

# MID-SOUTH 50+ RESOURCE GUIDE

WINTER/SPRING 2022

Take the puzzlement  
out of finding senior resources



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North Mississippi,  
East Arkansas*

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# MID-SOUTH 50+ RESOURCE GUIDE

**A COMPLETE RESOURCE GUIDE  
FOR OLDER ADULTS IN THE  
MID-SOUTH AREA.**

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**Managing Editor:** Thomas Jordan, tjordan@thebesttimes.com

**Assistant Publisher:** Sherry Greene, sgreene@thebesttimes.com

**Advertising Manager:** James K. Grubbs, jgrubbs@thebesttimes.com

**Advertising Account Rep.:** Jeff Winstock, jwinstock@thebesttimes.com

**Advertising Account Rep.:** Jeff Martin, jmartin@thebesttimes.com

**Art Director:** Mindy Fulcher, mindy.fulcher@gmail.com

**Social Media / Website Mgr.:** William Mitchum, wmitchum@thebesttimes.com

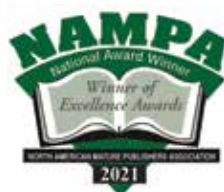
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and get results for our advertisers.*

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# GENERAL RESOURCES

## QUICK REFERENCE FOR ORGANIZATIONS & GOVERNMENT AGENCIES

Abused Women's Services .....	725-4277
Adult Protective Services .....	888-277-8366
Aging Commission of the Mid-South Office .....	222-4111
Alzheimer's Association .....	565-0011
American Red Cross .....	726-1690
Better Business Bureau .....	759-1300
Calvary Rescue Mission .....	775-2570
Cancer Information Services .....	800-422-6237
Catholic Charities .....	722-4700

### Church Health

901-272-0003  
 1350 Concourse Ave. Suite 142,  
 Memphis, TN 38104  
 Churchhealth.org



Community Service Agency .....	222-4200
County Clerk's Office .....	222-3000
Crisis Center .....	274-7477
Department of Veteran Affairs .....	222-4237
Economic Crimes Bureau, MPD .....	636-3350
Food Stamps/SNAP .....	320-7200, 344-5040
Goodwill Homes Community Services Inc .....	785-6790
HIV/Aids Information .....	222-9385
Income Tax Information & Assistance .....	800-829-1040
Jewish Family Services .....	767-8511
Library and Information Center (LINC) .....	415-2700
Metropolitan Inter-Faith Assoc. (MIFA) .....	527-0208
Medicare Claims .....	800-633-4227
Memphis Fair Housing Center .....	432-4663
Memphis Animal Shelter .....	636-7297
Memphis Center for Independent Living .....	726-6404
Mid-South Food Bank .....	527-0841
Memphis Light, Gas and Water .....	901-544-6549
Mid-South Lions Sight Service .....	543-5466
National Kidney Foundation of West Tennessee .....	683-6185
Professional Network on Aging (PNA) .....	730-0528
Property Assessor Offices .....	901-222-7001
Public Guardian .....	222-4100
Senior & Adults with Disabilities Information & Assistance .....	222-4111
Shelby County Archives .....	222-8175
Shelby County Assistance Center .....	222-2300

Shelby County Birth Certificates .....	222-9693
Shelby County Crime Victims Center .....	222-3950
Shelby County Election Commission .....	222-1200
Shelby County Family Support .....	222-4200
Shelby Rent & Mortgage Assistance .....	222-4200
Shelby County Jury Commission .....	222-1650
Shelby County Trustee.....	432-4829
Shelby County Utilities Assistance .....	222-4200
Shelby County Veteran Service .....	222-4237
Sheriff's Special Services (Senior Crime Watch) (Mon.- Fri.) .....	222-5875
Sheriff's Department .....	222-5500
Social Security Administration .....	800-772-1213
TennCare Information Line .....	800-342-3145
Tennessee Career Center.....	636-7971
Tenn Department of Human Services .....	615-313-4700
Tennessee Highway Patrol .....	543-6256
TN Consumer Insurance Service .....	800-342-4029
United Methodist Neighborhood Centers:.....	323-4995
602 Looney, 523-2485, 3000 Walnut Grove	
Union Mission .....	526-8403
Urban League .....	272-2491
Veteran Administration .....	800-827-1000
Weather Information .....	332-3679
Wheel Tax Reimbursement .....	222-0200

## FINANCIAL ADVISORY FIRMS

Brandon Financial Planning .....	901-324-6600
Diversified Trust Co. Inc. ....	901-761-7979
Duncan Williams Asset Management .....	901-435-4250
Kelman-Lazarov Inc. ....	901-685-8284
Legacy Wealth management .....	901-758-9006
Shoemaker Financial .....	901-757-5757
Strategic Financial partners .....	901-767-5951
Summit Asset Management .....	901-729-8100
TD Capital management .....	901-681-0021
Telarray LLC .....	901-531-7423
Waddell & Associates .....	901-767-9187



## LEGAL SERVICES

### Public Resources:

Community Legal Center .....	901-543-3395
Memphis Area Legal Services .....	901-523-8822
Tipton, Fayette, and Lauderdale Counties Legal Services .....	476-1808
.....Toll Free: 888-207-6386	
Public Guardianship/Conservatorship/Aging Commission of the Mid-South .....	901-222-4100
Memphis Bar Association .....	901-527-3573
Family Safety Center, Coordinated Response to Elder Abuse .....	901-222-4400
Senior Housing Crime Prevention Foundation .....	877-232-0859

### Private Practices:

Apperson Crump: William King Self and Johnathan Ring..	901-756-6300
Olen "Mac" Bailey, Jr: Bailey Law Firm .....	901-843-2760


### The Bradley Law Firm

Germantown Office - 901-682-2030, 3107 Corporate Edge Dr. Bradley-Law.com,	
Southaven Office- 662-655-1601, 7075 Golden Oaks Loop W. Suite 4	
Deborah K. Brooks .....	901-728-4947
Terry C. Cox: Cox Law Office .....	901-853-3500
J. Randal Tomblin: Elder Law Associates .....	901-820-0810
Zoccola Law Firm .....	901-523-8283

## LOCAL ACCOUNTING FIRMS

Cannon Wright Blount PLLC .....	901-685-7500
Culver PLLC .....	901-466-9797
Fouts & Morgan CPAs .....	901-761-2110
Frazee Ivy Davis PLC .....	901-685-1040
Hutchinson and Greenberg .....	901-763-4308
Jackson Howell & Associates PLLC .....	901-683-5100
Lenahan Smith & Bargiachi PC .....	901-684-1100
Pulley & Associates LLC .....	901-761-7874
Reynolds, Bone & Griesbeck PLC .....	901-682-2431
Rikard & Neal CPAs PLLC .....	901-685-9411
Rowland & Carter CPAs PLLC .....	901-432-3000
Scott & Pohlman PC .....	901-761-4692
The Marston Group PLC .....	901-761-3003
Watkins Uiberall PLLC .....	901-761-2720
Whitehorn Tankersley & Davis PLLC .....	901-767-5080
Williams, Pitts & Beard PLLC .....	662-429-4436





# B


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Germantown, TN 38138

Southaven, MS  
7075 Golden Oaks Loop West Suite 4  
Southaven, MS 38671

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★ VA Accredited Attorney ★



Anthony Bradley, Esq. is able to help qualified war period veterans and their spouses qualify for the VA Aid and Attendance Pension. He is trained in managing the complexities associated with the veteran's VA Aid and Attendance Pension qualification process while protecting them from financial hardships in other areas.

**B**  
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LAW FIRM PLLC

Germantown, TN  
3107 E. Corporate Edge Drive  
Germantown, TN 38138

Southaven, MS  
7075 Golden Oaks Loop West Suite 4  
Southaven, MS 38671

# CLUBS AND ACTIVITIES

## COMMUNITY CENTERS

Community Centers cater to all ages with programs and activities ranging from health and wellness, dance, cultural arts, sport facilities, summer day camps to list a few.

Bert Ferguson Community Center .....	901-636-0705
Bickford Community Center .....	901-636-0709
Cunningham Community Center .....	901-636-3037
Dave Wells Community Center .....	901-636-0717
Davis Community Center .....	901-636-0728
Douglass Community Center .....	901-636-0778
Ed Rice Community Center .....	901-636-4200
Gaisman Community Center .....	901-682-6161
Gaston Community Center .....	901-636-0703
Glenview Community Center .....	901-636-7080
Hickory Hill Community Center .....	901-636-0708
Hollywood Park Community Center .....	901-636-0784
Katie Sexton Community Center .....	901-576-7070
Kroc Center Memphis .....	901-729-8007
Lester Community Center .....	901-636-0788
McFarland Park & Community Center .....	901-636-0787
Memphis Jewish Community Center .....	901-761-0810
Raleigh Community Center .....	901-636-0794
Riverview Community Center .....	901-636-0795
Singleton Community Center .....	901-385-5593
Whitehaven Community Center .....	901-636-0796

## GARDENING

Memphis Area Master Gardeners .....	901-752-1207
Memphis Horticultural Society .....	
.....	<a href="http://www.memphishorticulture.org/resources/">www.memphishorticulture.org/resources/</a>

Expansive list for all types of Horticultural themed clubs, associations, and resources at the local, state, national and international level.

## EXERCISE

ATC Fitness- Multiple Locations .....	<a href="http://www.atcfitness.com/">www.atcfitness.com/</a>
Germantown Athletic Club .....	901-757-7370
Iron Tribe Fitness Multiple Locations .....	<a href="http://memphisirontribe.com/">memphisirontribe.com/</a>
Life Time Fitness .....	901-853-9393
OrangeTheory Fitness .....	901-4215785
Planet Fitness Multiple Locations .....	<a href="http://www.planetfitness.com/">www.planetfitness.com/</a>

## REGIONAL PARKS

Collierville Parks, Recreation & Cultural Arts .....	
.....	<a href="http://www.colliervilletn.gov/government/parks-recreation-cultural-arts-197">www.colliervilletn.gov/government/parks-recreation-cultural-arts-197</a>
Germantown Parks and Recreation Department .....	
.....	<a href="http://www.germantown-tn.gov/play/parks-and-recreation">www.germantown-tn.gov/play/parks-and-recreation</a>
Meeman-Shelby Forest State Park .....	901-876-5215
Old Forest State Natural Area .....	901-214-5450
Shelby County Parks & Facilities .....	
.....	<a href="http://www.shelbycountyttn.gov/488/Parks-Facilities">www.shelbycountyttn.gov/488/Parks-Facilities</a>
Shelby Farms .....	901-222-7275
T.O Fuller State Park .....	901-543-7581
Town of Arlington Parks and Recreation .....	901-867-4980
Village Creek State Park (Wynne AR) .....	870-238-9406
Wall Doxey State Park (Holly Springs MS) .....	662-252-4231
Wolf River Conservancy .....	<a href="http://wolfriver.org/">wolfriver.org/</a>



## SYCAMORE PLACE

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8722 Winchester Rd. Memphis, TN 38125



# SENIOR CENTERS

Senior Centers are places for the community to gather for social engagement and recreational activities. Enjoy activities focused around education, expressive arts, leadership, physical exercise, health and information for community outreach.

