

# Serving Seniors for Over 30 Years

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

*Our Lady*  
OF THE VALLEY

## A Jovial June Outing

Nothing says “Roanoke” quite like Mill Mountain and the Roanoke Star. It’s an iconic symbol—even inspiring the nickname “The Star City.” And no summer would be complete without a trip to the top of Mill Mountain on a clear summer evening. This year’s outing was made even sweeter with a stop at Chris’s Coffee and Custard!

Residents enjoy a snack or beverage at Chris’s Coffee and Custard on 9th Street.



The Valley bus was filled to capacity for the popular excursion.

What a view! Our local adventurers pose against the stunning backdrop of the Roanoke Valley.



# The Tastes of Summer

Have you noticed that some things just taste better in the summer? Not only fresh fruit, but corndogs, chips, ice-cold drinks, and burgers from the grill? Our residents made the most of their summer by experiencing the many flavors of the season.

*Dave Zachar and his daughter Melissa Mercure during "Burgers and Brews."*

*The Summer Family Picnic held in the memory care courtyard was a hit!*

*Nothing gives Tony Freeman summer vibes like a cold beer on a hot day!*



*Shirley Lumsden (left) and Irene Schaible.*



*Barbara Markham (left) and Mary Pyne.*



*July 11 (also known as 7-Eleven Day) meant free Slurpees®—yum! Special thanks to Senior Police Officer Diggs with the City of Salem Police Department for serving our residents!*



# Walking Towards A Cure

As a community offering specialized memory care, the mission of the Alzheimer's Association is close to our hearts. We fully support their goal to find a cure for Alzheimer's disease and other dementias. That's why we participate in Roanoke's annual Walk to End Alzheimer's!

We are almost halfway to our \$2,000 team fundraising goal. Will you help? Watch our Facebook page for details on our fall yard sale, car wash, and other fundraising events! You can also join our Walk team. Contact Hannah Porter (hporter@ourladyofthevalley.com) to learn how you can become involved.



*Mark Your Calendars!*

*Saturday, September 28  
Walk to End Alzheimer's,  
Wasena Park*



## The CSM Community Family

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

**Marian Manor**  
*Assisted Living,  
Intensive Assisted Living*  
Virginia Beach, Virginia • 757-456-5018

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

**Our Lady of Peace**  
*Residential Living, Assisted Living,  
Memory Care, Nursing Center*  
Charlottesville, Virginia • 434-973-1155

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

**Our Lady of the Valley**  
*Assisted Living, Memory Care,  
Intermediate & Skilled Nursing Center*  
Roanoke, Virginia • 540-345-5111

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

**St. Mary's Woods**  
*Residential Living, Assisted Living*  
Richmond, Virginia • 804-658-2085

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

*Taking one for the team!  
Director of Life Enrichment Hannah  
Porter is always willing to go the extra  
mile for Alzheimer's research funding –  
even if it means taking a pie to the face  
during a staff fundraiser.*



**CSM** Senior Living  
Management

# Valley Through the Years

As we approach our 35th anniversary, we can't help but reminisce on the many milestones our community has celebrated over the years. From the dedication of new spaces to the welcoming of new residents, each event is woven into the culture of Valley. We can't wait to see what the next 35 years will bring!

**SAVE THE DATE!**

*Our Lady of the Valley's 35th Anniversary Celebration*  
Friday, September 13 • 5:30 to 7:30 pm

*Bishop Sullivan and Father Gormley at the dedication of the Conservatory, 1994.*



1994

2005



*Residents and guests at Valley's "Sweet Sixteen" anniversary bash, September 15, 2005.*

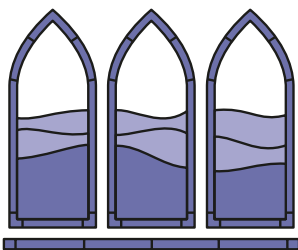


2015

*The quarter-century mark! The community held its 25th anniversary party in April 2015.*



Our Lady of the Valley is nonprofit, nondenominational, and is sponsored by the Catholic Diocese of Richmond.  
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*More than care. It's family.*

