

Senior Housing & Services

Treasure Valley Edition
Spring/Summer 2012

FREE

- Things to do Page 4
- Housing OptionsPage 6
- ServicesPage 22
- Quick Reference Page 35

Stop the

Theft

GLAUCOMA has been referred to as the “SNEAK THIEF OF SIGHT”. GLAUCOMA is a thief and you could be one of 3 million Americans victimized by this sneaky menace. If you can answer yes to at least one of these questions, it's time to take action to protect your sight.

- Do you have a positive family history of Glaucoma?
- Do you have a history of elevated intra-ocular pressure?
- Are you of African decent?
- Are you diabetic?
- Are you nearsighted?
- Have you had long-term cortisone use?
- Have you had a previous eye injury?

If you did answer YES to any of these questions, Medicare will now cover your examination and OCT 3 scan.

**Don't wait any longer ...
Call for your appointment today!**

208-377-3937



VISION QUEST

Patient-First, 21st Century Eyecare

MEDICAL CENTER

5680 West Gage Street • Boise, ID



Welcome Home!

Come Feel the Difference

Perhaps the best way for you to decide if our Spring Creek Manors are right for you, your loved one and your family is to come to any of our locations in the Treasure Valley and **feel** for yourself. Speak with residents and their families that consider Spring Creek a place to call home. *Come feel the difference.*

175 E. Calderwood Dr. • 639-3419 • Meridian

253 E. Calderwood Dr. • 639-3500 • Meridian

3165 Meridian Road • 287-2064 • Meridian

10681 W. McMillan Road • 954-5661 • Boise (Memory Care)

Plantation Place • 3921 Kessinger Ln. • 853-7300 • Boise

10121 W. Overland Road • 888-406-2667 • Boise

653 N. Eagle Road • 938-1589 • Eagle



Spring Creek

INDEPENDENT ~ ASSISTED LIVING ~ MEMORY CARE

Things To Do

AARP Driver Safety Program
888-227-7669

Art in the Park
Julia Davis Park Boise
345-8330

September. Call for more information.

www.boiseartmuseum.org

Basque Museum & Cultural Center
611 Grove Boise
343-2671

www.basquemuseum.com

Boise Art Museum
670 Julia Davis Dr Boise
345-8330

Exhibits, education programs, and special events. Call for current information.

Boise Contemporary Theater
854 Fulton Boise
331-9224

Boise Little Theater
100 E. Fort Boise
342-5104

Boise Parks and Recreation
384-4486
www.cityofboise.org/parks

Boise Philharmonic Association, Inc.
516 South 9th St., Ste C Boise
344-7849

Boise Public Library
Hillcrest Branch
5246 W. Overland Rd Boise
562-4996

Senior Programs second and fourth Tuesdays of each month. Call for subject.

Boise State University
SUB Art Gallery Boise
426-1223

Boise Valley Fly Fishermen Club
Monte McClendon
377-5303
www.bvff.com

Deer Flat National Wildlife Refuge
Visitor Center is at west end of the upper dam at Lake Lowell.
467-9278

www.fws.gov/deerflat

Downtown Family YMCA
1050 W. State St. Boise
344-5501

Yoga for Seniors, Active Older Adults, Senior Social, Restorative Yoga, Gentle Yoga, Gentle Yoga for Arthritis, Arthritis Aquatic Exercise and much more. Call for schedules.

First Thursday
Downtown Boise
First Thursday of each month
Down Town Boise Assoc. sponsors, entertainment, special promotions and gallery stroll. Call for more information.
472-5251

www.downtownboise.org

Idaho Ann Frank Human Rights Memorial
South end of 8th Street at the Boise River Boise
345-0304

Idaho Black History Museum
610 Julia Davis Dr. Boise
334-2120

Idaho Botanical Garden
2355 N. Penitentiary Rd. Boise
343-8649

Idaho Museum of Military History
4748 Lindberg Boise
422-4841

Idaho Museum of Mining & Geology
2455 Old Penitentiary Rd. Boise
368-9876

Idaho Shakespeare Festival
June - October, call for titles, dates & times.
429-9908
www.idahoshakespeare.org

Idaho State Historical Museum
610 Julia Davis Dr. Boise
334-2120
www.idahohistory.net/museum.html

Knock'em Dead Dinner Theater
Boise
385-0021

Meridian YMCA
48 W. State Ave. Meridian
898-9982
From programs for seniors to volunteering.

MK Nature Center
600 S. Walnut Boise
334-2225
Stream Walk open sunrise - sunset daily

New Heritage Theatre Co.
381-0958

Old Idaho Penitentiary
2445 Old Penitentiary Rd. Boise
368-6080
www.idahohistory.net/oldpenhtml

Opera Idaho, Inc.
501 S. 8th St., Ste. B Boise
345-3531

Southwest Idaho Birder's
Boise
454-2015

Stage Coach Theatre
5296 Overland Rd. Boise
342-2000

Warhawk Air Museum
201 Municipal Way Nampa
465-6446
www.warhawkairmuseum.org

West Family YMCA & Aquatic Center
5959 N. Discovery Place Boise
377-9622
Arthritis Aquatic Exercise, Active Older Adult Swim Program, Silver Splash, Tai Chi, Silver Sneakers, Stretch Yoga, Healthy Heart/Healthy Life Walking, Active Older Adult Fitness and more. Call for dates and times.

World Center for Birds of Prey
5668 W. Flying Hawk Ln. Boise
362-8687
www.peregrinefund.org

World Sports Humanitarian Hall of Fame
1910 University Dr. Boise
343-7224
www.sportshumanitarian.com

Zoo Boise
355 Julis Davis Dr. Boise
384-4125
www.zooboise.org

Art Galleries

Basement Gallery, Inc
Boise 333-0309

Brown's Galleries
Boise 342-6661

Gallery 601
Boise 336-5899

Lisk Gallery
Boise 342-3773

Marv's Framing & Gallery
Boise 375-4229

Olsen Gallery & Gifts
Emmett 895-0357

Piazza Di Vino
Boise 336-9577

Picture This
Boise 388-0641

Potter's Center
Garden City 378-1112

Prints Plus
Boise 345-7882



© 2012 HRG

Spring Into a Gracious Retirement Lifestyle!

SALMON CREEK

Gracious Retirement Living

4890 N. CLOVERDALE ROAD, BOISE, ID

Even more beautiful on the inside, **SALMON CREEK** provides seniors a luxurious lifestyle for one affordable monthly rent, with no hidden costs or fees. All utilities except phone are included, and we'll take care of the cooking, housekeeping, and local transportation, leaving you the time to enjoy your retirement.

We would love to have you as a guest in our home.

Visit us soon for a tour of our community, and enjoy a delicious complimentary meal. It's the best way to experience our gracious retirement lifestyle firsthand.

Call Now to Arrange Your Visit! 208-938-5529

Housing Options

Staying in the Home

A whole industry has flourished the last 10 - 15 years around the concept of keeping seniors in their own home as long as possible. For a more comprehensive look at this subject see our Web site to view or download our booklet on "Staying in the Home". www.retirementpublishing.com > Idaho Publications > Senior Guides > Staying in the Home.

Home Sharing

This is an old concept with a growing popularity. The options range from the senior sharing a home with children to seniors sharing their homes with other seniors. If you're thinking of bringing in a roommate you must do a thorough check on that roommate. See if you can get relatives to help or search out an agency and run checks for rental agencies like large apartment complexes. There is not state licensing for this category.

Independent Living

This title can cover a multitude of options from buying a home in a senior designed community, apartments in 55 plus communities, subsidized apartments for seniors with age and income restrictions and communities offering meals and housekeeping. The state does not license this group.

