



 THE HACIENDA®  
AT THE RIVER

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ÉLAN COLLECTION

# ÉLAN COLLECTION

Creating extraordinary  
and innovative communities  
where people thrive.

- WATERMARK RETIREMENT COMMUNITIES -



## THE GATEWAY TO ELEVATED SENIOR LIVING

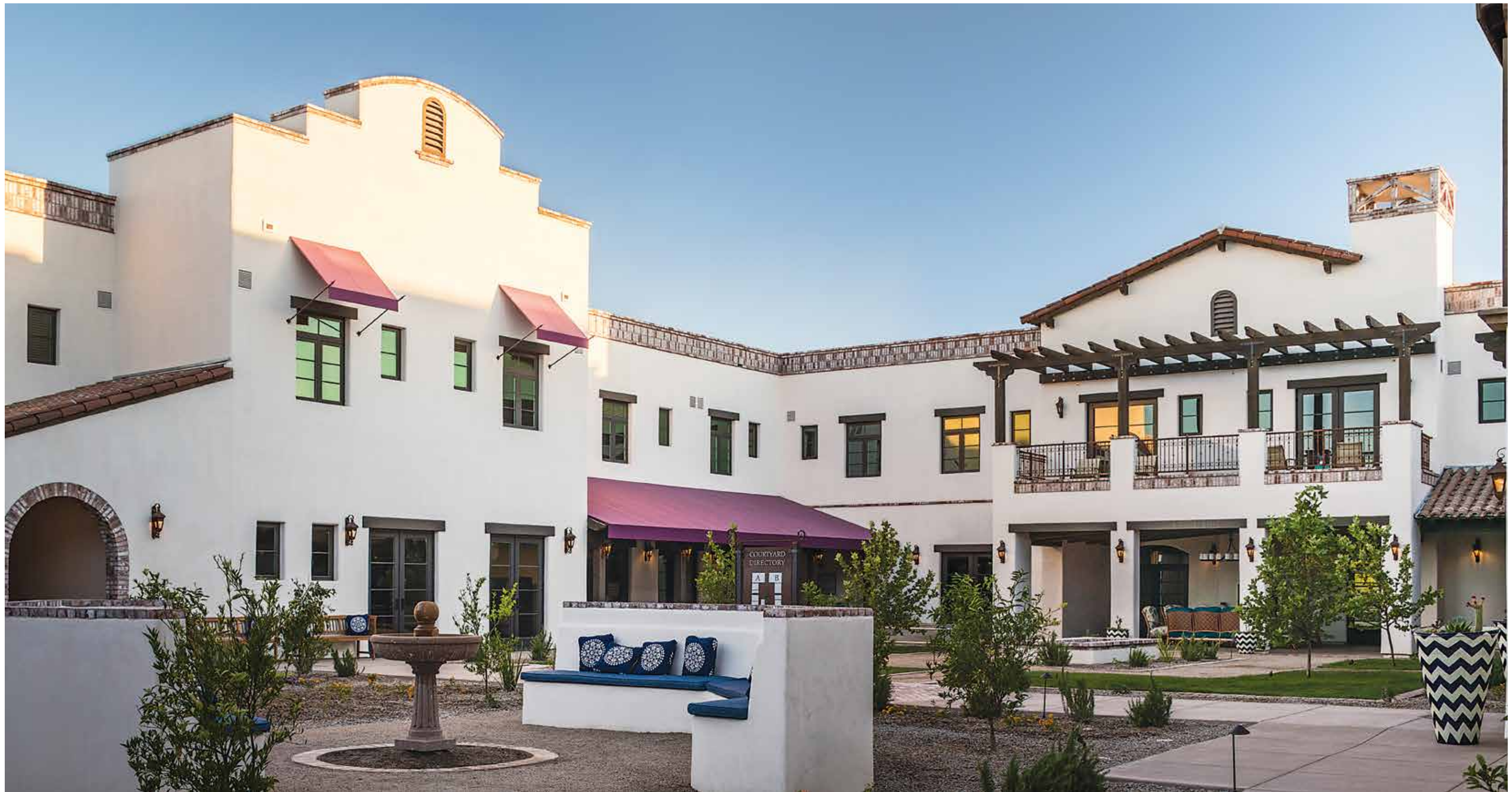


**Watermark Retirement Communities® has been re-imagining the concept of retirement for more than three decades.**

Through our passion and commitment, we are building extraordinary communities all enhanced with Signature Programs unique to Watermark. Here, residents thrive across countless opportunities to dine, learn, engage and rejuvenate. It's no wonder Watermark has become one of the most esteemed providers in the nation.

