

A B I L E N E SENIORS magazine

AGE WELL LIVE WELL

*Meet Some Folks That Help Make
Abilene A Great Place For Seniors*
PG.18

WEST CENTRAL TEXAS COUNCIL OF GOVERNMENTS

Get To Know Them
PG.7

GOOD TIMES

Places for Seniors to Have a Little Fun
PG.15

LIST OF LOCAL RESOURCES FOR SENIORS

PG.8

*Old & Gray
is Beautiful*
Pruett Gerontology Center

KTAB
NEWS

Age Well



Live Well
ABILENE

Texas
Silver-Haired
Legislature

HEARING LOSS

It's More Dangerous Than You Think
PG.16

MISCONCEPTIONS OF HOSPICE

PG.21

Abilene's Premier Senior Living Community

A Tradition of Compassionate Caring Continues



Abilene's Only **5-Star** Community...
5 Years in a Row



Ranked by U.S. News and World Report

Carefree Living at its Best!

- Homes
- Apartments
- Assisted Living
- Private Rooms
- Nursing Care
- Rehabilitative Care
- Skilled Nursing

For more information, call
Tonya Railsback at 325-437-3914.

Wesley Court has developed admission criteria without regard to the resident's race, color, national origin, religion, sex, handicap, age or political beliefs.



Mesa Springs Retirement Village is a senior living community in Abilene, Texas that is one of a kind. Mesa Springs' campus is spread out over 44 beautiful acres of lush green grass, matured trees, plants, and flowers that make you feel right at home. Custom built homes, garden homes, and apartments make up the 60 Independent Living options, each with different styles and sizes to fit your needs. At Mesa Springs, you will live a worry-free, carefree lifestyle. Let us take care of the housekeeping, interior and exterior maintenance, and grounds maintenance, and you will never again experience the frustrations of owning your own home.

Mesa Springs pays all utilities, including basic and expanded cable, as well as insurance on the structure of the home and property taxes! **To learn more, call Kady Bullock at 325-829-5843 or Mesa Springs Retirement Village at 325-690-1400.**

Mesa Springs Health Care Center has 75 beds and offers around the clock nursing care. Physical, occupational, and speech therapists at the Health Care Center can help you regain your strength and endurance, so that you can maintain your independence. The therapy gym offers fully-equipped simulation rooms to help you safely practice actual, day-to-day activities.

The team at Mesa Springs Health Care Center works together to ensure that every aspect of your stay is of the highest quality. **For more information, call Andrew Adamski at 325-437-7677 or Mesa Springs Health Care Center at 325-692-8080.**

We focus on you.
We commit to health.
We provide high
quality care.

Today.
Tomorrow.
Always.



Mesa Springs
Retirement Village

7171 Buffalo Gap Rd. Abilene, Texas 79606
325.690.1400

www.mesasprings.org



Mesa Springs Retirement Village has developed admission criteria without regard to the resident's race, color, national origin, religion, sex, handicap, age or political beliefs.

2617 Antilley Rd. Abilene, Texas 79606 325.437.1184
www.wesleycourt.org

A B I L E N E SENIORS

magazine

November 2014 - 2015

www.AbileneSeniorsMagazine.com

DEFINITIONS:

Alzheimer's or Memory Care Facility is a 24-hour licensed long-term care skilled nursing facility that provides room, board, and memory care services to seniors challenged by memory loss.

Assisted Living is a licensed residential community for seniors who require assistance with basic activities of daily living that provides assistive and supportive services usually including meals, housekeeping, and activities. Assisted Living can be covered by private pay and other types of insurance.

Home Health - Medical provides skilled medical and rehabilitative services by a licensed professional within one's home following a recent inpatient stay, or provides additional support for one to remain safely at home and avoid hospitalization. Home health can be covered by Medicare and other types of insurance.

Home Health - Non-Medical provides basic household help, typically for seniors who are living on their own. These services can include meal preparation help, light house cleaning or tidying up, and in some instances help with bathing and hygiene. These services do not include medical monitoring or nursing care, but can be a good set of eyes to make sure everything is going well. Usually these services are not covered by insurance.

Hospice Care is a type of care and philosophy for someone who has been diagnosed with a life-limiting or terminal illness, under which the patient's physical, emotional, and spiritual needs are met. Hospice can be provided wherever one calls home, such as a personal residence, assisted living, nursing home, and many other scenarios. Hospice can be covered through Medicare and other types of insurance.

Nursing Homes provide an ongoing variety of custodial services in a 24-hour inpatient licensed nursing facility to help meet both medical and non-medical needs of people with a chronic illness or disability, who cannot care for themselves for long periods of time. Nursing Homes can be covered by private pay and other types of insurance.

Skilled Nursing is a specialized treatment program provided in a 24-hour licensed nursing facility for those requiring more custodial and rehabilitative care following a hospital stay. Skilled nursing can be covered through Medicare and other types of insurance.

Rehabilitation Centers are specialized licensed facilities dedicated to improving, maintaining, or restoring physical strength, cognition, and mobility with maximized results. Typically, rehabilitation helps people gain greater independence after illness, injury, or surgery.

Retirement & Independent Living is residential housing designed for older adults who are generally able to care for themselves. Shared services, amenities, activities, and socialization opportunities are often provided.

I N D E X

ADULT DAY CARE CENTERS	See Page 9
ADULT PROTECTIVE SERVICES	See Page 9
ALZHEIMER'S & MEMORY CARE	See Page 9
ASSISTED LIVING	See Page 9
AUDIOLOGISTS & HEARING AIDS	See Page 9
BEHAVIORAL HEALTH	See Page 9
BOWEN TECHNIQUE	See Page 9
CARDIAC CARE	See Page 9
CHIROPRACTORS	See Page 9
DENTAL CARE	See Page 9
DIETICIANS & NUTRITION	See Page 9
ELDER LAW	See Page 9
FUNERAL HOMES & PLANNING	See Page 9
GOVERNMENTAL RESOURCES	See Page 9
HOME HEALTH - MEDICAL	See Page 10
HOME HEALTH - NON-MEDICAL	See Page 10
HOME MEDICAL EQUIPMENT	See Page 10
HOSPICE CARE	See Page 10
HOSPITALS	See Page 10
INFORMATION & REFERRAL SERVICES	See Page 10
MASSAGE THERAPISTS	See Page 10
NURSING & RESIDENTIAL CARE HOMES	See Page 10
OPTICAL GOODS & OPTICIANS	See Page 10
PAIN MANAGEMENT - NON-MEDICAL	See Page 10
REHABILITATION CENTERS	See Page 10
RETIREMENT & INDEPENDENT LIVING	See Page 12
SENIOR CITIZENS CENTERS	See Page 12
TRANSPORTATION	See Page 12
VETERANS NEEDS	See Page 12

