



Mesa Vista residents at Grand Valley Days

Photo courtesy of Kathy Germano

What is assisted living?

As we grow older, we may need assistance with our everyday lives. Assisted living residences provide meals, housekeeping, laundry, and medication management. And residents have a chance to be with others.

"I was living with my daughter and son-in-law," explained one assisted living resident. "They both worked so I was alone all day. Now if I want to be around people, I can. Or if I want to be alone to just sit and read my book, I can. That gives me a great choice."

Assisted living residences range from small, personal-care homes with just a few residents, to continuing care retirement communities where people can move from complete independence to higher levels of care as they age. People in assisted living are generally able to take care of themselves; they just need a little extra help. Assisted living residences are licensed by the state health department and receive regular assessments of levels of safety, care and services.

Most assisted living residences charge a monthly fee, ranging from \$2,500 to \$5,000, and may have additional costs for special services. The resident or families pay these fees, and some fees can be paid through long-term care insurance. In Colorado, Medicaid waivers are also available to help with costs for those who qualify.

In the Parachute and Battlement Mesa area, Mesa Vista is the only assisted living residence of its kind. Opened in 1999, the residence is housed in a lodge-like building with 40 spacious private apartments – several large enough for couples – and lots of open-air public gathering areas.

For more information about Mesa Vista, call Scott Saunders at 285-1844, stop by for a tour at 72 E. Sippelle Dr. in Battlement Mesa, or visit seniorhousingoptions.org to learn more.

– Senior Housing Options

READERS SAY THANKS

Mesa Vista Assisted Living provides old-fashioned care

Watching television, listening to the news, or reading the newspaper we can get the feeling that the world is going sour on us, that good is outweighed by bad. My family and I have just had an experience that helps us know good people are, indeed, among us and doing good things.

Recently my mother, Arlene Berry, passed away. The last place she called home was Mesa Vista Assisted Living in Parachute. My brother and I were able to relax and not worry about her well-being while she lived at Mesa Vista.

The directors and staff at Mesa Vista treated my aging, sometimes cranky (OK, sometimes very cranky) mother with respect. She was able to keep her dignity during a time that was very hard for her, during a time when she was losing control of most things in her life. It took a little time, but they won her over, and she felt peace in the last home she had.

When her time came to move along, the staff treated my family with the same kindness they had shown my mother. It is beyond refreshing to have experienced the joy, love, concern and care given by the people who work at Mesa Vista Assisted Living.

I highly encourage anyone who has an aging parent that needs a home to go and visit. Be prepared for something the world needs more of — old fashioned, tender care.

Karen Hall and family
Glenwood Springs