

HEALTH WELLNESS QUARTERLY

Summer 2017

Special Supplement to The Glendale Star and Peoria Times

Fellowship Square Surprise: Independent Living At Its Best For Seniors

With locations in Mesa, Phoenix and Tucson, Fellowship Square is set to open its latest senior independent living community — Fellowship Square Surprise, at 16477 West Bell Road in Spring 2018.

The gated community will feature amenity-rich packages and spacious common areas among inviting grounds designed to help residents feel at home in a comfortable and lush environment that they can enjoy with family and friends. The breadth of services at Fellowship Square Surprise will encompass independent and assisted senior living, memory care and home health.

Apartment homes are named after cities in Arizona and will be fully equipped with washer and dryer, modern kitchen with stainless steel GE appliances, ample storage throughout, refined details designed to complement any décor, and quartz counter tops with upgraded cabinets in the kitchen and bathrooms.



Rent includes the SeniorFITness Program and fitness center access, bi-monthly housekeeping, maintenance services, utilities, cable TV, telephone and Wi-Fi, chaplain services and bible study, scheduled transportation, 25 meals per month, emergency call system, and planned social activities. Pets are welcome.

Fellowship Square's mission is at the heart of providing quality and responsive senior housing, hospitality and health care services driven by Chris-

tian love and concern. As the largest not-for-profit provider of senior housing in Arizona, Fellowship Square understands the importance of providing peace, purpose and a place to call home, all at a price that's within reach.

Like Christian Care's other communities, Fellowship Square Surprise is a not-for-profit retirement community. For more, visit www.FellowshipSquareSurprise.org or call (623) 900-1552.



**FELLOWSHIP SQUARE
SURPRISE**

Opening Spring 2018!

Independent Living at its best for seniors.

With lush, resort style grounds, a full spectrum of amenities, activities and wellness programs, Fellowship Square Surprise offers everything you need to stay active and to live your retirement to the fullest.

Join our waitlist...Call for details!

623-900-1552 or visit www.FellowshipSquareSurprise.org

16477 W. Bell Road | Surprise, AZ 85374

Located across from Sam's Club

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SeniorFITness Program

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Our Amenities

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Become a Certified Nursing Assistant at GCC

Do you enjoy caring for others? Are you planning to pursue a career as a registered nurse or in a related health care profession? If so, consider becoming a nursing assistant at Glendale Community College, which offers a course that prepares students to be a Certified Nursing Assistant (CNA) or Licensed Nursing Assistant (LNA). CNA/LNA's provide basic care and assistance to persons needing help with



Now in North Glendale, Orchard Pointe at Arrowhead offers a difference in assisted living and memory support. This brand new facility is located at 17200 N. 67th Ave. For more information or to schedule a tour, please call 623-302-9400 or visit Orchard-Pointe.com.



GCC Nursing Students with Instructor

everyday healthcare needs. Students learn about special needs of the patient in acute and long-term care settings and basic nursing assistant skills. The course provides the opportunity for the development and mastery of selected nurse assisting skills through participation in laboratory practice and patient care clinical experiences. Working under the supervision of a registered nurse, CNA's/LNA's work in hospitals, long term care agencies, assisted living facilities, patient homes and other settings, and the employment outlook is bright!

GCC offers a 6 credit course, NUR158, that prepares graduates for employment as a nursing assistant. The GCC Nursing Assistant program is a hands-on course that combines classroom, laboratory, and clinical experiences caring for patients. Graduates of NUR158 are awarded a Certificate of Completion (CCL) in Nurse Assisting and are eligible to take the exam to work as a CNA or LNA.

To learn more about becoming a nursing assistant at GCC, plan now to attend a mandatory information session. For more information about the Nursing Assistant Program, visit our website: <http://www.gccaz.edu/academics/departments/nursing/NA-CNA>



Come and see what's different about us!

Schedule your tour today! 623-302-9400



Assisted Living | Memory Support



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*Maricopa County Residents

HEALTH WELLNESS QUARTERLY

A special supplement to:
The Glendale Star & Peoria Times

Reaching Glendale, Peoria, Luke AFB, Sun City & Surprise
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www.glendalestar.com and
Peoria Times website: www.peoriatimes.com

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C.E. Williams
623-847-4601
sales@star-times.com

Barbara Duran
623-847-4608
bduran@star-times.com

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The Palazzo caters to your care needs

The Palazzo is a full Continuing Care Community offering Independent Living, Assisted Living, Skilled Nursing and Memory Care. At The Palazzo, we are able to cater to your needs whether you are looking for independence in an environment with social activities, wonderful meals, housekeeping and care as needed; Assisted Living for those requiring 24/7 care and a personalized care plan; Skilled Nursing (5-Star rated and HSAG Platinum Level) for those being discharged from a hospital stay and still in need of rehab or more long term care; Memory Care for your loved ones who will thrive more in an environment specializing in care and activities for those



Blood Donors Save Toddlers like Adelyn

Every month, it takes more than 1,000 blood donors to save the lives of kids in the Valley's two largest children's hospitals. Blood donors save kids like 18-month-old Adelyn who received her 22nd blood transfusion in June at Phoenix Children's Hospital. The Ahwatukee toddler was born with Diamond Blackfan Anemia, a rare genetic disorder that prevents her tiny body from producing red blood cells. Every month, she relies on the generosity of strangers to donate lifesaving blood – a need that could continue the rest of her life. "You might not realize the importance of giving blood, but you are giving life to someone like Adelyn," reflected her dad, Matt. "We are thankful for the blood donors who are keeping her alive."



Adelyn undergoes blood transfusions once a month to ensure she has red blood cells to survive. She suffers from Diamond Blackfan Anemia, a rare genetic disorder that prevents her tiny body from producing red blood cells

United Blood Services is Arizona's largest non-profit community blood provider, serving more than 60 hospitals across the state. To make a donation appointment at United Blood Services' blood drive or donor center, simply visit www.BloodHero.com or call 1-877-UBS-HERO (827-4376). Donors with base access are encouraged to donate at an upcoming Luke Air Force Base blood drive – simply list Sponsor Code LAFB when signing up.

with Alzheimer's/ Dementia. We offer top customer service and premium care which may be catered to each resident's individual needs. We are currently undergoing a major renovation which includes adding many new amenities for our active adult residents. Come by The Palazzo to see our beautifully renovated apartments, Café, extensive activities programs designed with today's seniors in mind and don't miss out on Main Street which offers a fun and convenient place for residents to meet for cards, bridge, socializing and more. We also have a swimming pool as a place to relax or partake in water aerobics. Our licensed Assisted Living and Skilled Nursing offer residents the continuum of care requested by so many. The Palazzo is a community unto itself. We strive to offer all of the freedom and independence you wish while assuring that you receive all of the attention and peace of mind you desire. For more information please visit us at www.palazzoohc.com or call 602-433-6300.

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- or call -

1-877-UBS-HERO (827-4376)

Are you interested in hosting a blood drive? Call us at 480-675-5631.

Valley View Community Food Bank

We're more than a food bank

We urgently need Food and Monetary Donations NOW.

Valley View Community Food Bank is committed to doing as much as possible to serve the needs of our diverse community. Our mission is to serve those in need with compassion and respect while providing the resources for wholesome nutritious food. Valley View Community offers a safe positive environment where those seeking help can easily find the resources they need.

Valley View Community Food Bank was founded in 2007 by Jesse Ramirez who's vision was to help those affected by hunger by creating a Food Bank that welcomed it's community with open doors.

