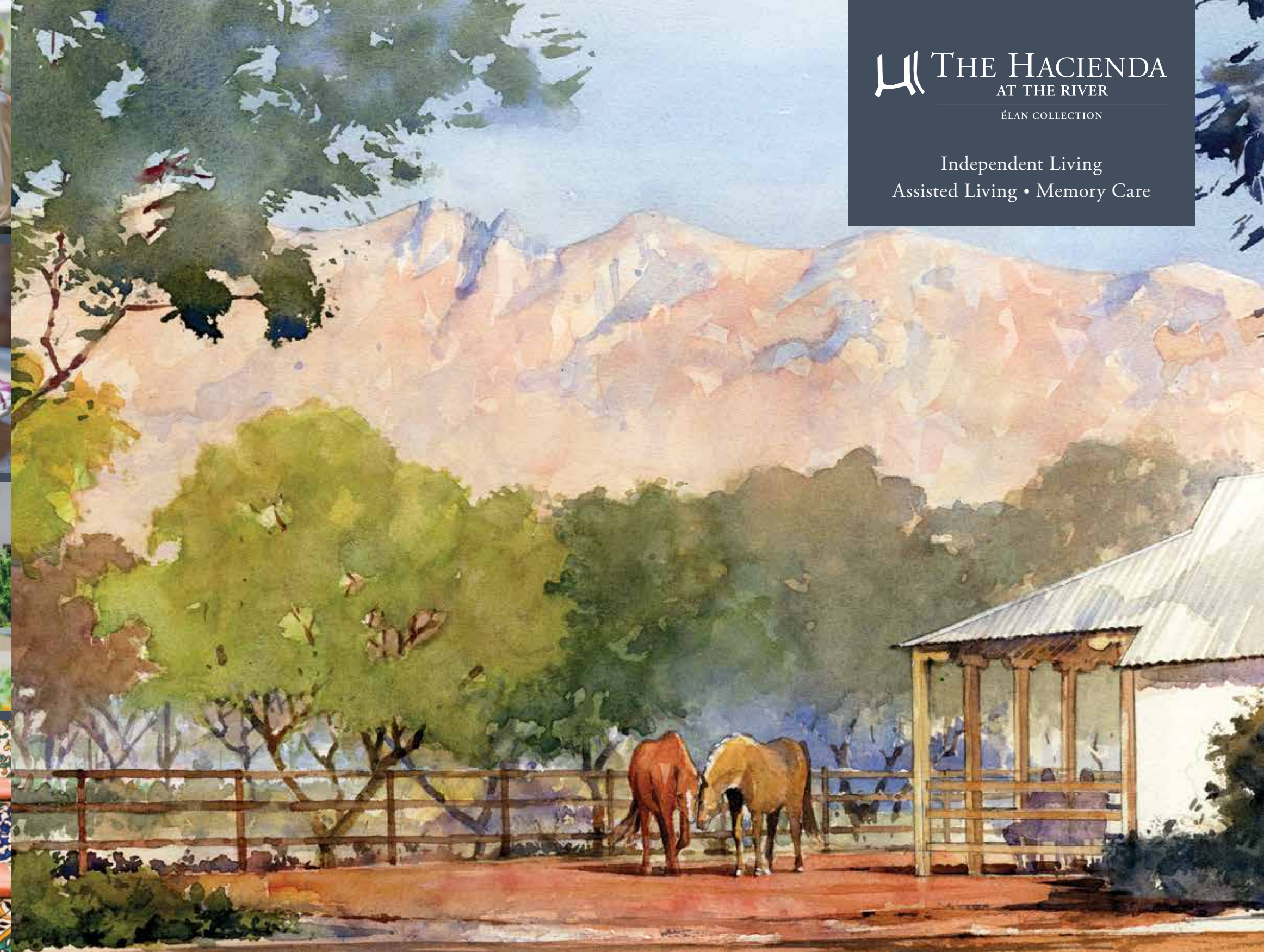


 THE HACIENDA  
AT THE RIVER  
ÉLAN COLLECTION

Independent Living  
Assisted Living • Memory Care



 THE HACIENDA  
AT THE RIVER  
ÉLAN COLLECTION

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Independent Living • Assisted Living • Memory Care