## Shelby County

Arlington Senior Center .....	867-7698
Bartlett Senior Center .....	385-6439
Frayser - Raleigh Senior Center .....	383-9101
Goodwill Homes Senior Center .....	785-6790
Josephine K. Lewis Senior Center.....	576-4255
Lakeland Senior Center .....	746-8195
Linda Kerley Senior Center .....	457-2769
McWherter Senior Center .....	761-2462
Orange Mound Senior Center .....	576-6622
The Ruth E. Tate Senior Center.....	948-7502
Virtual Senior Center .....	www.vscm.selfhelp.net

## Fayette County

Fayette County Commission on Aging Senior Center.....	465-3554
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## Lauderdale County

Lauderdale County Commission on Aging Senior Center .....	731-836-5444
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## Tipton County

Tipton County Commission on Aging Senior Center.....	476-3333
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## Mississippi

Forever Young – Senior Center in Southhaven MS.....	662-895-1138
Olive Branch Senior Center .....	662-890-7182

## Arkansas

West Memphis Senior Live Center .....	870-702-7738
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Meeman-Shelby Forest State Park

## VOLUNTEER OPPORTUNITIES Online and local volunteer match makers

American Heart Association .....	383-5400, <a href="http://www.heart.org/en/volunteer">www.heart.org/en/volunteer</a>
Baptist Memorial Hospital.....	<a href="http://www.baptistonline.org/about/volunteer">www.baptistonline.org/about/volunteer</a>
Creative Aging Mid-South .....	272-3434, <a href="http://www.creativeagingmidsouth.org">www.creativeagingmidsouth.org</a>
I Love Memphis Volunteering and Giving Guide ...	<a href="http://ilovememphisblog.com/volunteer">ilovememphisblog.com/volunteer</a>
ITN Memphis .....	833-3686, <a href="http://www.itnmemphis.org">www.itnmemphis.org</a>
Letters Against Isolation .....	<a href="http://www.lettersagainstisolation.com">www.lettersagainstisolation.com</a>
Memphis Crisis Center .....	<a href="http://memphiscrisiscenter.org">memphiscrisiscenter.org</a>
Merge Memphis (Clare's House, Merge Dignity, Little Free Pantries) .....	901-207-4652, <a href="https://mergememphis.org/">https://mergememphis.org/</a>
Methodist Le Bonheur.....	901-516-7481, <a href="http://www.methodisthealth.org/about-us/volunteering/">www.methodisthealth.org/about-us/volunteering/</a>
Metropolitan Inter-Faith Association(MIFA) .....	527-0208, <a href="http://www.mifa.org">www.mifa.org</a>
Porter-Leath Generations.....	577-2500, <a href="http://www.porterleath.org/generations">www.porterleath.org/generations</a>
Public Guardianship Program .....	222-4100, <a href="http://www.agingcommission.org">www.agingcommission.org</a>
Regional One Health .....	901-545-7247, <a href="http://www.regionalonehealth.org/volunteer">www.regionalonehealth.org/volunteer</a>
Senior Companion Program .....	527-0208, <a href="http://www.mifa.org">www.mifa.org</a>
Volunteer Match .....	<a href="http://www.volunteermatch.org">www.volunteermatch.org</a>
Volunteer Memphis .....	278-0016, <a href="http://www.volunteermemphis.org">www.volunteermemphis.org</a>
Volunteer Northwest Mississippi .....	662-449-5002, <a href="http://www.volunteernwms.org">www.volunteernwms.org</a>
Volunteer Odyssey (Local) .....	<a href="http://volunteerodyssey.com">volunteerodyssey.com</a>
Youth Villages.....	901-251-5000



# HOME SERVICES

## Aging in place

Aging Commission of the Mid-South ..... 901-222-4111

## Bathroom Remodel

901 Remodeling Contractor ..... 901-297-7596

Bath Fitter ..... 901-842-1766

Re-Bath Memphis ..... 901-410-5890

## Cleaning

Clean Sweep of America ..... 901-861-3967

Sterling Shine ..... 901-338-6999

The Cleaning Authority ..... 901-881-4976

## Downsizing

### All Things New

901-488-9733

www.allthingsnewwtn.com

**Professional Transition Planner:  
Estate Sales, Organizing,  
Downsizing, Design**



Moving Forward ..... 901-848-4111

## Electrician

Above and Beyond Electric ..... 901-266-4630

Arlington Electric ..... 901-687-3024

**Estate Sales** ..... www.estatesales.net

Look up local estate sales for the coming week or connect with companies who host sales.

## Heating and Air Conditioning

Choate's HVAC ..... 901-347-8002

Conway Services ..... 901-384-3511

Hensley Heating & Air Conditioning ..... 901-794-3074

Renfrow Heating, Air and Plumbing ..... 901-356-2242

## Locksmith

A-1 Key Shop ..... 901-767-6777

Good People Locksmithing ..... 901-666-8095

The Flying Locksmiths ..... 901-231-4777

## Moving

Big League Movers ..... 901-446-3471

Black Tie moving ..... 901-646-7316

My Town Movers ..... 901-472-8926

## Plumbing

Jim Douglas & Sons Plumbing ..... 901-754-3707

McMullin Plumbing ..... 901-240-4256

Renfrow Heating, Air and Plumbing ..... 901-356-2242



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## Hey! You forgot me

I would like my business listed in The 2022 Summer/Fall  
**50+ Senior Resource Guide**

Company/group \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Product or service \_\_\_\_\_

Return via email to  
**wmitchum@thebesttimes.com** or  
call 901-458-2911





# AGING RESOURCES

## AGING CONSULTANTS

A Place for Mom: ..... Amy Leake, 901-623-6134  
 CarePatrol ..... Bernard Fechter, 901-462-3132  
 ElderCare Consultants: ..... Rena Rosenberg, 901-680-0151  
 Geriatric Planning: ..... Susan Crowson, 901-501-6143  
 Midsouth Aging Consultants: ..... Kristen Miller, 901-604-4690,  
 Senior Resource Consultants: ..... Phyllis Kallaher, 901-409-3349  
 Trusty Family Care Services: ..... Joy Williams, 901-290-3593

## TRANSPORTATION

Memphis Area Transit Authority (MATA)..... 772-7100  
 Bus Schedule Information ..... 274-6282  
 MATA Plus ..... 722-7171  
 901RideChoice..... 901-743-3901  
 Abundant Care Ambulance Services: ..... 901-363-5686  
 Acadian Ambulance Service: ..... 901-818-0911  
 Bluff City Taxi: ..... 901-566-9000  
 Community Health Care – Ambulance: ..... 901-321-0911  
 Elite Medical Transport: ..... 901-491-2911  
 Health Care Transport: ..... 901-877-8088  
 ITN Memphis: ..... 833-7666  
 Volunteer-based transportation  
 Med Transport Non-Emergency: ..... 901-410-8935  
 Med-Care Ambulance ..... 901-685-2212  
 MedicOne Medical Response ..... 901-521-8800  
 Medline1 ..... 901-268-8899  
 PrimeCare Transport: ..... 808-0004  
 Trinity Care Homes & Transit Services: ..... 901-237-6682

## ESTATE PLANNING

Apperson Crump .....901-756-6300  
 Bailey Law Firm.....901-843-2760  
 Bostick Law .....901-472-0010

### The Bradley Law Firm

Bradley-Law.com

Germantown Office: 901-682-2030 Southaven Office: 662-655-1601,  
 107 E. Corporate Edge Dr. 7075 Golden Oaks Loop W. Suite 4

Douglass & Runger.....901-388-5805  
 Elder Law Associates .....901-820-0810  
 Gaines & Associates .....901-755-0075  
 Lansky Law Firm.....901-767-7599  
 Zoccola Law Firm .....901-523-8283  
 Mississippi Legal Services .....800-498-1804  
 Napoleon Law Firm.....901-805-2260  
 Overton Estate Planning.....901-347-3672  
 Parham Estate Law..... 901-755-0199

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Memphis, TN 38117

www.memphisprobatelaw.com

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 Stiles Law Firm .....901-343-8522  
 The Baer Firm.....901-525-7316  
 The Cardwell Firm .....901-219-2034  
 Vista Points, Inc. ....888-422-4076  
 Williams McDaniel .....901-766-0887  
 Wyatt Tarrant & Combs .....901-537-1000

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- **Estate planning** - Helping you get your will, trusts, powers of attorney, completed
- **Life care planning** - helping you plan for your long-term care



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Memphis, TN 38117

www.memphisprobatelaw.com

901.761.3140

cgrice@memphisprobatelaw.com

# HEALTH & MEDICAL

## COUNSELING

Abused Women's Services (YWCA): .....	901-725-4277
Aging Commission of the Mid-South Family Caregiver Program: .....	901-222-4111
Alliance Healthcare Services: .....	901-369-1400
ARC of the Mid-South: .....	901-327-2473
Attendant Care Services: .....	901-685-3911
Forward Counseling: .....	901-930-7397
Jewish Family Services: .....	901-767-8511
Kemmons Wilson Family Center for Good Grief: . .....	901-861-5656
Mental Health Resources: .....	901-682-1434
Shelby County Crime Victims Center: .....	901-222-3950

## GERIATRIC PRACTICES

Affordable Medical Care .....	662-429-9111
Alliance Senior Health .....	870-733-3867

### Christ Community Health Services

901-701-2570,  
3481 Austin Pea Hwy.  
Memphis TN 38128  
christcommunityhealth.org

Covington North VA Clinic .....	901-261-4500
Dedicated Senior Medical Center	
Southeast Memphis .....	901-701-1888,
Midtown .....	901-671-1800,
South Memphis.....	901-300-5777
East Memphis Internal Medicine .....	901-818-3921
Geriatrics Group of Memphis .....	901-724-0872
Ideal Health Solutions.....	901-853-1734
Magnolia Wellness Clinic.....	901-624-1101
Memphis Medical Specialists.....	901-761-2100
Memphis Veterans Affairs Medical Center.....	901-523-8990
Oak Street Health .....	888-386-0936
Frayser office .....	901-468-3932,
Park Ave office .....	901-473-8630,
Whitehaven office .....	901-453-4659

When we say simple cremation,  
we mean simple.

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## DISABILITY SERVICES

Alexander Graham Bell Association for the Deaf: .....	202-337-5220
American Speech /Language/Hearing Association (ASHA): .....	800-638-8255
Better Hearing Institute: .....	800-327-9355
Clovernook Center for the Blind & Impaired: .....	523-9590
Disability Law & Advocacy Center of Tennessee: ..	458-6013
Memphis Center for Independent Living .....	726-6404
Mid-South Access Center for Technology .....	901-678-1489,
Senior & Adult with Disabilities Information & Assistance.....	901-222-4111
SRVS Memphis .....	869-7787
Telecommunications Device Access Program: .....	800-342-8359
Tennessee Department of Human Services: Disability Services: .....	www.tn.gov/humanservices/disability-services.html
Tennessee Vocational Rehabilitation .....	528-5284
The ARC of the Mid-South.....	327-2473

## HEARING AID PROVIDERS

### Arkansas:

Memphis Hearing Aid: ..... 870-394-3369, Marion

### Mississippi:

ADP Hearing (Olive Branch) ..... 662-874-6279  
 DeSoto Eye and Ear: ..... 662-510-2138,  
 Hear South Audiology: ..... 662-430-3787, Oxford  
 Lucid Hearing Center: ..... 662-349-8899,  
 Memphis Hearing Aid: ..... 662-349-9920,

### Tennessee:

Arnold Hearing Aid Company: ..... 901-726-0044  
 Beltone: ..... 901-767-3045,  
 Locations in Tenn. And Miss.  
 Costco Hearing Aid Center: ..... 901-214-0083  
 ENT Memphis: ..... 901-821-4300  
 Hearing And Balance Centers of West TN: ..... 901-842-4327  
 Hearing Solutions: ..... 901-334-9149  
 Memphis Audiology: ..... 901-310-5983  
 Memphis Hearing Aid: ..... 901-641-0509, Oakland  
 Memphis Hearing Aid: ..... 901-682-1529  
 Miracle-Ear Hearing Aid Center: ..... 901-410-5696  
 Miracle-Ear Hearing Aid Center: ..... 901-979-8748  
 Professional Audiological Services: ..... 901-372-0040  
 Shea Hearing Aid Center: ..... 901-684-7648  
 Taylor Hearing Center: ..... 901-818-3001  
 Thrive Hearing and Tinnitus Solutions: ..... 901-316-8851

## PHYSICIAN PRACTICES

### Prominent local practices of various specialties

Cambell Clinic Orthopaedics ..... 901-759-3100  
 Consolidated Medical Practices of Memphis ..... 901-261-0700  
 Gastro One ..... 901-747-3630  
 Mays & Schnapp Neurospine & Pain ..... 901-747-0040  
 Memphis Dermatology Clinic ..... 901-726-6655  
 Memphis Eye & Cataract Associates ..... 901-767-3937  
 Memphis Obstetrics & Gynecological Association .....  
 ..... 901-843-1500  
 Mid-South Pulmonary & Sleep Specialists ..... 901-276-2662

### OrthoSouth

901-641-3000, orthosouth.org

Multiple locations in Memphis and North Mississippi.

