



# HEALTH & WELLNESS

## Senior Care Handbook

*“...even to your old age I am he; even when you turn gray I will carry you. I have made, and I will bear; I will carry and will save.” Isaiah 46:4*

The care and well-being of our members, especially our seniors, is a priority for the White's Chapel Health & Wellness ministry. Our Wellness Director, Alynne Rivers, RN, has compiled these resources to create this Senior Care Handbook to connect you or your loved ones to vital support you may need during life's later stages. While White's Chapel doesn't officially endorse specific individuals, services, companies, or organizations, we encourage you to explore the contents of this handbook, trusting in the resources it contains. Our Health & Wellness and Care & Support ministries are here to accompany you spiritually, emotionally, and physically. Remember, God is with you every step of the way, offering love and care.

Alynne Rivers, RN  
WC Wellness Director  
817-481-4147 X283  
[arivers@whiteschapel.org](mailto:arivers@whiteschapel.org)

- **Inpatient Care**
- **Adult Day Care**
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## **Definitions**

(sources <https://www.pioneernetwork.net/elders-families/terminology/> and <https://www.jameslwest.org/>)

### **Rehabilitation**

Services to help restore mental and physical (bodily) functions lost due to injury or illness. Rehabilitation may be given at the hospital or in a nursing home, some assisted living residences, a special facility or the patient's home. The types of services offered generally include physical therapy, occupational therapy, speech therapy, social services and nursing.

### **Skilled Nursing**

This level of care includes help with more complex nursing tasks, such as monitoring medications, giving injections, caring for wounds and providing nourishment by tube feedings (enteral feeding). It also includes therapies, such as occupational, speech, respiratory and physical therapy. This care can be given in a patient's home or in a care setting. Most insurance plans require at least some level of skilled care need, requiring the services of a licensed professional (such as a nurse, doctor or therapist) before they will cover other home-care services.

### **Assisted Living**

A state-regulated and -monitored residential long-term care option that may have different names depending on the state. Assisted living provides or coordinates oversight and services to meet residents' individualized, scheduled needs, based on the residents' assessment and service plans, and their unscheduled needs as they arise. There are more than 26 designations that states use to refer to what is commonly known as "assisted living" There is no single uniform definition of assisted living, and there are no federal regulations for assisted living. In many states, most assisted living is private pay. Be sure to check with your state about any waiver programs that might be available through Medicaid to pay for the care provided in assisted living.

### **Dementia/Memory Care**

Dementia is a word that describes a large group of disorders caused by a brain disease, medical condition or injury to the brain. Dementia affects two or more of the following: memory, judgment, language, motor skills, perception, thinking and behavior. While someone diagnosed with Alzheimer's disease is suffering from dementia, not everyone with dementia symptoms suffers from Alzheimer's disease.

### **Respite Care**

Temporary (a few hours or up to a few days) care to offer relief for the family caregiver. Respite care may be given in the elder's home, a community-based setting such as adult day care, an assisted living facility or a nursing home. It can be scheduled regularly (for example, two hours a week) or provided only when needed. This service can be particularly valuable for family members taking care of persons with dementia.

# Inpatient Care

NAME	REHAB-PT	SKILLED NURSING	ASSISTED LIVING	MEMORY CARE	RESPIRE CARE	PALLIATIVE-HOSPICE
Arlington, TX 76012 Texas Health Rehab Services 810 W Randol Mill Rd 817-960-6565 <a href="https://www.texashealth.org/Locations/texas-health-arlington-memorial/Texas-Health-Rehabilitation-Center">https://www.texashealth.org/Locations/texas-health-arlington-memorial/Texas-Health-Rehabilitation-Center</a>	X					
Bedford, TX 76021 Brookdale Eden Estates (independent only) 1997 Forest Ridge Drive 817-318-8845 <a href="https://www.brookdale.com/en/communities/brookdale-eden-estates.html?cid=yext">https://www.brookdale.com/en/communities/brookdale-eden-estates.html?cid=yext</a>			X			
Bedford, TX 76021 Encompass Health Rehabilitation Hospital of the Mid-Cities 2304 State Highway 121 817.684.2000 <a href="https://encompasshealth.com/midcitiesrehab">https://encompasshealth.com/midcitiesrehab</a>	X					
Bedford, TX 76021 Forum Parkway Health and Rehabilitation 2112 Forum Parkway 817-799-4600 <a href="https://www.forumparkwayhealthandrehab.com/">https://www.forumparkwayhealthandrehab.com/</a>		X				

