



**Virginia Health Services**

Your best life is our mission.

**Our Continuum of Care allows us to provide you  
and your loved ones with services for every stage of life.**

# ABOUT US



## OUR MISSION

We support individuals living their best life.

## OUR VISION

Virginia Health Services is committed to being the trusted partner and provider of choice in the communities we serve.

## OUR VALUES

**People** - Focus on improving the lives of the individuals we serve, their families and our team members.

**Excellence** - Set the bar high and continuously improve.

**Innovation** - Think differently! Invest in technology and support ideas that improve the care we provide.

**Integrity** - Do the right thing - Always!

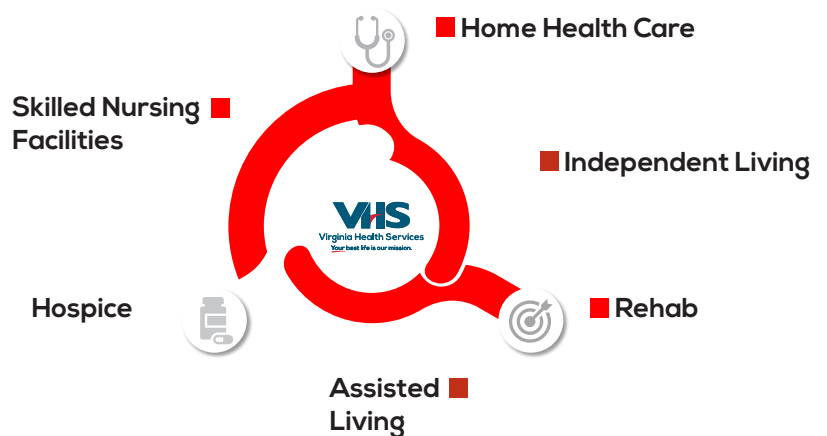
**Teamwork** - Work collaboratively across VHS to achieve the best results.

## WHO WE ARE

You should be able to live your best life at any age. Virginia Health Services specializes in a spectrum of senior healthcare services. Our continuum of care means we can meet your healthcare and lifestyle needs at every stage as you age. Sometimes the services you need may overlap. We can help you navigate what you need and find a care plan that is individualized for you.

Virginia Health Services values the communities we have proudly served for nearly 60 years. Our footprint now extends throughout southeastern Virginia, from the Northern Neck to Southside, and all points in between.

Our team is dedicated to helping individuals live their best life. With Virginia Health Services, you and your loved ones can expect quality care wherever you are.





# SENIOR LIVING



## INDEPENDENT VS. ASSISTED LIVING: Which is right for me?

When the responsibilities of homeownership become too much, Virginia Health Services offers an independent senior living option at The Arbors. The community features a maintenance-free lifestyle with private apartments, fine dining, many activities, and personal transportation.

Treat yourself to valet parking, concierge service, housekeeping and linen service—all without a costly entrance fee.

Our assisted living communities provide a safe environment when you start to need extra assistance with your healthcare needs.

You and your loved ones will have peace of mind knowing our nursing team is available 24/7 and that your apartment is equipped with bathrooms designed for safety and ease, and a wander-guard system.



### LIVE IN STYLE

## THE ARBORS

Leave the responsibilities of homeownership behind and live in the Peninsula's well-appointed residence for active seniors, The Arbors in Port Warwick. Enjoy a studio, one or two bedroom apartment featuring all the comforts of home.

[Learn More](#)[Schedule A Tour](#)

### LIVE LIFE FULLY

## THE HAMILTON

At The Hamilton, we provide assistance to our residents so they can enjoy their days socializing with friends, reading a book, or enjoying an outing. We are dedicated to supporting you in living life to the fullest.

[Learn More](#)[Schedule A Tour](#)

### PERSONAL ATTENTION

## THE HUNTINGTON

For seniors looking for assistance with their daily living activities, look no further. At The Huntington you can enjoy the privacy of your own apartment and the support of a team of friendly, caring neighbors and staff.