Assisted Living

Assisted living was designed to give the independence of a private apartment while supplying the varying degrees of help with the activities of daily living (ADL's).

These residential settings maximize independence, but do not provide the intensive level of skilled nursing care found in nursing homes. For a more comprehensive look at this subject see our Web site to view or download our booklet on "Assisted Living in Idaho." www.retirementpublishing.com > Idaho Publications > Assisted Living in Idaho.

We like to break this category into four sub groups to give a more precise picture of what is available. Generally, those with one to two beds are called Certified Family Homes. Four to eight beds are considered Residential Care Facilities. Larger Assisted Living Facilities may have from fifteen to hundreds of beds. Continuing Care Retirement Communities are invariably large communities. All assisted living facilities, regardless of size, are licensed by the state of Idaho. The state of Idaho combines residential care facilities with larger assisted living facilities (Residential/Assisted Living Facilities or RALF) for licensing purposes. We have listed them in separate categories for our purposes.

Certified Family Homes

Usually, consist of normal family homes with a bedroom or two and sometimes a bath dedicated to the residents. For several reasons we do not print a list of these homes but you can get information by visiting www.healthandwelfare.idaho.gov/site/4324, or emailing fsb@dhw.idaho.gov or calling 208-334-6626.

(continued on page 33)



Providing Seniors with Affordable

Rental Assistance Available • Studio, One & Two Bedroom Apartments.

**Contact the community below that is closest to you
for the complete story.**

Eagle Manor
276 Cedar Ridge
Eagle, Id 939-0409

Leisure Village V
911 Belmont
Caldwell, Id 459-6036

Friendship Manor I & II
324 W. Logan
Caldwell, Id 459-7075

Oakhaven
115 West Ogden Ave.
Nampa, Id 465-7200

Leisure Village I
419-0 S. Colorado Ave.
Fruitland, Id 452-7927

Sunset V
835 N. Third East
Mtn Home, Id 587-7419

Leisure Village III
210 S. 19th Ave.
Caldwell, Id 459-6036

Sunset VII
845 N. Third East
Mtn Home, Id 587-7419

Leisure Village IV
155 S. Seventh St.
Payette, Id 452-7972

Van Engelen
1307 First Street South
Nampa, Id 465-7832



Tomlinson & Associates, Inc
Investment Real Estate Property Management
www.tomlinsonassociates.com

Proud to be
Accessible
to All



Tomlinson & Associates, Inc is an equal opportunity provider, and employer

Alzheimer's Residence

See Memory Care Communities

Visit Our ...

Alzheimer's Residence Finder

For Idaho

www.retirementpublishing.com

Apartments

*Usually have age requirements
of over 55 years.*

Olive Grove Apartments	
305 S. Roosevelt	
Boise	863-9620
Settlers Creek Apartments	
2758 N. Retirement Ln.	
Boise	378-7092

Apartments - Subsidized

*Usually have age and income
requirements, rent often based on
income.*

Bannock Arms	
Boise	344-3770
Barton Apartments	
Boise	853-1786
Boise City/Ada County Housing Authority	
Boise	345-4907
Capitol Plaza	
Boise	345-4907
Franklin Plaza	
Boise	345-4907
Shoreline Plaza	
Boise	344-3226
Caldwell Housing Authority	
Caldwell	459-2232
Dogwood Plaza	
Boise	319-0780

(continued on next page)

Want to stay in the home longer? There is lots of help out there.

A variety of home modifications are available, such as wheelchair lifts, elevators, stair lifts and portable ramps, for people with short- or long-term disabilities. Renovations to widen doorways, lower countertops and replace bathtubs with sunken shower units can help those who use wheelchairs stay at home.

Medical alarms and assistance monitoring are also increasingly popular with seniors who live alone, hospital discharge patients and physically challenged individuals. These home security systems are linked to monitoring stations where

operators can summon emergency medical personnel to the home.

A keypad can be programmed for medical emergencies as well as monitoring for intruders or fire, or an elderly person can wear a medical pendant with a panic button on their neck. This helps many seniors feel more independent in and around their homes. New wireless technology requires no special wiring and can be programmed to call either the police or a central monitoring station.

*For more information on staying
in the home visit our Web site [www.
retirementpublishing.com](http://www.retirementpublishing.com) >Idaho
Publications > Senior Guides.*

Apartments - Subsidized (cont.)

Eaglecrest
Eagle 459-6348

Eagle Manor

276 Cedar Ridge
Eagle 939-0409

(see our ad on page 8)

Emmett Sunset Manor

Emmett 608-2924

Friendship Manor I & II

324 W. Logan
Caldwell 459-7075

(see our ad on page 8)

Golden Glow Towers

Nampa 466-8748

Harrison Hills Apartments

Boise 342-4716

Homedale Senior Apartments

Homedale 337-4715

Idaho Friends Retirement Home

Greenleaf 455-0390

Leisure Village I

419-0 S. Colorado
Fruitland 452-7927

(see our ad on page 8)

Leisure Village II

Payette 467-7461

Leisure Village III

210 S. 19th Ave.
Caldwell 459-6036

(see our ad on page 8)

Leisure Village IV

155 S. 7th St.
Payette 452-7927

(see our ad on page 8)

Leisure Village V

911 Belmont
Caldwell 459-6036

(see our ad on page 8)

Leisure Village VI

Kuna 922-4652

Leisure Village VII

Meridian 465-5944

Leisure Village IX & X11

Caldwell 465-5944

Leisure Village X

Middleton 467-7461

Nampa Housing Authority

Nampa 466-2601

Northgate Senior Village

Boise 853-8448

Oakhaven Apartments

115 W. Ogden Ave.

Nampa 465-7200

(see our ad on page 8)

Parma Park Apartments

Parma 772-6462

Samaritan Village Apartments

Boise 343-9504

Sisters Villa Apartments

Eagle 939-4412

Sunset V

635 N. 3rd East
Mountain Home 587-7419

(see our ad on page 8)

Sunset VII

845 N. 3rd East
Mountain Home 587-7419

(see our ad on page 8)

Van Engelen Apartments

1307 First St. South
Nampa 465-7832

(see our ad on page 8)

Vineyard Suites at Indian Creek

Caldwell 454-2576

Westfield Plaza Apartments

Wilder 482-7750

For a statewide guide to subsidized apartments call, during business hours, for a free copy of our **Idaho Eldercare Directory 800-584-9916**



Assisted Living

Many of these communities, in addition to the elderly are licensed to offer care for the developmentally disabled, mentally ill, physically disabled, Alzheimer's/Dementia and people with traumatic brain injury. If you feel this could be a problem, you will want to question the administrator closely on what they allow in their resident make-up.

For more information on "Assisted Living in Idaho" visit our Web site www.retirementpublishing.com > Idaho publications.

Boise

Bonaventure Place

5850 Five Mile Rd
429-6544

(see our ad on back cover)

Cottages of Boise

6300 N. Roe St.

853-1255

(see our ad on this page)

Heritage Assisted Living

1777 S. Curtis Rd.

376-4191

(see our ad on page 13)

Idaho State Veterans Home

334-5000

Overland Court Senior Living

10250 W. Smoke Ranch Dr.

514-0311

(see our ad on page 14)

Plantation Place

3921 Kessinger Ln.

853-7300

(see our ad on page 3)

Spring Creek

10121 W. Overland Rd

888-406-2667

(see our ad on page 3)

(continued on next page)

The Cottages LLC

Assisted Living and Memory Care at its Best



www.thecottages.biz

Boise	(208) 853-1255
Emmett	(208) 365-9490
Meridian	(208) 288-2220
McCall	(208) 634-3883
Middleton	(208) 585-5959
Mountain Home	(208) 580-1121
Nampa	(208) 463-4941
Payette	(208) 642-6199
Weiser	(208) 414-4200



Call about FREE Respite or Day Care Special!