 A WATERMARK RETIREMENT COMMUNITY™



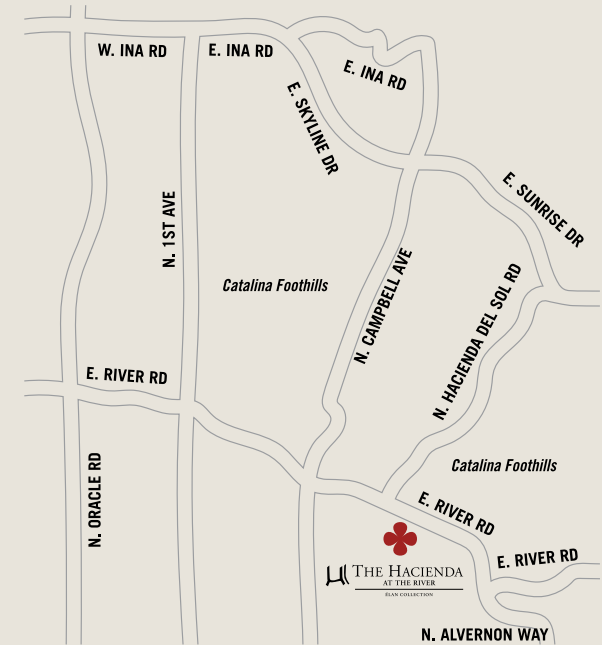
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## Location

The Hacienda at the River is located at the foot 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 Farmers Markets. 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.



## The Hacienda at the River

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

Through inspiring architectural design, care and wellness support, healthful cuisine, and abundant daily opportunities for engagement, The Hacienda enhances life for each of its members through discovery, creativity, and connection.



*A Place of Discovery and Engagement*



## EXTRAORDINARY SPACES

Expressing the romantic beauty of the Spanish hacienda and Tucson's unique architectural traditions, The Hacienda features covered porches and courtyards, as well as arches, breezeways, and patios, to inspire indoor/outdoor living.

## INTEGRATIVE CARE & WELLNESS

Integrative equine, horticultural, and aquatic wellness programming enhance well-being for members and guests. Universal caregivers, called *Nayas*, provide continuity of care.

## DELICIOUS CUISINE

From home-cooked meals to the menus of the community's dining venues, some of which are open to the public, cuisine here enhances wellness and creates memorable dining experiences.

## ENGAGED LIFE

Campuswide programs, events, and activities offer each member a guided opportunity to improve the quality of day-to-day life through classes, seminars, and outings in addition to one-on-one sessions with Hacienda wellness counselors.

## THE PLACE BESIDE THE RIVER

Built on the banks of the Rillito, or "little river," The Hacienda is a place of reconnection and inspiration. The restored native vegetation, terraced gardens, and horse stables instill a sense of the area's farming and ranching heritage.

