

SCENIC CITY FOR SENIORS

SELECTED AS TOP TOWN FOR RETIREMENT



There's no doubt about it – Chattanooga is an ideal city for seniors. The community has been highlighted as a top city for retirees by *Money Magazine*, *U.S. News and World Report*, *Retirement Lifestyles* and *Where to Retire* magazines. This clean, green, mid-sized city is quickly becoming a favorite destination for energetic baby boomers seeking active retirement lifestyles.

Adults of all ages enjoy Chattanooga's revitalized riverfront and thriving local arts scene, as well as its abundant opportunities for outdoor recreation. Others are drawn to the Scenic City for its friendly climate and four spectacular seasons.

Chattanooga offers seniors the ability to enjoy an affordable lifestyle. In 2009 and 2010, *Forbes.com* ranked Chattanooga among the top 10 most affordable U.S. cities to live in, noting its inexpensive housing, lower real estate taxes, more stable employment, low cost of living and easy commutes.

The appeal of the Chattanooga area to a growing older population has led to the development of a number of first-class retirement communities and a wide range of independent living, assisted living, nursing home, Alzheimer's care and in-home care services.

Thriving independent living communities include spacious, low-maintenance homes as well as condominiums and apartments. Many also offer numerous amenities such as walking and biking trails, swimming pools, clubhouse areas,

and access to golf, tennis and other recreational activities.

Assisted living facilities offer a helping hand to residents to ensure they are enjoying an environment that is pleasurable, healthy and safe. Family members can be assured their loved ones are enjoying comfort in a residential setting that includes planned programs, help with routine activities and opportunities to entertain visitors in common areas.

For those in need of ongoing care, residential long-term centers serve clients with respect and dignity. Residential and in-home nursing services are provided by some of the most trusted and well-recognized names in the industry. Seniors with Alzheimer's or other challenging conditions can live in settings that offer the comforts of home with the compassion and care of professional caregivers.

Continuing care retirement communities are also available, providing a continuum of care from independent living to nursing services. Residents have the ability to access different types of care as their needs change, all at the same location.

For those who prefer to live at home, a number of in-home services are available throughout the Chattanooga area, such as companion care, personal care, home support and medical care.

Palliative and hospice services are also offered through several health care organizations located throughout the community.

DID YOU KNOW?

In 2007, Chattanooga/Hamilton County became the first community in Tennessee to receive The American Association of Retirement Communities (AARC) prestigious Seal of Approval as a retirement destination.



SCAN FOR SECTION

ALZHEIMER'S CARE FACILITY

Alexian Brothers Valley Residence
1164 Mountain Creek Rd.
Chattanooga, TN 37405
(423) 875-6110
www.alexianbrothers.net

Consulate Health Care of Chattanooga
8249 Standifer Gap Rd.
Chattanooga, TN 37421
(423) 892-1716
www.consulatehealthcare.com

The Lantern Alzheimer's Center at Morning Pointe
9300 Messinger Ln.
Collegedale, TN 37363
(423) 396-4700
www.morningpointe.com

Life Care Center of East Ridge
1500 Fincher Ave.
East Ridge, TN 37412
(423) 894-1254
www.lcca.com

Morning Pointe Assisted Living of Chattanooga
7620 Shallowford Rd.
Chattanooga, TN 37421
(423) 296-0097
www.morningpointe.com

Morning Pointe Assisted Living & Alzheimer's Memory Care of Hixson
5501 Old Hixson Pk.
Hixson, TN 37343
(423) 847-1370
www.morningpointe.com

The Terrace at Mountain Creek
1005 Mountain Creek Rd.
Chattanooga, TN 37405
(423) 874-0200
www.theterraceatmountaincreek.com

ASSISTED LIVING FACILITY

Alexian Inn
100 James Blvd.
Signal Mtn., TN 37377
(423) 886-0100
www.alexianbrothers.net

Alexian Brothers Valley Residence
1164 Mountain Creek Rd.
Chattanooga, TN 37405
(423) 875-6110
www.alexianbrothers.net

Morning Pointe Assisted Living at Greenbriar Cove
9650 Leyland Dr.
Ooltewah, TN 37363
(423) 396-6999
www.morningpointe.com

Morning Pointe Assisted Living of Chattanooga
7620 Shallowford Rd.
Chattanooga, TN 37421
(423) 296-0097
www.morningpointe.com

Morning Pointe Assisted Living & Alzheimer's Memory Care of Hixson
5501 Old Hixson Pk.
Hixson, TN 37343
(423) 847-1370
www.morningpointe.com

The Terrace at Mountain Creek
1005 Mountain Creek Rd.
Chattanooga, TN 37405
(423) 874-0200
www.theterraceatmountaincreek.com

HOSPICES

Avalon Hospice
7625 Hamilton Park Dr., Ste. 19
Chattanooga, TN 37421
(423) 892-3737
www.avalon-hospice.com

Hospice of Chattanooga
4411 Oakwood Dr.
Chattanooga, TN 37416
(423) 892-4289
www.hospiceofchattanooga.org

INDEPENDENT LIVING FACILITY

Alexian Grove
100 Asbury Oak Ln.
Chattanooga, TN 37419
(423) 825-5557
www.alexianbrothers.net

