



MEMBER RESOURCE DIRECTORY



**SCAN ME TO ADD OUR APP TO
YOUR HOME SCREEN!**

Caring for those...
who *Cared* for us.



Caring for elders through Independent, Assisted, Memory Care,
Long Term Care, & Rehab

7811 Euper Lane | Fort Smith, AR 72903 | methodistvillage.com | 479-452-1611



OUR MISSION

***Serve as a unified resource and
advocate for regional senior citizens,
formal and informal caregivers.***

Senior Care Alliance

PO Box 10474

Fort Smith, AR 72903

info@arseniorcarealliance.org

www.arseniorcarealliance.org

The Senior's Guide to Staying Healthy Year-Round

GET ACTIVE—Physical activity is an immune system booster. The more you move, the more your body is able to fight inflammation and infections.

TAKE SUPPLEMENTS AS NECESSARY—Before taking a supplement, always ask your doctor if it's safe, especially if you're taking a prescription medication. Some recommended supplements include calcium, vitamin D, vitamin B6, or vitamin B12.

EAT A HEALTHY DIET—Diets rich in fruits, vegetables, and lean meats also give your immune system a boost and protect against harmful viruses and bacteria that cause illnesses.

WASH YOUR HANDS FREQUENTLY—Viruses can live on surfaces for up to 24 hours. Wash your hands with warm soapy water often, for 20 seconds. Avoid touching your nose, faces, and mouth with your hands.

LEARN HOW TO MANAGE STRESS—to reduce stress, increase physical activity, get plenty of sleep, set reasonable expectations for yourself, and explore relaxing, enjoyable activities.

GET PLENTY OF REST—Sleep is important as you get older. It can improve memory and concentration. Aim for seven and a half to nine hours of sleep per night.

TAKE STEPS TO PREVENT INFECTIONS—The flu virus changes each year, so you should get the vaccine yearly. You can also talk to your doctor about getting pneumococcal vaccines to protect against pneumonia and meningitis.

ANNUAL PHYSICALS—Scheduling a yearly checkup can also keep you healthy. Always speak with your doctor if you have concerns about your health.

AVOID CONTACT WITH SICK PEOPLE—Limit contact with people who aren't feeling well and avoid crowded areas during outbreaks until conditions improve.

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ASSISTED LIVING

Mercy Crest

Mercycrest.com

479-478-3000

Welcome to Mercy Crest Assisted Living, where we provide the highest-quality assisted living and independent resident services in a luxurious and comfortable faith-based setting. A premier retirement facility located on 19 scenic acres in Barling, Arkansas just east of Fort Smith. Through individualized service plans, our dedicated team members are able to customize every aspect of resident care to allow each resident independence and quality of life, based on personal choice and preferences. Our residents benefit from an array of services including delicious meals, including heart healthy choices, and snacks; transportation to medical appointments, weekly housekeeping and laundry services; daily activities, include games and socialization, physical and mental exercises, community events and trips and much more.

Medication assistance or administration and assistance with activities of daily living are provided 24 hours a day by our licensed and certified team members.



***WE WELCOME YOU TO COME
HOME TO MERCY CREST***

Faith-Based Environment

Compassionate Person
Centered Care

Medicaid Certified-Assisted
Living Level II

Make an appointment today!
(479) 478-3000
www.mercycrest.com
1300 Strozier Lane • Barling, AR 72923

Assisted Living

Memory Lane

Memorylanevb.com

479-474-7233

Memory Lane is an Arkansas State Licensed Assisted Living Facility certified as an Alzheimer's Special Care Unit. Established in 2009 Serving families in the River Valley, & from over 20 states & several countries Operating 3 separate units with the capacity to serve 74 residents, Memory Lane accepts private pay, applicable Long Term Care Insurance, VA Aid & Attendance, and qualified applicants for the Medicaid Waiver Program.

Through a partnership of caring, we strive to create an environment that: Embraces Independence, Nurtures, Accommodates Challenging Behavior, Promotes Structure & Safety, Balances Meaningful Life with Appropriate Stimulation.

