



INDEPENDENT LIVING
ASSISTED LIVING
MEMORY CARE



FAMILY-OWNED AND OPERATED SINCE 1981

ABOUT US

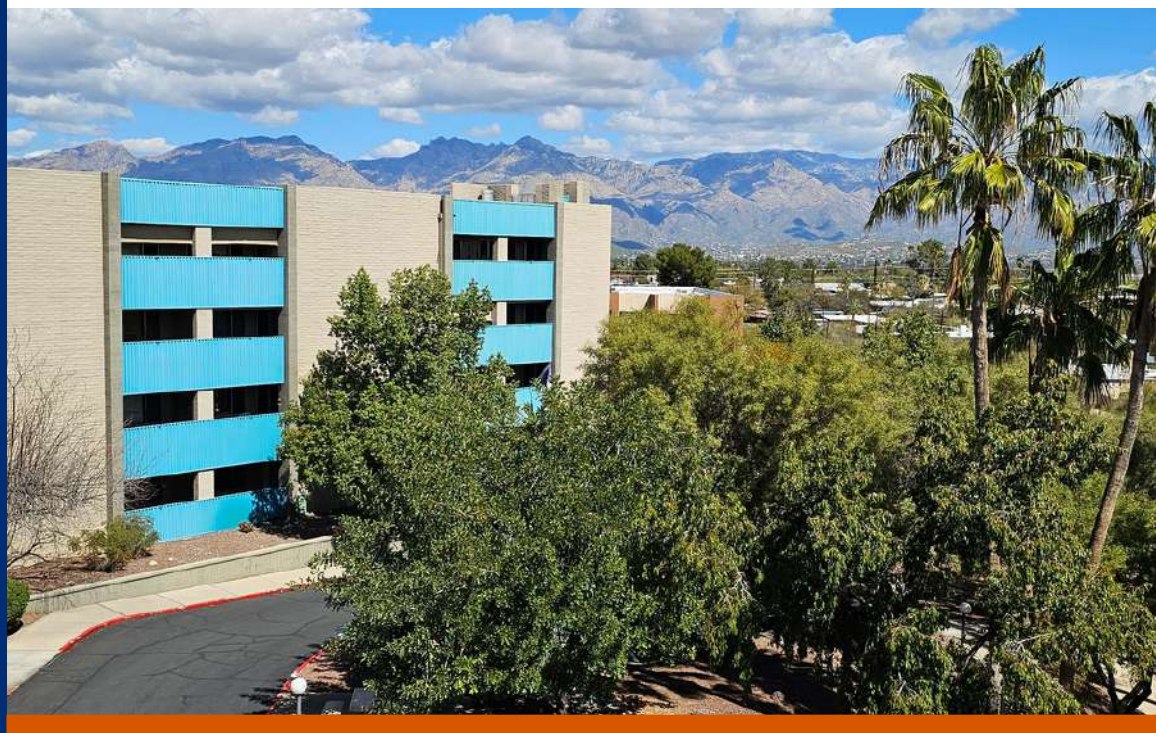
Cascades of Tucson

An Extraordinary Life Needs An
Extraordinary Place To Be Lived!

Welcome to Cascades, a privately owned and operated senior lifestyle residence offering well-appointed amenities, modern apartment homes, and an unexpected level of passion and service. Cascades has a 40-year history of providing services and resources that help make aging a more rewarding, safe, and comfortable experience.

From the vibrant, engaged lifestyle of our Independent Living, Assisted Living, and Respite programs to the individualized Memory Care of the Courtyard at Cascades, the award-winning community-based lifestyle at Cascades embraces, enriches, and inspires seniors.

Located on Tucson's popular east side, Cascades is a hidden six-acre gem of beautifully landscaped common areas situated in a lively yet serene neighborhood rich with shopping and dining and convenient to healthcare resources.



We empower our residents and their families with the extended support and services they need for worry-free living.

Our fully certified and dedicated team of professionals and a complete menu of amenity-rich services creates a thoughtful, unique environment based on quality, sensitivity, and style. Cascades' resident-centered approach balances diverse needs with employees that have the desire to serve and are dedicated to our core values of integrity, compassion, and excellence. You'll wish you would have joined us sooner!

LIFESTYLE ADVANTAGES

A New Way of Living!

