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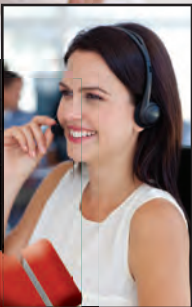
FREE

Spring/Summer 2020
32nd Edition



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

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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. 

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*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

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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**



15 Years

Stephanie Milzer
National Publisher
smilzer@seniordirectory.com

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Production/Operations

South Design Associates
Art Production

Senior Directory
800-955-8510

**www.SeniorDirectory.com/
Phoenix**

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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

Advertisers Index98

Alphabetical Index100

Caregiver Checklist.19

Checklist for Choosing a Nursing Facility79

Letter from the Editor4

ACTIVITIES & ENTERTAINMENT

Activities & Entertainment85

Senior Centers85

Travel.87

COMMUNITY RESOURCES

Area Agencies on Aging88

Consumer Affairs – Legal.88

Elder Abuse88

Employment Opportunities89

Energy Resources.89

Financial Assistance89

Food Resources.90

Home Maintenance91

Senior Organizations & Services91

Social Security93

Transportation93

Veteran Services96

Volunteer Opportunities97

FEATURED ARTICLES

Avenir Approach and Cognitive Lifestyle72

Avenir Behavioral Health Center at Surprise . . .14

(Continued on page 6)

FEATURED ARTICLES (continued)

BenefitsCheckUp.org36

Commitment to Excellence in Senior Living.37

Creating a Confident Senior Lifestyle35

Creating Success with Caregivers21

Discover the Different Types of Retirement
 Communities32

Good Physical Balance: A Critical Factor in
 Senior Wellness and Longevity50

Hoarding Disorder Among Older Adults 2

How Can a Rehabilitation Hospital Help
 You and Your Family?. 1

I Know What I am Looking for, What are the
 Benefits of Using a Referral Agency.29

More Than a Realtor®26

Social Security - Apply Online For Medicare94

Social Security - Especialista en Asuntos del
 Social Security en Arizona95

Understanding Independent Senior Living52

What Does Having a Nurse On-Site 24 Hours
 a Day Do for Your Mom?74

HEALTH AT HOME

Care Management23

Home Health Definitions22

Home Health/Home
 Care Providers Grid.20

(Continued on page 7)

HEALTH SERVICES & FACILITIES

Associations for Specific Illnesses 8

Critical Illness Recovery Hospitals 12

Dental Resources 8

Health Insurance/Medicare/Medicaid 9

Hearing Resources 8

Hospitals, Clinics & Labs 10

Mental Health & Counseling Services. 12

Rehabilitation Hospitals. 12

Support Services 16

Vision Resources & Services. 9

HEALTH, WELLNESS & FITNESS

Aquatic Therapies 24

Fitness & Wellness 25

HOUSING

Housing Category Definitions 34

Real Estate Services. 26

Senior Housing Referral Specialists 28

Continuum of Care Communities 32-35

Independent–Retirement Communities &
Comparison Grid. 37-57

Assisted Living Communities &
Comparison Grid. 50-70

Memory Care/Alzheimer’s Assisted Living
Communities & Comparison Grid 71-78

Skilled Nursing Facilities &
Comparison Grid 79-84

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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(Continued on page 9)

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

(Continued on page 11)

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
--	--------------

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**

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Rehabilitation Hospital
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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.



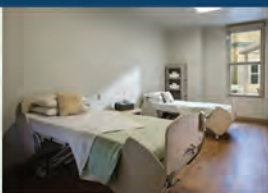
Behavioral Health Center

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

Mental Health & Counseling Services (cont.)

National Alliance for the Mentally Ill	800 626-5022
Psychiatric Services of Paradise Valley	480 443-5138
Quail Run Behavioral Health (Ad pg 17) 2545 W Quail Ave	602 455-5694
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		
Alliance Care Team (ACT) (Ad pg 16)	480 227-7591		
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		
Area Agency on Aging-Region One (Ad pg 3)	602 264-HELP (4357)		
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.*

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 www.breastbuds.org	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 www.ourmissionmd.com	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		
<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,		
Bisexual & Transgender Elders	www.sageuse.org	
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: _____

HOME HEALTH / HOME CARE PROVIDERS


Company	AD PAGE	PHONE	SERVING PHOENIX AND THE SURROUNDING AREAS										
			HOMEMAKER & COMP	HOSPICE	24-HR CARE	RESPIRE CARE	MEDICAL ALERT SYSTEMS	CARDIAC CARE	IV THERAPY	DIABETIC SERVICES	THERAPIES (S,P,O,R)*	WOUND CARE	MEDICARE
24 Hour Home Care	23	480-219-4434	●	●	●	●	●	●	●	●	●	●	●
Visiting Angels	21	800-365-4189	●	●	●	●	●	●	●	●	●	●	●

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

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



Free Care Adviser Line
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www.SeniorDirectory.com/Phoenix

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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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Joey Jacobellis
Managing Director

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**Look for our logo and ask if your provider is a member
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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 (<i>Ad pg 23</i>)	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
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CHANDLER

Chandler/Gilbert YMCA 1655 W Frie Blvd	480 726-3667
Fitness Forum 2130 W Chandler Blvd.	480 812-0200

GLENDALE

HealthSouth Valley of the Sun Rehab Hospital	623 878-8800
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GILBERT

Miss Mermaid's Swim Lessons.	480 745-0011
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LITCHFIELD PARK

Litchfield Park Recreation Center Outdoor Pool; 100 S Old Litchfield Rd.	623 935-9040
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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
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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 <i>Seasonal</i> , 1946 W Morningside	602 495-2404

