



THE
ORCHARD
A Riverside Retirement Community

Vibrant Living
with a Southern Flair



Fulfillment

“I am always meeting new friends and finding exciting things to do at The Orchard.”

From your first step inside the airy atrium of The Orchard, you'll see why so many people just like you have chosen the independent, active lifestyles offered in our four welcoming residences.

In the heart of Warsaw, Virginia, The Orchard's meticulously maintained campus is the perfect place to take advantage of afternoon walks through the courtyards or a day trip to the antique shops of neighboring Tappahannock. The Orchard sits outside of metro Richmond, Virginia, with Fredericksburg and Washington, D.C. just an easy drive away.

Of course, there are always plenty of engaging programs and special events to keep you busy right here. As part of our family, you'll enjoy all the independence you'd like, but have the reassurance of knowing help is never far away if you ever need it.

Four distinct residences are located within The Orchard, offering a complete continuum of services. If your needs ever change, you'll be seamlessly accommodated within the community you already know and can stay close to the friends you love.



An Exciting, Active Lifestyle is Always in Season

Magnolia Manor

provides assisted living for individuals and couples who are independent and in good health, but need some assistance with their activities of daily living.

Riverside Rehabilitation Center

is a dedicated program for patients recovering from illness, injury or a hospital stay, with a focus on returning guests to their normal routines.

Dogwood Manor

offers long-term 24-hour nursing care for residents who need around-the-clock support.

The Garden

provides specialized memory care in a safe, secure community for residents experiencing memory impairment.

A Life Full of Amenities and Free from Worries

While each resident requires a unique level of support, each of our communities encourages energetic, active lifestyles to help you maintain the highest possible level of independence. You will enjoy convenient amenities like housekeeping and maintenance and a full social calendar of lively on-site programs and special events, as well as day trips throughout the community to shop, see a movie or enter your famous chili in the local competition.

Delicious Dining ... Every Day

Dining will certainly be one of your favorite parts of the day at The Orchard, and for good reason. Three delicious meals and nutritious snacks are served daily, in casual and elegant dining styles. You will have a variety of meal selections to choose from in our bright, open dining rooms overlooking sunny courtyards. You can share meals with friends or family either indoors or outside on the screened-in patios. Our cooks are able to accommodate many special diets, and you can be sure your meals will always be healthy and nutritious. But don't worry, we don't forget to include the occasional special dessert and ice cream stations.

Surprisingly affordable, The Orchard's all-inclusive pricing makes the transition to vibrant, first class living convenient and uncomplicated, just like it should be.





Magnolia Manor

Assisted Living that Enhances Independence

As a resident of Magnolia Manor, you'll have the independence to decide your own schedule and enjoy the comforts of your own private apartment without the worry or hassles of home upkeep. With three different apartment styles, you can choose what best fits your needs: studio apartments, suites or deluxe apartments.

Each of our three floor plans comes complete with a kitchenette, private handicap-accessible bath, two spacious closets and an emergency response system that alerts our professional staff 24 hours a day. A licensed nurse provides oversight around the clock. You can create a cherished environment with your own belongings and personal touches, such as seasonal wreaths outside your door or potted plants and flowers at your entrance way.

At Magnolia Manor, you will receive assistance with activities of daily living, if needed, such as dressing, bathing and medication management, as well as transportation to doctor appointments and community events. Residents have computer access in the cozy library, just a short walk down the hall.



The amenity-filled lifestyle at Magnolia Manor includes:

- Large fitness center with premiere cardio and resistance machines, exercise classes and massages
- Beauty Shop open for appointments and walk-ins
- Community activity area for games, arts and crafts and special events
- Outdoor patios and courtyards
- The Apple Tree dining room with screened-in dining patio
- Fully equipped Country Kitchen where you and your loved ones can cook and entertain
- On-site medical offices offering podiatry, psychological and other specialty services





With a bustling social calendar, the hardest part of your day at The Orchard may be deciding what to do. A full variety of life-enriching programs and exciting events keeps you active, entertained and engaged. One day you might grab lunch downtown or play an interactive video game in the library. The next day you can participate in the monthly Wine ‘N Cheese party or watch a movie with friends. No matter what your interests are—or if you’re looking for a new hobby—there’s a class, outing or event that you’re sure to enjoy.