“So many problems have been solved by moving here. If you aren’t in your own home anymore, I just can’t think of a better place to be.”

Cascades is an inviting combination of home and community—a place where your days can belong entirely to you. Take in an afternoon matinee in the theatre, lounge by the pool with family and friends or simply choose to relax in the elegant library with a good book and a cup of freshly brewed coffee from the lobby bistro.

When you need a break from activities and events, Cascades offers a strong sense of community with plenty of quiet, comfortable spots for conversation with friends, people watching or just relaxing.

Indulge yourself in the salon featuring a full menu of spa and beauty services. And leave the cooking, cleaning and laundry to us! Need a ride someplace? We’ve got that covered too! Pets are part of the family as are your guests. We even offer a comfortable guest suite, available by reservation.



Life Engagement Fill Up Your Social Calendar

At Cascades, the focus is always on you. Each day brings new possibilities to keep you informed, respected, valued, fit, fun, and connected. Innovative programs include:

- Committees and volunteer groups
- Dining events, tastings, and exhibitions
- Physical fitness center, exercise, and aqua classes
- Spiritual and religious services
- Music, movies, books, and entertainment
- Trips and outings, including concerts, cultural events, shopping, and dining
- Cognitive educational and thought-provoking intellectual programs
- Seasonal and themed events
- Birthday, holiday and special occasion celebrations

LIFESTYLE PLAN OPTIONS

Should you require the services of Assisted Living, there's no need to move from your apartment. In most cases, we can provide those services to you in the same place you've called home at Cascades.

To best match your lifestyle, Cascades of Tucson offers a variety of spacious and attractive residences with five floorplans to choose from, many with refreshing views of landscaped courtyards, mountain vistas, or poolside fun.

No matter which apartment home you choose, you can select the support and services you need – customized to accentuate your lifestyle. Pets are welcome within set guidelines, and covered parking is available for those with vehicles.

On-campus RNs, LPNs, and certified caregivers make up one of the most well-trained teams in the industry, providing award-winning care and service, day in and day out.

Independent Living Program

The Independent Living Program is designed for the fully independent person. Choose from luxurious and tasteful one or two-bedroom apartment homes, some with a den, and take advantage of all that Cascades of Tucson has to offer.

Respite Care

Cascades of Tucson offers Respite Care for temporary stays.

Whether you need assistance making the transition from hospital to home or if a caregiver may be temporarily unavailable, Respite Care provides a winning solution. Enjoy all the same amenities as our full-time community members and experience all that Cascades has to offer. Respite visitors are a welcomed and included part of our community. Thinking of becoming a long-term resident? Respite Care is a great way to try Cascades on for size. Sample our engaging and dynamic activities, dining and services for stays of 7 days to one month.

Assisted Living Program

The award-winning Assisted Living program at Cascades of Tucson is one of the highest-rated and most credentialed in the city. And if you are already a guest living here and just need a little more help, assisted living services are available in your current setting with no need to move.

Cascades' second to none Assisted Living services are available in spacious, well-appointed one or two-bedroom apartment homes, some with dens. From simple support for daily needs to more complex care that can include medication management, physical therapy, and more, the talented team at Cascades is there to serve you with professional, compassionate skills. Our care team is certified to provide comprehensive care, and program oversight is managed and provided by on-site RNs and LPNs. Our Health Services Director will work with you and your physician(s) to develop an individualized program to ensure your health and comfort.

THE COURTYARD AT CASCADES

Memory Care

The Courtyard at Cascades provides guidance and support for residents suffering from Alzheimer's and other forms of dementia and for their family members. Our compassionate staff is specially trained to provide the latest cognitive and physical techniques, emphasizing ability, not a disability, and strengths over limitations. Resident self-reliance is encouraged through familiar daily tasks, and participation by family and friends is always welcome.

Accommodations are private, not shared as in most communities. Choose from a studio with a kitchenette or a private suite where couples can remain together.

OUR UNIQUE APPROACH TO MEMORY CARE

Cascades of Tucson offers specialized care for residents with cognitive decline. We use **The Living GEMS Model**, created by renowned dementia educator **Teepa Snow**, to provide individualized and person-centered care to each resident. This model recognizes that each person is unique and focuses on the strengths and abilities of the resident, rather than their deficits. The Living GEMS Model also emphasizes the importance of creating a supportive and nurturing environment that promotes engagement, meaningful activities, and positive social interactions.