Shop and Support the Food Bank. Our Thrift Stores are open to the public and offer much needed household items, clothing, baby items and much more



Valley View Community Food Bank Volunteers

at a low cost. The proceeds from the sales go directly to support the Food Bank. We have five locations to serve you. Food Bank and Thrift Stores, 12321 N.W. Grand Ave., El Mirage, 9849 N. 105th Ave., Sun City and coming soon 5323 W. Glendale Ave., Glendale. Thrift Stores and Food Drop Off Centers, 13576 W. Camino Del

Sol, Sun City West and 99th Ave. and Greenway Terrace, Sun City. Mission: To serve those in need with compassion and respect while providing the resources for wholesome nutritious food. For more information visit our website www.YourFoodBank.org or call 623-933-3358, 623-583-3663 or 623-297-9102.

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VALLEY VIEW COMMUNITY FOOD BANK NEEDS YOUR HELP!



Your donations help the community by clothing people in need and putting food on their tables through the Thrift Stores and Food Bank

DONATE NOW AND MAKE A DIFFERENCE!

5 LOCATIONS TO SERVE YOU!

THRIFT STORES & FOOD DROP OFF CENTERS

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Sun City West
623-243-6413

99th Ave & Greenway Terrace
Sun City
623-297-9102

FOOD BANK & THRIFT STORE

12321 N. W. Grand Ave.
El Mirage
623-933-3358 or 623-297-9102

FOOD BANK & THRIFT STORE

9849 N. 105th Ave.
Sun City
623-583-3663 or 623-297-9102

Coming Soon: Food Bank & Thrift Store
5323 W. Glendale Ave. | Glendale
623-297-9102

\$10 DONATION | FEEDS A FAMILY OF 3 FOR THREE DAYS

100% OF TAX DONATIONS ARE DEDUCTIBLE

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Fresh Vitamins' customers are our friends, family and neighbors, and we won't settle for anything less than the best for you. We carefully review ingredients and manufacturing practices and choose only products that meet our rigorous standards. Fresh Vitamins staff is continuously learning about new products and the latest research to provide you with the best information and assistance possible. We understand that we all have changing needs, and as your needs change, so will we. You can count on us.

Fresh Vitamins believes in a wide variety of choices. This is why at every Fresh Vitamins store you will find thousands of nutritional products covering more than 50 categories, including vitamins, supplements, herbs, sports nutrition, body care and natural foods. We have something for people of all ages, interests and needs.

At Fresh Vitamins, we promise the best possible value, not just low prices. Besides amazing deals and everyday savings, you will find the best Selection, Quality, and Service.

With 9 locations in the greater Phoenix metro area, 7 in Tucson and 2 in Prescott, Fresh Vitamins is your convenient local choice for health food products.

Find us on Facebook, or visit www.Freshvites.com to find a store nearest you and let our employees help you maintain your healthy lifestyle.



Save on your summer essentials as your neighborhood Fresh Vitamins.

Home Again Medical can help with swollen feet

Are your feet tired or swollen at the end of the day? Do you have spider veins or varicose veins? Has your physician recommended compression stockings to be worn during the day? Do you know how compression stockings work? Let's see if I can help you understand why they work.



Janet Crowl, OT/L ATP

Your blood vessels carry blood through your body. The arteries go from the heart to the very small capillaries. At the capillary level the Oxygen and nutrients are exchanged within the tissue (good in and bad out). The return of the blood is achieved through the venous system. The arterial system is dependent on the heart to provide enough pressure to get it to the tips of your toes and fingers. The venous system uses "pressure" valves to move the blood back to the heart. As our body changes throughout our lives the valves in our legs do not close as efficiently as when we were young. The inability to close efficiently leads to swelling.

Compression stockings provide pressure to the leg to prevent the swelling. Compression stockings generally are done in light, medium or moderate, and heavy compression levels. Your physician will either tell you the amount of compression or give you a prescription for the amount of compression that you need. The compression is tightest at the ankle to assist the venous system to return the fluid toward the abdomen to allow the fluid to recirculate.

For more information call 602-272-0707 or visit us at www.home-again-medical.com.

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Campana Square 9833 W. Bell Rd Sun City, AZ 877-935-6915 9-5 M-F/9-4 Sat/Closed Sun	Mercado Del Sol 13576 W. Camino Del Sol #13/14 Sun City West, AZ 877-935-6913 9-5 M-F/9-4 Sat/Closed Sun

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DO YOU KNOW...

the effects of UNTREATED hearing loss?



PROLONGED HEARING LOSS MAY LEAD TO AUDITORY DEPRIVATION, COGNITIVE DECLINE, ALZHEIMER'S, AND DEMENTIA

- When we lose our ability to hear, the ear stops sending needed information to the brain, affecting the ability to understand what is being said.
- Hearing loss causes a breakdown in communication in the brain.
- Auditory deprivation can impair the way the brain processes sound.
- Hearing aids stimulate the brain, while transmitting the correct information, protecting it from atrophy.

COGNITIVE DECLINE

Several studies point to a **SIGNIFICANT CORRELATION** between hearing loss and loss of cognitive functions.

Adults with MILD LOSS	=	2X MORE LIKELY TO DEVELOP DEMENTIA
Adults with MODERATE LOSS	=	3X MORE LIKELY TO DEVELOP DEMENTIA
Adults with SEVERE LOSS	=	4X MORE LIKELY TO DEVELOP DEMENTIA

STOP IGNORING THE WARNING SIGNS!

Call us today to schedule your free hearing evaluation

(623) 565-9170 for Peoria and

(480) 498-2210 for Mesa



14155 N. 83rd Avenue, Bldg. 7, Suite 147
PEORIA, AZ 85381

7165 E. University Drive, Bldg. 17, Suite 167
MESA, AZ 85207

www.CanUHearWell.com

Hearing Loss: Is it Affecting Your Quality of Life?

Hearing loss is now associated with many physical conditions, and in the last few years, it has been proven that hearing loss is connected with cognitive decline, Alzheimer's disease and dementia.

Researchers from Johns Hopkins University and the National Institute on Aging found that while the brain shrinks with age, this change is hastened in older adults with hearing loss.

The findings of this research indicate that hearing loss and Alzheimer's disease are correlated, but what it also shows is that there is urgency to treating hearing loss early.

Getting your hearing checked and treated early could mean better long-term brain performance, a lesser chance of Alzheimer's disease and dementia, and overall, better long-term health and wellness. A recent study has even shown getting your hearing checked early can help prevent cognitive decline.

At ABC Hearing Center, we want to make sure you are hearing life to its fullest and we want to increase your quality of life overall. Getting your hearing checked is the first step and it may help you tremendously.

We have helped thousands of people reconnect with the world around



Dawn M. Sanchez, BC-HIS, ABC Hearing Aids & Services

them. We can help you too! Call ABC Hearing Center today to talk to a hearing expert about the health benefits of getting your **FREE** hearing test. Call 480-498-2210 for their Mesa location and 623-565-9170 for their Peoria location. You can also visit them online at www.CanU HearWell.com.

Successful aging



"It's no accident people reach their 90's in great health," says John Wenzlau, CEO of Friendship Retirement Corporation and host of Successful Aging on Independent Talk 1100 KFNX. He asserts that you'll increase your odds of a prosperous retirement and a great rest of life if you adhere to the advice from the guests on the show. John along with his co-host Millie Oakeson talk to experts about productive engagement, social connections, healthy living with diet and physical activity, the benefits of adequate sleep, hormone therapy, financial management, spiritual well-being, scams and safety to name just a few. "We encourage the audience to develop a life plan," says Wenzlau. Targeting baby-boomers and their parents who are trying to age successfully.

As our population experiences a substantial increase in older adults it is imperative to understand the impact thoughtful design and planning has on the ability to age successfully. Therefore, the goal of this show is to conceptualize the importance of every stage aging presents and the need to stay actively engaged in life. "We bring attention to the physical and psychological changes that occur in the body as a natural part of aging," says Oakeson.

Coining the term "successful aging" it seems rather straight forward to say you will be successful if you are healthy, high functioning and socially engaged. The conversations move our listeners from normal aging to optimal aging.