# Inpatient Care

NAME	REHAB-PT	SKILLED NURSING	ASSISTED LIVING	MEMORY CARE	RESPIRE CARE	PALLIATIVE-HOSPICE
Bedford, TX 76021 Heartis Senior Living Mid-Cities 2308 Hwy 121 817-571-0000 <a href="https://heartis.com/locations/mid-cities/">https://heartis.com/locations/mid-cities/</a>			X	X		
Bedford, TX 76022 Parkwood Healthcare 2600 Parkview Ln 817-354-1044 <a href="https://parkwoodretirementlcs.com/">https://parkwoodretirementlcs.com/</a>		X	X	X	X	
Colleyville, TX 76034 Ellery Arbor Memory Care 8100 Precinct Line Rd 817-752-5721 <a href="https://www.elleryarborlife.com/">https://www.elleryarborlife.com/</a>				X		
Fort Worth, TX 76102 James L. West Center for Dementia Care 1111 Summit Avenue 817-877-1199 <a href="https://www.jameslwest.org/">https://www.jameslwest.org/</a>				X	X	

# Inpatient Care

NAME	REHAB-PT	SKILLED NURSING	ASSISTED LIVING	MEMORY CARE	RESPIRE CARE	PALLIATIVE-HOSPICE
Grapevine, TX 76051 Baylor Scott & White Grapevine Rehabilitation Unit (outpatient only) 1650 W. College St. 817-481-1588 <a href="https://www.bswhealth.com/specialties/physical-therapy-and-rehabilitation">https://www.bswhealth.com/specialties/physical-therapy-and-rehabilitation</a>	X					
Grapevine, TX 76051 Mariella of Grapevine (f/k/a Volante) 3735 Ira E Woods Ave 682-345-9827 <a href="https://www.volanteseniorliving.com/grapevine/">https://www.volanteseniorliving.com/grapevine/</a>			X	X		
Grapevine, TX 76051 Grand Brook Memory Care of Grapevine 2501 Heritage Ave 682-308-6716 <a href="https://grandbrook.com/communities/grapevine/">https://grandbrook.com/communities/grapevine/</a>				X		
Grapevine, TX 76051 Grapevine Medical Lodge 1005 Ira E. Woods Ave 817 421-1313 <a href="https://grapevinemedicallodge.com/">https://grapevinemedicallodge.com/</a>	X	X				X

# Inpatient Care

NAME	REHAB-PT	SKILLED NURSING	ASSISTED LIVING	MEMORY CARE	RESPIRE CARE	PALLIATIVE-HOSPICE
Grapevine, TX 76051 Legend Senior Living-Meadowood 4545 Merlot Ave 817-275-6100 <a href="https://legendseniorliving.com/find-a-community/texas/meadowood.html">https://legendseniorliving.com/find-a-community/texas/meadowood.html</a>			X	X		
Keller, TX 76248 Heritage House at Keller Rehab and Nursing 1150 Whitley Road 817-431-2518 <a href="https://www.ahstexas.com/keller">https://www.ahstexas.com/keller</a>	X	X			X	
Keller, TX 76248 Texas Rehabilitation Hospital of Keller 791 South Main St (Hwy 377) 817-898-6908 <a href="http://www.texasrehabkeller.com">www.texasrehabkeller.com</a>	X					
Keller, TX 76248 Truewood by Merrill 200 Keller Smithfield Rd S 817-786-0280 <a href="https://www.merrillgardens.com/senior-living/tx/keller/keller-smithfield-road-s/">https://www.merrillgardens.com/senior-living/tx/keller/keller-smithfield-road-s/</a>			X	X		

# Inpatient Care

NAME	REHAB-PT	SKILLED NURSING	ASSISTED LIVING	MEMORY CARE	RESPIRE CARE	PALLIATIVE-HOSPICE
North Richland Hills, TX 76180 Emerald Hills Rehabilitation and Health Care Center 5600 Davis Blvd 817-503-4700 <a href="https://summitlhc.com/locations/emeraldhills/">https://summitlhc.com/locations/emeraldhills/</a>	X	X			X	
Roanoke, TX 76262 Harvest Assisted Living and Memory Care of Roanoke 601 Howe Road 682-257-8932 <a href="https://civitasseniorliving.com/our-communities/harvest-at-roanoke/">https://civitasseniorliving.com/our-communities/harvest-at-roanoke/</a>			X	X		
Southlake, TX 76092 Discovery Village at Southlake 101 Watermere Dr. 817-476-3518 <a href="https://discoveryvillages.com/discovery-village-at-southlake/">https://discoveryvillages.com/discovery-village-at-southlake/</a>	X	X	X	X	X	
Southlake, TX 76092 HarborChase of Southlake 700 E State Hwy 114 817-873-2582 <a href="https://www.harborchase.com/harborchase-southlake/">https://www.harborchase.com/harborchase-southlake/</a>			X	X		

