



THE HACIENDA®
AT THE RIVER

A WATERMARK COMMUNITY

Rehabilitation & Skilled Nursing



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Through care, programming, amenities and spaces that are attuned to each guest's uniqueness and complexity, The Springs is a special setting that not only helps guests recover quickly from surgery, illness or injury and return home, but may also give them new tools to increase their well-being beyond their stay.

With nurses on-site 24/7 and the support of a care team that focuses on true collaboration and deep listening, guests at The Springs – sometimes even before they arrive – discover a healing path that is personal, comprehensive and appropriate, resulting in multidimensional wellness.

Collaboration with several university-based partners brings an uncommon richness and unexpected broadness to the medical modalities offered at The Springs. Guests have unprecedented access to cutting-edge clinical care, programming and research.





Clinical Care

The daily care and overall therapeutic and wellness goals of each guest is managed by a single individual, a *Naya*, who acts as caregiver and guide. Able to form deep relationships with each guest, the *Naya* assures appropriate, personalized care and introduces guests to the integrative care options at The Springs – massage, aqua therapies, cooking classes, sitting in the garden – and helps guests discover their own best path of engagement for achieving well-being.

DETAILS:

- ◆ Integrative therapies personalized to each guest's needs that support the whole person
- ◆ Care orchestrated through a collaborative team of physicians, nurses, therapists (physical, occupational, speech and dietary) and social workers
- ◆ 24/7 warm, compassionate, expert support from *Nayas*, who are personally committed to each guest's care and well-being
- ◆ Personal Ambassador Program provides a single point of contact for the extended medical team and family, even beyond the guest's stay
- ◆ Opportunities to participate in cutting-edge, university-based exploration of longevity and resilience in aging



Partnerships

Watermark 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. From significant hands-on presence through internships, externships and residencies to opportunities for guests who want to be involved in visionary research and therapies that bring concept to practice, these relationships bring unique opportunities for healing and growth to guests and associates of The Springs.



DETAILS:

- ◆ The College of Nursing Integrative Nursing Fellowship teaches relationship-centered, whole-person care that inspires optimal health and well-being
- ◆ The McKnight Brain Institute works to understand normal changes in the brain as it ages, in the hopes of developing practical lifestyle recommendations and treatments that will lead to better memory
- ◆ The Arizona Center on Aging exists in order to improve quality of living and extend the life span of older adults. They want to eradicate the diseases and conditions that occur in advanced age, and to unleash the unparalleled wisdom, energy and experience of older adults
- ◆ The Stroke Resource Center of Southern Arizona (SRCSA) provides on-site resources and programs to enhance the quality of life for stroke survivors and caregivers



Spaces

The direct effect that spaces have on healing is now better understood and even starting to be quantified. The design of The Springs incorporates much of the latest science while also relying on good old-fashioned beauty of design. It is chock full of indoor and outdoor spaces, both public and private, that are varied and inviting, and help foster a sense of well-being.

Nearly all suites are private and have generous windows with access to a central courtyard with a small citrus orchard, fragrant herbs, winding paths and fountains.

DETAILS:

- ◆ Private suite with bath en suite in a setting with design keyed toward the traditions of Spanish Revival architecture with rich earth tones, bright accents and fluid indoor/outdoor spaces
- ◆ Therapy pool with portico porch, fitness room, massage room, beauty salon and barber shop
- ◆ Indoor and outdoor dining Arizona room (large enclosed sun porch), library, living room with fireplace
- ◆ Spacious courtyard with small alcoves, fountains, fireplaces, plentiful landscape plantings, including a small citrus grove



Engagement

In many Rehabilitation and Skilled Nursing settings, there is little for patients to do outside the few hours per day they receive therapeutic intervention. At The Springs, guests find much to draw their interest, from cooking classes, to equine programming at The Stables, to a casual lunch at The Acacia Café.

Because The Springs is a neighborhood center that supports university-based classes and lectures, movie screenings, gardening classes and social events, the experience of a stay at The Springs is not one of isolation but of community.

DETAILS:

- ◆ Specialized classes and seminars from The Hacienda's partners in integrative care and well-being; guests may participate in these educational opportunities before and after a stay at The Springs
- ◆ 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
- ◆ On-site equine programming at The Stables led by Tucson's equine therapy pioneer Barbara K. Rector of Adventures in Awareness™
- ◆ On-site therapy gardens with regular hands-on classes led by The Hacienda's Horticultural Guide, Jason Welborn



Cuisine

The Springs' main dining venue is The Club 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. Its 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 select items from a full-service menu that is always available.

The Details

PLACE

- Spanish Revival architecture with rich earth tones, bright accents and fluid indoor and outdoor spaces
- Lush riparian grounds with therapy garden, mission orchard, walking paths and direct access to Rillito River walk
- Outdoor living spaces with fountains, reflecting pool and fireplace
- Therapy pool with portico porch, fitness room, massage rooms, beauty salon and barber shop
- Private and semiprivate suites featuring private baths, 55" televisions and Wi-Fi
- LEED Silver certified construction and a dedication to eco-responsible practices

THE EXPERIENCE

- Personal Ambassador Program – single point of contact for resident and family and champion of the resident experience
- Expert support from universal caregivers called *Nayas*, who are personally committed to each guest's care and well-being
- Dynamic calendar of classes, programs and outings, including Watermark University classes and Extraordinary Outings
- Specialized classes and seminars from The Hacienda's partners in integrative care and well-being

CULINARY

- Nutritious, chef-prepared gourmet meals with menus designed by Healing Kitchens co-founder and cookbook author Rebecca Katz
- Farm-to-table dining philosophy
- Various dining options featuring the main dining venue, The Clubroom, room service or outdoor patio at the Acacia Café and coffee bar

HEALTH & WELLNESS

Our integrative care practices and programs promote well-being that goes beyond traditional care models and programs to encompass everything that promotes spiritual radiance, physical vitality and social engagement so that residents and guests truly thrive.

- Integrative medicine options such as acupuncture, aromatherapy, massage therapy, hand/foot massage and guided meditation in dedicated therapy rooms
- On-site equine at The Stables
- On-site aquatic therapy
- Nurses available and on-site 24/7
- Registered dietitian oversight
- Physical, occupational and speech therapy
- Wound care and vacuum-assisted closure
- Intravenous therapy
- 42" flip mattresses that are soft on one side, firm on the other
- Cutting-edge rehabilitation technologies such as: VitalStim® Plus Dysphagia therapy system; HUR iBalance Balance Testing & Therapy; Panacea® Genisys® Vectra® therapy; PneuLift™ Unweighting therapy system; iN2L Mobile FLEX resident engagement system; EasyStand Evolv® standing frames; Megapulse® II Shortwave Diathermy

The Springs at The Hacienda at the River

Medicare-Certified Rehabilitation and Skilled Nursing

Admissions: 520-485-1060

Admissions Fax: 520-365-3660

Medical Director: Dr. Steven Wool

Rehabilitation Partner: HealthPRO®/Heritage

Clinical Partners: University of Arizona Center for Integrative Nursing,
Evelyn F. McKnight Brain Institute, University of Arizona Center on Aging,
Stroke Resource Center

Total Residences: 137

Assisted Living: 36

Memory Care: 35

Skilled Nursing: 66

Hospice residences provided by Casa de la Luz: 12



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ASSISTED LIVING & MEMORY CARE RESIDENCES
REHABILITATION & SKILLED NURSING • OUTPATIENT REHABILITATION

