

SUMMER 2009

ISSUE 3

The Highlights



Valley Care
Management, Inc.
124 N. Hawksbill St.
P.O. Box 48
Luray, VA 22835

540-843-3280

Hawksbill
Assisted Living
122 N. Hawksbill St.
Luray, VA 22835
(540) 743-6229

Journeys Crossing
Assisted Living
102 North Stuart Ave.
Elkton, VA 22827
(540) 298-0054

TimberView Crossing
Assisted Living
351 New Market Rd.
Timberville, VA 22853
(540) 896-9858

Whispering Pines
Assisted Living
200 Leaksville Road
Luray, VA 22835
(540) 743-2273

*Working together to serve you and your family
in the Shenandoah Valley*

The Valley Care Management Family has expanded! In May 2009, Valley Care Management, (VCM) officially welcomed Journeys Crossing and TimberView Crossing into the VCM family! As most of our friends and families know, VCM has managed the two facilities since September 2008. It has been our pleasure meeting and working with all of you—including staff, residents, families, and neighbors—and we look forward to our future together!

The transfer of ownership of Journeys and TimberView Crossing provides VCM the

opportunity for growth and to continue its vision of providing care to seniors throughout the Shenandoah Valley. The expansion will allow us to better utilize efficiencies in purchasing, shared resources, staff training, and staff benefits. This in turn also allows the company to maintain competitive pricing for our residents and their families.

Included in the purchase of Journeys and TimberView Crossing is approximately 8 acres of which VCM, in the near future, intends to move forward with the development of 36 senior living duplex units around

TimberView Crossing. This project has many similarities to the project that has been started in Luray, "Blue Ridge Village", which has 60 planned duplex units located between Page Memorial Hospital and MontVue Nursing Home on MontVue Drive.

VCM originated in April 2001, and we are proud to serve you and your family in the Shenandoah Valley. We look forward to a successful future and "**meeting your care needs every step of the way**".



Join us in the fight to end Alzheimer's Disease

It is crunch time to join Valley Care Management in the fight against Alzheimer's Disease! Each of our facilities has been actively raising funds for their Memory Walk Team Goals, and they invite you to join in the fun for a good cause! You may be interested in buying an item at a bake sale, making a general

donation, or lacing up your walking shoes and joining us for a stroll!

This year's Memory Walk will take place on October 10 at the Massanetta Springs Conference Center in Harrisonburg. Contact any of our administrators for more information!

Are you caring for someone with Alzheimer's or other form of dementia? If so, an excellent resource for caregiver tips and information is the "Caregiver Guide" from the National Institute on Aging.

This free guide is available at www.nia.nih.gov.

www.valleycaremanagement.com

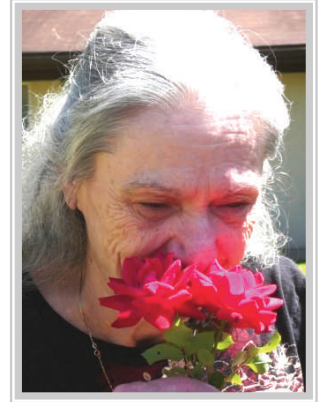
A picture speaks a thousand words about our Assisted Living Facilities.



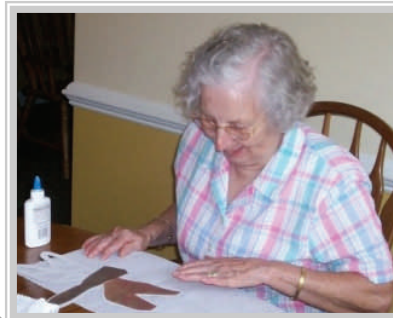
Naomi puts her gardening skills to work at Journeys Crossing, stating "this is exactly what I used to do at home!"



Faye enjoys a beautiful spring day in the outdoor courtyard at Hawksbill Assisted Living.



A couple enjoys a peaceful moment together on the screened-in porch at Whispering Pines.



Midge, a resident at TimberView Crossing, enjoys making a sun catcher as part of a summer activity.

Outreach to our communities—Respite Care

The National Family Caregivers Association reports that more than 50 million people provide care for a chronically ill, disabled, or aged family member or friend during any given year, with 17% of family caregivers providing 40 hours of care a week or more.

While being a caregiver for a family member can be an important and gratifying role, it can also be exhausting and at times stressful. The responsibilities of a caregiver are compounded when that person may also be juggling personal responsibilities of work, children, household, and time for his or herself. It is critical for caregivers to understand what a respite care break is, and what opportunities for respite care are available in their community.

A respite care break may be an hour or a week, pending what is needed, what the situation allows, and what resources are available to help make the break possible. A caregiver can start by determining the help and support that may be available from neighbors, friends, and family depending on the needs and level of care of the individual for whom care is being provided. If more formal help is needed, a caregiver can turn to professional services available in the community.

Valley Care Management is pleased to be a resource to our community for respite care at the Assisted Living and Nursing Home levels of care. When a caregiver needs assistance caring for his/her loved one overnight, possibly due to traveling or a personal illness or scheduled procedure, we are available to help. We will provide for all the necessities of your loved one: social

interaction, a furnished room, all meals, medication administration, and of course any other assistance required based on individual needs.

We welcome your call today to learn more about respite care opportunities at any one of our facilities.

Respite— "Time off, time away, a much-needed time out for a caregiver"

—Caring Today