See ad on page 14

Semmes Murphey Clinic ..... 901-522-7700  
 Stern Cardiovascular Foundation ..... 901-271-1000  
 The Conrad Pearson Clinic ..... 901-252-3400  
 The Urology Group ..... 901-767-8158  
 The Vascular & Vein Institute of the South ..... 901-390-2930  
 University Clinical Health ..... 901-866-8864  
 West Cancer Center & Research Institute ..... 901-683-0055  
 Women's Care Center of Memphis ..... 901-763-2212

## HOSPITALS

### Shelby County

Baptist Memorial Hospital Collierville ..... 861-9000  
 Baptist Memorial Hospital for Women ..... 227-9000  
 Baptist Memorial Hospital Memphis ..... 226-5000  
 Baptist Memorial Rehabilitation Hospital ..... 275-3300  
 Baptist Memorial Restorative Care Hospital ..... 226-4200  
 Delta Specialty Hospital ..... 369-8100  
 Encompass Health Rehabilitation Hospital ..... 722-2000  
 Encompass Health Rehabilitation Hospital-  
 Memphis North ..... 213-5400  
 Methodist Le Bonheur Germantown Hospital ..... 516-6000  
 Methodist North Hospital ..... 516-5200  
 Methodist South Hospital ..... 516-3700  
 Methodist University Hospital ..... 516-7000  
 Regional One Health ..... 545-7100  
 Regional One Health Extended Care Hospital ..... 515-3000  
 Select Specialty Hospital ..... 546-2400  
 St. Francis Hospital ..... 765-1000  
 St. Francis Hospital Bartlett ..... 820-7000  
 Veterans Affairs Medical Center ..... 523-8990

### Shelby County Children's Hospitals

Le Bonheur Children's Hospital ..... 572-3000  
 Methodist LeBonheur Germantown Hospital ..... 516-6000  
 St. Jude Children's Research Hospital ..... 595-3300

### North Mississippi

Baptist Memorial Hospital-DeSoto ..... 662-772-4000  
 Baptist Memorial Hospital-North MS ..... 662-232-8100  
 Methodist Olive Branch Hospital ..... 662-932-9000

### Dyer County

West Tennessee Healthcare Dyersburg Hospital . 731-285-2400

### Fayette County

Methodist Hospital-Fayette ..... 516-4000  
 HealthSouth Rehabilitation Hospital ..... 722-2000

### Lauderdale County

Lauderdale Community Hospital ..... 731-221-2200

### Tipton County

Baptist Memorial Hospital-Tipton ..... 476-2621  
 East Arkansas  
 Baptist Memorial Hospital Crittenden ..... 870-394-7800

## MEDICAL EQUIPMENT & SUPPLIES

101 Mobility.....	901-495-2517
180 Medical Inc.....	877-688-2729
A1 Diabetes & Medical Supply .....	800-316-7955
American Medical Equipment, Inc .....	901-384-0176
Apria Healthcare, Inc .....	901-368-1200
Baptist Home Medical Equipment .....	901-373-8485
Bioventus.....	800-396-4325
Byram Healthcare Centers.....	901-754-3166
CapTel Outreach: .....	800-233-9130
Clear Captions .....	901-304-8169
Diabetes Store .....	901-312-3150
Direct Medical Supplies.....	901-737-5069
Guardian Medical Monitoring.....	888-349-2400
Methodist Alliance Home Medical Equipment ....	901-516-1999
Integrity Home Medical	
Germantown Location .....	901-881-3438
Memphis Location.....	901-295-5558
Lincare, Inc.....	901-377-3010
MedPlus Medical Solutions.....	901-922-5446
Mid-South Medical & Mobility .....	901-752-5080
Mobilcare Medical, Inc .....	901-526-0202
National HME Inc.....	901-794-9282
National Seating & Mobility, Inc.....	901-362-9880

### Next Day Access

901-881-6769

3150 Stage Post Dr. Ste. 103, Bartlett, TN 38113

[Nextdayaccess.com/Memphis-tn/](http://Nextdayaccess.com/Memphis-tn/)

Numotion .....	901-379-0096
Pink Ribbons .....	901-417-6060
Pro Comfort Medical.....	<a href="http://procomfortmedical.com">procomfortmedical.com</a>
Reach Medicare .....	901-854-9333
Trinity Medical Solutions .....	662-393-4714
United Access.....	901-888-1010
Victory Medical Equipment and Supplies .....	901-794-8885

### Fayette County

DOC Supply of West Tennessee.....	800-306-5160
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### Lauderdale County

AmeriGlide of Memphis.....	901-837-1076
Home Medical Products .....	731-660-0084
Wesscare.....	731-836-1111

### Tipton County

Lincare .....	901-840-4239
Tri-City Medical.....	901-837-9989

## MENTAL HEALTH SERVICES

Alliance Healthcare: .....	901-369-1400
Arisa Health-Arkansas Behavioral Health Systems: .....	<a href="http://www.arisahealth.org/">www.arisahealth.org/</a>
Case Management Inc: .....	901-821-5600
Compassion Mental Health: .....	901-552-3497
Comprehensive Counseling Network: .....	901-353-5440

### Crestwyn Behavioral Health Hospital:

901-759-0273

9485 Crestwyn Hills Dr.

Memphis, 38125

[www.crestwynbehavioral.com](http://www.crestwynbehavioral.com)



Crisis TEXT Line .....

Text TN to 741741

Delta Specialty Hospital: .....	855-201-8660
Grace House of Memphis.....	901-722-8460

### Lakeside Behavioral Health System

901-377-4733,

2911 Brunswick Rd., Memphis, TN 38133

[www.lakesidebhs.com](http://www.lakesidebhs.com)

Lapaloma Treatment Center: .....	969-5523
Memphis Crisis Center Hotline .....	901-274-7477
Memphis Mental Health Institute .....	901-577-1800
Memphis Vet Center.....	901-522-3950
Methodist LeBonheur Behavioral Health Services	901-516-8895
National Suicide Prevention Hotline .....	800-273-8255

### Parkwood Behavioral Health

662-895-4900

8135 Goodman Rd., Olive Branch, MS 38654,

[parkwoodhs.com](http://parkwoodhs.com)



Salvation Army Adult Rehabilitation Center (Men Only) .....	901-531-1750
Salvation Army Womens Shelters (Women Only)	901-543-8586
Serenity Recovery Centers .....	901-521-1131
St. Francis Behavioral Health Services: .....	765-1400
The Tennessee REDLINE.....	800-889-9789



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## *Specialized Treatment at* **Brunswick Place**

The pandemic has put older adults at particular risk for mental health issues. Its impact has limited social contact and has increased the rate of depression and even suicidal thoughts.

We can help your loved one with our high-quality mental health treatment programs. During this time, we are taking necessary precautions to help keep our patients safe and connected including increased sanitation practices, virtual family visitation and socially distanced peer interactions. Our goal is to assist each patient in regaining functioning and living a happier life.

We can help with:

- Communication
- Relationships
- Self-esteem
- Gender issues
- Depression
- Anxiety
- Anger
- Sleeplessness
- Grief and loss
- Healing from traumatic events
- Substance use

**We can help.**

Call us today at **901-377-4733** or  
visit **lakesidebhs.com** to find out more.

We are here 24 hours a day,  
7 days a week for a no-cost assessment.



Physicians are on the medical staff of Lakeside Behavioral Health System, but, with limited exceptions, are independent practitioners who are not employees or agents of Lakeside Behavioral Health System. The facility shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the non-discrimination notice, visit our website. Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations. 210138-0625 9/21



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**Memphis, Tennessee 38133**  
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## SUPPORT GROUPS

Aging Commission of Mid-South Family Caregiver Program: .....	222-4111	Memphis Aphasia Community.....	901-457-0500
Al-Anon/Alateen: .....	901-323-0321	Methodist Le Bonheur Healthcare: .....	<a href="http://www.methodisthealth.org/healthcare-services/support-groups/">www.methodisthealth.org/healthcare-services/support-groups/</a>
Alcoholics Anonymous: .....	901-454-1414	Nar-Anon: .....	310-534-8188
Alzheimer's Association Help Line: .....	800-272-3900	Narcotics Anonymous: .....	901-276-5483
Caregiver Action Network: .....	855-227-3640	National Alliance on Mental Illness Support Groups: .....	275-0305
Caregiver Action Network: .....	855-227-3640	Nicotine Anonymous: .....	469-737-9304
Cocaine Anonymous: .....	901-725-5010	Overeaters Anonymous: .....	901-458-5261
Divorce Recovery Support Group-Second Presbyterian Church: ...	454-0034	Sex and Love Addicts Anonymous: .....	210-828-7900
Gamblers Anonymous: .....	626-960-3500	Suicide Anonymous: .....	901-654-7673
Grief Share: .....	<a href="http://www.griefshare.org/countries/us/states/tn/cities/memphis">www.griefshare.org/countries/us/states/tn/cities/memphis</a>	The University of Tennessee/West Institute for Cancer Research: .	901-322-2984
Help for Families and Friends: Adult Children of Alcoholics Anonymous .....	310-534-1815		
Hope Church: .....	901-755-7721		
Kemmons Wilson Family Center for Good Grief: .	861-5656		
Lakeside Behavioral Health System: .....	901-377-4733 or <a href="http://lakesidebhs.com/support-groups/">lakesidebhs.com/support-groups/</a>		

## OrthoSouth

Joint replacement – the resurfacing and replacing of damaged cartilage and bone in joints – is a rite of passage for many people these days, as our health and activity goals often continue well past the capabilities of our knee and hip joints.

Today, many joint replacement candidates who meet certain criteria can now have surgery in a convenient outpatient setting.

At OrthoSouth, we call this “**same-day joint replacement**” because our patients check into the surgery center and out on the same day. And OrthoSouth is delighted to offer same-day joint replacement in our **nationally-recognized surgery**

**center\*** in Germantown, TN, and Southaven, MS.

Same-day/outpatient joint replacement has several benefits: no overnight hospital stay, less reliance on narcotic pain medication, lower infection risk, faster physical therapy, comfortable recovery in your own home, etc.

When you choose OrthoSouth for your joint replacement, world-class orthopedics is just the beginning. You can be assured that our entire team is focused on providing you the **best experience possible.**

Learn more about Same Day Joint Replacement at [orthosouth.org](http://orthosouth.org) or call us at 901.641.3000.

\*Newsweek: America's Best Ambulatory Surgery Centers 2021

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## OrthoSouth

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## ADULT DAY CARE

A structured program for adults who are not capable of full independent living as a result of physical disability including dementia, or developmental disability, emotional impairment. All listed programs are licensed Adult Day Care Centers.

Alzheimer's & Dementia Services of Memphis ....	372-4585
Apple Grove Adult Day Care Center .....	755-1244
Crittenden Adult Care .....	870-733-1235
Full Potential Community.....	662-470-5838
Global Mobile Care .....	386-1970
Goodwill Homes.....	789-8355
Page Robbins Adult Day Care Center .....	854-1200
Shelby Residential and Vocational Services, Inc. Day Care .....	312-6098
Shepherds' Haven Day Center .....	491-7915

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Southern Hand Centers.....	662-536-4695
Trivista Rehab .....	662-840-0535



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1 on 1 Home Health Services.....	901-503-9444
901 Care .....	901-499-7238
901 In Home Care .....	901-503-8845
A Better Touch Home Health.....	901-949-5278
A Caring Heart and Hand Home Care.....	901-617-6248
A Gentle Touch Home Care .....	901-590-0929
A N B Senior Services.....	901-428-8420
A Pure Heart of Gold Home Care .....	901-825-1102
A Superior Home Healthcare Agency .....	901-238-1668
A Touch of Love HHS .....	901-552-7303
Absolute Home Care.....	901-590-2652
Abundant Care.....	901-820-0701
Abundant Faith Home Care .....	901-319-1719
Abundant Living.....	901-341-3910
Accelerated Healthcare of Memphis.....	901-691-3844
Access Home Health Care Agency .....	901-850-2191
Addus HomeCare-Bartlett.....	901-969-3380
Advantage In-Home Care Services .....	901-455-5840
All About Senior Care.....	901-343-4718
All About You Home Healthcare .....	901-650-7340
All Tennessee Care Givers .....	901-921-8385
Allpro Staffnet of Cordova.....	615-848-1377
AllyCare .....	901-325-0044
Always Best Care.....	901-414-2388
Amada Senior Care - Memphis.....	901-489-3915
Amazing Hearts Home Care .....	901-247-8668
An Extra Pair of Hands .....	901-949-3871
Angel Care .....	901-512-4859
Angelic Home Care.....	901-578-7353
Angels Around the Clock Home Care.....	901-388-0600
Angels At My Door.....	901-481-3389

### Annointed Hands Homecare

4956 Arroyo Rd., Memphis, TN 38128

Scarlett Hunter - 901-441-5842

www.annointedhandshomecarellc.com



## NON-MEDICAL HOME CARE CONTINUED

Anointed Hands Enterprises.....	901-474-7890
Anytime Assist Home Care.....	901-440-3345
Assure Senior Partners.....	901-455-5705
At Home Health.....	901-827-4522
At Home Healthcare of West TN.....	731-935-9340
Attendant Care Services.....	901-685-3911
Auxilium Health Services.....	901-213-4609
Bledsoe Premier Home Health Care.....	901-684-0099
Blessed Beginnings Home Health Agency.....	901-707-2944
Brightstar Care of East Memphis.....	901-472-4100
Brookdale at Home Memphis.....	901-313-0303
Care & Assist.....	901-612-0670
Care Providers.....	901-881-3555
CareFirst.....	901-848-1819
Caregiver Connection.....	901-267-8636