[Learn More](#)[Schedule A Tour](#)

240 Nat Turner Boulevard  
Newport News, VA 23606  
757-596-6268 | [www.vahs.com](http://www.vahs.com)



# The Arbors

INDEPENDENT LIVING

## Live your best life in style!

Leave behind the responsibilities of homeownership and live worry free at The Arbors Independent Living. Our independent living community in Newport News offers all the comforts of home, plus amenities such as transportation, concierge service and housekeeping.

Situated in the Port Warwick area of Newport News, Styron Square is your front yard and you can take advantage of the shops, award-winning restaurants, and amenities at your doorstep.

Our in-house dining program caters to your tastes. Enjoy an expertly prepared meal in the lovely dining room and cafe; we also offer room service at The Arbors. We offer a full bar and weekly happy hours, so you can always socialize at home!

You will have the independent, maintenance-free lifestyle you crave with peace of mind. There's no better time than now to live the carefree lifestyle you deserve.

## FINE AND CASUAL DINING AVAILABLE

We offer a classically styled full-service dining room and a casual lounge for informal dining, with food prepared by our expert dining staff of chefs and servers at The Arbors.



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## THE FINANCIAL BENEFITS OF INDEPENDENT LIVING

Did you know that the average cost of living in your own home is close if not more than living at The Arbors of Port Warwick? And you can give yourself and others peace of mind knowing you are living comfortably in a safe and secure community.

**Leave the responsibilities  
of home ownership behind.**



## SEE WHAT'S WAITING FOR YOU! THE ARBORS INDEPENDENT LIVING

**offers many amenities for you to live your best life.**

- No entrance fees
- Generator for emergencies
- Studio, one bedroom and two bedroom apartments
- 24-hour staff on-site
- Complimentary coffee and tea station
- Walk-in showers
- Washers and dryers in each apartment
- Full kitchens
- Two dining areas, room service, meal plan and restaurant style dining
- On-site full-service dining options and catering services
- Weekly housekeeping and linen services
- Complimentary and scheduled transportation
- Spacious floor plans for you to furnish with your own belongings
- Convenient location in central Newport News
- Utilities (water, electric, sanitation) included
- Pets allowed (fee)
- Health Oversight options to provide additional support and assistance for your health and wellness
- On-site exercise room and fitness classes
- Priority access to VHS Rehab and Home Health services
- Exclusive "Concierge Service" arranges for transportation, tickets to special events, and assists with errands
- On-site events and activities including movie nights and game nights
- Library and billiard lounge
- Movie theater
- Comfortable lounge areas and private family dining room
- Bed & breakfast apartments
- Emergency response system
- Valet parking
- Business and educational services with computer internet access
- Priority access in any VHS line of service

## COME FOR A VISIT. SCHEDULE A TOUR!



# The Hamilton

ASSISTED LIVING



**You do the living,  
we'll provide the  
assistance.**

At The Hamilton Assisted Living, our 40 studios, one- and two-bedroom private apartments give you the space you need to feel at home, while our professional nursing staff is available to assist you 24/7.

At The Hamilton, you'll always have the peace of mind and comfort of knowing you have access to the full continuum of healthcare services offered by Virginia Health Services.

## **ACCESS TO HIGH QUALITY HEALTHCARE AT YOUR DOORSTEP**

We offer a secure and comfortable lifestyle with your health and wellness as our top priority.

One of the significant advantages of living at The Hamilton Assisted Living is access to healthcare services provided by VHS Home Health Care, Rehabilitation and Hospice.

We stand out because we can coordinate your care while you remain in the safety and comfort of your new home.

The Hamilton also offers fitness and wellness activities and exercise programs with your best life in mind.

## THE BENEFITS OF ASSISTED LIVING

If you need assistance with Activities of Daily Living (ADLs), including medication management, mobility and dining, the team members at The Hamilton are here for you. Assisted living with Virginia Health Services allows individuals to live as independently as possible, with peace of mind knowing there is a nursing staff available 24/7 at the touch of a button.



## DINING EXPERIENCE – IT'S YOUR TURN TO SAVOR.

The Hamilton offers a dining venue with your needs in mind. We provide breakfast, lunch and dinner. Our attentive staff work hard to provide a welcoming atmosphere and create a fantastic dining experience.