For Advertising Information, Call:

1-325-340-9310

Hendrick Hearing Healthcare



Located inside Hendrick Center for Rehabilitation
1934 Hickory St. • 670.2134 • 1.800.259.HEAR

HENDRICK
HEARING HEALTHCARE

Sound Advice about your hearing

- Precise, comprehensive hearing evaluations and objective recommendations
- Full line of state-of-the-art digital hearing aids and assistive listening devices that include a 30-day satisfaction period
- Expertise to serve patients of all ages
- Payment plans to suit your budget needs

INCREASE YOUR YEARS OF INDEPENDENT LIVING AT HOME

Pain Reduction or Elimination, Improved Mobility, Health & Wellbeing

Offering: Bowtech®/Bowenwork® (Activates Body's Healing Ability)

Naturopath, Nutritionist, Health Analysis, Lifestyle Guidance & More



www.BowtechHealthCenter.com

Neil Hall: Bowtech@nts-online.net • Lisa Rhodes: BowtechHealthCenter@gmail.com

1150 Estates Drive Ste. C • Abilene • (325) 676-9227

© 2014 Copyright TMC Publishing, San Angelo, TX

All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination because of or based on race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preferences, limitation, or discrimination. We will not knowingly accept any advertising for real estate or apartments that are in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.



All rights reserved. Any reproduction or copying, in whole or in part, without specific written permission from the publisher is strictly prohibited. The information printed in this magazine has been provided as a public service. Every effort has been made to assure accuracy; however, the authenticity cannot be guaranteed. All information contained in this magazine has been furnished by apartment, real estate, and service providers, managers, agents, and owners. The Senior Searchlight does not make any representations as to facts and opinions. All terms of rentals and services are subject to change. All prices are current at time of print only, and are subject to change during the shelf life of the magazine. All forms of advertising in The Senior Searchlight's San Angelo Seniors' Magazine are subject to errors, change, and/or omissions without notice.

The Publisher has taken all reasonable precautions to avoid mistakes in this directory. Should a mistake occur, the advertiser's right to recovery shall be limited to a reduction in the charges paid by the advertiser and billed by the publisher, only to the extent that the mistake reduces the value of the billed items. In no event shall the advertiser's right to recovery exceed the total amount due as shown on the advertiser's invoice. The publisher assumes no obligation for the accuracy of free listings, and the business or individual listed waives any claim against the publisher for mistakes relating to them.

Focus on what matters. Focus on life.



Interim
HEALTHCARE®
HOME CARE AND HOSPICE

Interim HealthCare has the personnel and programs to help you get the most out of life. Our Home Health services include:

Skilled Nursing • Physical Therapy • Occupational Therapy • Speech Therapy • IV Therapy
Home Health Aide • Telemonitoring • Wound Care • Private Caregivers

Palliative Care for the mind, body and spirit of those with serious illness.

Hospice services provide a team of professionals including:

Social Worker • Nurse • Doctor • Chaplain • Aide for Personal Care • Volunteers



4400 Buffalo Gap Rd, Suite 2500, Abilene, TX 79606 • Home Health: 325-677-2047 Hospice: 325-437-2982 • interimhealthcare.com

WEST CENTRAL TEXAS COUCL OF GOVERNMENTS: SOMETIMES IT REALLY IS WHO YOU KNOW

By Theresa Clarkin

The West Central Texas Council of Governments may sound like an intimidating agency. But in reality, inside that one little building are numerous groups that can help with senior needs in our communities. The West Central Texas Council of Governments (WCTCOG) is a governmental entity of the State of Texas serving Taylor and the surrounding 19 counties. Inside those doors are three service areas aimed at assisting seniors and people with disabilities: Aging and Disability Resource Center; Area Agency on Aging; and the Ombudsman Program.

The Aging and Disability Resource Center (ADRC) is for persons with disabilities, seniors, and veterans. Their mission is to plan, coordinate, and direct a full range of services and opportunities to help older persons live healthy, dignified, and independent lives in West Central Texas.

The Area Agency on Aging (AAA) serves persons 60 and older, and was established to coordinate and provide caregiver and family support, medical and prescription support, and benefits counseling. They not only provide assistance in understanding the state and federal programs, but—while funding is available—can help until services are put into place.

The AAA benefits counseling includes assistance with understanding and selecting Medicare supplement insurance, Social Security, Medicaid, Food Stamps, disability, and long-term care insurance.

The AAA provides information, referrals, and assistance through meeting with clients, screening for needs, and then making referrals to resources in our community. They are able to assess seniors' needs and connect them to the appropriate teams and agencies for assistance. The AAA team members can provide benefit counseling, care coordination, and family caregiver support. They work with Medicare and Medicaid offices as well as other government agencies for people with disabilities, special needs, and insurance assistance. AAA service coordinators can not only assist in getting personal needs met such as vision or hearing services, they can even provide nutritional support in some communities

as well as assistance with household chores and applying for prescription assistance programs.

One of the goals of the AAA, through their Family Caregiver support program, is to assist families in caring for their family members in the home environment. This includes education, relief, and support groups as well as training and hands-on skills to better care for their family member as well as themselves. Respite services are available for those that participate.

For seniors who choose to enter an assisted care setting or a nursing care center, the WCTCOG hosts the Texas Ombudsman program. Ombudsmen are advocates for residents in long-term care. The Ombudsman program focuses on resident rights, resident care, and quality of life. The Ombudsman staff and certified volunteer ombudsmen visit nursing facilities on a regular basis. They can assist residents and their families by participating in open hearings for grievances or complaints, family and residential council meetings. They act as an advocate to protect the rights of the residents. The Ombudsman can also be a great asset for families looking for more information on nursing home placements, finding financial resources, and getting qualified through state-run programs such as Medicaid.

These services, along with many others including the Supportive Services for Veteran Families Program, make the WCTCOG an invaluable resource for seniors and residents of all kinds. The West Central Texas Council of Governments is located at 3702 Loop 322, just south of Oldham Lane. A team of service professionals awaits for your call! Please share this information and find out more by calling (325) 672-8544. Because sometimes it is just who you know!

WCTCOG:
3702 Loop 322
(325) 672-8544



325.676.1677

2722 Old Anson Road
Abilene, TX
79603

NORTHERN OAKS

LIVING & REHABILITATION



It's time for you to get the care and rehabilitation that you need...