To get started with your life plan join John and Millie Tuesday mornings at 11:00 am Independent Talk 1100 KFNX.

OPENING WINTER 2017/2018



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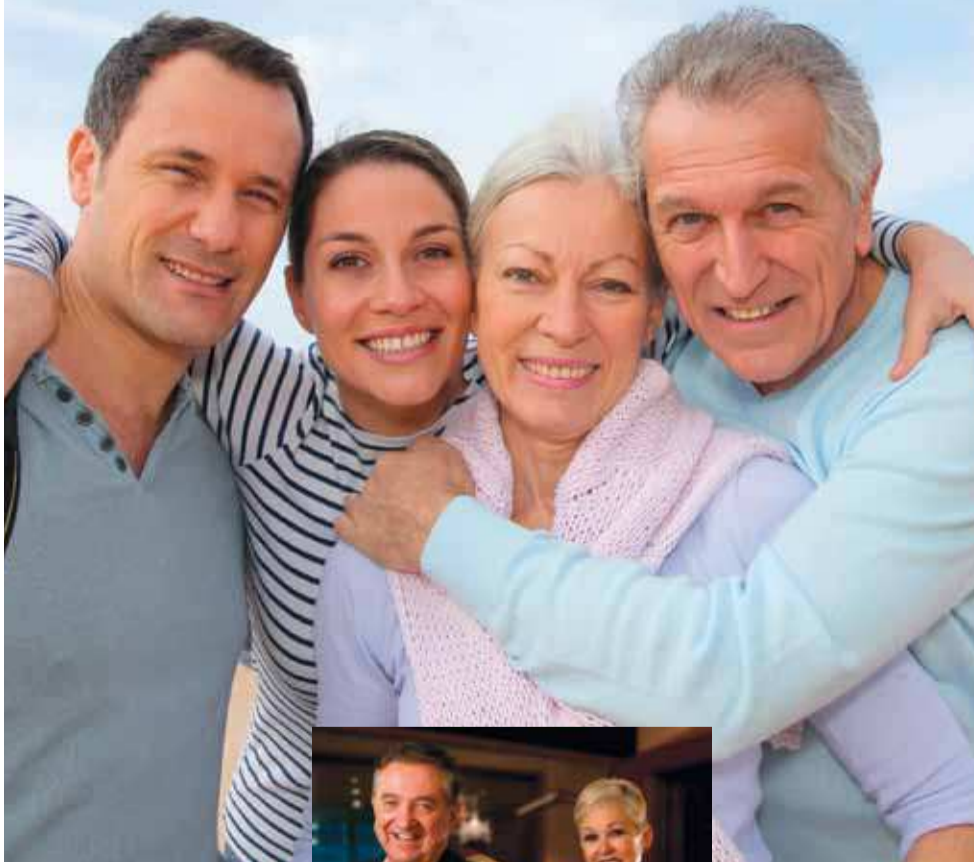


www.missionaguafria.com



"SUCCESSFUL AGING"

Winning Strategies for Living Well and Loving Life



Hosts
John Wenzlau & Millie Oakeson



John Wenzlau
CEO
Friendship Retirement Corp.

Millie Oakeson
VP of Marketing
Friendship Retirement Corp.

Listen LIVE
Tuesdays
at 11 am

Sponsored by: **Friendship Retirement Corp.**



OUR NEW LIFE WITH ALZHEIMER'S



by Kaye Baker
Special to
The Glendale Star
(Peoria Times)

I'm sitting with my mom today and again wondering what today will bring. Each day is a new reality when you have dementia. A simple, "How are you today Mom?" can solicit a number of responses and I usually answer with, "I see." But, clearly, I don't see. I'm constantly in the process of figuring "it" out. The "it" is Alzheimer's. My mom was diagnosed with Alzheimer's at 86 and still lives a meaningful life in memory care.

I literally love-- the caregivers who are now my mom's and my new best friends. Mom is mostly nice to them and tells them endlessly how much she loves them. She lights up when I walk

through the door for a visit. I'm no longer her daughter; she now introduces me as her older sister. Somedays I'm not even that, I'm simply someone she loves.

Daily tasks confuse her; she sometimes forgets how to use her silverware and will tear her napkin up into a million pieces and then look at me and asks, "Is this right?" Of course I say yes and tell her she did a great job. When I am caught with not knowing what to do next, we sing. She loves to sing and she can sing most any song from her younger days. Alzheimer's is terrible but, you don't have to navigate this journey alone. Call Milissa Watkins at Primrose Lane 623-847-3057 and find out how they can help you and your loved one live a happy and safe life with dementia.



SANDERSON FORD TAKES MOBILITY SERIOUS

Sanderson Ford realizes one of our greatest freedoms, is the freedom to go wherever, whenever we want. Our enhanced mobility department has been committed to helping everyone with the freedom of travel since 2010. Gone are the days of going to several places to get a vehicle outfitted with equipment and paying huge mark-ups. Sanderson Ford is the only Ford dealer that performs Mobility and Commercial up-fits on site. We stock several different ready-to-go packages, saving you valuable time and expense. The All-New Ford Transit Connect Wheelchair Accessible Mobility Van starts at just under \$40,000 and includes an 800-lb capacity FlexFlat ramp that folds flat when not in use creating a usable deck for luggage, cargo and more. It holds six passengers including a wheelchair. This newly designed ramp allows for the three-passenger, second-row seat to stay in place for even more added convenience. The Transit Connect can also be up-fitted with our newest prod-

uct, Abilitrax. Abilitrax is a common platform that integrates quick disconnect seating with several different wheelchair tie-down options, lifts, grab handles, stretcher mounts and several other accessories using a floor grid system. This platform allows users to change the configuration of a vehicle in seconds.

Sanderson Ford also offers multiple financing options. Through a strong partnership with Ford Credit, we can offer one low monthly payment on the vehicle, conversion, lifts, hand controls or anything else needed. We can do it all at Sanderson Ford and provide you with world-class service. Sanderson Ford is America's most awarded dealership for customer service and we will go further to earn your business.

For more information, contact Mobility Specialist Robert Sisk in the Sanderson Mobility department at 623.842.8623 and start your road to independence today at Sanderson Ford.

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THE MISSION AT AGUA FRIA OPENS