## SEE WHAT'S WAITING FOR YOU! THE HAMILTON ASSISTED LIVING offers many amenities for you to live your best life.

- Spacious floor plans in studio, one and two bedroom apartments
- Televisions with cable provided
- Bathrooms designed for ease and safety
- Furnished apartments available
- Utilities included (electric, cable, sanitation, water)
- Kitchenette with microwave and refrigerator
- On-site nursing staff 24/7
- Emergency response system
- Generator back-up
- Respite stays
- Wander-guard system
- Full-service dining room and private dining areas
- Wellness and activities programs
- Scheduled transportation
- Housekeeping and linen services included
- Laundry facilities on-site at no charge
- Personal laundry services (fee)
- Pets allowed (fee)
- Bed & breakfast apartments for visitors
- Media center
- Salon/Barber on-site
- Complimentary snacks and beverages
- Wi-fi in common areas
- Courtyard and outdoor sitting areas

## COME FOR A VISIT. SCHEDULE A TOUR!



# The Huntington

ASSISTED LIVING



## You do the living, we'll provide the assistance.

At The Huntington Assisted Living, our 32 private apartments give you the space you need to feel at home, while our professional nursing staff is available to assist you 24/7.

At The Huntington, you'll always have the peace of mind and comfort of knowing you have access to the full continuum of care offered by Virginia Health Services.

## ACCESS TO HIGH QUALITY HEALTHCARE AT YOUR DOORSTEP

We offer a secure and comfortable lifestyle with your health and wellness as our top priority.

One of the significant advantages of living at The Huntington Assisted Living is access to healthcare services provided by VHS Home Health Care, Rehabilitation and Hospice.

We stand out because we can coordinate your care while you remain in the safety and comfort of your new home.

The Huntington also offers fitness and wellness activities and exercise programs with your best life in mind.



## THE BENEFITS OF ASSISTED LIVING

If you need assistance with Activities of Daily Living (ADLs), including medication management, mobility and dining, the team members at The Huntington are here for you. Assisted living with Virginia Health Services allows individuals to live as independently as possible, with peace of mind knowing there is a nursing staff available 24/7 at the touch of a button.



## DINING EXPERIENCE – IT'S YOUR TURN TO SAVOR.

The Huntington offers a dining venue with your needs in mind. We provide breakfast, lunch and dinner. Our attentive staff work hard to provide a welcoming atmosphere and create a fantastic dining experience.



## SEE WHAT'S WAITING FOR YOU! THE HUNTINGTON ASSISTED LIVING

offers many amenities for you to live your best life.

- Spacious floor plans in studio and one bedroom apartments
- Televisions with cable provided
- Bathrooms designed for ease and safety
- Furnished apartments available
- Utilities included (electric, cable, sanitation, water)
- Kitchenette with microwave and refrigerator
- On-site nursing staff 24/7
- Emergency response system
- Generator back-up
- Respite stays
- Wander-guard system
- Full-service dining room and private dining areas
- Wellness and activities programs
- Scheduled transportation
- Housekeeping and linen services included
- Laundry facilities on-site at no charge
- Personal laundry services (fee)
- Pets allowed (fee)
- Bed & breakfast apartments for visitors
- Media center
- On-site beauty salon and barber
- Complimentary snacks and beverages
- Wi-fi in common areas
- Sunroom and courtyard overlooking Mariners' Museum Park

## COME FOR A VISIT. SCHEDULE A TOUR!

# NURSING & REHABILITATION CENTERS



**The team at Virginia Health Services wants to help individuals live their best life. Our skilled team of RNs, LPNs and CNAs provide around-the-clock care at our seven nursing and rehabilitation centers in Newport News, Hampton, York County, Gloucester and Kilmarnock.**

## OUR SERVICES

- Resident Navigator program
- 24/7 nursing care onsite
- Wound care specialists
- Skilled care
- Long-term care
- Memory care
- Respite care
- Palliative care
- Rehabilitation facilities
- On-site physical, occupational and speech therapists
- Furnished private and semi-private rooms
- Free wi-fi
- On-site salon/barber
- Activities and recreational programs
- Nutritional dietary program
- Social workers
- Continuum of care services, including access to outpatient rehabilitation, home health care and hospice.