**1** The Gallery Bar  
Full-service bar and a grab and go dining

**2** The Acacia  
Casual indoor and patio dining

**3** Independent Living Courtyard  
Indoor/outdoor living garden and fountains

**4** Indulge Salon and Spa  
Look and feel your best

**5** Indoor Watsu® Pool  
Aquatic therapy

**6** The Stable  
Visiting horses for on-site equine programs

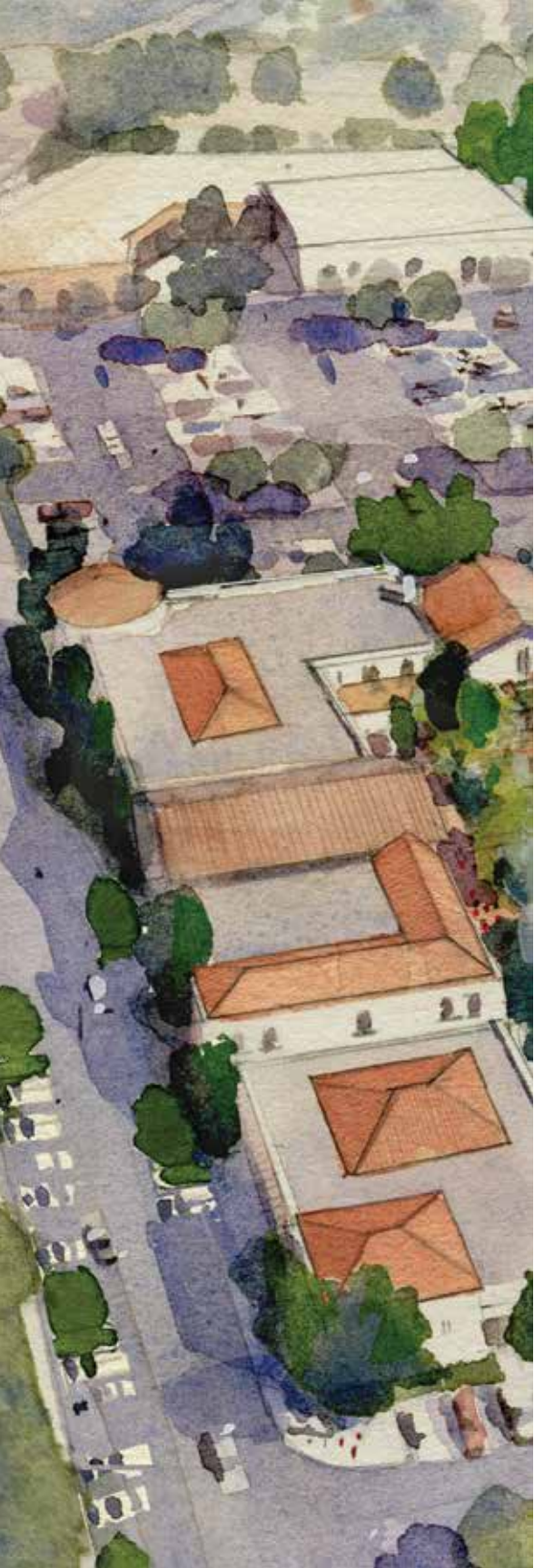
**7** The Garden  
Horticultural experience

**8** Riparian Corridor  
Paths and horse trail

**9** Rillito River Path  
Tucson's recreational path loops the city







## *Thrive in the Catalina Foothills*

**Our extraordinary riparian retreat remains inspired by the ranching lifestyle traditions of independence, neighborliness, and a thirst for exploration. The Hacienda at the River features gracious and sustainable design in harmony with nature.**

Here, we fuse landmark integrative programs and leading-edge applied research with the desert beauty and hospitality of the Southwest. Vibrant longevity and visionary healing science come together to create a lifestyle of relaxed elegance for those seeking exceptional Independent Living, Assisted Living, and Memory Care communities.



# The Residences

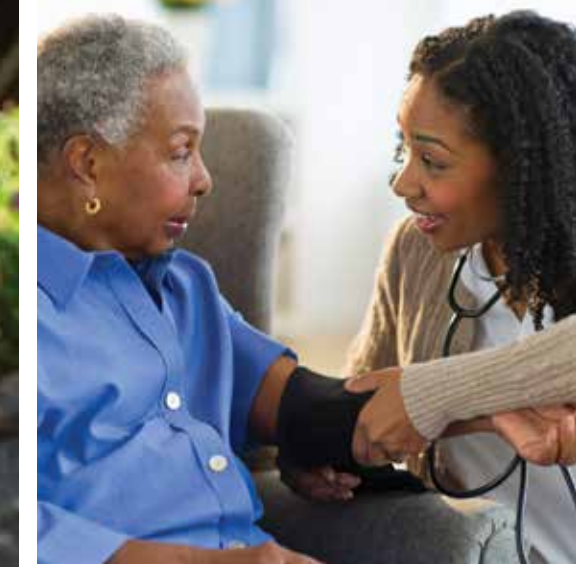
HACIENDA HOMES:

## Assisted Living and Memory Care

**Offering a thoughtful balance between ample privacy and an 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, however, universal caregivers called *Nayas* live alongside members, providing a guiding presence for all of the day's activities. Deep bonds are formed that enrich quality of life. The caliber of care is extraordinary and the opportunities for meaningful engagement in community life are abundant.







## *The Residences*

HACIENDA HOMES:

### Independent Living

**Featuring gracious and sustainable design, 23 luxury residences welcome those seeking elegant comfort in an intimate community.**

Residences at The Hacienda take inspiration from the city of Tucson and its rich history of casual elegance. The design influence is Spanish Revival style, a local favorite that concentrates on thick white walls under red tile roofs, balconies and patios for indoor/outdoor living, and generous spaces filled with light from abundant tall windows.