Assisted Living & Memory Care Residences

WINTER 2017/2018

Peoria, Arizona

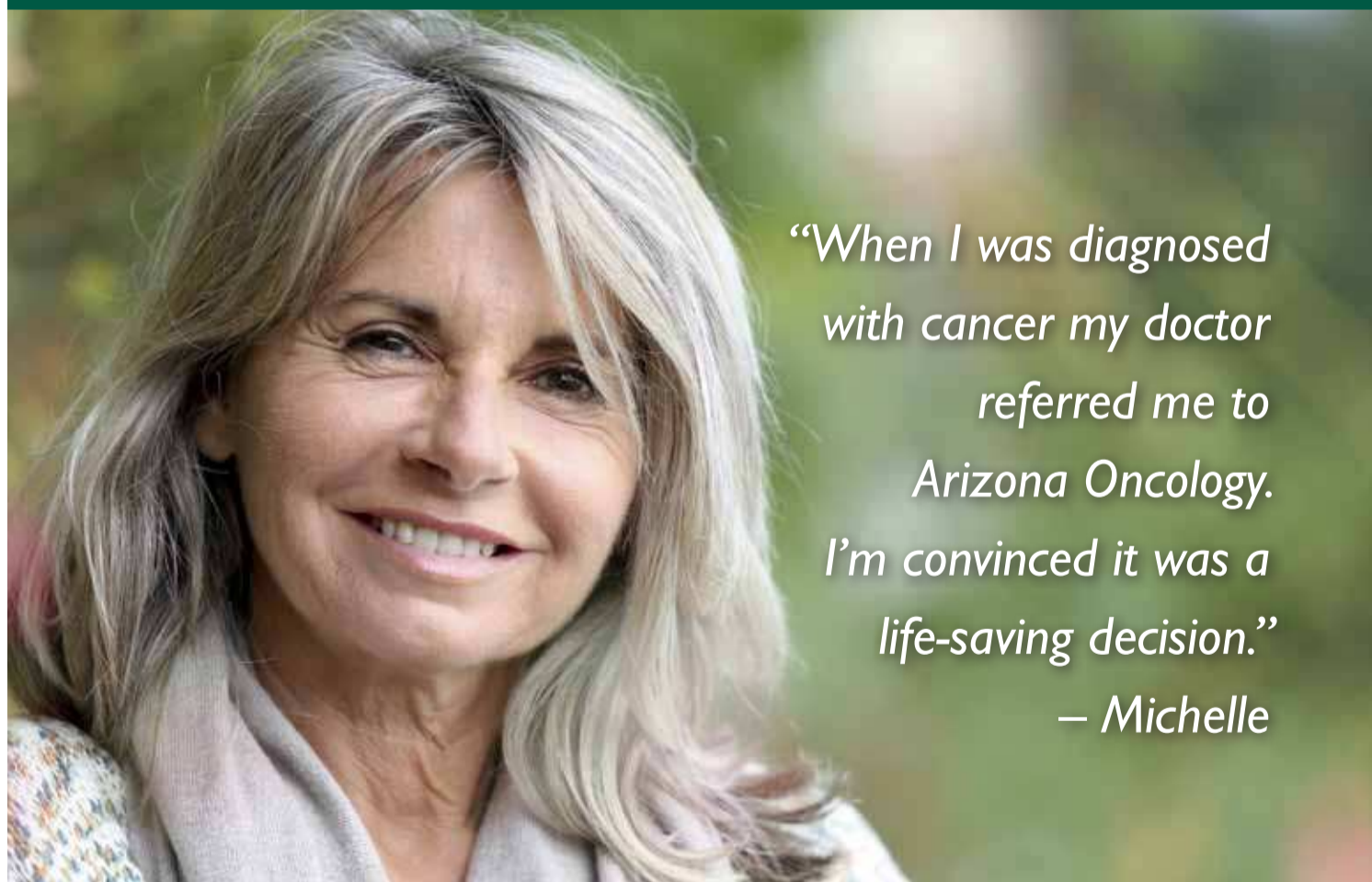
If you have been wondering what is happening at the southwest corner of 107th Street & Olive Avenue in Peoria, wonder no more. A brand new retirement community is in town! The Mission at Agua Fria will accommodate 32 Assisted Living and 58 Memory-Care residences within two stories on a 7.2-acre site. Courtyards will abound, and fresh appointments will be styled into this new abode for older adults. Dedicated and licensed staff will engage residents, offer tailored activities, & promote a relaxed home environment. Even dine restaurant style, with nutritious chef-prepared meals.

Now is the time to give careful thought to your precious future! Be proactive. Consider your options. Life decisions aren't easy but the sooner you make them, the better it is.....for YOU. It is time to think about YOU. It is time for YOU to enjoy the rest of your life. It is time for YOU to leave your worries, chores, and hassles behind. Let us help YOU discover new talents. YOU will be in comfortable surroundings with us.

The Mission at Agua Fria is anticipated to open this Winter, 2017/2018. For those interested in a new lifestyle of living for yourself or loved ones, call 1.855.4.MISSION or send an email to marketing@missionaguafria.com as inquiries are welcome.



Architectural Drawing: One-bedroom residence
The Mission at Agua Fria Assisted Living & Memory Care



“When I was diagnosed with cancer my doctor referred me to Arizona Oncology. I’m convinced it was a life-saving decision.”
— Michelle



Mazen Khattab, MD



Henry Lee, MD



Govardhanan Nagaiah, MD, MS



Chenthilmurugan Rathnasabapathy, MD

TOGETHER: A BETTER WAY TO FIGHT CANCER.

Together with The US Oncology Network, we bring the expertise of nearly 1,000 physicians nationwide to the delivery of our patients' care. As the largest group of medical professionals in Arizona dedicated exclusively to cancer, Arizona Oncology touches the lives of more cancer patients than any other provider in the state. We believe together is a better way to fight.

Visit ArizonaOncology.com or call 888-972-CURE for more information.



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**ALL MENUS
ARE LOW
SODIUM**



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– Mary, Peoria, AZ




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Martha's SENIOR GOURMET

Looking for a healthy alternative to eating out, or having to order high-sodium, high-fat take-out? Need a break from shopping, cooking and deciding what to prepare? Searching for a meal solution for a loved one?

We offer many low-sodium meal plans to meet a variety of dietary needs, including: **Healthy lifestyle, Diabetic, Renal, Renal Diabetic, Pureed, CHF, Gluten Sensitive, Vitamin K Restrictive, Dairy Free, Vegetarian, Diverticulitis (High Fiber), Low Carbs.**

Variety, Alternatives and Substitutions - Choose from a variety of 28 din-

ners and lunches on a 4-week rotation. We also offer desserts

We are Flexible - We strive to deliver meals you will enjoy, Don't Like peas? Prefer less red meat but love fish? No Problem! We will gladly substitute components of any of our entrees with something you prefer.

Nutritionally Balanced - Our chefs create low sodium meals, while ensuring great flavor and taste. The portions are generous and are designed so proper nutritional balance is ensured with every selection. Meals typically contain protein, carbohydrate, vegetables, and a fresh side

salad of vegetables or fruit.

Martha's senior meal program offers an affordable and healthy senior dining substitute to cooking, grocery shopping, hiring help, having family members and friends become personal chefs, and eating out too often. Our friendly and knowledgeable staff is committed to providing quality senior services and to ensure all your needs are met. We want to make it a delicious experience.

Please browse www.marthasseniorgourmet.com to learn more about our meal services for seniors.



Accreditation Matters At La Siena

When researching retirement lifestyles, La Siena encourages families to consider the factors that matter: high standards of quality, continuous monitoring, evaluation and improvement of programs, and the comfort, care and quality of life of residents. All of these important factors are validated through third party accreditation - one of the biggest factors to consider when comparing different senior living communities.

An often overlooked, yet critical factor in comparing retirement communities, accreditation from an independent organization such as the Commission on Accreditation of Rehabilitation Facilities (CARF) indicates that a community has achieved an elevated standard of excellence akin to a five-star rating in the hospitality industry. Though state and federal guidelines do not require senior living communities to be accredited, it is an important distinction that provides consum-

ers with the assurance that the highest standards are maintained. The evaluation process is voluntary, but given the stringent expectations that need to be met to achieve accreditation, it is a valued benefit for residents and the family of residents.

At La Siena we understand that moving into a community that is accredited affords greater peace of mind. Our community is proud to have been awarded CARF's highest level of accreditation, with a special note to the attentiveness of La Siena's staff along with our staff's genuine hospitality and strong commitment to resident engagement.

When determining the type of community that fits your needs we encourage you to add third-party accreditation to your list of "must-have" features. To visit La Siena, please call 602-635-6968 or visit www.LaSienaSeniorLiving.com.



Let's talk about something retirement communities hardly ever mention. Accreditation.

Because having the confidence and peace of mind of accreditation is important. So, let's talk.

La Siena is accredited by CARF International.

It's an independent organization that sets exceedingly high standards for care and service.

It's a lot like an accreditation for a hospital or college. Or a five-star rating for a hotel. But like most things in life, you have to see it to believe it. So, let's talk some more at a complimentary lunch and tour. Please call 602.635.6968 to schedule.

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Improve Your Athletic Performance with Sports Vision Training

By Jennifer Idoni,
O.D., FAAO, FCOVD

Did you know that over 90% of athletic performance is guided by the visual system? Your eyes first have to instruct your hands and body what to do, so strong visual skills are critical to success in athletics. Even with excellent talent, coaching, and practice, sports performance can be below potential if you have an inefficient visual system.

