



FELLOWSHIP SQUARE  
HISTORIC MESA

## WELLNESS CONNECTION

Health services brought to you in the convenience  
of your own home at Fellowship Square Historic Mesa

### Primary Care **The Doctor Is In**

“House calls” are back with primary  
care physician’s staff. **480-626-6318**

### COVENANT

Home Health

Medicare-certified skilled medical care  
(physician’s order required).  
**602-443-5447**

### Mobile Urgent Care **dispatch HEALTH**

When you can’t get in to see your  
regular doctor but you don’t want to  
go to the hospital. **480-493-3444**

### Fitness and Fall Prevention

Fitness programs designed especially  
for seniors under the supervision of a  
highly trained and inspirational fitness  
instructor. Free balance assessments  
using high-tech software technology  
are also offered.

**Contact Our SeniorFit™ Instructor:  
480-290-7012**



### Supportive Services

Non-medical care including  
shower/dressing assistance, light  
housekeeping, incontinence care, dog  
walking, assurance checks, medication  
reminders, TED hose assistance and  
companionship. Also medication set  
up and refill management by certified  
Med-Techs. Affordable 20-30 minute  
visits with weekly and monthly rates.

### COVENANT

Alliance Rehab

On-site Physical, Occupational and  
Speech Therapies including muscle  
strengthening, pain management and  
more. (Physician’s order required.)

**Contact our Resident  
Administrator: 480-290-7050**



## Personal Emergency Alert System & Daily Safety Checks

Every independent living resident is given an emergency alert pendant which, when pressed, will summon our Security staff for assistance. In addition, we have a daily check-in button in the apartment that we ask the resident to press each morning. If they do not press the button, we have a system in place to locate them or notify their emergency contact the same day.

**Contact our Director in charge of Security: 480-290-7042 for more information**

## Medical Appointments

Not all of your healthcare providers will provide house calls or deliveries so we can assist with transportation for essential medical needs.

**Contact our Life Enrichment Office: 480-290-7013**

## Prescriptions—Best RX Pharmacy

Locally-owned community pharmacy with free home delivery.  
**480-834-0444**

## Special Needs

At some point, an Independent Living resident may be challenged with memory loss, mobility issues or other things that make living independently a struggle.

When a **higher level of care** (such as assisted living, memory care or skilled nursing) is needed, we can help. We can even advise on options to help pay for it such as Medicaid or V.A. Aid & Attendance.



Sometimes residents struggle with serious illness or may be nearing end of life. We can help you understand and direct you to **Hospice or Palliative care options**.

**Education & Support**—We frequently offer or can direct residents and families to educational presentations (often virtual) and support group meetings.

**Contact our Resident Liaison: 480-290-7030**



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**480-834-0600**

35 West Brown Road, Mesa, AZ 85201

[www.fellowshipsquarehistoricmesa.org](http://www.fellowshipsquarehistoricmesa.org)

*At Fellowship Square Historic Mesa, residents are free to choose their health and wellness related providers. We may offer lists of resources but they may not be extensive and are not recommendations. We encourage you to do your research and choose the option that best suits your needs.*