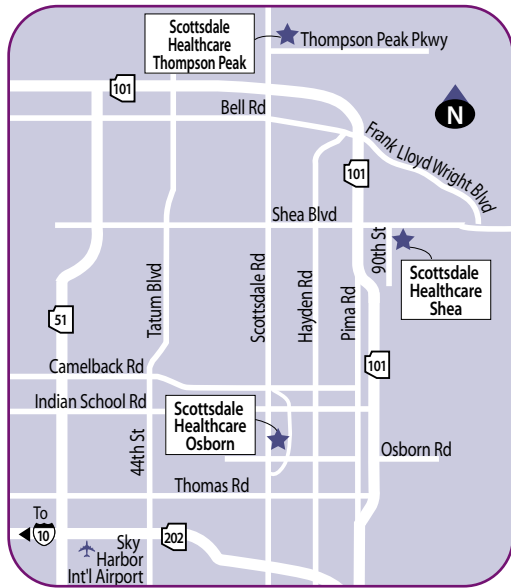


For more information about these or any other Scottsdale Healthcare programs or services, please visit our website at [shc.org](http://shc.org) or call 480-882-4636.



**Scottsdale Healthcare Osborn**  
7400 East Osborn Road  
Scottsdale, AZ 85251  
480-882-4000

**Scottsdale Healthcare Shea**  
9003 East Shea Boulevard  
Scottsdale, AZ 85260  
480-323-3000

**Scottsdale Healthcare Thompson Peak**  
7400 East Thompson Peak Parkway  
Scottsdale, AZ 85255  
480-882-4636



[shc.org](http://shc.org)

# Senior Resource Directory

Scottsdale Healthcare is committed to being the leading provider of services and programs to older adults in our community.



**SCOTTSDALE  
HEALTHCARE**  
*Personalizing Health*



## Health Information & Education

### Information Line ..... 480-882-4636

- Trained staff members are English and Spanish speaking.
- Call for referrals to physicians in the community.
- Receive general information about Scottsdale Healthcare programs and services.
- Learn how and where to register for classes, lectures and programs offered by the hospital.

### Website ..... shc.org

- Go online to search for physicians by specialty and location.
- Pre-register for select procedures.
- Visit for updates on Scottsdale Healthcare programs and services.
- Check the calendar of events with online registration.
- Access our health library covering more than 1,100 topics.
- Click on Health News Headlines to read recent articles.

### Health Information Centers: ..... shc.org/hi

**Health Information Center  
at Scottsdale Healthcare Shea ..... 480-323-3888**

**Werner Support & Resource Center  
at Virginia G. Piper Cancer Center ..... 480-882-1050**

**Health Sciences Library  
at Scottsdale Healthcare Osborn ..... 480-882-4870**

**Health Information Center  
at McDowell Village ..... 480-421-0598**

- Visit for information on a wide range of medical conditions, treatments and procedures.
- Call or e-mail staff to request custom research on your medical question.
- Books, newsletters, medical journals and Internet access are available at no cost.

### Speakers Bureau: ..... 480-323-3847

If you need a health expert to address your group or organization, contact Scottsdale Healthcare's Speakers Bureau. As an educational service, speakers, including physicians, nurses, pharmacists, dieticians and other healthcare professionals are available to speak with groups on a wide variety of health related topics.

## Senior Services

### Healthy Steps ..... 480-882-6734

- Outpatient fall prevention and intervention program
- Program identifies, educates and provides intervention for those at risk of falling
- Geriatric social worker conducts complete assessment and closely follows patients through treatment plan
- Gait & Balance Fitness program includes balance and mobility training, gait and balance fitness classes, and supervised exercise by trained staff.
- Connection to resources, services and programs designed to reduce the risk of falling
- Fall risk screenings and lectures available in various community settings.

### Home Health Services ..... 480-882-4222

- Personal Care Services - Provided on an hourly basis at the patient's residence, this can include registered nurses, licensed practical nurses and companion caregivers.
- Home Care Services - Areas of specialty include physical, occupational and speech therapy, skilled nursing, personal care, home infusion, wound care and medical social services.
- Emergency Response Systems

# Medical Services

## **Scottsdale Healthcare Endocrinology Institute ..... 480-323-4800**

- For those who have been diagnosed with diabetes
- American Diabetes Association-recognized program
- Patients thoroughly evaluated
- Staff works closely with patients and physicians to develop a successful diabetes-management plan.

## **Wound Management Program:**

### **Osborn campus ..... 480-882-6700 Shea campus ..... 480-323-4900**

- An individual care plan is worked out to heal the chronic wound.
- Staff prepares a complete patient record, which includes a history of the patient's health and wound.
- Most treatment plans are completed within eight to 12 weeks.