Some signs of undetected visual problems in athletes include:

- Over- or under-estimating the distance of the ball
- Difficulty making a specific shot, pass, or play
- Performance not up to potential or drops over time, even with added practice
- Performance differs at night versus day.

The good news is that with today's innovative technologies, weaknesses in visual skills



Jennifer Idoni, O.D., FAAO, FCOVD
Assistant Professor, Midwestern University Eye Institute

essential to peak performance can be identified and enhanced. Optometrists can work with athletes to identify visual inefficiencies and develop individualized sports vision training programs to improve the visual skills affecting their game. A sport-specific vision training program can successfully improve eye-hand coordination, depth perception, visual reaction time, peripheral awareness, eye teaming, focusing and tracking, and visualization skills.

The difference between an average athlete and an elite athlete can be the difference in their visual ability. By improving visual ability with sports vision training, athletic performance can be advanced.

The information contained in this article is not intended to be a substitute for professional medical advice, diagnosis, care, or treatment. Always consult your physician or other qualified healthcare provider with any questions regarding any possible medical condition.

Jennifer Idoni, O.D., FAAO, FCOVD, serves as Assistant Professor at the Midwestern University Eye Institute in Glendale, Arizona and specializes in pediatric optometry and vision therapy. She graduated from Nova Southeastern University College of Optometry in Fort Lauderdale, Florida. The Midwestern University Eye Institute utilizes the latest technology to provide high-quality care for the public at affordable prices.



Learn how to improve your game through an individualized program of sports vision training. The sports vision training doctors at the Midwestern University Eye Institute work with athletes to assess how their vision impacts their performance in any sport, at any age.

For more information contact:
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Regain Strength, Confidence and Independence with Acute Rehabilitation

Are you or a loved one age 65 or older at home recovering from an illness, injury or surgery? Often, this population can become sedentary during the recovery period resulting in a weakening of their overall body strength. This physical weakness can lead to a



Michael Kravetz, M.D.
Medical Director at HealthSouth Valley of the Sun

functional decline in their ability to walk or manage self-care activities independently and may lead to an increased risk of falling, causing further injury. Entering into an acute rehabilitation program can help regain strength, confidence and independence.

Other conditions that can lead to functional decline are neurological disorders, such as Parkinson's disease, cerebral palsy or multiple sclerosis. Through an intense and comprehensive acute rehabilitation hospi-

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Benevilla New Caregiver Game Plan

In our circle of friends, we all know that life-long couple that have had the perfect marriage for decades and have just received news that one spouse has been diagnosed with early stage dementia, Alzheimer's or Parkinson's. What if this was you? You have made a commitment to face together whatever life throws your way but are you prepared to be a full time caregiver? The best preparation is to start now in learning about the disease, what treatment options there are and what resources and support are available to you. Here's a quick game plan to get you started:

1. First, research and learn about the disease. Make sure you and your spouse understand the challenges that will arise. Extensive educational materials are available on the internet. Contact national and local resources such as the National Institute of Health or the National Parkinson Foundation for information. Do not be afraid to ask for help.

2. Keep an open line of communication with your doctor. Talk to him about treatment options. Discuss with your spouse the pros and cons to each option.

3. Create a plan. Take into account not only financial management but also home safety, transportation, healthcare options, estate planning and most importantly your emotional requirements as a caregiver.

4. Find and use local support and resources. Benevilla, the West Valley's premier human services nonprofit offers many different caregiver resources. Participate in one of the many free local caregiver support groups. The best way is to interact with others facing the same challenges you. Contact a Benevilla C.A.R.E.S. Resource Specialist to learn more about these groups as well as other programs including the Benevilla Life Enrichment day care



Benevilla, the West Valley's premier human services nonprofit offers many different resources for caregivers.

programs, home delivered meals, in home care and community living options. The C.A.R.E.S. department has many community partners and vetted resources that can be of benefit to you and your spouse.

5. Take care of your own health as a caregiver. Most caregivers find themselves with so many responsibilities they tend to put their own health aside while caring for their loved one. The best thing you can do for the person you are caring for is stay physically and emotionally strong. Eat well and see your own doctor frequently. Seek out others that share your challenges and don't be afraid to ask for help.

Started by the community and for the community in 1981, Benevilla is a not-for-profit human services agency dedicated to enhancing the lives of West Valley residents by providing care services for older adults, intellectually disabled adults, children, and families. For more information on services, volunteer opportunities, to take a tour or make a donation to Benevilla, call 623-584-4999 or visit www.benevilla.org.

HEALTHSOUTH FROM 13

tal program, patients receive three hours of physical, occupational and/or speech therapies per day. They are seen daily by a board certified Physical Rehabilitation doctor with 24/7 rehabilitative nursing care. The intensity of the therapy results in better outcomes during a relatively short length of stay, generally a week or two.

Unlike skilled nursing facilities, rehabilitation hospitals do not require a 3-day acute hospital stay prior to admission. For people living at home and experiencing a functional decline, a home admission program, like the one offered at HealthSouth Valley of the Sun, is a great option.

How Do I Qualify for Acute Rehabilitation

Inpatient acute rehabilitation may be the appropriate level of care if any of the following conditions are identified.

- General weakness with the presence of limited mobility and/or deficits in the areas of self-care activities (bathing, dressing, feeding)
- Parkinson's disease and multiple sclerosis exacerbations resulting in functional decline.
- History of stroke with increased weakness and/or weakness on one side of the body due to recent illness or injury.
- Back, pelvis or lower extremity fractures not requiring surgery with subsequent loss of independent function.

A potential patient must also have a medical condition that requires medical monitor-

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To schedule an appointment, please call 1-877-UBS-HERO (827-4376) or visit BloodHero.com

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Airman and Family Readiness - never the wrong place to go...

Bundles for Babies; If you are an active duty member or spouse of an active duty member who is expecting a baby or is a new mother assigned to an Air Force installation, you are encouraged to contact the Airman & Family Readiness Center to sign up for a "Bundles for Babies" class. It is an opportunity to learn about parenting skills, finances, meet other expectant parents, and receive a bundle including Large canvas tote bag w/AFAS logo, Thermal receiving blanket, Hooded Towel and washcloth, White knit crib sheet, Printed knit crib sheet, 3 pack sleep-n-play, 5 pack onesies, 2 pair booties, 2 bibs, and 3 burp cloths. Classes are open to all ranks and are not limited to a first pregnancy.



Airman & Family Readiness, Bundles for Babies Program

spouses what their military counterparts deal with on a daily basis. Spouses are introduced to the military community. They have an important role to play, which is keeping up the home front while their spouses are deployed and being a source of support for the Airmen.

Heart Link, which is geared toward newlyweds, is designed to help connect military members with their spouses. By integrating spouses into the military it helps to enhance mission readiness. Participants learn about military protocol and military and Air Force traditions including the role of coining and the Air Force song. Learning these things helps them understand military culture.

Military Family Life Consultants (MFLC) provides short-term, non-medical counseling to Service Members and their families. MFLCs augment existing military support programs worldwide. Through the MFLC Program, licensed clinical providers assist Service Members and their families with issues they may face through the cycle of deployment - from leaving their loved ones and possibly living and working in harm's way to reintegrating with their community and family. The MFLC program provides support for a range of issues including: relationships, crisis intervention, stress management, grief, occupational and other individual and family issues. Psycho-educational presentations on reunion/reintegration, stress/coping, grief/loss and deployment are provided to commands, Family Readiness Groups, Soldier Readiness Processing and other requested locations. MFLC support is also provided to the Child and Youth Program and specifically for the summer DoDEA/CYP summer enrichment program. Support

for these issues empowers individuals during the problem-solving process, increases individual and family competency and confidence in handling the stressors of military life and ensures that issues do not impair operational readiness.