THE LIVING GEMS MODEL



True Blue Optimal Cognition
Healthy Brain



Clear and Sharp
Routines and rituals rule



Green and On the Go With a Purpose
Naturally flawed



Caught in a Moment of Time
Caution required



Deep and Strong in Color
Others stop seeing what
is possible



Hidden Within a Shell
Beautiful moments
to behold

Learn more about The Living GEMS at www.teepasnow.com

DINING

So Much More Than A Delicious Meal

Cascades Cuisine

- Comfort – is all American fare, cultural variety, simplicity, and the dishes we grew up on.
- Health- is the nutritious, well-balanced, anti-inflammatory entree option through thoughtfully planned menus.
- Choice- the variety of a five-week menu rotation, always available menu, daily breakfast specials, quality ingredients, and vibrant produce.

Dining Services

You now can enjoy the comfort of having our culinary team prepare your meals daily to your preference. Accommodating all tastes from our diverse resident population allows us to provide Comfort, Health, and Choice. Mealtimes are special, we see the residents two to three times daily as eating is one of our most revered personal connections. This is a time to dine, socialize and relax. Our dining team is here to serve you with twenty-plus servers and fifteen kitchen associates.

Memory Care Dining

Cascades of Tucson offers a specialized Memory Care Dining program that caters to residents with cognitive decline. The program features adaptive eating utensils and personalized dining assistance to ensure the dignity of the residents. The community strives to create a warm and welcoming atmosphere that promotes relaxation and enjoyment during mealtimes. In addition to exceptional care, Cascades of Tucson also hosts family fun events for all residents to enjoy together.

Variety is the spice of life!

Our goal is to create a dynamic culinary experience.

From casual to classic - where taste is the main ingredient.



Sirloin steak with mushrooms jule lie and a baked potato



Tiramisu Cake



Mediterranean Chicken Salad



French Toast



Jumbo Shrimp and Spinach Pasta



Veggie Burger with Fries



INDEPENDENT LIVING

Find your exciting new home in one of our luxurious and tasteful one or two-bedroom apartments that include full kitchens with full-sized refrigerators/freezers, a 4-burner stove, sink, and breakfast bar – some even with a den. Take advantage of all that Cascades of Tucson has to offer with scheduled transportation and a wide variety of social, cultural, educational, and recreational programs.

For even more convenience and comfort, add services to include additional dining, more frequent cleaning, and added personal laundry services. Pets are welcome within set guidelines, and covered parking is available.

Independent Living Rates

1 Bedroom	\$3395-\$3620
1 Bedroom + Den	\$4455
2 Bedroom, 2 Bath	\$4760-\$4945
Second Occupant	\$960
Respite Stay (10-30 Days)	\$135/Day

Monthly Fees Include

- Choice of any two meals daily
- Scheduled housekeeping 2x a month
- Flat laundry service
- Utilities excluding cable TV, phone, and internet
- Transportation
- Daily wellness checks
- Full calendar of Life Enrichment Programs

Additional Charges

Non-Refundable Move-In Charge	\$2600
Non-Refundable Pet Charge	\$575
Non-Refundable Electric Wheelchair Scooter	\$550
Covered Parking	\$35/Month



ASSISTED LIVING

With Assisted Living you can expect to enjoy the same wonderful amenities as Independent Living, plus the following:

- Daily housekeeping touch-ups which include trash removal, bed making, and washing of all your dishes
- Weekly Housekeeping service
- Flat linen and personal laundry service Help and support with activities of daily living
- Daily wellness checks
- Access to our clinical staff with onsite LPNs Personalized care plan based on an individualized assessment between you, your doctor, and the Health Services Director

Assisted Living Rates

1 Bedroom	\$4195-\$4390
1 Bedroom + Den	\$5235
2 Bedroom, 2 Bath	\$5545-\$5730
Second Occupant	\$1750
Respite Stay (10-30 Days)	\$185/Day

Assisted Living Care Level Rates

Level One	\$260
Level Two	\$620
Level Three	\$860
Level Four	\$1220
Level Five	\$1710

Additional Charges

Non-Refundable Move-In Charge	\$2600
Non-Refundable Pet Charge	\$575
Non-Refundable Electric Wheelchair Scooter	\$550
Covered Parking	\$35/Month



INDEPENDENT & ASSISTED LIVING FLOORPLANS

All apartment homes feature full kitchens and patio or balcony. Upgraded finishes include quartz countertops, tiled kitchen and bath, and stainless steel appliances. Window coverings and ceiling fans are provided in the living areas and bedrooms.

