

INDEPENDENT LIVING  
ASSISTED LIVING  
MEMORY CARE



FAMILY-OWNED AND OPERATED SINCE 1981



# ABOUT US

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## 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

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**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

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## 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](http://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

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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 starting at	\$3230
1 Bedroom + Den starting at	\$4790
2 Bedroom, 2 Bath starting at	\$5205
Second Occupant	\$960
Respite Stay (10–30 Days)	\$150/Day

## Monthly Fees Include

- Choice of any two meals daily
- Scheduled housekeeping 2x a month
- Flat linen service
- All utilities, including Internet, phone, & cable TV
- Scheduled 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

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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 starting at	\$4100
1 Bedroom + Den starting at	\$5660
2 Bedroom, 2 Bath starting at	\$6075
Second Occupant	\$1750
Respite Stay (10-30 Days)	\$200/Day

## Assisted Living Care Level Rates

Level One	\$310
Level Two	\$700
Level Three	\$975
Level Four	\$1385
Level Five	\$1940

## Additional Charges

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



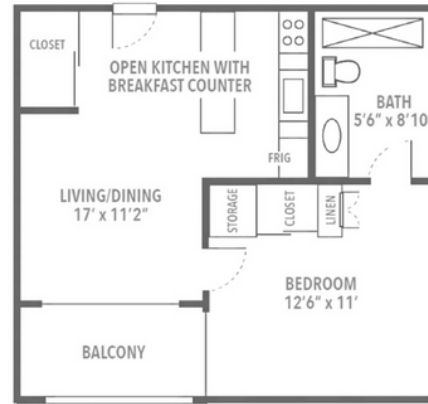


# INDEPENDENT & ASSISTED LIVING FLOORPLANS

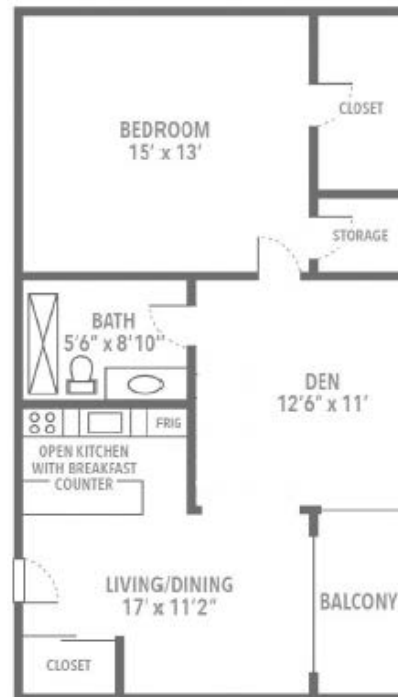
All apartment homes feature full kitchens and patio or balcony. Upgraded finishes include quartz countertops, tiled kitchen and bath, and stainless steel appliances. Window coverings and ceiling fans are provided in the living areas and bedrooms.

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

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## 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	\$7000
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Studio Level Two	\$7510
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Studio Level Three	\$7995
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Studio Level Four	\$8455
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### One Bedroom

One Bedroom Level One	\$7920
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One Bedroom Level Two	\$8430
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One Bedroom Level Three	\$8915
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One Bedroom Level Four	\$9375
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Second Occupant Rate	\$1260
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## Additional Charges