### Caring Companions

5142 Stage Rd. Suite 102  
 Memphis, TN 38134  
 Renee Smith - 901-259-5030  
[www.caringcompanions.com](http://www.caringcompanions.com)



Caring Everyday Healthcare.....	901-249-8176
Caring For You Staffing.....	901-567-4100
Caring In Place.....	901-369-7353
Caring Hands Healthcare.....	901-643-1843
Certified Medical Staffing.....	901-496-9210
Choices Given Home Health.....	605-631-9214
Chosen People Home Health Agency.....	901-254-0716
Citizens Choice Home Care Services.....	901-650-6651
City Home Care.....	901-833-9946
Clarity Home Health.....	901-590-3832
Co-Med Health Care Services.....	901-346-2864
Comforcare Memphis East.....	901-340-2627
Comfort Keepers - Covington.....	901-296-1200

### Comfort Keepers - Memphis

5668 S. Rex Rd. 2nd Floor  
 Memphis, TN 38119  
 Cary Rotter - 901-752-1515  
[comfortkeepers.com/offices/tennessee/memphis](http://comfortkeepers.com/offices/tennessee/memphis)



Corri Cares In Home Care for Seniors/Disabled..	901-212-9223
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Debra's House of Care.....	901-494-1593
Dedicated Care Home Health.....	901-279-7723
Developmental Milestone Learning Center.....	901-406-1115
Diamond Home Healthcare.....	901-244-6184
Divine Loving Angels Caregivers.....	901-443-5066
Eagle Medical Staffing.....	901-737-3990
Easy Living Home Healthcare.....	901-238-1790
Easy Living in Home Care.....	901-746-8050
Eddins Thing.....	423-704-2383
Elect Home Care.....	901-683-4443
Elite Home Care Solutions.....	901-921-1693
Elite Personal Care.....	901-282-9124
Elizabeth Home Care.....	901-818-3178
Empress Emyraldz.....	510-684-9529
Family to Family Adult Care Service.....	901-337-2596
First Choice Home Care Services.....	901-435-6046
FirstLight Home Care of Greater Memphis.....	901-554-5483
Gandy's Home Health Care.....	901-282-6908
Gifted Hearts Agency.....	901-331-4414
Global Mobile Care.....	901-386-1970
Good Hands Community Care.....	901-286-2515
Grace & Mercy Elderly Care.....	901-649-0844
Gracefully Aging (Senior Companion Service).....	901-825-2121
Guardian Care of TN Home Care.....	901-421-5238
H.O.P.E. 4 Assistant Living Care.....	901-572-1759
Heart 2 Heart Home Care.....	901-205-3046
Heart 2 Heart Personal Home Care.....	901-530-8707
Heart to Heart Home Healthcare.....	901-652-1206
Heart to Home Healthcare Services.....	901-590-2074
Helpful Hands.....	901-405-1530
Helping Others Utilize Self Effectively.....	901-331-2260
Heritage at Irene Woods.....	901-737-4735
Home Care Management Nursing Agency.....	901-410-1600

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 Phillip Kennedy - 901-682-8600  
[www.homeinsteadmemphis.com](http://www.homeinsteadmemphis.com)





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Integrity First Caregivers.....	901-314-9428
J & J Habilitation Services .....	901-352-9415
J.A.L. Healthcare.....	901-623-6220
Just For You Caregivers.....	901-825-4802
Kind Hearts Home Health Agency .....	901-969-4450
Kindred at Home Albany .....	662-534-0106
Kindred at Home Ripley .....	662-837-7005
Larkspur Home Care .....	901-650-8133
Laurus Home Care .....	810-534-5161
Lena's Caring Hands .....	901-335-5938
Lifeline Home Health Agency.....	901-830-7483
Love Helpers Health Care .....	901-857-4788
Love, Peace and Harmony Home Care.....	901-568-7524
Loving Arms Adult Daycare Staffing Agency .....	901-650-3195
Loving Hearts Senior Home Care.....	901-496-4136
Magnolia Home Healthcare .....	901-503-4036
MALC .....	901-299-4680
Marigold Home Healthcare Agency .....	901-857-8153
Maximal Care .....	763-439-3822
Memphis TN Caregiving.....	901-350-2774
Meritan.....	901-766-0600
Mid South Senior Care .....	901-766-7660
Midsouth Home Helpers.....	901-414-9696
My Caring Hands.....	662-356-1234
My Faith Inc. ....	901-831-1231
New Testament Personal Care Solutions .....	901-651-7562
No Cross-No Crown Homecare Agency.....	901-330-4827
North Delta Medical Services .....	901-795-4041
One You Love Homecare Memphis .....	901-494-3631
Open Arms Caregivers.....	901-315-1084
Open Arms Healthcare Agency.....	901-761-7443

OpenHand Care Services.....	901-672-4897
Pathway 2 Hope Homecare Services .....	901-491-8361
Pathways Toward Success .....	901-289-7184
Peaceful Transitions In-Home Care Services .....	901-691-8574
Personal Touch PCS.....	901-209-0550
Precious Angels Home Care Agency .....	901-367-2716
Prestige In Home Health Care .....	901-340-1954
Primier Health Care .....	901-388-2228
PrimierChoice.....	870-735-4411
Promise Cares.....	901-357-3337
Purpose Home Care.....	901-412-0638
Quality Care .....	901-301-4295
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Select Services .....901-310-9334  
 Senior Care Management Solutions .....901-387-3837

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 Rod Marter - 901-753-7520  
[www.seniorhelpers.com/tn/memphis/](http://www.seniorhelpers.com/tn/memphis/)

Senior Helpers of Southaven.....662-655-0088  
 Shelby Residential and Vocational Services .....901-869-7787  
 Silver Angels of Tennessee .....901-791-2174  
 Sisterly Love Home Care Services.....901-334-7178  
 Sitters Etc. ....615-373-3133  
 SOS, Serving Our Seniors .....901-857-9292

Sound of Triumph Home Care Agency.....901-318-6967  
 SunCrest Companion Services of Memphis .....901-881-9349  
 Superior Senior Care .....870-629-5086  
 The ARC Mid-South.....901-327-2473  
 The Goode Provider .....901-230-2269  
 The Village at Germantown .....901-752-2500  
 Top Priority Homemaker Services.....901-729-7593  
 Touched By An Angel Care .....901-504-9076  
 Touching Hearts Home Care.....901-552-8091  
 Tri-State Community Health .....215-760-4835  
 Trulove's In-Home Health Care .....901-591-5325  
 Trusted Care .....901-867-0166  
 Trusty Family Care Services.....901-290-3593  
 Turning Point Home Health.....901-433-9066  
 United Home Health .....901-654-3140  
 Unity Health Care Services .....901-756-7322  
 Universal Supportive Care .....901-729-6237

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 We Care Home Healthcare .....901-501-4946  
 Welcome Home Senior Services.....901-334-7874  
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Amedisys Home Health .....	901-685-7231
Amedisys Home Health Care .....	901-388-3335
Americare Home Health Agency .....	901-795-5949
Baptist Trinity Home Care & Hospice .....	901-767-6767
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Extendicare Home Health of West Tennessee ....	901-754-5351

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Methodist Alliance Home Care .....	901-516-1800
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Optum Infusion Services .....	913-335-6786
Optum Women's and Children's Health .....	763-321-2605
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Tennessee Quality Care-Home Health .....	901-276-8300
Tennova Home Health-Dyersburg .....	731-287-2307
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North MS Medical Center Home Health Agency .....	662-377-2499
Oxford Health Care .....	662-455-5535
Sta-Home Health .....	662-349-7384
Sta-Home Health & Hospice .....	662-453-8420
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## INFORMATION ABOUT NURSING HOMES

If the time has come for you to make decisions on nursing homes, here is some information that will help you.

Nursing homes are for people who are sick, injured, need to get better after surgery or have chronic care needs or disabilities that require ongoing nursing care, according to the Centers for Medicare & Medicaid Services.

The care provided by nursing homes today has changed dramatically over the last decade or so largely because of revisions in Medicare regulations. Nursing homes now offer many services that were once provided only in hospitals.

Medicare generally doesn't cover any type of long-term care, whether in nursing homes, assisted living facilities or in one's own home.

However, Medicare provides coverage for short-term stays in skilled nursing facilities, which are very often nursing homes, for specialized nursing care and rehabilitation after spending time in a hospital.

Nursing homes provide therapy -- physical, occu-

pational, speech, respiratory -- pharmacy services, equipment rentals and other special services.

The monthly median cost for a private nursing home room in Tennessee in 2019 was \$7,300, according to Genworth Financial's Cost of Care Survey.

Here are some guidelines to help you in selecting a nursing home:

1. Compare the quality of the nursing homes you're considering.
2. Visit the nursing homes you're interested in or have someone visit for you.
3. Choose the nursing home that meets your needs.

The Centers for Medicare & Medicaid Services suggest you learn about nursing homes by talking with people you trust, including your doctor and visit [Medicare.gov](http://Medicare.gov) to compare nursing home quality.

You also can visit [medicare.gov/nursinghome-compare](http://medicare.gov/nursinghome-compare) to get information on every Medicare and Medicaid nursing home in the country.



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AHC Harbor View .....	901-272-2494
Allen Morgan Health and Rehabilitation Center	901-325-4003
Allenbrooke Nursing and Rehabilitation Center	901-795-2444
Ashton Place Health & Rehab Center.....	901-458-1146
Ave Maria Home.....	901-386-3211
Baptist Memorial Skilled Nursing .....	901-227-6870
Baptist Skilled Rehabilitation unit-Germantown	901-226-1049
Civic Health and Rehabilitation Center .....	901-369-9100
Collierville Nursing and Rehabilitation .....	901-854-8506
Collins Chapel Health & Rehabilitation Center...	901-683-7883
Cordova Wellness and Rehabilitation Center.....	901-754-1393
Delta Medical Center - Memphis.....	901-369-8100
DeSoto Healthcare Center .....	662-349-7500
Diversicare of Southaven.....	662-393-0050
Gallaway Health and Rehab .....	901-867-8575
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Magnolia Creek Nursing and Rehabilitation.....	901-476-1820
Majestic Gardens at Memphis Rehabilitation and Skilled Nursing .....	901-726-5600

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Midtown Center for Health and Rehabilitation ..	901-276-2021
Millington Healthcare Center.....	901-873-3290
NHC Healthcare Sommerville.....	901-465-9861
Oakwood Community Living Center .....	731-285-6400
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Spring Gate Rehabilitation and Healthcare Center .....	901-377-1011
Springs of Broadway.....	870-735-5174
St. Clare Health and Rehab at Ave Maria Home .	901-278-3840
Tennessee State Veterans' Home-Arlington.....	615-225-1816
The Farms at Bailey Station.....	901-328-4850
The Highlands of Dyersburg Health and Rehabilitation.....	731-285-9710
The Highlands of Memphis Health and Rehabilitation.....	901-325-7820

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## RETIREMENT HOUSING OPTIONS PLENTIFUL

### *Special To The Best Times*

For older adults planning to retire or for those who want a change in housing, there are plenty of options to choose from.

Of course, the house in which one has lived, sometimes for years, is where many choose to continue living during retirement. Studies over the last decade have shown that most Americans want to grow old in their own homes.

The reasons include staying close to friends and family, keeping up a familiar daily routine, remaining with trusted health-care providers and going to places of worship.

Here are some terms older adults looking for housing should become familiar with, according to the AARP:

**Single-Family Homes:** These homes offer an individualized living environment. However, they are often not designed to meet the unique needs of older residents. Some single-family homes are located in age-restricted retirement communities.

**Multifamily Housing:** These units, including apartments or condominiums, are several connected homes that also offer independent living situations. Some of these facilities are age restricted.

**Shared Housing:** This involves a group of unrelated, independent older individuals living together and sharing household duties and companionship. In some communities, zoning restrictions in single family neighborhoods may pose difficulties for these living arrangements.

**Accessory Dwelling Units:** These take several forms, including independent 600- to 700-square-foot cottages in the backyards of single-family homes. Some elder cottages (ECHO units) are modular units that can be located temporarily in a backyard. Other units can be attached to a home or located over a garage. Ac-

cessory units are frequently associated with the home of a relative, offering independence along with nearby care when needed.

**Congregate Care:** This type of older resident apartment typically offers hospitality services, such as group meals, light housekeeping, social and recreational opportunities, and scheduled transportation to shopping and cultural activities.

**Assisted Living Facilities:** These facilities offer housing that allows direct personal care along with independence. Residents live in private apartments that include supportive services to help individuals with basic living needs such as personal care and medication management. These facilities also offer the hospitality services found in congregate care facilities.