An emergency call system is located in bedrooms and bath.

1 Bedroom, 1 Bath
503 Sq. Ft



1 Bedroom + Den
801 Sq. Ft



2 Bedroom, 2 Bath
1006 Sq. Ft





COURTYARD AT CASCADES

Memory Care

The Courtyard at Cascades provides guidance and support for residents with Alzheimer's and other forms of dementia. Our state-certified, licensed caregivers employ the latest cognitive and physical techniques with an emphasis on ability, not disability. Courtyard guests and their family members benefit from specialized, supportive services and carefully designed activities that help encourage the use of remaining skills through familiar daily tasks. Responsive programming and soothing surroundings help make residents feel comfortable, secure, and engaged while participation by family and friends is always welcome.

Services Include

- Specially trained staff and LPN supervision
- Family-involved scheduled social events
- Unique Flavor Flex Dining with Dignity meal service option
- Weekly housekeeping and daily touch-up
- Fully supervised and engaging activities throughout each day, and so much more!
- 3 meals a day plus snacks

Memory Care Rates

Studio

Studio Level One	\$5555
Studio Level Two	\$6020
Studio Level Three	\$6455
Studio Level Four	\$6865

One Bedroom

One Bedroom Level One	\$6475
One Bedroom Level Two	\$6940
One Bedroom Level Three	\$7375
One Bedroom Level Four	\$7785
Second Occupant Rate	\$1155

