

A & D ELDERCARE AT CORTEZ

Let our family take care of your family

Welcome to A & D Eldercare at Cortez, where we are dedicated to providing the highest quality of senior assisted living care in a home-style setting. We have created a safe and secure community, which nurtures the mind, body, and spirit of all our residents.

The moment you enter A & D Eldercare at Cortez you will notice that we are a one-of-a kind community. The environment is warm and inviting. Residents here experience an intimate, home-like atmosphere with all of the amenities of a larger facility. The property consists of four homes, situated within a secured perimeter wall with video surveillance. The outside common area and gardens

feature mature citrus trees with stunning views of the San Jacinto Mountains. Our residents can participate in the many outdoor activities that take place in a lovely courtyard setting, while family and friends have peace of mind knowing their loved one is safe 24 hours a day.

The facility, formerly known as Inner Image, has recently undergone a major renovation. Both private and shared suites are spacious, designed and decorated with comfort and safety in mind. Residents are invited to integrate personal belongings such as pictures or furniture into their rooms to create a familiar, home-like environment.

A & D Eldercare is family owned and operated, from Licensee/Owner Irene Posa to

“Living so far away from my aunt, it is reassuring to know that she is happy and safe at A & D and that she is cared for in such a way that makes her feel at home.”

Penny Loy, Houston, Texas



The well-appointed living room at A&D Eldercare provides a comfortable area for residents to socialize with friends and family.

www.kaminskyproductions.com

Administrative Assistant Tasha Posa, down to our littlest volunteer, 3-year-old Zoe Posa, who loves to keep our residents busy with her stories. Licensed Administrator Erika Heywood has seven years of experience in the desert area.

Staffing is a precious commodity in the realm of assisted living. We seek only the best and most experienced individuals. Our caregivers receive ongoing training and education to ensure they are meeting the unique needs of our residents. We are members of the Alzheimer's Association, state licensed to care for Alzheimer's and dementia patients, and provide assisted living at all levels of physical and mental functioning. Our staff is extremely important to us and the residents. We believe that taking good care of them directly impacts the quality of care. Happiness promotes wellness.

A typical day at A & D consists of three home-cooked, nutritious meals and snacks in our well-appointed dining rooms, taking into consideration the individual dietary needs of our residents. Everyone is assisted with grooming, bathing, and dressing, with an emphasis on privacy and dignity. Guests are encouraged to participate in all activities, including group meals. This offers socialization, companionship, and friendship. Activities include exercise in the courtyard, cognitive and sensory stimulation,



All private and shared suites are beautifully decorated and designed with comfort and safety in mind.

remembrance workshops, creative expression through arts and crafts, visits from children and animals, as well as outings. All activities are structured to provide residents with a sense of accomplishment and value, and they are invited to pursue their own hobbies and interests. Family and friends are welcome to visit and participate in all activities.

We provide continuous communication and updates to residents' family members who live outside of the valley. Family members may see day-to-day activities throughout the entire facility by accessing our pass-code-protected, live cam Web site. Our interactive video conferencing system allows family members to see and talk with residents around the clock. Whether they

are across town or across the world, maintaining the connection is vital!

All services are covered under one monthly charge, which includes administering medication, meals, laundry, transportation, and salon services for men and women provided in our on-site salon.

For more information or to arrange a tour of A&D Eldercare, please contact Erika Heywood. ■

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Some of the staff at A&D Eldercare: Maria Contreras, Irene Posa, Zoltan and Tasha Posa, and Erika Heywood