Assisted Living (cont.)

Willow Park

2600 N. Milwaukee
373-1234

(see our ad on this page)

Eagle

Spring Creek

653 N. Eagle Rd
938-1590

(see our ad on page 3)

Emmett

Cottages of Emmett

411 E. 12th St.
365-9490

(see our ad on page 11)

Glenns Ferry

Poplar Grove Assisted Living
366-2631

McCall

Cottages of McCall

700 N. Reedy
634-3883

(see our ad on page 11)

Meridian

Cottages of Meridian

3199 W. Belltower Dr.
288-2220

(see our ad on page 11)

Spring Creek

175 E. Claderwood Dr.
884-6190

(see our ad on page 3)

Spring Creek

3165 Meridian Rd
287-2064

(see our ad on page 3)

Middleton

Cottages of Middleton

760 W. Main St.
585-5959

(see our ad on page 11)

Mountain Home

Cottages of Mtn Home

735 S. 5th W.
580-1121

(see our ad on page 11)

Nampa

Cottages of Nampa

5023 East Victory
463-4941

(see our ad on page 11)

Payette

Cottages of Payette

1481 7th Ave. N.
642-6199

(see our ad on page 11)

Weiser

Cottages of Weiser

1225 E. 6th St.
414-4200

(see our ad on page 11)

Families
TAKE CARE OF EACH OTHER.

And we help.

When it comes to helping your loved one, neighbor or life-long friend, you want care that matches up to yours: genuine, always thoughtful and exactly what's needed. That's why we're here, providing a very special kind of care for the people you love. And if the care we offer feels a little bit like family ... well, we're honored.

Independent - Assisted - Memory Care

Willow Park
People Who Care...Caring For People.
2600 N. Milwaukee Avenue | Boise, ID 83704
208.373.1234 | www.willowparkseniorliving.com

Join us for lunch or dinner.



Aging With Dignity is a core value at *Heritage Assisted Living*. With no buy-in fees, individual private rooms (including Medicaid recipients), and a convenient month-to-month lease, *Heritage Assisted Living* residents have flexibility and freedom should their needs change. Call to set up a tour today!

Heritage of Boise | 208-376-4191

Heritage of Twin Falls | 208-733-9064

Woodstone of Twin Falls | 208-734-6062

www.heritagewoodstone.com



For the Complete Story on How Assisted Living in Idaho Works



This comprehensive publication is designed to provide information and guidance for seniors and their families through the process of finding an assisted living home or community. We cover it all from the origins, available options, how to tell if it's time, choosing a home or community, legal issues, and making the transition easier,

For a free copy just call toll free during business hours

800-584-9916

You can also download a copy from our Web site : www.retirementpublishing.com

Veterans Administration Program Can Help With Costs

Many veterans or wives of veterans are not aware they may be entitled to a pension benefit for their WARTIME SERVICE. The benefit can be used to offset costs for ...

- In-Home Care
- Independent Living
- Assisted Living
- Memory Care

For more information on qualifying, visit www.vba.va.gov/bln/21/pension/vetpen.htm.

We understand you will probably have your patients and perseverance tested but the results are well worth the effort.

If your looking to enter an independent or assisted living community, many are offering help in getting you through the myriad of forms and regulations. Be sure to ask for the help if your in that situation.



*How Wonderful to live in a community where
friends become family.*

208-514-0311



OVERLAND COURT
SENIOR LIVING

ASSISTED LIVING & MEMORY CARE

10250 West Smoke Ranch Dr. • Boise, ID 83709

www.overlandcourtseniorliving.com



Independent Retirement Living

Bonaventure Place

5850 Five Mile Rd
Boise 429-6544

(see our ad on back cover)

Salmon Creek Retirement Living

4890 N. Cloverdale Rd.
Boise 938-5529

(see our ads on page 6 & 16)

Willow Park

2600 N. Milwaukee
Boise 373-1234

(see our ad on page 12)

Spring Creek

253 E. Claderwood Dr. Ste. E.
Meridian 639-3500

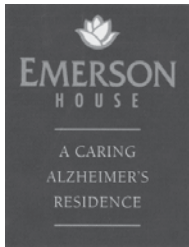
(see our ad on page 3)

Memory Care

Emerson House

8250 W. Marigold
Garden City 377-3177

(see our ad below)



*Boise's premier
dedicated
memory care
community*
377-3177

Cottages

several locations 658-1558
(see our ad on page 11)

Heritage Assisted Living

1777 S. Curtis Rd.
Boise 376-4191

(see our ad on page 13)

Overland Court Generations

10250 W. Smoke Ranch Drive
Boise 514-0311

(see our ad on page 14)

Spring Creek

10681 W. McMillan Rd
954-5561

(see our ad on page 3)

Willow Park

2600 N. Milwaukee
Boise 373-1234

(see our ad on page 12)

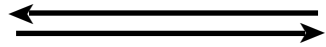
Movers

Cross Town Movers

1419 Eldorado
Boise 378-0226

(see our ad below)

CROSS TOWN MOVERS



**The Valley's Local Mover
Since 1985**

378-0226



**Caregiver
Tips
For
Alzheimer's/
Dementia
patients**

We have compiled more than 130 tips for caregivers of Alzheimer's/ dementia patients to help make a tough job a little easier.

For Viewing or

*Download ONLY from our
Website*

**retirementpublishing.com >
Idaho Publications >
Senior Guides**



Boise seniors spring into an active lifestyle when they move to Salmon Creek Retirement Community

There comes a time in your life when you would rather spend more time doing the things you enjoy and spend less time worrying about the upkeep of your home. A growing number of retirees prefer the active lifestyle of an independent living retirement community. The time saved by not having to cook, clean, and do yard work is now time well spent on family, friends, and hobbies. Whether it is continuing to do what you love or learning a new leisure activity, you can now have the freedom to pursue your passions without the worry of everyday tasks.

Salmon Creek offers spacious studio, one bedroom, and two bedroom/two bath suites with no long term lease or buy-in fees. Three chef-prepared meals daily, all utilities except telephone, local transportation, and weekly housekeeping are always included in the flat monthly fee. Our residents breathe easy knowing their budget will be balanced and easy to manage every month.

Salmon Creek Retirement Community is located at 4890 N Cloverdale Road in Boise, Idaho. We invite you to drop in for a visit, talk with our residents, and enjoy a delicious complimentary meal with us. For more information, and to arrange your visit, please call (208) 938-5529.

Residential Care Facilities

These are basically Assisted Living facilities with 6 or more capacity.

Boise

AarenBrooke Place Assisted Living
376-1300

Applewood Assisted Living
377-1656

Bonaventure Place

5850 Five Mile Rd
429-6544

(see our ad on back cover)

Clement Home
376-4290

Cottages of Boise

6300 N. Roe St.
853-1255

(see our ad on page 11)

Curtis House
384-0553

Glenwood House
890-7290

Hancock House
344-9044

Hawthorne Assisted Living
336-6868

Heritage Assisted Living

1777 S. Curtis Rd.
376-4191

(see our ad on page 13)

Hillcrest Retirement & Asst. Living
345-4460

Idaho State Veterans Home
334-5000

Overland Court Senior Living

10250 W. Smoke Ranch Dr.
514-0311

(see our ad on page 14)

Park Center Assisted Living LLC.
343-0832

Plantation Place

3921 Kessinger Ln.
853-7300

(see our ad on page 3)

Boise (cont.)