We believe those we care for are our greatest teachers. What we learn from them will result in an enhanced quality of life through all stages of the disease. Balances Meaningful Life with Appropriate Stimulation

Methodist Village Senior Living

Methodistvillage.com

479-452-1611

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Find us on [Facebook](#)
Senior Care Alliance

FINANCIAL SERVICES

Edward Jones – Chrissy Nguyen

Edwardjones.com/us-en/financial-advisor/chrissy-nguyen
479-649-9800

What does financial success mean to you? For some it could mean living and retiring debt free; for others it could mean traveling and exploring the world. Some would like to leave a financial legacy while others would like to give their children or grandchildren a head start in investing. There is no right or wrong answer because we each have our own versions of financial success. The process starts with a conversation. We understand that the financial discussion can be overwhelming, but it doesn't have to be. We take the time to build relationships because that is the only way to understand what is most important to you. When you call or step into our office, our focus is to help you succeed.



You're retired. Your money isn't.

Are your retirement accounts following your investment strategy?
Call or email me today, and let's make sure you're still on track.



Chrissy Nguyen, CRPC™, CRPS™

Financial Advisor

6707 Phoenix Ave Suite 5
Fort Smith, AR 72903
479-649-9800

IRT-4395H-A

Providence Estate Planning & Elder Law

Providencefirm.com
479-434-3431

At Providence, we help seniors protect their legacies with ease, while creating unparalleled peace of mind for the entire family. What sets us apart from other Fort Smith attorneys is our dedication to assisting seniors, our exclusive focus on Estate and Elder Law, and the lightning-quick and life-changing results we deliver to our clients each and every day.

HOME HEALTH CARE

1 of a Kind Medical Services

Prnmedstaff.net

479-785-9222

PRN or 1 of a Kind Medical Services provides clients with caregivers and companionship services designed to help and enhance the lives of those who wish to remain in their own homes. A qualified nurse will provide a free assessment at your home, in the hospital, the nursing home, an assisted living facility, or wherever is convenient and comfortable for you.

We can meet with you one-on-one or with your family or friends to discuss the level of home care you need. We accept most Long-Term Care insurance plans, including VA and Medicaid, as well as private pay arrangements.

Area Agency on Aging

Agingwest.org

479-783-4500

Since 1974, Area Agency on Aging has been a leader in providing 24-hour, in-home care to people of all ages. We are non-profit, home-based and dedicated to helping you and your loved ones realize a better quality of life through individually tailored care. Our mission is to assist older individuals in maintaining desired lifestyles through accessible and affordable alternatives.

Access Home Health

Lhcgroup.com

479-441-5850

Each patient and family we are privileged to serve is unique. Our ongoing mission is to design a specific plan to help those in our care achieve their best possible health – in the comfort of home.

Under the direct supervision of the referring physician, our highly skilled home care professionals deliver quality, compassionate care. We also include families and caregivers in the care process, offering valuable information, guidance and – most of all – support.

HOME HEALTH CARE

Elite Home Health

Lhcgroup.com

479-494-7273

At Elite Home Health, we are more than an organization of healthcare professionals – we are proud members of communities across central Arkansas. Quality service is our mission. And to us, service means getting to know our patients on a personal level. Each patient and family we are privileged to serve is unique. Our ongoing mission is to design a specific plan to help those in our care achieve their best possible health – in the comfort of home.

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Heart of Hospice

Heartofhospice.net

479-494-0100

At Heart of Hospice, we are more than an organization of hospice professionals – we are proud members of communities across west Arkansas. Compassionate, quality service is our mission. And to us, service means getting to know our patients on a personal level. If you or a loved one is eligible for hospice care, our philosophy will not require you to be ready to give up hope or sign a DNR. At Heart of Hospice, it is our mission to serve all hospice eligible- patients the way they desire to be served.



