thomas Rd	602 285-7323
Rio Salado Dental Hygiene School 1150 E Washington	602 223-3490
Smiles by Delivery	623 584-4746
St Vincent de Paul Dental Clinic 420 W Watkins Ave	602 261-6868

Hearing Resources

Arizona Relay Services (AZRS) www.azrelay.org	DIAL 7-1-1; 866 259-1768 TTY 800 347-1695
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Hearing Resources (continued)



ASU Speech and Hearing Clinic	480 965-2373
AZ Commission for Deaf & Hard of Hearing	602 542-3323
AZ Speech-Language-Hearing Assoc	602 354-8062 800 705-7510
(AzTap) Arizona Technology Access Program www.aztap.org voice 602 728-9534 602 778-9536 TTY 800 477-9921	
Hearing Instrument Services	602 956-2980
Hearing Loss Association of America www.hearingloss.org	301 657-2248
Lions Sight & Hearing Foundation	602 954-1723
North Valley Audiology	602 494-6237
Valley Center of the Deaf	602 267-1921
Vocational Rehabilitation 3839 N 3rd St #303	602 266-4434

Vision Resources & Services

AARP Eye Health Services	800 523-5800
American Council for the Blind	800 424-8666
Arizona Center for the Blind and Visually Impaired	602 273-7411
Arizona Council of the Blind 3124 E Roosevelt St #4	602 273-1510
Arizona Industries for the Blind 3013 W Lincoln St.	602 269-5131
Benevilla 17749 N El Mirage Rd #1.	623 584-4999
Braille and Talking Book Library 1030 N 32nd St.	602 255-5578
Center D.O.A.R. VICAP 555 W Glendale Ave.	602 274-5022
Foundation for Fighting Blindness	800 683-5555
Lions Sight & Hearing Foundation 3427 N 32nd St	602 954-1723
National Eye Care Project Helpline	800 222-3937
Sun Sounds Reading Service.	480 774-8300

Health Insurance/Medicare/Medicaid

ALTCS/MEDICARE/MEDICAID

AHCCCS	602 417-4000 800 654-8713
ALTCS Office.	602 417-6600

Area Agency on Aging-Region One Senior Help Line (Ad pg 3)

1366 E Thomas Rd	602 264-HELP (4357)
Arizona Department of Insurance	602 912-8400 800 325-2548
Casa Grande ALTCS Office 500 N Florence St.	520 421-1500
Maricopa Cty Health Care - Maricopa Senior Select Plan	602 344-8760
Medicaid Choices Helpline	800 633-4227
Medicaid Hotline	800 221-3943
Medicaid/Medicare Fraud Hotline	800 447-8477
Medicare	800 772-1213
Medicare Part A.	877 602-7909
Mr. Medicare and You!	480 296-3900
State Health Insurance Assistance Program (SHIP)	800 432-4040

CASA GRANDE

Casa Grande Regional Medical Center 1800 E Florence Blvd. 520 381-6300

CHANDLER

Arizona Orthopedic Surgical Hospital 2905 W Warner Rd 480 603-9000

Chandler Regional Hospital 475 S Dobson Rd. 480 963-4561

GILBERT

Banner Gateway 1900 N Higley 480 543-2000

Gilbert Hospital 5656 S Power Rd 480 840-3700

Mercy Gilbert Medical Center 3555 S Val Vista Dr 480 728-8000

GLENDALE

Arrowhead Comm Hospital & Med Center 18701 N 67th Ave 623 561-1000

Banner Thunderbird Med Center 5555 W Thunderbird Rd. 602 865-5555

Encompass Health 13460 N 67th Ave 623 878-8800

Center for Venous Disease

6320 W. Union Hills Dr. Bldg A #140, Glendale, AZ 85308 623 435-8346

GOODYEAR

West Valley Hospital 13677 W McDowell Rd 623 882-1500

MESA

Arizona Regional Medical Center 515 N Mesa Dr 480 898-3333

Arizona Spine and Joint Hospital 4620 E Baseline Rd 480 832-4770

Banner Baywood Heart Hospital 6750 E Baywood Ave 480 321-2000

Banner Baywood Medical Center 6644 E Baywood Ave 480 981-2000

Banner Desert Medical Center 1400 S Dobson Rd 480 835-3000

Encompass Health 5652 E Baseline Rd. 480 567-0350

Trillium Specialty Hospital 215 S Power Rd. 480 985-6992

PAYSON

Payson Regional Medical Center 807 S Ponderosa St 928 474-3222

PEORIA

Desert Vein and Vascular Institute, Center for Venous Disease

14155 N 83rd Ave #136, Peoria. 623 847-3884

PHOENIX

Arizona Heart Hospital 1930 E Thomas Rd 602 532-1000

Arizona State Hospital 501 N 24th St. 602 244-1331

Arizona Surgical Hospital 6501 N 19th Ave 602 795-6020

Banner Estrella Medical Center 9201 W Thomas Rd 623 327-4000

Banner Good Samaritan Medical Center 1111 E McDowell Rd 602 239-2000

Haven Senior Horizons 1201 S 7th Ave, #200 623 236-2059

Hayden Carl T Veterans Medical Center 650 E Indian School Rd. 602 277-5551

IHS Phoenix Indian Medical Center 4212 N 16th St. 602 263-1200

HonorHealth Hospital Deer Rehabilitation Hospital

19829 N 27 Ave 623 879-6100

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PHOENIX (continued)

HonorHealth North Mountain	
250 Dunlap	602 943-2381
Kindred Hospital - Phoenix 40 E Indianola Ave	602 280-7000
Maricopa Medical Center 2601 E Roosevelt St.	602 344-5011
Maryvale Hospital Medical Center 5102 W Campbell Ave.	623 848-5000
Mayo Clinic Hospital 5777 E Mayo Blvd.	480 515-6296
Paradise Valley Hospital 3929 E Bell Rd.	602 923-5000
Phoenix Bapt Hosp & Med Center 2000 W Bethany Home Rd	602 249-0212
Phoenix Memorial Hospital 1201 S 7th Ave	602 258-5111
Quail Run Behavioral Health (Ad pg 17) 2545 W Quail Ave.	602 455-5694
Select Speciality Hospital	
Phoenix - 350 W Thomas Rd, 3rd Floor Main	602 406-6810
Phoenix Downtown - 1111 E McDowell Rd, 11th Floor	602 839-6550
St Joseph's Hospital & Medical Center 350 W Thomas Rd	602 406-3000
The Grossman Burn Center at St. Luke's Medical Center	
1800 E Van Buren St.	602 251-8687

SCOTTSDALE

ARCpoint Labs of Scottsdale North	
15455 N Greenway Hayden Loop #C16, Scottsdale	480 939-4656
Encompass Health 9630 E Shea Blvd.	480 551-5400
HonorHealth Osborn Medical Center	
7400 E Osbourn Rd	480 882-4000
HonorHealth Rehabilitation Hospital (Ads Pages IFC & 13)	
8850 E Pima Center Pkwy	480 800-3900
HonorHealth Shea Medical Center	
9003 E Shea Blvd	480 323-3000
HonorHealth Thompson Peak Hospital	
7400 E Thompson Peak Pkwy.	480 324-7000
Santé North Scottsdale Rehabilitation Hospital 17490 N 93rd St	480 588-5386

SUN CITY

Boswell Memorial Hospital 10401 W Thunderbird Blvd	623 977-7211
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SUN CITY WEST

Del E. Webb Memorial Hospital 14502 W Meeker Blvd	623 214-4000
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SURPRISE

Avenir Behavioral Health (Ad pg 15) 16561 N Parkview Pl.	623 522-4525
Cobalt Rehabilitation 13060 W Bell Rd	623 499-9100

TEMPE

Aligned Life Medical Clinic 1301 E University Dr.	480 842-8787
Tempe St Luke's Hospital 1500 S Mill Ave	480 968-9411

Select Speciality Hospital

Phoenix - 350 W Thomas Rd, 3rd Floor Main	602 406-6810
Phoenix Downtown - 1111 E McDowell Rd, 11th Floor	602 839-6550

Rehabilitation Hospitals

SCOTTSDALE

HonorHealth Rehabilitation Hospital *(Ads Pages IFC & 13)*

8850 E Pima Center Pkwy	480 800-3900
HonorHealth Osborn Medical Center	
7400 E Osborn Rd	480 882-4000
HonorHealth Shea Medical Center	
9003 E Shea Blvd	480 323-3000
HonorHealth Thompson Peak Hospital	
7400 E Thompson Peak Pkwy.	480 324-7000

PHOENIX

HonorHealth Hospital Deer Rehabilitation Hospital	
19829 N 27 Ave	623 879-6100
HonorHealth North Mountain	
250 Dunlap	602 943-2381

Mental Health & Counseling Services

Arizona Alliances for the Mentally Ill	602 244-8166
Arizona Interfaith Counseling Center	480 969-2783
Avenir Behavioral Health <i>(Ad pg 15)</i> 16561 N Parkview Pl	623 522-4525
Banner Health Systems	602 254-4357
Banner Mesa Medical Center Generations Unit	480 461-2906
Behavioral Health Institute	480 461-2175
Benevilla	623 584-4999
Catholic Social Service Counseling	480 964-8771
Chrysalis Administration and Outpatient	602 955-9059
EMPACT-SPC Administration and Counseling	480 784-1514
EMPACT-SPC Crisis Line	480 784-1500
Family Service Agency	602 264-9891
Haven Senior Horizons	623 236-2059
Jewish Family Services Counseling	602 257-9314
Justa Center 1001 W Jefferson St	602 254-6524
Mental Health Advocates Coalition of Arizona	602 225-2440
Mental Health Association of Arizona	480 994-4407

(Continued on page 16)



REBUILDING LIVES

Specialized services we offer:

- Supported gait and balance
- Neuro cognitive/language
- Neuropsychology physician
- Recreation therapy

Certified by The Joint Commission and accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF)

For more information, call **480.800.3900** or visit **honorhealth-rehab.com**

HONORHEALTH™

Rehabilitation Hospital
In affiliation with Select Medical

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Avenir Behavioral Health Center at Surprise

Avenir Behavioral Health Center (ABHC) is a secure inpatient hospital located in Surprise, Arizona, and dedicated to serving those age 40 and up who are in need of behavioral health care.

As a Joint Commission accredited and CMS certified hospital, we provide quality milieu, individual and group therapy in a comfortable, calming, soothing environment. Safety and security is always a primary focus for our multidisciplinary staff. We treat voluntary adult patients, experiencing psychiatric behavioral issues, such as acute and chronic depressive illness, suicide risks, confused thinking (severe), severe anxiety & stress related problems, delusions, aggressive or assaultive behaviors, dual diagnosis detox, social withdrawal (severe) or sudden and unexplained changes in behavior.

The hospital provides a seven-day per week, multi-disciplinary team assessment and treatment approach under the supervision of an experienced psychiatrist. As medically necessary, patients receive consultation and medical support from contracted medical staff. A highly individualized and caring treatment program is provided to each patient.

ABHC is designed as an acute care psychiatric program with the intention of stabilizing the acute symptoms and crisis of each patient admitted to the program. Each patient's treatment and discharge plans are individually tailored to meet their specific needs.

Research has shown the therapeutic benefits in including nature, air, water and earth into the built environment. This creates a more comfortable setting that is soothing to the soul and promotes healing. The facility has been made to feel more like home to help reduce anxiety and contribute to a comfortable healing environment. The thoughtful color choices in soft palettes of earthy beiges, blues and greens, and the use of natural materials help to generate a calming and soothing effect. The additional use of increased natural light and artwork, attention to detail, proportions and scale has created a bright, open public spaces and a homelike atmosphere throughout the facility. 

~~~~~

*Editor's Note: Provided by Avenir Behavioral Health Center. See Ad on Page 15.*



Behavioral Health Center

*at Surprise*



An acute boutique behavioral health center for patients experiencing psychiatric challenges & behaviors

- In-Patient Services
- 32 Bed Boutique Campus
- Voluntary Program
- Individualized Treatment Program
- Multi-Disciplinary Team Approach
- Full Service Care



**We treat patients with a variety of symptoms:**

- Acute & Chronic depressive illness • Suicide Risks  
 Confused thinking • Severe Anxiety/Stress  
 Delusions/Hallucinations • Social Withdrawal  
 Aggressive or Assaultive behaviors • Detox

*Accreditation by the Joint Commission*

16561 N Parkview Place | Surprise, AZ 85374  
 Admissions: 623.522.4525 | Fax: 623.869.1131

[www.AvenirBehavioralCenter.com](http://www.AvenirBehavioralCenter.com)

|                                                                          |                     |
|--------------------------------------------------------------------------|---------------------|
| National Alliance for the Mentally Ill . . . . .                         | 800 626-5022        |
| Psychiatric Services of Paradise Valley . . . . .                        | 480 443-5138        |
| <b>Quail Run Behavioral Health</b> (Ad pg 17) 2545 W Quail Ave . . . . . | <b>602 455-5694</b> |
| Samaritan Geriatric Clinic . . . . .                                     | 602 239-2487        |
| Valley Geriatric & Family Services . . . . .                             | 480 990-1099        |
| Value Options Crisis Line . . . . .                                      | 602 914-5800        |

**Support Services**

|                                                                   |                            |              |              |
|-------------------------------------------------------------------|----------------------------|--------------|--------------|
| Al-Anon . . . . . Mesa                                            | 480 969-6144               | Phoenix      | 602 249-1257 |
| Alcoholics Anonymous . . . . .                                    | 602 264-1341               |              |              |
| <b>Alliance Care Team (ACT)</b> (Ad pg 16) . . . . .              | <b>480 227-7591</b>        |              |              |
| ALS Association . . . . .                                         | 866 350-2572               |              |              |
| Alzheimer's Association Helpline . . . . .                        | 800 272-3900               |              |              |
| Alzheimer's Association Southern AZ Chapter . . . . .             | 602 528-0545               |              |              |
| Alzheimer's CARE Program . . . . .                                | 602 542-6431               |              |              |
| American Cancer Society . . . . .                                 | 602 224-0880               |              |              |
| American Diabetes Association . . . . .                           | 602 861-4731               |              |              |
| American Heart Association . . . . .                              | 602 414-5353               |              |              |
| American Heart Association - National . . . . .                   | 800 242-8721               |              |              |
| American Kidney Foundation . . . . .                              | 602 840-1644               |              |              |
| American Lung Association . . . . .                               | 602 258-7505               |              |              |
| American Parkinson Disease Assoc Info & Referral Center . . . . . | 520 326-5400               |              |              |
| Aphasia Support Group . . . . .                                   | 480 551-5480               |              |              |
| <b>Area Agency on Aging-Region One</b> (Ad pg 3) . . . . .        | <b>602 264-HELP (4357)</b> |              |              |
| 1366 E Thomas Rd . . . . .                                        |                            |              |              |
| Arizona Alliance for the Mentally Ill . . . . .                   | 602 244-8166               | 800 626-5022 |              |
| Arizona Department of Gambling/Problem Gambling . . . . .         | 800 NEXT-STEP              |              |              |
| Arizona Suicide/Crisis Hotlines - Maricopa County . . . . .       | 800 632-1314               |              |              |

(Continued on page 17)

# Alliance Care Team

Aging Well Resources and Services for Baby Boomer's and Beyond

**480-227-7591**  
alliancecareteam.org



*Help is available in a crisis...*  
**Discover the Quail Run difference**

**A CARING, HOLISTIC APPROACH TO AGING**

Depression, anxiety, grief and changes in cognitive functioning are challenges older adults face. We are here to help with specialty programs specifically for adults over the age of 55.

**WE OFFER:**

- Senior Adult Inpatient Program
- Specialty program for older adults in our Intensive Outpatient Program (IOP)



*Assessments are available 24 hours 7 days a week.  
 Call 602-455-5694. Learn more at [quailrunbehavioral.com](http://quailrunbehavioral.com).*

Physicians are on the medical staff of Quail Run Behavioral Health but, with limited exceptions, are independent practitioners who are not employees or agents of Quail Run Behavioral Health. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations. For language assistance, disability accommodations and the non-discrimination notice, visit our website. 193823-5162 8/19

**Support Services (continued)**

|                                                                                                                |                   |
|----------------------------------------------------------------------------------------------------------------|-------------------|
| Arthritis Foundation, Greater SW Chapter . . . . .                                                             | 602 264-7679      |
| Ashes to Life . . . . .                                                                                        | 602 230-2041      |
| AZCaregiver.org . . . . .                                                                                      | 888 737-7494      |
| Benevilla . . . . .                                                                                            | 623 584-4999      |
| Breast Buds - Breast Cancer Support Group <a href="http://www.breastbuds.org">www.breastbuds.org</a> . . . . . | 602 657-0500      |
| Cancer Help Line . . . . .                                                                                     | 800 227-2345      |
| CASA- Center Against Sexual Abuse . . . . .                                                                    | 602 254-6400      |
| Compassionate Friends Inc. . . . .                                                                             | 480 752-1832      |
| Franciscan Renewal Center . . . . .                                                                            | 480 948-7460      |
| <i>"Free to be Me" Support for families who are dealing with dementia.</i>                                     |                   |
| Scottsdale . . . . .                                                                                           | 480 263-1292      |
| FSL . . . . .                                                                                                  | 602 285-1800      |
| Generations Program, Beatitudes Center DOAR . . . . .                                                          | 602 274-5022      |
| Grief and Loss Support Group . . . . .                                                                         | 623 561-0500 x246 |
| Grief Support - AARP . . . . .                                                                                 | 866 797-2277      |
| Haven Senior Horizons . . . . .                                                                                | 623 236-2059      |

*(Continued on page 18)*

|                                                                                                |              |                                                      |
|------------------------------------------------------------------------------------------------|--------------|------------------------------------------------------|
| Hope for Homes Program . . . . .                                                               | 480 280-1448 | 414 439-5025                                         |
| HopeLine Suicide Hotline . . . . .                                                             |              | 800 Suicide                                          |
| Huntington Disease Society of America . . . . .                                                |              | 602 222-9312                                         |
| Justa Center 1001 W Jefferson St . . . . .                                                     |              | 602 254-6524                                         |
| Leukemia & Lymphoma Society, Desert Mtn States Chap . . . . .                                  |              | 602 788-8622                                         |
| Living Information for Today . . . . .                                                         | 800 DIGNITY  | 800 344-6489                                         |
| Mental Health Advocates Coalition of Arizona . . . . .                                         |              | 602 225-2440                                         |
| Mental Health Association Of Arizona . . . . .                                                 |              | 480 994-4407                                         |
| Mesa Senior Services . . . . .                                                                 |              | 480 962-5612                                         |
| MissionMD Valleywide <a href="http://www.ourmissionmd.com">www.ourmissionmd.com</a> . . . . .  |              | 602 224-1900                                         |
| Mosaic Care Resources . . . . .                                                                |              | 480 448-2424                                         |
| Muhammad Ali Parkinson Research Center . . . . .                                               |              | 602 406-4931                                         |
| Neighbors Who Care . . . . .                                                                   |              | 480 895-7133                                         |
| Older Battered Women's Support Groups . . . . .                                                |              | 602 264-4357                                         |
| Paralyzed Veterans of America . . . . .                                                        |              | 602 244-9168                                         |
| Parkinsons Art of Moving Exercise Class<br><i>Meets every Thurs 10:00 - 11:00 am</i> . . . . . |              | 480 551-5423                                         |
| Phoenix Interfaith Counseling . . . . .                                                        |              | 602 248-9247                                         |
| Reminisce with Rita Dementia Support Group . . . . .                                           |              | 888 297-6177                                         |
| Senior HELP LINE . . . . .                                                                     |              | 602 264-4357                                         |
| Services & Advocacy for Gay, Lesbian,<br>Bisexual & Transgender Elders . . . . .               |              | <a href="http://www.sageuse.org">www.sageuse.org</a> |
| Sharing Hearts Care Giver Support Group Tempe . . . . .                                        |              | 480 839-0926                                         |
| Sickle Cell Anemia Society . . . . .                                                           |              | 602 254-5048                                         |
| Silent Angels: Seniors Helping Seniors . . . . .                                               |              | 480 862-3776                                         |
| St Jerome Catholic Church . . . . .                                                            |              | 602 942-5555                                         |
| Stroke Support Group . . . . .                                                                 |              | 480 551-5440                                         |
| Sun Health Cancer Program . . . . .                                                            |              | 623 876-4999                                         |
| Victory in Times Alone (VITA) . . . . .                                                        |              | 480 312-2375                                         |
| Wellness Community of Central Arizona . . . . .                                                |              | 602 712-1006                                         |
| Widowed Persons Service . . . . .                                                              |              | 480 893-2579                                         |

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## ***Personal Information***

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Social Security #: \_\_\_\_\_

Driver's License #: \_\_\_\_\_

Auto Make, Model, Plate #: \_\_\_\_\_

Medicare #: \_\_\_\_\_

Medicaid #: \_\_\_\_\_

HMO Name: \_\_\_\_\_

## ***Health Information***

Primary Physician Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Other Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

Prescription Medications: \_\_\_\_\_

Over The Counter Medications: \_\_\_\_\_

Vitamins/Supplements: \_\_\_\_\_

Vaccinations: \_\_\_\_\_

Allergies & Reaction: \_\_\_\_\_

Surgeries: \_\_\_\_\_

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| AD PAGE | PHONE | HOMEMAKER & COMP | HOSPICE | 24-HR CARE | RESPIRE CARE | MEDICAL ALERT SYSTEMS | CARDIAC CARE | IV THERAPY | DIABETIC SERVICES | THERAPIES (S,P,O,R)* | WOUND CARE | MEDICAID | PRIVATE INSURANCE | PRIVATE PAY |
|---------|-------|------------------|---------|------------|--------------|-----------------------|--------------|------------|-------------------|----------------------|------------|----------|-------------------|-------------|

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| <b>24 Hour Home Care</b> | <b>23</b> | <b>480-219-4434</b> | ● | ● | ● |  |  |  |  |  |  |  |  | ● |
| <b>Visiting Angels</b>   | <b>21</b> | <b>800-365-4189</b> | ● | ● | ● |  |  |  |  |  |  |  |  | ● |

\*Therapies: S=Speech; P=Physical; O=Occupational; R=Respiratory

**We've got your back.**



Senior Directory's guides, Free Care Adviser Line, and website can help you find all the senior resources you need.



**Free Care Adviser Line  
800.955.8510**

[www.SeniorDirectory.com/Phoenix](http://www.SeniorDirectory.com/Phoenix)

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VisitingAngels.com



## Creating Success with Caregivers

We all want caregivers who care and pay attention. A combination of a task-driven and engagement-driven protocol is best for our loved ones.

Determine what you want and need most. Often, stating what you don't want can help define what you do want. Prioritize before you hire. If you can state unequivocally what you want, your chances of getting what you need increase dramatically. Make a list. Be definitive. Ambivalence sets the stage for dissatisfaction.

Visiting Angels can help you create both a care plan to reflect your needs and a team to meet your goals. Between our care managers,

our caregivers and your family, we stay in touch with each other sharing what is and isn't working, and adjust accordingly.

Melding the critical needs and wants of your family to create a successful scenario is the goal. Communication and collaboration can make it happen. Just remember – it won't happen overnight! 