SCOTTSDALE

Parkinson's Aquatic Class.	480 551-5423
Scottsdale Parks & Rec Cactus Pool <i>Seasonal</i> 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 Triatholon 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
classes are free of charge and some require a minimal fee.*
Scottsdale Community College Senior Adult Educ Prog 480 423-6560
Silver Sneakers® Fitness Programs. 888 423-4632



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Care Adviser Line
800-955-8510

www.SeniorDirectory.com/Phoenix

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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<http://homevalue.huntrealestate.com/Colette.Rosati@huntrealestate.com>

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

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



**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](mailto:admin@pasrs.org)**  
Randy Medinger, CSA, PASRS President • Member of the NPRA

**Check us out at [www.npralliance.org/pasrs](http://www.npralliance.org/pasrs) and on facebook at [www.facebook.com/PASRS](https://www.facebook.com/PASRS)**

Real Estate Services

|                                                                |                     |
|----------------------------------------------------------------|---------------------|
| <b>Hunt Real Estate/Colette Rosati, RN</b> (Ad pg 27). . . . . | 602 <b>750-3233</b> |
|----------------------------------------------------------------|---------------------|

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](http://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](http://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](http://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.



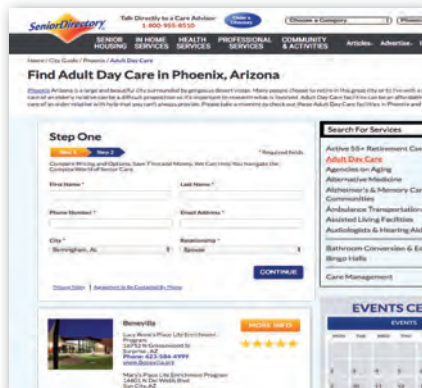
Web Advertising

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.



Your Complete Marketing Package



Printed Directory Advertising

Comprehensive - Our Senior Directories showcase over 70 categories of resources with everything seniors boomers need and a nearly 90% renewal rate with existing advertisers.

Largest Targeted Distribution - Our Directories are distributed to thousands of locations nationally, and reach nearly 5 million people:

- Hospitals - Social Workers, Discharge Planners, Case Managers
- Physician's Offices • Medical Centers • Pharmacies
- Senior Organizations • Senior Centers
- Senior Housing Communities • Special Events • Health Fairs
- and more!

Qualified Leads - Our readers use the Directory when they are READY to make purchasing decisions.

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

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. 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.



2645 East Southern Avenue • Tempe, Arizona 85282
480-900-3550 • 1-800-824-1112 • FriendshipVillageAZ.com

Independent Living • Assisted Living • Skilled Nursing • Memory Care

Housed on 46 Beautiful Acres

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. 🌟

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*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](http://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.





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COMMUNITIES**

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The Park at Copper Creek Chandler, AZ | 480.744.7835  
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2020 BEST OF  
SENIOR LIVING  
★★★★★  
as rated by families



## 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.

CITY	COMMUNITY	AD PAGE	PHONE	# OF UNITS	LOWEST MONTHLY \$\$	CCRC	STUDIO	1 BEDROOM	2 BEDROOMS	MEALS	ACTIVITIES	HOUSEKEEPING	COV PARKING	SCHEDULED TRANS	PETS
CENTRAL VALLEY															
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										

Phoenix	Fellowship Square, 2002 W Sunnyside Dr		602-943-1800	265	\$1,980	●		●	●	●	●	●	●	●	●	●	●
Phoenix	Fellowship Towers, 222 E Indianola Ave		602-266-9438	180	\$440		●		●	●							●
Phoenix	Foothills Court, 1606 W Peoria Ave		602-943-1005	82	\$480				●	●							
Phoenix	Foothills on the Preserve, 1525 E Cheryl Dr		602-861-4000	144	\$508				●	●							●
Phoenix	Hacienda Del Rio, 4121 W McDowell Rd		602-272-7348	146	HUD				●	●							●
Phoenix	Hong Ning House of Phoenix, 3920 N 24th Ave		602-234-3534	58	HUD		●		●	●							●
Phoenix	Hope One, 2509 E Michigan Dr		414-439-5025	5	\$700				●	●							●
Phoenix	Hope Two, 3605 W Bethany Home Rd		602-546-9535	5	\$700				●	●							●
Phoenix	Hope Three, 3045 E Sierra Dr		480-352-6073	5	\$700				●	●							●
Phoenix	Kivel Campus of Care, 3020 N 36th St		602-443-5039	210	HUD		●		●	●							●
Phoenix	La Cascada I & II, 229 E Ruth		602-997-6789	37/38	\$470				●	●							●
Phoenix	♦ La Siena 909 E Northern Ave	57	480-734-5466	79	CALL				●	●	●	●	●	●	●	●	●
Phoenix	Ladera Del Norte, 11222 N 16th Ave		602-626-5923	30	\$493				●								●
Phoenix	LifeStream Complete Senior Living at NE Phoenix, 20802 N Cave Creek Rd		602-569-0508	77	\$1,800		●		●	●							●
Phoenix	Lemon Grove Apartments, 7220 N 27th Ave		602-995-1961	83	HUD				●	●							●
Phoenix	Madison Meadows, 7211 N 7th St		602-944-4222	118	\$1,495		●		●	●							●
Phoenix	McCarty on Monroe Senior Living, 1130 E Monroe St		602-595-1230	96	\$522-710				●	●							●
Phoenix	Paradise Greens, 16001 N 25th St		602-971-4266	67	\$384				●	●							●