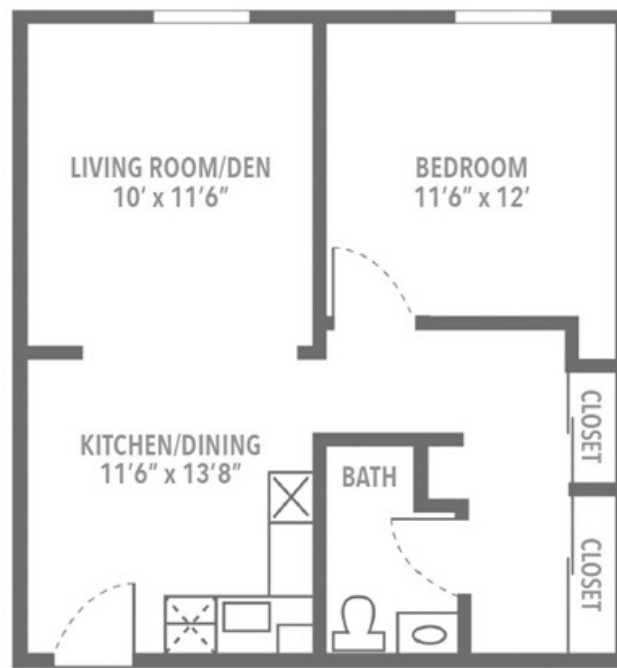
Non-Refundable Move-In Charge	\$2600
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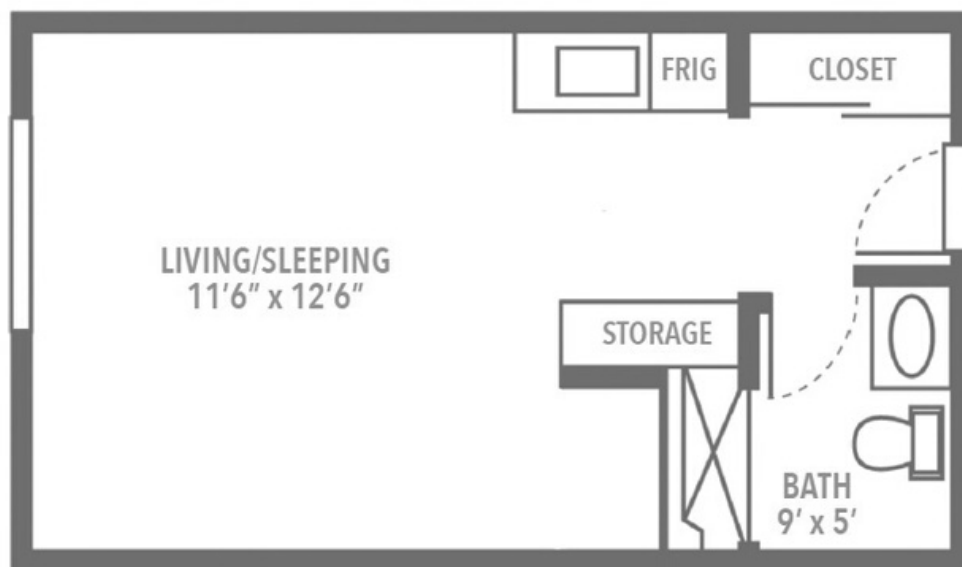
# COURTYARDS AT CASCADES MEMORY CARE FLOORPLANS

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**



# Memory Care Dining

A Variety of choices in a Comforting Atmosphere

## COMFORT SERVICES

### Smoothies

Breakfast service- we offer a rotation of flavored smoothies everyday.

### Steamed and Minted Towel Service

Lunch Service- we provide a warm minted, scented towel to refresh for a calm mealtime.

### Palate Cleanser

Dinner Service- a daily sorbet-tasting spoon and fruit bowl are given to revive taste buds and clear the palate for dinner time.

## ENVIRONMENT AND AMBIANCE

### Menu Board

We post an enlarged menu for residents with any visual strain.

### Minimal Table Settings

Tables are set simply with a centerpiece for no table clutter.

### Fiesta Ware

The Cascades arranges food presentation on Fiesta Ware, which is a colorful china allowing the resident to easily see the cuisine.