~~~~~

Editor's Note: Elaine Poker-Yount, CDP is Director of Care Management for Visiting Angels East Valley. For more information, reach her at 800.365.4189 or elaine@visitingangelsaz.com. See Ad Above.

Homemaker & Companions - Provides in-home assistance with personal care including bathing, dressing, cooking, cleaning and may provide transportation and errand services.

Home Health - Provides licensed personnel including Nurses, Social Workers, Physical, Occupational, Respiratory & Speech Therapies, along with medication supervision and treatments prescribed by Physician.

Respite Care - Short-term, temporary. Designed to give families a break from daily caregiving. Respite care can be for a few hours, overnight or for extended periods of time depending on the needs of the family.

Live-in Care - "Round the clock treatment" in a home environment. The care may be shared by multiple caregivers or by a single caregiver.

Hospice - a comprehensive program of care to patients and families facing a life threatening illness. Hospice emphasizes palliative rather than curative treatment. The dying are comforted. Professional medical care is given, and sophisticated symptom relief provided.

Speech Therapy - Services to assess and treat speech and swallowing disorders. Speech therapy can treat speech, language, cognitive skills or swallowing.

Physical Therapy - Services for the treatment and the rehabilitation process where a physical therapist will often stretch, strengthen, facilitate muscles, challenge balance, test coordination abilities, teach home exercise programs and enhance basic mobility skills.

Occupational Therapy - Services to assess and treat patients to improve their ability to perform tasks in their daily living and working environments. Patients may have mental, physical, developmental, or emotional disabilities. Therapists also help them to develop, recover, or maintain daily living and work skills. Occupational therapists help clients not only to improve their basic motor functions and reasoning abilities, but also to compensate for permanent loss of function.

Respiratory Therapy - Services for care of patients with deficiencies and abnormalities associated with the cardiopulmonary system. It may include the therapeutic use of medical gases and their equipment, environmental control systems, humidification, aerosols, ventilatory support, bronchopulmonary drainage and exercise, respiratory rehabilitation, assistance with cardiopulmonary resuscitation, and maintenance of natural, artificial, and mechanical airways.



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Look for our logo and ask if your provider is a member of AZNHA when making your home care decisions.

Care Management

Care management agencies provide assistance and guidance in coordinating long term care, in-home care or other services based on a needs assessment and an individualized care plan.

Aging & Adult Administration 1789 W Jefferson #950A 602 542-4446

Aging Life Care Association 520 881-8008

Area Agency on Aging-Region One (Ad pg 3)

1366 E Thomas Rd **602 264-HELP (4357)**

(Continued on page 24)

AZNHA (Ad pg 23)	602 283-3503
Care by Design - FSL	602 285-1800 602 285-0505, x192
Catholic Social Services 1825 W Northern	602 997-6105
Jewish Family Services 2033 N 7th St.	602 257-9314
Mosaic Care Resources	480 448-2424
Phoenix Indian Center 2601 N 3rd St #100.	602 263-1017
Senior HELP LINE	602 264-4357

Aquatic Therapies

APACHE JUNCTION

Saguaro Family Fitness 305 N Plaza Dr 480 982-7794

CHANDLER

Chandler/Gilbert YMCA 1655 W Frie Blvd 480 726-3667

Fitness Forum 2130 W Chandler Blvd. 480 812-0200

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HealthSouth Valley of the Sun Rehab Hospital 623 878-8800

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Miss Mermaid's Swim Lessons. 480 745-0011

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100 S Old Litchfield Rd. 623 935-9040

MESA

Centennial Village 130 W Brown Rd. 480 833-6036

East Valley PT & Aquatic Rehab 217 S 63rd St #101 480 981-0900

Mesa Family YMCA 207 N Mesa Dr. 480 969-8166

PARADISE VALLEY

Teacher Lynda's Swim School 8853 N 78th Ave. 623 935-4878

PHOENIX

Chris Ridge Village 6246 N 19th Ave 602 433-6400

Gompers Center 6601 N 27th Ave. 602 336-0061

Lincoln Family YMCA 350 N 1st Ave 602 257-5138

Oasis Rehab Center 1016 N 32nd St Bldg B. 602 914-1332

South Mountain YMCA 222 E Olympic Dr. 602 276-4246

Telephone Pioneer Park *Seasonal*, 1946 W Morningside 602 495-2404

SCOTTSDALE

Parkinson's Aquatic Class. 480 551-5423

Scottsdale Parks & Rec Cactus Pool *Seasonal* 7202 E Cactus Rd . . . 480 312-7665

(Continued on page 25)

SCOTTSDALE (continued)

Scottsdale Parks & Rec El Dorado Pool *Seasonal* 2301 N Miller Rd. . . 480 312-2484
 Scottsdale/Paradise Valley YMCA 6869 E Shea Blvd 480 922-5466

SUN CITY

Royal Oaks (*Ad pg 33*) 10015 W Royal Oak Rd **623 815-4132**
 Sundial Recreation Center 14801 N 103rd Ave 623 876-3048

TEMPE

Kiwanis Recreation Center 6111 All American Way 480 350-5201
 Tempe Family YMCA 7070 S Rural Rd. 480 730-0240

Fitness & Wellness

Area Agency on Aging-Region One Senior Help Line (*Ad pg 3*)

1366 E Thomas Rd **602 264-HELP (4357)**
 Benevilla 16752 N Greasewood St 623 584-4999
 Desert Institute of Classic Homeopathy. 602 347-7950
 JCC Valley of the Sun 480 483-7121
 Maricopa Cty Department of Public Health Adult Immunization
 1645 W Roosevelt St. 602 506-6068
 Miss Mermaid's Triathlon Training & Coaching Gilbert 480 745-0011
 Paradise Valley Community College Silver Sneakers,
 Silver and Fit 602 787-7270
 Phoenix College Senior Adult Program 602 285-7191
*Offers multiple classes on various topics of interest to senior citizens. Most
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 Scottsdale Community College Senior Adult Educ Prog 480 423-6560
 Silver Sneakers® Fitness Programs. 888 423-4632



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Senior Preference Program

assists senior citizens, 55 and older, and their families in the sale or purchase of real estate as well as all their relocation needs.

Colette Rosati, is a highly qualified **real estate agent and a Registered Nurse** with an understanding of all the intricacies of the needs of an older client.

Colette Rosati, RN will work with you on an individual basis. She will work at your pace and comfort level to promote the sale of your property. She will do the work for you so that your transition to your new lifestyle is a simple one.

If you are personally caring for a family member who is declining in health, you will appreciate working with an RN and real estate broker. The knowledge of various living options and senior resources will put you ahead of the game!

During your senior years many things begin to change, including your living arrangements. This is a time many look to downsize their homes and look into retirement properties. Whatever the situation, there are certain things

you should be aware of as you start your quest.

The advantage of enlisting my help is clear - *you don't have to go it alone.*

Thank you for your referrals, they are important to me! 😊

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https://www.silvernest.com/?utm_source=partner&utm_medium=partner3&utm_campaign=coletterosati 🌟



Editor's Note: Provided by Colette Rosati, RN, Associate Broker, Hunt Real Estate ERA, 602-750-3233. Phone calls preferred. colette.rosati@huntrealestate.com. See Ad on Page 27.

Downsizing or need:

- A cash offer for your property
- A referral for an elder/probate/estate attorney or Fiduciary
- Property photos and listing on the internet
- Estate sale or out of state sales of property including boats and cars
- A moving company
- A handyman
- A roommate for companionship or to share expenses
- Medical resources in home medical or non medical care referrals... or more

**Contact us today
so we can help with
your senior move.**



Colette Rosati, RN
Associate Broker
602 750 3233
HUNT REAL ESTATE ERA



MULTIPLE LISTING SERVICE

MLS

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Radio



A Caring Hand for Mom (and Dad) (Ad pg 29)	800 881-7706
Hunt Real Estate/Colette Rosati, RN (Ad pg 27).	602 750-3233
PASRS (Ad pg 28).	602 845-1300



PASRS IS ON YOUR SIDE

PASRS is providing education, sharing best practices and promoting ethical and professional responsibility for Senior Placement & Referral companies while protecting older adults, their families and the communities we serve.

For more information contact us at 602.845.1300 or admin@pasrs.org
 Randy Medinger, CSA, PASRS President • Member of the NPRA

Check us out at www.npralliance.org/pasrs and on facebook at www.facebook.com/PASRS

Real Estate Services

Hunt Real Estate/Colette Rosati, RN (Ad pg 27).	602 750-3233
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Senior Travel Safety Tips



Here are some safety tips to help keep you and your loved ones safe.

- Notify neighbors and the police when going away on a trip.
- Cancel all regular deliveries such as newspapers.
- Arrange for your mail to be held at the Post Office.
- Get any vaccinations or medicines that you will need before your trip.
- Learn about travel health risks depending on your travel destination.
- Prepare a traveler's health kit. Visit www.cdc.gov for a checklist of items to keep you safe during your travels.



A Caring Hand for Mom (and Dad)

There are so many things to be aware of when you are considering assisted living. Don't search alone, together our staff of licensed and experienced healthcare professionals will help you find the right senior living solution.

Our services are FREE to our clients.



- Help Finding:**
- Independent Living Communities**
 - Assisted Living Communities**
 - Memory Care Facilities**
 - Group Homes**
 - Long and Short-term Respite Care**

What sets us apart from many other companies, is that we are a locally owned company staffed by licensed healthcare professionals, not sales and marketing staff.

Serving the Valley and throughout Arizona

For more info visit: www.acaringhandformom.com

Call us now! 800-881-7706



I Know What I Am Looking for, What are the Benefits of Using a Referral Agency?

Many people search on their own and are not aware of the differences between the types of facilities until it is too late. What is the difference between large Communities, Memory Care facilities, Group homes which is best in my situation and finances? You probably wouldn't search or buy a home or car without a realtor and inspection. There are pros and cons of each facility that they won't tell you about! Using a referral agency like **A Caring Hand for Mom (and Dad) that is staffed by licensed healthcare professionals (not sales**

and marketing staff like other referral agencies) is important.

They can help you understand the differences and save you time and money, because they know what the care facilities provide, the rates, available specials, and negotiate discounts for you. Call 800-881-7706 today! Services are FREE to our clients. www.acaringhandformom.com. 🌟

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*Editor's Note: Provided by A Caring Home For Mom (and Dad). See Ad above.*

# Why Advertise with the Senior Directory?

For over 16 years we have been the 'go-to' for boomers and caregivers with distribution locations that reach your target audience.

Our local representatives are in your community and can help you meet your advertising goals.

**Reach your customers through our combined marketing options.**



## Web Advertising

Our web visitors are looking for much needed services, resources and care. Customize your advertising on SeniorDirectory.com with information about your business in order to reach your potential customers.

We offer 3 ways to feature your business:

- Online Profile Listing**
- Featured Listing**
- Spotlight Banner**

By advertising with SeniorDirectory.com, you can reach our active and growing community through our Blog and Events Calendar. Our selection of articles are geared towards topics that are current and interesting for seniors, boomers, and healthcare professionals.

This screenshot shows the website's search results for 'Senior Services in Phoenix, Arizona'. It features a list of services such as 'Active 55+ Retirement Communities', 'Adult Day Care', and 'Assisted Living Facilities'. There is also an 'EVENTS CENTER' with a calendar view and a featured article titled 'Silver Stays' with a photo of a woman.

This screenshot shows a search form for 'Adult Day Care in Phoenix, Arizona'. It includes fields for 'Step One' (Name, Last Name, Phone Number, Email Address, City, State) and a 'Search For Services' section with a list of categories like 'Active 55+ Retirement Communities' and 'Adult Day Care'. A 'Benevity' logo is visible at the bottom.

This screenshot shows a 'Your Business' listing page. It features a 'Contact This Listing' button, a photo of two women, and a map. The listing includes contact information for 'Your Business' and a 'Benevity' logo.

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- Senior Organizations • Senior Centers
- Senior Housing Communities • Special Events • Health Fairs
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**Guide of Choice** - The Directory of Choice for helping professionals assist seniors boomers when making difficult decisions.

**National and Local Reps** - who understand the senior industry and your specific needs in helping you market your business.

**Shelf Life** - Professionals, adult children, seniors and caregivers keep our directories as a valuable resource.

**National Touch ... Local Connection!**

**Stephanie Milzer**  
Editor & Publisher

Phone 800.955.8510 • [smilzer@SeniorDirectory.com](mailto:smilzer@SeniorDirectory.com)

# Discover the Different Types of Retirement Communities

Retirement communities are often bucketed into three categories. Here's a rundown, and an introduction to a lesser-known kind of retirement option: the Life Plan Community.

## Active Adult/Over 55 Communities

The new retiree is the market for these communities, which offer a dizzying array of activities and a myriad of social activities to keep boredom at bay for the just-retired. In these communities, you own your home and assume all the associated costs.