Web Link on www.SeniorDirectory.com/Phoenix

CITY	COMMUNITY	AD PAGE	PHONE	# OF UNITS	LOWEST MONTHLY \$\$	CCRC	STUDIO	1 BEDROOM	2 BEDROOMS	MEALS	ACTIVITIES	HOUSEKEEPING	COV PARKING	SCHEDULED TRANS	PETS
CENTRAL VALLEY (continued)															
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	➡ The Palazzo Senior Living 6250 N 19th Ave	Web	602-433-6300	100	\$2,100		●		●	●	●	●	●	●	●
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, 618 N Central Ave		602-258-6221	289	30% Inc			●	●						●

CITY	COMMUNITY	AD PAGE	PHONE	# OF UNITS	LOWEST MONTHLY \$\$	CCRC	STUDIO	1 BEDROOM	2 BEDROOMS	MEALS	ACTIVITIES	HOUSEKEEPING	COV PARKING	SCHEDULED TRANS	PETS
NORTHEAST VALLEY (continued)															
Scottsdale	♦ The Springs of Scottsdale 3212 N Miller Rd	57	480-941-9026	100	\$2,000			●	●	●	●	●	●	●	●
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		●			●	●	●			●
SOUTHEAST VALLEY															
Ahwatukee	LivGenerations at Ahwatukee, 15815 S 50th St		480-485-3000	97	\$3,450		●			●	●	●	●	●	●
Ahwatukee	♦ Mountain Park Senior Living 4475 E Knox Rd	51	928-482-3758	62	\$2,650		●			●	●	●	●	●	●
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		480-345-1711	119	\$2,300					●	●	●	●	●	●
Chandler	Brookdale Chandler Regional, 750 S Pennington Dr		480-814-8298	88	CALL		●			●	●	●	●	●	●

CITY	COMMUNITY	AD PAGE	PHONE	# OF UNITS	LOWEST MONTHLY \$\$	CCRC	STUDIO	1 BEDROOM	2 BEDROOMS	MEALS	ACTIVITIES	HOUSEKEEPING	COVERED PARKING	SCHEDULED TRANS	PETS
SOUTHEAST VALLEY (continued)															
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 Apartments, 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 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		●		●		●	●			●

CITY	COMMUNITY	AD PAGE	PHONE	# OF UNITS	LOWEST MONTHLY \$\$	CCRC	STUDIO	1 BEDROOM	2 BEDROOMS	MEALS	ACTIVITIES	HOUSEKEEPING	COVERED PARKING	SCHEDULED TRANS	PETS
WEST VALLEY (continued)															
Avondale	Bridge/Water 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	Glencoft 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	♦ Thunderbird Senior Living 5401 W Dailey St	53	602-598-5400	280	\$1,945		●	●	●	●	●	●	●	●	●
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, 2655 N Pebble Creek Pkwy		623-935-9058	79	CALL		●	●	●	●	●	●	●		●

CITY	COMMUNITY	AD PAGE	PHONE	# OF UNITS	LOWEST MONTHLY \$\$	CCRC	STUDIO	1 BEDROOM	2 BEDROOMS	MEALS	ACTIVITIES	HOUSEKEEPING	COVERED PARKING	SCHEDULED TRANS	PETS
WEST VALLEY (continued)															
Sun City	Atria Heritage Sun City, 10101 W Palmeras Dr		623-208-7172	178	\$1,955										
Sun City	El Dorado of Sun City, 10330 W Thunderbird Blvd		623-972-3000	218	CALL										
Sun City	♦ Royal Oaks Life Plan Community 10015 W Royal Oak Rd	33	623-815-4132	340	\$2,300										
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		623-584-1999	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										

Surprise	The Park at Surprise Independent Living 14630 W Parkwood Dr	37	623-738-1332	155	\$2,450										
Surprise	Vista de la Montana, 18510 N Parkview Pl		623-975-4250	113	\$1,385										
Tolleson	Casa De Merced, 62 N 92nd Dr		623-936-9668	40	HUD										
Youngtown	LifeStream Complete Senior Living at Youngtown, 11315 W Peoria Ave		623-972-2371	161	\$1,125										
PRESCOTT VALLEY															
Prescott	Alta Vista Retirement Comm, 916 Canterbury Ln		928-772-6000	88	\$1,995										
CASA GRANDE															
Casa Grande	Garnet of Casa Grande, 510 E 8th St		520-413-0612	96	\$2,795										
TUCSON															
Tucson	Amber Lights 6231 N Montebella Rd		520-282-4281	120	CALL										
Tucson	Villa Hermosa 6300 E Speedway Blvd		520-704-6493	70	CALL										
Green Valley	Silver Springs 500 W Camino Encanto		520-366-8338	107	CALL										
YUMA															
Yuma	Desert Rose, 1545 S 14th Ave		928-343-0807	113	\$1,750										
Yuma	Emerald Springs, 1475 S 46th Ave		928-271-5230	140	\$2,225										

Web Link on www.SeniorDirectory.com/Phoenix

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](http://www.spectrumretirement.com). See Ad on page 51.*



