

A Gracious Caring Retirement Community

650 North Jefferson Street • Roanoke, VA 24016 • 540-345-5111

Our Lady
OF THE VALLEY

A Reason to Smile



For a Brighter
Tomorrow

The COVID-19 Vaccine is here!

The COVID-19 vaccine has arrived, and we are thrilled that our residents and staff were among the first to have the opportunity to receive it! The health and safety of those in our community has always been our top priority, and we are overjoyed thinking of the peace of mind that will come with the vaccine's protection.

Our first vaccination clinic for nursing center residents and staff was held on December 30 and our second was held January 20. Our assisted living residents had their first clinic on January 14, with their second on February 18. Throughout the community, we received an overwhelmingly positive response from residents and family members. They have responded as this generation always has, by setting a good example: 85% of our residents have already received the vaccine. It is a great privilege to do our part by participating in vaccination clinics and we are proud to be a part of this scientific achievement.

Vaccination clinics at Our Lady of the Valley are administered by CVS through the Pharmacy Partnership for Long-Term Care Program, which was created by the CDC. Staff and residents will not incur any costs to receive the vaccine. Those with questions and concerns about the vaccine were grateful for the educational resources we have provided on the development, clinical trials, efficacy, and safety of the COVID-19 vaccines. That information is also available on our website: ourladyofthevalley.com/vaccine.



Our Lady of the Valley residents and staff were all smiles receiving their first COVID-19 vaccinations.

Note: Due to health reasons, some residents are unable to wear masks.



Ring in the New Year

Residents participated in a New Year's toast with champagne, strawberries, and a faux ball drop countdown. After a challenging 2020, we look forward to 2021 with optimism and hope – especially with the arrival of the COVID-19 vaccine!



Our Lady of the Valley residents enjoyed tasty treats as they celebrated the New Year with each other and staff! Pictured here from top: Venus Tucker, JoAnn Talbott, Phyllis Williams, and Margaret Wood.

New Spaces, New Services

Memory care is a service that Our Lady of the Valley's not-for-profit board of directors has wanted to offer for years, and now it is coming to fruition. A brand-new solarium, secure outdoor courtyard, and 16 memory care apartments will comprise the new Christopher Center memory care wing.



REFLECTIONS Memory Care Program

Care and life enrichment activities will be implemented through our proprietary Reflections Memory Care Program.

The nearly 20,000-square-foot, \$8 million expansion is expected to be complete by the summer of 2021. Other changes will include additional private nursing rooms, a movie theater, chapel, bistro, and living room. Learn more at ourladyofthevalley.com/expansion.

New nursing home rooms will combine comfort, space, and privacy.



The Reflections Memory Care Program at Our Lady of the Valley will offer a fresh perspective on memory care. Specialized training, careful selection of caregivers, and a resident-focused approach are hallmarks of the program.

Our team will incorporate the most up-to-date therapeutic approaches, including reminiscence, art, music, and pet therapies, as well as sensory stimulation into daily life with the goal of enhancing resident engagement.



*New Community Bistro
(artist's rendering)*



Eating for a Healthy Brain

By making changes in your diet and lifestyle, you can significantly reduce the risk of cognitive decline and dementia.

Whole Grains

- Vitamin E protects healthy cells
- May help preserve brain function and prevent neurodegeneration
- Oatmeal, brown rice, quinoa, amaranth

Avocados

- High in monounsaturated fats, which help lower your LDL (bad) cholesterol level
- Keep blood sugar at a steady level and keep the skin, hair, and nails looking and feeling healthy
- Rich in folate and vitamin K, which improve cognitive brain functions such as concentration

Leafy Greens

- Vitamin K, which aids in the formation of fat inside the brain cells
- Improves memory

Eggs

- B vitamins, which slow cognitive decline
- Choline aids in mood and memory health

Fatty Fish

- Very high in omega-3 fatty acids (60% of the brain is composed of fat containing Omega 3s)
- Help reduce brain fog and increase memory and concentration

Walnuts

- Rich in minerals, vitamins, and antioxidants
- Excellent source of protein and healthy fats
- Can increase memory, alertness, and concentration
- May help to decrease the risk of Alzheimer's disease

Blueberries

- Protect the brain from toxins, degeneration, and stress
- Contain the highest antioxidant level of any food
- Can help ward off certain cancers, aging, and environmental toxins
- High in fiber and vitamin K
- Reduce inflammation

Did You Know?

The demand for quality memory care is at an all-time high, and the need is continuing to increase. According to the Alzheimer's Association, an estimated 5.8 million Americans age 65 and older are living with Alzheimer's disease. Additionally, one in 10 people age 65 and older has Alzheimer's disease.



The Coordinated Services Management Community Family

Our Lady of the Valley

Assisted Living,
Intermediate & Skilled Nursing Center
Roanoke, Virginia • 540-345-5111

Our Lady of Hope

Assisted Living, Alzheimer's Center,
Intermediate & Skilled Nursing Center
Richmond, Virginia • 804-360-1960

Our Lady of Peace

Residential Living, Assisted Living,
Nursing Center, Alzheimer's Center
Charlottesville, Virginia • 434-973-1155

Our Lady of Perpetual Help

Extensive Assisted Living,
Alzheimer's Center, Nursing Center
Virginia Beach, Virginia • 757-495-4211

Potomac Place

Assisted Living,
Enhanced Assisted Living,
Alzheimer's and Dementia Center,
Woodbridge, Virginia • 703-494-3817

Tall Oaks at Reston

Assisted Living, Alzheimer's Center
Reston, Virginia • 703-834-9800

Marian Manor

Assisted Living, Intensive Assisted Living
Virginia Beach, Virginia • 757-456-5018

Dunlop House

Assisted Living, Alzheimer's Center
Colonial Heights, Virginia • 804-520-0050

Chesterbrook Residences

Assisted Living
Falls Church, Virginia • 703-531-0781

Mennowood

Independent Living, Assisted Living,
Memory Care
Newport News, Virginia • 757-249-0355

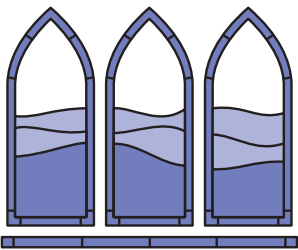


Spread the Love!

We are grateful for our families, neighbors, and partners, and we want to make sure we are a friend you are proud to have in the community. If you have a compliment, please feel free to add it to any one of our review sites: **Google, Yelp, or Facebook.** Your feedback will help others find Our Lady of the Valley. Thank you for the opportunity to work with you, your family, and your patients!



Our Lady of the Valley is nonprofit, nondenominational, and is sponsored by the Catholic Diocese of Richmond.
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