

*Our Lady*  
OF THE VALLEY

# Serving Seniors for Over 30 Years

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

## The Peak of Perfection

Residents in the mood for amazing food, stunning mountain views, and a lovely scenic drive found exactly what they hoped for during a recent outing on the Blue Ridge Parkway. An excited group boarded our bus and set out to the Peaks of Otter Lodge Lake View Restaurant to grab lunch and enjoy the great outdoors. Beautiful vistas included nearby Sharp Top Mountain and the glistening Abbott Lake.



From left: Joan Devlin, Inez Mitchell, Helen Fisher, Brenda Ragland, Lila Sims, and Rita Sylvester.

Save room for dessert!  
Joan Devlin (left) and Gerry Minter share a sweet treat.



Although none were spotted during our trip, residents kept an eye out for otters and other wildlife in and along the banks of the lake!





# Sunflowers & Sunshine



It was a gorgeous day on the farm during a trip to the Beaver Dam Sunflower Festival. It was "Senior Day" and residents were excited to explore the fields, take photos, and enjoy a quick dessert. As we say every year, "We can't wait to go back again!"



*Let's ride! The Valley bus was packed with sunflower enthusiasts.*



*Smile! From left: Ann Williams, Rita Sylvester, and Judy Buckwalter.*



*Our group was excited to grab a snack and a photo at Chris's Coffee & Custard Food Truck.*



# Our Best and Brightest

Our community is blessed with some amazing caregivers, including a few exceptional women who have dedicated decades to improving the lives of seniors.

*CSM President Denise White and Vice President of Operations Dave Rawlings presented Indigo with her award certificate and pin.*



## **Indigo Crowder** **Registered Medication Aide**

*Indigo, who has served our residents for over 20 years, was recently honored as our STAR award nominee. She was invited to attend the annual STAR (Special Thanks And Recognition) Awards hosted by our management group, CSM.*



*Families often praise Linda's warm demeanor and friendly smile.*

## **Linda Williams,** **Registered Medication Aide**

*In the fall of 2023, Linda celebrated a quarter century of service to our community and she's still going strong. She was recently featured in a television commercial for Our Lady of the Valley and is a wonderful representative of our nursing team!*

*A remarkable legacy: Connie celebrating her 34th work anniversary.*



## **Constance Finney,** **Certified Nursing Assistant**

*Constance "Connie" Finney is the definition of "experienced." She has been with Our Lady of the Valley since the building opened in 1989!*



## The Coordinated Services Management Community Family

**Chesterbrook Residences**  
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Falls Church, Virginia • 703-531-0781

**Marian Manor**  
*Assisted Living, Intensive Assisted Living*  
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**Mennowood**  
*Independent Living, Assisted Living, Memory Care*  
Newport News, Virginia • 757-249-0355

**Our Lady of Hope**  
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**Our Lady of Peace**  
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**Our Lady of Perpetual Help**  
*Extensive Assisted Living, Memory Care, Nursing Center*  
Virginia Beach, Virginia • 757-495-4211

**Potomac Place**  
*Assisted Living, Memory Care*  
Woodbridge, Virginia • 703-494-3817

**St. Mary's Woods**  
*Residential Living, Assisted Living*  
Richmond, Virginia • 804-741-8624

**Tall Oaks Assisted Living**  
*Assisted Living, Memory Care*  
Reston, Virginia • 703-834-9800



# Pretty in Pink



Our Lady of the Valley was proud to sponsor The Virginia Breast Cancer Foundation's 2023 "Power of Pink" luncheon at the Hotel Roanoke, which raises funds to fight breast cancer. Community Relations Coordinator Kelly Johansen and resident Ann White represented Our Lady of the Valley at the event. The cause was close to Ann's heart as her sister was a breast cancer survivor.

## Thank You for Voting

We are excited and humbled by the local recognitions we have received this year. To all our friends and supporters—thank you!



BEST REHAB



BEST ASSISTED LIVING



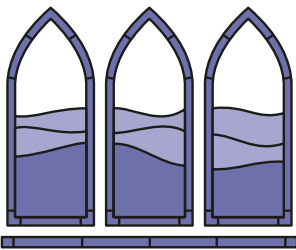
BEST RETIREMENT COMMUNITY



BEST REHAB/  
POST-OP FACILITY



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*More than care. It's family.*

