



BLUE RIDGE
THERAPY CONNECTION



The
LANDMARK
CENTER

FIRST EDITION
2021

Landmark Center lounge



Landmark Center lounge



Landmark Center dining



Landmark Center private room



Landmark Center seating



Landmark Center seating

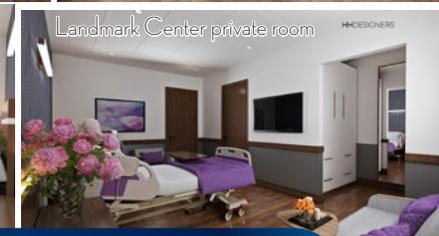


HHDESIGNERS

Landmark Center private room



Landmark Center private room



\$2.5M INTERIOR RENOVATIONS UNDERWAY

Blue Ridge Therapy Connection and The Landmark Center kicked off a \$2.5 million renewal project this summer.

When work is complete, the state-of-the-art buildings will feature updated rooms, hallways, dining areas and offices.

Blue Ridge will unveil a refreshed therapy gym, chapel and veterans wall of honor, while The Landmark Center will feature a renewed lobby, lounges and enhanced Serenity Memory Care settings.

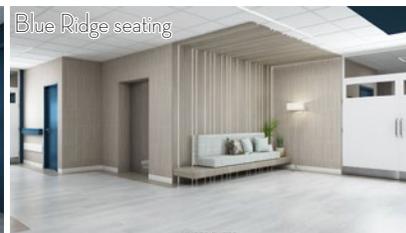
Blue Ridge private room



Blue Ridge private room



Blue Ridge seating



Blue Ridge rehabilitation gym



Blue Ridge nurse station



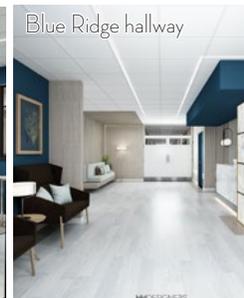
Blue Ridge conference room



Blue Ridge dining area



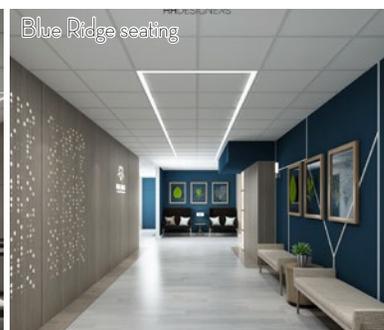
Blue Ridge hallway



Blue Ridge chapel



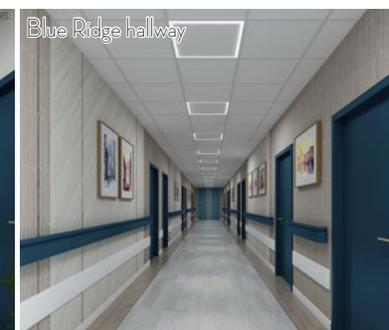
Blue Ridge seating



Blue Ridge office



Blue Ridge hallway



MEET THE ADMINISTRATOR: RHONDA REEF

Blue Ridge Therapy Connection

Rhonda Reef came full circle when she rejoined the Blue Ridge Therapy Connection team as Administrator in December 2020.

“I love interacting with people on all levels and striving to meet their needs — from employees to residents, families, doctors and vendors,” she said.

Born and raised in Willis, Virginia, Rhonda had three aunts who were nurses. She decided to join the profession and Blue Ridge presented a good opportunity. In 1992, she earned her Certified Nursing Assistant license at the 190-bed skilled nursing facility in Stuart, Virginia.

Rhonda later earned her bachelor’s degree in nursing from Radford University in 1998. With more than two decades of health care experience, Rhonda has worked in emergency rooms, home health, a tertiary care hospital and long-term care.

Rhonda wants the community to know that at Blue Ridge they can expect the latest treatment options delivered in a

small-town setting by trusted staff who are like friends and family.

“We have a great team offering advanced care and therapy,” she said. “Our many longtime employees are really invested in what we do to get folks back on their feet and back home.”

