

# The Highlights

*At Valley Assisted Living*

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WINTER 2009



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*Here's to a Happy and Healthy 2009!*

*From Brian Phelps and Scott Strickland, Valley Care Management, Inc.*

Happy New Year from our Valley Care Management Family to yours! The staff at our care communities look forward to working with our current residents and families, and welcoming new friends throughout the New Year.

As we look ahead to an exciting year, we want to restate our commitment to you—our residents, family members, and community at large. **"Your Care is Our Greatest Concern"** and each of our goals is based on this commitment.

The feedback we receive from each of you is crucial to our fulfillment of this commitment, and is always welcome. "The Highlights" newsletter is one way we can help uphold this mission,

by providing you with information and opportunities regarding our care communities.



Through this quarterly distribution, we look forward to celebrating our care partners and the work we are doing!

Join us in welcoming the New Year at Valley Care Management. If you have information you would like to share, suggestions on how we can improve our services, or questions we can answer, call our office today at (540) 843-3280.

We look forward to hearing from you and appreciate the opportunity to provide care and services to you, your family, and our community.

*Happy New Year!*



## "Refer a Friend or Family" Program

The Valley Care Management Team and the staff at Whispering Pines and Hawksbill Assisted Living Facilities are proud of the work we do throughout the year. We invite and encourage you to share the experiences you or a loved one have had at one of our

care facilities with a friend, family member, or neighbor!

We welcome you to participate in our "Refer a Friend or Family" Program where you receive a special promotional discount on your monthly rate with the referral to, and admission of, a friend or

family member!

For specific information and details on this program, please talk to the administrator of your facility today!

To learn more about Whispering Pines or Hawksbill Assisted Living Communities, please contact **Linda Harris**, Administrator, at (540) 743-2273 x1.

*Hawksbill Assisted Living— Providing over 40 years of quality care in Luray.*

**Excel Therapy**  
540-743-0502



## Whispering Pines *at a glance.*

The staff and residents at Whispering Pines look forward to an exciting start to the New Year.

The building will undergo a few touches of “Tender Loving Care” in the upcoming months. Freshly painted walls will add new touches of color while enhancing the comfort of the facility for our residents, families, visitors, and staff.

In addition, we are counting down the months until spring to have the opportunity to

enjoy the fresh air on the new patio furniture on the screened-in porch. Take a minute during your next visit to try it out and envision warm temps and budding trees!

The VCM Marketing Committee also recently introduced an updated logo for Whispering Pines. The pine tree and rolling hills characterize the beautiful sights that surround the facility.

Finally, keep an eye out in the upcoming months for a new TV commercial for Whispering Pines on WHSV TV3. We are proud to promote our community at Whispering Pines to an even greater audience.

*Happy New Year!*



## Hawksbill *highlights.*

The familiar name Hawksbill Assisted Living has provided over forty years of quality care to the Luray Community. We are fortunate to have the original owner, Mrs. Elva Wagner, as a resident at Hawksbill.

Mrs. Wagner and her husband built the original part of the building and lived in the facility while caring for residents. Mrs. Wagner recalls that they were

all “like one big family and everyone was friendly.” Her husband did all the cooking and she states that there was “not a better cook in the kitchen.”

She concludes by saying that Hawksbill “operated like home” and Mrs. Wagner is proud that it still does today.

### At Your Fingertips!

Check out our newly launched website at [www.valleycaremanagement.com](http://www.valleycaremanagement.com) and click on any one of the divisions. Log on today to explore and learn more!

Not comfortable with the internet? Never a problem! Feel free to call any one of our facilities to learn more about the opportunities and services we offer!

### In addition...

**Excel Therapy** is a certified rehab agency located adjacent to Whispering Pines Assisted Living. Excel Therapy offers out-patient services to the community, as well as, contracted services to both Whispering Pines and Hawksbill Assisted Livings, and Montvue Nursing Home.

Our physical, occupational, and aquatic therapies are dedicated to helping individuals gain back their independence and highest level of function. We offer extended hours: Monday—Thursday 7:30 a.m. to 6:00 p.m., Friday 8:00 a.m. to 3:00 p.m., and are providers for most major insurances.

### Water Aerobics Special!

Water aerobic classes are offered to the public every Wednesday at 5:00 p.m. at Excel Therapy. Join instructor Staci Stoneberger for a fun and engaging class!

Call Staci today at (540) 743-0502 to find out more and to kick off the New Year with a healthy start!