Alexian Village of Tennessee
437 Alexian Way
Signal Mountain, TN 37377
(423) 886-0100
www.alexianbrothers.net

Garden Plaza of Greenbriar Cove
4586 Forsythia Way
Ooltewah, TN 37363
(423) 396-5100
www.gardenplaza.com

The Terrace at Mountain Creek
1005 Mountain Creek Rd.
Chattanooga, TN 37405
(423) 874-0200
www.theterraceatmountaincreek.com

Aid & Assist at Home, LLC
5600 Brainerd Rd., Ste. C-26
Chattanooga, TN 37411
(423) 899-7000
www.aidandassist.net

Alexian Brothers Home Care
250 E. 10th St.
Chattanooga, TN 37402
(423) 634-0814
www.alexianbrothers.net

Alexian Brothers Live at Home Program™
250 E. 10th St.
Chattanooga, TN 37402
(423) 634-0814
www.alexianbrothers.net

Amara Home Care Inc.
2821 Cummings Hwy.
Chattanooga, TN 37419
(423) 756-2411
www.amaracare.com

ArkKridge HomeCare, LLC
3001 South Broad St., Ste. 202
Chattanooga, TN 37408
(423) 648-1609
www.arkridgehomecare.com

Complete CareChoice
2120 Northgate Park Ln., Ste. 205
Chattanooga, TN 37415
(423) 752-0605
www.carechoicetn.com

Guardian Home Care
1605 Hamill Rd.
Hixson, TN 37343
(423) 870-9971
www.guardianhomecare.us

Guardian Home Care
3555 Keith St., Ste. 106
Cleveland, TN 37312
(423) 473-8886
www.guardianhomecare.us

Home Instead Senior Care
7625 Hamilton Park Dr., Ste. 14
Chattanooga, TN 37421
(423) 893-9993
www.homeinstead.com/128

Medi Home Private Care
5211 Hwy 153, Ste. J
Hixson, TN 37343
(423) 870-6020
www.msa-corp.com

Preferred Care at Home of Chattanooga
100 Cherokee Blvd., Ste. 2104
Chattanooga, TN 37405
(423) 521-0280
www.preferhome.com

Senior Helpers
7151 Lee Hwy., Ste. 200
Chattanooga, TN 37421
(423) 710-1500
www.seniorhelpers.com

SENIOR SERVICES, ORGANIZATIONS AND CENTERS

Alexian Brothers Senior Neighbors
250 E. 10th St.
Chattanooga, TN 37402
(423) 755-6100
www.AlexianBrothers.net

Retirement Solutions
1335 Mackey Branch Dr., Ste. 103-A
Chattanooga, TN 37421
www.retirementsolutions.tn.com
(423) 710-2009

Senior Care Advisors of Chattanooga
PO Box 25348
Chattanooga, TN 37422
(423) 432-7514
www.scachattanooga.com



Senior Directory - A Senior Resource Guide
6819 Bluff View Cir.
Chattanooga, TN 37416
(423) 629-4944
www.seniordirectory.com

Silver Life Center
Golden Gateway Bldg
401 W. MLK Blvd.
Chattanooga, TN 37402
(423) 535-4064

SKILLED IN-HOME CARE

BrightStar of Greater Chattanooga
6025 Lee Hwy., Ste. 449
Chattanooga, TN 37421
(423) 296-6640
www.brightstarcare.com

Guardian Home Care
1605 Hamill Rd.
Hixson, TN 37343
(423) 870-9971
www.guardianhomecare.us

Guardian Home Care
3555 Keith St., Ste. 106
Cleveland, TN 37312
(423) 473-8886
www.guardianhomecare.us

Memorial Home Health
1949 Gunbarrel Rd., Ste. 310
Chattanooga, TN 37421
(423) 495-8550
www.memorial.org

NHC Home Care
4524 Hixson Pk.
Hixson, TN 37343
(423) 877-1716
www.nhcchattanooga.com

SKILLED NURSING FACILITY

Alexian Village Health and Rehabilitation Center
671 Alexian Way
Signal Mountain, TN 37377
(423) 886-0338
www.alexianbrothers.net

Consulate Health Care of Chattanooga
8249 Standifer Gap Rd.
Chattanooga, TN 37421
(423) 892-1716
www.consulatehealthcare.com

Life Care Center of Collegedale
9210 Apison Pk.
Collegedale, TN 37315
(423) 396-2182
www.lcca.com

Life Care Center of East Ridge
1500 Fincher Ave.
East Ridge, TN 37412
(423) 894-1254
www.lcca.com

Life Care Center of Hixson
5798 Hixson Homeplace
Hixson, TN 37343
(423) 842-0049
www.lcca.com

Life Care Center of Red Bank
1020 Runyan Dr.
Chattanooga, TN 37405
(423) 877-1155
www.lcca.com

NHC Health Care Chattanooga
2700 Parkwood Ave.
Chattanooga, TN 37404
(423) 624-1533
www.nhcchattanooga.com

St. Barnabas Nursing Home
950 Siskin Dr.
Chattanooga, TN 37403
(423) 847-4100
www.st-barnabas.com