Exceptional Family Member Program (EFMP); is designed to provide support to military family members with special needs. EFMP Services include a variety of personnel, medical, and family support functions.

The **Exceptional Family Member Program - Family Support (EFMP-FS)** is community support function provided by the Airman and Family Readiness Centers (A&FRC) that includes, but not limited to, on-and of-base information and referral, parent training, support group, relocation assistance, financial management, and school information.

Contact us for more information: 623-856-6550 or e-mail us at 56fss.fsfr@luke.af.mil.

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- New or Expectant Mothers Class
- Emergency Financial Assistance
- Family Strengthening Programs & Resources
- Personal Development Information & Resources
- Exceptional Family Member Program - Provides support to Military family members with special needs
 - Information and Referral Services
- Discovery Center - Resources for relocations, transition, employment, housing, schools, and more!
- AMVETS - Provides medical records screening and assistance with VA disability claims
- School Liaison Officer - Addresses educational issues involving military children and youth in the local school community

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"Hi my name is Christina, I'm 36 years old with 3 children, 18,16,&13. I had no idea where my life was headed, until I stumbled across Ari-

zona School of Dental Assisting (ASDA) I was so nervous in the beginning and all through school, I started workingthis career field

has been the best experience I've ever had! I love it so much, I love working with the patients, it makes me happy to help others. My chil-

dren are very happy to see me smiling, happy doing something I never imagined doing. Dreams do come true. Lisa and her Staff have been very uplifting and helpful. My experience has been amazing.

*Christina Munoz
Arizona School of Dental Assisting, Student*

"Thank you to all you guys for being the amazing people you are! The office I got hired at is 5 miles from my house and I had my first day today and I really like it!"

*Bridget C.
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"I'm Vanessa and I'd highly recommend this lively 12 week course, to anyone who is interested in becoming a dental assistant. The classes last 3 short hours, for 2 days a week! Before I found Arizona School of Dental Assisting, I looked into other dental assisting courses, and they were anywhere from 9 to 14 months and the prices were way too high. Brittany, and Whittney being the excellent teachers that they are, keep the classes simple, interesting, and enjoyable. My class began sometime in September of

2016, and before the end of the course (November 2016) I was hired at a wonderful office, off my externship. Being 3 months later, I am currently being cross trained as a general dental assistant, and as an orthodontic assistant. I couldn't be happier with the outcome! GO ASDA!"

*Vanessa Rivas
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"I LOVED going to school here. I was able

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For more information, call the Arizona School of Dental Assisting at 602-678-7061, or visit our website, www.azdentalassistants.com.

Beating the Heat and Staying Cool During Pregnancy

By Qi Zhang, MD

Since pregnancy raises your core body temperature, take a few precautions to protect yourself and your baby from dehydration and other heat hazards.

- Limit outdoor tasks to morning or evening hours.
- Wear light-colored clothing.
- Drink plenty of liquids to remain hydrated.
- Spritz yourself with a spray bottle of water.
- You are more prone to sunburn when pregnant so liberally apply sunscreen and reapply throughout the day.
- Take quick, frequent showers to keep cool.
- Take frequent naps.
- Follow your body's lead – if you're too tired to cook, clean, or run errands then don't.
- Beware of picnic foods like potato salad and coleslaw that can turn bad quickly when left out in the heat.
- Wear loose fitting, light summer



Qi Zhang, M

maternity clothes
Early-term labor and births have been statistically shown to increase during the hottest days of the year, so be cautious about outdoor activities on the hottest days.

For more info on your pregnancy, check out Baby on Board on DesertWestOBGYN.com or select a provider at Desert West by calling 602-978-1500.



Lisa Stevenson, President of Arizona School of Dental Assisting

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Donors needed now to build local blood supplies

United Blood Services, the non-profit provider for all of Maricopa County patient blood needs, has announced an immediate need for donors. Blood supplies across the country remain at dangerously low levels following a severe decline in blood donations leading up to and following the July 4 holiday.

In an effort to rebuild both local and national supplies and be prepared for unexpected events, United Blood Services, a Blood Systems blood center, is calling on the community to give blood throughout the remainder of the summer. United Blood Services urges both existing and first-time donors of all blood types to visit www.BloodHero.com or call 1-877-UBS-HERO (1-877-827-4376) to schedule an appointment.

United Blood Services strives to keep a three-day supply of every blood type on the shelf at all times to be able to meet the needs of patients at the more than 60 hospitals we serve. Donations from O-negative donors, the universal blood type, are especially important this time of year due to increased accidents and trauma cases. However, donors of all types are needed.

As part of Blood Systems Blood Services division, United Blood Services is included in a multi-state system of blood centers. This network works in tandem, moving lifesaving donations throughout the system to help ensure blood is available when and where it's needed most.

In July alone, the network is facing shortfall of 5,700 donations, with deficits continuing through August. The significant nationwide decline in donations has led to this coordinated call on the public to donate blood.

"Patients, their families and the more than 1,000 hospitals across our nation that Blood Systems serves depend on us to deliver on our promise to provide a safe and ample blood supply," said Rob Van Tuyle, president of Blood Systems Blood Services Division. "Don't take a vacation from blood donation. In about an hour, one donor can save up to three lives by giving blood."

United Blood Services is Arizona's largest non-profit community blood provider and is the sole supplier for 100 percent of the patient blood needs hospitals in 11 of 15 counties statewide, including Maricopa. More than 500 blood donors are needed every day to meet the needs of the 64 Arizona hospitals, even during the summer vacation season.

"It's the blood on the shelves that saves lives because tragedy can strike without a moment's notice," said Dirk Johnson, Southwest Division President for United Blood Services. "Since it takes 24 to 36 hours to test and process blood before it can be released to a hospital for patient use, it is important that people take the time to give blood now."

Schedule a donation today and save lives tomorrow. Appointments are recommended, but walk-ins are welcome at any of our locations. Individuals who are 18 years of age (16 and 17 with parental consent), weigh at least 110 pounds and are in general good health may be eligible to donate blood.

United Blood Services has been this area's nonprofit community blood provider since 1943 and serves patients in more than 60 hospitals across Arizona. It is a Blood Systems blood center. Blood Systems is one of the nation's oldest and largest nonprofit community blood service providers, currently serving more than 1,000 hospital and healthcare partners across 28 states to provide comprehensive transfusion medicine services for patients in need.

Quality Communication with Aging Adults

By Eileen Hunsaker,
M.S., CCC-SLP

Changes in physical and cognitive skills as a result of the normal aging process or from stroke or brain injury can affect communication skills. Maintain quality communication with adults who have communication challenges by applying a little extra time, effort, and patience in your interactions.

- Check hearing aids and batteries.
- Reduce distracting sounds, such as TV or outside noise.
- Stay close together (within three feet).
- Establish and maintain continual eye contact.
- Use non-verbal communication (pointing, gestures) to clarify your message.
- Use short sentences and avoid complex vocabulary.
- Open with a social greeting — “What have you been doing today?” — instead of delivering important messages right away.
- Talk about shared topics such as family or hobbies, etc.



The Midwestern University Speech-Language Institute offers exceptional care for communication disorders in children and adults. If you have concerns about your own or a loved one's speech, language, or communication skills, a speech-language pathologist can provide specific therapies to improve communication.

- Reminiscing is important, so listen to stories from the past.
- Avoid quick topic changes. Introduce a new topic by saying, “I want to talk to you about...”
- Allow adults extra time to process what you have said and to consider their reply.
- Repeat back what you heard, and then ask to confirm — “Dad, are you talking about the football game from last weekend? Tell me more.”

If you have concerns about your loved one's speech, language, or communication skills, a speech-language pathologist can provide specific therapies to improve communication.