www.arseniorcarealliance.org

info@arseniorcarealliance.org

HOSPICE

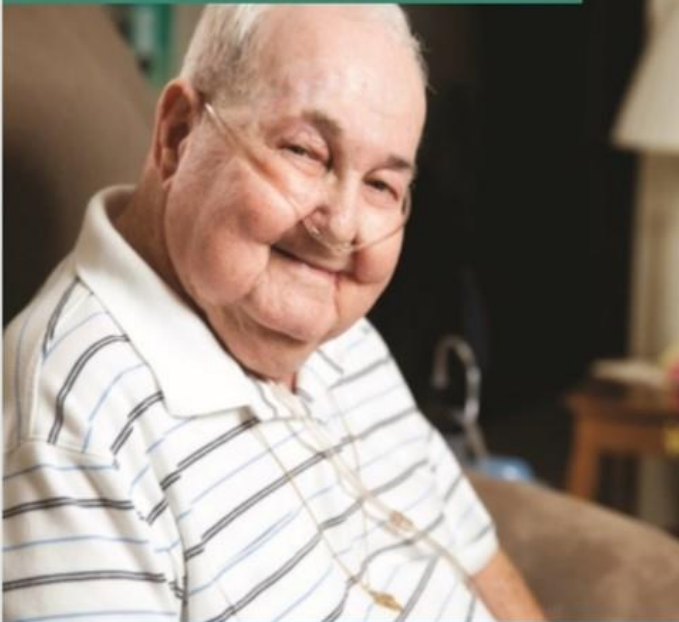
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*Same great care team
with a new name.*



HEART of HOSPICE

Heart of Hospice, formerly Peachtree Hospice, is committed to the mission of serving all hospice eligible patients the way they desire to be served. We work with patients to develop a plan of care that is unique to their specific situation.

Physical therapy, IV therapies, radiation and other comforting treatments approved by the physician may be included in the patient's plan of care.




The Heart of Hospice team will be working 24/7 to admit eligible patients who need our care.

*For more information, or to make
a referral, please contact us:*

1.844.HOH.0411

or

www.heartofhospice.net

FIND US ON:   

INDEPENDENT LIVING

Legacy Heights Van Buren

Legacyheights.org

479-262-6466

Legacy Heights Retirement Center offers fine independent living in a graciously appointed, caring environment. We strive to make your home as comfortable and welcoming as possible by offering all-inclusive living with a variety of services to meet your needs including: three homemade meals daily, housekeeping, laundry, utilities, cable, wifi, medical transportation available, and a wide variety of daily activities. Stop in and see us and see what sets us apart today!



Legacy Heights
Retirement Center

www.legacyheights.org

479-262-6466

Voted Best Retirement Community!