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# 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. 

~~~~~

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.

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5401 W. Dailey St. | Glendale, AZ 85306

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westchesterseniorliving.org

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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



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602-346-9766

LICENSE #AL6981C



WOODMARK AT SUN CITY

17207 N. BOSWELL BLVD
SUN CITY, AZ 85373

623-259-4136

LICENSE #AL11305

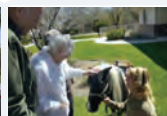


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480-267-9074

LICENSE #AL10612C/NCH-068



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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
CENTRAL VALLEY																
Phoenix	Beatitudes 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	La Siena ♦ 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
NORTHEAST VALLEY (continued)																
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	 Pacifica Senior Living Paradise Valley 16621 N 38th St	55	602-346-9766	22	\$3,450	●	●	●	●	●	●	●	●	●	●	●
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	RESPIRE	PETS
NORTHEAST VALLEY (continued)																
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				●				●			
SOUTHEAST VALLEY																
Ahwatukee	LivGenerations at Ahwatukee, 15815 S 50th St		480-485-3000	97	\$4,720	●	●	●	●	●	●	●	●	●	●	●
Ahwatukee	♦ Mountain Park Senior Living 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
SOUTHEAST VALLEY (continued)																
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											


Mesa	Fellowship Square Mesa, 6945 E Main St		480-422-3757	42	\$3,160	●	●	●	●	●	●	●	●	●	●	●	●	●
Mesa	Fellowship Square Historic Mesa, 215 Brown Ave		480-428-3117	40	\$3,025	●	●	●	●	●	●	●	●	●	●	●	●	●
Mesa	Genesis Senior Living, 255 W Brown Rd		480-668-6118	60	CALL	●	●	●	●	●	●	●	●	●	●	●	●	●
Mesa	Good Shepherd Villa, 5848 E University Dr		480-981-0098	28	\$2,600	●	●	●	●	●	●	●	●	●	●	●	●	●
Mesa	Greenfield's Assisted Living, 723 E 2nd Ave		480-649-3911	138	\$1,595	●	●	●	●	●	●	●	●	●	●	●	●	●
Mesa	Heritage Lane Behavioral Assisted Living, 1040 S Lebaron		480-788-5238	57	CALL	●	●	●	●	●	●	●	●	●	●	●	●	●
Mesa	Heritage Village Ass't Living & Memory Care, 8035 E Brown Rd		480-686-8540	192	\$3,875	●	●	●	●	●	●	●	●	●	●	●	●	●
Mesa	👉 Las Palomas Senior Living 9050 E Brown Rd	51	928-482-7968	49	\$3,600	●	●	●	●	●	●	●	●	●	●	●	●	●
Mesa	Mariposa Point of Mesa, 1248 S Crismon Rd		480-681-1334	49	\$2,445	●	●	●	●	●	●	●	●	●	●	●	●	●
Mesa	Springdale Village, 7255 E Broadway Rd		480-981-8844	194	\$2,450	●	●	●	●	●	●	●	●	●	●	●	●	●
Mesa	The Citadel Assisted Living, 444 S Higley Rd		480-832-7600	118	CALL	●	●	●	●	●	●	●	●	●	●	●	●	●
Mesa	The Grand Court Mesa, 262 E Brown Rd		480-844-7336	163	\$2,500	●	●	●	●	●	●	●	●	●	●	●	●	●
Mesa	Visions of Assisted Living, 537 S Higley Rd		480-247-9880	20	\$3,000	●	●	●	●	●	●	●	●	●	●	●	●	●
Sun Lakes	Renaissance Luxury Retirement 9508 E Riggs Rd		480-883-2000	152	\$3,895	●	●	●	●	●	●	●	●	●	●	●	●	●
Tempe	Elmcroft at Tempe, 1875 E Guadalupe Rd		480-777-8466	65	CALL	●	●	●	●	●	●	●	●	●	●	●	●	●

👉 Web Link on www.SeniorDirectory.com/Phoenix

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
SOUTHEAST VALLEY (continued)																
Tempe	♦ Friendship Village of Tempe 2645 E Southern Ave	35	480-900-3550 800-824-1112	67	\$5,049	•	•	•	•				•			•
Tempe	♦ Westchester Senior Living 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	•							•			•
WEST VALLEY																
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
WEST VALLEY (continued)																
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	♦ Palos Verdes Senior Living 18441 N 87th Ave	51	928-482-4752	52	\$3,820											
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											

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
WEST VALLEY (continued)																
Surprise	 Solana at The Park Assisted Living 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, 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	●	●	●	●	●			●		●	●
CASA GRANDE																
Casa Grande	Garnet of Casa Grande, 510 E 8th St		520-413-0612	96	\$3,095	●	●	●	●	●			●		●	●
YUMA																
Yuma	Emerald Springs, 1475 S 46th Ave		928-271-5230	140	CALL				●				●			

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Exceptional memory care at affordable, all-inclusive rates in a warm, home-like setting.

- 40 Private Rooms • Full-Service Memory Care
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10 Absolutes for Alzheimer's Caregivers

ABSOLUTELY NEVER....

1. ARGUEinstead..... AGREE
2. REASONinstead..... DIVERT
3. SHAMEinstead..... DISTRACT
4. LECTUREinstead..... 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. CONDESCENDinstead..... ENCOURAGE/PRAISE
10. FORCEinstead..... 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. 🌟