### ÉLAN COLLECTION

Our recently launched Élan Collection creates a new benchmark in senior living, blending ageless style with leading-edge innovation, personal service with grand-scale amenities, intimate tranquility with engaging opportunities, a spirited lifestyle with customized care. Along with The Hacienda at the River, the Élan Collection features four other premium locations: The Watermark at Westwood Village in Los Angeles, The Watermark at Napa Valley, The Watermark at Brooklyn Heights and The Hacienda at the Canyon in Tucson, Arizona.



*Rooftop Terrace*

DISCOVER

Discover the timeless elegance of our  
Élan Collection at The Hacienda at the River.



## 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.

With its gracious and sustainable design, The Hacienda welcomes those seeking exceptional **Assisted Living, Memory Care,** and Hospice Care. **Independent Living** coming soon.

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



RELAX AND ENJOY  
THE SERENITY OF TUCSON



## A PLACE OF DISCOVERY & ENGAGEMENT



**Savoring all that the day brings.**

The benefits of strong connections are perhaps most deeply felt in times of significant transition, when those bonds help conjure up spiritual richness, physical vitality and social concord.

The Hacienda at the River is a special environment that nurtures relationships. Through the design of the spaces, the care and wellness support, the cuisine and the abundant daily opportunities for engagement, The Hacienda at the River is a community meant to enhance the life of each of its members - through discovery, creativity and connection.

# HACIENDA HOMES



## ASSISTED LIVING & MEMORY CARE

*Single-story, low-profile buildings with 36 total residences in Assisted Living and 15-18 residents in Memory Care.*

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 shade trees, gardens, paths and benches. 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* share each day with residents, serving as 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.



## SPACE

Private or semiprivate suite with bath en suite, in a single-story Hacienda Home, with a total of 36 residences in the 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 with open pantry, dining room, living rooms, library, lobby with fireplace and sunporch

Interior design reminiscent of 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 health care partners, with special concentration on integrative medicine

On-site clinics, classes and seminars on integrative care from several Tucson health care pioneers, including University of Arizona partners

On-site personalized medical care from Dr. Jaspreet Singh

## FOOD

Three meals daily prepared graciously 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 club room 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 guided programs and therapy gardens

Watermark University classes in wide-ranging arts, culture, science and society topics - led by residents, associates, and outside experts, including members of Southern Arizona Arts and Cultural Alliance





# IN THE PRESENCE OF HORSES<sup>SM</sup>



**The human/horse interactions in Hacienda equine-guided 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 Barbara K. Rector of Adventures in Awareness<sup>TM</sup>, a pioneer in wellness work with horses, help develop and direct The Hacienda's distinct equine therapeutic programming, *In the Presence of Horses<sup>SM</sup>*. 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 the equine team helping in an experiential "learning through doing" technique, explore 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. 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 and possibly leading depending on ability and desire.

Recent studies are showing that equine-guided 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 GARDENS