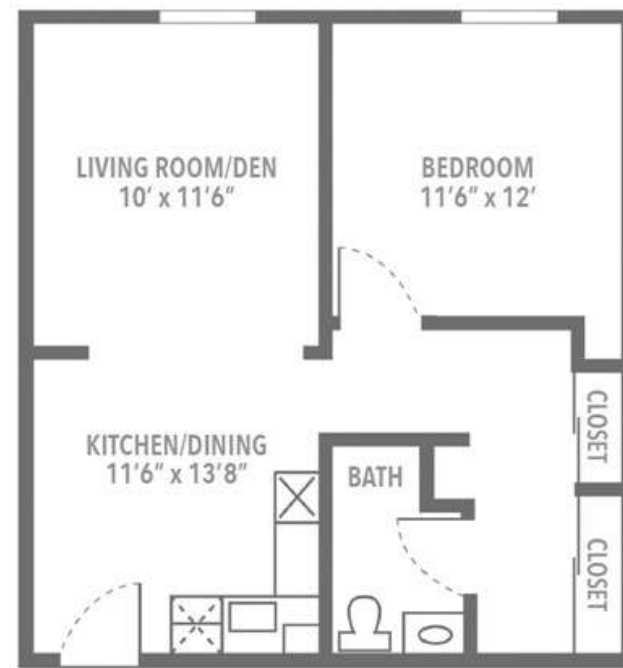
Additional Charges

Non-Refundable Move-In Charge	\$2600
-------------------------------	--------



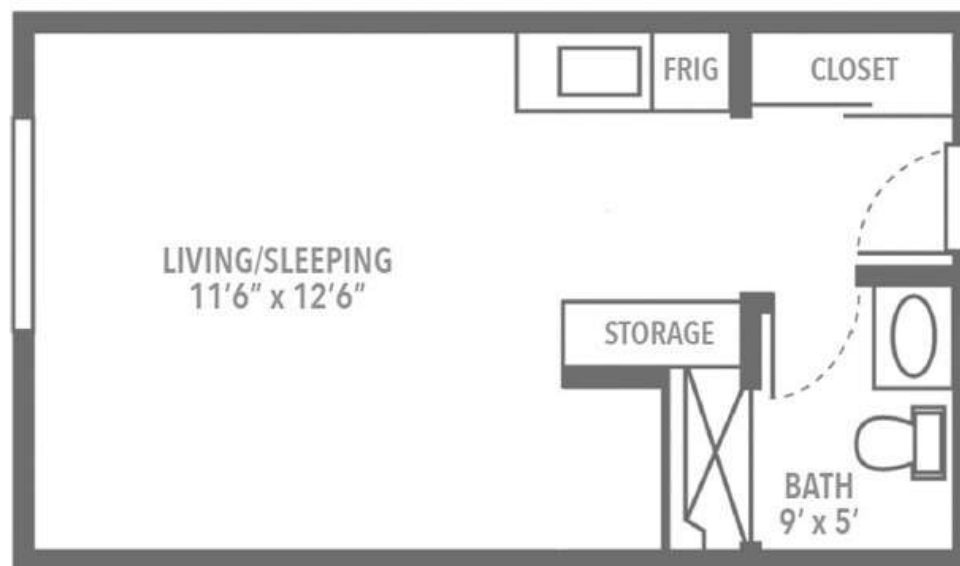
COURTYARDS AT CASCADES MEMORY CARE FLOORPLANS

Residences in the Memory Care Neighborhood are private – either studio with a kitchenette or a suite where couples can remain together. Both include bathrooms with a step-in shower. Common areas for reading, sensory experience, family gatherings, or watching TV and an all-purpose activity room complement a safe, monitored community lifestyle. Residents can also enjoy the secure outdoor courtyard and gardens with safe walking paths and relaxing seating areas.