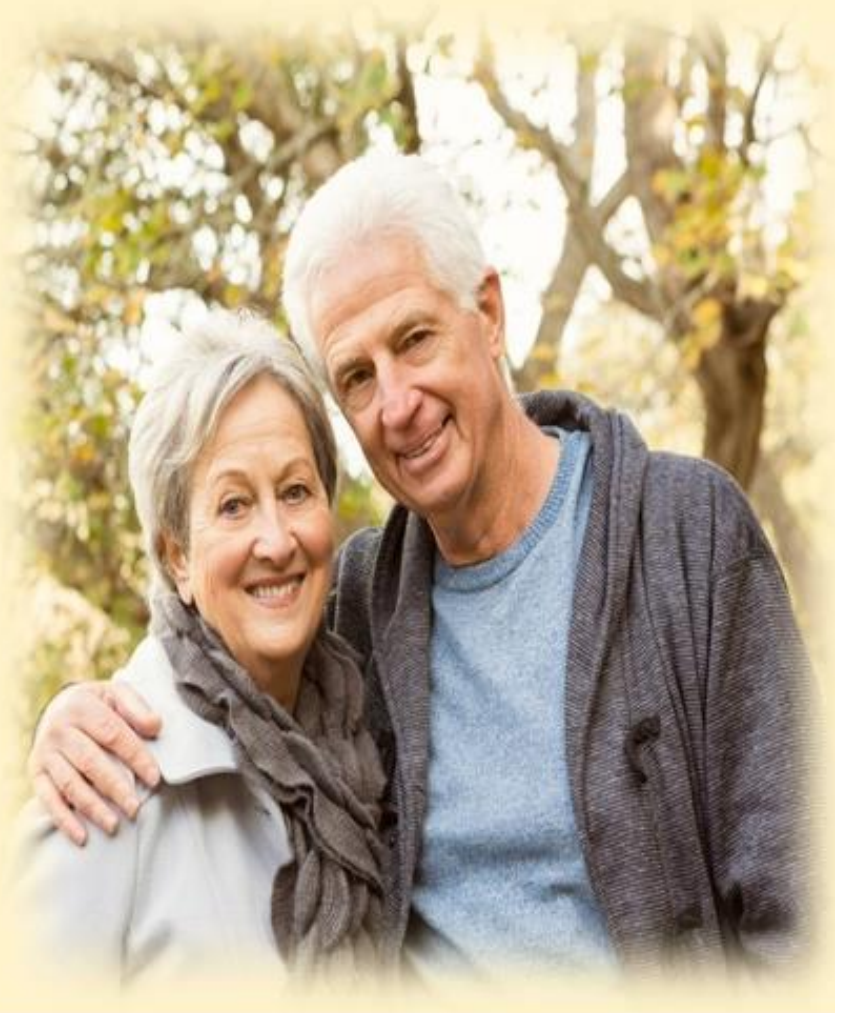


MEMORY LANE
Alzheimer's Special Care Unit

www.memorylanevb.com

479-474-7233

Voted Best Assisted Living Center!



Mercy Crest

Mercycrest.com

479-478-3000

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Methodist Village Senior Living

Methodistvillage.com

479-452-1611

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INDEPENDENT LIVING

Morada

Moradaseniorliving.com

479-484-5200

Morada Fort Smith is built around quality resident services, exceptional comfort, and exclusive amenities for a senior lifestyle experience that is distinctly your own. Our Independent Senior Living community offers one-and-two-bedroom apartment homes and senior living suites with multiple floor plan options. Residences are equipped with kitchenettes, private patios and balconies, and senior-specific living features to make everyday life easier and more enjoyable. Indulge in chef-prepared meals with friends or join in an offsite excursion into town. No matter how you spend your time, trust that you'll always be well taken care of at Morada Fort Smith.

INSURANCE

Covenant Benefits & Insurance Specialists

Covenantbis.com

479-461-1894

Full-Service Insurance Broker for all insurance related benefits including coverage for Individuals, 1099 and W2 employees. Medical, Health, Life, Dental, Vision and Annuities.

Humana

Jarett Davis – Humana

jdavis113@humana.com

479-221-5553

Facebook.com/jarettjdavisfb

As your local Humana agent, I can help make sense of Medicare, assisting individuals as they navigate their Medicare options. Whether it's Medicare Advantage, Medicare Supplement, Part D, Dental, Vision, or even Life Insurance, I can help.

Are you
turning 65?
Call your
local licensed
Humana
sales agent.

Humana®

JARETT DAVIS

479-221-5553 (TTY: 711)

Monday – Friday

8 a.m. – 5 p.m.

JDavis113@Humana.com

Y0040_GHHHXDFEN23a_BC_C

INSURANCE

Price Insurance Services

priceinsuranceservices.com

479-431-5632

For almost two decades now, Kendall Price has been working solely in the Senior Market primarily with products allowed under the Medicare health insurance options. His major goal is to educate and demystify the Medicare options. Although he does life insurance, burial plans, and supplemental policies such as cancer policies as well, in all cases, these all go back to his focus on the Seniors in the River Valley. He is certified under Medicare to sell Medicare Supplements, Prescription Drug Plans, Medicare Advantage plans, long term Care, Life Insurance, and other supplemental products.

In addition, Kendall initiated the River Valley Senior Alliance, which is a group of individuals and businesses in Ft. Smith and surrounding areas to improve the knowledge and visibility of resources available in the area for seniors.

His day to day goal is to provide a simpler way to understand your Medicare options. It can seem complicated under Medicare but that is because there are several good options. These alternatives are designed to give you flexibility in finding the best choice for your individual situation. Education in an easily understood package to take home with you is the key. That is our goal.

LEGAL SERVICES

Providence Estate Planning & Elder Law

Providencefirm.com

479-434-3431

At Providence, we help seniors protect their legacies with ease, while creating unparalleled peace of mind for the entire family. What sets us apart from other Fort Smith attorneys is our dedication to assisting seniors, our exclusive focus on Estate and Elder Law, and the lightning-quick and life-changing results we deliver to our clients each and every day.

LONG TERM CARE

Covington Court Health & Rehabilitation Center

Covingtonhealth.com

479-646-5700

Covington Court Health and Rehabilitation Center offers a wonderful alternative to a traditional long-term care and rehabilitation facility. At our facility, you will not only find a commitment to quality but also a professional and caring staff. Beautifully decorated and pleasant common areas create a warm and welcoming environment. The Pavilion allows for easy access for loved ones to visit.