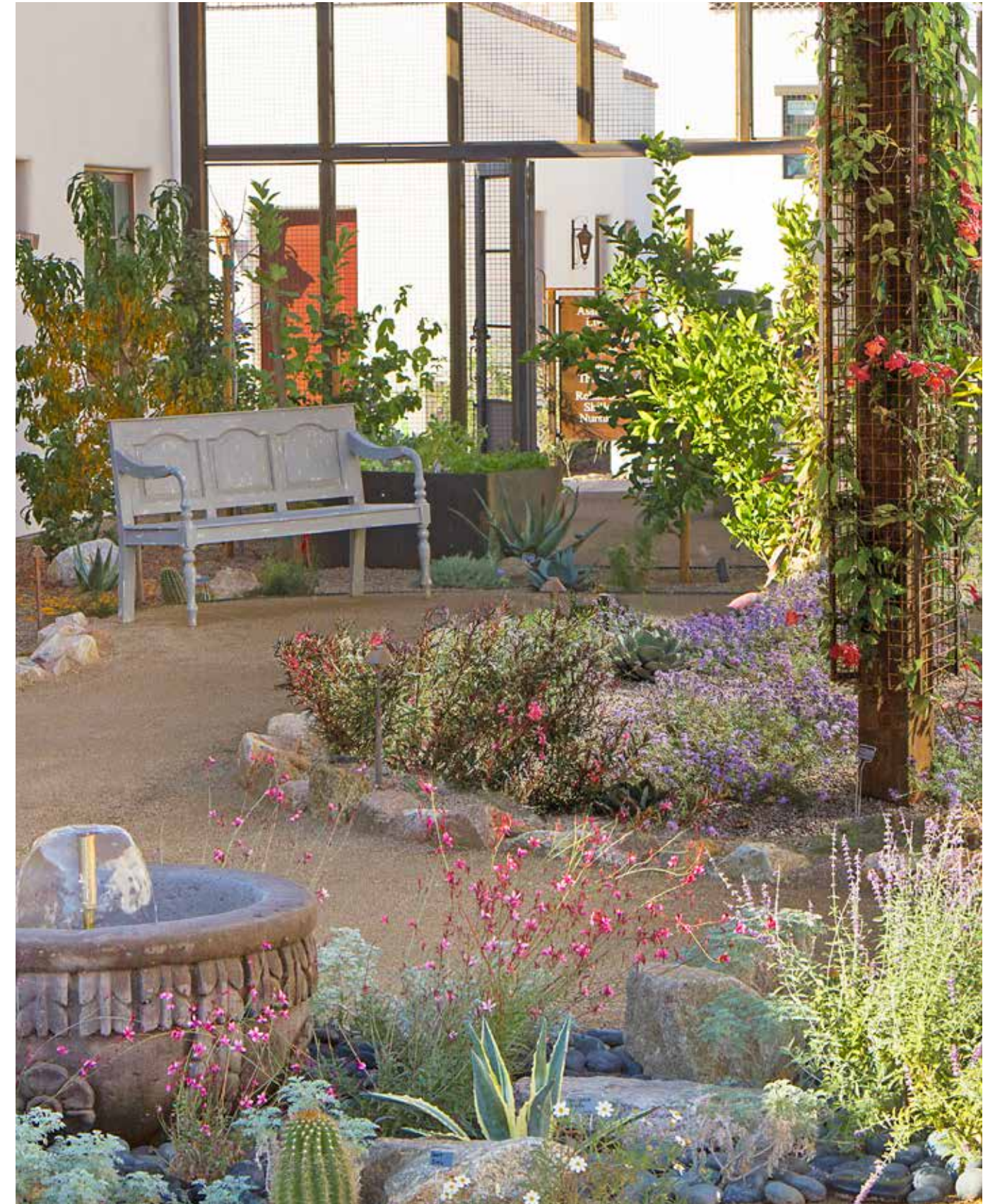
**At The Hacienda, gardens and green spaces are places of connection, grounding spaces where residents and guests encounter the healing elements of nature.**

The Hacienda at the River sits on the terrace at the edge of the Rillito River, in an area with an unsurpassed 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 and 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 with the guidance of a team of Master Gardeners from the University of Arizona. The Gardens utilize sustainable, organic methods, and provide a steady and varied supply of fresh ingredients to The Hacienda's kitchens.

At The Hacienda, the horticultural therapeutic program receives special attention. This model has a well-recognized ability to enhance cognitive functioning, strengthen muscle, 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.





## 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 memorable dining experiences.

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 Pantry Program.