## Rental Retirement Communities

At a rental retirement community, amenities such as utilities, maintenance, transportation to doctors, some meals, and other assorted services are provided in the monthly rental fee, which typically ranges from \$3,000 to \$7,000, depending on how luxurious the surroundings. If you need higher levels of health services, your fees increase to the market rate for those services. For reference, monthly fees for assisted living, memory care, or acute care range from \$5,000 to \$12,000 per month, depending on the level of care needed.

Life Plan Communities are the "one-stop shopping" of the retirement world—a campus-like

setting that offers resort-like amenities where residents live independently in well-appointed apartments



or homes within a community setting. On campus are wonderful restaurants, your new favorite "watering hole," zero home maintenance,

complimentary housekeeping, activities and entertainment in abundance, wellness services to keep you active and increase longevity, and so much more. The top reasons people choose a Life Plan Community:

1. Weary of maintaining their house, tired of cooking, and/or wanting the freedom to travel.
2. Predictable costs for the rest of their life: no concerns about how to pay if the "what ifs" happen.
3. Do not want to burden their children (financially or emotionally as they age).

Vicki Ullery is with Royal Oaks Retirement Community in Sun City, AZ. [www.royaloaks.com](http://www.royaloaks.com). The community recently announced a new neighborhood, Inspirata Pointe at Royal Oaks, featuring 156 new villas and apartment homes. Call 623-815-4131 to find out more. 

~~~~~  
Editor's Note: Article provided by Royal Oaks. See Ad on page 33.



A Slice of Paradise in Sun City

Tucked away in Sun City is a community of 650 residents who enjoy chef-prepared meals, indoor/outdoor pools, state-of-the-art fitness center, travel, activities, and the security of lifecare when life's challenges arise.

We invite you to visit and ask Royal Oaks residents why they live here. If you'd like, we'll arrange a lunch or dinner after the tour with some residents who, like you, didn't believe that life could be so easy at Royal Oaks. We'll help you narrow down your choices between our 23 floor plans (homes and apartments in independent living) on our 50+ acre campus and also show you the social, dining, activity, and care spaces. When you visit, ask about Club Connect, where you can experience life at our community prior to residency.

Call (623) 815-4132 to arrange your personal visit.

Ask about Inspirata Pointe, our new in-development neighborhood right to the west of our current houses, where 15 more floor plans ranging from 850–1,850 sq. ft. will be built.

Looking for an assisted living community? Eleganta Pointe at Royal Oaks offers 59 assisted living apartments, 56 private suites in a secure memory care building, and 57 private suites in complete supportive living for long term care. Our campus is a complete continuum of living with a wide variety of events and activities, multiple dining venues, 600+ thoughtful and interesting residents, and 350 staff members to make life easy!



ROYAL OAKS

marketing@RoyalOaks.com • 623-815-4132 • www.RoyalOaks.com

10015 W. Royal Oak Road (south of 99th Ave. and Thunderbird Rd.), Sun City, AZ 85351

A non-profit community and one of just 10 Life Plan Communities in the country with the financial strength to earn an "A" rating from Fitch Ratings

CCRC/LifeCare

Continuing Care Retirement Community, also known as Life Care, offers a campus-style environment that may include villas, apartments/condos, assisted living and skilled nursing services. An endowment fee may be required that entitles residents to use assisted or skilled services when needed throughout their lifetime. In most of the communities, it is possible to enter at the assisted living level as well.

Independent/Retirement Communities

Typically, studio, 1 BR or 2 BR rental apartments with full kitchens and private baths. Services may include meal plans, transportation, scheduled activities, housekeeping, laundry and maintenance. Amenities are usually abundant: libraries, computer stations, and other social gathering places. Rates are monthly and based on size/location of apartment.

Assisted Living

Communities are typically apartment-style with kitchenettes and private baths. Residential assistance living homes with an average of 5-8 residents are also included in this category. Services vary, but may include companion accommodations, meal plans, cable television, local phone, housekeeping, laundry, maintenance, and transportation. Personal assistance with activities of daily living (ADL's) such as bathing, grooming, dressing, toileting, eating and ambulation is also available. Rates vary from all-inclusive to base rates with levels of care.

Memory Care/Dementia/Alzheimer's

These communities are either licensed assisted living facilities that specialize in delivering care to victims of dementia or a unit of a skilled nursing facility. Communities are typically bedroom-style rental units with common areas for dining and activities. Many are locked for residents' safety. Staff is usually specially trained. Amenities vary and may include meal plans, cable television, local phone calls, housekeeping, laundry maintenance and transportation. Personal assistance with ADL's is available. Rates also vary from all-inclusive to base rates with levels of care. Payor sources usually accepted are private pay and some insurance plans.

(Continued on page 36)

For more than 40 years, Friendship Village residents have enjoyed a secure retirement lifestyle with exceptional services and amenities.



**Friendship
Village**
TEMPE

2645 East Southern Avenue • Tempe, Arizona 85282
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Managed by  Life Care Services™



Creating a Confident Senior Lifestyle

The world can feel like it's shrinking for some seniors. The phone doesn't ring much. The walls encroach. The TV blares. With their own transportation challenges, aging friends find it difficult to visit. And even loving family members have their own concerns to deal with. Consequently, aging can bring dull, quiet fears of increasing isolation, diminishing usefulness and inevitable loneliness. The world seems to shrink.

A senior living community like Friendship Village Tempe makes a senior's world great big again.

Here, residents indulge in all sorts of activities – some planned, many spontaneous. They develop friendships around shared experiences, like work,

travel and family. They make plans – an evening out, a party, a travel adventure, volunteerism, morning coffee, an afternoon craft club. With everything they need to do everything they want, they feel secure in, connected with, confident about their world of possibilities. 

Editor's Note: Article submitted by Mark Young, Director of Sales & Marketing, Friendship Village Tempe, 2645 East Southern Avenue, Tempe, Arizona 85282, (480) 900-3550, (800) 824-1112, toll-free, www.friendshipvillageaz.com. See Ad above.

Skilled Nursing Care

This level of care is typically found in a nursing home or a transitional care unit in a hospital. Daily rates may include a furnished bedroom, private or shared bath, meals, activities, transportation, phone service, cable television and all personal/nursing care. Payor sources usually accepted are Medicare, Medicaid, VA, some insurance plans and private sources.

Respite Care

Also known as short-term stay. Any provider of IL, AL, ALZ or SNF care can elect to provide fully furnished accommodations to a person for a short period of time. Rates usually quoted on a daily basis and are typically inclusive of all services and amenities.

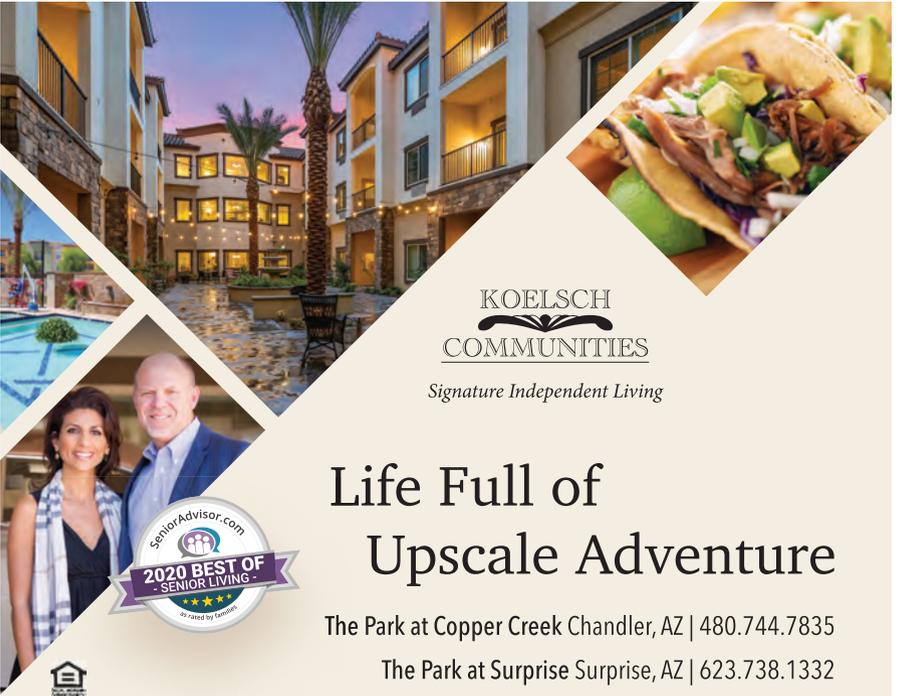
Day Care

Any provider can elect to provide day/night services on a short- or long-term basis. Rates typically include a place to rest, one or two meals and snacks and activities for the day. Licensed ALFs are prohibited by law to promote these services without a license.

BenefitsCheckUp.org

BenefitsCheckUp.org is a free, easy-to-use service that identifies federal and state assistance programs for older Americans. Researching these programs used to be a time-consuming, frustrating experience, but no longer. The National Council on Aging created BenefitsCheckUp to help older adults to quickly identify programs that may improve the quality of their lives. Family and friends can also obtain facts about benefits for which their loved ones might qualify. Chances are, you will be surprised to learn what benefits are available to you, regardless of your income.

Here's how it works: You take 10 or 15 minutes to enter information about your financial situation into an online questionnaire. Then, BenefitsCheckUp explains what benefit programs you may be eligible for and how to apply for them. Rest assured that BenefitsCheckUp is completely confidential. It does not require your name, address, phone number, Social Security number, or other information that could be used to identify you. You enter simple information, such as your age, income, and ZIP code, and BenefitsCheckUp identifies the programs for you.



KOELSCH
COMMUNITIES

Signature Independent Living



Life Full of Upscale Adventure

The Park at Copper Creek Chandler, AZ | 480.744.7835

The Park at Surprise Surprise, AZ | 623.738.1332

Commitment to Excellence in Senior Living

Our commitment to excellence in senior living began 60 years ago under the guiding philosophy: "Treat each resident with the respect they deserve and the special attention they need." Emmett and Alice Koelsch established the family's commitment to excellence to senior living in 1958.

The Koelsch Communities story began with the first community, a nursing home located in Kelso, WA. Growing up, each member of the Koelsch household was trained in all facets of quality senior care learning how to be, "Ladies and gentlemen serving ladies and gentlemen."

Aaron Koelsch, raised in that first nursing home, now leads the company from his lifetime of experience and passion for Koelsch residents. Aaron's wife, Judy, has brought style, class, and elegance into each of the Koelsch communities through her design direction. She fashions unique environments by crafting thoughtful details that connect with residents. 🌟

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*Editor's Note: Provided by Koelsch Communities. See Ads on Page 75 and Above.*

# Independent Living & Retirement Communities Grid

| CITY                  | COMMUNITY                                             | AD PAGE | PHONE        | # OF UNITS | LOWEST MONTHLY \$\$ | CCRC | STUDIO | 1 BEDROOM | 2 BEDROOMS | MEALS | ACTIVITIES | HOUSEKEEPING | COV PARKING | SCHEDULED TRANS | PETS |
|-----------------------|-------------------------------------------------------|---------|--------------|------------|---------------------|------|--------|-----------|------------|-------|------------|--------------|-------------|-----------------|------|
| <b>CENTRAL VALLEY</b> |                                                       |         |              |            |                     |      |        |           |            |       |            |              |             |                 |      |
| Phoenix               | Aeroterra, 1725 E McKinley St                         |         | 602-466-3495 | 60         | 30% IMG             |      |        |           |            |       |            |              |             |                 |      |
| Phoenix               | Ambassador West, 345 N 5th Ave                        |         | 602-252-6620 | 102        | \$130               |      |        |           |            |       |            |              |             |                 |      |
| Phoenix               | Avista Senior Living North Mountain, 350 E Eva St     |         | 602-997-6224 | 111        | \$2,995             |      |        |           |            |       |            |              |             |                 |      |
| Phoenix               | Beatitudes Campus, 1610 W Glendale Ave                |         | 602-995-6100 | 507        | \$1,833             |      |        |           |            |       |            |              |             |                 |      |
| Phoenix               | Broadway Terrace, 12815 N 28th Dr                     |         | 602-993-0701 | 100        | HUD                 |      |        |           |            |       |            |              |             |                 |      |
| Phoenix               | Brookdale Central Paradise Valley, 13240 N Tatum Blvd |         | 602-953-8004 | 135        | \$2,900             |      |        |           |            |       |            |              |             |                 |      |
| Phoenix               | Camelback Village, 5102 N 11th Ave                    |         | 602-265-3022 | 147        | \$434               |      |        |           |            |       |            |              |             |                 |      |
| Phoenix               | Christian Care Manor I, 11830 N 19th Ave              |         | 602-443-5449 | 96         | HUD                 |      |        |           |            |       |            |              |             |                 |      |
| Phoenix               | Christian Care Manor II, 11802 N 19th Ave             |         | 602-861-3970 | 47         | HUD                 |      |        |           |            |       |            |              |             |                 |      |
| Phoenix               | Christian Care Manor III, 1944 W Sunnyside Dr         |         | 602-443-5449 | 43         | HUD                 |      |        |           |            |       |            |              |             |                 |      |
| Phoenix               | CPLC Villas, 7235 S 7th St                            |         | 602-243-4137 | 41         | HUD                 |      |        |           |            |       |            |              |             |                 |      |
| Phoenix               | Cypress Manor, 5726 N Black Canyon                    |         | 602-242-1051 | 64         | \$534               |      |        |           |            |       |            |              |             |                 |      |
| Phoenix               | Deck Park Vista, 1125 N 3rd St                        |         | 602-257-8051 | 56         | \$469               |      |        |           |            |       |            |              |             |                 |      |
| Phoenix               | Desert Meadows, 16819 N 42nd Ave                      |         | 602-938-0646 | 148        | CALL                |      |        |           |            |       |            |              |             |                 |      |
| Phoenix               | El Caro Senior Apartments, 8025 N 21st Ave            |         | 602-526-0412 | 102        | \$474               |      |        |           |            |       |            |              |             |                 |      |



# Independent Living & Retirement Communities Grid

| CITY                              | COMMUNITY                                                            | AD PAGE    | PHONE               | # OF UNITS | LOWEST MONTHLY \$\$ | CCRC | STUDIO | 1 BEDROOM | 2 BEDROOMS | MEALS | ACTIVITIES | HOUSEKEEPING | COV PARKING | SCHEDULED TRANS | PETS |
|-----------------------------------|----------------------------------------------------------------------|------------|---------------------|------------|---------------------|------|--------|-----------|------------|-------|------------|--------------|-------------|-----------------|------|
| <b>CENTRAL VALLEY (continued)</b> |                                                                      |            |                     |            |                     |      |        |           |            |       |            |              |             |                 |      |
| Phoenix                           | Paradise Valley, 11640 N 27th St                                     |            | 602-867-1420        | 100        | CALL                |      |        |           | ●          |       |            |              |             | ●               | ●    |
| Phoenix                           | Paradise Village, 2525 E Aire Libre                                  |            | 602-788-9409        | 62         | \$495               |      |        |           | ●          |       |            |              |             |                 |      |
| Phoenix                           | Phoenix Manor, 2636 N 41st Ave                                       |            | 602-272-0496        | 450        | \$458               |      | ●      | ●         | ●          |       |            |              |             | ●               | ●    |
| Phoenix                           | Phoenix Silvercrest, 613 N 4th Ave                                   |            | 602-251-2000        | 125        | HUD                 |      | ●      | ●         | ●          |       |            |              |             | ●               | ●    |
| Phoenix                           | Roeser Village Apartments, 454 E Roeser Rd                           |            | 602-268-5100        | 80         | \$316               |      | ●      | ●         | ●          |       |            |              |             | ●               | ●    |
| Phoenix                           | Sahuaro West, 1650 W Sahuaro Dr                                      |            | 602-371-1305        | 59         | \$520               |      |        |           | ●          |       |            |              |             |                 |      |
| Phoenix                           | Sand Dollar, 18410 N 27th Ave                                        |            | 602-993-1211        | 70         | \$505               |      |        | ●         | ●          |       |            |              |             | ●               | ●    |
| Phoenix                           | ST Mary's Manor, 6515 N 39th Ave                                     |            | 602-973-3139        | 41         | HUD                 |      | ●      | ●         | ●          |       |            |              |             | ●               | ●    |
| Phoenix                           | Tanner Gardens, 4420 S 18th Pl                                       |            | 602-268-8866        | 127        | HUD                 |      | ●      | ●         | ●          |       |            |              |             | ●               | ●    |
| Phoenix                           | ♦ <b>The Palazzo Senior Living</b><br>6250 N 19th Ave                | <b>Web</b> | <b>602-433-6300</b> | <b>100</b> | <b>\$2,100</b>      |      | ●      | ●         | ●          | ●     | ●          | ●            | ●           | ●               | ●    |
| Phoenix                           | The Summit Apartments, 12830 N Paradise Village                      |            | 602-996-2700        | 206        | \$491               |      | ●      | ●         | ●          |       |            |              |             | ●               | ●    |
| Phoenix                           | The Terraces, 7550 N 16th St                                         |            | 602-906-4024        | 207        | \$2,474             |      | ●      | ●         | ●          |       |            |              |             | ●               | ●    |
| Phoenix                           | Urban League Manor, 4343 W Thomas Rd                                 |            | 602-233-1611        | 152        | HUD                 |      | ●      | ●         | ●          |       |            |              |             | ●               | ●    |
| Phoenix                           | Westward Ho Housing for the Elderly & Handicap,<br>618 N Central Ave |            | 602-258-6221        | 289        | 30% Inc             |      | ●      | ●         | ●          |       |            |              |             |                 | ●    |



# Independent Living & Retirement Communities Grid

| CITY                                | COMMUNITY                                              | AD PAGE   | PHONE               | # OF UNITS | LOWEST MONTHLY \$\$ | CCRC | STUDIO | 1 BEDROOM | 2 BEDROOMS | MEALS | ACTIVITIES | HOUSEKEEPING | COV PARKING | SCHEDULED TRANS | PETS |
|-------------------------------------|--------------------------------------------------------|-----------|---------------------|------------|---------------------|------|--------|-----------|------------|-------|------------|--------------|-------------|-----------------|------|
| <b>NORTHEAST VALLEY (continued)</b> |                                                        |           |                     |            |                     |      |        |           |            |       |            |              |             |                 |      |
| Scottsdale                          | ♦ <b>The Springs of Scottsdale</b><br>3212 N Miller Rd | <b>57</b> | <b>480-941-9026</b> | <b>100</b> | <b>\$2,000</b>      |      | ●      | ●         | ●          | ●     | ●          | ●            | ●           | ●               | ●    |
| Scottsdale                          | Tuscany at McCormick Ranch, 9000 E San Victor Dr       |           | 480-661-1212        | 73         | \$3,200             |      |        |           |            |       |            |              |             |                 |      |
| Scottsdale                          | Vi at Grayhawk, 7501 E Thompson Peak Pkwy              |           | 888-711-6065        | 260        | CALL                |      |        |           |            |       |            |              |             |                 |      |
| Scottsdale                          | Vi at Silverstone, 23005 N 74th St                     |           | 480-478-6223        | 270        | CALL                |      |        |           |            |       |            |              |             |                 |      |
| Scottsdale                          | Westminster Village, 12000 N 90th St                   |           | 480-451-2000        | 248        | \$2,500             |      |        |           |            |       |            |              |             |                 |      |