Rampart Home Assisted Living
376-7290

Serenity Guest Home
377-8199

Spring Creek

10121 W. Overland Rd
888-406-2667

(see our ad on page 3)

Summer Wind Assisted Living
331-130

Willow Park

2600 N. Milwaukee
373-1234

(see our ad on page 12)

Wynwood Brookdale
338-5600

Trinity at Lewis & Clark
658-1642

Caldwell

Oasis Shelter Home
459-2852

Prestige at Autumn Wind
459-3335

Cambridge

Salubria Center
257-4555

Eagle

Spring Creek

653 N. Eagle Rd
938-1590

(see our ad on page 3)

Emmett

Apple Valley Residential Care
365-1497

Butte View Manor
365-6137

Cottages of Emmett

411 E. 12th St.
365-9490

(see our ad on page 11)

Emmett Serenity Living
365-1122

Kuna

Kuna Living Center.
922-3536

(continued on next page)

Residential Care (cont.)

McCall

Cottages of McCall

700 N. Reedy

634-3883

(see our ad on page 11)

Meridian

Almost Home , LLC

1081 Fairwood Ct.

888-4791

Ashley Manors

Call For Closest

376-7298

Bee Hive Homes of Meridian

850-4403

Cottages of Meridian

3199 W. Belltower Dr.

288-2220

(see our ad on page 11)

Grace Assisted Living - Fairview

884-8080

Spring Creek

175 E. Claderwood Dr.

884-6190

(see our ad on page 3)

Spring Creek

3165 Meridian Rd

287-2064

(see our ad on page 3)

Tenabo Homes Assisted Living

898-5880

Trinity at 1st Street

898-8957

Meridian Care & Rehabilitation Center

1351 West Pine Ave

888-7049

(see our ad on page 20)

Middleton

Cottages of Middleton

760 W. Main St.

585-5959

(see our ad on page 11)

Mountain Home

Cedar Crest Residential Care

587-9074

Cottages of Mtn Home

735 S. 5th W.

580-1121

(see our ad on page 11)

Nampa

Aging Gracefully Assisted Living

461-7822

Amerihome Assisted Living

284-0961

Assisted Living on Shamrock

465-5923

Brookstone Village

468-7714

Cottages of Nampa

5023 E. Victory

463-4941

(see our ad on page 11)

Grace Assisted Living

442-9595

Harbor House

442-2756

Karcher Estates

465-4935

Midland Manor Residential Care

466-5175

Streamside Assisted Living

442-0097

Sunny Ridge Rehab & Retirement Center

2609 Sunnybrook Dr.

467-7298

(see our ad on page 20)

The Country Inn

466-2164

The Haven

465-1829

Residential Care (cont.)

Parma

Parma Living Center
722-5496

Payette

Cottages of Payette
1481 7th Ave. N.
642-6199

(see our ad on page 11)

Royal Villa
642-9808

Star

Country Time Assisted Living
Home
286-0668

Weiser

Cottages of Weiser
1225 E. 6th St.
414-4200

(see our ad on page 11)

Indianhead Estates
549-3455

Retirement Communities

Bonaventure Place

5850 Five Mile Rd. 429-6544
Boise
(see our ad on back cover)

Centennial Manor

661 S. Curtis Rd. 344-2164
Boise
(see our ad below)

Centennial Manor

- ✓ Senior (62+) and Eligible Disabled (18+)
Apartments
- ✓ Rent Based on Income
- ✓ Ground Floor Facility
- ✓ Accessible Units (4)



308-344-2164
661 S. Curtis Rd. • Boise

Goldcrest Estates

Nampa 468-9336

Salmon Creek Retirement

4890 N. Cloverdale Rd.
Boise 938-5529
(see our ads on page 6 & 16)

Silvercrest Estates

Nampa 467-7009

Spring Creek

253 E. Claderwood Dr. Ste. E.
Meridian 639-3500
(see our ad on page 3)

Willow Park

2600 N. Milwaukee
Boise 373-1234
(see our ad on page 12)

Skilled Nursing Facilities

Capitol Care & Rehabilitation Center

8211 Ustick Rd
Boise 375-3700
(see our ad on page 20)

Idaho State Veterans Home

Boise 334-5000

Cherry Ridge at Emmett Care & Rehab

501 West Idaho Blvd.
Emmett 365-3597
(see our ad on page 20)

McCall Rehab & Living Center

McCall 634-2112

Meridian Care & Rehabilitation Center

1351 West Pine Ave
Meridian 888-7049
(see our ad on page 20)

Sunny Ridge Rehab & Retirement Center

2609 Sunnybrook Dr.
Nampa 467-7298
(see our ad on page 20)

Payette Care & Rehabilitation Center

1019 3rd Avenue S.
Payette 642-4455
(see our ad on page 20)



Boise

Capitol Care & Rehabilitation
Center
8211 Ustick Rd.
(208) 375-3700

Emmett

Cherry Ridge at Emmett
Care & Rehab
501 West Idaho Blvd.
(208) 365-3597

Meridian

Meridian Care and
Rehabilitation Center
1351 West Pine Ave.
(208) 888-7049

Nampa

Sunny Ridge Rehabilitation &
Retirement Center
2609 Sunnybrook Dr.
(208) 467-7298

Payette

Payette Care and
Rehabilitation Center
1019 Third Ave. South
(208) 642-4455

WHY CHOOSE LONG-TERM CARE WHEN YOU CAN CHOOSE LONG-TERM CARING?

At SunBridge, we see more than the needs of our residents. We see the person behind the needs. A loving mother, a dear friend, a real person. We offer 24-hour supervision, rehabilitation therapies, nutritious meals, and numerous activities and social opportunities. All under the caring attention of skilled professionals who treat your loved one with kindness and respect. Call the community located closest to you for more information and a tour.



**SUNBRIDGE
HEALTHCARE**
Caring is the Key in Life

www.sunbridgehealthcare.com
A member of the Sun Healthcare Group

FREE PUBLICATIONS

Just Call 800-584-9916

or download from our Web site
www.retirementpublishing.com

> Idaho Publications



Idaho Eldercare Directory

A guide to licensed senior facilities and services for the state of Idaho.

Alzheimer's Resource Directory

A statewide listing of facilities & services catering to the Alzheimer's/ Dementia patient, family and caregivers.



Senior Housing & Services Directory

A Treasure Valley guide to senior housing, caregiving, services and activities.

Assisted Living in Idaho

What is Assisted Living? How much does it cost? Who oversees it? How do I choose. That and much more is all in here.



Senior Services

Alzheimer's Care

Also see Memory Care in Housing Section

Visit Our ...

**Alzheimer's
Residence
Finder**

For Idaho
www.retirementpublishing.com

Caregiver Tips - Alzheimer's/ dementia

You can download this free booklet from our Web site at www.retirementpublishing.com>Idaho Publications> Senior Guides.

Ambulance Services

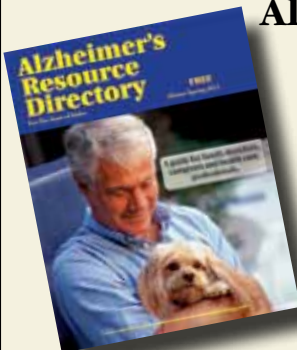
Ada County Paramedics	
Garden City	287-2950
Ada-Boi Critical Care Transfer Team	
Boise	362-2973

Art Galleries

Basement Gallery, Inc	
Boise	333-0309
Brown's Galleries	
Boise	342-6661
Gallery 601	
Boise	336-5899
Lisk Gallery	
Boise	342-3773
Marv's Framing & Gallery	
Boise	375-4229
Olsen Gallery & Gifts	
Emmett	895-0357
Piazza Di Vino	
Boise	336-9577
Picture This	
Boise	388-0641
Potter's Center	
Garden City	378-1112
Prints Plus	
Boise	345-7882

Associations

Idaho Center for Assisted Living	
Boise	343-9735
Idaho Health Care Association	
Boise	343-9735



Alzheimer's Resource Directory

A comprehensive statewide directory of Alzheimer's/dementia resources in Idaho.

