The Hacienda at the River

The Hacienda at the River is an extraordinary riparian retreat in Tucson, inspired by the ranching lifestyle traditions of independence, neighborliness and discovery.

The Hacienda, featuring gracious and sustainable design, welcomes those seeking exceptional Assisted Living, Memory Care, Rehabilitation & Skilled Nursing and Hospice Care.

Dedicated to vibrant longevity and visionary healing science, The Hacienda fuses landmark integrative therapies and leading edge applied research with the warm desert beauty and hospitality of the Southwest.
Hacienda Homes

ASSISTED LIVING & MEMORY CARE • Single-story, low profile buildings • 15-18 residents each neighborhood

■ SPACE
Private or semi-private suite with bath en suite, in a single-story Hacienda Home, with 15-18 suites in each neighborhood
French doors leading to shaded grassy courtyard with metal-roofed porch, paths, benches, shading trees and gardens
Communal interior spaces include family-style kitchen, dining room, living rooms, library, lobby with fireplace and sunporch
Interior design keyed toward the traditions of guest ranches and haciendas in rich earth tones, bright accents, comfortable textures and fluid indoor/outdoor living spaces

■ CARE & WELLNESS
24/7 warm, compassionate, expert support from universal caregivers called Nayas, who are household leaders involved in most aspects of a resident’s day
Extended care teams who receive special training from University of Arizona healthcare partners, with special concentration on integrative medicine
On-site clinics, classes and seminars on integrative care from several Tucson healthcare pioneers, including University of Arizona partners
On-site personalized medical care from Dr. Steven Wool

■ FOOD
Three daily meals prepared together in the Hacienda Home open kitchen
Meals eaten family-style in the dining room or in a location of the resident’s choosing; guests are always welcome
Menus that concentrate on fresh, nourishing ingredients, some grown in Hacienda gardens
Favorite foods stored in personal pantry with easy access for an anytime snack
Variety of on-campus dining venues, from casual to formal at The Springs

■ ENGAGEMENT
Scheduled outings to entertainment, shopping, cultural and dining spots
Specialized classes and seminars from Hacienda’s partners in integrative care and well-being
On-site equine therapy and therapy gardens
Watermark University classes in wide-ranging arts, culture, science and society topics – led by residents and outside experts, including members of Southern Arizona Arts and Cultural Alliance

Hacienda Home design yields a careful balance between ample privacy and active, tight-knit community. Private suites are comfortable, richly appointed, light-filled and spacious. French doors open onto a shared courtyard filled with shading trees, gardens, paths and benches. All community spaces – living room, library, kitchen, central courtyard, gardens, horse stables – are easy to reach.

In most assisted living and memory care settings, care is delivered by several individuals, each doing isolated tasks. In the Hacienda Home, universal caregivers called Nayas live alongside residents, a guiding presence for all of the day’s activities. Deep bonds are formed. The quality of care is extraordinary and the opportunities for meaningful engagement in community life are abundant.
The Springs

With both short- and long-term stays, The Springs provides guests a quiet retreat to restore mind and body. Offering a wide range of integrative therapies that address the whole person and harness each individual’s natural and unique capacity to heal, treatments are coordinated by a medical team under the guidance of our Medical Director Dr. Steven Wool. The combination of unrivaled service, a serene environment and a deep regard for the individual creates abundant opportunities to restore wellness.
Equine Therapy

The human/horse interactions in Hacienda equine therapeutic programming offer life skills of resilience, self-reliance, problem solving and heart-centered teamwork.

One of the foundations of the Hacienda community is the presence of horses. We are extremely fortunate to have Tucson’s equine therapy pioneer Barbara K. Rector of Adventures in Awareness™ create and direct The Hacienda’s distinct therapeutic equine programs. Using an invitational approach, where human and horse invite one another into each other’s presence, these special sessions with horses encourage meaningful connections to self, to others and to the larger community.

Residents, with Barbara’s team helping in an experiential ‘learning through doing’ technique, learn how and what the horse is communicating through its own nonverbal yet very expressive form of language. Through this intercommunication, residents learn about relationship development and communication skills, with an emphasis on trust and choice.

Therapeutic equine sessions vary in length and in the type of interaction with the horse: some residents are in the presence of the horse, with no physical touching but being with the horse from a shorter or longer distance. Other sessions are ‘meet and greet,’ ‘mutual choosing’ and ‘heart scan’ that focus on horse and human getting to know one another, followed up with touching, grooming, possibly leading and riding the horse depending on ability and desire.

Recent studies are showing that equine therapeutic approaches have proven to be especially valuable and beneficial for those dealing with Parkinson’s, Alzheimer’s, Dementia and Depression. Working with horses contributes to core strength building, balance and mobility.
The Hacienda at the River sits on the terrace at the edge of the Rillito River, in an area with a surpassing ecological richness, distinctive of the Sonoran desert. Throughout, grounds and gardens borrow from this legacy and the traditions of Tucson farming and gardening.