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*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**

***Scottsdale***

9450 E. Mountain View Rd  
Scottsdale, AZ 85258

**(480) 659-7890**

***Chandler***

850 S. Pennington Dr  
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.*

KOELSCH

COMMUNITIES

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



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
CENTRAL VALLEY														
PHOENIX	The Palazzo Senior Living 6250 N 19th Ave	Web	602-433-6300	29	\$4,300									
NORTHEAST VALLEY														
ANHEIM	The Enclave at Anthem Senior Living 42015 N Venture Dr	51	928-482-4693	24	\$3,700									
PARADISE VALLEY	Pacifica Senior Living Paradise Valley 16621 N 38th St	55	602-346-9766	84	\$4,995									
SCOTTSDALE	Amber Creek Inn 11250 N 92nd St	75	480-463-4881	65	\$5,600									
SCOTTSDALE	Avenir Memory Care at Scottsdale 9450 E Mountain View Rd	73, BC	480-659-7890	86	\$6,495									
SCOTTSDALE	Barton House 7001 E Mountain View Rd	71	480-991-9912	40	\$5,550									
SCOTTSDALE	Lone Mountain Memory Care 7171 E Lone Mountain Rd	51	928-433-8454	56	\$5,300									
SCOTTSDALE	Scottsdale Village Square 2620 N 68th St	55	480-267-9074	51	\$5,000									
SCOTTSDALE	The Auberge at Scottsdale 9410 E Thunderbird Rd	71	480-614-9100	80	\$6,800									

SOUTHEAST VALLEY													
AHWATUKEE	♦ Hawthorn Court at Ahwatukee 13822 S 46th Pl	Web	480-598-1224	47	\$4,605	●	●	●	●	●	●	●	●
AHWATUKEE	♦ Mountain Park Senior Living 4475 E Knox Rd	51	928-482-3758	18	\$4,030	●						●	●
CHANDLER	♦ Avenir Memory Care at Chandler 850 S Pennington Dr	73, BC	480-719-2283	84	CALL	●	●	●	●	●	●	●	●
CHANDLER	♦ Copper Creek Inn 2200 W Fairview St	75	623-223-7870	67	\$4,900	●	●	●	●	●	●	●	●
CHANDLER	♦ Gardens at Ocotillo Senior Living 1601 W Queen Creek Rd	51	928-482-4703	24	\$4,100	●						●	●
CHANDLER	♦ The Enclave at Chandler Senior Living 4950 W Chandler Blvd	51	520-582-9952	24	\$4,350	●				●		●	●
GILBERT	♦ The Enclave at Gilbert Senior Living 4929 S Val Vista Drive	51	928-482-3838	24	\$4,100	●				●		●	●
MESA	♦ Las Palomas Senior Living 9050 E Brown Rd	51	928-482-7968	24	\$3,900	●				●		●	●
MESA	♦ Silver Creek Inn 6345 E Baseline Rd	75	623-289-3965	67	\$4,900	●	●	●	●	●	●	●	●
TEMPE	♦ Friendship Village Tempe 2645 E Southern Ave	35	480-900-3550 800-824-1112	24	\$6,509	●				●	●	●	●
TEMPE	♦ Westchester Senior Living 6100 S Rural Rd	54	480-831-8660	24	\$3,275	●				●	●	●	●

♦ Web Link on www.SeniorDirectory.com/Phoenix

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

Web Link on www.SeniorDirectory.com/Phoenix

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)

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__

CITY	COMMUNITY	AD PAGE	PHONE	# OF UNITS	AVERAGE DAILY \$\$	RESPIRE	SECURED ALZ. UNIT	WANDERGUARD	REHAB & THERAPY	PRIVATE ROOM	ALTCs	MEDICARE	VA	VENT / TRACH
CENTRAL VALLEY														
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 \$\$	SECURED ALZ. UNIT	WANDERGUARD	REHAB & THERAPY	PRIVATE ROOM	ALTCS	MEDICARE	VENT / TRACH
NORTHEAST VALLEY (continued)												
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	●	●	●	●	●	●	●
SOUTHEAST VALLEY												
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	●	●	●	●	●	●	●

Mesa	Mission Palms of Mesa, 6458 E Broadway Rd		480-832-5160	100	\$188	●		●	●	●	●	●	●	●	●	●	●	●	●
Mesa	Springdale Village Rehabilitation Center, 7255 E Broadway Rd		480-981-8844	102	\$174	●		●	●	●	●	●	●	●	●	●	●	●	●
Mesa	Springdale West, 3130 E Broadway Rd		480-924-7777	204	\$174	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Mesa	Trillium Specialty Hospital, 215 S Power Rd		480-985-6992	120	CALL	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Tempe	◆ Friendship Village of Tempe 2645 E Southern Ave	35	480-900-3550 800-824-1112	128	CALL	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Tempe	◆ Westchester Care Center 6100 S Rural Rd	54	480-831-8660	57	CALL	●		●	●	●	●	●	●	●	●	●	●	●	●
WEST VALLEY																			
Glendale	Desert Sky Health & Rehabilitation Center, 5125 N 58th Ave		623-931-5800	186	\$141	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Glendale	Glendale Care Center, 4704 W Diana Ave		623-247-3949	196	\$186	●		●	●	●	●	●	●	●	●	●	●	●	●
Glendale	Glencroft Providence Place, 8611 N 67th Ave		623-847-3100	183	\$183		●	●	●	●	●	●	●	●	●	●	●	●	●
Glendale	Lifecare Center of North Glendale, 13620 N 55th Ave		602-843-8433	208	\$228	●		●	●	●	●	●	●	●	●	●	●	●	●
Goodyear	Palm Valley Rehab & Care Center, 13575 W McDowell Rd		623-536-9911	155	\$173	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Litchfield Pk	La Loma Care Center, 14154 Denny Blvd		623-832-4340	75	\$209	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Peoria	Freedom Plaza Care Center, 13714 N Plaza Del Rio Blvd		623-815-6100	111	\$213	●		●	●	●	●	●	●	●	●	●	●	●	●
Peoria	Good Samaritan Society-Peoria Good Shepherd, 10323 W Olive Ave		623-875-0100	157	CALL	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Peoria	Immanuel Campus of Care, 11301 N 99th Ave		623-977-8373	209	\$199	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Peoria	Plaza del Rio Care Center, 13714 N Plaza Del Rio Blvd		623-933-7722	128	\$206	●		●	●	●	●	●	●	●	●	●	●	●	●