# NAYAS



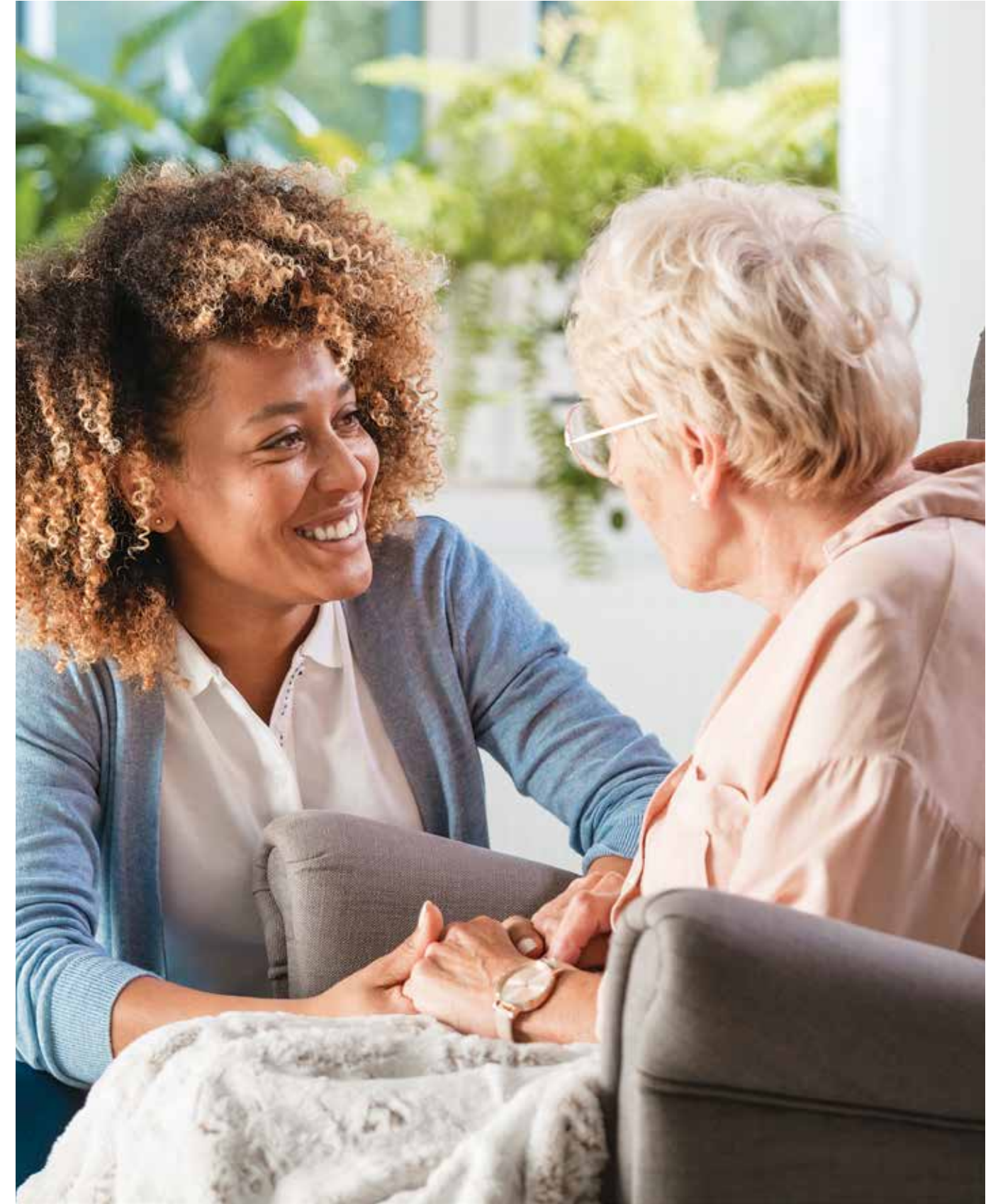
**Working with the community's nurses, therapists, programming and dietary professionals, special caregivers called *Nayas* are the anchor of the day-to-day structured rhythms of the Hacienda community.**

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, 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.





## HEALTH & WELL-BEING



**The Hacienda is an integrative wellness community that practices programs which promote well-being, surpassing 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 partners 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-guided therapeutic programming at The Stable; horticultural therapeutic programming at some of The Hacienda's many green spaces; aquatic therapies 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, associates and outside experts teach classes that align with their passions. Watermark for Kids, a 501c3 nonprofit organization that supports underserved kids, also has a significant presence at The Hacienda.

**Extraordinary Spaces** - Using a distinct visual vocabulary, the design of The Hacienda expresses the romantic beauty of the Spanish hacienda, blended with traditions that are specific to Tucson. Covered porches and courtyards, as well as arches, breezeways and patios, promote an indoor/outdoor lifestyle that is characteristic of temperate weather of high desert landscapes.

**Integrative Care & Wellness** - The Hacienda enhances the well-being of its residents and guests through integrative wellness and therapeutic programming, including equine, horticultural and aquatic therapies. Continuity of care is provided by universal caregivers called *Nayas*.

**Delicious Cuisine** - Culinary excellence is rooted in nutritious, flavorful ingredients, some grown in on-site gardens and fruit-bearing trees. From the home-cooked meals prepared in the Hacienda Home kitchen to the menus of the community's dining venues, cuisine is fashioned to enhance wellness and create memorable dining experiences. The Acacia Café is open to the public.

**The Place Beside the River** - The Hacienda is built on the banks of the Rillito or "little river," which defines the southern edge of Tucson's Catalina Foothills. Amid this restored native vegetation and waterway, terraced gardens and a paddock for visiting horses instill a sense of the area's farming and ranching heritage. It is a place of reconnection and inspiration.





## LOCATION



**The Hacienda at the River is located at the base of the Catalina Foothills, at Hacienda del Sol Road and River Road.**

The Rillito River Park path passes just beside The Hacienda to the south. A half mile west is St. Phillip's Plaza, with some of Tucson's favorite dining and shopping venues, including a farmers market. La Encantada Shopping Center is a quick five-minute drive. Banner - University Medical Center is a 10-minute trip, as is the University of Arizona. Tucson Medical Center is also nearby.

### Contact

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