## WHAT IS SKILLED CARE?



Skilled care is nursing and therapy care that can only be safely and effectively performed by, or under the supervision of, professionals including physicians, nurses, physical, occupational and speech therapists. It's health care given when treatment, management, and observation of your condition, and evaluation of your care is necessary. These services are usually required after a major healthcare event including a stroke, heart attack or surgery and most often after a hospitalization.



## WHAT IS RESPITE CARE?

If an individual needs a brief recovery period (less than 2 weeks) following an illness, accident, surgery or other medical problem, Virginia Health Services offers respite – or short-term nursing care. We also offer respite care for individuals whose families need additional caregiving support during emergencies or vacations.



## OUR CENTERS

### NEWPORT NEWS

James River Nursing & Rehabilitation Center  
The Newport Nursing & Rehabilitation Center

### HAMPTON

Coliseum Nursing & Rehabilitation Center  
Northampton Nursing & Rehabilitation Center

### YORKTOWN

York Nursing & Rehabilitation Center

### GLOUCESTER COUNTY

Walter Reed Nursing & Rehabilitation Center

### NORTHERN NECK

Lancashire Nursing & Rehabilitation Center

**Visit each property online for more information. Click the name.**

## VHS Rehabilitation provides physical, speech and occupational therapy wherever you are.

VHS Rehabilitation are the rehab experts. Our providers can be found delivering care in outpatient settings, skilled nursing and senior housing communities, schools, and hospitals.

Our team takes pride in their ability to return individuals to their highest levels of function. Programs are geared to each individual's needs. Our team of dedicated professionals can rebuild hope, confidence and self-respect in individuals.

### PHYSICAL THERAPY

- Orthopedic Rehab
- McKenzie Based Therapy
- Post Total Joint Replacement
- Therapeutic Exercise
- Post Stroke Program
- Lymphedema Therapy
- Neurological Rehab
- Pediatric Therapies
- Fall Risk Reduction
- Balance Retraining
- Modalities/Hydrotherapy
- Gait Training
- Pre/Post Amputation Program
- Prosthetic Training
- Orthotic Training
- Home Evaluations

### OCCUPATIONAL THERAPY

- Cognitive/Perceptual Retraining
- Post Total Joint Replacement
- Post Stroke Program
- Neurological Rehab
- Splint Fabrication
- Pre/Post Amputation Program
- Prosthetic Training
- Fall Risk Reduction
- Orthotic Training
- Home Evaluations
- Pediatric Therapies

### SPEECH THERAPY

- Communication Treatment
- Swallowing Dysfunctions
- Electrotherapy (VitalStim®)
- Cognitive/Perceptual Retraining
- Pediatric Therapies
- Post Stroke Program
- Neurological Rehab
- Hearing Assessment & Treatment
- Laryngectomy Rehabilitation
- Home Evaluations



## VHS Home Health Care helps you get back to living your best life by providing skilled care in the safety and comfort of your home.

VHS Home Health Care coordinates your care with a team dedicated to getting you back to living your best life.


Our team of professionals includes nurses, therapists and social workers with one goal: to empower you to live as independently as possible. We train and educate you and your loved ones to help you gain independence.

As a continuum of care from a rehab or hospital setting, research shows receiving care at home with home health services can effectively help you get back to your best life. It is typically covered by Medicare and most commercial insurances.

## OUR TEAM & SERVICES

Skilled Home Health Care services are provided by licensed trained professionals, including licensed nurses and certified nurse aides, physical, occupational and speech therapists and social workers. Our team takes a comprehensive approach to home health care, starting with personalized case management from admission to discharge. Our team members take pride in communicating and collaborating with the providers inside and outside our organization with one goal in mind: your care.