| <b>SOUTHEAST VALLEY</b>             |                                                        |           |                     |            |                     |      |        |           |            |       |            |              |             |                 |      |
| Ahwatukee                           | LivGenerations at Ahwatukee, 15815 S 50th St           |           | 480-485-3000        | 97         | \$3,450             |      |        |           |            |       |            |              |             |                 |      |
| Ahwatukee                           | ♦ <b>Mountain Park Senior Living</b><br>4475 E Knox Rd | <b>51</b> | <b>928-482-3758</b> | <b>62</b>  | <b>\$2,650</b>      |      | ●      | ●         | ●          | ●     | ●          | ●            | ●           | ●               | ●    |
| Apache Jct                          | Brookdale Apache Junction, 2080 S Ironwood Dr          |           | 480-983-5047        | 118        | CALL                |      |        |           |            |       |            |              |             |                 |      |
| Apache Jct                          | Palmas Del Sol 55+Resort, 3400 S Ironwood Dr           |           | 480-983-4084        | 441        | CALL                |      |        |           |            |       |            |              |             |                 |      |
| Apache Jct                          | Senior Cottages, 251 N 114th St                        |           | 480-380-5866        | 92         | \$408               |      |        |           |            |       |            |              |             |                 |      |
| Chandler                            | Atria Chandler Villas, 101 S Yucca St                  |           | 480-899-7650        | 164        | \$1,795             |      |        |           |            |       |            |              |             |                 |      |
| Chandler                            | North Chandler Place, 2555 N Price Rd                  |           | 480-345-7171        | 119        | \$2,300             |      |        |           |            |       |            |              |             |                 |      |
| Chandler                            | Brookdale Chandler Regional, 750 S Pennington Dr       |           | 480-814-8298        | 88         | CALL                |      |        |           |            |       |            |              |             |                 |      |



# Independent Living & Retirement Communities Grid

| CITY                                | COMMUNITY                                                       | AD PAGE | PHONE        | # OF UNITS | LOWEST MONTHLY \$\$ | CCRC | STUDIO | 1 BEDROOM | 2 BEDROOMS | MEALS | ACTIVITIES | HOUSEKEEPING | COVERED PARKING | SCHEDULED TRANS | PETS |
|-------------------------------------|-----------------------------------------------------------------|---------|--------------|------------|---------------------|------|--------|-----------|------------|-------|------------|--------------|-----------------|-----------------|------|
| <b>SOUTHEAST VALLEY (continued)</b> |                                                                 |         |              |            |                     |      |        |           |            |       |            |              |                 |                 |      |
| Mesa                                | Canyon Winds, 2851 N Boulder Canyon                             |         | 480-948-0700 | 126        | \$2,950             |      |        | ●         | ●          | ●     | ●          | ●            | ●               | ●               | ●    |
| Mesa                                | Centennial Village, 130 W Brown Rd                              |         | 480-833-6036 | 153        | HUD                 |      |        |           | ●          |       |            | ●            |                 |                 | ●    |
| Mesa                                | Christian Care Manor, IV 118 S 70th St                          |         | 480-924-3216 | 49         | HUD                 |      |        |           | ●          |       | ●          | ●            | ●               | ●               | ●    |
| Mesa                                | Courtyard Towers, 22 N Robson St                                |         | 480-649-3000 | 19         | \$1,260             |      |        | ●         | ●          | ●     | ●          | ●            | ●               | ●               | ●    |
| Mesa                                | Discovery Point Retirement Aparts, 6210 E Arbor Ave             |         | 480-924-6474 | 183        | CALL                |      |        |           | ●          | ●     | ●          | ●            | ●               | ●               | ●    |
| Mesa                                | Fellowship Square Historic Mesa, 35 W Brown Rd                  |         | 480-428-3117 | 415        | \$1,056             |      | ●      |           | ●          | ●     | ●          | ●            | ●               | ●               | ●    |
| Mesa                                | Fellowship Square Mesa, 6945 E Main St                          |         | 480-422-3757 | 194        | \$2,150             |      |        |           | ●          | ●     | ●          | ●            | ●               | ●               | ●    |
| Mesa                                | Good Samaritan Society-Mesa Good Shepherd, 5848 E University Dr |         | 480-981-0098 | 88         | \$1,171             |      | ●      |           | ●          | ●     | ●          | ●            | ●               | ●               | ●    |
| Mesa                                | Las Palmas 55+Resort, 215 N Power Rd                            |         | 480-396-2172 | 542        | CALL                |      |        |           | ●          | ●     | ●          | ●            | ●               | ●               | ●    |
| Mesa                                | Las Palmas 55+Resort, 2550 S Ellsworth Rd                       |         | 480-357-5000 | 820        | CALL                |      | ●      |           | ●          | ●     | ●          | ●            | ●               | ●               | ●    |
| Mesa                                | ♦ Las Palomas Senior Living<br>9050 E Brown Rd                  | 51      | 928-482-7968 | 100        | \$2,200             |      | ●      | ●         | ●          | ●     | ●          | ●            | ●               | ●               | ●    |
| Mesa                                | Legacy Retirement Residence, 5625 E McKellips Rd                |         | 480-985-0300 | 100        | \$2,675             |      |        |           | ●          | ●     | ●          | ●            | ●               | ●               | ●    |
| Mesa                                | Mesa Royale Active Retirement Living, 1825 N Stapley Dr         |         | 602-734-0765 | 152        | CALL                |      |        | ●         | ●          | ●     | ●          | ●            | ●               | ●               | ●    |
| Mesa                                | Mesa Senior Meadows, 333 E 6th St                               |         | 480-615-7893 | 40         | HUD                 |      |        |           | ●          | ●     | ●          | ●            | ●               | ●               | ●    |
| Mesa                                | Mesa Silvercrest, 255 East 6th St                               |         | 480-649-9117 | 82         | HUD                 |      |        | ●         | ●          | ●     | ●          | ●            | ●               | ●               | ●    |



# Independent Living & Retirement Communities Grid

| CITY                           | COMMUNITY                                                           | AD PAGE   | PHONE               | # OF UNITS | LOWEST MONTHLY \$\$ | CCRC | STUDIO | 1 BEDROOM | 2 BEDROOMS | MEALS | ACTIVITIES | HOUSEKEEPING | COVERED PARKING | SCHEDULED TRANS | PETS |
|--------------------------------|---------------------------------------------------------------------|-----------|---------------------|------------|---------------------|------|--------|-----------|------------|-------|------------|--------------|-----------------|-----------------|------|
| <b>WEST VALLEY (continued)</b> |                                                                     |           |                     |            |                     |      |        |           |            |       |            |              |                 |                 |      |
| Avondale                       | BridgeWater Independent Living/Avondale, 295 E Van Buren St         |           | 602-603-8200        | 20         | \$2,500             |      | ●      | ●         | ●          | ●     | ●          | ●            | ●               | ●               | ●    |
| El Mirage                      | El Mirage Senior Village, 12424 W Thunderbird Rd                    |           | 623-875-1688        | 40         | HUD                 |      |        | ●         | ●          |       |            | ●            |                 |                 |      |
| Glendale                       | Desert Gardens, 13621 & 13517 W Glendale Ave                        |           | 888-458-8218        | 500        | \$484               |      |        | ●         | ●          | ●     |            | ●            | ●               |                 | ●    |
| Glendale                       | Glencoff Center for Modern Aging, 8611 N 67th Ave                   |           | 623-847-3100        | 552        | \$1,595             | ●    |        | ●         | ●          | ●     | ●          | ●            | ●               |                 | ●    |
| Glendale                       | Inspira Arrowhead, 20240 N 78th Ave                                 |           | 623-748-1062        | 123        | \$2,700             |      | ●      | ●         | ●          | ●     | ●          | ●            | ●               |                 | ●    |
| Glendale                       | Kachina Place, 6238 N 63rd Ave                                      |           | 623-842-9159        | 39         | HUD                 |      | ●      | ●         | ●          |       |            |              |                 | ●               | ●    |
| Glendale                       | LifeStream Complete Senior Living at Thunderbird, 13617 N 55th Ave  |           | 602-938-5500        | 191        | \$1,135             |      |        | ●         | ●          | ●     | ●          | ●            | ●               |                 | ●    |
| Glendale                       | Lifestyles of Glendale, 7971 N 53rd Ave                             |           | 623-463-6270        | 109        | \$650               |      |        | ●         | ●          | ●     | ●          | ●            | ●               |                 | ●    |
| Glendale                       | Manistee Manor, 7987 N 53rd Ave                                     |           | 623-915-5039        | 75         | HUD                 |      |        | ●         | ●          |       |            | ●            |                 |                 | ●    |
| Glendale                       | Tanner Terrace, 7138 N 45th Ave                                     |           | 623-939-9447        | 156        | HUD                 |      |        | ●         | ●          | ●     | ●          | ●            | ●               |                 | ●    |
| Glendale                       | ♦ <b>Thunderbird Senior Living</b><br>5401 W Dailey St              | <b>53</b> | <b>602-598-5400</b> | <b>280</b> | <b>\$1,945</b>      |      | ●      | ●         | ●          | ●     | ●          | ●            | ●               | ●               | ●    |
| Glendale                       | Vista Alegre, 6515 W Maryland Ave                                   |           | 623-937-0418        | 59         | HUD                 |      |        | ●         | ●          |       |            | ●            |                 |                 | ●    |
| Glendale                       | Westgate Village, 8847 W Glendale Ave                               |           | 623-322-6006        | 129        | \$2,349             |      | ●      | ●         | ●          | ●     | ●          | ●            | ●               |                 | ●    |
| Goodyear                       | The Groves a Merrill Gardens Community,<br>2655 N Pebble Creek Pkwy |           | 623-935-9058        | 79         | CALL                |      | ●      | ●         | ●          | ●     | ●          | ●            | ●               |                 | ●    |



# Independent Living & Retirement Communities Grid

| CITY                           | COMMUNITY                                                     | AD PAGE   | PHONE               | # OF UNITS | LOWEST MONTHLY \$\$ | CCRC | STUDIO | 1 BEDROOM | 2 BEDROOMS | MEALS | ACTIVITIES | HOUSEKEEPING | COVERED PARKING | SCHEDULED TRANS | PETS |
|--------------------------------|---------------------------------------------------------------|-----------|---------------------|------------|---------------------|------|--------|-----------|------------|-------|------------|--------------|-----------------|-----------------|------|
| <b>WEST VALLEY (continued)</b> |                                                               |           |                     |            |                     |      |        |           |            |       |            |              |                 |                 |      |
| Sun City                       | Atria Heritage Sun City, 10101 W Palmeras Dr                  |           | 623-208-7172        | 178        | \$1,955             |      |        |           |            |       |            |              |                 |                 |      |
| Sun City                       | EI Dorado of Sun City, 10330 W Thunderbird Blvd               |           | 623-972-3000        | 218        | CALL                |      |        |           |            |       |            |              |                 |                 |      |
| Sun City                       | <b>Royal Oaks Life Plan Community</b><br>10015 W Royal Oak Rd | <b>33</b> | <b>623-815-4132</b> | <b>340</b> | <b>\$2,300</b>      |      |        |           |            |       |            |              |                 |                 |      |
| Sun City                       | Sun Valley Lodge, 12415 N 103rd Ave                           |           | 623-933-0137        | 97         | \$1,535             |      |        |           |            |       |            |              |                 |                 |      |
| Sun City                       | The Carillons, 10045 Royal Oak Rd                             |           | 623-977-8385        | 78         | \$1,625             |      |        |           |            |       |            |              |                 |                 |      |
| Sun City                       | The Fountains at Sun City, 13638 N Newcastle Dr               |           | 623-933-2500        | 182        | \$950               |      |        |           |            |       |            |              |                 |                 |      |
| Sun City                       | The Place at the Fountains at Sun City, 13638 N Newcastle Dr  |           | 855-527-3602        | 182        | \$1,049             |      |        |           |            |       |            |              |                 |                 |      |
| Sun City                       | Wooddale Village, 18616 N 99th Ave                            |           | 623-933-1313        | 171        | \$1,495             |      |        |           |            |       |            |              |                 |                 |      |
| Sun City W.                    | Deer Valley Garden, 15051 W Deer Valley Dr                    |           | 623-214-9397        | 164        | \$658               |      |        |           |            |       |            |              |                 |                 |      |
| Sun City W.                    | Grandview Terrace, 14515 W Granite Valley Dr                  |           | 623-832-4340        | 288        | CALL                |      |        |           |            |       |            |              |                 |                 |      |
| Sun City W.                    | The Heritage Tradition, 19303 New Tradition Rd                |           | 623-546-9500        | 262        | CALL                |      |        |           |            |       |            |              |                 |                 |      |
| Sun City W.                    | The Madison, 18626 Spanish Garden Dr                          |           | 623-564-1999        | 193        | CALL                |      |        |           |            |       |            |              |                 |                 |      |
| Surprise                       | Chaparral Winds, 16617 West Point Pkwy                        |           | 623-544-4777        | 108        | \$1,550             |      |        |           |            |       |            |              |                 |                 |      |
| Surprise                       | The Colonnade, 19116 N Marketplace Way                        |           | 623-832-4340        | 146        | \$1,800             |      |        |           |            |       |            |              |                 |                 |      |



# Good Physical Balance: A Critical Factor in Senior Wellness and Longevity

Imagine if you could know how well your body is balancing and if you are in danger of a fall, potentially resulting in an injury?

It is hard not to notice the concerning statistics in the news about the risk of falls in the senior population. According to the **Centers for Disease Control and Prevention**, more than one out of four older adults (aged 65 and older) falls each year, and one out of every five falls causes a serious injury such as broken bones or a head injury. These statistics do not seem to be improving, and until recently, there was no readily available, easy to use technology that could determine a person's risk for falling.

At **Spectrum Retirement Communities** (Spectrum), balance improvement is a top priority for us. We understand one of the best ways to prevent a fall is to know if you are even at risk and to improve your physical balance. Spectrum has invested in providing each community with the chance to better detect and prevent falls through the addition of Zibrio's SmartScale product. This award-winning technology company

and its founder, a neuroscientist who completed a postdoctoral fellowship at **NASA**, can help our residents quickly measure their physical balance with an assessment that is as easy as standing on a bathroom scale.

The SmartScale technology has been researched and statistically validated in the senior living environment and provides a physical balance score of 1-10. Spectrum residents who have an assessment score of between 1-3 will be offered individualized balance training and therapy programming as a benefit of living in our communities. It is our goal to improve the quality of life and wellness of our residents through this innovative balance improvement program which launches in April 2020. 🌟

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Editor's Note: By Stephanie Haley-Andrews, RN, Vice President, Resident Care at Spectrum Retirement Communities. Learn more about Spectrum at www.spectrumretirement.com. See Ad on page 51.



LIVE YOUR MASTERPIECE

Explore new interests and enjoy the every day moments, we'll take care of the rest. **Live creatively.**

8 COMMUNITIES
IN ARIZONA



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Independent Living | Assisted Living | Memory Care
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SpectrumRetirement.com

Understanding Independent Senior Living

Humans are designed to be social creatures by nature, to live in groups and be connected to our larger community. Historically, multiple generations would often live under one roof – children, parents, grandparents, great-grandparents and even aunts, uncles and cousins. In some cultures and countries, that's still common today!

But in much of the United States, there's been a decades-long shift to an emphasis on the nuclear family. Grandparents and great-grandparents may still be close emotionally, but often don't live under the same roof as their children and grandchildren. Frequently, geographic distance means that in-person contact on a daily – or even weekly – basis is not only impractical, it may be impossible. That means that upon retirement, seniors often don't get the social interaction we all need to stay engaged, energized and healthy.

That's why Independent Living has become an increasingly popular option among today's retirees. Independent Living is not the traditional 'retirement home' that people so often think of – residents of independent living communities are often not looking for assistance with medical or daily living activities. Instead, it's a great option for active, independent seniors who

want to remain social and involved with their peers and their community.

While independent living communities often provide the convenience of light housekeeping and easy access to delicious and nutritional dining options, where they really shine is in the social aspects. On-site clubs and groups make it easy to stay involved in any existing hobbies – and provide residents with multiple opportunities to explore new ones! Volunteer outreach organizations help residents stay connected to the larger community, using their wisdom and caring to continue to help others. Plus, a full calendar of purely social activities make it even easier for residents to relax and enjoy their retirement years.

Thunderbird Senior Living in Glendale, Arizona, is just such an independent living community. Thunderbird provides seniors with multiple options to stay involved, engaged and social. Even better, Thunderbird offers a full range of care, including assisted living and memory care, providing residents with additional options even as their needs change. 

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*Editor's Note: Provided by Thunderbird Senior Living. See Ad on Page 53.*



THUNDERBIRD

*a Senior Lifestyle community*