Call today for your free copy

800-584-9916

You can also view or download a copy from our Web site at www.retirementpublishing.com > Idaho Publications

Bathroom Conversions

Accessibility Specialists
Meridian 890-8718

Breast Prosthesis

Brownfield's Specialty Boutique
Boise 342-7022
Idaho Prosthetic & Specialty Shop
Meridian 377-1838

Companionship

Assisting Angels Home Care
344-7979
(see our ad on page 25)

Cremation Service

Cremation Society of Idaho
Boise 322-3590

Dentists

Darrel L. Mooney D.D.S., F.A.C.P.
Boise 336-9333
Eagle Dental Associates
Eagle 343-2280
Harrison Dental
Boise 342-3695

Dentures

European Denture Center
Boise 376-6613

Denture Repair

Public Denture Center
Boise 323-7790

Diabetes Education & Training

St. Luke's Humphreys Diabetes Center
1226 River St.
Boise 331-115
also Nampa, Meridian, Fruitland and Mountain Home

Basin Community Health Center
243 Hwy 21
Idaho City 392-4544
Central District Health Department
Boise 327-8547
Southwest District Health Department
920 Main Street
Caldwell 454-5300

Education

Boise Parks and Recreation
www.cityofboise.org/parks
384-4486
Boise Public Schools - Community Education
www.boiselearns.org
854-4047
Boise State University offers tuition remission for adults aged 60 and older. Call for information (208) 426-1820 or toll free at 1-800-824-7017
Boise State University Extended Studies
Many courses offered at other campus sites in Nampa and Mountain Home.
426-1709.
Boise State University Renaissance Institute
426-1709
Meridian Parks and Recreation
www.cityofmeridian.org
888-8579
Northwest Nazarene University
www.nnu.edu/continuingstudies
467-8491

Employment Training

Experience Works Employment Program
Boise 429-8077

Errands & Misc Services

Assisting Angels Home Care
344-7979
(see our ad on page 25)

Eye Care

Vision Quest Medical Center
5680 Gage Boise 377-3937
3025 West Cherry Ln
Meridian 898-1614
(see our ad on page 2)

Fitness

Boise's Happy Hoofers
Boise 376-6067
Group meets three times a week in
different locations for a walk.
Boise Tennis Coalition, Inc
Boise 336-0483



Hearts for Hospice

It's all about

- ♥ Skilled Nursing Care
- ♥ Medicare & Medicaid Certified
- ♥ 24 Hour Service
- ♥ Transportation
- ♥ Home Health Aids
- ♥ Pain Management
- ♥ Medical Social Work
- ♥ Bereavement Services & Volunteers
- ♥ Music Therapy
- ♥ High Staff to Patient Ratio

Serving all the Treasure Valley
208-389-2276
www.heartsforhospice.com



Hearts
10-GO



Non-Emergency Medical Transportation
866-876-togo (toll free)

We Transport for all the following Medical

- ♥ Doctor's Appt.
- ♥ Outpatient Surgery
- ♥ Radiation & Chemotherapy
- ♥ Non-Emergency Hospital Visits
- ♥ Short & Long Distance Transfers
- ♥ Adult Day Care
- ♥ Out Patient Therapy
- ♥ Dialysis Treatment



Hearts for Hospice & Home Health

It's all about

- ♥ Medicare & Medicaid Certified
- ♥ Physical Therapy
- ♥ Speech Therapy
- ♥ Skilled Nursing Care
- ♥ Wound Care
- ♥ Diabetic Care
- ♥ IV Therapy
- ♥ Occupational Therapy
- ♥ Home Health Aids

Serving all the Treasure Valley
208-389-2276
www.heartsforhospice.com



Funeral Homes

Accent Funeral Home
Meridian 888-5833
Alsip & Persons Funeral Chapel
Nampa 466-3545
Dakan Funeral Chapel, Inc.
Caldwell 459-3269
Flahiff Funeral Chapel, Inc.
Caldwell 459-0833
Flahiff Funeral Chapel, Inc.
Homedale 337-3252
Gibson Funeral Home
Boise 342-8221
Heikkula Funeral Chapel
McCall 634-2220
Yraguen Chapel
Nampa 442-8171
Potter Funeral Chapel
Emmett 365-4491
Relyea Funeral Chapel
Boise 344-4441
Zeyer Funeral Chapel
Nampa 467-7300

Garden Clubs

Ada Gardeners 888-2858
Boise Valley Chrysanthemum Society
888-2040
Golden Garden Club 939-2192
Nampa Garden Club 459-2209
Petal Pushers 375-9085
Pollen Daubers Iris Soc. 922-4728
S.W. Idaho Dahlia Soc. 376-8927
Treasure Valley Orchid
Society 888-6615

Golf Cars

Stan's Golf Cars
Boise 336-1736

Golf Courses

Banbury Golf Course
Eagle 939-3600
Boise Ranch Golf Course
Boise 362-6501

Broadmore Country Club	
Nampa	466-1114
Eagle Hills Golf Course	
Eagle	939-0402
Fairview Golf Course	
Caldwell	455-3090
Falcon Crest Golf Club	
Kuna	362-8897
Foxtail Golf course	
Meridian	887-4653
Hillcrest Country Club	
Boise	343-5425
Indian Lakes Golf Club	
Boise	362-5771

Grooming

Michelle's Home Hair Care

343-7388

Mobile Manicurist - Julie Starr

853-5002

Handyman Services

Brilliant Services 321-5550

Home Care

This category is non-medical care and not licensed by the state. Usually includes help with daily living chores and companionship. Most service the entire Treasure Valley

Addus Health Care

342-1222

(see our ad below)



We Love, We Care, We're Involved

- Personal Care • Meal Preparation • Companionship
- Housekeeping/laundry
- Transportation

Boise - 342-1222

Nampa/Caldwell - 467-5700

Payette - 642-8258

(continued on next page)



Hourly and 24-Hour Care

- Personal Care
- Incontinence Care
- Caregivers Bonded and Insured
- Caregivers supervised by staff RN
- Alzheimer's/Dementia Care
- General Homemaker
- Meal Preparation
- Housekeeping
- Long, Short, or Respite Care



Assisted Living in Your Own Home

208.344.7979 Boise

208.466.0733 Nampa

208.365.7409 Emmett

208.587.3644 Mtn. Home

208.733.2550 Twin Falls



Home Care (cont.)

AtHome Care

376-5515

(see our ad below)



**Providing Home Care Since
1986**

We set the standard
all others follow.
208-376-5515

Assisting Angels Home Care

344-7979

(see our ad on page 25)



**Comfort
Keepers.**

Non-Medical In-Home Care

**Serving the Treasure Valley
895-8822**

BrightStar of Boise

338-7878

(see our ad on page 27)

Comfort Keepers

895-8822

(see our ad on this page)

Hearts for Home Care

389-2276

(see our ad on page 24)

Interim Healthcare

938-9681

(see our ad on this page)

Legacy Home Health & Hospice

888-3669

(see our ad on page 27)

Michelle's Home Hair Care

343-7388

Mobile Manicurist - Julie Starr

853-5002

Progressive Nursing Services

336-9898

(see our ad below)



- 2-24 hour Personal Care Services
- Respite Care
- Caregivers
- Bath Aides
- Medical Transportation
- Licensed, Bonded & Insured

**Boise
(208)336-9898
Twin Falls
(208)734-4066**

In-Home Care You Can Trust

- Alzheimer's & Dementia Specialist
- HomeLife Enrichment® Program-including brain fun & fitness games
- Companions, Homemakers, and Respite Care
- Certified Senior Advisor

Interim
HEALTH CARE.