# Inpatient Care

NAME	REHAB-PT	SKILLED NURSING	ASSISTED LIVING	MEMORY CARE	RESPITE CARE	PALLIATIVE-HOSPICE
Southlake, TX 76092 Silverado Southlake Memory Care Community 2001 Kirkwood Blvd 817-756-8600 <a href="https://www.silverado.com/locations/silverado-southlake/">https://www.silverado.com/locations/silverado-southlake/</a>				X	X	

# Adult Day Care

Bedford, TX 76021 Encore Memory Care Day Center (Mon-Fri) 2928 Blue Quail Lane 817-442-2354 <a href="https://www.encoredaycare.com/">https://www.encoredaycare.com/</a>		
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# Residential Care Homes

This option is designed to meet long-term care needs. A small number of residents are cared for by a 24-hour staff in a home which is in a residential neighborhood. Meals that are prepared on site are usually served family style. Residents are engaged in activities as they are able. This home-like setting can be a good alternative to a care facility.

<p>Keller, TX 76248  Hillside Assisted Living (Co-Ed)  553 Big Bend Dr  682-593-0725  <a href="http://www.hillsideal.com">http://www.hillsideal.com</a></p>	<p>Keller, TX 76262  Meadowview House/Liberty Care  2000 Meadowview Dr  214-222-2369  <a href="https://libertycarehomes.com/assisted-living-keller/">https://libertycarehomes.com/assisted-living-keller/</a></p>	
<p>Keller, TX 76248  Metroplex Residential Senior Care  1625 Sarah Brooks Dr  469-236-0126  <a href="https://metroplexresidentialseniorcare.com/">https://metroplexresidentialseniorcare.com/</a></p>	<p>Keller, TX 76248  Redwood Village Senior Care (Ladies)  1509 Cat Mountain Trl  817-480-0722  <a href="mailto:teresa@redwoodvillage.org">teresa@redwoodvillage.org</a></p>	

# Palliative-Hospice Care (in your home)

## Palliative Care

Care that focuses on the relief of the pain, symptoms and stress of serious illness. The goal is to improve quality of life for patients and families. Palliative care is appropriate at any point in an illness, not just for end-of-life care, and it can include treatments that are intended to cure as well as comfort. It is both a philosophy of care (as is hospice) as well as an approach to caring activities. Palliative care is provided by trained staff in a hospital, home, nursing home, assisted living community or hospice. For more information, visit [GetPalliativeCare.org](http://GetPalliativeCare.org) or the National Hospice and Palliative Care Organization (NHPCO).

## Hospice Care

A program of medical and social services for people diagnosed with terminal (end-stage) illnesses that focuses on comfort, not curing an illness. Hospice services can be given at home, in a hospital, hospice residence, assisted living community or nursing home. They are designed to help both the patient and his or her family. Hospice care stresses pain control and symptom management. It also offers emotional and spiritual support. Medicare will pay for hospice if a doctor states that a person probably has six months or less to live. Hospice care can last longer than six months in some cases.

AlēvCare Hospice 315 S. Main Street Mansfield, TX 76063 469-630-2538 <a href="https://alevcare.com">https://alevcare.com</a>	Freedom Hospice 9001 Airport Freeway, Suite 570 North Richland Hills, TX 76180 817-265-0151 <a href="http://www.freedom-hospice.com">http://www.freedom-hospice.com</a>	
Magnolia Hospice 1250 E Copeland Rd Suite 260 Arlington, TX 76011 214-275-6200 <a href="https://magnoliahospice.com">https://magnoliahospice.com</a>	Three Oaks Hospice 500 Grapevine Highway, Suite 225 Hurst, Texas 76054 817-328-1628 <a href="https://www.threeoakshospice.com/locations/fort-worth/">https://www.threeoakshospice.com/locations/fort-worth/</a>	