Apartments range from 800-1,600 square feet, in one- and two-bedroom floor plans. Second-level residences enjoy views of the majestic Catalina Mountains or the Rillito River, with downtown Tucson in the distance. Others overlook the well-appointed courtyard with a fountain and plentiful citrus trees.

Residences feature open floor plans, modern kitchens, and environmentally friendly appliances with high fit and finish.





# *In the Presence of Horses*<sup>®</sup>

Find your unique balance.

**Building skills of resilience, self-reliance, problem-solving, and heart-centered teamwork through equine programming.**

In the Presence of Horses is one of the foundational programs of The Hacienda community, available to all our members. In addition to the positive and joyful relationships formed, working with horses contributes to core strength building, balance, and mobility. Studies have shown that equine experiences are especially beneficial for people with Parkinson's disease, dementia, or depression.

Developed by Barbara K. Rector of Adventures in Awareness<sup>™</sup>, a pioneer in wellness work with horses, The Hacienda's In the Presence of Horses program, uses an invitational approach, where human and horse invite one another into each other's presence. Through this intercommunication, members learn about relationship development and communication skills, with an emphasis on trust and choice. These special sessions with horses encourage meaningful connections to self, to others, and to the larger community.







## *The Gardens*

Transformative and grounding.

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

**Imbued with ecological richness distinctive of the Sonoran desert, The Hacienda's many varied spaces are discrete but intimately connected. A secluded, shade-dappled courtyard 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 Master Gardeners from the University of Arizona. Sustainable, organic methods are employed to provide a steady variety of fresh ingredients to The Hacienda's kitchens.

Our more formal horticultural program is based upon a model with well-recognized success in helping to boost cognitive functioning, strengthen muscles, and improve coordination, balance, and endurance. Fruit-bearing trees and flowers attract birds and butterflies in a fragrant haven of sensory pleasures. Some people simply want to feel the soil in their hands and watch things grow. This space naturally encourages healing and joy.





# Culinary Arts

## Memorable Dining Experiences

**Our culinary philosophy is rooted in nutritious, flavorful local ingredients prepared to create a memorable dining experience. Hacienda chefs have been highlighted on popular cooking shows, and our members rave about food made just the way they like it.**

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 aromas that come with ever-changing seasonal foods. Members, associates, and visitors enjoy the camaraderie that comes with preparing and eating a meal together.

In the relaxed and friendly atmosphere of **The Acacia Café**, guests enjoy wholesome meals prepared with an emphasis on the freshest farm-to-table ingredients (some from our own gardens). The sunny location includes a patio dining option with a casual atmosphere where diners love to linger.

**The Gallery Bar** offers a more casual dining experience. It's a full-service bar specializing in light meals such as sandwiches, salads, baked goods, smoothies, and more. Grab and go foods are a handy choice, too.

Feel like staying in to eat? A full room-service menu is always available.







## *Nayas*

The support you need, with the independence you deserve.

Led by *Naya* caregivers who are involved in every aspect of life in our community, each member's rich daily routine includes opportunities to participate in a full and varied offering of enriching programming, including on-site equine and horticultural experiences.

The word *Naya* comes from the Sanskrit language and means a guide, person of wisdom, or leader. *Nayas* at The Hacienda spend the day with members, so they notice the nuances of daily routine that support restorative health.

These empathetic, dedicated individuals provide the kind of comprehensive care that is only possible when you build strong relationships, when you can recognize subtle changes and slight shifts from day to day.

It's a deeper level of care, a more meaningful lifestyle, and a more fulfilling experience.





# Health and Well-Being

Personalized, integrative, and whole.

**As an integrative wellness community, the care practices and programs of The Hacienda promote well-being through spiritual radiance, physical vitality, and social engagement so that members and guests truly thrive.**

In partnership with professionals from across Tucson's health care community, we provide personalized wellness and programming, innovative and integrative clinical care, leading-edge applied research, practitioner education, and associate training.

We are particularly 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.

What's more, in addition to our equine and horticultural programming, we support community connections and personal well-being through aquatic therapies, cooking classes, seminars with visiting integrative medicine practitioners, and excursions to many of Tucson's favorite spots.

The award-winning Watermark University curriculum affords members and community experts the opportunity to share their passion and expertise by teaching classes. Watermark for Kids is a 501(c)(3) nonprofit organization that supports underserved local kids and has a significant presence at The Hacienda.







The Hacienda at the River