**Free In-Home Evaluation
208-938-9681**

We accept Medicaid, Insurance and Private Pay

www.interimhealthcare.com/swidaho

Home Health Agencies

Home Health Agencies are licensed by the state of Idaho and can perform medical services as prescribed by a doctor.

BrightStar of Boise

338-7878

(see our ad on this page)

Legacy Home Health & Hospice

888-3669

(see our ad below)



Available 24/7

Specializing in weekend and evening admissions.

Home Health - 888-3669

Hospice - 895-8686

Progressive Nursing Services

336-9898

(see our ad below)



Boise

(208)336-9898

Twin Falls

(208)734-4066

Medicare/Medicaid
Certified

- Skilled Home Health Care
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Social Work
- Wound Care
- 24/7 Nursing Care
- Locally Owned

Home Repair

Assisting Angels Home Care

344-7979

(see our ad on page 25)

For additional Free copies of this publication just call toll free 800-584-9916 or download a copy from our Web site at www.retirementpublishing.com

PRIVATE DUTY CARE WHEN YOU NEED IT!



PROFESSIONAL SERVICES WHERE YOU LIVE!

- › RN Oversight
- › 24/7 Support
- › Guaranteed Compatibility®
- › Alzheimer's Specialists
- › Licensed, Bonded & Insured
- › Meal Prep & Light Housekeeping
- › Bathing & Personal Care
- › Transportation & Errands
- › Companionship & Medication Reminders

Serving the Boise Area

Independently Owned and Operated

www.BrightStarCare.com/Boise • (208) 338-7878

Hospice

A Better Way Home
322-5556

Hearts for Hospice

389-2276

(see our ad below & page 24)



Hearts for Hospice & Home Health

It's all about living!

- Pain Management • Transportation
- Music Therapy • 24 hour Service
- High Staff to Patient Ratio

Serving all the Treasure Valley
208-389-2276

Legacy Home Health & Hospice

895-8686

(see our ad below)



Available 24/7
Specializing in weekend and evening admissions.

Home Health - 888-3669
Hospice - 895-8686

Saint Alphonsus Four Rivers Hospice
367-3040

XL Hospice, Inc
642-9222

Hospitals

Elks Rehab Hospital
Boise 489-4444

McCall Memorial Hospital
McCall 634-2221

Saint Alphonsus RMC
Boise 367-2121

St. Luke's Meridian Medical Center
Meridian 706-5000

St. Luke's Regional Medical Center
Boise 381-2222

Veterans Administration Hospital
Boise 422-1100

Walter Knox Memorial Hospital
Emmett 365-3561

In-Home Care

See Home Care

Insurance Assistance & Info

SHIBA

Statewide 800-247 4422

(see our ad on page 29)

Insurance - Long-Term Care

Howard Insurance Agency

1029 E. Park Blvd., Ste 101

Boise 345-4171

(see our ad below)



Serving Seniors Since 1984

**Life, Health
& Long-Term
Care**

Certified Senior Advisor
Long-Term Care Professional

HOWARD INSURANCE AGENCY
(208) 345-4171

1029 E. Park Blvd., Ste. 101 Boise, ID
www.howardagency.com

Insurance - Medicare Supplement

Howard Insurance Agency

1029 E. Park Blvd., Ste 101

Boise 345-4171

(see our ad on this page)

**For more information on Idaho
seniors visit our Web site**
www.retirementpublishing.com

Legal

Idaho State Bar
Boise 334-4500

Libraries

Ada Community Library
10664 W. Victory Rd. Boise
362-0181

Boise Public Library
715 S. Capitol Blvd. Boise
384-4076

Town Square Branch
350 N. Milwaukee Boise
384-4238

Caldwell Public Library
1010 Dearborn Caldwell
459-3242

Eagle Public Library
100 N. Stierman Way Eagle
939-6814

Garden City Library
6015 Glenwood Garden City
472-2940

Kuna Public Library
457 Locust Kuna
922-1025

Middleton Public Library
307 E. Main Middleton
585-3931

Nampa Public Library
101 - 11th Ave South Nampa
468-5805

Star Library
10706 Hwy 44 Star
286-9755

Medical Transportation

**Hearts to Go Medical
Transportation**
Serving the Valley 389-2276
(see our ad on page 24)



**Are you on Medicare
and having trouble
paying for your
prescription drugs?**



You may qualify for extra
help in paying for them.

1-800-247-4422

A Free Public Service of the Idaho Department of Insurance

Ophthalmologists

Vision Quest Medical Center

Boise 377-393
(see our ad on page 2)

Pharmacies

Fred Meyer Pharmacies

10751 W. Overland Rd
Boise 373-5233
5425 Chinden Blvd
Garden City 323-7036
50 Second St. South
Nampa 465-2836
1850 E. Fairview Ave
Meridian 887-5273
5230 W. Franklin Rd.
Boise 429-6433
3527 S. Federal Way
Boise 424-7533

Homedale Drug Co

13 E Idaho Ave
Homedale 337-3898

IGA Super Center

652 E. First
Weiser 549-0172

John's Medic Pharmacy

523 - 11th Ave. North
Nampa 466-2431

Kmart Stores - Pharmacy

1813 Caldwell Blvd.
Nampa 466-4521

Ladd Family Pharmacy

1109 S. Broadway
Boise 947-0877

Lemp's Apothecary, Inc.

222 N. 2nd St.
Boise 342-5691

Medical Clinic Pharmacy

315 E. Elm, Ste. 150
Caldwell 459-1503

MedNow Pharmacy

323 E. Riverside Dr., Ste 120
Eagle 938-2136

1512 - 12th Ave. Rd.

Nampa 463-5355
4400 Flamingo Ave. E.

Nampa 288-4660

Park-Vu Pharmacy

604 E Third
Weiser 414-2750

Paul's Pharmacy

407 12th Ave. Rd.
Nampa 467-3913

425 N. 10th Ave.
Caldwell 454-1111

10565 Lake Hazel Rd.

Boise 319-0882

Penny Wise Drugs

802 E. Cleveland
Caldwell 459-3691

Reddish Pharmacy

215 E Hawaii
Nampa 466-7823

Ridleys Pharmacy

214 E. Main
Middleton 585-2900

Save-on Pharmacies

(inside Albertson's Stores)
909 East Parkcenter Blvd.

Boise 338-3722
1520 N. Cole Rd.

Boise 375-8386
1653 S. Vista

Boise 331-3007
5100 Overland Road

Boise 343-1696
10500 Overland Rd.

Boise 376-1382
10700 W. Ustick Road

Boise 322-7788
1650 W. State

For additional Free copies of this
publication just call toll free
800-584-9916 or download a
copy from our Web site at
www.retirementpublishing.com

Pharmacies (cont.)

Save-on Pharmacies (cont.)