Looking ahead, Rhonda is excited about the \$2.5-million interior renovations that have begun at Blue Ridge and its sister facility next door, The Landmark Center assisted living. In the meantime, Rhonda aims to keep supporting her team members to ensure they have everything they need despite pandemic challenges.

“Ultimately my job is to equip our employees to be the best they can be, so we can reach our goal of being the provider of choice in this area,” she said. “We’re looking forward to a more modern facility while continuing to bring cutting-edge care to this community.”

Outside of work, Rhonda enjoys spending time with her daughter, Jennifer, mother, and her many pets.

CHECK OUT OUR RECENT ACTIVITIES

Blue Ridge Olympics bring sporting fun

In conjunction with the Tokyo 2020 Olympic Games, Blue Ridge Olympics brought weeklong competitive fun to residents, patients and staff.

“Everyone enjoyed it and especially liked winning medals,” said Activities Director Duane Via. “We like to keep them busy having fun.”

Activities included:

- Passing the Olympic torch
- Cornhole
- Shooting
- Wheelchair racing
- Cheering spectators
- Watermelon snacks
- Medal ceremony



Landmark Center community’s refreshing fun

Whether indoors or outdoors, Landmark Center residents enjoy a variety of engaging events, including baking, completing puzzles, and lounging inside and outside.



We're Thankful for You PROGRAM

NOMINATE A STAFF MEMBER

Through the pandemic, Blue Ridge Therapy Connection and The Landmark Center employees have continued to go above and beyond in providing the best care possible.

It's time they received the accolades they deserve through the newly announced employee recognition program, "We're Thankful for You."

Friends, family and team members are encouraged to nominate a staff member using the "You've Been Noticed" postcards available near employee recognition boards in either facility.

Drop filled out postcards into the designated boxes and one winner will be selected each month!

Thank A Staff Member Today!

CALLING ALL FRIENDS, FAMILIES AND TEAM MEMBERS!

Did you just see one of our staff members go above and beyond?



You've Been Noticed!



THANK YOU FOR GOING

Above and Beyond

THANK YOU FOR YOUR

Service Excellence

THANK YOU FOR

Shining

THANK YOU FOR

Creating Magic

EMPLOYEE NAME: _____

DATE: _____

NOMINATED BY: _____

REASON OF NOMINATION: _____

WE'RE HIRING. COME JOIN OUR TEAM!

We are looking for caring and enthusiastic individuals who want to join one of the fastest growing fields in the country. Sign up now for our September CNA training class. Call Rita Bowling or Cynthia Mabry in Human Resources at 276-694-7161 to schedule an interview, or scan these QR codes with your phone and apply online.

Blue Ridge Therapy Connection is a 190-bed skilled nursing facility providing the best short-term rehabilitation, long-term skilled care and specialized services since 1985. Not only has Blue Ridge long been acknowledged as a leading senior care provider, our beautifully designed facility is widely recognized as one of the most attractive in the area. Our convenient location provides immediate access to hospital specialists in virtually every area of medicine,

as well as emergency care, if needed.

The Landmark Center is a 75-bed assisted living facility designed for those needing assistance but wishing to live as independently as possible.

Apply at The Landmark Center

We bridge the gap between independent living and nursing homes, as well as offer assistance for activities of daily living such as eating, bathing, dressing, laundry, housekeeping and administering medications. A service plan is tailored to each resident upon admission and updated regularly to suit their needs.

Located at the foothills of the beautiful Blue Ridge Mountains in Stuart, Virginia, both adjacent facilities also offer Serenity Memory Care for those facing memory loss.

Apply at Blue Ridge Therapy Connection





Therapy patient Gene Nance, center, appreciates all the help from Rehabilitation Director and Licensed Physical Therapist Assistant Rosalie Butler, left, and Occupational Therapist Kara Pilson, right, to get him stronger.

NANCE BENEFITS FROM PEAK REHAB, WARM CONNECTIONS

By his own description, Gene Nance was in bad shape when he arrived at Blue Ridge Therapy Connection for rehabilitation.