**Continuing Care Retirement Communities:** These three-stage facilities provide for life care in a managed community. They provide separate homes or cottages with optional hospitality services, assisted living, and nursing care. Residents can use the services that they need as their lives change. An initial down payment and regular monthly charges pay for the possible use of more costly nursing home care.

Whatever the type of housing, experts say it is desirable to reside in a "livable community." The AARP defines a livable community simply as a good place to live.

"It's a place where all residents can live and participate in their communities no matter what their age, health or physical ability," the association said.

For some, the AARP said, it could be a neighborhood that is close to work and has good restaurants or nightlife. For others, such as busy families, good schools, parks and lots of services may make a place a livable community.

In many ways, Americans are careful about preparing for the second half of their lives, according to the AARP.



Facility and Location	Contact	Category	Number units, Min. age	Monthly fee	Entrance free or deposit	Style of units	Services, features, amenities
<b>Apple Grove Alzheimer's and Dementia Residence</b> 3575 Hacks Cross Rd. Memphis, TN 38125	901-755-1244	Assisted Living Memory Care, Day Care and Respite care.	42 units	\$4,150 semi-private, \$5,250 private	\$1,500	Private and Semi-private rooms	Apple Grove is one of the few assisted-living residences in the Mid-south solely dedicated to caring for the needs of those suffering from memory loss, day care, and respite care. We are a special place where caring is the very core of what we do.
<b>Ashbury Cove</b> 315 Ashbury Ave. Ripley, TN 38063	Stephanie Etheridge 731-635-3200	Assisted Living	21 units	Private room \$124/day, Semi private room \$89/day	\$1,000	Private and Semi Private room, Suites	Pets welcome, Smoking room, 24/7 staff. Hometown Hospitality. Activities daily, 3 hot meals daily, Raised garden, Medication facilitation. Beauty shop, Located near hospitals.
<b>Austin Run Estates</b> 7100 Mallard Creek Dr. Hom Lake, MS 38637	Jonte Hammond 662-393-8419	Independent Living	40 units, 62 and over	N/A	N/A	1 Bedroom Apartments	For Handicap or Disabled and Seniors of 65 years or older. 1 br Apartments, utilities included, one pet per household. (Dog/Cat).
<b>Ave Maria Home</b> 2805 Charles Bryan Rd. Bartlett, TN 38134	901-386-3211	Independent and Assisted Living	59 units	Call for information	N/A	Studio, 1 & 2 bedroom	Transportation, pet friendly, beauty salon, homemade meals, laundry & housekeeping services, daily activities, pastoral care, memory care, therapy services, skilled nursing care.
<b>Avenida Watermarq at Germantown</b> 7900 Wolf River Blvd. Germantown, TN 38138	Linda Deming 901-417-7170	55+ Active Adult	161 units, ages 55+	Starting at \$1,870 per month	Initial entrance fee of \$2,000	One and two Bed-room Apartments	Two pets per apartment, Continental Breakfast, Five to Thrive program, Heated pool, fitness room, theater, Creative Arts Studio, Club room, Nashoba Lake view apartments.
<b>Bellevue Woods</b> 8199 Timber Glen Dr. W. Cordova, TN 38016	Lynn Webb and Tracy Jeffries 901-388-1888	Rental Independent Senior Living	226 units	Call for Information	\$300 Security Deposit	Garden Efficiencies, 1 & 2 bedrooms	24 hr. controlled access, indoor heated pool/whirlpool, exercise facility, water aerobics, clubhouse & meeting rooms, hair salon, activities, private w/dryer, shuttle, private entrances, security systems, computer room w/ Wi-Fi. \$300 pet fee.
<b>Belmont Village</b> 6605 Quail Hollow Rd. Memphis, TN 38120	Lisa Anyan 901-210-5958	Assisted Living & Memory Care-Month to Month	120 units, min age 55	Starting at \$4,975 per month	1 month rent	3 Studio type apartments, 3 One bedroom, 2 bath apartments	Belmont Village communities are unique for the wide spectrum of care we provide, from Assisted Living to specialized Memory Care programming. Our buildings are licensed to the highest level of care.
<b>Brookdale Dogwood Creek</b> 8199 Poplar Ave Germantown, TN 38138	Kelsey Dixon, 901-313-0303	Independent Living, Assisted Living, Alzheimer's & Dementia Care.	182 units, avg age 62 and up	Starting at \$4,210	One time community fee	Studios, 1, 2 bedroom apartments	Luxury senior living community with 3 levels of care tailored to fit the individual needs of seniors. Features include: salon, spa, fitness center, pool, fine dining, theater, art studio, sports bar, putting green, and therapy services. Choose from a wide variety of floor plans and services that allow you to customize your life. Come live better at Brookdale!
<b>Brookdale Germantown</b> 7701 Poplar Ave. Germantown TN 38138	Kristian Charles, 901-752-8444	Assisted Living Community	50 units, min age 62	\$3,310	One time community fee	Studio style	Personalized care 24/7, chef-prepared meals, weekly housekeeping and laundry, transportation, resident programming, pet-friendly, therapy services, salon.
<b>Canterbury Place</b> 900 Hwy. 51 Bypass Dyersburg, TN 38024	Lisa Deal 731-287-1319	Assisted Living	36 units	Starts at \$2,780	N/A	Private Accommodations	Assisted living community offering 24 hour care, social programs, transportation, homemade meals, laundry, house-keeping, salon and individualized assistance.
<b>Laurel Glen at Memphis Assisted Living &amp; Memory Care</b> 1645 W. Massey Memphis, TN 38120	901-763-3232	Assisted living & Memory Care Community	116 units, min age 62	Starts at \$2,695	\$1,500 entrance fee	Studio, Deluxe Studio, 1 BR apartments	24/7 nursing and care giving, salon, social programs, care for Alzheimer's or other memory disorders, three meals daily, daily activities, transportation, short stay care, pet friendly, housekeeping, chapel.
<b>Casa Grace Senior Housing</b> 3815 Austin Peay Hwy Memphis, TN 38128	Darlene Ivy 901-388-6678	Independent Living	45 units, age 62+	30% of adjusted income	1st month rent and deposit	High Rise	Central heat & air, all appliances, laundry facilities, bathroom assist rails, community room, small pets welcome w/additional deposit. Service coordinator on site.
<b>City View Towers</b> 256 S. Camilla St. Memphis, TN 38104	Li Lei 901-521-1104 ext. 9	Independent Living	430 units, 62+	Based on income	N/A	High Rise, efficiency and 1 bedroom	Studio & 1 bedroom apts., controlled access building, resident lounge, on-site maintenance, on-site laundry, pets welcome, complimentary van service, on-site shop, on-site service coordinators.
<b>Culpepper Place of Olive Branch</b> 7250 Pleasant Hill Rd. Olive Branch, MS 38654	Autumn Domin-ski 662-893-1462	Assisted Living	67 units, ages 55+	Starting at \$3,300	Initial entrance fee \$1,500	Apartments with private patios	Pet friendly. All apartment homes have private patios.
<b>The Elevation at Autumn Ridge</b> 6301 Village Grove Memphis, TN 38115	LaRonda Pritchard 901-366-6200	Apartment Community	150 units, Minimum age 55	\$685, \$760, \$785, \$885	Initial entrance fee \$30, Deposit \$350	Studio, Alcove, 1-Bedroom, 2-Bedroom Apartments	Pets welcome. Renovations. Elevators. Gated. Covered parking available. Controlled building access. Valet Trash Service.
<b>Elmcraft of Bartlett</b> 3345 Kirby Whitten Rd. Bartlett, TN 38134	Ryan Hargrove 901-383-6901	Assisted Living	66 units	\$3,200 - \$4,050	N/A	Studios, suites 1 & 2 BR apts.	Pet friendly assisted living community offering 24 hour personalized assistance for our senior residents, including housekeeping, laundry, 3 meals per day, and assistance with day to day tasks.
<b>The Farms at Bailey Station</b> 3382 Grand Central Circle East Collierville, TN 38017	Michelle Vincent 901-328-4850	LifeCare Retirement Community- all levels of care	60 nursing, 48 assisted, 32 memory care. 63 garden homes	Starting at \$2,300 a month	Starting at \$230,000 Entrance fee	Custom garden homes & 180 luxury apartments	A LifeCare senior living community rich in amenities, luxury apartments and custom homes with comprehensive health services. The Farms expands on the award winning tradition of Kirby Pines, our first community.
<b>Feels Like Home Senior Lifestyle Residences</b> 3393 Kirby Rd. Memphis, TN 38115	Vanecia Kimbrow 901-542-0864	Independent Living	120 units, ages 55+	Call for Pricing	Activity Fee \$500	Studio, 1,2 bedrooms, 1,2 bedroom cottages	Services and amenities: Our community features on-site barber/beauty salon, chapel, fitness center, library and recreational lounge. Spacious dining room with home style meals prepared by in-house chef. Monthly rental includes utilities, 3 meals per day and routine wellness check.



Facility and Location	Contact	Category	Number units, Min. age	Monthly fee	Entrance free or deposit	Style of units	Services, features, amenities
<b>Foxbridge Assisted Living and Memory Care</b> 2180 Mangum Rd. Memphis TN 38134	Paul Alexander 901-377-0101	Assisted Living and Memory care	120 units, min age 65	\$2,883 - \$5,835	\$1,000	Companion and Private studio apartments	Foxbridge is a level of care community with three levels of assisted living and two levels of memory care, nestled on 8 acres of property.
<b>Fox Hollow Community</b> 100 Fox Hollow Cr. Covington, TN 38019	Rosie Hughey 901-475-1818	Independent Living	39 units, avg. age 73	Rent based on income	N/A	1 bedroom and studios	Fox Hollow accepts small pets with a deposit. Service coordinator, central heat and air, storm doors. 24 hour emergency maintenance, on-site laundry facilities, appliances furnished, free Life Alert system. Utilities included except phone and cable TV. Non-smoking facilities.
<b>The Gardens of Germantown Memory Care</b> 3179 Professional Plaza Dr. Germantown, TN 38138	901-755-5450	Memory care	62 units, avg. age 72	From \$4,544	\$2,500	Private and semi-private suites.	If someone you love is experiencing memory loss it can be a frightening time for your family. Our memory care community, situated in the heart of Germantown, is an assisted living community devoted to dementia and Alzheimer's care.
<b>Germantown Plantation</b> 9293 Poplar Avenue Germantown, TN 38138	Cyndi Workman 901-757-4114 Ext. 1	Independent & Assisted Living	Independent 52 Assisted 54	Month-to-mo. rent: Independent \$2,500 to \$3,950 Assisted \$2,500 to \$4,350	Damage Deposit and Community Fee	1 Bedroom, 1 Bedroom with Den, 2 Bedroom/2 Bath, 2 Bedroom/2 Bath with Den	Balconies, laundry, w/walk-in closet, restaurant-style dining, utilities, housekeeping, linen service, medical transportation, theater, indoor pool, beauty shops, chapel, game room, fitness ctr., Convince store, banking, nurses 24 hr. medical supervision available.
<b>Glendale Commons</b> 351 Mueller Brass Rd. Covington, TN 38019	Rosie Hughey 901-476-9815	Elderly 62 and older	43 units, avg age 71	Rent based on income	Security Deposit	1 Bedroom	Pets welcomed - pet deposit, Non- Smoking facilities.
<b>Glendale Park</b> 3910 Stuart Memphis, TN 38111	Phyllis Farmer 901-454-1108	High-rise retirement apartment building.	194 units 62 min age	\$525 or \$560 depends on unit	\$30 app. \$300 sec. dep.	1 Bedroom apartments in high rise building.	24 hr. emergency maintenance, scheduled activities, on-site management, elevators, secure bldg., courtesy patrol, utilities included, game room, balconies.
<b>The Glenmary at Evergreen</b> 1550 North Parkway Memphis, TN 38112	Bryan Ikerd 901-726-4881	Independent & Assisted Living	110 Independent living, 52 assisted living units, 55+	\$1,715-\$3,450	\$1,000 Community Fee	Highrise Studio, 1, 2, 3 Bedroom Apartment	Gated midtown high rise with balconies providing beautiful views. cable/internet, housekeeping, laundry, theater, chapel, fitness center/pool, hair salon and more. On-site nurses with 24 hour call service, meals included, and pets welcome. All inclusive pricing.
<b>The Goldton at Southaven</b> 2782 Starlanding Rd. E. Southaven, MS 38672	Kandy Grindlay 662-913-7900	Month to month rent, Assisted Living with secured Alz. unit	90 units, min age 56	Average \$3,700 a month	\$1,500	Efficiency apartment, one bedroom, two bedroom, and semi privates	Included with basic rates: 3 meals a day plus snacks, laundry and linen services weekly, housekeeping, cable, telephone, wifi, licensed nurses and caregivers. Free transportation in DeSoto County, in house physicians, pt/ot and speech. In house podiatrist, activities, salon and small pets welcome.