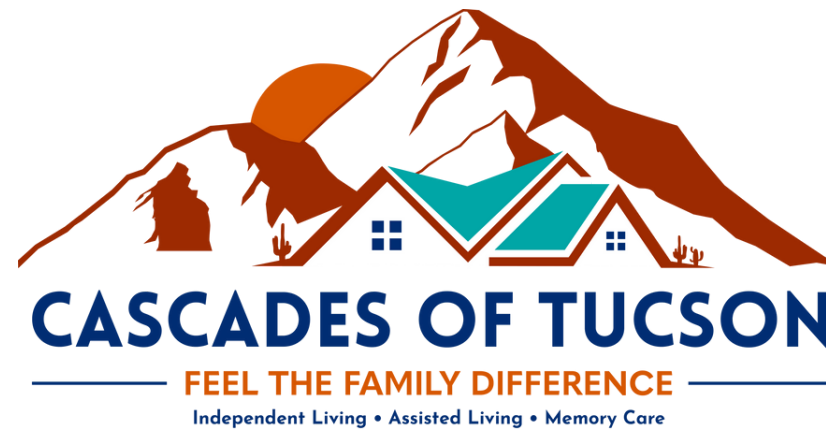
### Meal Times

Our associates allow plenty of time for our residents to socialize during dining times. Your loved one will never feel rushed.

### Food Preferences

Our associates take note of which dishes our resident enjoyed most so they can suggest them at future meal times.

**Room Service is available all day long. If our residents slept longer or is not feeling well, we will deliver their meal to their apartment.**



## MENU OPTIONS

The Cascades enhances our menu with a variety of choices by offering Grove Menus.

Grove Menus is a highly-rated nationwide company that offers a recipe database and knows the importance of dietician-approved Senior Living Menus.

### Daily Menu Entrees and Always Available Menus

Residents can order from either of these offerings.

## ROOM SERVICE

Offered 7:30 am-6:30 pm

If a resident wants to sleep in or is not feeling well, we will accommodate Room Service to their preference.

## DAILY SNACK SERVICE

Snacks are offered 3 times daily to ensure your family member is satiated with opportunities to eat. If a resident is tired they may not want to eat a full meal, and a snack is a great way to remedy. We offer a Snack Happy Hour, Saturdays and Mondays with finger foods that are easy to eat.

## ALL DAY DINING HOURS

**Breakfast** 7:30am-9:15am

**Snack** 9:15am-10:30am

**Activity** 10:30am-11:30am

**Lunch** 11:30am-1:15pm

**Snack** 1:30pm-2:00pm

**Activity** 2:00pm-3:30pm

**Dinner** 4:00pm-5:30pm

**Snack** 6:00pm-7:00pm

## FOR FAMILIES

### Hosted Family Events

The Cascades Memory Care Department host quarterly family parties that offers finger food Appetizers so families can see and enjoy the food given at our Snack Happy Hours. These events are located in our Memory Care Garden Patio and dining areas.

## SPECIAL ACCOMODATIONS

### Meal Dining Assistance

If Memory Care residents need help eating a caregiver will support and dine together during a mealtime if necessary.

### Adaptive Eating Utensils

The Cascades Culinary Department can provide utensils designed to help people with disabilities to dine independently. We also supply coated eating utensils if needed.

### 24-Hour Snack Available

If a resident cannot sleep sometimes they ask for something to eat. We have a variety of snacks, fruit and sandwiches that can be provided in the deep hours of the night.





# CASCADES OF TUCSON CAMPUS MAP



# WEEKLY TRANSPORTATION SCHEDULE



## SUNDAY

Church Runs starting at 8:00am  
Scenic Drive 1:00pm

## MONDAY

Medical Appointments 8:00am–2:30pm  
Plunkett's Post Office, Library or Banks 2:00pm