The information contained in this article is not intended to be a substitute for

professional medical advice, diagnosis, care, or treatment. Always consult a qualified healthcare provider with any questions regarding any possible health condition.

Eileen Hunsaker, M.S., CCC-SLP, is a Clinical Assistant Professor for the Speech-Language Institute at the Midwestern University Multispecialty Clinic in Glendale, Arizona. The Multispecialty Clinic utilizes the latest technology to provide high-quality care for the public at affordable prices.

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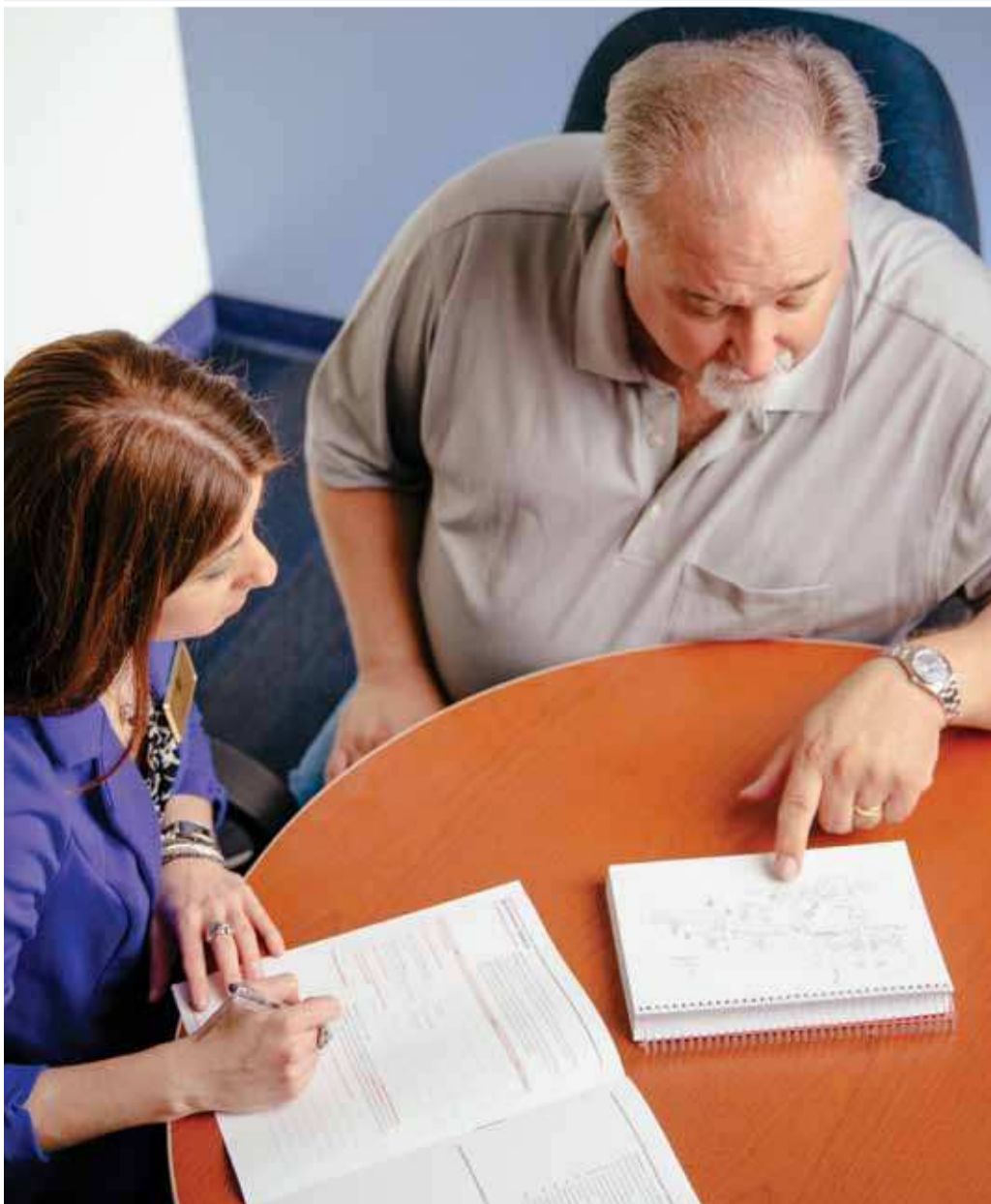
My mother fell and broke her hip and now needs to live in an assisted living community. I called several communities and found that an average monthly stay is in the \$3,900 range. She can't afford that, what do we do?

The challenge with most assisted living models is that they charge market rates for apartment homes and then layer care costs on top of that. As an income-based community, our apartment rates are substantially reduced and start at \$696 per month. To qualify, individual and couples must meet low-income housing criteria and require some assistance in their daily living. Income qualification: Annual income must be at or less than \$27,840 for individuals and \$31,800 for couples. Monthly supervisory care with apartment starts as low as \$1,950. Are you a veteran? Ask about veteran financial assistance.

BridgeWater Assisted Living's program is designed to respond to the individual needs of senior adults who may need help with some activities of daily living, yet are eager to remain as independent as possible. Assisted Living at BridgeWater provides a supportive environment, which promotes maximum independence, dignity, and interaction with friends, family and community. When you choose assisted living at BridgeWater you will have access to our certified care staff 24/7, transportation, emergency pendant that is worn around your neck, in-room pull cords, routine health assessments by our licensed residential nurse, and an attentive and responsive staff.

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By Yvonne J Knaack CLU
State Farm® agent

Life insurance isn't just for married couples with children. The need for life insurance is much broader. "Anybody who would experience a financial loss or an emotional loss after a death will need some type of life insurance," says Marvin Feldman, president and CEO of

the Life and Health Insurance Foundation for Education.

Who is it for?

Having dependents of any kind necessitates life insurance. Here are examples:

- **Unmarried couples.** Unmarried individuals may have a significant other who relies on their support. Life insurance can help provide for them.
- **Stay-at-home spouses.** Life insurance isn't just for breadwinners. It can help cover the cost of replacing the services of stay-at-home parents.
- **Single parents.** These individuals are typically the sole source of support for their children. Life

insurance can help provide for children financially should their parent die.

- **Singles.** Single individuals could be responsible for aging parents or may have significant debt. "Life insurance helps make sure those debts are paid," Feldman says.
- **Retirees.** Insurance can help replace income from part-time work, Social Security benefits, pensions or other employer benefits. It helps spouses continue living as they're accustomed.
- **Empty nesters.** Older adults may have custody of a grandchild or provide support for other family members. Life insurance may help this care to continue.
- **Business owners.** Life insurance has many benefits for business owners, such as helping protect family members from taking on a person's professional debt, or providing funds for survivors to buy out the deceased's interest.

What can it cover?

Beyond paying for final expenses, loved ones can put these death benefits toward:

- Paying off debt
- Financing an education
- Settling estate taxes
- Contributing to charity
- Creating an inheritance
- Replacing income
- Replacing employer benefits

Are there additional benefits?

Some policies also offer living benefits. Whole policies and universal life policies accumulate value that can be tapped as retirement income or used to help cover unexpected expenses. Universal life policies also may have riders allowing chronically ill policyholders to withdraw the face amount during their lifetimes to help cover long-term care costs or to prepare loved ones financially before passing. Decide which type of policy best suits your needs.

Get a general idea of how much life insurance you might need with this calculator (<https://www.statefarm.com/insurance/life/resources/life-needs-calculator/>). And for more assistance, contact your State Farm® agent, Yvonne Knaack. 623-937-3311.

¹ Unpaid loans and withdrawals will reduce the guaranteed death benefit and policy cash value. Loans also accrue interest.

