

# *Three Supportive Living Neighborhoods*

**Independent  
Living**

**Oasis  
Assisted Living**

**Reflections  
Memory Care**



**FELLOWSHIP SQUARE  
HISTORIC MESA**

*Each neighborhood offering*

## **THE WELLNESS CONNECTION**

Care partners providing services to our residents  
on-site and in the convenience of their homes.



Please see the reverse side  
for a list and description  
of care partners.

For more information,  
please contact our  
Campus Care Coordinator.

**(480) 290-7019**

# WELLNESS CONNECTION

Helping you maintain your independence

## COVENANT

*Health Network*

### PRIMARY CARE PHYSICIAN SERVICES

Via **The Doctor Is In** with on-site clinic and visits in your own Fellowship Square Historic Mesa home.

### HOME HEALTH

Medicare-certified skilled medical home health services in the convenience and comfort of your home.

- Medication Management
- Skilled Nurse Consultant & more

### OUTPATIENT REHAB

On-site Physical, Occupational & Speech Therapies.

- Muscle strengthening
- Walking & balance training
- Fall prevention
- Pain Management & more

### AVIANT HOSPICE

Sometimes residents struggle with serious illness and may be nearing end of life. Aviant Hospice provides ongoing and compassionate relief from symptoms and related stress as well as support for family members.

### SENIOR FITNESS

Health and fitness programs designed especially for seniors under supervision of trained fitness instructor.

## *Other Partners*

### SUPPORTIVE SERVICES

For help with your non-medical in home care needs.

- Shower/dressing assistance
- Campus Orientation/Escorts
- Assurance Checks & more

### ABUNDANT LIFE

On-site and in-home visits providing individualized holistic nutrition coaching.

### EDUCATION & SUPPORT

- Diabetes
- Parkinsons
- Cancer
- Caregivers/Dementia & more



FELLOWSHIP SQUARE  
HISTORIC MESA

*At Fellowship Square Historic Mesa, residents are free to choose their health and wellness providers. We hope you consider our partners, but the choice is always yours!*

(480) 834-0600 ▪ 35 West Brown Road, Mesa, AZ 85201 ▪ [www.fellowshipsquareseniorliving.org](http://www.fellowshipsquareseniorliving.org)