Peoria	Sierra Winds, 17300 N 88th Ave		623-977-0807	70	\$187	●	●	●	●	●	●	●	●	●	●	●	●	●	●



Web Link on www.SeniorDirectory.com/Phoenix

CITY	COMMUNITY	AD PAGE	PHONE	# OF UNITS	AVERAGE DAILY \$\$	SECURED ALZ. UNIT	WANDERGUARD	REHAB & THERAPY	PRIVATE ROOM	ALTCs	MEDICARE	VA	VENT / TRACH
WEST VALLEY (continued)													
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	♦ Royal Oaks Care Center 10015 W Royal Oak Rd	33	623-815-4132	66	\$273	●		●	●	●	●	●	●
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	●	●	●	●	●	●	●	●
CASA GRANDE													
Casa Grande	Oasis Pavilion 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.evlanaz.org. 480 828-5146

LAKE CRUISES The Dolly Steamboat 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
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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
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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 1789 W Jefferson #950A	602 542-4446

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

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

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

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

1366 E Thomas Rd	602 264-HELP (4357)
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

AARP Phoenix NE Chapter 2802 E Devonshire.	602 240-6940
Alliance Care Team (ACT) <i>(Ad pg 16)</i>	480 227-7591
American Assoc of Retired Persons 201 E Washington	866 389-5649

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

1366 E Thomas Rd	602 264-HELP (4357)
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
AZNHA <i>(Ad pg 23)</i>	602 283-3503
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

(Continued on page 92)

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) evcoa.org/info@evcoa.org	
<i>Meetings on 1st Wednesday of each month.</i>	480 748-8241
Foothills Caring Corps.	480 488-1105
FSL	602 285-1800
Gray Panthers	800 280-5362
Hope for Homes Program	480 280-1448 414 439-5025
JFCS Older Adult Services	602 452-4627
Justa Center 1001 W Jefferson St	602 254-6524
Mesa Police Non Emergency.	480 644-2211
MomForce AZ	480 619-0302
<i>Providing Educational Programs on Medical Marijuana for Seniors</i>	
National Eldercare Locator	800 677-1116
North Valley Coalition on Aging (NVCOA)	
<i>Meetings on 4th Thursday of each month.</i>	602 482-6000 480 748-8241
PASRS - Professional Association of Senior Referral	
Specialists (Ad pg 28)	602 845-1300
Phoenix Community Services 200 W Washington St 17th Flr.	602 262-4520
Phoenix Police Non-Emergency.	602 262-6151
Rebuilding Together, Valley of the Sun Region	480 774-0237
Roman Catholic Diocese of Phoenix 400 E Monroe St	602 257-0030
RPEA (Retired PUBLIC EMPLOYEES ASSOCIATION), Chapter 101	
Valley of the Sun	480 559-3112
Senior Corps Senior Companion Program	
Maricopa County	480 352-2314
Silent Angels: Seniors Helping Seniors	480 862-3776
Sun City Can! 10195 W Coggins Dr	623 933-7530
Tempe Community Action Agency 2150 E Orange	480 350-5880
Tempe Neighbors Helping Neighbors	480 381-8336
Valley of the Sun United Way 1515 E Osborn Rd.	602 631-4800
Volunteer Interfaith Caregivers Program (VICAP)	
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)	
<i>Meetings on 2nd Thursday of each month.</i>	602 482-6000 480 748-8241
"YOPAS" YMCA Outreach Program for	
Ahwatukee Seniors	602 212-6088

NATIONAL

Go Direct www.godirect.gov . . English 800 333-1792 Spanish 800 333-1795
A campaign by the US Department of Treasury & the Federal Reserve Bank regarding direct deposit.
Social Security Administration
www.socialsecurity.gov www.segurosocial.gov (Spanish) 800 772-1213

LOCAL

Apache Junction 253 W Superstition Blvd 800 772-1213
Downtown Phoenix 250 N 7th Ave 800 772-1213
Glendale 5907 W Kings Ave 800 772-1213
Mesa 1801 S Extension #131 800 772-1213
Phoenix North 16241 N Tatum Blvd #A 800 772-1213

Transportation

All Around The Town 623 476-6693
Apache Junction RIDE Choice Mileage Reimbursement
 Coupons for Cabs 480 218-2221
Apache Junction Senior Transportation 480 474-5260
Benevilla 623 584-4999
CARING CORPS Mesa Senior Center 480 962-5612
City of Phoenix Transit Buses (Valley Metro) 602 253-5000
Dial-A-Ride
 East Valley 480 633-0101
 El Mirage 623 937-0500
 Peoria 623 773-7435
 Glendale 623 930-3500
 Guadalupe 480 730-3092
 Northwest Valley 602 266-8723
 Phoenix 602 253-4000
Driving Miss Daisy AZ Non emergency transportation 480 800-6040
Duet: Partners in Health & Aging 602 274-5022
East Valley RIDE Choice www.evseniorservices.org . . 480 962-7433 480 962-RIDE
Foothills Caring Corps. 480 488-1105
Foundation for Senior Living 602 285-1800
Meditrans. 602 200-2010
Mesa RIDE Choice Mileage Reimbursement Coupons for Cabs . . . 480 218-2221
Northwest Valley Connect 623 282-9300
Phoenix Reserve-A-Ride Registration 602 262-1871
Phoenix Reserve-A-Ride Reservation 602 262-4501
Regional Public Transportation Authority. 602 262-7242
Rideplus www.rideplus.net 877 743-3090