## *Live where friendships thrive.*

We hear it often. New residents settle in and then, realizing what they've got here, they say, "I wish we'd done this sooner." That's because Thunderbird is filled with supportive friends, daily adventures and a secure plan — and that makes their lives even more fun and fulfilling.

### **Discover Thunderbird.**

To schedule a conversation about community life, call **602-598-5400** now. We'd love to answer all your questions about senior living.

Independent Living | Assisted Living | Memory Care | AL 10301C  
5401 W. Dailey St. | Glendale, AZ 85306

**THUNDERBIRDSENIORLIVING.COM**



## We're Like Family at The Villas and Garden Court Apartments



It's a great place to call home! Our independent and assisted living senior apartments are situated in a convenient part of Tempe close to shopping and services. We invite you to stop by and get to know us!

### Amenities include:

- Transportation
- Weekly housekeeping
- Gated pool and hot tub
- On-site laundry
- Private courtyards
- Covered parking



**Westchester Senior Living**  
 6100 South Rural Rd.  
 Tempe, AZ 85283  
**480.831.8660**  
[westchesterseniorliving.org](http://westchesterseniorliving.org)

Volunteers of America is a national, nonprofit, faith-based organization dedicated to helping those in need. We touch the lives of almost 2 million people each year.



## TIPS for keeping yourself and your loved ones safe from dangerous falls.

- ✓ Take your time, especially on stairs and when standing up
- ✓ Use non-slip mats in the tub, shower and on bathroom floors
- ✓ Use bright lighting in stairways, hallways and use nightlights
- ✓ Remove tripping hazards like loose carpet and throw rugs
- ✓ Install handrails in bathrooms, hallways and stairways
- ✓ Wear shoes or socks that are non-slip
- ✓ Wear clothing that doesn't drag on the ground



INDEPENDENT LIVING ~ ASSISTED LIVING MEMORY CARE ~ RESPITE CARE

# Welcome home to Pacifica! Exceptional Senior Living



ENJOY RETIREMENT WITH THE AMENITIES YOU DESIRE!  
NOW SERVING 5 LOCATIONS NEAR YOU!

Independent Living & Retirement/Assisted Living



### PACIFICA PEORIA

9045 WEST ATHENS ST  
PEORIA, AZ 85382

623-688-0889

LICENSE #AL9322C



### PACIFICA PARADISE VALLEY

16621 NORTH 38TH ST  
PHOENIX, AZ 85032

602-346-9766

LICENSE #AL6981C



### WOODMARK AT SUN CITY

17207 N. BOSWELL BLVD  
SUN CITY, AZ 85373

623-259-4136

LICENSE #AL11305



### SCOTTSDALE VILLAGE SQUARE

2620 N 68TH ST  
SCOTTSDALE, AZ 85257

480-267-9074

LICENSE #AL10612C/NCH-068



### PACIFICA TUCSON

2675 NORTH WYATT DRIVE  
TUCSON, AZ 85712

520-704-6081

LICENSE #AL6987C

STOP IN OR  
CALL TODAY FOR A  
PERSONAL TOUR!



# PACIFICA SENIOR LIVING



Thank You, Phoenix



for choosing Senior Directory as your complete senior resource for 16+ years!

*We are committed to helping you find solutions for your loved ones.*

- Senior Housing
- Home Health Care
- Retirement Planning
- Support Services
- Professional Services
- Wellness & Fitness



For more information

800-955-8510

[www.SeniorDirectory.com/Phoenix](http://www.SeniorDirectory.com/Phoenix)

SRG  
SENIOR  
LIVING



**A place where  
comfort and  
exceptional care  
come together.**

You'll find all levels of assisted living services, a caring staff, and great neighbors all rolled into one.

**Please call to schedule your complimentary lunch and tour.**

INDEPENDENT & ASSISTED LIVING RESIDENCES

**La Siena** • Phoenix, AZ

909 E. Northern Avenue • 480.734.5466 • LaSienaSeniorLiving.com

**The Village at Ocotillo** • Chandler, AZ

990 West Ocotillo Road • 480.400.8990 • TheVillageatOcotillo.com

AN SRG SENIOR LIVING COMMUNITY |  EQUAL HOUSING OPPORTUNITY |  

Independent Living & Retirement/Assisted Living



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*Springe*<sup>SM</sup>  
of  
Scottsdale  
RESORT RETIREMENT LIVING

**TOUR TODAY!**

**Life  
begins  
after  
retirement!**



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[www.thespringsofscottsdale.com](http://www.thespringsofscottsdale.com)



| CITY                  | COMMUNITY                                                                                                                    | AD PAGE | PHONE        | # OF UNITS | LOWEST MONTHLY \$\$ | SUPERVISORY CARE | PERSONAL CARE | DIRECTED CARE | SEMI-PRIVATE | MEMORY CARE UNIT | ALTS | NURSE ON STAFF | NURSING HOME | DAY CARE | RESPIRE | PETS |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------|---------|--------------|------------|---------------------|------------------|---------------|---------------|--------------|------------------|------|----------------|--------------|----------|---------|------|
| <b>CENTRAL VALLEY</b> |                                                                                                                              |         |              |            |                     |                  |               |               |              |                  |      |                |              |          |         |      |
| Phoenix               | Beattitudes Campus, 1610 W Glendale Ave                                                                                      |         | 602-995-6100 | 89         | \$3,423             | ●                | ●             | ●             | ●            | ●                | ●    | ●              | ●            | ●        | ●       | ●    |
| Phoenix               | Bee Bee's Care Home, 13242 N 34th Dr                                                                                         |         | 602-978-8005 | 10         | CALL                | ●                | ●             | ●             | ●            | ●                | ●    | ●              | ●            | ●        | ●       | ●    |
| Phoenix               | BridgeWater Assisted Living/Midtown, 4000 N 3rd Ave                                                                          |         | 480-653-9500 | 104        | \$3,200             | ●                | ●             | ●             | ●            | ●                | ●    | ●              | ●            | ●        | ●       | ●    |
| Phoenix               | Brookdale Central Paradise Valley, 13240 N Tatum Blvd                                                                        |         | 602-953-8004 | 135        | \$3,000             | ●                | ●             | ●             | ●            | ●                | ●    | ●              | ●            | ●        | ●       | ●    |
| Phoenix               | Burkeshire Retirement Hotel, 1310 E McDowell Rd                                                                              |         | 602-258-7488 | 52         | \$1,050             | ●                | ●             | ●             | ●            | ●                | ●    | ●              | ●            | ●        | ●       | ●    |
| Phoenix               | Family Home East, 5251 S 3rd St                                                                                              |         | 602-268-0788 | 39         | \$575               | ●                | ●             | ●             | ●            | ●                | ●    | ●              | ●            | ●        | ●       | ●    |
| Phoenix               | Fellowship Square at The Oasis, 2002 W Sunnyside Dr                                                                          |         | 602-943-1800 | 40         | \$3,463             | ●                | ●             | ●             | ●            | ●                | ●    | ●              | ●            | ●        | ●       | ●    |
| Phoenix               | Jackson & Son Dormitory, 1614 E Wood St                                                                                      |         | 602-268-7904 | 27         | \$850               | ●                | ●             | ●             | ●            | ●                | ●    | ●              | ●            | ●        | ●       | ●    |
| Phoenix               | Kivel Manor Assisted Living, 3040 N 36th St                                                                                  |         | 602-443-8010 | 30         | \$2,800             | ●                | ●             | ●             | ●            | ●                | ●    | ●              | ●            | ●        | ●       | ●    |
| Phoenix               |  <b>La Siena</b><br>909 East Northern Ave | 57      | 480-734-5466 | 111        | CALL                | ●                | ●             | ●             | ●            | ●                | ●    | ●              | ●            | ●        | ●       | ●    |
| Phoenix               | Mariposa Point at Algodon Center 3100 N 91st Ave                                                                             |         | 623-242-1635 | 49         | CALL                | ●                | ●             | ●             | ●            | ●                | ●    | ●              | ●            | ●        | ●       | ●    |
| Phoenix               | Morningstar Assisted Living & Memory Care at Arcadia, 3200 E Glenrosa Ave                                                    |         | 480-300-4700 | 78         | \$4,031             | ●                | ●             | ●             | ●            | ●                | ●    | ●              | ●            | ●        | ●       | ●    |



| CITY                                | COMMUNITY                                                                             | AD PAGE   | PHONE               | # OF UNITS | LOWEST MONTHLY \$\$ | SUPERVISORY CARE | PERSONAL CARE | DIRECTED CARE | SEMI-PRIVATE | MEMORY CARE UNIT | ALTCs | NURSE ON STAFF | NURSING HOME | DAY CARE | RESPIRE | PETS |   |
|-------------------------------------|---------------------------------------------------------------------------------------|-----------|---------------------|------------|---------------------|------------------|---------------|---------------|--------------|------------------|-------|----------------|--------------|----------|---------|------|---|
| <b>NORTHEAST VALLEY (continued)</b> |                                                                                       |           |                     |            |                     |                  |               |               |              |                  |       |                |              |          |         |      |   |
| Fountain Hills                      | Fountain View Village 16455 E Ave of the Fountains                                    |           | 623-777-8316        | 68         | \$4,800             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| Fountain Hills                      | Morningstar Assisted Living & Memory Care of Fountain Hills, 16800 E Paul Nordin Pkwy |           | 480-327-6797        | 63         | \$4,238             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| N Phoenix                           | Avista at North Mountain, 350 E Eva St                                                |           | 602-997-6224        | 111        | \$2,995             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| N Phoenix                           | BridgeWater Assisted Living/Deer Valley, 2641 W Union Hills Dr                        |           | 602-883-2110        | 136        | \$2,430             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| N Phoenix                           | Bethesda Gardens Assisted Living, 13825 Cave Creek Rd                                 |           | 602-765-4000        | 114        | \$2,295             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| N Phoenix                           | Brookdale Desert Ridge, 4050 E Bluefield Ave                                          |           | 623-505-4672        | 119        | \$2,006             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| N Phoenix                           | Desert Willow Assisted Living at Sagewood, 4555 E Mayo Blvd                           |           | 480-630-2732        | 44         | \$7,020             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| N Phoenix                           | Kachina Outpost - Adult Care Home, 44605 North 12th St                                |           | 623-826-9432        | 4          | \$2,500             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| N Phoenix                           | LifeStream Complete Senior Living at NE Phoenix, 20802 N Cave Creek Rd                |           | 602-569-0508        | 30         | \$4,850             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| Paradise Valley                     | <b>Pacifica Senior Living Paradise Valley</b><br>16621 N 38th St                      | <b>55</b> | <b>602-346-9766</b> | <b>22</b>  | <b>\$3,450</b>      | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| Scottsdale                          | Andara, 11415 N 114th St                                                              |           | 480-376-2215        | 16         | \$3,300             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| Scottsdale                          | Atria Park of Sierra Pointe, 14500 N Frank Lloyd Wright Blvd                          |           | 480-767-9800        | 178        | \$4,645             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |



| CITY                                | COMMUNITY                                                 | AD PAGE | PHONE        | # OF UNITS | LOWEST MONTHLY \$\$ | SUPERVISORY CARE | PERSONAL CARE | DIRECTED CARE | SEMI-PRIVATE | MEMORY CARE UNIT | ALTCs | NURSE ON STAFF | NURSING HOME | DAY CARE | RESPITE | PETS |   |
|-------------------------------------|-----------------------------------------------------------|---------|--------------|------------|---------------------|------------------|---------------|---------------|--------------|------------------|-------|----------------|--------------|----------|---------|------|---|
| <b>NORTHEAST VALLEY (continued)</b> |                                                           |         |              |            |                     |                  |               |               |              |                  |       |                |              |          |         |      |   |
| Scottsdale                          | Vi at Silverstone, 23005 N 74th St                        |         | 480-478-6200 | 24         | \$5,123             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| Scottsdale                          | Villa Ocotillo Assisted Living, 3327 N Civic Center Plaza |         | 480-946-7111 | 120        | \$3,000             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| Scottsdale                          | Westminster Village, 12000 N 90th St                      |         | 480-451-2000 | 23         | Lifecare            |                  |               |               | ●            |                  |       |                | ●            |          |         |      |   |
| <b>SOUTHEAST VALLEY</b>             |                                                           |         |              |            |                     |                  |               |               |              |                  |       |                |              |          |         |      |   |
| Ahwatukee                           | LivGenerations at Ahwatukee, 15815 S 50th St              |         | 480-485-3000 | 97         | \$4,720             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| Ahwatukee                           | ♦ Mountain Park Senior Living<br>4475 E Knox Rd           | 51      | 928-482-3758 | 59         | \$4,720             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| Apache Jct                          | Brookdale Apache Junction, 2080 S Ironwood Dr             |         | 480-983-5047 | 118        | CALL                | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| Apache Jct                          | Visions of Assisted Living, 1510 E Broadway Ave           |         | 480-671-1490 | 40         | \$2,800             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| Chandler                            | Atria Chandler Villas, 101 S Yucca St                     |         | 480-899-7650 | 164        | \$2,150             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| Chandler                            | Autumn Years Care Center, 217 N Washington St             |         | 480-899-5306 | 23         | \$1,600             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| Chandler                            | Brookdale Central Chandler, 1919 W Carla Vista Dr         |         | 480-855-6500 | 47         | \$2,175             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| Chandler                            | Brookdale Chandler Regional, 750 S Pennington Dr          |         | 480-814-8298 | 79         | CALL                | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |
| Chandler                            | North Chandler Place, 2555 N Price Rd                     |         | 480-345-7171 | 28         | \$1,800             | ●                | ●             | ●             | ●            | ●                | ●     | ●              | ●            | ●        | ●       | ●    | ● |



| CITY                                | COMMUNITY                                                       | AD PAGE | PHONE        | # OF UNITS | LOWEST MONTHLY \$\$ | SUPERVISORY CARE | PERSONAL CARE | DIRECTED CARE | SEMI-PRIVATE | MEMORY CARE UNIT | ALTCs | NURSE ON STAFF | NURSING HOME | DAY CARE | RESPIRE | PETS |   |
|-------------------------------------|-----------------------------------------------------------------|---------|--------------|------------|---------------------|------------------|---------------|---------------|--------------|------------------|-------|----------------|--------------|----------|---------|------|---|
| <b>SOUTHEAST VALLEY (continued)</b> |                                                                 |         |              |            |                     |                  |               |               |              |                  |       |                |              |          |         |      |   |
| Mesa                                | Arbor Rose, 6063 E Arbor Ave                                    |         | 480-981-9262 | 12         | \$2,900             | •                | •             | •             | •            | •                |       |                | •            |          | •       | •    |   |
| Mesa                                | Armada Care Homes, 1612 E Knoll Circle                          |         | 800-847-1352 | 4          | \$3,500             | •                | •             | •             | •            | •                |       |                |              |          |         |      | • |
| Mesa                                | Avista Senior Living Historic Downtown Mesa, 248 N MacDonald St |         | 480-827-2222 | 91         | CALL                | •                | •             | •             | •            | •                |       |                | •            |          |         | •    | • |
| Mesa                                | Brookdale Baywood, 310 S 63rd St                                |         | 480-985-5778 | 126        | \$2,160             | •                | •             | •             | •            | •                |       |                |              |          |         | •    | • |
| Mesa                                | Broadway Mesa Village, 7231 E Broadway Rd                       |         | 480-807-4700 | 85         | CALL                | •                | •             | •             | •            | •                |       |                | •            |          |         | •    | • |
| Mesa                                | Brookdale East Arbor, 6060 E Arbor Ave                          |         | 480-807-6600 | 50         | \$2,900             |                  |               |               |              |                  |       |                | •            |          |         | •    | • |
| Mesa                                | Brookdale North Mesa, 2122 E Brown Rd                           |         | 480-964-8788 | 45         | \$2,990             | •                | •             | •             | •            | •                |       |                |              |          |         | •    | • |
| Mesa                                | Brookdale Springs Mesa, 6220 E Broadway Rd                      |         | 480-985-8900 | 90         | \$3,400             |                  |               |               |              |                  |       |                | •            |          |         | •    | • |
| Mesa                                | Christian Care Manor IV, 118 S 70th St                          |         | 866-271-1604 | 47         | ALTCs               | •                | •             | •             | •            | •                |       |                |              |          |         |      | • |
| Mesa                                | Copper Heights, 152 N 56th St                                   |         | 480-985-0680 | 93         | \$2,850             | •                | •             | •             | •            | •                |       |                |              |          |         | •    | • |
| Mesa                                | Courtyard Towers, 22 N Robson St                                |         | 480-649-3000 | 138        | \$2,035             | •                | •             | •             | •            | •                |       |                |              |          |         | •    | • |
| Mesa                                | Doctor's Choice Assisted Living Choice, 9101 E Brown Rd         |         | 602-316-6114 | 19         | \$2,500             | •                | •             | •             | •            | •                |       |                |              |          |         | •    | • |



| CITY                                | COMMUNITY                                                   | AD PAGE | PHONE                        | # OF UNITS | LOWEST MONTHLY \$\$ | SUPERVISORY CARE | PERSONAL CARE | DIRECTED CARE | SEMI-PRIVATE | MEMORY CARE UNIT | ALTCs | NURSE ON STAFF | NURSING HOME | DAY CARE | RESPIRE | PETS |   |
|-------------------------------------|-------------------------------------------------------------|---------|------------------------------|------------|---------------------|------------------|---------------|---------------|--------------|------------------|-------|----------------|--------------|----------|---------|------|---|