Welcome to the Northern Oaks Therapy Team. We offer a comprehensive and knowledgeable team of physical, occupational, and speech therapists, who are ready to help you meet your goals.

Northern Oaks is proud to offer innovative therapy interventions, based in science, that are unique to the Abilene area.



VibeTech One: The only recumbent, whole-body vibration modality in Texas. Developed to address the effects of bone and muscle loss that can occur after periods of immobility or related to chronic conditions.



Barihab Table: Developed as an adjunct to skilled therapy treatments that allow patients of all sizes and abilities to progress to their highest level of rehab, while feeling completely safe and secure.

LOCAL RESOURCES FOR SENIORS

ADULT DAY CARE CENTERS

Operation Lighthouse For More Info, See Page 23	125 Sayles Blvd	(325) 670-9577
---	------------------------	-----------------------

ADULT PROTECTIVE SERVICES

Adult Protective Services of Abilene	4601 S. 1st Street, Ste. F	(325) 795-5755
--------------------------------------	----------------------------	----------------

ALZHEIMER'S & MEMORY CARE

Alzheimer's Association	301 S Pioneer Dr # 105	(325) 672-2907
-------------------------	------------------------	----------------

Coronado Nursing Center For More Info, See Page 12	1751 N. 15th St	(325) 673-8892
--	------------------------	-----------------------

Windcrest Alzheimer's Care Center For More Info, See Page 17	6050 Hospital Dr	(325) 692-1533
--	-------------------------	-----------------------

ASSISTED LIVING

Mesa Springs Retirement Village For More Info, See Page 3	7171 Buffalo Gap Rd	(325) 690-1400
---	----------------------------	-----------------------

University Place For More Info, See Page 11	1250 E. N. 10th St	(325) 676-9946
---	---------------------------	-----------------------

Wesley Court For More Info, See Page 2	2617 Antilley Rd	(325) 437-1184
--	-------------------------	-----------------------

Wisteria Place For More Info, See Page 19	3401 South Willis St	(325) 437-6204
---	-----------------------------	-----------------------

AUDIOLOGISTS & HEARING AIDS

Ear Level Communications	3301 South 14th St	(325) 437-4327
--------------------------	--------------------	----------------

Hendrick Hearing Healthcare For More Info, See Page 5	1934 Hickory St	(325) 670-2134
---	------------------------	-----------------------

Holland Hearing Center	7 Hospital Dr	(325) 437-4730
------------------------	---------------	----------------

Livingston Audiology & Hearing Aid Center	3329 Turner Plaza Dr	(325) 437-3885
---	----------------------	----------------

Texas State Hearing	598 S. Pioneer	(325) 695-1133
---------------------	----------------	----------------

West Texas Rehab's Hearing Center For More Info, See Page 21	4601 Hartford	(325) 793-5450
--	----------------------	-----------------------

BEHAVIORAL HEALTH

Oceans For More Info, See Page 20	6401 Directors Pkwy Ste 200	(325) 691-0030
---	------------------------------------	-----------------------

BOWEN TECHNIQUE

Bowtech For Health For More Info, See Page 5	1150 Estates Dr Ste C	(325) 676-9227
--	------------------------------	-----------------------

CARDIAC CARE

Cardiology Clinic Of Abilene	1680 Antilly Rd #270	(325) 437-5555
------------------------------	----------------------	----------------

CHIROPRACTORS

Abilene Chiropractic	4526 Buffalo Gap Rd	(325) 692-7400
----------------------	---------------------	----------------

Advanced Chiropractic & Spinal Rehab	5309 Buffalo Gap Rd	(325) 695-9355
--------------------------------------	---------------------	----------------

Big Country Clinic of Chiropractic	4150 Southwest Dr	(325) 793-9989
------------------------------------	-------------------	----------------

Specht Brothers Chiropractic	2721 Buffalo Gap Rd	(325) 692-2227
------------------------------	---------------------	----------------

Waldrip Clinic	3301 N 3rd St # 134	(325) 676-7444
----------------	---------------------	----------------

West Texas Back Clinic	1750 S Clack St	(325) 695-2225
------------------------	-----------------	----------------

DENTAL CARE

Abilene Advanced Dentistry	4321 Southwest Dr	(325) 692-3332
----------------------------	-------------------	----------------

Abilene Crown and Bridge	2618 S 7th	(325) 673-6355
--------------------------	------------	----------------

Abilene Dental Care	602 Hickory St	(325) 676-7707
---------------------	----------------	----------------

Kappel Dental Arts	4601 Buffalo Gap Rd	(325) 690-9109
--------------------	---------------------	----------------

Lorenzen Crown & Bridge	3026 S 7th	(325) 673-1348
-------------------------	------------	----------------

Medical Care Mission	302 Medical Dr	(325) 677-3455
----------------------	----------------	----------------

DIETICIANS & NUTRITION

Meals On Wheels Plus	717 N. 10th St	(325) 672-5050
----------------------	----------------	----------------

Rural Taylor County Aging Services	PO Box 282	(325) 695-2372
------------------------------------	------------	----------------

ELDER LAW

Fowlkes Law Firm	402 Cypress St # 709	(325) 437-4365
------------------	----------------------	----------------

FUNERAL HOMES & FUNERAL PLANNING

Elliott-Hamil Funeral Homes	542 Hickory St	(325) 677-4355
-----------------------------	----------------	----------------

Elmwood Memorial Park	5750 US Highway 277 S	(325) 692-0655
-----------------------	-----------------------	----------------

Girdner Funeral Home	141 Elm St	(325) 676-5000
----------------------	------------	----------------

Hamil Family Funeral Home	6449 Buffalo Gap Rd	(325) 692-2232
---------------------------	---------------------	----------------

Piersall Benton Funeral Directors	733 Butternut St	(325) 677-3783
-----------------------------------	------------------	----------------

GOVERNMENTAL RESOURCES

Abilene Call For Help	240 Cypress St	(325) 673-8211
-----------------------	----------------	----------------

Area Agency On Aging For More Info, See Page 23	3702 Loop 322	(325) 793-8490
---	----------------------	-----------------------

Texas Aging & Disability Department	4601 S 1st St # D	(325) 795-5714
-------------------------------------	-------------------	----------------

West Central Texas Council of Governments	3702 Loop 322	(325) 672-8544
---	---------------	----------------

continued on page 10

HOME HEALTH - MEDICAL			
BHCS	3657 Hwy 377 S. Brownwood, TX	(325) 643-4999	
Big Country Health Care	3444 North 1st St	(325) 675-0559	
Generations Home Health	1290 S Willis St # 209	(325) 268-0465	
IntegraCare Home Health For More Info, See Page 22	1665 Antilley Rd Ste 100	(325) 691-9947	
Interim HealthCare For More Info, See Page 6	4400 Buffalo Gap Rd Ste 2500	(325) 677-2047	
Kinderhearts	842 N. Mockingbird Ln	(325) 672-6135	
Renew Home Health	5189 Texas Ave	(325) 692-9100	