The Salvation Army Laura Danelli Senior Center 602 251-2005
Veolia Transportation-Phoenix Transit 602 495-5908
"YOPAS" YMCA Outreach Program for Ahwatukee Seniors Helpline . . 602 212-6088

Apply Online for Medicare



Did you know that you can apply online for Medicare, even if you are not ready to retire? We can help you make an informed decision about when to apply for benefits based on your individual and family circumstances. Applying online can take less than 10 minutes. There are no forms to sign and usually no required documentation. We'll process your application and contact you if we need more information.

Visit www.socialsecurity.gov/benefits/medicare to begin. There, you can apply for Medicare and find other important information. If you're eligible for Medicare at age 65, your initial enrollment period begins three months before your 65th birthday and ends three months after that birthday.

Some Medicare beneficiaries may qualify for Extra Help with

their Medicare prescription drug plan costs. To qualify for the Extra Help, a person must be receiving Medicare, have limited resources and income, and reside in one of the 50 states or the District of Columbia.

For more information on Extra Help, read www.socialsecurity.gov/pubs/EN-05-10525.pdf.

You may also be interested in reading these publications:

- Apply Online for Medicare — Even if You Are Not Ready to Retire www.socialsecurity.gov/pubs/EN-05-10530.pdf.
- When to Start Receiving Retirement Benefits www.socialsecurity.gov/pubs/EN-05-10147.pdf.

Helping a friend or family member with this information can improve the quality of their life. Share these resources with someone you love today. 🌟

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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).*

¿Sabía que puede solicitar Medicare por internet, incluso si no está listo para jubilarse? Podemos ayudarle a tomar una decisión precisa sobre cuándo solicitar los beneficios basados en sus circunstancias personales y familiares. Solicitar por internet puede tomar menos de 10 minutos. No hay formularios para firmar y, por lo general, no se requiere documentación. Procesaremos su solicitud y nos comunicaremos con usted si necesitamos más información.


Para comenzar este proceso, visite [www.segurosocial.gov/beneficios/medicare/](http://www.segurosocial.gov/beneficios/medicare/). Allí, puede solicitar Medicare y encontrar otra información importante. Si tiene derecho para Medicare a los 65 años, su período de inscripción inicial comienza tres meses antes de cumplir 65 años y termina tres meses después de ese cumpleaños.

Algunos beneficiarios de Medicare pueden tener derecho a recibir el Beneficio Adicional con los costos de su plan de medicamentos recetados de Medicare. Para tener derecho para el Beneficio Adicional, una persona debe recibir Medicare,

tener recursos e ingresos limitados y residir en uno de los 50 estados o en el Distrito de Columbia (Washington D.C.). Para obtener más información sobre el Beneficio Adicional, lea [www.socialsecurity.gov/pubs/EN-05-10525.pdf](http://www.socialsecurity.gov/pubs/EN-05-10525.pdf) (solo disponible en inglés).

También puede interesarle leer estas publicaciones:

- Solicite Medicare por internet en menos de 10 minutos —Aún si no está listo para jubilarse (publicación ES-05-10999) en [www.segurosocial.gov/publicaciones](http://www.segurosocial.gov/publicaciones).
- Cuándo comenzar a recibir los beneficios por jubilación (publicación ES-05-10148) en [www.segurosocial.gov/publicaciones](http://www.segurosocial.gov/publicaciones).

Ayudar a un amigo o alguien de su familia con esta información puede mejorar la calidad de su vida. Comparta hoy estos recursos con un ser querido. 

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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.

LOCAL

American Service Animals Dogs4Vets.org	480 802-9339
Arizona Dept of Veteran Services 3839 N 3rd St #209	602 255-3373
Disabled Veterans Administration 3333 N Central Ave.	602 627-3286
Harvey Ray Adult Day Health Center 4141 N 3rd St	602 248-1572
Justa Center 1001 W Jefferson St	602 254-6524
Paralyzed Veterans of America 8126 N 23rd Ave #J	602 244-9168
VA Medical Center 650 E Indian School Rd	602 277-5551
Veterans Administration 3333 N Central Ave.	800 827-1000
VFW of the US Dept of Arizona 6907 E Thomas Rd	480 941-5258

NATIONAL

Alliant Elder Initiative, Inc.	800 465-1266
Debt Management.	800 827-0648
Education.	888 442-4551
Health Benefits	877 222-8387
Health Eligibility Center	800 929-8387
Life Insurance	800 669-8477
VA Benefits.	800 827-1000



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Senior Directory would like to thank our Veterans for their service to our country. Check out the services and resources for Veterans above.

Adoptive Grandparents Opportunity Corps	602 264-2255
<i>Places teams of seniors age 55 and older in elementary schools.</i>	
Area Agency on Aging-Region One Senior Help Line (Ad pg 3)	
1366 E Thomas Rd	602 264-HELP (4357)
Arizona Care Hospice	480 588-8200
