

ALMA Care Facility

A group of Care Team volunteers visited the ALMA facility on April 29, and those in attendance were Francoise Yohalem, Diana Amaya, Lydia Jane Failing, and Michael Murphy. The director of Alma, who has been there for seven years, was amenable and answered all our questions.

ALMA is a non-profit founded in 1992 by Mrs. Carmina Casas and Margaret Galloway with the mission to provide lodging and care to people over 65 from San Miguel who are not able to live alone, have no place else to go and often are indigent. Funds are donated by Corporate and private sponsors, the monthly sale, and whatever fees the families of the residents can afford to pay.

ALMA is located behind La Comer in Colonia La Lejona Section 2. It is a peaceful, clean, well laid-out facility with gardens, a physical therapy room that they are planning to expand, game room, dining room and multiple covered outdoor areas with fountains and gardens for relaxing.

There are three bedroom choices. All choices include three meals a day, a doctor who visits three times a week and staff that is on-duty 24 hours a day.

#1. There are eight very large bedrooms that accommodate five beds and there is one bathroom that is shared. The monthly cost is \$6,000 pesos.

#2. There are six private bedrooms with private bath and the cost is \$10,000 pesos a month.

#3. There are four living room-bedroom-private bathroom units and the cost is \$14,000 pesos a month.

Maximum capacity at ALMA is 50 people and currently there are 37 people living at ALMA. The total staff is 20 and a few of them are bi-lingual. Currently there are four expats residing at Alma; that number changes as would be expected. Expats must have a power of attorney and that person must be living in San Miguel. It is common for expats to have their own private caregivers with them.IT.

The ALMA Board interviews all prospective residents who request admission; the process takes approximately 2 - 3 weeks. The board will not

accept people who are capable of living on their own, are confined to bed or have severe psychological needs. The applicant must be mobile by use of walker, cane, or wheelchair.

Reviews by folks who have stayed at Alma have been mixed; some have done okay and some have not thrived. There have been complaints about the quality of food, which is pretty low-cost typical Mexican and the lack of many English speaking residents to befriend.

Overall, if an expat can reside at one of the other assisted living facilities in SMA, those are likely better choices for long-term care..

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