HOME HEALTH - NON-MEDICAL			
Home Instead Senior Care	240 S. Mockingbird	(325) 670-9610	
Visiting Angels For More Info, See Page 15	1500 Industrial Blvd. #209	(325) 437-9500	

HOME MEDICAL EQUIPMENT			
Choice Medical Supply For More Info, See Page 11	17 Windmill Cir	(325) 677-2250	

HOSPICE CARE			
Hospice of the Big Country For More Info, See Page 21	4601 Hartford	(325) 793 5450	
IntegraCare Hospice For More Info, See Page 22	1665 Antilley Rd Ste 100	(325) 691-9948	
Interim HealthCare For More Info, See Page 6	4400 Buffalo Gap Rd Ste 2500	(325) 437-2982	

HOSPITALS			
Abilene Regional Medical Center	6250 US Highway 83	(325) 428-1000	
Anson General Hospital	101 Avenue J	(325) 823-3231	
Hamlin Memorial Hospital	632 NW 2nd St	(325) 576-3646	
Hendrick Health System	1900 Pine St	(325) 670-2000	
Medical Care Mission	1857 Pine St	(325) 672-5601	
Reliant Abilene For More Info, See Page 24	6401 Director's Pky	(325) 691-1600	
Stamford Memorial Hospital	1601 Columbia St	(325) 773-2725	

INFORMATION & REFERRAL SERVICES			
Abilene Call For Help	240 Cypress St	(325) 673-8211	
Area Agency On Aging For More Info, See Page 23	3702 Loop 322	(325) 793-8490	

continued on next column

MASSAGE THERAPISTS			
Bowtech For Health For More Info, See Page 5	1150 Estates Dr Ste C	(325) 676-9227	
Healing Touch	1317 N 8th St # 100a	(325) 670-0622	
Inner Balance	4865 Annette Ln	(325) 692-4464	
Serenity Massage Therapy	1290 S Willis St	(325) 673-3141	

NURSING & RESIDENTIAL CARE HOMES			
Care Inn Of Abilene For More Info, See Page 20	4934 S. 7th St	(325) 692-2172	
Coronado Nursing Center For More Info, See Page 12	1751 N. 15th St	(325) 673-8892	
Covenant Place Of Abilene	3234 Buffalo Gap Rd	(325) 793-1144	
Mesa Springs Health Care Center For More Info, See Page 3	7171 Buffalo Gap	(325) 690-1400	
Northern Oaks Living & Rehab For More Info, See Page 8	2722 Old Anson Rd	(325) 676-1677	
Oaks At Radford Hills For More Info, See Page 16	725 Medical Dr	(325) 672-3236	
Wesley Court For More Info, See Page 2	2617 Antilley Rd	(325) 437-1184	
Wisteria Place For More Info, See Page 19	3401 South Willis St	(325) 437-6204	

OPTICAL GOODS & OPTICIANS			
Eye Masters	4150 Southwest Dr # 100	(325) 692-9440	
Eyemart Express	3474 Catclaw Dr # A	(325) 793-9011	
Lens Crafters	4310 Buffalo Gap Rd	(325) 692-8698	
Vision Express Of Abilene	4734 S 14th St	(325) 672-1011	

PAIN MANAGEMENT - NON-MEDICAL			
Bowtech For Health For More Info, See Page 5	1150 Estates Dr Ste C	(325) 676-9227	

REHABILITATION CENTERS			
Mesa Springs Health Care Center For More Info, See Page 3	7171 Buffalo Gap	(325) 690-1400	
Northern Oaks Living & Rehab For More Info, See Page 8	2722 Old Anson Rd	(325) 676-1677	
Oaks At Radford Hills For More Info, See Page 16	725 Medical Dr	(325) 672-3236	
Reliant Abilene For More Info, See Page 24	6401 Director's Pky	(325) 691-1600	

continued on page 12

Make the right choice...



CHOICE

Medical Supply, Inc.

325-677-2250

CPAP & BIPAP MACHINES & SUPPLIES
Oxygen Supplies • Ambulatory Aids
Incontinence Supplies
Wheelchairs • Power Chairs



We have built a reputation of success by working closely with physicians, patients, home health providers, senior care facilities, and pharmacies to provide the highest quality service available.

We provide in-home set-up and training on all equipment and supplies. Licensed Respiratory Therapist and LVN on-staff and available 24 hours a day.

For your convenience, we file Medicare, Medicaid, Tricare and Private Insurance.

ABILENE
17 Windmill Circle
325-677-2250

BROWNWOOD
101-D South Park
325-641-9411

MARBLE FALLS
1705 Hwy 1431 W.
830-798-9248

100% Locally Owned
Accredited through Accreditation Commission for Health Care

**CALL 24 HOURS A DAY
7 DAYS A WEEK!**

WWW.UNIVERSITYPLACESENIORLIVING.COM



Good neighbors, great friends, delicious food, engaging activities, and helpful services . . . at University Place, it all adds up to ***A Great Place to Call Home.***

- 3 Home-Style Meals Served Daily
- Caring Support Staff on Duty 24/7
- Scheduled Transportation Services
- Housekeeping & Maintenance Services
- Social Events & Scheduled Activities
- Full-Service Beauty & Barber Salon
- Chapel with Worship Services

CALL TODAY TO
ARRANGE A TOUR
325.676.9946
Ask About Our Catered
Living Option!

1250 E. North 10th St.
Abilene, Texas 79601

UNIVERSITY PLACE
Active, Affordable Living for Mature Adults

Find us on:
facebook.