But thanks to Peak Rehab and encouragement from staff, friends and family, Gene was feeling more himself and looking forward to living independently again. He's especially thankful to Rehabilitation Director Rosalie Butler, Occupational Therapist Kara Pilson and the many staff who encouraged him to keep going.

"I feel they really saved my life here," he said. "I recommend this place to anyone, because the staff have been good and they've helped me."

Gene emerged from a successful operation to remove his gallbladder. In the following months, however, things took a turn and he couldn't eat right. His spirits sank and his body became weaker and weaker.

Thankfully, his son, Ken, and two friends from Florida visited and kept him company. Together with the family doctor, the three urged Gene to obtain the assistance he needed.

"I didn't want to come here to start with, but they kept saying I wasn't going to get better by myself," Gene said. "I eventually figured they were right."

Originally from Sandy Ridge in Stokes County, North Carolina, Gene picked Blue Ridge for therapy because it was close to home. His mother also had lived in the next door assisted

living, The Landmark Center.

Gene worked with physical and occupational therapists daily on exercises, including lifting weights, walking, riding the stationary bicycle and stretching rubber bands. He also worked with a speech therapist on cognition exercises.

Each session made a difference. Gene soon felt his body and mind becoming stronger. He's thankful for everyone from the therapy staff to the nursing staff and aides who were so friendly and kind.

"My thinking got a whole lot better," he said. "Everyone encouraged me so much, especially Rose who was a pure sweetheart. Not everyone has the patience and heart to do this kind of work, but she and the therapists here are something special."

A retired tobacco farmer, logger, and DuPont worker, Gene hopes to plant a little garden when he returns home. In the past, he's grown corn, cucumber, squash, watermelon, cantaloupe and peas for fun. However, he considers it too much for him now. He'll settle for a few tomatoes and squash beside the house.

"I'm a country boy through and through," he said. "I love to watch stuff grow."



CHAMBERS GRATEFUL FOR CARE CLOSE TO HOME

This year, Jimmy and Ann Chambers of Collinsville, Virginia, will celebrate 63 years of marriage.

Jimmy and Ann have been through the ups and downs of life together. They lost a daughter to breast cancer 13 years ago. They have another daughter in Florida, a grandchild and two great-grandchildren in North Carolina.

“They ask all the time about their Meemaw,” Jimmy said. “I try to keep up with how she’s doing every day so I can tell them.”

Six years ago, Ann began to show signs of dementia. As the memory loss progressed, the family came to the difficult decision that Ann would need more specialized care.

Jimmy looked around at various nursing homes and found Blue Ridge Therapy Connection as the best choice in the area. His friend recommended it to him too, he said.

Ann came to live in the Serenity Memory Care neighborhood at Blue Ridge in Stuart, Virginia. Jimmy drove from Collinsville to visit Ann at least twice a week before the pandemic hit.



Ann Chambers

“All the staff’s very nice; they try to help you,” he said. “It’s been hard with the visitor restrictions at times because of the coronavirus so I can’t see Ann face to face. But I call every day and check on her.”

Jimmy remembers how Ann enjoyed seeing the gospel singers perform prior to COVID-19. She loves music, he said. He hopes he’ll get to see her again soon when pandemic restrictions ease, adding his thanks to Blue Ridge staff.

“They’re all doing the best they can,” Jimmy said. “I have to commend them on that.”

Your Rehab ROADMAP

Peak rehab is a comprehensive therapy program that is proven to get you back on your feet and back home as quickly and safely as possible. Our therapies are designed by a team of specialists to help you regain your independence after surgery, an accident or illness.

This rehab roadmap is a visual guide that will show you where you on your rehab and the importance of each step of your therapy.



Discharge Planning

Right from the start we are care planning to get you home as quickly and safely as possible.



Peak Rehab Starts

Starting to regain your strength, functionality and independence with physical, occupational and speech therapies. Get moving to get better!