## Professional Care Givers (in your home)

<p>Enhabit Home Health &amp; Hospice (home health, skilled nursing, hospice) 817-329-5449 <a href="https://www.ehab.com">https://www.ehab.com</a></p>	<p>Reliant at Home (home health, caregivers, rehab, hospice) 817-332-0411 <a href="https://reliantathome.com">https://reliantathome.com</a></p>	<p>TheraCare Home Health (caregivers, skilled nursing, hospice) 817-7335-1068 <a href="https://theracarehh.com/locations">https://theracarehh.com/locations</a></p>
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## Licensed/Non-Medical Care Givers (in your home)

<p>Benevolent Hearts Home Care 817-349-6558, Contact Dawn Bransky <a href="https://bheartshomecare.com">https://bheartshomecare.com</a></p>	<p>Elder Care Solutions Services 817-300-4073, Contact Dan Bruce <a href="https://eldercaresolutionservices.com">https://eldercaresolutionservices.com</a></p>	<p>Hallmark Home Care 817-873-2792, Contact: Ashlyn Crane <a href="https://hallmarkhomecare.com">https://hallmarkhomecare.com</a></p>
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## Non-Licensed/Non-Medical Care Givers (in your home)

<p><b>Carla Bell</b>, 817-658-1776 Friend of Vicki Slaughter (see below). Carla has cared for WC folks as well and is well liked.</p>
<p><b>Pam Cleveland</b>, Contact by email or text ONLY, 817-908-1548, <a href="mailto:pamela.cleveland@gmail.com">pamela.cleveland@gmail.com</a> Provides companion care, including cleaning, preparing meals, running errands, helping with meds, transporting to appointments. Can help with bathroom use including help with bathing. Part time only, can provide respite care, temporary care, or on call-care. In full disclosure Pam wishes contacts to be aware that she has not received a Covid vaccine. This decision may subsequently change with time.</p>

**Anita Jandreau**, 682-472-7904

Cared for a WC's member's mother and family loved her. Anita is interested in a daytime/part-time position as a companion. Several years' experience as a caregiver. Can do light cooking and transport to appointments and other errands. No lifting. References available. Prefers Bedford and Southlake areas. Hourly rate TBD

**Flora Mills**, 817-706-8188, [floramills@sbcglobal.net](mailto:floramills@sbcglobal.net)

She and her daughter, Wendy, can cover for each other if more hours needed. Flora can cook and do light house cleaning. Minimal to no lifting of patient. Many years' experienced as a caregiver. Can sit at nursing home and hospital as well. Stayed with several members at WC. Lives in Watauga. Minimum 4 hours. Can transport locally and take to appointments. Hourly rate TBD.

**Suliana Sili**, 817-637-3117

Prefers HEB area (but will go further for right opportunity). Per Suliana, she was an RN in Tonga but not in U.S. Has worked at Home Instead and in a local skilled nursing facility. Can do light housekeeping, light cooking, and provide transportation to appointments if needed. Light lifting OK. Services/salary to be discussed. Very positive comments about her caregiving.

**Vicki Slaughter**, 817-881-2699

Vicki has cared for several WC families and an excellent caregiver. Vicki is loved by whomever she cares for and remains close to extended family members even after her caregiving is no longer needed. Honest, hardworking, and compassionate.

**Wendy Wiggins** (Flora Mill's daughter), 817-975-3073, [www18@sbcglobal.net](mailto:www18@sbcglobal.net)

Caregiver for several years. Cared for WC member and has good references. Personal care, light cooking and cleaning, transport to appointments, medication reminders. Has worked with several patients with dementia. Can work all shifts. No heavy lifting. Can go to nursing home or hospital. Prefers NRH area. Minimum 4 hours. Will share duties/times with her mother, Flora Mills if needed. Hourly rate TBD

# Senior Living Advisors

Personalized guide for finding independent living, residential home care, assisted care and memory care at NO COST to the family/client.

<p>Care Patrol Contact Teresa Anderson, 817-733-6600 <a href="mailto:tanderson@carepatrol.com">tanderson@carepatrol.com</a></p> <p>Contact Melanie Gloede, 817-223-6563 <a href="mailto:mgloede@carepatrol.com">mgloede@carepatrol.com</a></p> <p><a href="https://carepatrol.com/locations">https://carepatrol.com/locations</a></p>	<p>Ruby Care Contact Mona Martin, 214-457-2328 <a href="mailto:mmartin@rubycareseior.com">mmartin@rubycareseior.com</a></p> <p>Contact Debbie Nowell, 817-929-6639 <a href="mailto:dnowell@rubycareseior.com">dnowell@rubycareseior.com</a></p> <p><a href="https://rubycareseior.com">https://rubycareseior.com</a></p>	
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**WHITE'S CHAPEL**  
METHODIST CHURCH