We offer private and semi-private suites with upscale bathrooms. Each resident room has cable television and complimentary Wi-Fi. Our facility offers beautician services and laundry services, so residents always feel and look their best. During meals, residents can dine in the comfort of their room or in our restaurant style dining area surrounded by friends.

Legacy Health & Rehabilitation

Legacyfortsmith.com

479-783-3101

At our facility, you will not only find a commitment to quality but also a professional and caring staff. Beautifully decorated and pleasant common areas create a warm and welcoming environment. Each resident can relax in the outdoor courtyards and take part in the many daily activities that keep residents active and involved.

Our facility offers beautician services and laundry services, so residents always feel and look their best. Each resident room has cable television and complimentary Wi-Fi. During meals, residents can dine in the comfort of their room or in our restaurant style dining area.



SENIOR COFFEE TALK

Monthly Educational Programs

arseniorcarealliance.org

Methodist Village Senior Living

Methodistvillage.com

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The Oaks

Oakshealthcare.com

918-647-8236

The Oaks Healthcare Center in Poteau offers expert care in physical therapy treatments, nursing, occupational therapy, speech-language pathology with glorifying God in all we do by shepherding our residents, patients, customers, and employees with the Fruit of the Spirit.

Paris Health & Rehab

Parishealthandrehab.com

479-963-6181

Paris Health and Rehabilitation Center offers a wonderful alternative to a traditional long-term care and rehabilitation facility. At our facility, you will not only find a commitment to quality but also a professional and caring staff. Beautifully decorated and pleasant common areas create a warm and welcoming environment.

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Project Concern is a utility assistance program established by the City of Fort Smith to provide relief to low-income customers who use water utility services solely for residential purposes.

The program allows eligible participants to receive the following discounts on their City utility bill:

- Water Services – 50% discount
- Sewer Services – 50% discount
- Solid Waste Services – 25% discount

To qualify, your gross household income must not exceed 165% of the current federal poverty guidelines.

Learn more and download the application at
fortsmithwater.org

For questions about the application process,
call 479-494-3907
or email UtilityPR@FortSmithAR.gov

This program is for City of Fort Smith water utility customers only. It does not provide a discount on previous balances.



MEMORY CARE

Alzheimer's Association, Arkansas Chapter

Alz.org/arkansas

501-265-0027

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. The Arkansas Chapter provides free education programs, caregiver support groups, care consultations and a professionally staffed 24/7 Helpline, which offers information and advice to more than 300,000 callers each year and provides translation services in more than 200 languages.

Memory Lane

Memorylanevb.com

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Balances Meaningful Life with Appropriate Stimulation

Did You Know~

Senior citizens are the fastest growing demographic group on Facebook. Recent studies show that more than half of all U.S. seniors are active on-line, and more than one-third are on Facebook and other social media websites.

MEMORY CARE

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Mercycrest.com

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Methodistvillage.com

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MENTAL HEALTH SERVICES

Baptist Senior Care Behavioral Health

baptisthealthfortsmithvanburen.com

479-441-5601

Senior Care Behavioral Health is unique in our region. This 23-bed unit was designed by a multi-disciplinary team whose first order of business was to identify the combination of diagnostic and therapeutic services and features that would best benefit their patients. The program specializes in the acute care of dementia, depression and other mental health concerns of adults aged 55 and older. It features a comfortable 23-bed inpatient unit, complete with open areas for group and individual activities, recreation, and dining. The program's progressive therapies and multi-disciplinary approach seek to address the emotional, physical, and spiritual needs for each patient.

Springwoods Behavioral Health

Springwoodsbehavioralhealth.com

888-521-6014

Springwoods Behavioral Health is a behavioral health facility providing acute inpatient treatment for Teenagers and Adults. Located in Fayetteville, Springwoods Behavioral Health offers outpatient service : PHP, IOP and MAR which provides treatment for adults with mild to moderate psychiatric or emotional disorders. Springwoods Behavioral provides a no cost mental health assessments 24 hours 7 days a week.