Regaining Your Independence

Getting back your daily living skills like:

- Bathing
- Cooking
- Dressing
- Cleaning
- Ambulating



Ensuring Your Safe Discharge

You’re almost home, so let’s focus therapy on relearning some of your favorite activities and hobbies so you can enjoy life after rehab.



Parting is Such Sweet Sorrow

We are sad to see you leave but happy you are! Follow-up check-ins will help fine tune your skills and ensure you have made a complete recovery.



Someone is waiting for you at home

FROM FRIEND TO FAMILY, SUTTON SERVES WITH SMILES

Born and raised in the Spencer-Penn area, 86-year-old Mary Sutton had ample opportunity to observe The Landmark Center staff when she visited friends there. She liked what she saw: Everyone was kind and respectful to residents and families.

“The Landmark Center is a really nice place with good people,” she said. “They do their best to satisfy residents and help in any way they can. I think anyone who would bring their family here would be happy.”

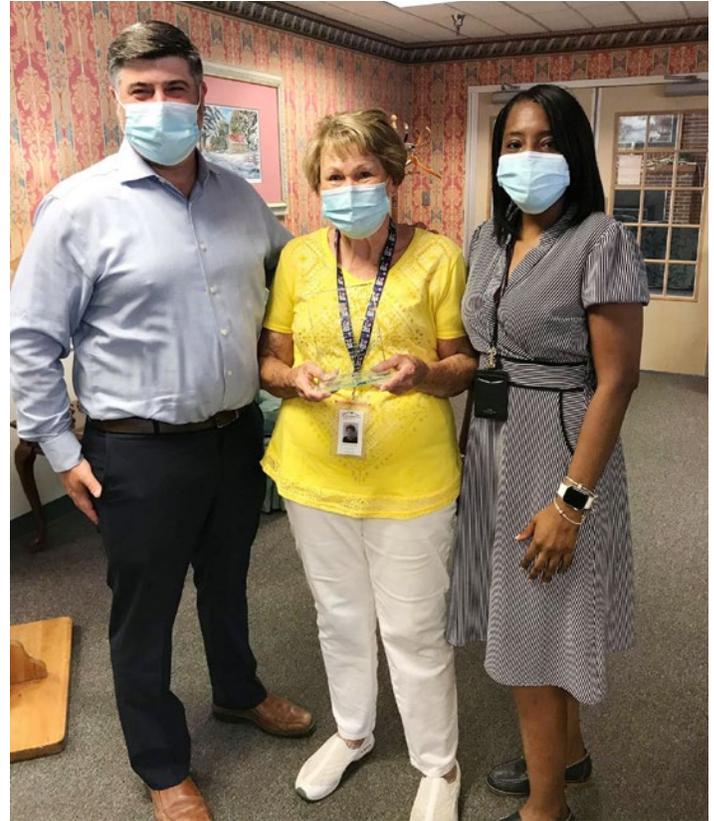
Now living in Horsepasture, Virginia, Mary began to get involved with the activities and started making more friends there. From bus rides to bingo, she soon came to understand how important little joys like that were to the residents. One day, someone asked Mary if she would like to work at The Landmark Center in Activities.

“I had never worked in this field before,” she said, “but I knew I love people and everyone in Serenity Memory Care. I saw how the employees wanted to do things for them and realized that’s just what I wanted to do too.”

Mary became an Activities Aide in January 2020, coming to The Landmark Center four hours a day, four days a week, to help residents have fun in any way imaginable.

From starting the day with morning exercise to celebrating birthdays in the courtyard, Mary enjoys making people smile. Coffee socials featuring delicious treats like honey buns, donuts, popcorn and coffee are especially popular. Her personal favorite is creating arts and crafts, she said.

Residents love Mary’s cheery and caring nature. Another sign of her kind and generous heart: She recently bought a new gazebo and donated it to The Landmark Center for residents to enjoy in the courtyard.



Activities Aide Mary Sutton, center, with Hill Valley Healthcare Regional Vice President Operations Erik Buckley, left, and The Landmark Center Administrator Joy Hairston, right

“I do enjoy doing what I can for the residents, and I want them to look forward to me coming to see them,” she said.