West Texas Rehabilitation Center For More Info, See Page 21	4601 Hartford	(325) 793-5450
Wisteria Place For More Info, See Page 19	3401 South Willis St	(325) 437-6204
RETIREMENT & INDEPENDENT LIVING COMMUNITIES		
Abilene Senior Village For More Info, See Page 13	2225 Covenant Dr	(325) 232-7552
Anson Park For More Info, See Page 14	2249 Vogel Ave	(325) 701-4769
Mesa Springs Retirement Village For More Info, See Page 3	7171 Buffalo Gap	(325) 690-1400
Royal Estates	6565 Central Park	(866) 354-2048
University Place For More Info, See Page 11	1250 E. N. 10th St	(325) 676-9946
Wesley Court For More Info, See Page 2	2617 Antilley Rd	(325) 437-1184
Windsor For More Info, See Page 13	401 Pine St	(325) 677-0824
Wisteria Place For More Info, See Page 19	3401 South Willis St	(325) 437-6204

SENIOR CITIZENS CENTERS		
Baird Senior Center	401 Chestnut	(325) 854-1937
Buffalo Gap Senior Citizens	1142 Williams St	(325) 572-3234
Clyde Senior Citizens Building	123 N 4th St W	(325) 893-4556
Cobb Park Senior Center	2302 State St	(325) 676-6447
Fisher County Senior Citizens Center	772 State Hwy 70N	(325) 735-2359
G V Daniels Senior Center	541 N 8th St	(325) 676-6443
Hamlin Senior Citizen Center	312 SW Avenue B	(325) 576-2267
Lawn Senior Citizens Center	6417 US Highway 84	(325) 583-2264
Rose Park Senior Citizens Center	2625 S 7th St	(325) 734-5300
Tuscola Senior Citizens Center	702 Graham St	(325) 554-7876
Winters Activity Center for Senior Citizens	601 Wood	(325) 754-4205
TRANSPORTATION		
Area Agency On Aging For More Info, See Page 9	3702 Loop 322	(325) 793-8490
CityLink Bus	1189 S 2nd	(325) 676-6287
CityLink Van	1189 S 2nd	(325) 676-6402
VETERANS NEEDS		
Veterans Service Office	400 Oak St	(325) 674-1328

A Great Place To Call Home!

ABILENE SENIOR VILLAGE

- Abilene’s newest affordable housing community exclusively for senior citizens ages 55 years and up
- We have lovely 1 Br/1 Bath and 2 Br/2 Bath apartments
- Planned activities every week
- Nicely equipped fitness room
- Come see our spacious dog park
- Rents are based on income. Income restrictions apply
- PET FRIENDLY!

2225 Covenant Dr
(325) 232-7552



...Our Family Caring for Your Family CORONADO NURSING CENTER

1751 N. 15th Street Abilene, Texas 79603
mktcoronado@skilledhc.com
Telephone: 325.673.8892 (Admissions)
Telephone: 325.721.0693 (24 – Hour on Call)
Fax: 325.676.5836



- 24 Hour a Day Admissions
- 24-Hour Licensed Nursing Care
- Physical, Occupational & Speech Therapy
- Respite, Hospice, Wound Care & IV Therapy
- Secure Dementia/Memory Care Units
- Private & Semi-Private Rooms Available
- Cable/Wi-Fi & Laundry
- Transportation To & From Physician Appointments



The Windsor

APARTMENT HOMES

325.677.0824

401 Pine Street Abilene, TX 79601



- Modified Units Available For Easier Mobility
- Large Walk-In Closets
- Sitting Room
- T.V. Room
- Activity Center
- World-Class Ballroom
- All Utilities Paid
- Weekly Activities
- On-Site Management
- 24-Hour Emergency Maintenance
- Close To Theater, Museum, Banking, Retail & Post Office
- Access To Deli, Retail & Coffee Shop

The best years are yet to come

- One-Story Garden Style Apartment Homes
- One- and Two-Bedroom Units
- Energy Efficient for Low Electric Bills
- Water, Sewer, and Garbage Bills Paid
- Washer and Dryer Connections
- Wide Doors and Halls, High Toilets
- Walk-In Showers
- Large Walk-In Closets
- Valet Trash Pick-Up



**2249 Vogel Ave
Abilene, TX 76903**

*From I-20, take the Old Anson Rd exit.
Head South on Old Anson Rd.
Turn right on Vogel Ave - We're on the left!*

Seniors.Anonpark@newlifehousing.com

325.701.4769



Alpha-Barnes
Real-Estate Services LLC



SHWEIKI

ADDING FUN TO ABILENE SENIOR LIVING

Donna McCartney, LMSW-IPR
Medical Social Worker Interim Hospice & Encompass Home Healthcare

The more I research fun activities for senior citizens ranging from free to a nominal fee, the more I discover that Abilene is brimming with opportunities!

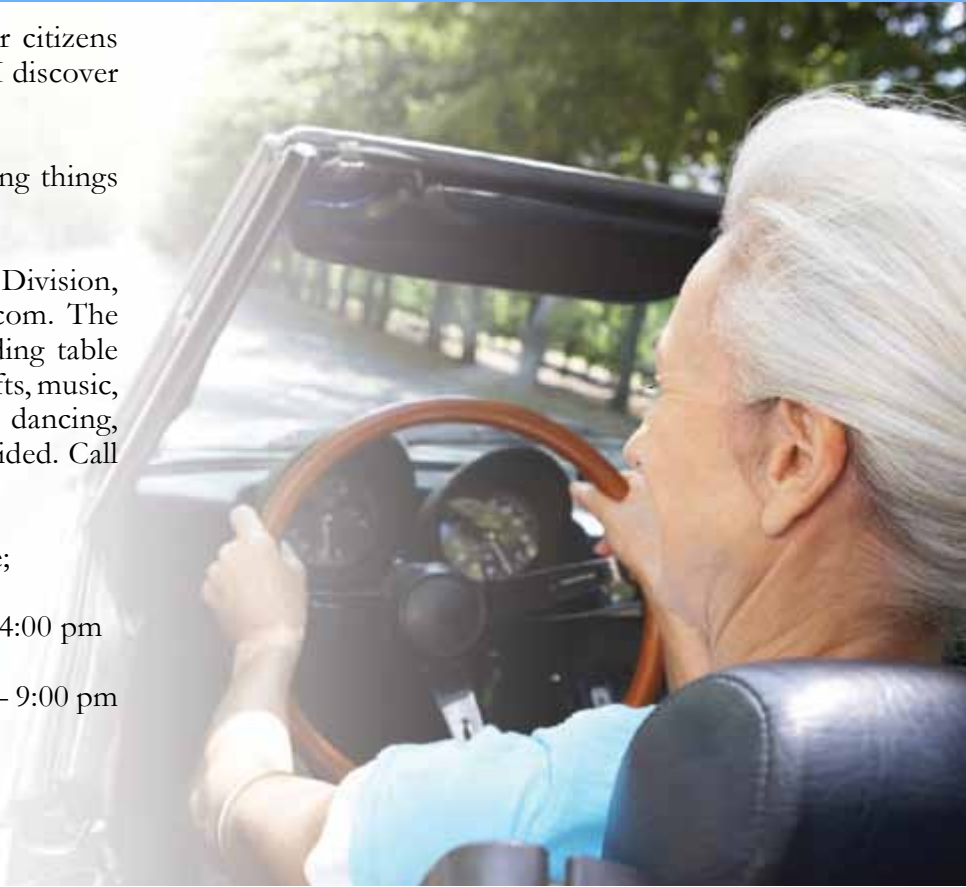
The following programs are filled with exciting things to do:

City of Abilene/Senior Citizens Services Division, 555 Walnut; (325) 734-5300; www.abilenetx.com. The Senior Citizens Centers have activities including table games, Bingo, exercise equipment, arts and crafts, music, organized scenic trips, line dancing/western dancing, and ballroom dancing. Transportation is provided. Call for info.