Specialized Behavioral Health Programs

Inpatient, Partial Hospitalization and Intensive Outpatient
Programs for Adolescents and Adults



Inpatient Treatment (24-hour care)

- Psychiatric
- Dual diagnosis
- Medical detoxification (adults only)
- Specialty program for women

Outpatient Treatment: Adolescents

- Partial hospitalization evening program (group therapy)

Outpatient Treatment: Adults

- Partial hospitalization (full-day group therapy)
- Intensive outpatient morning sessions
- Changing Paths medication-assisted treatment
- Outpatient treatment for partial hospitalization offered in person or on telehealth

Call to speak with a Clinician today about our programs

888.521.6014



With limited exceptions, physicians are not employees or agents of this hospital. For language assistance, disability accommodations, and the non-discrimination notice, visit our website at springwoodsbehavioral.com.

Valley Behavioral Health Systems

Valleybehavioral.com

479-420-1464

Valley Behavioral is the premier Psychiatric and Mental Health Treatment Center & Hospital in Fort Smith. We are offering the highest quality of treatment in the area, Valley Behavioral Health focuses on providing their patients with the tools and knowledge needed to live happy, healthy lives. Regardless of the level of care, patients receive personalized treatment by a multi-disciplinary team of therapists, social workers, psychiatric nurses, and other caring mental health professionals.

W.M. Health & Wellness

479-274-8847

W. M. Health and Wellness, LLC is a private mental health counseling practice, owned and operated by Wansley Harrison, LCSW, CSW-G. Services are primarily geared toward geriatrics, caregivers, and individuals who may not have the flexibility during their workday to fully participate in therapy services. Therefore, appointments are scheduled after regular business hours and/or weekends.

Mission Statement W.M. Health and Wellness, LLC (Worthiness, Mindfulness, Health, and Wellness) will provide consulting, supervision, and quality mental health services to clients in a judgement free and safe environment. Cultivate a space for individuals to be their authentic self to grow, heal, and evolve while building strength and finding happiness.



W M Health & Wellness, LLC

Wansley Harrison, LCSW, CSW-G

Owner & Provider

479-274-8847 ☎

5101 Old Greenwood Road, Suite 105 📍

wmhealthwellness1216@gmail.com ✉

<https://wmhealthwellness.clientsecure.me/> 🌐

NON-MEDICAL HOME CARE

Area Agency on Aging

Agingwest.org
479-783-4500

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First Light Home Care

firstlighthomecare.com
479-268-7354

First Light is well-renowned for exceptional caregiving services and this can mostly be accredited to our unique and thorough processes. We don't just throw any caregiver at your situation but rather, we take time to get to know you, your family dynamic, and your individual needs, and then match you with a caregiver that is best suited for you. Our Fort Smith home care and senior care services can be tailor made to fit your unique needs.

Home Helpers

Homehelpershomecare.com/fortsmith
479-308-2588

Home Helpers of Fort Smith In-Home Care Services is more than an in-home health care agency: we're your extended family when family can't be there. We're a locally owned, trusted provider of quality, compassionate in-home care, and we customize our home care solutions to your unique situation for an affordable solution that keeps your loved one where they're happiest: at home.

NON-MEDICAL HOME CARE

Home Instead

Homeinstead.com

479-434-6960

Home Instead® in Fort Smith, AR offers many different types of in-home care that can be individualized to meet the needs of your family members. All of our highly trained Caregivers are bonded and insured for your peace of mind. Each Caregiver completes a comprehensive training program to deliver individualized senior care with compassion. "Care" simply means care that does not involve nursing-type activities such as wound changes. In-home care provides practical support with a human touch. Our compassionate Caregivers assist clients with common activities of daily living like showering, cooking and much more. Call us today!

Hope Foundation

989-472-7812 or 817-454-4439

The Hope Foundation provides comprehensive, non-medical care 24/7 for frail elderly and early dementia patients in small, residential settings.

Pinnacle In Home Care

Pinnancleinhomecare.net

479-401-2229

Pinnacle In Home Care provides premiere home care services including: personal care, facility staffing, respite care, long-term care, certified caregivers 24/7. Contact us now!

PHYSICIANS

Walmart Health

Walmarthealth.com

479-358-8435

Walmart health offers affordable & transparent pricing with or without insurance, the highest level of care from our qualified physicians, nurse practitioners, dentist, and more. We offer a variety of care services in one convenient location.

Walmart Health accepts many major insurance plans. Please note that not all providers participate in all plans. Co-pays are due at the time of service. Please contact your local Walmart Health location for additional insurance details.