Shopping for Rehabilitation Is Like Comparing Apples to Oranges



When comparing inpatient rehabilitation facilities (IRF) to skilled nursing facilities over two years, research* concludes that long-term outcomes for IRF patients are superior:

- Return home two weeks earlier
- 8% lower mortality rate
- 5% fewer emergency room visits
- Significantly fewer hospital readmissions per year

*Dobson | DaVanzo analysis of research identifiable 20% sample of Medicare beneficiaries, 2005-2009

Learn more about the difference we can make in your rehabilitation outcome at 623 878-8800.

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HEALTHSOUTH FROM 13

ing. Some examples of medical conditions might be ongoing infection, dialysis, congestive heart failure, COPD, coronary artery disease or diabetes.

If you feel you might qualify for acute rehabilitation, HealthSouth's home evaluation program provides a no-cost, in-home consultation by an experienced rehabilitation liaison. A rehab liaison can help individuals determine whether they would qualify for rehabilitation therapy. If appropriate, the liaison will also work with insurance companies and physicians on their behalf.

Call 623 334-5361 for more information or to schedule a home visit by a qualified rehabilitation liaison to see if you or a loved one qualifies for acute rehabilitation. Visit us at www.HealthSouthValleyoftheSun.com for program and location information.

About HealthSouth Valley of the Sun Rehabilitation Hospital

HealthSouth Valley of the Sun Rehabilitation Hospital is a 75-bed inpatient rehabilitation hospital that offers comprehensive inpatient and outpatient rehabilitation and home health services. Serving patients throughout metropolitan Phoenix, the hospital is located at 13460 N. 67th Avenue in Glendale and on the Web at www.HealthSouthValleyOfTheSun.com.



Veteran Resources – How to Connect

Did you know Arizona is home to more than 625,000 service members, veterans & their families? More than likely it's a challenge for them to find the right resources. To help provide a solution to this challenge the Arizona Coalition for Military Families has designed their website www.arizonacoalition.org with links to Navigation Guides and Military/Veteran Resource Network Partner Organizations. This article will focus on several key resources for aging veterans.

The www.arizonacoalition.org Navigation Guide for Aging Veterans provides links to topics specifically for veterans, their family members or persons who are helping them. The guide helps connect them to information on health care, support services and benefits. One will find healthy aging articles, information about volunteering and can view on the Make the Connection page stories of other veterans.

An additional resource is the Veterans Choice Program. This program provides eligible veterans the option to receive non-VA health care from approved providers in their communities. ResCare HomeCare is an approved VCP provider for in-home care and support services.

Another valuable resource is the VA Aid and Attendance Program. Wartime veterans and their surviving spouses, 65 years and older, may be entitled to a tax-free benefit provided by the Department of Veteran Affairs which is designed to provide financial aid to help offset the cost of long-term care. ResCare HomeCare can help connect you with a VA Aid and Attendance expert who can assist with the application process while we coordinate your in-home care plan.

For more information contact ResCare HomeCare – 602-362-4676.



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Welcome to Rapid Care Centers

About Us: Rapid Care Centers is the first Physician owned and run independent Wound Clinic in the valley.

Diabetes, Venous or Arterial Insufficiency, Unrelieved Pressure, Radiation Tissue Damage, Infection & Non-Healing Surgical Wounds; as well as Thermal Injury (Burns).

It is also a state of the art Urgent Care Center and medical home, delivering immediate care to the general population with a complete suite of in house testing and procedures available including X-Ray, EKG, Spirometry, Audiometry, Laboratory tests and Vascular assessments.

As an independent Advanced Wound Center, we offer patients a host of benefits including a single copay for services (no hospital fees), very rapid turnaround time for assessment (most specialty referrals can be completed within 1 week and often within 48 hours). We have the most qualified practitioners in wound care (all our practitioners are certified in wound care and Hyperbar-



ic Medicine).

Our immediate care patients also have the benefits of our full suite of provider services.

We offer School & Sports Physicals as well as other specialized examinations such as DOT Physicals and Dive Physicals (ADCI Examinations).

Call us today for an appointment at (623) 547-6838 or just drop in and receive the Rapid Care Centers treatment. Kind, Compassionate, effective and timely care.



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Urgent Care & Advanced Wound Care

7615 West Thunderbird Road | Suite 106 | Peoria, Arizona 85381

Phone 623.547.6838 | Fax 623.748.3134

We provide a valuable service to each patient to help their primary care physicians heal wounds. We partner with physicians and help avoid re-admissions to hospitals or Emergency Departments.

Urgent Care

Short Wait Times: Our goal is to get you in and out within an hour.

Affordability / Low Copays: Lower out-of-pocket cost than emergency rooms.

Our services include:

IMAGING: Digital X-rays and EKG's done in-house, ABI's with Segmentals

ILLNESS: Acute and Chronic Illness Management, Diabetes, High Cholesterol, Hypertension, Colds, Fever, Sore Throat, Earache & Headaches, Ambulatory Infusion Services

SKIN: Infections, Rashes, Simple to complex wounds

MINOR INJURIES: Suturing cuts, Setting Minor Fracture, Strains & Sprains

LABS: With On-site Labs, Strep, Flu, Pregnancy, UTI

PHYSICALS: Physicals for children & adults, DOT, Sports Physicals, School & Work, Pre-Employment Drug Testing and Pre-Employment Physical.



**ONE CO-PAY.
NO LONGER A FACILITY CHARGE!**

As a free-standing wound clinic, our patients are not charged separate facility and provider fees!

Wound Care Services

Most often, healing is complicated and slowed by underlying conditions such as:

- Diabetes
- Venous or Arterial Insufficiency
- Unrelieved Pressure
- Radiation Tissue Damage
- Infection & Non-Healing Surgical Wounds
- Thermal Injury (Burns).

Aetna (All Products) | APIPA | AZPCP | Bridgeway / Bridgeway Advantage | Blue Cross Blue Shield | Care 1st | Cigna | Coventry
Evercare | Golden Rule | Health Choice / Health Choice Generations | Health Care Partners | HealthNet / HealthNet | Access | Humana
LifePrint | Medicare | Mercy Care Plan / Mercy Care Advantage | Maricopa | Pacificare / Secure Horizon | Phoenix Health Plan | Optum
RailRoad Medicare / Palmetto GBA | TriCare West | United Health Care / Community Plan | University of Arizona Health Plans

* Rapid Care Centers will obtain authorization * Patients will be scheduled within 24 to 48 hours *

Walk-Ins Welcome 8am–8pm, Monday – Friday
www.RapidCareAz.com



ResCare HomeCare Helping Veterans and Seniors keep their independence - and their address!

- ❑ Veterans Choice Program (VCP):** We are an approved VCP provider for Homemaker / Home Health Aide and Respite services. If you have authorization for these services from your VA Health Care Provider we would be honored to be your in-home care agency of choice. If you would like our assistance with connecting with your VA Health Care System to check if you might be eligible for these types of services, please give us a call.
- ❑ VA Aid and Attendance:** Wartime Veterans and their surviving spouses, 65 years and older, may be entitled to a tax-free benefit called Aid and Attendance provided by the Department of Veteran Affairs. The Benefit provides financial aid to help offset the cost of long-term care. We work hand-in-hand with VA Aid and Attendance experts who can assist with the application process while we coordinate your in-home care plan.
- ❑ Additional Ways to Fund Your In-Home Care Services:** We offer customized Private Pay services to meet your in-home care needs and work with Private Long-Term Care Insurance. We are also a provider for the Arizona Long Term Care System (ALTCS) and can provide in-home care and supports for Bridgeway Health Solutions, Mercy Care Plan LTC and United Healthcare Community Plan members.
- ❑ Family with Family Program:** If your loved-one qualifies for services through the Arizona Long-Term Care System (ALTCS), did you know you might be eligible to be their paid Caregiver? We employ family Caregivers through this program and provide free training and a variety of benefits.

Call us today to learn more about our services. Please let us know you heard about us in the Health and Wellness publication!

602-362-4676

www.ResCareHomeCare.com