Boise	344-8660
250 S. Eagle Rd	
Eagle	939-9854
20 East Fairview Ave	
Meridian	888-4414
405 S. 8th St.	
Payette	642-9331
7100 W. State	
Boise	853-2606
415 E. Cleveland	
Caldwell	459-1756
640 Highway 16	
Emmett	365-4128
3301 W. Cherry Ln	
Meridian	884-5475
715 12th Ave S.	
Nampa	466-3592
2400 12th Ave. Rd.	
Nampa	463-2903
1219 Broadway Ave.	
Boise	433-9905
6560 S. Federal Way	
Boise	429-1088
3614 W. State St.	
Boise	426-9639
2500 Blaine St.	
Caldwell	454-0484
4700 N. Eagle Rd.	
Boise	939-5149
Star Pharmacy	
9732 State St.	
Star	286-0906
Wal-Mart Pharmacy	
8300 W. Overland Rd	
Boise	321-9080
2100 - 12th Ave. Rd.	
Nampa	467-5159
5108 E. Cleveland	
Caldwell	455-0800
7319 W. State St.	
Garden City	853-4780
4051 E. Fairview	
Meridian	373-0024
5875 E. Franklin Rd	
Nampa	461-8718

Walgreen Drug Stores

8100 Fairview Ave.	
Boise	336-1728
4924 Overland Rd.	
Boise	336-1728
10555 W. Overland Rd	
Boise	321-2669
10580 W. Ustick Rd.	
Boise	377-3581
700 12th Ave. S.	
Meridian	888-0034
3212 E. Chinden	
Eagle	319-0538
1012 E. Cleveland Blvd	
Caldwell	455-1792
2285 S. Apple St.	
Boise	336-3956
Wheeler's Valley Pharmacy	
104 N Main	
Cascade	382-4204

Placement Services

Elder Transitions	376-8686
A Place for Mom	344-1375

Visit Our ...

**Assisted Living
Residence
Finder**

For Idaho

www.retirementpublishing.com

Quilting

Country Quilter	
1002 Vista	Boise
424-3188	
JLT Custom Quilting	
321 Winter Dr.	Boise
345-9352	
The Quilt Crossing	
5725 W. Fairview Ave.	Boise
376-0087	

Rehabilitation Service

Capitol Care & Rehabilitation Center

8211 Ustick Rd Boise
375-3700

(see our ad on page 20)

Cherry Ridge at Emmett Care & Rehab

501 West Idaho Blvd. Emmett
365-3597

(see our ad on page 20)

Meridian Care & Rehabilitation Center

1351 West Pine Ave Meridian
888-7049

(see our ad on page 20)

Sunny Ridge Rehab & Retirement Center

2609 Sunnybrook Dr. Nampa
467-7298

(see our ad on page 20)

Payette Care & Rehabilitation Center

1019 3rd Avenue S. Payette
642-4455

(see our ad on page 20)

Senior Centers

See "Quick Reference" on page 37

Senior Programs

Senior Solutions

3010 West State St., #120 Boise
345-7783

Tax Preparation

Ada Tax Professionals

9140 Ustick Boise
377-4303

Transportation - Wheel Chair & Special Needs

Ada-Boi Critical Care Transfer Team
Boise 362-2973

Hearts to Go Medical Transportation

4869 Malad St. Ste. D
Boise 389-2276
(see our ad on page 24)

Walking Clubs

Boise's Happy Hoofers

Boise 853-6789

Treasure Valley Volksparts

Boise 345-8259

Welcoming Service

Howdy Neighbor

Nampa 989-1478

Wheel Chair & Life Ramps

Accessibility Specialists

5663 N. Claret Cup Way
Meridian 890-8718

Access Vans

6893 Supply Way
Boise 385-7647

Breakaway, Inc.

106 E. 39th
Boise 342-4506

Wildlife Rescure & Rehab

Animals In Distress Assoc., Inc.

Boise 367-1026

YMCA's

Downtown Family YMCA

1050 W. State St. Boise
344-5501

Meridian YMCA

48 W. State Ave. Meridian
898-9982

West Family YMCA & Aquatic Center

5959 N. Discovery Place Boise
377-9622

For Additional FREE Copies of this
Publication just call 800-584-9916

Publisher Information

Senior Housing & Services

is a publication of:

RETIREMENT PUBLISHING

Phone: 800-584-9916

E-mail: admin@retirementpublishing.com

Web site: www.retirementpublishing.com

For general information, additional copies or advertising rates
contact us at the number or email above.

Copyright 2012[©]

5299 W. Green Ct., Unit 16 • Twin Lakes Village, ID 83858

Housing Options continued from page 4

Residential Care Facilities

Often as not are located in residential area homes that have been modified or built with extra bedrooms and baths. Many of these facilities are licensed to offer care for the developmentally disabled, mentally ill, physically disabled and people with traumatic brain injury in addition to the elderly. If you feel this could be a problem, you will want to question the administrator closely on what they allow in their resident make-up. The state of Idaho combines this group with larger assisted living facilities (Residential/Assisted Living Facilities or RALF) for licensing purposes. We have listed them out in a separate category for our purposes.

Assisted Living Facilities can range in capacity anywhere from fifteen to

more than a hundred. Obviously the larger these facilities get, the more activities and amenities they can offer and the more expensive they become.

Continuing Care Retirement Communities

Another option but very rare in Idaho. They offer all levels of care from independent living to nursing care and everything in between. They are sometimes known as "Aging-in-Place" communities.

Skilled Nursing Facilities

These facilities offer the highest level of care with skilled nurses available 24 hours a day. All these facilities are licensed by the state of Idaho.

www.retirementpublishing.com

A Virtual

TOOLBOX

for Idaho seniors, their families and their Caregivers

All of our **publications can be viewed or downloaded** from our Web site (more than 5,000 visitors took advantage of this last year). Some are even interactive so you can just click on an ad or listing and go to an advertiser's Web site directly for more information

Each of our printed publications has it's own **web page** with a directory of advertisers and direct links to their Web sites for more information.

We have two "**Web Booklets**" (*Staying in the Home* and *Caregiver Tips for Alzheimer's/Dementia*) full of useful tips and information that can be viewed or downloaded.

Our **Alzheimer's Residence Finder** has photo's, discriptions and information on more than 27 communities offering Alzheimer's services across the state with more being added all the time.

Our **Assisted Living Finder** features more than 26 communities across the state with information to help make your selection easier.

Next time you need information for an Idaho senior, don't forget our very comprehensive & informational **TOOLBOX**.

QUICK REFERENCE

General

AARP	866-295-7284	Goodwill Industries	378-9924
AARP Safe Driving	888-227-7669	Idaho Care Line	211
AARP Tax Aide	888-227-7669	Idaho Cntr for Assist.Living	343-9735
Adopt-A-Senior	459-0063	Idaho Center for Assis.Tech.	377-8070
Agency on Aging Area III	800-859-0324	Idaho Comm. for the Blind	334-3220
Alzheimer's Association	384-1788	Idaho Health Care Assoc.	343-9735
American Diabetes Assoc.	888-342-2383	Idaho Legal Aid Services	454-2591
American Heart Assoc.	384-5066	Idaho State Council for the deaf and Hard of Hearing	334-0879
American Parkinson's Assoc.	367-6570	ID Volunteer Lawyers	334-4510
American Red Cross of ID	947-4307	Kidney Foundation	800-622-9010
Area III Agency on Aging/Ombudsman	322-7033	Medicare	800-633-4227
Arthritis Foundation	800-444-4993	Muscular Dystrophy Assoc	327-0107
Better Business Bureau	342-4649	National Fed. of the Blind	342-3066
Blood Bank	342-4500	National Fish & Wildlife - Interagency	
Brain Injury Assoc. of ID	342-0999	Senior Pass	467-9278
Catholic Charities of ID	345-6031	Parkinson's Support Grp.	367-6570
Depression Support Grp.	375-6277	Poison Control Center	800-860-0620
Deseret Industries	375-4681	SHIBA-Senior Health Insurance Benefits Advisors	800-247-4422
Elderly Opport.Agency.	800-273-4462	Social Security	772-1213
Epilepsy League of ID	344-4340	Stroke Support Group	489-4840
Experience Works Employment Program	429-8077	Suicide Hot Line	800-564-2120
Eye Care Helpline	800-222-3937	Twilight Wish	371-5682
Friends in Action	333-1363	United Cerebral Palsy of ID	377-8070
Foster Grandparent	336-5533	United Way Treasure Valley	336-1070
Funeral Consumer's Alliance of Idaho	426-0032	VA Medical Center	422-1000
		Well Spouse Assoc.	800-838-0879

Ada County

Ada County Assessor. . . .	287-7200	Assistance League of Boise	377-4327
Ada Cty Meals on Wheels	327-7460	Association for Retarded Citizens ARC	343-5583
Ada County Ombudsman	322-7033	Better Breathers Club	345-5864
Adult Protection	322-7033	Better Business Bureau	342-4649
Adult Services Boise	322-7069	Blind & Handicapped Library Service	334-2150
Agency on Aging	800-859-0324		
American Cancer Society	343-4609		
Agency on Aging/Ombudsman	800-859-0324		

Ada County (cont.)