| <b>SOUTHEAST VALLEY (continued)</b> |                                                             |         |                              |            |                     |                  |               |               |              |                  |       |                |              |          |         |      |   |
| Tempe                               | <b>◆ Friendship Village of Tempe</b><br>2645 E Southern Ave | 35      | 480-900-3550<br>800-824-1112 | 67         | \$5,049             | ●                | ●             | ●             | ●            |                  |       | ●              |              |          |         |      | ● |
| Tempe                               | <b>◆ Westchester Senior Living</b><br>6100 S Rural Rd       | 54      | 480-831-8660                 | 24         | \$3,275             | ●                | ●             | ●             | ●            |                  |       | ●              | ●            | ●        |         |      | ● |
| Tempe                               | Westchester Garden Court, 601 E Westchester Dr              |         | 480-897-9130                 | 24         | \$2,830             | ●                |               |               |              |                  |       |                |              |          |         |      | ● |
| <b>WEST VALLEY</b>                  |                                                             |         |                              |            |                     |                  |               |               |              |                  |       |                |              |          |         |      |   |
| Avondale                            | BridgeWater Assisted Living/Avondale, 295 E Van Buren St    |         | 602-603-8200                 | 87         | \$3,600             | ●                | ●             |               |              | ●                |       | ●              |              |          |         |      | ● |
| Avondale                            | Legacy House, 2635 N Dysart Rd                              |         | 623-478-3800                 | 127        | \$3,350             |                  |               |               | ●            |                  |       | ●              |              |          |         |      | ● |
| Glendale                            | Brookdale Arrowhead Ranch, 5861 W Beverly Ln                |         | 602-938-7166                 | 76         | \$2,210             | ●                | ●             | ●             | ●            |                  |       | ●              |              |          |         |      | ● |
| Glendale                            | Desert Gardens, 13517 W Glendale Ave                        |         | 888-458-8218                 | 500        | \$989               | ●                | ●             |               |              |                  |       |                |              |          | ●       |      | ● |
| Glendale                            | Desert Sky Assisted Living, 5125 N 58th Ave                 |         | 623-915-5720                 | 103        | \$1,495             | ●                | ●             |               |              |                  |       | ●              |              |          |         |      | ● |
| Glendale                            | Glencroft Center for Modern Aging, 8611 N 67th Ave          |         | 623-847-3100                 | 31         | \$3,995             |                  |               | ●             | ●            | ●                |       | ●              | ●            |          |         |      | ● |
| Glendale                            | Home Away From Home (Physician Owned), 7413 N 75th Dr       |         | 623-428-9885                 | 5          | \$3,500             | ●                | ●             | ●             | ●            |                  |       | ●              | ●            |          |         |      | ● |
| Glendale                            | Inspira Arrowhead, 20240 N 78th Ave                         |         | 623-748-1062                 | 123        | \$3,900             | ●                | ●             | ●             | ●            |                  |       | ●              |              |          |         |      | ● |



| CITY                           | COMMUNITY                                                      | AD PAGE | PHONE               | # OF UNITS | LOWEST MONTHLY \$\$\$ | SUPERVISORY CARE | PERSONAL CARE | DIRECTED CARE | SEMI-PRIVATE | MEMORY CARE UNIT | ALTS | NURSE ON STAFF | NURSING HOME | DAY CARE | RESPIRE | PETS |  |
|--------------------------------|----------------------------------------------------------------|---------|---------------------|------------|-----------------------|------------------|---------------|---------------|--------------|------------------|------|----------------|--------------|----------|---------|------|--|
| <b>WEST VALLEY (continued)</b> |                                                                |         |                     |            |                       |                  |               |               |              |                  |      |                |              |          |         |      |  |
| Peoria                         | Amethyst Gardens, 18170 N 91st Ave                             |         | 623-748-1633        | 240        | \$2,095               |                  |               |               |              |                  |      |                |              |          |         |      |  |
| Peoria                         | Brookdale Peoria, 8989 W Greenbrian Dr                         |         | 623-583-1704        | 50         | \$2,530 + care        |                  |               |               |              |                  |      |                |              |          |         |      |  |
| Peoria                         | Desert Winds Assisted Living, 20545 N Lake Pleasant Rd         |         | 623-322-0600        | 78         | \$2,495               |                  |               |               |              |                  |      |                |              |          |         |      |  |
| Peoria                         | Freedom Plaza Arizona, 13373 N Plaza Del Rio Blvd              |         | 623-876-2416        | 65         | CALL                  |                  |               |               |              |                  |      |                |              |          |         |      |  |
| Peoria                         | Immanuel Campus of Care, The Manor, 11295 N 99th Ave           |         | 623-977-8373        | 102        | \$2,280               |                  |               |               |              |                  |      |                |              |          |         |      |  |
| Peoria                         | Inn at the Amethyst, 18172 N 91st Ave                          |         | 623-239-0733        | 41         | \$3,135               |                  |               |               |              |                  |      |                |              |          |         |      |  |
| Peoria                         | Morning Star Senior Living at Golden Ridge, 6735 W Golden Lane |         | 623-500-4300        | 71         | \$2,600               |                  |               |               |              |                  |      |                |              |          |         |      |  |
| Peoria                         | Orchard Pointe at Terrazza, 6775 W Happy Valley Rd             |         | 623-230-3393        | 54         | \$3,595               |                  |               |               |              |                  |      |                |              |          |         |      |  |
| Peoria                         | <b>Palos Verdes Senior Living</b><br>18441 N 87th Ave          |         | <b>928-482-4752</b> | <b>52</b>  | <b>\$3,820</b>        |                  |               |               |              |                  |      |                |              |          |         |      |  |
| Peoria                         | The Forum at Desert Harbor, 13840 N Desert Harbor Dr           |         | 623-972-0995        | 80         | \$2,800               |                  |               |               |              |                  |      |                |              |          |         |      |  |
| Peoria                         | The Inn at Freedom Plaza, 13725 N 93rd Ave                     |         | 623-815-6160        | 65         | \$4,390               |                  |               |               |              |                  |      |                |              |          |         |      |  |
| Peoria                         | The Mission at Agua Fria Senior Living, 8880 N 107th Ave       |         | 602-832-4521        | 32         | \$3,100               |                  |               |               |              |                  |      |                |              |          |         |      |  |



# Assisted Living Communities Grid

| CITY                           | COMMUNITY                                                             | AD PAGE | PHONE        | # OF UNITS | LOWEST MONTHLY \$\$ | SUPERVISORY CARE | PERSONAL CARE | DIRECTED CARE | SEMI-PRIVATE | MEMORY CARE UNIT | ALTCS | NURSE ON STAFF | NURSING HOME | DAY CARE | RESPIRE | PETS |
|--------------------------------|-----------------------------------------------------------------------|---------|--------------|------------|---------------------|------------------|---------------|---------------|--------------|------------------|-------|----------------|--------------|----------|---------|------|
| <b>WEST VALLEY (continued)</b> |                                                                       |         |              |            |                     |                  |               |               |              |                  |       |                |              |          |         |      |
| Surprise                       | <b>◆ Solana at The Park Assisted Living</b><br>14581 W Parkwood Dr    | 75      | 623-551-7998 | 97         | \$3,400             | ●                | ●             | ●             | ●            | ●                |       | ●              | ●            | ●        | ●       | ●    |
| Surprise                       | Royal Paradise Care, 15257 N 135th Dr                                 |         | 623-556-5919 | 10         | \$2,200             | ●                | ●             | ●             | ●            | ●                |       |                |              |          |         | ●    |
| Surprise                       | Vista de la Montana, 18510 N Parkview Pl                              |         | 623-975-4250 | 113        | \$1,385             | ●                | ●             | ●             | ●            | ●                |       |                |              |          |         | ●    |
| Youngtown                      | Fountain Retirement Center, 12030 N 113th Ave                         |         | 623-977-4273 | 65         | \$1,050             | ●                | ●             | ●             | ●            | ●                |       |                |              |          |         | ●    |
| Youngtown                      | LifeStream Complete Senior Living at Youngtown,<br>11315 W Peoria Ave |         | 623-972-2371 | 24         | \$3,840             | ●                | ●             | ●             | ●            | ●                |       |                |              |          |         | ●    |
| Youngtown                      | Ventana Winds Assisted Living, 12322 N 113th Ave                      |         | 623-583-2460 | 90         | \$1,995             | ●                | ●             | ●             | ●            | ●                |       |                |              |          |         | ●    |
| <b>CASA GRANDE</b>             |                                                                       |         |              |            |                     |                  |               |               |              |                  |       |                |              |          |         |      |
| Casa Grande                    | Garnet of Casa Grande, 510 E 8th St                                   |         | 520-413-0612 | 96         | \$3,095             | ●                | ●             | ●             | ●            | ●                |       |                |              |          |         | ●    |
| <b>YUMA</b>                    |                                                                       |         |              |            |                     |                  |               |               |              |                  |       |                |              |          |         |      |
| Yuma                           | Emerald Springs, 1475 S 46th Ave                                      |         | 928-271-5230 | 140        | CALL                |                  |               |               |              |                  |       | ●              |              |          |         |      |

 Web Link on [www.SeniorDirectory.com/Phoenix](http://www.SeniorDirectory.com/Phoenix)



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## **10 Absolutes for Alzheimer's Caregivers**

### **ABSOLUTELY NEVER....**

1. ARGUE .....instead..... AGREE
2. REASON .....instead..... DIVERT
3. SHAME .....instead..... DISTRACT
4. LECTURE .....instead..... REASSURE
5. SAY "REMEMBER" .....instead..... REMINISCE
6. SAY "I TOLD YOU" .....instead..... REPEAT/REGROUP
7. SAY "YOU CAN'T" .....instead..... DO WHAT THEY CAN
8. COMMAND/DEMAND...instead..... ASK/MODEL
9. CONDESCEND .....instead..... ENCOURAGE/PRAISE
10. FORCE .....instead..... REINFORCE



# Avenir Approach and Cognitive Lifestyle

Avenir is a Family owned and operated company that was founded by David and Violet Craik in 1975 when they established Avenir Construction. The company started out as a commercial builder constructing shopping centers, standalone retail, condominiums, and other housing. David and Violet's first experience with senior housing was in the 80's when he and Violet visited his own Mother in her Senior Retirement community. They as builders, developers and designers knew that they could create and build something that was far better than what his Mother was in and give her the Environment, Dining and Social Interactions she deserved. From those humble thoughts a **vision and passion was born.**

In the early 2000's David and Violet, feeling compelled by the emotions from years ago, saw the need for the development of Senior Housing and knew the time was right. From their home office they ventured into their very first Independent and Assisted Living community and by 2009 they would complete five communities to serve approximately 550+.

By 2012, they would venture into a new area senior care in the state of Arizona. It would be here where they would learn about a whole new level of care needed to serve seniors and about the importance and value of aligning residents by their cognitive ability. This was the start of the **Avenir Approach and Cognitive Lifestyle** program they use today.

Today, Avenir privately owns all eight of its communities and manages the day-to-day operations of those in Arizona, Nevada, Tennessee, Arkansas and also Canada. In 2020 they will break ground on an 88-bed community in Los Angeles, their first in California. Throughout its long history in serving Seniors, Avenir has built a strong reputation in the industry as a leader in caring for Seniors and assisting families with education, guidance and support and resources. 

*Editor's Note: Provided by Avenir Senior Living. See Ads on pages 73 and the Back Cover.*

# Discover the Avenir Approach



**Call Today to Learn About Our  
Unique Approach to Memory Care**

Predictable Pricing Guaranteed  
Resident Centered Care Planning  
Specialized Activities  
Unique Cognitive Placement

 **Avenir**

**MEMORY CARE**

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Scottsdale, AZ 85258

**(480) 659-7890**

### *Chandler*

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Chandler, AZ 85224

**(480) 719-2283**

### *Surprise*

16465 N. Parkview Pl  
Surprise, AZ 85374

**(623) 239-0020**

[www.AvenirSeniorLiving.com](http://www.AvenirSeniorLiving.com)



# What Does Having a Nurse On-Site 24 Hours a Day Do for Your Mom?

Licensed nurses are professionally trained caregivers that know first-hand the importance of resident care, and how best to monitor, assess, and intervene when changes in a resident's behavior, routine, or condition occur.

Our number one priority at Koelsch Communities is the quality of care for your loved one. While some communities often use trained-on-the-job medical technicians or nursing assistants, we have Licensed Nurses at each of our assisted living and memory care communities, as well as trained nursing care assistants on-site 24 hours a day, seven days a week.

Our licensed nurses are better equipped to:

- Distribute medications and safely monitor reactions
- Manage respiratory issues and monitor oxygen
- Recognize changes in conditions and make key observations in an emergency situation
- Speak with doctors directly, on the phone or in-person about prescriptions and resident conditions
- Provide general nursing care, such as a catheter, incontinence, wound, and ostomy care
- Monitor diabetic care 24 hours per day and provide the resident with injections, glucose monitoring, skincare, nutrition, and podiatrist visits
- Communicate between outside agencies or services making information more effective, streamlined and with medical accuracy
- Notice when memory care residents are having difficulty communicating health needs. Licensed nurses are trained to recognize differences in behaviors with positive effects.

At Koelsch Senior

Communities, our number one priority is the care of our residents. Professional, educated nurses can make a difference in the life and death issues that may affect our residents at any time. 



*Editor's Note: Provided by Alicia Eliason, Marketing Project Manager, Koelsch Communities. See Ads on Pages 75 and 37.*



# Mom approved care since 1958.

~ Koelsch Communities

*Call to learn more about how we can care for you today.*



*Distinctive Memory Care*

Amber Creek Scottsdale, AZ | 480.463.4881  
Copper Creek Inn Chandler, AZ | 623.223.7870  
Silver Creek Inn Mesa, AZ | 623.289.3965  
Rock Creek at The Park Surprise, AZ | 623.738.1342

*Distinctive Assisted Living*

Solana at The Park Surprise, AZ | 623.551.7998



# Memory Care/Alzheimer's Assisted Living Grid

| CITY                    | COMMUNITY                                                          | AD PAGE | PHONE        | # OF UNITS | ALZ STARTING \$\$ | ALZ/DEMENTIA ONLY |              |              |         |                |                |                |                |  |  |  |  |  |  |  |  |  |  |
|-------------------------|--------------------------------------------------------------------|---------|--------------|------------|-------------------|-------------------|--------------|--------------|---------|----------------|----------------|----------------|----------------|--|--|--|--|--|--|--|--|--|--|
|                         |                                                                    |         |              |            |                   | SEMI PRIVATE RM   | PRIVATE ROOM | NURSING HOME | RESPIRE | ADULT DAY CARE | NURSE ON STAFF | FURNISHED APT. | SEC. COURTYARD |  |  |  |  |  |  |  |  |  |  |
| <b>CENTRAL VALLEY</b>   |                                                                    |         |              |            |                   |                   |              |              |         |                |                |                |                |  |  |  |  |  |  |  |  |  |  |
| PHOENIX                 | <b>The Palazzo Senior Living</b><br>6250 N 19th Ave                | Web     | 602-433-6300 | 29         | \$4,300           |                   |              |              |         |                |                |                |                |  |  |  |  |  |  |  |  |  |  |
| <b>NORTHEAST VALLEY</b> |                                                                    |         |              |            |                   |                   |              |              |         |                |                |                |                |  |  |  |  |  |  |  |  |  |  |
| ANTHEM                  | <b>The Enclave at Anthem Senior Living</b><br>42015 N Venture Dr   | 51      | 928-482-4693 | 24         | \$3,700           |                   |              |              |         |                |                |                |                |  |  |  |  |  |  |  |  |  |  |
| PARADISE VALLEY         | <b>Pacifica Senior Living Paradise Valley</b><br>16621 N 38th St   | 55      | 602-346-9766 | 84         | \$4,995           |                   |              |              |         |                |                |                |                |  |  |  |  |  |  |  |  |  |  |
| SCOTTSDALE              | <b>Amber Creek Inn</b><br>11250 N 92nd St                          | 75      | 480-463-4881 | 65         | \$5,600           |                   |              |              |         |                |                |                |                |  |  |  |  |  |  |  |  |  |  |
| SCOTTSDALE              | <b>Avenir Memory Care at Scottsdale</b><br>9450 E Mountain View Rd | 73, BC  | 480-659-7890 | 86         | \$6,495           |                   |              |              |         |                |                |                |                |  |  |  |  |  |  |  |  |  |  |
| SCOTTSDALE              | <b>Barton House</b><br>7001 E Mountain View Rd                     | 71      | 480-991-9912 | 40         | \$5,550           |                   |              |              |         |                |                |                |                |  |  |  |  |  |  |  |  |  |  |
| SCOTTSDALE              | <b>Lone Mountain Memory Care</b><br>7171 E Lone Mountain Rd        | 51      | 928-433-8454 | 56         | \$5,300           |                   |              |              |         |                |                |                |                |  |  |  |  |  |  |  |  |  |  |