REHABILITATION SERVICES

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Covingtonhealth.com

479-646-5700

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Encompass Health

Encompasshealth.com
479-785-3300



**SCAN ME WITH YOUR CAMERA TO
LEARN MORE!**

We know that choosing where to receive care after a life-changing illness or injury is an important decision for you and your loved ones. At Encompass Health Rehabilitation Hospital of Fort Smith, we are committed to helping you get back to what matters most. Located in Fort Smith, we are a leading provider of inpatient rehabilitation for stroke, brain injury, hip fracture and other complex neurological and orthopedic conditions.

When you choose Encompass Health Rehabilitation Hospital of Fort Smith for your rehabilitation, you receive compassionate care from an expert team of physical, occupational and speech therapists; physicians; nurses; dietitians; pharmacists; and case managers who work together to create a plan to help you meet your unique goals.

At our hospital you will receive: three hours of therapy, five days per week, 24/7 nursing care, including nurses who specialize in rehabilitation, frequent visits from a physician. Each patient's recovery is different. At Encompass Health Rehabilitation Hospital of Fort Smith, our expert clinicians combine the latest technologies, real-world simulations and advanced therapies into a treatment plan that helps you achieve what's important to you.



Our hospital holds disease-specific care certifications from The Joint Commission for its stroke, hip fracture, and amputee rehabilitation programs. Referrals accepted from anyone. Call 479-785-8554 www.encompasshealth.com

REHABILITATION SERVICES

Legacy Health & Rehabilitation

Legacyfortsmith.com

479-783-3101

At our facility, you will not only find a commitment to quality but also a professional and caring staff. Beautifully decorated and pleasant common areas create a warm and welcoming environment. Each resident can relax in the outdoor courtyards and take part in the many daily activities that keep residents active and involved.

Our facility offers beautician services and laundry services so residents always feel and look their best. Each resident room has cable television and complimentary Wi-Fi. During meals, residents can dine in the comfort of their room or in our restaurant style dining area.

Mercy Rehabilitation Hospital

Mercyrehabftsmith.com

479-974-578

Our state-of-the-art, 50-private bed hospital is dedicated to the treatment and recovery of those who have experienced the debilitating effects of a severe injury or illness. Our rehabilitation programs provide ongoing care and specialized treatment to patients on their recovery journey while focusing on excellence in patient care.

Conditions we treat: Amputee program, Aphasia, Arthritis and joint conditions, Brain injury, Gait disorders, Hip and traumatic factors, Joint replacement, Neurological disorders, Orthopedic conditions, Spinal Cord Injury, Stroke.

Methodist Village Senior Living

Methodistvillage.com

479-452-1611

Caring for those who cared for us! MVSL is celebrating 62 years of building a home for our community's elders, a future for those coming after us, and a legacy in our community. MVSL is the only complete continuum of care "Life Plan Community" in the River Valley, caring for elders through Independent, Assisted, Memory Care, Long Term Care, & In and Out Patient Rehab. MVSL accepts Private Pay, Medicare, Medicaid, acceptable Long Term Care Insurance policies, and VA Aid & Attendance (Assisted Living only). Call 479-452-1611 to schedule a tour today!

REHABILITATION SERVICES

Paris Health & Rehab

Parishealthandrehab.com 479-963-6181

Paris Health and Rehabilitation Center offers a wonderful alternative to a traditional long-term care and rehabilitation facility. At our facility, you will not only find a commitment to quality but also a professional and caring staff. Beautifully decorated and pleasant common areas create a warm and welcoming environment. Each resident can relax in the outdoor courtyards and take part in the many daily activities that keep residents active and involved. Our facility offers beautician services and laundry services, so residents always feel and look their best. Each resident room has cable television and complimentary Wi-Fi. During meals, residents can dine in the comfort of their room or in our restaurant style dining area.

THERAPY SERVICES

Therapists In Motion

Therapistsinmotion.com

479-222-1425 cell/text

danni@therapistsinmotion.com

Therapists In Motion provides physical, occupational, and speech/ swallowing therapies where patients need them the most. We offer in clinic therapy at our Wellness Center located at 2801 Old Greenwood Rd STE 14 Fort Smith, AR 72903. Therapists In Motion also continues to provide in home therapy by bringing our top-notch therapists to you. Our therapists provide therapy services 2 to 4 times per week per discipline or as needed for each individualized treatment plan.