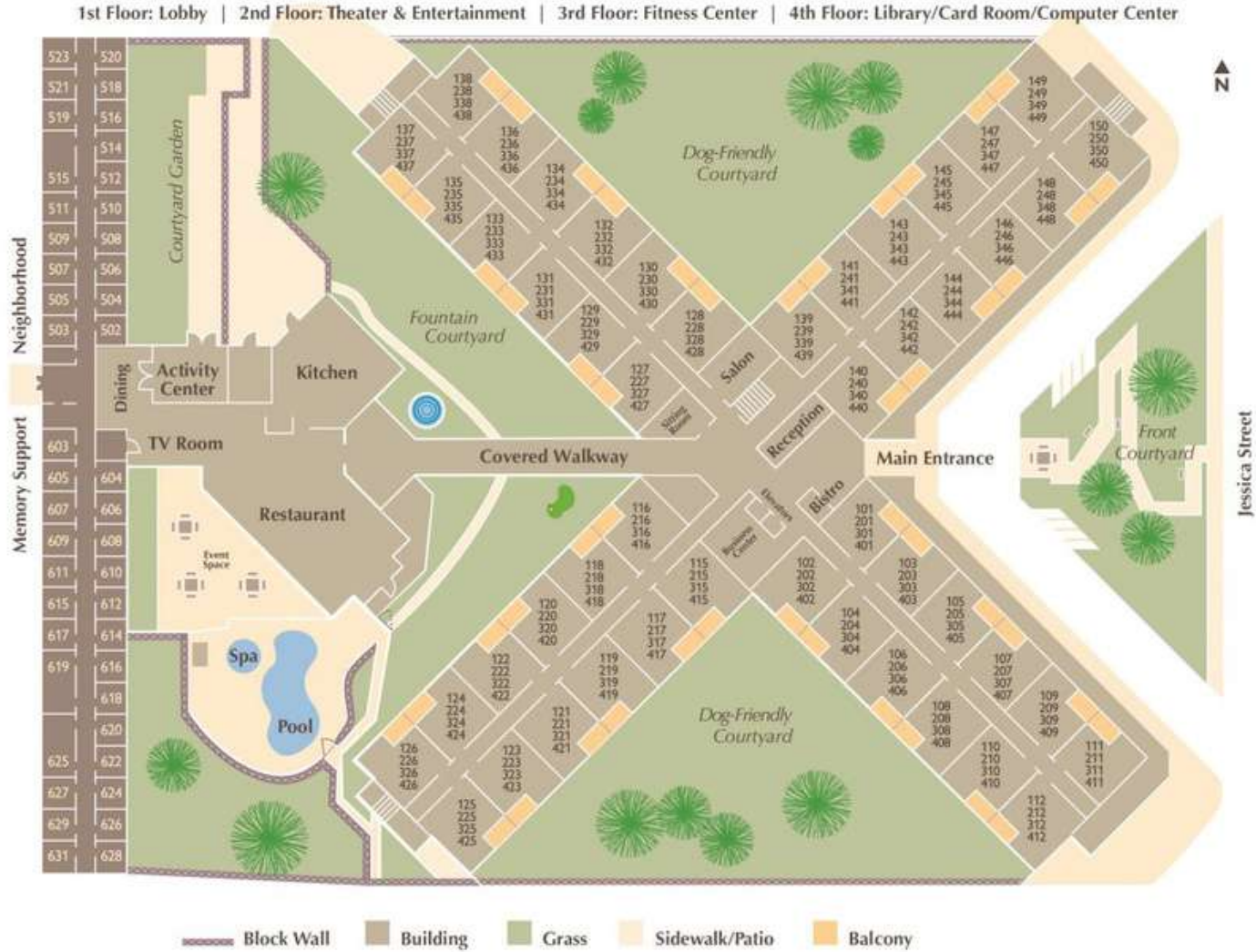
1 Bedroom
568 Sq. Ft

Studio
296 Sq. Ft





CASCADIES OF TUCSON CAMPUS MAP



TRANSPORTATION SCHEDULE



Monday

Medical Appointments incl. VA 8:15–2:30 Walgreen/CVS 2pm

Tuesday

Medical Appointments incl. VA 8:15–2:30 Trader Joes 11–11:45
(Every 1st & 3rd Tuesday) Post Office/Library/Banks 1pm

