

We Call It Assisted Living, Our Residents Call It The Good Life.

A "Tough Decision" Becomes
Easy When You See All That
Sentara Villages Have To Offer.

Assisted Living At Sentara Villages

Sentara Villages offer assisted living in a cheerful, home-like setting. Our resident-centered care is designed for those who may need extra help in their day-to-day routines and activities, but who do not require 24-hour nursing care. We offer a friendly, caring and social environment where our residents can relax and enjoy life, and a convenient location where loved ones can visit often.



Sentara Village-Chesapeake
778 Oak Grove Road, (757) 261-4050

Sentara Village-Norfolk
251 Newtown Road, (757) 892-5200

Sentara Village-Virginia Beach
3751 Sentara Way, (757) 306-2800



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Sentara Villages Focus On Both Quality of Life And Quality of Care.

Residents and their families choose assisted living at Sentara Villages because it offers the best of both worlds – a vibrant, independent lifestyle along with available medical assistance to meet individual needs. All the comforts of home are provided, including three nourishing, well-balanced meals a day, but there are no household chores to worry about. On the other hand, there are plenty of social activities and entertainment – including bingo, shopping, trips to local events, indoor gardening, arts & crafts and bible study – to enjoy with new friends. Licensed nurses provide 24-hour medical attention, including daily assistance in taking prescribed medications.



Sentara Assisted Living Care Embraces Quality of Life.

At Sentara Villages, caregivers are compassionate, respectful and dedicated – and well trained in meeting the special needs of senior residents:

- Care is individualized based on the needs and desires of each resident
- Residents wake up, bathe and exercise at the time of day they desire
- Residents eat their meals when they are hungry and select the foods they prefer
- A variety of social gatherings, community events, outings and group activities take place every day with participation encouraged
- Residents can enjoy the privacy of their own room, decorated to suit their taste
- With gardens, covered sitting areas, and pathways, outdoor enjoyment is encouraged
- Facilities and grounds are fully wheelchair accessible – residents with limited mobility are welcome



Quality Of Care Is A Priority, With Continuing Care As Needed.

Each Sentara Village shares its campus with a Sentara Nursing Center. Residents can easily make the transition should the need for a higher level of nursing care arise, allowing families to avoid the dilemma of searching for another facility. Familiarity with the Sentara campus makes the transition easier for the resident as well.

Changing medical needs are also readily met by Sentara’s integrated system of quality healthcare. Available medical transportation, physician visits, emergency medical care, hospitalization, and seamless sharing of medical records ensure the best possible care and patient safety.

Sentara Assisted Living is licensed by the Commonwealth of Virginia and is the only DMAS-approved Alzheimer’s Waiver Provider in Hampton Roads. The quality of the care provided is reflected in outstanding DSS Survey performance each year.

Comfortable Accommodations Meet Individual Needs.

Sentara Villages are designed to support independent living in a campus-style setting. You’ll find that every accommodation is part of a wing that



serves as a common area, with its own lounge, kitchenette, whirlpool spa and private entrance.

We offer a variety of accommodation packages to meet personal tastes. Each living area has wall-to-wall carpeting and is comfortably furnished. All are designed for privacy and security.

- All utilities and the following are included:
- A nurse-call system for assistance anytime
 - Rooms pre-wired for private telephone installation
 - Complete home furnishings
 - In-room movie service
 - Ceiling fans in every room
 - Individually controlled heating and air conditioning
 - Maid service to take care of living area

Adult Day Care Is Another Option.

For those who wish to remain in their homes, adult day care is offered at Sentara Village – Virginia Beach. Transportation is provided for



this Monday through Friday program. Participants are picked up at their homes in the morning and dropped off at the end of each day. At Sentara Village they receive meals, supervised care, and full

participation in on-site activities and outings with other Sentara Village residents.

Come Take A Tour And Meet The Staff.

Call one of the Sentara Villages below to schedule a tour. You can also take a 360° virtual tour of a Sentara Assisted Living Village online at www.SENTARA.com/seniors. Financial considerations can also be discussed with a Sentara Village representative following a review of your individual resident needs and insurance benefits.