CONVENIENTLY LOCATED

Minutes from *San Juan Regional.*



Find us on West Murray Drive, near San Juan Regional Medical Center and the San Juan River.

For a private tour or more information, please call (505) 324-6200.

Scan to learn more and schedule a visit

The Vista at Mesa Heights and Mesa Heights Rehabilitation & Care Center together form the Mesa Heights Senior Living & Care campus in Farmington, New Mexico, part of the Peaks Healthcare Consulting family. Formerly The Bridge at Farmington and Life Care Center of Farmington.

WELCOME

A place you'll be *delighted to call home.*



Farmington, New Mexico, is surrounded by Piñon Hills and the San Juan River. It offers a mild winter, attractive environment and many cultural opportunities, including Southwest Indian ruins.

The Vista at Mesa Heights is a residential community for older adults who want comfort, connection and the freedom to live life their way, with support available when it is needed. Choose assisted living with personalized daily support, or independent living with freedom from upkeep. Either way, you will find a warm, dedicated staff committed to creating a place you will be delighted to call home.



OUR LOCATION

1091 W. Murray Drive · Farmington, NM 87401

PHONE · ONLINE

(505) 324-6200 · mesaheightshc.com

ROOTED IN THE FOUR CORNERS

THE VISTA
AT MESA HEIGHTS

ASSISTED & INDEPENDENT LIVING

Your next chapter *starts here.*





To make each resident feel cared for.

SERVICES

Two ways *to live well.*

Assisted living

- The privacy of your own apartment with caring support for daily routines
- Help with bathing, dressing, grooming and medication management
- Housekeeping and weekly linen service
- Three restaurant-style meals served daily
- Staff available around the clock, with a 24-hour emergency response system
- Simple reminder service for scheduled meals, appointments and activities
- Assistance scheduling medical appointments
- Regular monitoring for general health and well-being
- Monthly blood pressure, weight and nutritional status checks
- Transportation
- Complimentary tray service during temporary illness

Independent living

- Freedom from upkeep - no yard work or home repairs
- Housekeeping options
- Dining and social spaces
- Activities and outings
- The security of an on-campus team



AMENITIES

The comforts *of home.*

- Resident's choice of studio or one-bedroom apartment
- A kitchenette with refrigerator and microwave oven
- Cable-ready TV hookup in every bedroom and living room
- All utilities except telephone
- Elegant dining room
- Cozy fireplace lounges
- Quiet library
- Wellness center and craft room
- Hair salon and ice cream parlor
- On-site laundry facility
- Landscaped courtyards with gazebo and picnic area
- Scenic views and tastefully decorated common areas
- Life enrichment shaped by residents - fitness, arts and music, clubs, spiritual programs and Four Corners outings



Mesa Heights Rehabilitation & Care Center, right on the same connected campus, provides a full spectrum of rehabilitation, skilled nursing and long-term care services.

FLOOR PLANS & LEASING

One monthly lease. *No buy-in fees.*

Studio 336 square feet

Studio Deluxe 403 square feet

Large One Bedroom 528 square feet

One Bedroom Deluxe 576 square feet

With no buy-in fees and a convenient month-to-month lease, our residents have flexibility and freedom should their needs change.

Our mission

To make each resident feel cared for.

(505) 324-6200

Call for a complete list of services and amenities, or to schedule a visit · mesaheightshc.com



Mesa Heights Senior Living & Care does not discriminate on the basis of race, color, national origin, age, sex, religion or disability in admission or access to, or treatment or employment in, its programs and activities.