Our office staff can assist with obtaining a physician's order for therapy, if needed. Our patients do not need to be homebound. We are Medicare/Medicaid credentialed and in network with BCBS, Humana, Aetna, Allwell, Ambetter, AR Total Care, and Summit Community Care. Our services are billed under Medicare Part B/ commercial outpatient therapy benefits just like other outpatient therapy clinics. Our therapists want to help you put the joy back in your living, reduce/eliminate your pain, get you back to playing with your grandkids.

Our goal is to help you maintain your ability to live at home safely. Our therapists complete home safety evaluations and fall risk assessments. Our Medical Speech Pathologists are also the area's only team to offer high tech swallow studies and Ampcare swallowing therapy for patients with difficulty swallowing or dysphagia.

STATE SERVICES

Area Agency on Aging

Agingwest.org 479-783-4500

Since 1974, Area Agency on Aging has been a leader in providing 24-hour, in-home care to people of all ages. We are non-profit, home-based and dedicated to helping you and your loved ones realize a better quality of life through individually tailored care. Our mission is to assist older individuals in maintaining desired lifestyles through accessible and affordable alternatives.

Division of Provider Services Quality Assurance

479-782-4555 ext. 3412

The Division of Aging and Adult Services serves as the focal point for all matters concerning older Arkansans; serves as an effective and visible advocate for the aging population; gives elderly citizens a choice of how and where they receive long term care services; plans, coordinates, funds and evaluates programs for senior adults.

DHS/APS

Daas.arkansas.gov 479-782-4555

Adult Protective Services or APS, refers to publicly funded programs which investigate and intervene in reports of abuse, neglect, and exploitation of adults who are physically or mentally impaired and unable to protect themselves from harm.

TRANSPORTATION

Area Agency on Aging

Agingwest.org 479-783-4500

Since 1974, Area Agency on Aging has been a leader in providing 24-hour, in-home care to people of all ages. We are non-profit, home-based and dedicated to helping you and your loved ones realize a better quality of life through individually tailored care. Our mission is to assist older individuals in maintaining desired lifestyles through accessible and affordable alternatives.

ADDITIONAL MEMBER SERVICES

City of Fort Smith Water Utilities Department

www.fortsmithwater.org

479-494-3907

Please Note: The following programs are for City of Fort Smith Water Utilities customers only.

Project Concern - Project Concern is a utility assistance program established by City ordinance to provide relief to residential City of Fort Smith Water Utilities customers. To qualify for the program, the gross household income must not exceed 165% of the current federal poverty guidelines.

The program allows eligible participants to receive the following discounts on their City utility bill:

- Water Services - 50% discount
- Sewer Services - 50% discount
- Solid Waste Services - 25% discount

Supplemental Environmental Project (SEP) - As part of an agreement with the EPA, the City of Fort Smith has developed a Supplemental Environmental Project (SEP) to help low-income homeowners pay for private sewer line repairs. To qualify for assistance, applicants must meet the following criteria:

- Have a defect for Infiltration and Inflow (I&I)
- Be a low-income homeowner according to the SEP Eligibility Income Limits

To see if you qualify for these programs, visit our website or call us today.

Project Compassion

projectcompassioninc.com 479-783-2273

Our mission is to bring joy, companionship, and quality of life to residents of nursing homes. Over 300 volunteers provide one-to-one visits, assist with group activities such as cards, crafts, bingo, and pet and music therapies. There is never a fee for our services.

A grayscale photograph of a woman with dark hair, wearing a white long-sleeved shirt, leaning over and smiling at an elderly woman with white hair who is seated in a wheelchair. The elderly woman is also smiling and looking up at the younger woman. The background is a simple indoor setting with a shelf and a lamp.

**Home
Helpers®**

Making *Life Easier*®



Owners Tatum & Jessica Owenby

In-Home Senior Care

Remaining in the comforts of your own home is as important to us as it is to you.

We strive to be the extended family when your family is unavailable. Our goal is to make life easier by keeping you as safe, comfortable, and independent as possible in your home.

homehelpershomecare.com/fortsmith

(479) 308-2588