- Rose Park, 2625 South 7th Street, Abilene; (325) 734-5300
Monday / Wednesday / Friday 8:30 am – 4:00 pm
Tuesday 8:30 am – 8:00 pm
Thursday 8:30 am – 4:00 pm and 5:30 pm – 9:00 pm
- Cobb Park, 2302 State Street, Abilene; (325) 676-6447
Monday – Friday 9:00 am – 1:30 pm
- G.V. Daniels Center, 541 North 8th Street, Abilene; (325) 676-6443
Monday – Friday 9:00 am – 1:30 pm
- Sears Park, 2250 Ambler, Abilene; (325) 676-6440
Monday – Friday 9:00 am – 1:30 pm

Abilene Civic and Convention Center, 1100 North 6th Street, Abilene; (325) 676-6211; www.abilenetx.com/civiccenter/. Click on Upcoming Events to see a calendar.

Abilene Zoo, 2070 Zoo Lane, Abilene; (325) 676-6085; www.abilenezoo.org.



- Abilene Public Library, www.abilenetx.com/apl/
- Main Library, 202 Cedar Street, Abilene; (325) 676-6067
 - South Branch Library, 1401 S. Danville, Abilene; (325) 698-7565
 - Mockingbird Branch Library, 1326 N. Mockingbird, Abilene, (325) 437-7323

Since 60% of my work week is spent on the road, I've discovered the fantastic selection of audio books in the library. They also have a great variety of movies... and, of course, many interesting books.

America's Choice in Homecare®

VisitingAngels®

LIVING ASSISTANCE SERVICES

325.437.9500 www.VisitingAngels.com/abilene
1500 Industrial Blvd. #209

- SERVICES:**
- Up to 24 Hour Care
 - Assistance with Hygiene
 - Meal Preparation
 - Light Housekeeping
 - Errands & Shopping
 - Joyful Companionship
 - Temporary or Long-Term
 - Weekends and Holidays
 - Respite for Family Caregivers

HEARING LOSS

It's More Dangerous Than You Think

By Connie Stephens, Director of Audiology
West Texas Rehabilitation Center

Hearing loss is linked to damaging and deadly problems such as diabetes, kidney disease, dementia, and social isolation. It isn't just sad to think of loved ones missing out on family conversation at the dinner table or at the family reunion. It isn't just embarrassing when someone misunderstands what is said and makes an inappropriate reply. It's also frightening to think of missing the sound of the gas leak at home, the rattlesnake coiled on the front porch, or the car tires squealing in an attempt to stop behind you.

If hearing loss can't be medically treated, it can be corrected with the amazing new hearing technology that's available today. Gone is the stigma of "looking old" because you wear hearing aids. Almost every young person has a Bluetooth earbud or iPod earbuds or a headset on their ears these days. And just like computers keep getting smaller, the new hearing devices are smaller, sleeker, and very tech savvy. It's cool to wear a hearing device!

How do you tell if someone has a loss? If they ask you to repeat often, or if they lean forward and turn one ear or the other toward you when you're talking, if they misunderstand and make an inappropriate reply to something you've said, or if they say "huh?" often, it's a sure giveaway. If you know someone with hearing loss or suspect someone has a loss, please encourage them to be proactive for their health, their happiness, and their safety.



The Oaks

AT RADFORD HILLS

Skilled Nursing & Rehabilitation

725 Medical Drive • Abilene • (325) 672-3236



*"Bridging the Gap
from Hospital to Home!"*



Making The Decision...

...to place a family member in a nursing home is one of life's most difficult and emotional challenges. Whether it be short-term or long-term care, The Oaks at Radford Hills Nursing & Rehabilitation Center offers a comforting solution for your family's needs with their newly designed rehabilitation center and their remodeled 24-hour traditional care facility.

The Oaks at Radford Hills offers Physical, Occupational, and Speech Therapy in a homelike setting. The Oaks at Radford Hills offers inpatient and outpatient therapy services.

Windcrest Healthcare Center

Dignity & Excellence

6050 Hospital Drive • Abilene, Texas 70606 • 325.692.1533



- Certified Alzheimer's/Dementia Care
- Skilled Nursing Facility
- Professional Clinical Staff
- Alzheimer's Resource Library
- Family Support Group
- Activity-Focused Care
- Respite Care



AGE WELL LIVE WELL

Donna McCartney, LMSW-IPR
Medical Social Worker Interim Hospice & Encompass Home Healthcare

What does it take to have a successful Age Well Live Well community in Abilene? It takes vision, compassion, motivation, sincerity, and organizational skills for quality of life for seniors. Abilene was only the second Texas city to receive the state's prestigious Age Well Live Well grant. The individuals interviewed for this article are responsible for a large part of that success.

Ken Bomar is the visionary Marketing Director of the Texas Department of Aging and Disability. He's been impressed with the cooperative spirit and involvement of the Abilene community. Age Well Live Well is the focused effort on core areas and volunteerism, providing information and promotion in long-term care facilities and encouraging more active involvement. Instead of keeping the resources and information, communities function better to build a network of promotions, and are thus Age Well Live Well collaborative.

Alesha Willis, Program Coordinator at West Texas Council of Governments, advised that the Area Agency on Aging was designated to write the grant for AWLW when Ken Bomar initiated the grant. The purpose of the grant includes a focus on health and wellness, volunteerism, and community involvement, along with resource awareness. Alesha noted that Abilene is the epitome of collaboration. This past summer a fishing derby was sponsored, and the goal for the upcoming year is to host a collaborative Senior Olympics. For further information, please visit www.awlwabilene.com.

Walter Graham is Deputy Speaker Pro Tem of the 15th Silver-Haired Legislature. There are four other members from the West Central Texas District: Dolan Brinson, Nancy Byler, Chris Kyker, and Sandi Saringer. The website is www.txshl.org. Walter was the first employee of the Senior Citizens Division, hired in 1974 to get the Senior Nutrition program started. We now have an amazing Abilene Senior Services Program. A member and elected officer in the West Central Texas Silver-Haired Legislature, Walter can be contacted via wcbgbg@txol.net.