Wednesday

Medical Appointments incl. VA 8:15–2:30 Walmart 9 am–10
Frys 9:30am–10:30

Thursday

Medical Appointments incl. VA 8:15–2:30 Walgreens/CVS 2pm

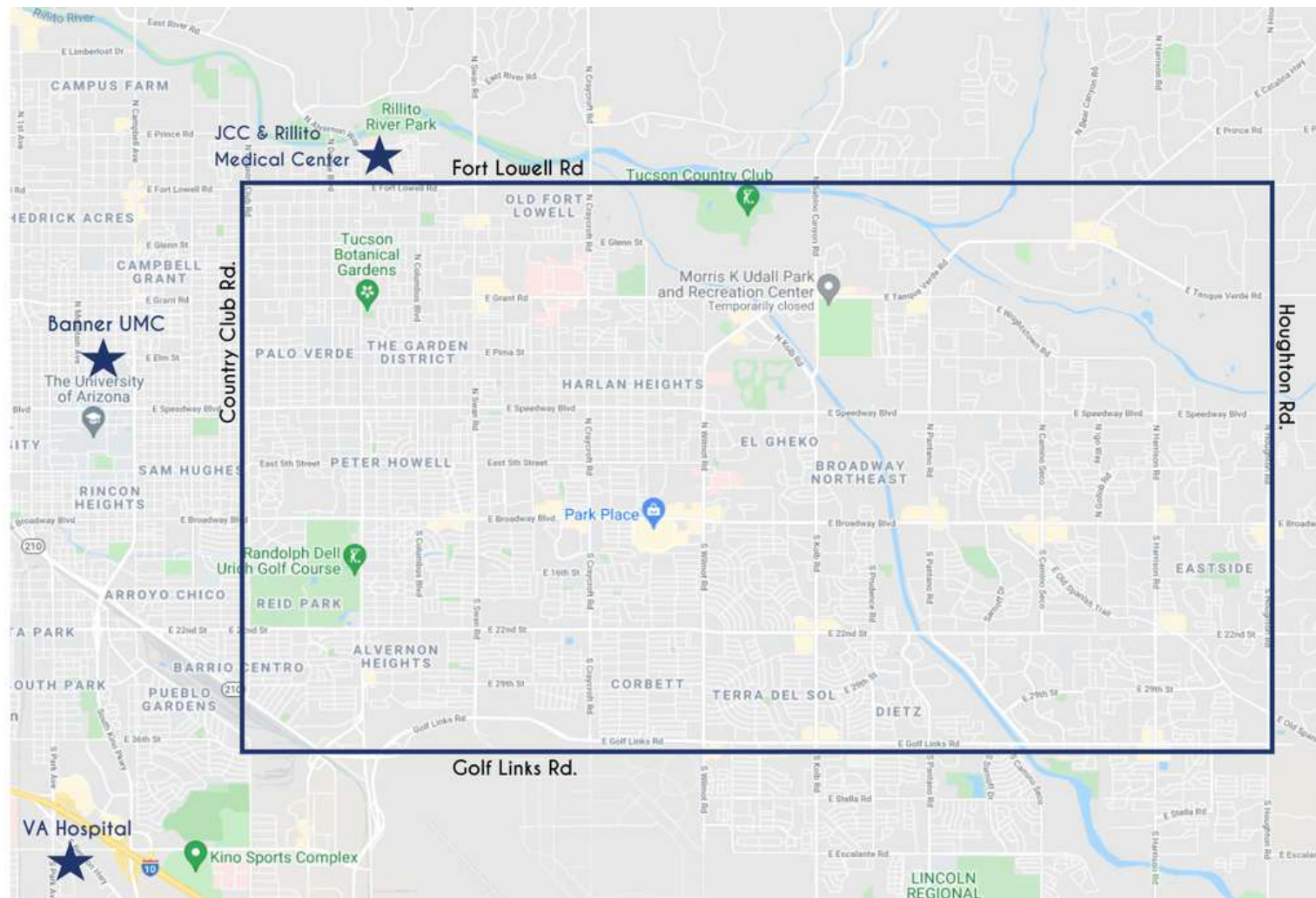
Friday

Stops Along Broadway 9:30 & 10:30 (Every 1st & 3rd Friday)
Other Runs 1 pm & 2 pm (Every 1st & 3rd Friday)
Salon/Costco/Sprouts/Bookmans/Ace/Joanne's/Michaels



TRANSPORTATION BOUNDARIES

Cascades of Tucson will provide free transportation for appointments scheduled within our 5-mile radius. Anything outside the boundaries must be given to the desk for approval no less than 48 hours in advance. There is a \$1/mile charge for appointments that are not within our bounds of transportation.





VICINITY MAP





MONTHLY RELIGIOUS SCHEDULE

Sundays

1PM – Rosary



Thursdays

9:45AM – Communion

2nd Tuesdays

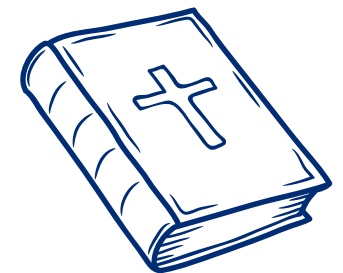
10AM – Mass

1st Fridays

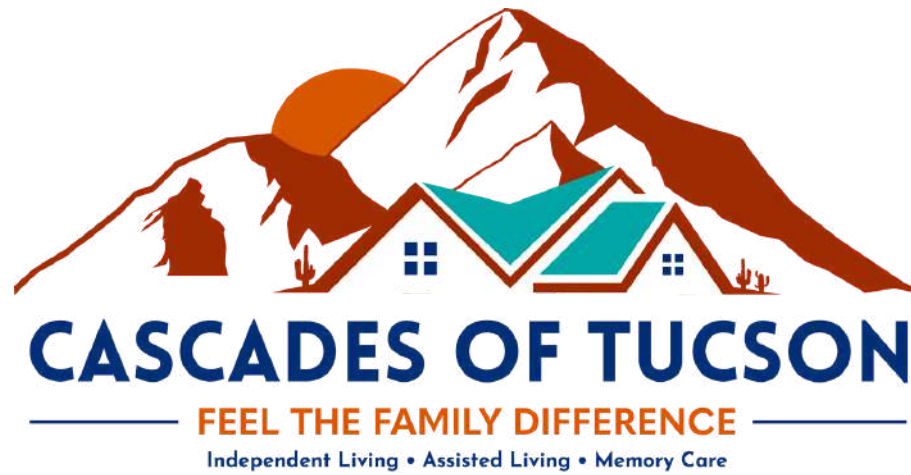
3PM – Evening Shabbat

Non-Denominational Bible Study

8AM – Wednesdays



All Events Take Place on The Second Floor in The Theater



520.886.3171 | 877.866.3172

201 N JESSICA AVE, TUCSON, AZ 85710

WWW.CASCADESTUCSON.COM