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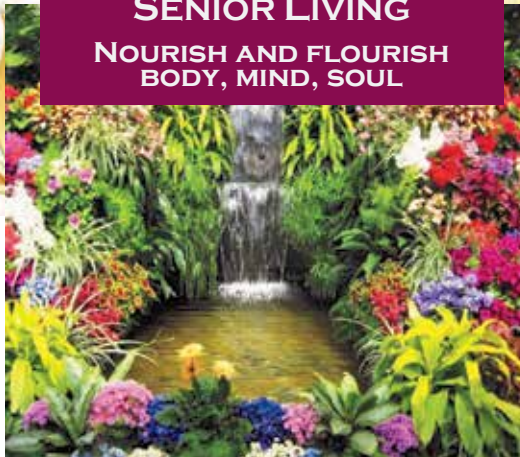
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Facility and Location	Contact	Category	Number units, Min. age	Monthly fee	Entrance free or deposit	Style of units	Services, features, amenities
<b>HarborChase Cordova</b> 1600 Appling Road Cordova, TN 38016	Andrew Veteo 901-250-1195	Independent Living Assisted Living Memory Care Respite Care	IL- 60 AL- 50 MC- 34	Call for Information	Deposit	1 and 2 bedrooms apts MC private and semi-private	HarborChase Cordova is a NEW, State of the Art, Luxury Community! There are unlimited possibilities for fun!!! Amazing dining options, pampering salon and massage, Chapel for worship, numerous floor plans to fit your needs and wants, indoor zero entry pool, individual climate control, in house therapy, transportation, Fun activities and a Dog park!
<b>HarborChase of Germantown</b> 6300 Briarcrest Avenue Memphis, TN 38120	Stephanie Casey 901-250-5931	Month to month assisted living and memory care	67 units, age 55+	\$4,500	Community fee of \$3,000	Apartment style	Upscale community with award winning hospitality program, active life enriching events, multiple dining venue options, generous abundance of modern amenities and pet friendly.
<b>Hearthside Senior Living of Collierville</b> 601 Wolf River Boulevard Collierville, TN 38017	Tammy Chappell 901-854-6590	Assisted Living senior community, rental	67 units, age 55+	Daily rates vary	\$2,000 community fee	1 & 2 BR apartments, all ground level, private patios	Daily rates, all utilities (except phone), 24 hr. nursing, restaurant dining, beauty salon, grooming, medication administration, transportation, housekeeping, and laundry services, small pets welcome.
<b>Hearthside Senior Living of Bartlett</b> , 7480 U.S. Hwy. 70 Bartlett, TN 38133	Donna Roach 901-266-3329	rental assisted living apartments	67 units, ages 55+	Daily rates vary	\$2,000 Community fee	1 and 2 bedroom apartments, all ground level, private patios	Daily rates, all utilities(except telephone), 24 hour nursing, restaurant dining, salon, medication admin., transportation, housekeeping, laundry services, small pets welcome.
<b>Heritage at Irene Woods</b> 995 Forest Hill-Irene. Memphis, TN 38125	901-737-4735	Independent Living Assisted Living, Memory Care	141 units, Min. age 62	Call for information	\$1,500 Community Fee	One and two bedroom apartments	Full service senior living community offering maintenance free living and a wide range of personal assistance and health care services tailored to individual needs. Conveniently located between Collierville and Germantown.
<b>Hickory Hollow Apartments</b> 3930 Allenbrook Cv. Memphis, TN 38118	Shante Cunningham 901-797-0266	Independent Living	55 units, age 55+	\$652 one bedroom, \$778 two bedroom	\$100 deposit	3 floor plans	Pet friendly, Library on site, 3 laundry rooms on site, fitness center.
<b>Hope Heights</b> 383 Madison Memphis, TN 38103	901-521-0003	Senior Apartments	147 units, age 62+	30% of adjusted income	One month Security Deposit	Large Efficiency & 1 BR Apartments	Service coordinators to assist with outside needs, computer room, dining room, exercise room, garage parking, security, laundry, beauty shop.
<b>Ingram Court</b> 398 Ingram Blvd. West Memphis, AR 72301	Martha Slater 870-733-9000	Independent Living	52 units, Min age 62	30% of adjusted income.	Security deposit	1 bedroom efficiency	Pets welcome, service coordinator on site, on site laundry room, no smoking, nice community room, emergency maintenance services.
<b>Kirby Pines LifeCare Community</b> 3535 Kirby Rd. Memphis, TN 38115	Elizabeth Rochelle 901-369-7340	Independent, Assisted Living, Nursing Care, Memory.	628 units, min. age 55	\$2,122-\$4,470	\$73,800- \$352,600	Independent living, apt. garden homes, assisted living, nursing, memory care.	60 acre gated community, pet friendly, 24 hr security guard, 350 seat Performing Arts Theater w/ Stage, 4 full service beauty salons, 4 specialty dining rooms.
<b>The Langford of Collierville</b> 1633 E. Winchester Blvd. Collierville, TN 38017	Brooke Mc-Carthy 901-651-5544	Assisted Living & Memory Care	99 units	Starting at \$3,995	\$1,500 Community Fee	1 & 2 bedroom apart- ments, all one level. Memory Care studio apartments	24/7 Nurses on-site, restaurant style dining, activities, transportation, on-site salon and theater room, pet friendly. Memory Care studio apartments
<b>Latham Terrace</b> 855 S. Fourth St. Memphis TN 38126	Alice Moore 901-774-0151	Senior citizens apartments	80 units, avg. age 62	30% of income	Call for infor- mation	1 & 2 bedroom apartments	Non-smoking facility with enhanced supportive services advisor and quality of life programs. Transportation, pastoral service, on & off campus activities, computer center. Pets allowed.
<b>Luther Terrace</b> 3907 James Rd. Memphis, TN 38128	Rhonda McMullin 901-388-8702	Senior Apartments	40 units Min. age 62	30% of adjusted income. Rental as- sistance for qualified residents	NA	Efficiency Apartments, 1 Bedroom	Resident Manager, kitchens, activities, transportation, and Bible study and worship, wellness program, MIFA meals, service coordinator, library, and computer lab. Non-smoking.
<b>The Atrium and Cottages at Lutheran Village</b> 3589 Covington Pike Memphis, TN 38128	Tim Castor 901-385-7061	Own or Rent, Independent Living Condominium	145 units, Age 55 and up	\$55,000-\$110,000 Buy \$1,200-\$1,800 Rent		Independent Retirement Condos and Patio homes	Paid utilities in condos, cable TV, dining room, maid service, 24-hr. Maintenance & security, after hours emergency cell number, gated. Transportation, activities, fitness ctr, library, walking trails, beauty/barber shop, guest suite.
<b>The Magnolia at Oxford Commons</b> 110 Ed Perry Boulevard Oxford, MS 38655	662-234-5050	Assisted Living and Memory Care Units	100 units	N/A	N/A	N/A	Fine & casual dining, salon service therapy, theatre, activity room, outdoor activity courts and courtyards. Flexible floor plans, kitchenettes, balconies, individual climate control.
<b>Magnolia Terrace</b> 669 N. Third Street Memphis, TN 38107	Alice Moore 901-524-1007	Senior apartments	69 units, avg. age 62+	30% of income	One month security deposit	1 Bedroom	Non-smoking facility with enhanced supportive services advisor and quality of life programs. Transportation, pastoral service, on & off campus activities, computer center. Pets allowed.
<b>Memphis Towers</b> 1081 Court Ave. Memphis, TN 38104	Towanda Matthews 901-526-2233	Independent Living	296 units age 50+	Based on 30% of annual income	One Month Rent = Security Deposit	One bedroom Apartment	24/7 monitored security, 2 emergency switches per unit, well-ness ctr w/ physical therapy, physiologists & MD's, computer ctr w/classes, store, activities, transportation.
<b>Mendenwood Apartments</b> 777 Mt. Moriah Rd. Ste. 13 Memphis, TN 38117	901-614-4996	Senior Independ- ent Living	118 units. 55+	\$530-695	\$200 security deposit, \$49 application fee	1, 2 & 3 Bedrooms	No Pets, water included, pool, 2 on-site laundry facilities. Complimentary pest control. Near MATA bus stop, convenient shopping and dining. 24 hour on call maintenance, on-site manager, community events.
<b>Newberry Heights Apartments</b> 5819 Newberry Ave. Memphis, TN 38115	Sharon Shelton 901-362-3337	Independent Living	50 units, age 62+	Subsidized	Subsidized deposit + 1st mo. rent	One bedroom	Located in East Memphis. 50-unit 2-story building designed for independent elderly. Laundry facility, community room, craft room, library, balcony, beauty shop all on-site for your convenience.

Facility and Location	Contact	Category	Number units, Min. age	Monthly fee	Entrance free or deposit	Style of units	Services, features, amenities
<b>Northlake Apartments</b> 5190 Wesley Park Dr. Memphis, TN 38135	Tammy Terry 901-372-0100	Independent, retired living	232 units, 62+	Subsidized	Subsidized	Efficiency, 1 & 2 BR	Located within walking distance to Methodist North Hospital, single level, independent living, beautifully landscaped 25 acre lot with lake and community center.
<b>Olive Grove Terrace &amp; The Arbors at Olive Grove Terrace</b> 9684 Goodman Road Olive Branch, MS 38654	Donna Noeh 662-895-7609	Assisted Living and Memory Care		All inclusive starting at \$2950 per month	\$1,000	Suites Studio rooms	Inclusive care package, 24 hour care staff, LPN duty 24 hours a day, pets welcome.
<b>The Parkview</b> 1914 Poplar Ave. Memphis, TN 38104	Christy Browning 901-725-4606	Independent Living	137 units, 55 Minimum age	\$1,175-\$3,280	One-time community fee \$1,000	Efficiency, studio, 1, 2, or 3 bedroom	Historic high-rise building in the heart of midtown. Restaurant style dining, 2-3 meals included. Housekeeping, utilities, phone, and medical transportation included. Pet friendly.
<b>Parkway Cove</b> 791 Bert Johnston Ave. Covington, TN 38019	Shanon Johnson 901-475-9020	Assisted Living Facility	21 rooms.	\$4,216 private, \$3,224 semi private	\$1,500	Studio	Full time licensed. Nurse & certified personnel 24 hrs., med. supervision, assist. w/dressing grooming, bathing, individual healthcare. Restaurant style dining, Beauty/barber, walking path. Therapy services for those who qualify.
<b>Pendleton House of Love</b> 1934 Pendleton St. Memphis TN 38114	Jaria Sharkey 901-744-6327	Assisted Living	14 units, Minimum age 55	Call for pricing	Call for pricing	Private and Semi-Private Rooms	Included in the rate is 24/7 on-site care staff, assistance with activities of daily living(ADLs), medication assistance, three(3) meals per day plus snack, laundry services, housekeeping and activities.
<b>The Pinnacle of Oxford</b> 1488 Belk Boulevard Oxford, MS 38655	Kerri A. Harrison 662-234-8244	Assisted Living, Rental Apartments	54 units	Starting at \$2,945	\$500	Studios and one bedroom suites	Pet friendly (under 25lbs) Transportation available. On-site physical, occupational, and speech therapy. Beauty shop, secure memory care unit.
 <b>The Pinnacle of Southaven</b> 108 Clarington Dr. Southaven, MS 38671	Christine Burr 662-349-9043	Assisted Living and Memory Care	59 units, min age 65	Call for Information	\$750	One story studio and one bedroom apartments	Pet friendly (under 25 lbs), 4 levels of care (Award Winning Montessori based secured memory care on-site) 3 meals a day, home theater, chapel, call system, med assistance, 24/7 staffing and nursing.
<b>Plough Towers</b> 6580 Poplar Ave. Memphis, TN 38138	Leigh Hendry 901-767-1910	Independent Living Affordable Housing	150 units, min age 62 or mobility impaired	Call for information	One month Security Deposit	High rise 1 and 2 Bedroom	Services and Features; includes full kitchen, hot kosher lunch, convenience store, on-site beauty shop, transportation to shopping, banks and recreation, housekeeping and exercise room.
<b>The Pointe at Kirby Gate</b> 6480 Quince Rd. Memphis, TN 38119	Lisa Bobal 901-753-3449	Rental, Assisted Living and Memory Care	52 units, 62 minimum age	Starting at \$3,295 Studio, \$2,000 shared	Community Fee \$1,550	All ground floor Apts. Studio, deluxe studio, 1 bedroom, shared also available	A small, boutique 1 story community offering an oasis for seniors within the East Memphis and Germantown areas. We offer shared and private apartments.
<b>Providence Assisted Living</b> 700 Moore's Crossing Senatobia, MS 38668	Dana Hall 662-562-9229	Assisted Living	60 units	Call for more information	Always offering move-in specials for readers!	Boutique-style apartments	Leave your worries behind and surround yourself with friends, community, fun activities, and endless amenities. Enjoy yourself while we take care of your housekeeping, laundry, meals, maintenance, and everything in between.
<b>Quail Ridge Alzheimer's Special Care Center</b> 2820 Kirby Whitten Pkwy Bartlett, Tn 38134	Alex Hardin 901-377-7995	Alzheimer's secure Assisted Living	66 units, no age minimum	\$4,750 and up	\$1,000	Companion, private with shared bath, private with private bath.	Our specially designed community offers personalized care for the uniqueness of each resident with Alzheimer's disease and related dementias.
<b>Riverdale Assisted Living</b> 6880 E. Raines Rd Memphis, TN 38115	Jessica Thomas 901-795-4495	Assisted Living	96 units	\$2,300-\$2,500 Monthly Fee	\$500 deposit	Deluxe studio, companion studio, large deluxe suite.	Riverdale offers 24/7 personal care assistants, Alzheimer's trained staff nurse. Community doctor, life enhancing activities and outings. Housekeeping, linen service, beauty salon.