DO YOU NEED MEMORY CARE SUPPORT?

At The Landmark Center Assisted Living, we understand the complex emotions memory caregivers face, especially as their loved one’s needs increase.

You may need memory care help if you’re:

- Afraid to leave your loved one with anyone else.
- Physically exhausted or getting sick more frequently.
- Feeling depressed, angry, hopeless or helpless.

Our Serenity Memory Care program can give you peace of mind. We named our program Serenity because we are

committed to providing our residents facing memory loss with a calm and peaceful setting. A Serene Life.

Our residents enjoy:

- A secure and calming living space.
- A person-centered philosophy that honors and celebrate individuality.
- Dedicated staff with extensive memory care training.
- Memory loss life enrichment programs.
- Specialized therapies, sensory rooms and life stations.
- Brain healthy dining options to energize and relax the mind.



Let us be your memory care resource, and support you and your loved one on this journey. Call Admissions and Marketing Director Amanda Gray at 276-694-3050 ext. 4504 or email AGray@TheLandmarkCtr.com for more information.

CONSIDERING ASSISTED LIVING? LET US HELP

With so many senior living options, people often are not sure where to start. Admissions and Marketing Director Amanda Gray explains assisted living and memory care options at The Landmark Center, including a special offer.

Q: What does The Landmark Center offer?

The Landmark Center is a cozy assisted living and memory care community located in the beautiful mountain setting of Stuart, Virginia. We offer private, semi-private and two-bedroom apartments. Our services and amenities include:

- Three nutritious meals daily.
- Assistance with activities of daily living (bathing, dressing, toileting, transferring, eating).
- Medication management.
- Social, educational, spiritual and recreational programs.
- Bus trips.
- Housekeeping.
- Maintenance.

Q: What makes The Landmark Center stand out from other communities?

Our gorgeous mountain views and location right next to the Mayo River Walking Trail help us stand out! Our residents and families love being able to step right outside on a paved, level trail to exercise while catching up.

Many families choose The Landmark Center for our Serenity Memory Care neighborhood, plus our sister skilled care

and nursing home, Blue Ridge Therapy Connection, located on the same campus. TLC families feel reassured if their loved ones need a higher level of care that they have options just next door. Likewise, Blue Ridge therapy patients who don't feel confident enough to go home can easily transition to assisted living at TLC, so they have 24/7 care while still receiving home health therapy. Once folks are strong enough, they can decide to transition home or continue their stay with us.

When you join our family at The Landmark Center, our goal is for this to be your home. We do everything we can to make sure you have fun while receiving the quality care you deserve in an enjoyable environment among friends! We also have been extremely fortunate to not have COVID-19 cases within our resident population, so that speaks to the quality care we provide.

Q: When it comes to transitioning to senior living, what's a common question people ask?

A huge concern is how to pay. The main ways people pay for assisted living and memory care in Virginia are private pay, long-term care insurance, Auxiliary Grant funded through Medicaid, and the Aid and Attendance grant offered by Veterans Affairs. Those who were married to a veteran could receive the surviving spouse benefit via Aid and Attendance. I'm always happy to speak with families about options and how to apply for benefits they may be eligible for, if needed.



Serenity Memory Care residents enjoy a cookout in The Landmark Center courtyard.



Amanda Gray, The Landmark Center Admissions and Marketing Director, with son, Bennett

THE LANDMARK CENTER HAS A SPECIAL DEAL FOR YOU

Move in now and get
20% OFF
for the first six months
WITH NO ENTRANCE FEE!

Contact Admissions and Marketing Director
Amanda Gray at 276-694-3050 ext. 4504 or AGray@TheLandmarkCtr.com.



BLUE RIDGE
THERAPY CONNECTION

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The
LANDMARK
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Blue Ridge Therapy Connection

Connect with us online



www.BlueRidgeTherapyConnection.com



www.facebook.com/BlueRidgeTherapyConnection

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The Landmark Center

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