In the architectural legacy of haciendas of the Americas, The Hacienda’s many varied spaces are discrete but intimately connected. A secluded grassy courtyard shaded by a couple of mesquite trees gives way to a sunny terraced vegetable garden; a short distance away, the airy coolness of a mesquite bosque invites exploration.

The Hacienda supports a number of seasonal gardens and small orchards, created and maintained with the guidance of a team of Master Gardeners from the University of Arizona. They utilize sustainable, organic methods, and provide a steady and varied supply of fresh ingredients to The Hacienda’s kitchens.

At The Hacienda, the more formal horticultural therapeutic program receives special attention. This model has a well recognized ability to enhance cognitive functioning, strengthen muscles and improve coordination, balance, and endurance. It also improves memory, cognitive abilities, task initiation, language skills, and socialization, as well as enhancing connection, contentment and happiness.
In the Hacienda Homes, as in many homes, the kitchen is the center of activity. In its warmth, people gather to share their day, break bread and enjoy the dynamic scents that come with ever-changing seasonal foods. Residents, associates and visitors enjoy the camaraderie that comes with preparing and eating a meal together.

Although meals are scheduled three times a day in the Hacienda Homes, residents can eat what they want, when they want. One person may choose tea and toast in bed at 6:15AM while another opts for scrambled eggs and bacon in the kitchen with fellow residents at 8:30AM. Favorite snack preferences are kept up to date through the Personal Pantry program.

The Springs’ main dining venue is The Ironwood Room. In this dining room’s relaxed and friendly atmosphere, guests enjoy wholesome meals prepared with an emphasis on the freshest farm-to-table ingredients (some from our own gardens). Its exhibition cooking area and creative menu representing global and local influences draw locals and guests alike.

The Acacia Café, in The Springs’ main courtyard, offers a more casual dining experience. With a menu geared toward quick, tasty meals, The Acacia Café offers gourmet sandwiches and salads, specialty baked goods, fruit smoothies and coffees and teas. The Acacia Café’s sunny location creates a casual atmosphere for guests and local visitors to linger.

In addition to these dining options, any time that guests would prefer that a tray of food be brought to their room, they may choose from a full-service menu that is always available.

Cuisine

With many menus designed by Rebecca Katz, renowned cookbook author, chef and co-founder of Healing Kitchens, culinary excellence is rooted in nutritious, flavorful local ingredients prepared to create a memorable dining experience.
Nayas

Working with the community’s nurses, therapists, programming and dietary professionals, special caregivers called Nayas are the anchor of the day-to-day structured rhythms of the Hacienda community.

In the traditional care model in senior living settings, care of a resident is parsed out among several associates, from dishwasher to charge nurse, who interact with a resident only within their particular and limited task set.

This care model not only leaves residents experiencing a lack of daily continuity with a regular small group of associates whose care they are in, but just as important, presents associates with significant risk of failing to put together the whole picture regarding a resident’s welfare.

In contrast, Nayas are responsible for all aspects of a resident’s well-being, performing nearly ALL of the tasks generally associated with a quality care environment. They interact with residents throughout the day: assisting with the daily activities of living, planning and carrying out each day’s activities, preparing meals together, going on outings, celebrating special events and acting as the touch-point between residents and their loved ones.

Because Nayas are an integral part of the household’s daily rhythms, they are able to assure that residents thrive, and with a care model no longer focused on moving residents through their day according to the associate’s schedule, residents determine the rhythm of their own day. The continuity and broadness of the daily interaction between residents and Nayas lead to deeper bonds, creating a family-centric environment.
The Hacienda is partnering with professionals from across Tucson’s health care community and beyond to provide personalized wellness and therapy programs, innovative and integrative clinical care, leading edge applied research, practitioner education and staff training.

In creating an integrative wellness community, The Hacienda is fortunate to partner with the University of Arizona College of Nursing and its one-of-a-kind Integrative Nursing Faculty Fellowship (INFF). This program teaches relationship-centered, whole-person care that inspires optimal health and well-being through a genuine clinical partnership between individual and care provider. This model trusts true collaboration, deep listening and a supportive presence steeped in curiosity, humor and wisdom. It respects non-traditional as well as biomedical therapies that address healing.

At The Hacienda, abundant and diverse programming promotes community connections and personal well-being that resonates physically, spiritually and emotionally: equine therapeutic programming at The Stable; horticultural therapeutic programming at some of The Hacienda’s many green spaces; aquatic therapies and swimming at the therapy pool; cooking classes with members of Tucson’s vibrant food scene; classes and seminars with visiting integrative medicine practitioners; as well as excursions to many of Tucson’s favorite spots.

The Hacienda also participates in Watermark’s celebrated Watermark University curriculum, where residents and outside experts teach classes that align with their passions. Watermark for Kids, a 501c3 non-profit organization that supports underserved kids, also has a significant presence at The Hacienda.

Health & Well-Being

The Hacienda is an integrative wellness community. Its integrative care practices and programs promote well-being that goes beyond traditional care models and activities to encompass everything that promotes spiritual radiance, physical vitality and social engagement so that residents and guests truly thrive.
The Hacienda®
AT THE RIVER
A WATERMARK COMMUNITY

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