| SCOTTSDALE              | <b>Scottsdale Village Square</b><br>2620 N 68th St                 | 55      | 480-267-9074 | 51         | \$5,000           |                   |              |              |         |                |                |                |                |  |  |  |  |  |  |  |  |  |  |
| SCOTTSDALE              | <b>The Auberge at Scottsdale</b><br>9410 E Thunderbird Rd          | 71      | 480-614-9100 | 80         | \$6,800           |                   |              |              |         |                |                |                |                |  |  |  |  |  |  |  |  |  |  |



# Memory Care/Alzheimer's Assisted Living Grid

| CITY               | COMMUNITY                                                  | AD PAGE   | PHONE        | # OF UNITS | ALZ STARTING \$\$             | ALL INCLUSIVE \$ | SEMI PRIVATE RM | PRIVATE ROOM | NURSING HOME | RESPIRE | ADULT DAY CARE | NURSE ON STAFF | FURNISHED APT. | SEC. COURTYARD |  |
|--------------------|------------------------------------------------------------|-----------|--------------|------------|-------------------------------|------------------|-----------------|--------------|--------------|---------|----------------|----------------|----------------|----------------|--|
|                    |                                                            |           |              |            |                               |                  |                 |              |              |         |                |                |                |                |  |
| <b>WEST VALLEY</b> |                                                            |           |              |            |                               |                  |                 |              |              |         |                |                |                |                |  |
| GLENDALE           | ◆ Thunderbird Senior Living<br>5401 W Dailey               | 53        | 602-598-5400 | 20         | \$4,489                       |                  | ●               | ●            | ●            |         |                |                | ●              | ●              |  |
| PEORIA             | ◆ Pacifica Senior Living - Peoria<br>9045 W Athens St      | 55        | 623-688-0889 | 84         | \$4,475                       |                  | ●               | ●            | ●            |         | ●              |                | ●              | ●              |  |
| PEORIA             | ◆ Palos Verdes Senior Living<br>18441 N 87th Ave           | 51        | 928-482-4752 | 24         | \$4,120                       |                  | ●               | ●            | ●            |         | ●              |                | ●              | ●              |  |
| SURPRISE           | ◆ Avenir Memory Care at Surprise<br>16465 N Parkview Place | 73,<br>BC | 623-239-0020 | 86         | \$4,500                       |                  | ●               | ●            | ●            | ●       | ●              |                | ●              | ●              |  |
| SURPRISE           | ◆ Rock Creek at The Park<br>14552 W Parkwood               | 75        | 623-738-1342 | 66         | \$5,650                       |                  | ●               | ●            | ●            | ●       | ●              |                | ●              | ●              |  |
| SUN CITY           | ◆ Elegante Pointe at Royal Oaks<br>10015 W Royal Oak Rd    | 33        | 623-815-4132 | 56         | \$7,000                       |                  | ●               | ●            | ●            | ●       |                |                | ●              | ●              |  |
| SUN CITY           | ◆ The Woodmark at Sun City<br>17207 N Boswell Blvd         | 55        | 623-259-4136 | 77         | \$2,600<br>\$3,500<br>\$4,475 |                  | ●               | ●            | ●            |         | ●              |                | ●              | ●              |  |
| <b>TUCSON</b>      |                                                            |           |              |            |                               |                  |                 |              |              |         |                |                |                |                |  |
| TUCSON             | ◆ Pacifica Senior Living - Tucson<br>2675 N Wyatt Dr       | 55        | 520-704-6081 | 70         | \$4,675                       |                  | ●               | ●            | ●            | ●       | ●              |                | ●              | ●              |  |

◆ Web Link on [www.SeniorDirectory.com/Phoenix](http://www.SeniorDirectory.com/Phoenix)

# Checklist for Choosing a Nursing Facility

This checklist may be used as a reference for evaluating nursing homes during a visit. Remember, the most important consideration in any choice is the individual's specific situation. Each patient – young, elderly, ambulatory, bedridden, or ill – has different needs, preferences, and desires that need to be taken into account in the selection of an appropriate facility. (Courtesy of [www.inha.org](http://www.inha.org))

## Cleanliness

Is the facility clean and free of unpleasant odors? . . . . . Yes\_\_ No\_\_

## Licensure and Certification

Does the facility have a current license from the state? . . . . . Yes\_\_ No\_\_

Does the administrator have a current license from the state? . . . . . Yes\_\_ No\_\_

If needed by the individual, is the facility certified to provide Medicare and/or Medicaid coverage? . . . . . Yes\_\_ No\_\_

Does the facility have a formal quality assurance program? . . . . . Yes\_\_ No\_\_

## Costs

Are all the services the patient requires covered in the basic daily charge? . Yes\_\_ No\_\_

If not, is a list of specific services not covered in the basic rate available? .Yes\_\_ No\_\_ (e.g. beautician services, specialty foods, etc.)

Are advanced payments returned if the patient leaves the facility? . . . . . Yes\_\_ No\_\_

## Medical

Is a physician available in an emergency? . . . . . Yes\_\_ No\_\_

Are personal physicians allowed? . . Yes\_\_ No\_\_

Will the patient's personal physician be notified in an emergency? . . . . . Yes\_\_ No\_\_

Does the facility periodically report to the patient's personal physician? . . . . . Yes\_\_ No\_\_

Are medical records and plans of care kept? . . . . . Yes\_\_ No\_\_

Is confidentiality of medical records assured? . . . . . Yes\_\_ No\_\_

Are other medical services (dentists, podiatrists, optometrists) available? . . . . . Yes\_\_ No\_\_

## Pharmacy

Are routine and emergency drugs available? . . . . . Yes\_\_ No\_\_

Does a pharmacist review patient drug regimen? . . . . . Yes\_\_ No\_\_

Is a pharmacist available for staff and patients? . . . . . Yes\_\_ No\_\_

## Therapy Program

Is there a physical therapy program available under the direction of a qualified physical therapist? . . . . . Yes\_\_ No\_\_

Are services of an occupational therapist and speech pathologist available? . . Yes\_\_ No\_\_

## Activities Program

Are patient preferences observed? . . Yes\_\_ No\_\_

Are group and individual activities available? . . . . . Yes\_\_ No\_\_

Are patients involved with the surrounding community? . . . . . Yes\_\_ No\_\_

Do volunteers work with patients? Yes\_\_ No\_\_

Are outside trips planned? . . . . . Yes\_\_ No\_\_

## Bedrooms

Do bedrooms open on to the hall? Yes\_\_ No\_\_

Does each patient's room have a window? . . . . . Yes\_\_ No\_\_

Are rooms limited to four beds? . . . Yes\_\_ No\_\_

Is there a privacy curtain for each bed? Yes\_\_ No\_\_

Is there a nurse call bell by each bed? Yes\_\_ No\_\_

Is there at least one comfortable chair per patient? . . . . . Yes\_\_ No\_\_

Is there a clothes closet or separate set of drawers for each patient? . . . . . Yes\_\_ No\_\_

Is there room for a wheelchair to maneuver? . . . . . Yes\_\_ No\_\_

Is care used in selecting roommates? . Yes\_\_ No\_\_

Are patients encouraged to decorate rooms with personal items such as pictures, crafts, etc.? . . . . . Yes\_\_ No\_\_

## Grounds

Is there easy access for the handicapped? . . . . . Yes\_\_ No\_\_

Is outdoor furniture available for residents and visitors? . . . . . Yes\_\_ No\_\_

Are walkways free of hazardous objects? . . . . . Yes\_\_ No\_\_

Is there adequate parking? . . . . . Yes\_\_ No\_\_

## Food

Does a dietician plan menus for patients on special diets? . . . . . Yes\_\_ No\_\_

Are personal likes and dislikes taken into consideration? . . . . . Yes\_\_ No\_\_

Are snacks available? . . . . . Yes\_\_ No\_\_

Is food delivered to patients unable or unwilling to eat in the dining room? . . . . . Yes\_\_ No\_\_

Are warm foods served warm? . . . . Yes\_\_ No\_\_

Does staff assist patients who need help with eating? . . . . . Yes\_\_ No\_\_

# Skilled Nursing Facilities Grid

| CITY                  | COMMUNITY                                                        | AD PAGE | PHONE        | # OF UNITS | AVERAGE DAILY \$\$ | RESPITE | SECURED ALZ. UNIT | WANDERGUARD | REHAB & THERAPY | PRIVATE ROOM | ALTCs | MEDICARE | VA | VENT / TRACH |  |
|-----------------------|------------------------------------------------------------------|---------|--------------|------------|--------------------|---------|-------------------|-------------|-----------------|--------------|-------|----------|----|--------------|--|
| <b>CENTRAL VALLEY</b> |                                                                  |         |              |            |                    |         |                   |             |                 |              |       |          |    |              |  |
| Phoenix               | Arizona State Veteran Home, 4141 N S Herrera Way                 |         | 602-248-1550 | 200        | \$165              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Phoenix               | Beatitudes Campus, 1610 W Glendale Ave                           |         | 602-995-2611 | 71         | \$235              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Phoenix               | Capri Care Center, 1501 E Orangewood Ave                         |         | 602-944-1574 | 102        | \$300              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Phoenix               | Christian Care Health Center/Fellowship Square, 11812 N 19th Ave |         | 602-943-1800 | 68         | \$250              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Phoenix               | Coronado Healthcare Center, 11411 N 19th Ave                     |         | 602-256-7500 | 191        | \$160              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | Vent         |  |
| Phoenix               | Desert Haven Nursing Center, 2645 E Thomas Rd                    |         | 602-956-8000 | 108        | \$143              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Phoenix               | Desert Terrace, 2509 N 24th St                                   |         | 602-273-1347 | 102        | \$120              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Phoenix               | Highland Manor Health & Rehab, 4635 N 14th St                    |         | 602-264-9039 | 97         | \$165              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Phoenix               | La Estancia Nursing and Rehab Center, 15810 S 42nd St            |         | 480-759-0358 | 192        | \$185              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Phoenix               | Lifecare Center at S Mountain, 8008 S Jesse Owens Pkwy           |         | 602-243-2780 | 124        | CALL               | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Phoenix               | Lifecare Center of Paradise Valley, 4065 E Bell Rd               |         | 602-867-0212 | 172        | \$225              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Phoenix               | Maravilla Care Center, 8825 S 7th St                             |         | 602-243-6121 | 194        | \$179              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Phoenix               | North Mountain Medical & Rehab Center, 9155 N 3rd St             |         | 602-944-1666 | 155        | \$145              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Phoenix               | Phoenix Mountain Nursing Center, 13232 N Tatum Blvd              |         | 602-996-5200 | 130        | \$159              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |



| CITY                                | COMMUNITY                                                       | AD PAGE | PHONE        | # OF UNITS | AVERAGE DAILY \$\$ | RESPIRE | SECURED ALZ. UNIT | WANDERGUARD | REHAB & THERAPY | PRIVATE ROOM | ALTCS | MEDICARE | VA | VENT / TRACH |  |
|-------------------------------------|-----------------------------------------------------------------|---------|--------------|------------|--------------------|---------|-------------------|-------------|-----------------|--------------|-------|----------|----|--------------|--|
| <b>NORTHEAST VALLEY (continued)</b> |                                                                 |         |              |            |                    |         |                   |             |                 |              |       |          |    |              |  |
| Scottsdale                          | Vi at Grayhawk, 7501 E Thompson Peak Pkwy                       |         | 888-711-6065 | 36         | \$316              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Scottsdale                          | Vi at Silverstone, 23005 N 74th St                              |         | 480-478-6223 | 24         | \$305              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Scottsdale                          | Westminster Village, 12000 N 90th St                            |         | 480-451-2000 | 60         | \$180              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| <b>SOUTHEAST VALLEY</b>             |                                                                 |         |              |            |                    |         |                   |             |                 |              |       |          |    |              |  |
| Apache Jct                          | Apache Junction Healthcare Center, 2012 W Southern Ave          |         | 480-983-0700 | 190        | \$198              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Chandler                            | Archstone Care Center, 1980 W Pecos Rd                          |         | 480-821-1268 | 118        | \$150              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Chandler                            | Brookdale North Chandler, 2555 N Price Rd                       |         | 480-345-7171 | 60         | \$207              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Chandler                            | Chandler Health Care, 2121 W Elgin St                           |         | 480-899-6717 | 120        | CALL               | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Chandler                            | Desert Cove Nursing Center, 1750 W Frye Rd                      |         | 480-899-0641 | 107        | \$230              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Mesa                                | Citadel Care Center, 5121 E Broadway Rd                         |         | 480-832-5555 | 112        | \$187              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Mesa                                | East Mesa Health and Rehabilitation, 51 S 48th St               |         | 480-832-8333 | 188        | \$160              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Mesa                                | Good Samaritan Society-Mesa Good Shepherd, 5848 E University Dr |         | 480-981-0098 | 72         | \$200              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Mesa                                | Mesa Christian Health & Rehab Center, 225 W Brown Rd            |         | 480-833-3988 | 191        | \$197              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |
| Mesa                                | Mi Casa Nursing Center, 330 S Pinnacle Cir                      |         | 480-981-0687 | 139        | \$215              | ●       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |  |



| CITY                           | COMMUNITY                                                             | AD PAGE   | PHONE               | # OF UNITS | AVERAGE DAILY \$\$ | SECURED ALZ. UNIT | WANDERGUARD | REHAB & THERAPY | PRIVATE ROOM | ALTCs | MEDICARE | VA | VENT / TRACH |
|--------------------------------|-----------------------------------------------------------------------|-----------|---------------------|------------|--------------------|-------------------|-------------|-----------------|--------------|-------|----------|----|--------------|
| <b>WEST VALLEY (continued)</b> |                                                                       |           |                     |            |                    |                   |             |                 |              |       |          |    |              |
| Peoria                         | Sun Grove Village Care Center, 20625 N Lake Pleasant Rd               |           | 623-566-0642        | 128        | \$181              | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |
| Peoria                         | The Forum at Desert Harbor, 13840 N Desert Harbor Dr                  |           | 623-972-0995        | 57         | CALL               | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |
| Sun City                       | ♦ <b>Royal Oaks Care Center</b><br>10015 W Royal Oak Rd               | <b>33</b> | <b>623-815-4132</b> | <b>66</b>  | <b>\$273</b>       | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |
| Sun City                       | Sun City Health & Rehab Center, 9940 W Union Hills Dr                 |           | 623-933-0022        | 118        | \$188              | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |
| Sun City                       | Sun Valley Lodge, 12415 N 103rd Ave                                   |           | 623-933-0137        | 64         | \$175              | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |
| Sun City                       | The Gardens of Sun City, 17225 N Boswell Rd                           |           | 623-933-2222        | 38         | \$204              | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |
| Sun City W                     | Choice Rehab & Healthcare, 14002 W Meeker Blvd                        |           | 623-584-6161        | 130        | \$215              | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |
| Sun City W                     | Grandview Care Center, 14505 W Granite Valley Dr                      |           | 623-832-4340        | 76         | \$203              | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |
| Surprise                       | LifeStream Complete Sr Living at Sun Ridge, 12215 W Bell Rd           |           | 623-583-5482        | 58         | \$222              | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |
| Surprise                       | The Colonnade, 19116 Colonnade Way                                    |           | 623-832-4340        | 133        | \$131              | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |
| Youngtown                      | LifeStream at Youngtown - Cook Health Care Center, 11527 W Peoria Ave |           | 623-972-2371        | 102        | \$222              | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |
| Youngtown                      | Sun View Care Center, 12207 N 113th Ave                               |           | 623-977-6532        | 127        | \$185              | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |
| <b>CASA GRANDE</b>             |                                                                       |           |                     |            |                    |                   |             |                 |              |       |          |    |              |
| Casa Grande                    | Oasis Pavillion Nursing & Rehab Center, 161 W Rodeo Rd                |           | 520-836-1772        | 134        | \$175              | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |
| Globe                          | Heritage Health Care Center, 1300 South St                            |           | 928-425-3118        | 88         | \$199              | ●                 | ●           | ●               | ●            | ●     | ●        | ●  | ●            |

Arizona Broadway Theatre 7701 W Paradise Lane. . . . . 623 776-8400 x112  
 Boyce Thompson Arboretum . . . . . 520 689-2723

## CASINOS

Casino Arizona at Salt River 524 N 92nd St . . . . . 480 850-7777  
 Cliff Castle Casino/The Lodge at Cliff Castle Casino  
 I-17 exit 289, Camp Verde . . . . . 800 381-SLOT (7568)

## DINNER THEATER

Broadway Palm 5247 E Brown Rd . . . . . 480 325-6700  
 Desert Foothills Theater . . . . . 480 488-1981  
 Foothills Community Foundation Programs. . . . . 480 488-1090  
 Healthcare Lectures & Screening. . . . . 480 488-1090  
 MindQuest . . . . . 480 488-1090  
 Visual Arts Lectures . . . . . 480 488-1090  
 East Valley Friends and Neighbors [www.evanaz.org](http://www.evanaz.org). . . . . 480 828-5146

**LAKE CRUISES** The Dolly Steamboat [www.dollysteamboat.com](http://www.dollysteamboat.com) . . . . . 480 827-9144

Mesa Symphony Orchestra Association. . . . . 480 827-2143

Ms Senior Arizona Pageant/Cameo Foundation  
 5343 E Grandview Rd . . . . . 602 788-9556

Phoenix Art Museum 24-hour Information . . . . . 602 257-1222

## RECREATION CENTERS OF SUN CITY

Bell Center 16820 99th Ave at Hutton Dr. . . . . 623 876-3044  
 Fairway Center 10600 W Peoria Ave at 107th Ave. . . . . 623 876-3044  
 Lakeview Center 10626 Thunderbird Blvd . . . . . 623 876-3000  
 Marinette Center 9860 Union Hills Dr at 99th Ave. . . . . 623 876-3054  
 Mountain View Ctr 9749 N 107th Ave at Mountain View Rd . . . . . 623 876-3042  
 Oakmont Center 10725 Oakmont Dr at 107th Ave. . . . . 623 876-3046  
 Sundial Center 14801 N 103rd Ave at Boswell Blvd . . . . . 623 876-3048  
 Scottsdale Trolley . . . . . 480 312-2526  
 Sun City Clubs Membership info and schedules . . . . . 623 876-3000  
 Sun City Poms. . . . . 623 815-0137  
 The Phoenix Zoo . . . . . 602 273-1341