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Facility and Location	Contact	Category	Number units, Min. age	Monthly fee	Entrance free or deposit	Style of units	Services, features, amenities
<b>Robinwood Resort Lifestyle Communities</b> 2795 Kirby-Whitten Rd. Bartlett, TN 38134	Lisa Greer 901-562-0591	Independent Living	140 units, Min. age 55	Based on room size	Based on room size	Studio, 1, 2, 3 bedrooms and cottages	Month to month rent, freedom dining, housekeeping, concierge services, wellness and fitness center, designer kitchen, 24/7 medical alert system, travel program.
 <b>Royal Retreat Independent Living</b> 6536 Knight Arnold Memphis, TN 38115	Dawn Howell 901-360-8785	Independent Living	175 Suites, Min age 55	Starting at \$ 1,475	\$1,000	Single Story Garden style offering 1, 1.5, & 2 bedroom suites	Our Garden style suites comes with private screened in Porches. Unparalleled services, quality care, comfortable amenities, luxurious residences and delicious dining. 24/7 Staff, daily activities, beauty salon, library, laundry, house-keeping & many more. Pet friendly
 <b>Royal Retreat Independent Living</b> 6551 Knight Arnold Memphis, TN 38115	Dawn Howell 901-360-8785	Assisted Living	50 Suites, Min age 55	Starting at \$ 3,700	\$2,000	Private or double occupancy suites	Suites with Courtyard views, Unparalleled services, quality care with 24/7 on site nurses and care givers. Medication management, wellness planning, doctor visits, dietary options to suite your level of care and much more.
<b>Schilling Gardens &amp; The Arbors at Schilling Gardens</b> 15 Schilling Bend Commons Collierville, TN 38017	Kirk Pafford 901-850-2272	Assisted Living and Memory care	39	Call for Information	\$1,500 Community fee.	Studios, Alcoves, 1 bedrooms.	Pets welcome. Care all-inclusive, medication assistance and administration, laundry, housekeeping, activities and social schedule, small home like feel, 3 meals a day, restaurant style dining.
<b>Senior Living at University Place</b> 600 South Somerville Memphis, TN 38104	Lorene Johnson 901-524-0990	Senior Independent Living	118 units age 62+	Starting at \$713	\$300 deposit and application fee	Private high rise 1 and two bedroom	Pet friendly, utilities included, fitness center, walking trail, key accessed doors, gated parking, beauty salon and barber shop, doctor's office.
<b>Senior Residences of West Memphis</b> 300 W. Jackson Ave. West Memphis, AR 72301	Carma Richardson 870-702-6574	Senior residence apartments	48 units, min. age 55	\$460-\$540	\$250	Tax credit & market units	A community with all sorts of parties, dinners, activities, etc. We welcome pets less than 60 pounds (one per household). \$250 pet deposit required.
<b>Serenity at Highland</b> 400 S. Highland, Memphis, TN 38111	Carol Holmes 901-325-7810	Senior Living Community	396 units, min. age 55	Call for Information	N/A	Highrise, efficiency and 1 bedroom.	Utilities included in rent. Sundry store, fitness center, library, service coordinators, laundry room, non-smoking facility, and community room.
<b>Shelby Gardens Place</b> 1535 Apping Care Lane Cordova, TN 38018	Whitney Johnson 901-377-7500	Assisted Living and Memory care	77 units	Call for information	N/A	Studio, studio deluxe, 1 bedroom, friendship suite	Pet friendly, aging in place, hospice care.
<b>Shelby Station</b> 3290 Wood Hollow Dr. Memphis, TN 38118	Lydia Clay 901-363-8896	Senior housing	40 units, age 62+	Based off of income	Based off of income	One BR and efficiency	Central heat & air, all appliances, laundry facilities, mini blinds, bathroom assist rails, pet friendly (some restrictions), emergency call pendants at no additional cost.
<b>Silvercreek Senior Living Community</b> 6630 Crumpler Blvd Olive Branch, MS 38654	Leslie Sawyer 662-895-8952 ext. 1	Independent & Assisted Living	99 units	\$2,950 - \$3,600 month-to-month	Damage Deposit and Community Fee	Studio, 1 and 2 bedroom	Balconies, washer/dryers, walk-in closets. Restaurant style dining, housekeeping, chapel, transportation, theatre, indoor pool, salon, game rm, fitness ctr., store, banking, nurse 24 hrs. Emergency pendants, med. mgmt., Weekly MD.
<b>SomerOak Senior Living</b> 10790 Hwy 64 W. Somerville, TN 38068	Sandra Palmer 901-466-2076	Independent/ Assisted Living	32 units	Call for information	Initial entrance fee: \$750	Studio, alcove, 1 BR w/patio, 1 & 2 BR	Housekeeping, medication management, nursing, in house beauty shop, smoke and alcohol free. Pet free.
<b>South Breeze &amp; The Arbors at South Breeze</b> 3168 Hacks Cross Road. Memphis, TN 38125	Laura Strang 901-748-1738	Assisted Living/ Memory Care	44 units	Semi-private and private starting at \$107/day	\$1500 community fee	Apartments (5 floor plans) 1 level	Warm, friendly, intimate community with a personal approach to care. Several floor plans available with all inclusive rates. Best Friends approach to memory care. Pets are welcome and encouraged.
<b>Southern Pines</b> 3400 Tulane Rd. W Horn Lake, MS 38637	Jonte Hammond 662-393-4564	Independent Living	40 units, min. age 62	Call for Information	1 month rent equals Security Deposit	1 Bedroom Apartments	Southern Pines is for seniors. We have 1 br apts. which are income based and utilities included, pets are welcome, one per household.
<b>St. Joseph Village</b> 885 Highway 51 Bypass, Dyersburg, TN 38024	Becky Ashley 731-285-8560	Section 202/8, Independent Living	90 units, 62 Minimum Age	30% of adjusted monthly income	One month Security Deposit	1 bedroom units	Non-smoking facility. Enhanced supportive services advisor. Enhanced quality of life programs. Transportation provided. Pastoral Services. On and off campus activities. Pets allowed.
<b>St. Mark Manor</b> 85 St. Mark Cove Moscow, TN 38057	Gabrielle Songe 901-877-3456	Senior Apartments	24 units, age 62+	30% of adjusted income	One month Security Deposit	1 Bedroom and efficiency	Rental assistance if qualified, resident mgr., equipped kitchens, large closets, meals, Bible study and worship, activities, transportation. Small pets welcome.
 <b>StoryPoint Senior Living</b> <b>StoryPoint Collierville</b> 691 S. Byhalia Road Collierville, TN 38017	Billi Bowman 901-286-4290	Retirement Community / Enhanced Living	164 units, N/A	Call for information	N/A	Studio, 1 & 2 Bedroom	From upgraded, pet friendly apartments to flexible care services, chef-prepared meals, daily activities, fitness programs and more, your ideal retirement starts here.
<b>St. Peter Manor</b> 108 N. Auburndale Memphis, TN 38104	901-278-8200	Senior Apartments	283 units age 62+	30% of adjusted income	One month Security Deposit	Efficiency and 1 bedroom apartments	Non-smoking facility with enhanced supportive services advisor and quality of life programs. Transportation, pastoral service, campus activities, computer center, library, store, theater, chapel. Nurse & counselor. Pets allowed.