## **Nutritional Counseling ..... 480-882-4703**

- A physician referral is required in order to participate.
- The registered dietitian provides one-on-one counseling, creating a personalized nutrition plan based on goals and needs.

## **Virginia G. Piper Cancer Center at Scottsdale Healthcare**

*toll free 1-866-553-6789, [sbc.org/cancer](http://sbc.org/cancer)*

### **Shea campus ..... 480-323-1000 Osborn campus ..... 480-882-6050**

- State-of-the-art facility provides a complete range of medical and non-medical services and programs to cancer patients and their families.
- The unique environment combines supportive care services with direct patient services, all under one roof.

## **Outpatient Services ..... 480-882-4636**

In addition to exceptional outpatient surgery facilities, Scottsdale Healthcare has lab and radiology services in a single location.

In addition to exceptional outpatient surgery facilities, Scottsdale Healthcare has lab and radiology services in a single location.

- Radiology and laboratory services at both Osborn and Shea hospitals
- Piper Surgery Center at Scottsdale Healthcare Shea
- Greenbaum Surgery Center at Scottsdale Healthcare Osborn
- McDowell Mountain Surgery Center

# Therapy Services

## **Inpatient Therapy Services ..... 480-882-4480**

- Scottsdale Healthcare Osborn offers therapy services as ordered from your physician as an inpatient.
- The team of physicians, surgeons, nurses and therapists working closely with patients and their families throughout the rehabilitation stay.
- Therapies include physical, occupational, speech and recreation.

## **Outpatient Therapy Services:**

### **Osborn campus ..... 480-882-4934**

### **Shea campus ..... 480-323-3934**

### **Thompson Peak ..... 480-324-7410**

- Therapy services are available as ordered by your physician at one of three convenient Northeast Valley locations.
- Therapy services strive for one-on-one patient care specializing in physical, occupational and speech therapy.

## **Exercise and Fitness Centers:**

### **Scottsdale Healthcare Cardiac Rehab Center 480-323-4600 (9201 E. Mountain View Road, Suite 150, Scottsdale)**

Cardiac Rehab is dedicated to improving and maintaining cardiovascular health through exercise, education and emotional support:

- Medically supervised programs for cardiovascular and pulmonary disease
- Individualized fitness evaluation
- Individualized home exercise programs available
- Education classes on exercise, nutrition, stress and relaxation
- Osteoporosis exercise classes, cardiac yoga, balance and stretch classes, senior fitness testing and Pilates classes available
- Some programs require a referral from a physician.

## Women's Services

### **Women's Diagnostic Center ..... 480-323-3400**

- BreastHealth - The latest mammography and ultrasound technology is performed by licensed technologists.
- Bone Health - Patients' bone density is tested to check for osteoporosis. Those affected by osteoporosis, or low bone mass, are offered educational programs, support groups, screenings and individual counseling.
- Bladder Health - Medical staff provides the most current solutions in evaluating and treating incontinence problems.
- Heart Health - offers a screening tool to identify risk factors that may lead to the development of heart disease. Comprehensive cardiovascular education, prevention and treatment programs are available.

### **Essential Touch Wellness Center and Boutique ..... 480-323-3655**

- A unique combination of spa and fitness services work to reduce stress, improve health, and create a foundation of well-being.
- Choose from a spectrum of quality health and medical products in the boutique.
- Treatments at the full-service spa include massages, facials, manicures/pedicures and other healing therapies.
- At the fitness center, members may exercise independently or with the assistance of a trainer.

## Other Services

### **Scottsdale Healthcare Mobile Meals Program ..... 480-882-4140**

- Low-cost nutritious meals for home-bound individuals
- Provides two meals/day Monday-Friday for homebound individuals on a short-term basis
- Physician-prescribed diet is required.

### **Scottsdale Healthcare Auxiliary and Volunteer Services ..... 480-323-4561**

- Volunteers share their time and talents to assist Scottsdale Healthcare.
- Opportunities are available in patient and non-patient care areas throughout the system.
- There are over 1,100 volunteers, ranging in age from 15 to 93 years.

### **Scottsdale Healthcare Foundation .... 480-882-4517**

- Foundation staff works closely with benefactors to personalize the donation goals of individuals and families.
- Philanthropic donations from community members continue to strengthen and advance the entire Scottsdale Healthcare system.
- Funds are raised through Major, Annual, and Endowment contributions, Special Events, and Planned Gifts (gift annuities, charitable trusts and bequests).