Arizona Labor Department 800 W Washington #403	602 542-4515
Arizona Opportunities Industrial Center 39 E Jackson St.	602 254-5081
Arizona Women’s Education & Employ 914 W Hatcher	602 371-1216
AZCaregiver.org.	888 737-7494
Benevilla	623 584-4999
Caring Spirits of AZ	720 588-2022
Community Information & Referral 1515 E Osborn	602 263-8845
Dept of Economic Security Aging & Adult Administration	
1789 W Jefferson #950A.	602 542-4446
Duet: Partners in Health & Aging	602 274-5022
East Valley Retired & Senior Volunteer Program (RSVP)	
247 N McDonald	480 775-1466
Experience Corps Temp	480 695-5108
Family Service Agency 411 N Central Ave #700.	602 264-9891
Foothills Caring Corps.	480 488-1105
Foster Grandparent Program-Maricopa County	623 776-0203
FSL 1201 E Thomas Rd.	602 285-1800
Hope for Homes Program	480 280-1448 414 439-5025
Human Services Dept Volunteer Program	602 261-8806
Maricopa RSVP Program	602 264-2255
<i>Connects local agencies in need of assistance with people age 55+ who want to help.</i>	
Phoenix Workforce.	602 495-7553
R.A.I.N. - Rescuing Animals in Need www.azrain.org	480 272-6650
Retired Seniors Volun Prog (RSVP) 1366 E Thomas Rd.	602 264-2255
Senior Companion Program	480 352-2314
St. Joseph’s Hospital & Medical Center	
Volunteer Services Department 350 W Thomas Rd	602 406-3020
U.S. Equal Opportunity Commission 3300 N Central Ave.	602 640-5000
Volunteers of America.	800 899-0089
Volunteers for Hospice 10404 W Coggins Dr #100.	623 583-4490
Williams Travis L Family Service Center 4732 S Central Ave	602 534-4732

24-Hour Home Care	23	Koelsch Memory Care & Assisted Living Communities (cont.):	
A Caring Hand for Mom (and Dad)	29	<i>Solana at The Park</i>	75
Alliance Care Team (ACT)	16	Koelsch Independent Senior Living:	
Area Agency on Aging - Region One.	3	<i>The Park at Copper Creek</i>	37
Avenir Behavioral Health Center	15	<i>The Park at Surprise</i>	37
Avenir Memory Care		Pacifica Senior Living	
<i>Chandler</i>	73, BC	<i>Pacifica Peoria</i>	55
<i>Scottsdale</i>	73, BC	<i>Pacifica Paradise Valley</i>	55
<i>Surprise</i>	73, BC	<i>Scottsdale Village Square</i>	55
AZNHA	23	<i>Woodmark at Sun City</i>	55
Barton House.	71	<i>Pacifica Tucson</i>	55
Friendship Village	35	PASRS.	28
HonorHealth Rehabilitation Hospital.	IFC, 13	Quail Run Behavioral Health	17
Hunt Real Estate/Colette Rosati, RN	27	Royal Oaks Life Care Community.	33
Koelsch Memory Care & Assisted Living Communities:		Senior Directory, A Multi-Media Solution . .	30-31
<i>Amber Creek Inn.</i>	75	Spectrum Retirement Communities	
<i>Copper Creek Inn</i>	75	<i>Gardens at Ocotillo Senior Living</i>	51
<i>Silver Creek Inn</i>	75	<i>Las Palomas Senior Living</i>	51
<i>Rock Creek at The Park</i>	75		

Spectrum Retirement Communities (continued)	SRG Senior Living/Phoenix
<i>Lone Mountain</i>	<i>La Siena</i> 57
<i>Memory Care</i> 51	<i>The Village at Ocotillo</i> 57
<i>Mountain Park</i>	The Auberge at Scottsdale . . . 71
<i>Senior Living</i> 51	The Palazzo Senior Living (WEB)
<i>Palos Verdes Senior Living . . .</i> 51	...www.seniordirectory.com/Phoenix
<i>The Enclave at Anthem</i> 51	The Springs of Scottsdale . . . 57
<i>The Enclave at Chandler</i>	Thunderbird Senior Living. . . 53
<i>Senior Living</i> 51	Visiting Angels. 21
<i>The Enclave at Gilbert</i>	Westchester Senior Living/
<i>Senior Living</i> 51	Volunteers of America. . . . 54

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Activities & Entertainment	85	Home Maintenance	91
Advertisers Index.	98	Hospitals, Clinics & Labs	10
Aquatic Therapies	24	Housing Category Definitions	34
Area Agencies on Aging	88	Independent–Retirement Communities & Comparison Grid	37-57
Assisted Living Communities & Comparison Grid	50-70	Letter from the Editor	4
Associations for Specific Illnesses.	8	Memory Care/Alzheimer's Assisted Living Communities & Comparison Grid	71-78
Care Management.	23	Mental Health & Counseling Services	12
Caregiver Checklist	19	Real Estate Services	26
Checklist for Choosing a Nursing Facility.	79	Rehabilitation Hospitals	12
Consumer Affairs – Legal	88	Senior Centers	85
Continuum of Care Communities	32-35	Senior Housing Referral Specialists	28
Critical Illness Recovery Hospitals.	12	Senior Organizations & Services	91
Dental Resources	8	Skilled Nursing Facilities & Comparison Grid	79-84
Elder Abuse	88	Social Security	93
Employment Opportunities	89	Support Services	16
Energy Resources	89	Transportation	93
Financial Assistance	89	Travel	87
Fitness & Wellness	25	Veteran Services	96
Food Resources	90	Vision Resources & Services	9
Health Insurance/Medicare/Medicaid.	9	Volunteer Opportunities	97
Hearing Resources	8		
Home Health Definitions.	22		
Home Health/Home Care Providers Grid	20		

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- ◆ Rehabilitation Services
- ◆ Community Resources
- ◆ Health & Wellness
- ◆ Support Services
- ◆ Senior Organizations
- ◆ and much more!



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Chandler, AZ 85224

(480) 719-2283

Surprise

16465 N. Parkview Pl
Surprise, AZ 85374

(623) 239-0020

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