Facility and Location	Contact	Category	Number units, Min. age	Monthly fee	Entrance free or deposit	Style of units	Services, features, amenities
<b>Sycamore Place Alzheimer's Special Care</b> 8722 Winchester Rd. Memphis, TN 38125	Becky Anderson 901-309-4009	Assisted Living & Memory Care	66 units	\$5,100-\$6,500	One time community fee of \$1,500	Companion, semi-private, complete private suites	At Sycamore Place, we keep the emotional needs and feelings of your loved one at the center of what we do. We are committed to being the leader in providing quality personal services for our residents while honoring the experience of aging.
<b>Town Village Audubon Park</b> 950 Cherry Rd. Memphis, TN 38117	Daniel Lund 901-374-7342	Independent Living and rental	182 units, ages 55 and up	Starting at \$2,295	\$2,000 community fee	Various floor plans - 12 different floor plans for 1 & 2 bedrooms	Fabulous restaurant style dining, housekeeping, transportation services, in house activities and exercises, pool and fitness room with on-site rehab, overnight security with gated parking, Pet Friendly
<b>Tranquility at Hickory Hill</b> 2990 Hickory Hill Ext. Memphis, TN 38115	Lovette Jones 901-566-1959	Independent Living	160 units, 55 Minimum age	\$575-\$875	\$400	Garden Apartments	Pets allowed, 20 lbs max.
<b>Trezevant</b> 177 N. Highland St. Memphis, TN 38111	Sales & marketing 901-325-4000	CCRC, IL, AL, MC, SNF, Rehab	228 units, min age 65	\$2,300 and up	Starts at \$196,000	Garden homes, luxury 1,2,3 bedroom apartments	A LifeCare community providing independent living, assisted living, Memory Care, skilled nursing and rehabilitation services. Specializing in customized residences with unparalleled services and amenities.
<b>Union Ave. Baptist Towers</b> 2198 Courtland Place Memphis, TN 38104	Mary Dowling 901-274-5403	Independent Living	84 units avg. age 62+	30% of adjusted income	One month security deposit	One bedroom apartment	Pets are welcome. Transportation to grocery store. Activities and monthly outing. Beauty shop, library, laundry facilities on site.
<b>The Village at Germantown</b> 7820 Walking Horse Circle Germantown, TN 38138	Leslie Reed 901-737-4242	Continuing Care Retirement Community	230 units min age 55	\$3,100 - \$4,689 and up	\$252,300 - \$532,800	1,2 and 3 bedroom apartments and patio homes "villas"	A Continuing Care Retirement Community offering a heated saltwater pool, spa, two-story fitness center, 200 seat auditorium, fine dining, cafe and lounges.
<b>The Village at Primacy Place</b> 6015 Primacy Pkwy. Memphis, TN 38119	Stephanie Casey 901-683-1800	Assisted Living Community	48 units, aged 65+	Starting at \$2,985	\$1,450	Studio, 1 and 2 bedroom apartment	Village at Primacy Place is a family oriented 48 unit assisted living community that offer personalized care for our residents. Pet friendly located in the heart of East Memphis.
<b>The Villas of West Memphis</b> 141 W Jackson West Memphis AR 72301	Sharon Bedford 870-702-7363	Community for those 55 & over	111 units Age 55+	1 Br-\$291-640 2 Br-\$640-680	\$300 Security Deposit	51-High rise 60-garden apartments	Pets welcomed, washer/dryer connection or rental, clubhouse, movie theater, fitness center, swimming pool, gated community.
<b>The Villas of West Memphis Phase II</b> 141 W Jackson West Memphis AR 72301	Tifani Davis 870-702-7363	Apartment Community for those 55 & over	51 units, age 55+	No more than \$647 for 1 BR or \$770 for a 2 BR.	\$200 Security Deposit	1 Bedroom and 2 Bedroom Apartments	Gated community for age 55 and over; clubhouse, pool, fitness ctr, theater, private garage, patio, w/dryer connections, pro. mgmt & maintenance, pets welcome.
<b>Wesley Apartments Lake County</b> 1155 Reelfoot St. Tiptonville, TN 38079	Brandie Hawkins 731-253-9917	Senior Apartments	50 units 62 and older	30% of adjusted income. Rental assistance for qualified residents	One month Security Deposit	1 bedroom apartments	Non-smoking facility with enhanced supportive services advisor and quality of life programs. Transportation, pastoral service, on & off campus activities. Pets allowed.
<b>Wesley Fountain Place</b> 12410 Telecom Dr. Milan, TN 38358	Crystal Moore 731-686-8600	Assisted Living	36 units	Starts at \$2,520	None	Private Accommodations	Assisted living community offering 24 hour care, social programs, transportation, salon, homemade meals, housekeeping, laundry and individualized assistance.
<b>Wesley Graceland Gardens</b> 1430 Graceland Pines Memphis, TN 38116	Benedicta Davies 901-332-2955	Senior Apartments	192 units, 62 min. age	30% of adjusted income Rental assistance for qualified residents	One month Security Deposit	Garden apartments	Non-smoking facility with enhanced supportive services advisor and quality of life programs. Transportation, pastoral service, on & off campus activities, computer center. Pets allowed.
<b>Wesley Highland Meadows</b> 3517 Andy Way Lane Memphis, TN 38128	Alfred Robinson 901-388-8880	Apartments Section 8 Tax Credit Rental	200 units, age 62	30% of adjusted income Rental assistance for qualified residents	One month Security Deposit	One bedroom Garden Apartments	Non-smoking facility with enhanced supportive services advisor and quality of life programs. Transportation, pastoral service, on & off campus activities, computer center. Pets allowed.
<b>Wesley Homes Dyersburg</b> 850 Hwy. 51 Bypass N Dyersburg, TN 38024	Gina Lusk 731-285-7622	Apartments, Independent Living	66 units, 62 Minimum Age	30% of adjusted income	One month Security Deposit	Efficiency, one and two bedroom	Non-smoking facility. Supportive services Advisor. Enhanced quality of life programs. Transportation provided. Pastoral services. On and off campus activities. Pets allowed.
<b>Wesley Hills Dyersburg</b> 1020 Caleb Dr. Dyersburg TN 38024	Gina Lusk 731-287-0707	Assisted Living, Independent living	23 units, 62 Minimum age	30% of adjusted income	One month security deposit	Garden Apartments, one bedroom	Non-smoking facility. Enhanced supportive services advisor. Enhanced quality of life programs. Transportation provided. Pastoral Services. On & off campus activities. Pets allowed.
<b>Wesley Meadows Retirement Community</b> 1325 McIngvale Rd. Hernando, MS 38632	Jamie Cliett 662-429-2070	Independent Living Assisted Living	100+ units Minimum age 65	Call for Information	Call or details	1 BR, 2 BR and Studios	We offer independent and assisted living apartments. Our residents can transition care levels all within the same apartment. Voted Desoto's Best Retirement community and Senior care provider last 5 years.
<b>Wesley Millington Towers</b> 5077 Easley Ave. Millington, TN 38053	Mary Russell 901-873-3292	PRAC/Section 202/8, Independent living.	81 units, min age 62	30% of adjusted income	One month security deposit	1 bedroom apartments	Non-smoking facility. Enhanced supportive services advisor. Enhanced quality of life programs. Transportation provided. Pastoral Services. On and off campus activities. Pets allowed.
<b>Wesley Park Meadows</b> 800 Park Meadows Halls, TN 38040	Emily Murray 731-836-7389	Independent Living	26 units, 62 min. age	Call for Information	One month security deposit	Garden Apartments	Non-smoking, social programs, transportation, pastoral services, pets welcome.
<b>Wesley Stage Park</b> 2779 Battle Creek Drive Memphis, TN 38128	Cassandra Cooper 901-835-9330	PRAC/Section 200-8, Independent Living	66 units, min. age 62	30% of adjusted income, rental assist. for qualified.	One month security deposit	1 bedroom apartments	Non-smoking facility. Enhanced supportive services advisor. Enhanced quality of life programs. Transportation provided. Pastoral Services. On and off campus activities. Pets allowed.
<b>Westminster Village of the Mid-South</b> 5215 Southside Drive Blytheville, AR 72315	Leslie Acred 800-914-2516	Independent Living	50 Minimum age	Call for Information	Call for monthly move in specials.	3 & 4 Bedroom Single Level Homes.	Security, maintenance, lawn care, pet friendly, exercise classes, library, craft classes, book club, bingo, line dancing, activities and trips.

# END OF LIFE

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- Family Mortuary Funeral Home: ..... 901-521-0594
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- Justin Ford Funeral Home: ..... 901-661-9682
- Lewis & Sons Funeral Home: ..... 901-526-3264
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### Shelby County

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- Calvary Cemetery: ..... 901-948-1529
- Elmwood Cemetery: ..... 901-774-3212
- Forest Hill Cemeteries: ..... 901-382-1000
- Magnolia Cemetery: ..... 901-861-4878
- Memorial Park Cemetery East: ..... 901-755-3028
- Memorial Park South Woods: ..... 901-251-1460
- Memphis Memory Gardens: ..... 901-386-4858
- Memphis National Veterans Cemetery ..... 901-386-8311
- New Park Cemetery: ..... 901-785-7150
- Shelby County Cemetery: ..... 901-324-5547
- West Tennessee State Veterans Cemetery: ..... 901-543-7005

### Tipton County

- Covington Memorial Gardens: 901-476-9778
- Magnolia Gardens Cemetery: 901-476-3757

## CREMATORIES

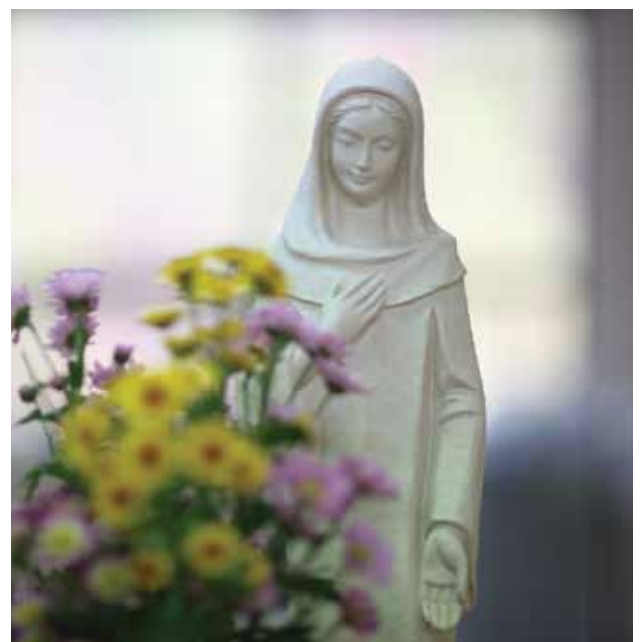
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[nuwaycremations.com](http://nuwaycremations.com)

- Smart Cremation Memphis: ..... 901-730-7712
- Tennessee Cremations: ..... 901-324-2923



# HOSPICE

Alliance Health Care Hospice .....	662-252-1212
Amedisys Hospice - Southaven .....	662-562-7607
Amedisys Hospice Care .....	901-680-0378
AmeriCares .....	901-795-5949
Avalon Hospice .....	901-384-9182
Avalon Hospice Dyersburg .....	731-882-4435
Baptist Home Care & Hospice.....	901-476-0333
Baptist Home Care & Hospice.....	662-578-8402
Baptist Reynolds Hospice House.....	901-861-5700
Baptist Trinity Home Care & Hospice .....	901-767-6767
Compassus-Memphis.....	901-309-1855
Compassus-Southaven .....	662-393-4033
Crossroads Hospice of Tennessee.....	901-382-9292
Encompass Health - Hospice, Southaven .....	662-404-8899
Gentiva Hospice .....	901-818-5600
Grenada North Delta Hospice & Palliative Services ...	662-745-0587
Halcyon Hospice - Batesville.....	662-561-0902
Heart of Hospice .....	662-253-5824
Home-Bound Medical Care .....	901-386-5061
HomeCare Hospice.....	662-539-7339
Homechoice Health Services .....	901-380-4404
Hope Hospice & Palliative Care .....	901-756-7322
Housecall Hospice .....	901-685-5300
Kare-In-Home Hospice of Northwest Mississippi .....	662-890-4646
Legacy Hospice of the South .....	
662-578-8177	
Methodist Alliance Hospice .....	
901-516-1600	
Mid-Delta Hospice of Batesville .....	662-563-1021
Specialty Hospice .....	662-420-7057
Spring Valley Hospice .....	662-890-5554
St. Bernards Hospice .....	870-207-7655
Unity Hospice Care .....	662-893-5662
Unity Hospice Care .....	901-756-7322
Unity Hospice Care of Arkansas .....	870-735-2824



Former Memphis City Councilman Brent Taylor is pleased to announce the opening of his new funeral home – Brent Taylor / Paul B. McCarver Funeral Directors – located on Poplar Ave., directly behind Blue Plate Café.

The “big box” funeral homes have inflated prices to pay for large funeral home campuses. We spent the last several months developing an alternative to the big “corporate” funeral homes. Our solution: a low cost funeral option. You don’t pay for a funeral home; you simply hire a funeral director. When hiring a funeral director, you should only pay for what you need.

At Brent Taylor / Paul B. McCarver Funeral Directors, we’ve built a modest funeral location, specializing in church and graveside services. This allows families to save an average of \$5,000 on the cost of a funeral.

Thank you for helping us create a quality, low cost funeral option in Memphis.



**BRENT TAYLOR | PAUL B. MCCARVER**  
FUNERAL DIRECTORS  
A BRENTWOOD FUNERAL SERVICE

*is a Wise Choice*

*Your low-cost funeral provider*

**WISE CHOICES**  
*Andy Wise*

BrentTaylorFuneralDirectors.com **901-707-8115**





## CHOOSE YOUR INDEPENDENCE BEFORE SOMEONE ELSE DOES

BY GREG INMAN

**In my years** of being in the Aging in Place Industry, I have been in countless homes and consulted with countless families. During that time I have met a lot of great people but sadly enough I have also seen a disturbing trend.

As we age, we become less stable. Maybe even weak and frail. This is a slow process that happens over time and our brain does not always want to accept our new reality.

There's a "fine line" between needing a little assistance and being a danger to ourselves. Many ignore the need until they cross that "fine line".

Here's the trend I see. The middle-aged children see the decline of their aging parents. Their concern forces them to address safety in the home. Many of my in-home consultations are with the aging parents and their middle-age children. More times than not, the aging parents are not happy.

Some of us don't want our children making life altering decisions for us. To avoid this, do a self-assessment and take control of your independence before your children do.

Here are a few solutions that can help you safely stay in your home longer.



901.459.3095

### Getting in and out of the bathtub or shower:

The bathroom is the most dangerous room in the house because it is a wet area. A very affordable addition to the bathroom are grab bars. *Grab bars* in the tub or shower area give you more stability. Also, a *grab bar* close to the toilet can help. *Grab bars* can also be used in multiple locations throughout the house.



Another solution for bathroom safety is a *walk-in tub* or a *roll-in shower*. Both of these solutions offer a safe way to enjoy a simple pleasure and necessity of life. Both require renovations to your bathroom and can be costly. A third, more affordable solution would be a *cut-out tub* for your existing tub.

### Getting up and down a stairway:

There are many houses in the Memphis area where the master bedroom is on the second floor. A fall down a flight of steps could be a life altering event. A *Stairlift* is a great solution to move up and down the stairway safely.



### Getting in and out of the house:

Steps can be challenging. A good solution would be a *ramp* or *handrails*. *Ramps* can be powder coated to make them aesthetically pleasing. *Ramps* are also great if you use a walker or rollator.

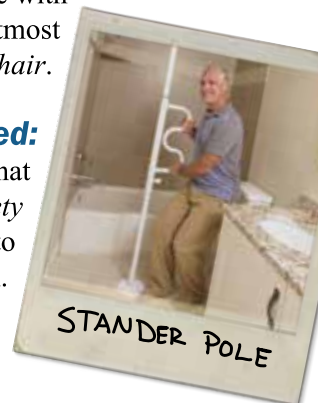


### Getting in and out of a chair:

A *lift chair* is designed to lift up and make it easier for you to get to a standing position. Many *lift chairs* come with adjustable headrest and adjustable lumbar so they can be positioned to offer you the utmost comfort. Also, many enjoy sleeping in their *lift chair*.

### Getting in and out of bed:

An expensive solution would be an adjustable bed but there are many solutions that are much more affordable such as a *bed caddy*, a *bed cane* or a *floor to ceiling safety pole*. Depending on your challenges, an in-home assessment would be necessary to find you the best solution.



**This is not an exhaustive list of solutions but it's a great start. The best place to start is with a free in-home assessment with a qualified professional. Next Day Access can offer that assistance.**