## TUESDAY

Medical Appointments 8:00am–2:30pm  
Trader Joe's or Dollar Tree 1:00pm

## WEDNESDAY

Medical Appointments 8:00am–2:30pm  
Walgreens or CVS 2:00pm

## THURSDAY

Medical Appointments 8:00am–2:30pm

## FRIDAY

Stops along Broadway 9:30am  
Other runs (any store not on Broadway) 1:00pm

## SATURDAY

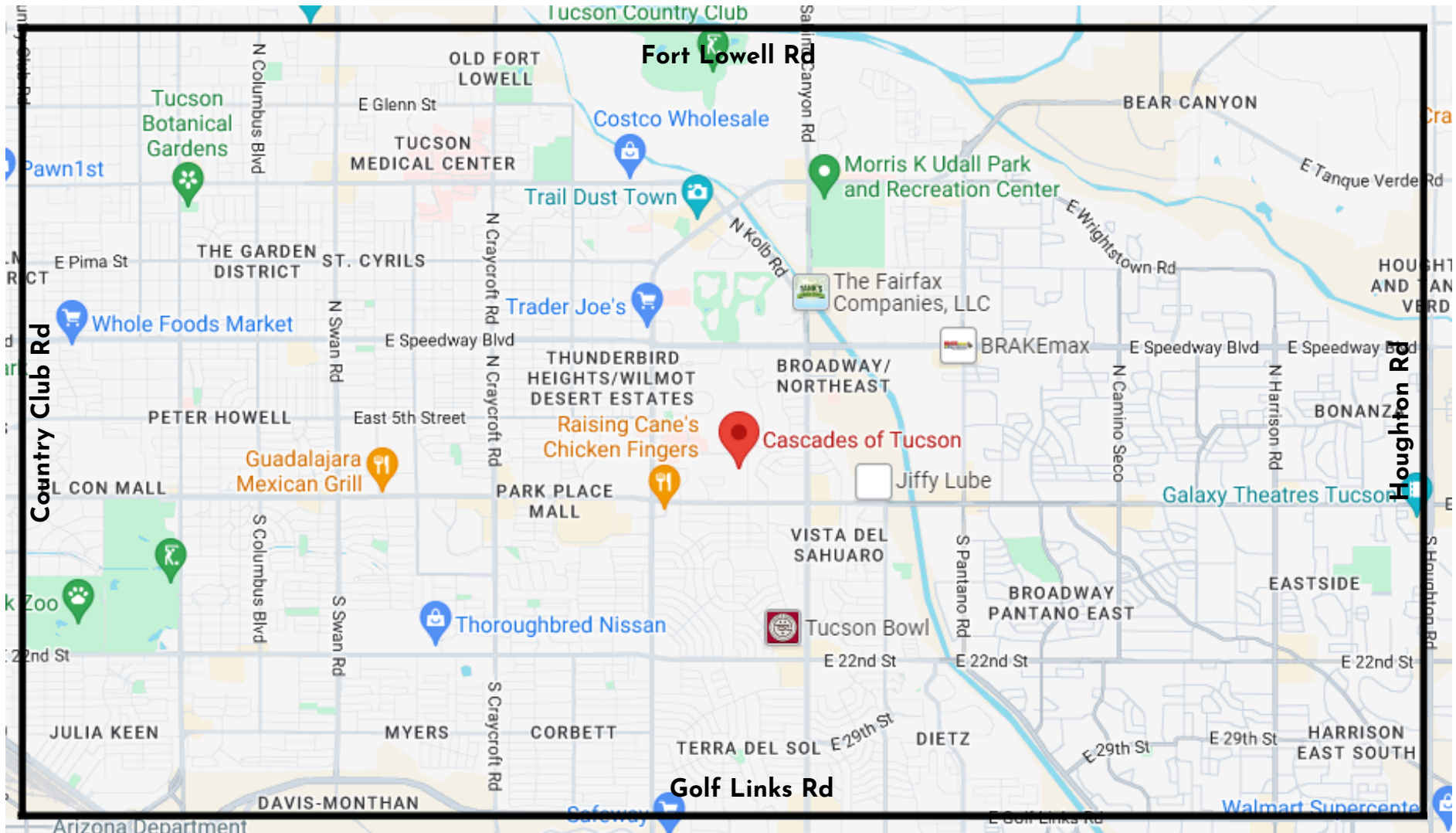
Walmart 9:00am Frys 9:30am  
Activity outings (various times and locations)

**\*Cascades Transportation is not available for transport to  
any medical appointments scheduled after 2:30pm.\***



## TRANSPORTATION BOUNDARIES

Cascades of Tucson will provide transportation to medical appointments scheduled within our 5-mile radius. Appointment dates and times must be given to the front desk ASAP for advanced approval. There is a **\$1.00** per mile charge for appointments that are not within our boundaries, **with the exception of the VA Hospital, Banner UMC, and JCC Medical Center.** These charges will be added to your monthly bill.