- Skilled Nursing at home
- Nurse On Call 24/7
- Social Worker
- Certified Home Health Aides
- Registered Dietician
- Physical, Occupational and Speech Therapy
- Home Infusion Therapy
- Pain Management
- Palliative Care
- Diabetes Education/Management
- Medication Management
- Pulmonary Disease Management
- Cardiovascular Disease Management
- Stroke Rehabilitation
- Post-Operative Care
- Joint Replacement Rehabilitation
- Wound/Ostomy Care



## The VHS Hospice team specializes in creating an individualized plan to care for you with a focus on your quality of life and comfort.

VHS Hospice can assist caregivers and improve an individual's quality of life. Our team works with you, your physician and your loved ones to determine eligibility for Hospice.

Our staff is specially trained in providing holistic, compassionate palliative care, including addressing mental, physical, or spiritual needs. This includes nursing care and physician oversight as well as bereavement and counseling services for the individual and their loved ones.

Hospice care is covered by Medicare, Medicaid, and most commercial insurers. It is for individuals who have received a prognosis of six months or less, and is an option for individuals who do not wish to receive aggressive, curative treatments and lengthy hospital stays.

Hospice team members will provide care wherever the individual resides. In addition, the hospice benefit typically provides for a respite stay, which we can readily arrange at a VHS healthcare facility.



## OUR TEAM

Our support team includes:

- Skilled nursing staff (on call 24/7)
- Home health aides
- Physical, occupation and speech therapists
- Social workers
- Dieticians
- Chaplain
- Medical director
- Home Infusion Therapy
- Volunteers

VHS Hospice does not discriminate against any person on the basis of race, color, national origin, disability, or age in admission to, participation in its programs, services activities, or in employment. This statement is in accordance with the provisions of Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and Regulation of the U.S. Department of Health and Human Services issued pursuant to these statutes at Title 45 Code of Federal Regulations Parts 80, 84, and 91.



# NOTES

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#### INDEPENDENT LIVING COMMUNITY

**A.** The Arbors Independent Living  
1100 William Styron Square South, Newport News, VA 23606  
757.595.7767 • Fax: 757.595.8791

#### ASSISTED LIVING COMMUNITIES

**B.** The Huntington Assisted Living  
11143 Warwick Boulevard, Newport News, VA 23601  
757.223.0888 • Fax: 757.534.9149

**C.** The Hamilton Assisted Living  
113 Battle Road, Yorktown, VA 23692  
757.243.8559 • Fax: 757.898.1375

#### NURSING AND REHABILITATION CENTERS

**D.** Coliseum Nursing & Rehabilitation Center  
305 Marcella Road, Hampton, VA 23666  
757.827.8953 • Fax: 757.827.8806

**E.** James River Nursing & Rehabilitation Center  
540 Aberthaw Avenue, Newport News, VA 23601  
757.595.2273 • Fax: 757.599.4636

**F.** Lancashire Nursing & Rehabilitation Center  
287 School Street, Kilmarnock, VA 22482  
804.435.1684 • Fax: 804.435.1149

**G.** Northampton Nursing & Rehabilitation Center  
1028 Topping Lane, Hampton, VA 23666  
757.826.4922 Fax: 757.825.1158

**H.** The Newport Nursing & Rehabilitation Center  
11141 Warwick Boulevard Newport News, VA 23601  
757.595.3733 • Fax: 757.596.0650

**I.** Walter Reed Nursing & Rehabilitation Center  
7602 Meredith Drive, Gloucester, VA 23061  
804.693.6503 • Fax: 804.693.6412

**J.** York Nursing & Rehabilitation Center  
113 Battle Road, Yorktown, VA 23692  
757.898.1491 • Fax: 757.898.1375

#### OUTPATIENT REHABILITATION

**K.** VHS | Rehabilitation  
1101 William Styron Square South, Newport News, VA 23606  
757.596.6268 • Fax: 757.594.0332

#### HOME HEALTH CARE

**L.** VHS | Home Health Care  
1104 William Styron Square South, Newport News, VA 23606  
757.534.9222 • Fax: 757.534.9124

#### HOSPICE CARE

**M.** VHS | Hospice  
204 Nat Turner Boulevard, Newport News, VA 23606  
757.223.1396 • Fax: 757.223.1380



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240 Nat Turner Boulevard, Newport News, VA 23606

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EQUAL HOUSING OPPORTUNITY