Dr. Charlie D. Pruett is the Director of the Pruett Gerontology Center and advisor for the gerontology academic program at Abilene Christian University, and has been a part of ACU for 22 years. Dr. Pruett works with both the Texas Silver-Haired Legislature and the Texas Department of Aging and Disability as a consultant. He says that successful aging means (1) avoiding disease, (2) achieving a higher level of psychosocial functioning, and



(3) staying connected with society, and he feels that AWLW promotes these goals.

David Hare, Marketing Director of Wisteria Nursing and Rehabilitation, serves as President of the Texas State Board for Adult Protective Services; is President of the 19 county regional board for Adult Protective Services in Abilene; and is also chairman of the Abilene Aging Cluster group, a 250-member senior service community organization. He also hosts a weekly Saturday 10 a.m. radio show on KLGD 106.9 FM. After researching and clarification, the show was appropriately named Age Well Live Well.

Jim Vance, owner of KLGD 106.9 FM radio station, remembered discussing with David Hare the Age Well Live Well collaboration. David suggested having a weekly radio show with a particular subject, paralleling a professional guest. Since David is an excellent orator, he became the designated talk show host. Jim recalled a memorable story featuring Screening for Life. A caller who was unable to have an X-ray discovered Screening for Life could provide the procedure at his own home.

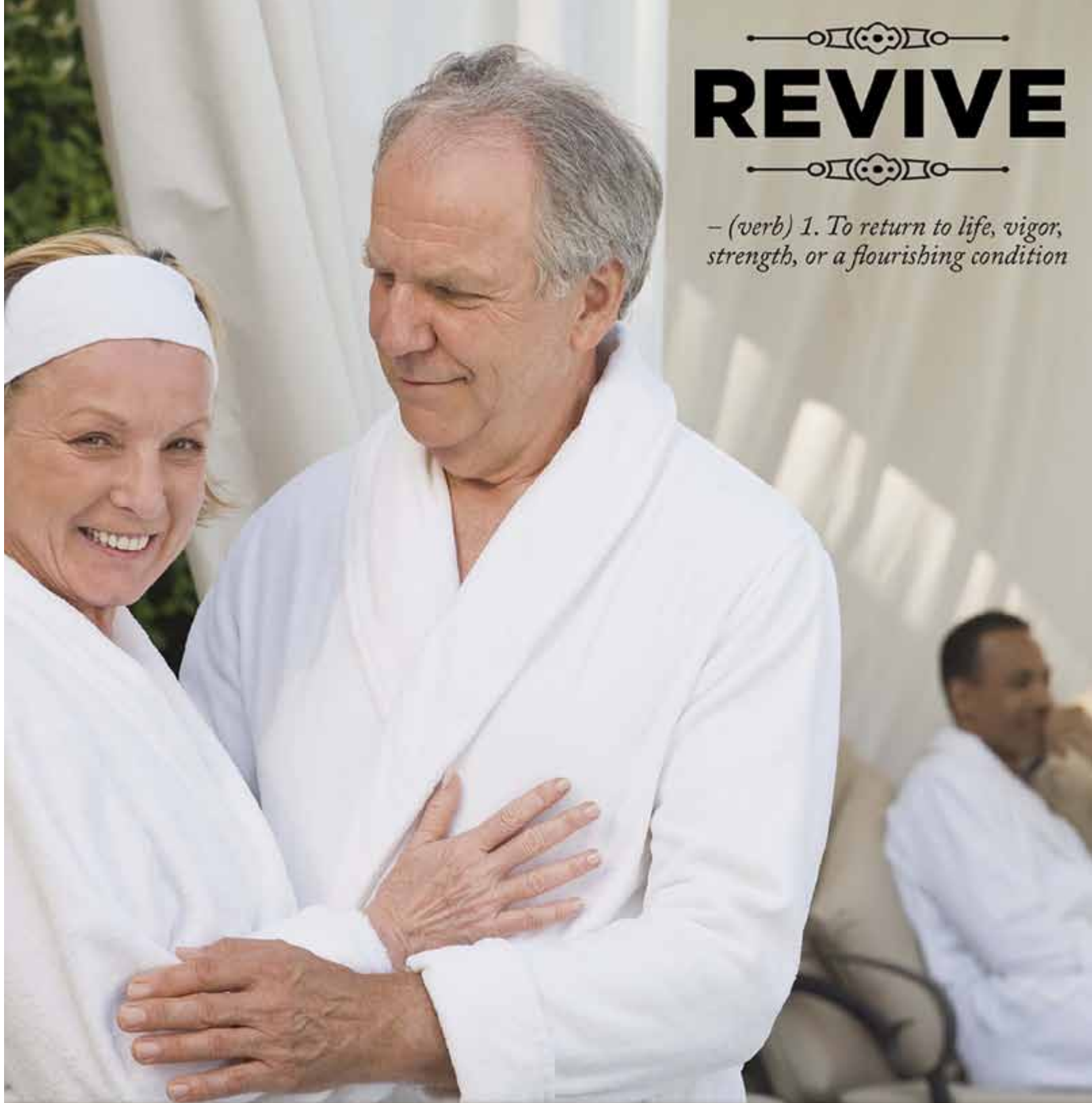


David Bacon held the position of Sports Director of KTAB for 24 years and is currently the Marketing Specialist for KTAB/KRBC. He says that KTAB approached Wisteria Place Nursing and Rehabilitation to sponsor a show to be called Senior Spotlight, which he hosts on Mondays at 6 p.m. on KTAB. He gave an example of how a show spotlighting home health care and service availability had helped a homebound gentleman who learned he could access service and remain in his own home with familiar surroundings.

Robert Schuller said, "The world of tomorrow belongs to the person who has the vision today."

REVIVE

– (verb) 1. To return to life, vigor, strength, or a flourishing condition



Less Hospital... More Hospitality
The Healthcare Resort at
WISTERIA PLACE
325-692-6145

**COMING
SOON**



ARE ANY OF THESE SYMPTOMS DISRUPTING YOUR LIFE?

ANXIETY • PANIC • DEPRESSION • ALZHEIMER'S • DEMENTIA • EXCESSIVE WORRY
SLEEP DISTURBANCES • SEVERE MOOD SWINGS • APPETITE DISTURBANCES

If you answered "Yes" to any of these
conditions, call the professional staff at
Oceans Behavioral Hospital of ABILENE

PROVIDING ADULT AND GERIATRIC SERVICES

For more information, please call

325.691.0030

Referrals accepted 24 hours a day 7 days a week.