# VICINITY MAP





# Dining at Cascades of Tucson

A Variety of Choices in a Comforting Atmosphere

## Sunday

Hearty vegetable soup  
Potato Salad  
Green chili pork stew  
Beef cabbage rolls  
Cheddar crumb rockfish  
Mashed red potatoes  
Buttery carrots  
Bread of the day  
Churro with vanilla ice cream  
*\*sugar-free desserts available*

## Monday

Broccoli and cheese soup  
Coleslaw  
Liver and onions  
Quinoa crab cakes  
Chicken salad on croissant  
Cheesy scalloped potatoes  
Lemon buttered broccoli  
Bread of the day  
Sherbet  
*\*sugar-free desserts available*

## Tuesday

Chicken rice pepper soup  
Caesar salad  
Roasted Turkey and Brie Panini  
Baby back pork ribs  
Falafel and pita bread  
Candied yams with apples  
Corn on the cob  
Bread of the day  
Butternut tarts  
*\*sugar-free desserts available*

## Wednesday

Baked potato soup  
Spinach Caprese salad  
Meat lovers pizza  
Butternut squash ravioli  
Arizona chicken  
Blushing penne pasta  
Sauteed yellow squash  
Bread of the day  
Tiramisu  
*\*sugar-free desserts available*

## Thursday

Beef barley soup  
Asian kale salad  
Chinese shrimp curry  
Barbecue beef meatballs  
Vegetable egg roll  
Fried Rice  
Mandarin blend vegetable  
Bread of the day  
Coconut macaroons  
*\*sugar-free desserts available*

## Friday

New England clam chowder  
Beef salad  
Salmon with maple lemon glaze  
Oven fried chicken  
Vegetarian wrap  
Mashed potatoes and gravy  
Maple dill carrots  
Bread of the day  
Blackberry vanilla parfait  
*\*sugar-free desserts available*

## Saturday

Tortilla soup  
Romaine salad with avocado dressing  
Cheese quesadillas  
Steak fajitas  
Baked rockfish Madrid  
Spanish rice  
Calico corn  
Bread of the day  
Tres leches cake  
*\*sugar-free desserts available*

## Sunday

Cream of mushroom soup  
Cranberry spinach salad  
Chicken Alfredo  
Turkey Meatloaf  
Smashed avocado toast  
Steamed red potatoes  
Asparagus  
Bread of the day  
Strawberry Rhubarb pie  
*\*sugar-free desserts available*



# Menu for the Week

A Variety of Choices in a Comforting Atmosphere



## Always Available Lunch and Dinner

*\*served with your choice of daily sides or substitute with sweet potato, brown rice, french fries, or chips*

### Chef's Custom Kitchen

Grilled Sirloin steak w/mushrooms jue lie

Grilled chicken breast

Honey garlic salmon

Catch of the day

Pasta shrimp and spinach

Mediterranean chicken salad

Stir fry bowl, colorful vegetables, quinoa sauteed in an Asian sauce garnished with chow mein noodles

Plain scrambled eggs

### Sandwiches

Crispy chicken, lettuce, tomato, pickle, mayo on a bun

French dip sandwich, sauteed roast beef melted provolone

Hoagie roll Au Jus sauce

Beef hot dog

Char grilled burger

Garden burger

### From the Deli

Ham, turkey BLT, tuna, or egg salad

12-grain, whole wheat, or gluten-free bread

## Breakfast Served Daily 7:30-10:30 AM

Choice of 2 French toast, 2 Pancakes, 2 Waffles

*\*Served with 2 slices of bacon, sausage, or 1 slice of ham.*

Eggs cooked to order with hash browns

*\*Your choice of a bagel, toast, or biscuit*

2 egg omelets with additions of tomatoes, onions, peppers, or mushrooms available