## Senior Centers

### APACHE JUNCTION

Apache Junction Active Adult Center 1035 N Idaho Rd . . . . . 480 474-5260

### BUCKEYE

Buckeye Senior Center 201 E Center Ave. . . . . 623 349-6600

### CHANDLER

Chandler/Gilbert YMCA 1655 W Frie Blvd . . . . . 480 726-3667

Chandler Senior Center 202 E Boston St. . . . . 480 782-2720

*(Continued on page 86)*

## EL MIRAGE

El Mirage Senior Center 14010 N El Mirage Rd . . . . . 623 937-0500

## FOUNTAIN HILLS

Fountain Hills Senior Center 13001 N La Montana Dr . . . . . 480 816-5888

## GILBERT

Gilbert Senior Center 130 N Oak St. . . . . 480 503-6060

## GLENDALE

Glendale Adult Center 5970 W Brown St . . . . . 623 930-4321

Northwest Senior Center . . . . . 602 262-4791

Tolleson Senior Center . . . . . 623 936-1900

Valley West YMCA Senior Center 8561 N 61st Ave . . . . . 623 931-7436

## GUADALUPE

Guadalupe Senior Center 9401 S Avenida del Yaqui. . . . . 480 730-3092

## MESA

Mesa Active Adult Center 247 N MacDonald St. . . . . 480 962-5612

Red Mountain Active Adult Center 7550 E Adobe St. . . . . 480 218-2221

**NEW RIVER** New River Senior Center 48606 N 17th Ave . . . . . 623 465-0367

## PEORIA

Peoria Senior Center 8335 W Jefferson . . . . . 623 979-3911

## PHOENIX

Adam Diaz Senior Center 4115 W Thomas Rd. . . . . 602 262-1609

Casa Grande Senior Center-Dorothy Powell Senior Center . . . . . 520 421-8760

Chicanos Por La Causa 1617 N 45th Ave. . . . . 602 272-0054

Chinese Senior Center 734 W Elm St. . . . . 602 262-6411

Deer Valley Senior Center 2001 W Wahalla Ln. . . . . 602 495-3714

Desert West Senior Center 6501 W Virginia Ave . . . . . 602 495-3711

Devonshire Senior Center 2802 E Devonshire . . . . . 602 262-7807

JFCS Center for Senior Enrichment 6250 N 19th Ave . . . . . 602 943-2198

Goelet A. C. Beuf Senior Center 3435 W Pinnacle Peak Rd . . . . . 602 534-9743

Helen Drake Senior Center 7600 N 27th Ave . . . . . 602 262-4949

Marcos de Niza Senior Center 305 W Pima Rd. . . . . 602 262-7249

McDowell Place Senior Center 1845 E McDowell Rd. . . . . 602 262-1842

Paradise Valley Senior Center 17402 N 40th St. . . . . 602 495-3785

Pecos Senior Center 17010 S 48th St . . . . . 602 534-5366

Salvation Army Laura Danelli Senior Center 613 N 4th Ave. . . . . 602 251-2005

Santa Rosa Senior Center 1901 W Octillo Rd . . . . . 602 242-2258

Senior Opportunities West 1220 S 7th Ave . . . . . 602 262-6610

*(Continued on page 87)*

## PHOENIX (continued)

|                                                               |              |
|---------------------------------------------------------------|--------------|
| Shadow Mountain Senior Center 3546 E Sweetwater Ave . . . . . | 602 534-2303 |
| South Mountain Senior Center 212 E Alta Vista Rd . . . . .    | 602 262-4093 |
| Sunnyslope Senior Center 802 E Vogel Ave . . . . .            | 602 262-7572 |
| Washington Adult Center 2240 W Citrus Wy . . . . .            | 602 262-6971 |

## SCOTTSDALE

|                                                          |              |
|----------------------------------------------------------|--------------|
| Granite Reef Senior Center 1700 N Granite Reef . . . . . | 480 312-1700 |
| Paiute Senior Activity Center 6535 E Osborn Rd . . . . . | 480 312-0040 |
| Via Linda Senior Center 10440 E Via Linda. . . . .       | 480 312-5810 |

## SUN CITY

|                                                               |              |
|---------------------------------------------------------------|--------------|
| Banner Olive Branch Senior Center 11250 N 107th Ave . . . . . | 623 465-6000 |
|---------------------------------------------------------------|--------------|

## SURPRISE

|                                                      |              |
|------------------------------------------------------|--------------|
| Benevilla 16752 N Greasewood St . . . . .            | 623 584-4999 |
| Surprise Senior Center 15832 N Hollyhock St. . . . . | 623 222-1500 |

## TEMPE

|                                                             |              |
|-------------------------------------------------------------|--------------|
| Escalante Senior Center 2150 E Orange . . . . .             | 480 350-5870 |
| North Tempe Senior Center 1555 N Bridalwreath . . . . .     | 480 858-6510 |
| Pyle Adult Recreation Center 655 East Southern Ave. . . . . | 480 350-2511 |

## WITTMANN

|                                                          |              |
|----------------------------------------------------------|--------------|
| Saguaro Jane's Community Center 21802 W Wilson . . . . . | 623 388-2683 |
|----------------------------------------------------------|--------------|

## Travel

|                                  |              |
|----------------------------------|--------------|
| Arizona State Parks . . . . .    | 602 542-4174 |
| Elderhostel . . . . .            | 877 426-8056 |
| Golden Access Passport . . . . . | 602 640-5250 |



**Area Agency on Aging-Region One (Ad pg 3)**

1366 E Thomas Rd . . . . . 602 **264-HELP (4357)**  
 National Eldercare Locator . . . . . 800 677-1116

**Consumer Affairs - Legal**

AARP Legal Counsel for the Elderly 302 N First Ave. . . . . 866 389-5649  
 Advocates for the Disabled 5060 N 19th Ave #306 . . . . . 602 212-2600  
 Arizona Attorney General's Office 1275 W Washington St  
 Civil Rights Division . . . . . 602 542-5263  
 Elder Affairs Unit . . . . . 602 542-2124  
 Information and Complaints . . . . . 602 542-5763  
 Arizona Bridge to Independent Living 1229 E Washington St . . . . . 602 256-2245  
 Arizona Center for Disability Law 3839 N 3rd St #209 . . . . . 602 274-6287  
 Arizona Commission for the Deaf and Hard of Hearing  
 100 N 15th Ave #104 . . . . . 602 542-3323  
 Arizona Senior Citizen's Law Project 1818 S 16th St #304 . . . . . 602 252-6710  
 Arizona Silver-Haired Legislature 1366 E Thomas Rd #108. . . . . 602 264-2255  
 Arizona Tenants Association 1818 S 16th St #215 . . . . . 602 257-8987  
 Better Business Bureau (BBB) 4428 N 12th St. . . . . 602 264-1721  
 Community Legal Services www.clsaz.org  
 305 S 2nd Ave . . . . . 602 258-3434 800 852-9075  
 20 W 1st St #101 . . . . . 480 833-1442  
 Federal Trade Commission Consumer Response Center . . . . . 877 382-4357  
 Glendale Human Services Council 7206 N 55th Ave #200. . . . . 623 937-9034  
 Governor's Advisory Council on Aging 1789 W Jefferson #008A. . . . . 602 542-4710  
 Lawyer Referral Service 303 E Palm Ln www.maricopabar.org. . . . . 602 257-4434  
 Maricopa County Bar Assoc Lawyer Referral 303 E Palm Ln . . . . . 602 257-4434  
 Maricopa County Superior Court Self-Service Center  
 101 W Jefferson St . . . . . 602 506-7353, x3  
 www.superiorcourt.maricopa.gov/superiorcourt/selfservicecenter  
 Medicaid/Medicare Prog Hotline . . . . . 800 447-8477  
 Sun City Taxpayer Association 10195 W Coggins Dr . . . . . 623 933-7530  
 Tempe Community Council 34 E 7th St . . . . . 480 858-2300  
 U.S. Equal Opportunity Commission 3300 N Central Ave #690. . . . . 602 640-5000

**Elder Abuse**

Adult Abuse Hotline . . . . . 877 767-2385

**Area Agency on Aging-Region One Senior Help Line (Ad pg 3)**

1366 E Thomas Rd . . . . . 602 **264-HELP (4357)**  
 Arizona Adult Protective Services. . . . . 602 255-0996

(Continued on page 89)

|                                                                   |              |
|-------------------------------------------------------------------|--------------|
| Arizona Dept of Health Services, Long Term Care Offices . . . . . | 602 674-9705 |
| Cameo Foundation 5343 E Grandview Rd . . . . .                    | 602 788-9556 |
| Justa Center 1001 W Jefferson St . . . . .                        | 602 254-6524 |
| Senior HELP LINE . . . . .                                        | 602 264-4357 |

## Employment Opportunities

|                                                                                     |              |
|-------------------------------------------------------------------------------------|--------------|
| AgeWorks . . . . .                                                                  | 602 241-6186 |
| Aging and Adult Administration, Title V Program<br>1789 W Jefferson #950A . . . . . | 602 542-4446 |

### Area Agency on Aging-Region One *(Ad pg 3)*

|                                                                   |                            |
|-------------------------------------------------------------------|----------------------------|
| 1366 E Thomas Rd . . . . .                                        | <b>602 264-HELP (4357)</b> |
| Arizona Women’s Education & Employment 914 W Hatcher Rd . . . . . | 602 371-1216               |
| Family Service Agency 1430 N 2nd St . . . . .                     | 602 252-0918               |
| Family Service Agency 943 S Gilbert Rd #204 . . . . .             | 480 507-8619               |
| Veolia Transportation-Phoenix Transit Bus Operator . . . . .      | 602 495-5908               |
| Workforce Connections                                             |                            |
| Maryvale . . . . .                                                | 623 247-3304               |
| Peoria . . . . .                                                  | 623 934-3231               |
| Sunny Slope . . . . .                                             | 602 861-0208               |

## Energy Resources

|                                                  |              |
|--------------------------------------------------|--------------|
| City of Phoenix Pace Program . . . . .           | 602 262-6631 |
| LIHEAP Coordinator Community Services . . . . .  | 602 542-6635 |
| Phoenix Community Services . . . . .             | 602 262-4520 |
| Salvation Army Divisional Headquarters . . . . . | 602 267-4122 |
| Society of St Vincent De Paul . . . . .          | 602 495-3004 |
| Sunny Slope Family Services . . . . .            | 602 495-5229 |
| Travis L Williams Family Services . . . . .      | 602 534-4732 |

## Financial Assistance

|                                                                  |              |
|------------------------------------------------------------------|--------------|
| Arizona Dept of Economic Security, Client Advocacy Svcs. . . . . | 602 542-9935 |
| Central Phoenix Family Services. . . . .                         | 602 534-1250 |
| Community Action Programs                                        |              |
| Avondale . . . . .                                               | 623 478-3060 |
| Avondale . . . . .                                               | 623 932-6078 |
| Buckeye. . . . .                                                 | 623 386-2588 |
| Chandler . . . . .                                               | 480 963-4321 |
| El Mirage . . . . .                                              | 623 937-0500 |
| Glendale . . . . .                                               | 623 930-2854 |

*(Continued on page 90)*

|                                                                     |     |                       |
|---------------------------------------------------------------------|-----|-----------------------|
| Community Action Programs (continued)                               |     |                       |
| Guadalupe . . . . .                                                 | 480 | 730-3093              |
| Mesa . . . . .                                                      | 480 | 833-9200              |
| Peoria . . . . .                                                    | 623 | 979-3911              |
| Scottsdale . . . . .                                                | 480 | 312-2323              |
| Tempe . . . . .                                                     | 480 | 350-5880              |
| Tolleson . . . . .                                                  | 623 | 936-1407              |
| Food Stamps Assistance Program . . . . .                            | 602 | 542-9935              |
| Hope For Homes Program                                              |     |                       |
| Senior Placement Funding Assistance . . . . .                       | 480 | 280-1448 414 439-5025 |
| John F Long Family Services . . . . .                               | 602 | 262-6510              |
| Justa Center 1001 W Jefferson St . . . . .                          | 602 | 254-6524              |
| Phoenix Community Services . . . . .                                | 602 | 262-4520              |
| Senior HELP LINE . . . . .                                          | 602 | 264-4357              |
| Sunny Slope Family Services . . . . .                               | 602 | 495-5229              |
| Supplemental Security Income (SSI) . . . . .                        | 800 | 772-1213              |
| Sustainable Seniors Scottsdale, Bridge the Gap Financial Assistance |     |                       |
| . . . . .                                                           | 480 | 788-6514              |
| Travis L Williams Family Services . . . . .                         | 602 | 534-4732              |

## Food Resources

### Area Agency on Aging-Region One *(Ad pg 3)*

|                                                      |     |                        |
|------------------------------------------------------|-----|------------------------|
| 1366 E Thomas Rd . . . . .                           | 602 | <b>264-HELP (4357)</b> |
| Assistance for Independent Living . . . . .          | 480 | 966-9704               |
| Association of Arizona Food Banks . . . . .          | 800 | 445-1914               |
| Chandler Christian Community Center . . . . .        | 480 | 963-1423               |
| Chandler Community Action Program . . . . .          | 480 | 963-4321               |
| Community Information & Referral . . . . .           | 602 | 263-8845               |
| Community Services of Arizona . . . . .              | 480 | 963-6276               |
| Desert Mission Food Bank . . . . .                   | 602 | 870-6062               |
| Desert West Senior Center . . . . .                  | 602 | 495-3709               |
| Food Stamps Assistance Program . . . . .             | 602 | 542-9935               |
| Interfaith Cooperative Ministries . . . . .          | 602 | 254-7450               |
| John F Long Family Services . . . . .                | 602 | 262-6510               |
| Justa Center 1001 W Jefferson St . . . . .           | 602 | 254-6524               |
| McDowell Place Senior Center . . . . .               | 602 | 262-6420               |
| Mesa Meals on Wheels . . . . .                       | 480 | 962-5612               |
| Paradise Valley Senior Center . . . . .              | 602 | 495-3788               |
| Salvation Army Laura Danelli Senior Center . . . . . | 602 | 251-2005               |
| Senior HELP LINE . . . . .                           | 602 | 264-4357               |

*(Continued on page 91)*

# Food Resources (continued)



|                                                       |              |
|-------------------------------------------------------|--------------|
| Sun City Meals on Wheels . . . . .                    | 623 974-9430 |
| Sunny Slope Family Services . . . . .                 | 602 495-5229 |
| St Mary's Food Bank . . . . .                         | 602 352-3640 |
| St Vincent de Paul . . . . .                          | 602 254-3338 |
| Tempe Community Action Agency Sr Action Prog. . . . . | 480 350-5880 |
| Tempe Meals on Wheels . . . . .                       | 480 756-5835 |
| Travis L Williams Family Services . . . . .           | 602 534-4732 |
| United Food Bank - Mesa . . . . .                     | 480 926-4897 |
| United Methodist Community Food Bank . . . . .        | 602 272-0505 |

## Home Maintenance

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| <b>Area Agency on Aging-Region One Senior Help Line</b> <i>(Ad pg 3)</i> |                            |
| 1366 E Thomas Rd . . . . .                                               | <b>602 264-HELP (4357)</b> |
| Arizona Bridge to Independent Living . . . . .                           | 602 256-2245               |
| Community Services of Arizona . . . . .                                  | 480 963-6276               |
| FSL . . . . .                                                            | 602 285-1800               |
| Glendale Neighborhood Revitalization . . . . .                           | 623 930-3670               |
| Interfaith Community Care . . . . .                                      | 623 584-4999               |
| Labor's Community Service Agency . . . . .                               | 602 263-5741               |
| Neighborhood Housing Services Phoenix Inc . . . . .                      | 602 258-1659               |
| Neighborhood Improvement & Housing Department . . . . .                  | 602 495-0700               |
| Paralyzed Veterans of America . . . . .                                  | 602 244-9168               |
| Senior HELP LINE . . . . .                                               | 602 264-4357               |

## Senior Organizations & Services

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| AARP Phoenix NE Chapter 2802 E Devonshire . . . . .                      | 602 240-6940               |
| <b>Alliance Care Team (ACT)</b> <i>(Ad pg 16)</i> . . . . .              | <b>480 227-7591</b>        |
| American Assoc of Retired Persons 201 E Washington . . . . .             | 866 389-5649               |
| <b>Area Agency on Aging-Region One Senior Help Line</b> <i>(Ad pg 3)</i> |                            |
| 1366 E Thomas Rd . . . . .                                               | <b>602 264-HELP (4357)</b> |
| Arizona Caregiver Coalition . . . . .                                    | 888 737-7494               |
| Arizona Department of Gaming - Problem Gambling . . . . .                | 800 NEXT-STEP              |
| Arizona Senior Referral Service . . . . .                                | 602 841-9236               |
| Assistance for Independent Living 325 E Southern Ave #107 . . . . .      | 480 966-9704               |
| <b>AZNHA</b> <i>(Ad pg 23)</i> . . . . .                                 | <b>602 283-3503</b>        |
| Benevilla . . . . .                                                      | 623 584-4999               |
| Catholic Social Svc Regional Svc Ctr 1825 W Northern Ave . . . . .       | 602 997-6105               |
| Community Information & Referral 1515 E Osborn . . . . .                 | 602 263-8845               |
| Community Services of Arizona 670 N Arizona Ave #23 . . . . .            | 480 963-6276               |

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| Desert Mission Inc 9229 N 4th St . . . . .                                                                                                                                 | 602 870-6062              |
| Duet: Partners in Health & Aging . . . . .                                                                                                                                 | 602 274-5022              |
| East Valley Adult Resources . . . . .                                                                                                                                      | 480 964-9014              |
| East Valley Committee on Aging (EVCOA) <a href="http://evcoa.org/info@evcoa.org">evcoa.org/info@evcoa.org</a><br><i>Meetings on 1st Wednesday of each month.</i> . . . . . | 480 748-8241              |
| Foothills Caring Corps. . . . .                                                                                                                                            | 480 488-1105              |
| FSL . . . . .                                                                                                                                                              | 602 285-1800              |
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| MomForce AZ . . . . .                                                                                                                                                      | 480 619-0302              |
| <i>Providing Educational Programs on Medical Marijuana for Seniors</i>                                                                                                     |                           |
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| North Valley Coalition on Aging (NVCOA)<br><i>Meetings on 4th Thursday of each month.</i> . . . . .                                                                        | 602 482-6000 480 748-8241 |
| <b>PASRS - Professional Association of Senior Referral</b>                                                                                                                 |                           |
| <b>Specialists (Ad pg 28)</b> . . . . .                                                                                                                                    | <b>602 845-1300</b>       |
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| Phoenix Police Non-Emergency . . . . .                                                                                                                                     | 602 262-6151              |
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| Volunteer Interfaith Caregivers Program (VICAP)<br>555 W Glendale Ave . . . . .                                                                                            | 602 285-0543              |
| Walk a Mile in My Shoes <i>Shoes for Homeless Seniors</i> . . . . .                                                                                                        | 480 373-5930              |
| West Valley Coalition on Aging (WVCOA)<br><i>Meetings on 2nd Thursday of each month.</i> . . . . .                                                                         | 602 482-6000 480 748-8241 |
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Editor's Note: By Jack P. Burns, Public Affairs Specialist, Social Security Administration, Arizona. Learn more about Social Security at www.socialsecurity.gov.

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*Editor's Note: By Jack P. Burns, Public Affairs Specialist, Social Security Administration, Arizona. Learn more about Social Security at [www.socialsecurity.gov](http://www.socialsecurity.gov).*

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| Health Eligibility Center . . . . .    | 800 929-8387 |
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