Care Inn of Abilene

An Active Life For Our Residents • Support For The Whole Family

(325) 692-2172

4934 South 7th Street Abilene, TX 79605

Misconceptions of Hospice: The Rest of the Story

Donna McCartney, LMSW-IPR

Medical Social Worker Interim Hospice & Encompass Home Healthcare

As a Medical Social Worker, I often encounter people who have mixed feelings about end-of-life care. Many times, misconceptions arise about what hospice does. In exploring what the top misapprehensions are, I decided to ask my hospice and home health patients and families.

1. Misconception: Hospice is a physical place to go when nothing else can be done.

Fact: Hospice is an end-of-life healthcare service. Seventy percent of those surveyed stated they would like to remain in their home, surrounded by family when on hospice care.

2. Misconception: Hospice hastens the dying process.

Fact: Hospice is a service provided to make patients more comfortable at the end of life. Many times, a newly admitted hospice patient improves because the focus becomes quality of life rather than its length. If the patient begins to show signs of recovery, they can choose to discharge from hospice care.

3. Misconception: I won't be able to keep my own doctor.

Fact: You can choose to keep your own doctor, who coordinates care with the hospice team.

4. Misconception: I have to complete a DNR document.

Fact: You can choose to have or not have an Out-of-Hospital Do Not Resuscitate document.

Abilene and our surrounding communities are blessed with excellent hospice agencies. If you have questions, I encourage you to search the internet or turn to page 10 to visit with them. On a personal note, my husband was on hospice service during the end of his life; it was a God-sent blessing to have others who served and cared to help us carry a very heavy load.



Dr. George Dawson
Medical Director

Dr. Carl Trusler
Assistant Medical Director

Services offered at Hospice of the Big Country:

- 12 county service area
- 24-Hour On-Call Availability
- Nursing Care
- Medical Equipment & Supplies
- Bereavement Counseling
- Palliative Care
- Social Workers
- Medication
- Trained Volunteers
- Chaplains
- Pet Therapy
- Music Therapy



WEST TEXAS REHABILITATION CENTER

Hospice of the Big Country

4601 Hartford | 325.793.5450

WestTexasRehab.org



With compassion and collaboration, from intermittent care to end of life, we honor the humanity of our patients with every single contact. Our ability to manage a full continuum of care brings comfort to patients and families in their time of need!



ABILENE

50 Home Health Locations

Tailored Home Health Services

- Individualized Comprehensive Case Management
- Skilled Nursing (RN, LVN)
- Physical and Occupational Therapists
- Home Health Aides
- Specialty Programs, such as
 - CardiacCare
 - Low Vision
 - Rehospitalization Prevention Program
- Wound Care & Post Surgical Management
- Diabetic Management
- Medication Teaching/Administration
- And More!

12 Hospice Locations

Tailored Hospice Services

- Hospice Physicians
- Skilled Nurses Visits at Patients Residence
- Certified Nursing Assistance to Assist with Personal Care
- Spiritual Counselors
- Medical Equipment
- Medication Teaching/Administration
- Volunteer Visits for Companionship
- Bereavement Care for the Family

HOME HEALTH • 325.691.9947
HOSPICE • 325.691.9948

www.integracarehh.com

ASSISTING OLDER ADULTS IN MAINTAINING INDEPENDENCE

• Nursing Home Ombudsman Program

Training volunteers to advocate for residents living in long-term and assisted care facilities. Certified Ombudsman Staff are available to assist family members with questions, concerns, or choosing a facility.

• Meal & Transportation Program

Administered through local senior centers and rural transit providers in our 19-county region.

• Care Coordination

Planning, arranging, and coordinating services to help maintain independent living. Services include light housekeeping, light cooking, chore maintenance, emergency response systems, and income support.

• Health & Wellness Initiatives

A variety of programs that provide activities and information on aging well.

• Benefits Counseling

Assisting with applications, questions, and resolving Medicare-related issues.

• Caregiver Support Programs

Assisting with the arrangement and costs of respite care. Allowing caregivers the opportunity to take a much-needed break.

• **55+ Adults** raising a family member's child under 18 years old may qualify for respite care, child care, camps, and school supplies.



Veteran Services

Case management services are designed to assist homeless veterans and their families by obtaining stabilized housing.

Long-Term Services and Supports

Long-term services and supports are community-based service options preferred for long-term care, rather than institutional care. ADRC staff can assist in identifying needs, preference, values, and individual circumstances through an initial screening process.

What Is Our Mission?

The West Central Texas Aging and Disability Resource Center is your access point for information and assistance on issues affecting older adults and those with a disability, their family, and caregivers.

Housing Advocates

The staff advocate and focus their efforts on opportunities to increase the availability of affordable and accessible housing for persons with disabilities.

Options Counseling

Few people plan ahead for long-term services. Our ADRC staff can provide personalized information and assistance with identifying needs and discussing available choices through education and connection to service providers in the region.

Helping Individuals Make Informed Decisions

3702 Loop 322, Abilene, TX 79606 1-800-928-2262 (325) 793-8490
wctadrc.org www.wctcog.org



LIGHTHOUSE

ADULT DAY CARE

125 Sayles Blvd • Abilene, TX • (325) 670-9577

• LVN / RN	• Activities	• Breakfast	• Fun	• Medicaid
• Transportation	• Outings	• Lunch	• Fellowship	• Medicare

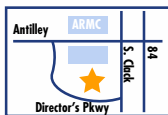


Reliant Abilene

MEDICAL REHABILITATION HOSPITAL



6401 Director's Parkway
325.691.1600



Across the street from ARMC
behind the Medical Mall on Antilley Rd

www.reliantabilene.com

Referrals: 325.691.1600
Fax: 325.793.7874

**The only inpatient rehabilitation facility in the Big Country
that is in-network with Blue Cross / Blue Shield**

We accept BC/BS, Tricare, AETNA, United Healthcare plans as well as Medicare and most Medicare replacement plans.

98.30% Overall Patient Satisfaction*

89.45% Regional Overall Patient Satisfaction

89.95% National Overall Patient Satisfaction

98.38% Patients' Likelihood to Recommend Our Facility*

93.21% Regional Facility Recommendation

94.26% National Facility Recommendation

98.19% Rehab Therapy Patient Satisfaction (PT, OT, SLP)*

92.24% Regional Rehab Therapy Patient Satisfaction (PT, OT, SLP)

92.82% National Rehab Therapy Patient Satisfaction (PT, OT, SLP)

*ratings from e-rehabdata.com - from January 2014 to October 2014