*\*Your choice of swiss or cheddar cheese*

Oatmeal or cream of wheat with accompaniments of cinnamon, brown sugar, raisins, and granola

Cold Cereal

Yogurt plain or with granola

Cottage Cheese

Peaches, bananas, mixed fruit, and prunes

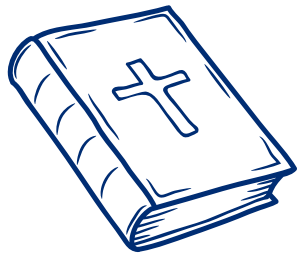
Muffins and pastries

*Please ask your server for any Chef's specials that may be available to you that day*





# MONTHLY RELIGIOUS SCHEDULE



## **Sundays... 2nd Floor Theater**

9AM- EWTN Mass Recorded

11AM- Catholic Communion

1PM - Rosary

## **Mondays... Apartment 132**

2:30PM - Protestant Communion

## **2nd Tuesdays... 2nd Floor Theater**

10AM - Mass

## **Wednesdays... 4th Floor Library**

11AM - Catholic Communion

## **1st Fridays... 2nd Floor Theater**

3PM - Evening Shabbat

## **Saturdays... Apartment 129**

Anytime between 9:00am-11:00am

Jehovah's witness Bible Discussion





## Menu of Services

### Shampoo / Cond.

Shampoo .....	13
Basic Conditioner .....	7
Deep Conditioning Treatment .....	13

### Sets & Cuts

Set (or Blow-dry • Curling Iron) Only .....	18
Haircut Only .....	28
UpDo .....	35
Clipper Cut .....	20
Neck Trim .....	10

### Color

Single Process Color .....	55
Temporary Color Rinse .....	8
Highlights .....	55 • 60 • 65

### Perms & Relaxers

Perm Only .....	60
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### Spa Treatments

Truist Gloves .....	8
Manicure .....	22

Pedicure .....	34
Spa Manicure (Extra Massage & Sugar Scrub) .....	24
Spa Pedicure (Extra Massage & Sugar Scrub) .....	35
Polish Change • Nail Shaping .....	15
Toenail Clipping .....	18
Nail Soak Off .....	10
Silk Mini Manicure .....	23
Full Set Silk Wrap Nails .....	50
Slik Wrap Fill .....	38
1 Step Gel Manicure .....	38
Silk Wrap Fill with Gel Coat .....	48

### Aesthetics

Facial Grooming .....	10
Hair Removal Service (per service for Chin or Lip) .....	12
Hair Removal Service (per service for Brow) .....	12

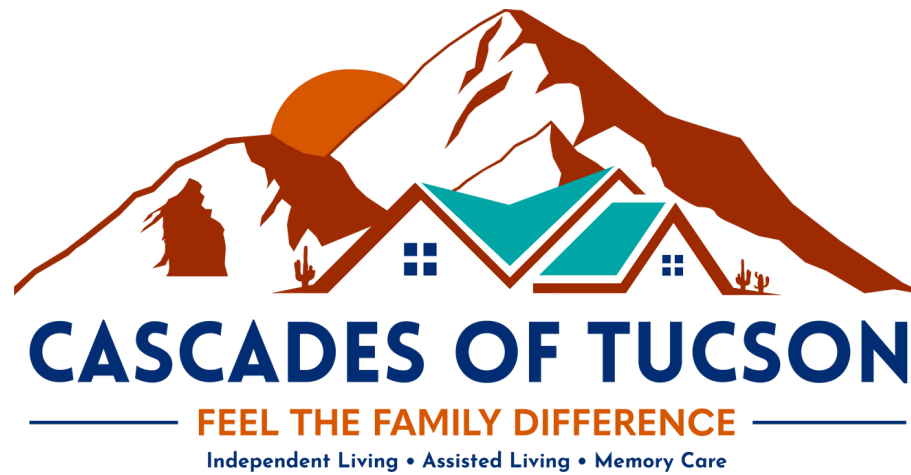
### Massage

Hand Massage (per 10 min) .....	10
Foot Massage (per 10 min) .....	10

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