

# The Highlights

*At Valley Assisted Living*

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## *Join Valley Care Management in the Fight against Alzheimer's Disease*

Valley Care Management is committed to the fight against Alzheimer's Disease. Every 70 seconds, someone in the United States develops Alzheimer's, and by 2050, experts predict there will be as many as 16 million Americans living with the disease.

Most of us have someone in our life that is impacted by Alzheimer's disease, whether a neighbor, spouse, aunt, or co-worker. Every story is unique and touches hearts in different ways.

In each individual story there is one common denominator: the necessity to build a support system. Individuals caring for someone with Alzheimer's disease turn to community

resources, support groups, in-home care, respite care, and when necessary placement in an assisted living facility or nursing home.

Our goal at Valley Care Management is to assist and support families through their journey of caring for an individual with Alzheimer's or other dementia. We are proud to partner with the Central and Western Virginia Chapter of the Alzheimer's Association to offer programs and support groups to the larger community throughout the year.

In addition, we welcome the opportunity to offer respite care breaks to caregivers. When a caregiver may need a break or want to travel for a short period of time, your loved one is invited

to stay at one of our Assisted Living Facilities to accommodate this need. When the time comes that long term placement may be the best option, it will be our privilege to provide care to you or your family at the Assisted Living or Nursing Home level of care.

If you are interested in learning more about Alzheimer's disease, support group opportunities, respite care, or how you can join with us to fight against Alzheimer's, we invite you to give us a call today.

As always at Valley Care Management, **"Your Care is our Greatest Concern"**.



**alzheimer's association®**

Central and Western Virginia Chapter

How can you help in the fight against Alzheimer's Disease? Join Valley Care Management in supporting our region's Alzheimer's Association Memory Walk!

Whispering Pines and Hawksbill Assisted Living Facilities participate annually in the Memory Walk. All funds raised

during the event go towards increasing awareness, education and funding for Alzheimer care, support and research.

If you would like to be a member of our team, form your own team or walk in the event, we invite you to stop by one of our facilities or call today! To contribute to the

Memory Walk, you may mail or drop off your donation to Linda Harris, Administrator at Whispering Pines. Please make checks payable to the Alzheimer's Association.

*Thank you!*

# Whispering Pines *at a glance.*

Spring is in the air at Whispering Pines Assisted Living! Trees are budding, daffodils are blooming, and residents are enjoying longer days filled with beautiful mountain views! The screened-in porch as well as the enclosed courtyard provide the perfect settings to enjoy outdoor family gatherings, a cold glass of iced tea, or sitting and chatting with a neighbor!

As always at Whispering Pines, "Your Care is our Greatest Concern". We are proud to be

able to meet a large spectrum of needs at our facility, including needs associated with memory loss. A unique feature at our facility is an area designed specifically for those that have dementia or other memory related deficits. No matter what the assisted living need is of you or your loved one, we can meet your needs at Whispering Pines.

We are proud to announce the following employees that recently met the

requirements for Registered Medication Technician: Robin Tharp, Kathy Sours, Melissa Campbell, and Kimberly Rickard. We congratulate them on their hard work and dedication to obtain this certification.



## Alzheimer's Support Group

4th Tuesday of Every Month at Valley Care Management from 2-3:30. Call (540) 843-3280 for more information!

We welcome you to join us!

## Harrisonburg Dietitians (540)437-9575



# Hawksbill *highlights.*

Spring is a time to celebrate at Hawksbill Assisted Living as staff, residents, and visitors enjoy the beauty of the Luray Hawksbill Greenway. The Greenway is within walking distance of Hawksbill and is an ideal location for a picnic lunch with family, a stroll along the paved route, or simply to sit and take it all in!

At Hawksbill we are proud to announce the following staff

who met the requirements for Registered Medication Technician: Paula Biller, Jessica Kibler, Kathy Lam and Janette Knight. We also wish to congratulate Gloria Good, LPN who recently earned the status of Licensed Assisted Living Administrator. We are proud of each individual for her hard work and dedication!



The Luray Hawksbill Greenway, located adjacent to Hawksbill Assisted Living, provides a beautiful spring backdrop for staff and residents to enjoy!

## In addition...

Valley Care Management is dedicated to offering our residents optimal nutrition services. To insure proper management and oversight of our nutrition program, we contract with Harrisonburg Dietitians for all of our dietary needs.

Julie Thurnau, Registered Dietitian and owner of Harrisonburg Dietitians, provides nutrition

management with her team of six dietitians. Menu planning, special diet instruction and overall nutrition management are just some of the services her team provides to our residents.

For more information about our nutrition program or about Harrisonburg Dietitians, call us today!

*Are you interested in learning more about nutrition classes or receiving a free nutrition newsletter offered by Harrisonburg Dietitians?*

*If so, call (540)437-9575 or visit their website at [www.harrisonburgdietitians.com](http://www.harrisonburgdietitians.com)*