Boise Neighborhood Housing	343-4065	McCall Mem.Hospital	634-2221
Boise Rescue Mission	343-2389	Mental Health Services	334-0808
Boise Tennis Coalition	336-0483	Project Share	388-2200
Central District Health	375-5211	Respite Program	549-2411
Circuit Breaker Program	334-7736	RSVP - Retired & Senior Volunteer Program	345-4357
Disability Advocacy Service	336-5353	Saint Alphonsus RMC	367-2000
El-Ada Energy Assistance	322-1242	Senior Health Insurance Benefits Advisors SHIBA	334-4353
Elderly Call and Help Org. (ECHO). . .	345-7777	Senior Information & Assist	345-7777
Elks Rehabilitation Hospital	489-4444	Senior Solutions, Inc.	345-7783
Housekeeping Services	345-7777	Social Security Benefit Claims	800-772-1213
Humphrey's Diabetes Center	331-1155	St. Luke's Meridian	706-5000
Idaho Commission on Aging	334-3833	St. Luke's Regional	381-2220
Idaho Consumer Protection	334-2424	Tel Reassurance ECHO	345-7783
Idaho Council on Domestic Violence	332-1450	The Salvation Army	343-5429
Idaho Legal Aid Services	345-0106	Veterans Admin. Hospital	422-1100
Living Independ Network	336-3335	Veterns Services	334-1245

Canyon County

Agency on Aging	800-859-0324	Medicaid Eligibility/H&W	465-8444
Caldwell Housing Auth	459-2232	Mental Health Service	459-0092
Canyon Cty Indigent Fund	454-7419	St.Al's Medical Center	463-5000
Canyon Cty Infor. & Assist.	459-1334	Nampa Housing Authority	466-2601
Canyon Cty Office on Aging	459-0063	Ombudsman	322-7033
Chore Service C.C.O.A.	459-0063	Parma Senior Housing	365-4461
Circuit Breaker/Assessor	454-7431	Physicians Referral Serv.	888-880-9862
Energy Assistance WICAP	454-0675	Project Share	459-2011
Food Stamps/H&W	465-8444	Respite Program	549-2411
Grief Support Group MSTI	463-6009	RSVP - Retired & Senior Volunteer Program	466-8982
Handicapped Van/Seniors	459-0063	S.W. Idaho Cooperative Housing Authority	467-7461
Idaho Legal Aid Services	454-2591	Saludo Provecho Mental Health	454-8632
Living Independent Net.	454-5511		
Meals on Wheels - Caldwell	454-8142		
Meals on Wheels - Nampa	463-5720		

Senior Centers

Boise Basin Senior Center - Idaho City
392-4918
Boise Senior Center*
345-9921
Caldwell Senior Center
459-0132
Caldwell Senior Center/Meals*
459-0132
Cambridge Senior Center
257-3358
Cascade Senior Center
382-4256
Council Senior Center
253-4282
Eagle Senior Center*
939-0475
Garden City Senior Center
336-8122
Garden Valley Senior Center
462-3943
Gem County Senior Center (Emmett)
365-4343
Homedale Senior Center
337-3020
Horseshoe Bend Senior Center
793-2344
Idaho City Senior Center
392-4918
Kuna Senior Center*
922-9714

Marsing Senior Center
896-4634
McCall Senior Center
634-5408
Melba Valley Senior Center
495-2168
Meridian Senior Center*
888-5555
Nampa Senior Center
467-7266
New Meadows Senior Center
347-2363
New Plymouth Senior Center
278-5320
Parma Senior Center
722-5421
Payette Senior Center
642-4223
Pine Senior Center
653-2341
Rimrock Senior Center - Grand View
834-2808
Senior Citizens Center Mt.Home*
587-4562
Star Senior Center*
286-7943
Three Island Senior Center*
366-2051
Weiser Senior Center
549-0750

*Meals Served, call for days and times

Staying in the Home



A guide to the services and products available to those wanting to stay in the home as long as possible.

**Web Booklet for Viewing or
Download ONLY from our Website**

**www.retirementpublishing.com
> Idaho Publications**

Now, sharing details among your loved one's caregivers is **SAFE, SIMPLE & SECURE.**



Caregiver's Touch

CAREGIVER'S TOUCH EMPOWERS CAREGIVERS BY CAPTURING ALL A LOVED ONE'S INFORMATION IN ONE PLACE.

AVAILABLE IN BOTH WEB-BASED & SMARTPHONE FORMATS.

CaregiversTouch.com

RECEIVE A 60 DAY FREE SUBSCRIPTION.
Enter Coupon Code: RP2010

Those Darn Kids

No. These aren't the kind of kids you normally think of when you talk about children. These are the 50 something kids whose parents are now needing some help with their lives.



These kids are finding themselves in the role of researchers, advisors, decision makers and caregivers to their parents. Their parents are becoming more dependent on them to help find needed medical care, managing medications, finding in-home help and home care. These kids are also called to duty to help find suitable living arrangements, whether independent, assisted living or finding a comfortable and safe

community for a parent suffering from dementia.

These kids do it all and they turn to the publications and Web site of Retirement Publishing to help them in this task. If your business or service caters to the elderly, there is a very good chance

your going to have to sell the kids too. We provide both the parents and the kids with information and resources needed to make responsible decisions and we reach thousands of them every month through our publications and Web site. We can take your message to your best prospects and help you develop an affordable plan to reach them in a consistent and effective way.

For more information, just give us a call!

1-800-584-9916 (toll free)

- Idaho Eldercare Directory
- Senior Housing & Services for the Treasure Valley
- Alzheimer's Resource Directory for Idaho
- Assisted Living in Idaho

And for Viewing or download from our Web site only

- Staying in the Home
- Caregiver Tips for Alzheimer's/Dementia Patients
- Assisted Living Finder
- Alzheimer's Residence Finder

www.retirementpublishing.com

Email to: admin@retirementpublishing.com

BONAVENTURE

AR Active Retirement • AL Assisted Living



Inspired Senior Living

Bonaventure Senior Living is proud to offer a new standard for luxury and graciousness in senior living to the good people of Idaho. Our residents thrive in communities that offer educational, spiritual and social opportunities in settings of extraordinary beauty and security. At Bonaventure, your peace of mind comes with knowing you're being heard, and that your ideas and requests are acted upon. We're inspired by our residents, we're partners, and the rich culture in each of our communities is a reflection of our residents' vision (right down to our fine dining menus).

We look forward to meeting you, and to answering any questions you might have. Won't you call us today to arrange a visit?

BONAVENTURE

5850 Five mile Rd • 208-429-6544 • Boise ID

www.bonaventuresenior.com