Inclusive Rates Keep it Simple

There are no entrance fees at The Orchard. You and your loved ones simply pay an affordable monthly rental rate that includes:

- Efficiency kitchenettes with built-in cabinets and full size refrigerator
- All utilities
- Satellite TV
- Weekly housekeeping services (or as needed)
- Laundry facilities and detergent for residents who prefer to do their own laundry
- Safety features including an emergency generator and sprinkler system
- Mail delivery six days a week to your personal USPS mailbox





Riverside Rehabilitation Center

Our Expertise is Your Safe Return Home

Adults recovering from an illness, injury or hospital stay can receive world-class care from one of Riverside's renowned rehabilitation centers, conveniently located on The Orchard's beautifully landscaped campus.

Modeled after Riverside Rehabilitation Institute's highly-regarded programs, this Center provides skilled nursing and therapy services to short-term residents with the ultimate goal of safely returning guests to the community. You can benefit from protocols developed and overseen by Riverside Therapy Group, including physical, speech and occupational therapy.

Most rehabilitation is completed in 7 to 20 days, depending on severity and prognosis, and the goal is always to return a guest to their highest possible level of independence. With physicians and staff dedicated to rehabilitation, we specialize in treating individuals recovering from:

- orthopaedic surgeries and injuries
- post-cardiac care
- general deconditioning
- strokes
- neurological disorders



We want your time with us to be comfortable and worry-free, so that your main focus can be on your rehabilitation. To help facilitate your recovery, we offer guests the following services and amenities:

- Spacious private and semi-private rooms with handicap-accessible baths
- Private, specialized rehabilitation area
- Modern equipment and programs designed for improving your ability to perform everyday tasks like ironing, cleaning and cooking
- Beauty Shop
- Large dining room with fireplace and screened-in patio
- Nutritious meals and snacks
- Satellite TV

After completing your inpatient program, you can also receive outpatient therapy at the Rehabilitation Center, as prescribed by your physician. This convenient transition provides continuity of care, which ensures you continue to receive Riverside-quality services and enhances your overall recovery.



Empowerment

“I am in control
of my own future.”





Respect

“I feel like I belong.
Everyone treats me like
a part of their family.”

Dogwood Manor

Nursing Care Motivated by Compassion

Our licensed nurses and caring staff develop and nurture relationships with the residents of Dogwood Manor while providing 24-hour support for significant medical needs. Whether your loved ones have made their home here for months or years, you can be sure they will receive exceptional medical care that ensures they age with dignity and keeps their individual needs in mind.

Each private and semi-private room comes tastefully furnished with a private, handicap-accessible bath. Comfortable couches by the fireplace offer your loved one a cozy spot to relax or chat with friends. Your loved one will enjoy year-round opportunities to socialize and participate in a variety of engaging programs at Dogwood Manor and at the neighboring community of Magnolia Manor.

Seasonal events, like the Holiday Family Dinner, attract many residents for the opportunity to socialize and meet new friends. The annual Resident Luncheon, when your loved one can help choose the menu and prepare the meal in Magnolia Manor's Country Kitchen, is also a resident favorite.

Services and amenities in Dogwood Manor include:

- Ongoing hands-on restorative therapy to maintain residents' functional skills
- Dynamic special events calendar
- Large, open dining room with fireplace and screened-in dining patio
- Access to all health and wellness activities at Magnolia Manor, including the fitness center, exercise classes, massages and on-site medical services
- Beauty Shop open for appointments and walk-ins



The Garden

Expert Memory Care Dedicated to Exceptional Quality of Life

Caring for a loved one with memory impairment can take a great toll on families, especially without adequate training or resources. All too often, what is sacrificed while taking care of your loved one is what you desire most: quality time together. The caring and experienced staff of The Garden understands the challenges you're facing and seeks to replace your worry with clarity, comfort and compassion.

Our Progressive Approach is 100% Personal

Every resident at The Garden is made to feel safe, comfortable and supported. As the region's only memory support residence licensed for 24-hour nursing care, our priorities are keeping your loved one safe while providing opportunities to enrich their life.

We approach memory care using the advanced Household Model, which moves away from regimented, planned schedules and incorporates truly personal care for each individual. Your loved one maintains control of their time, and we make ourselves available around their choices. For example, residents don't have to eat breakfast at 8 a.m. every single day or eat all of their meals in the dining room. Your loved one has the freedom to wake up as they please and to decide where they would like to eat their meals.

A trained staff member is still available 24 hours a day, but your loved one has the choice to spend those hours as they wish.

Each resident enjoys a private room and private handicap-accessible bath, while meals are shared family-style, when desired. The Garden's walkways wind through meticulous landscaping, offering your loved ones the peace and restoration that comes with being in a natural setting.

The Garden is designed to give residents and their loved ones the peace of mind they never thought possible. From the freedom and dignity inherent in the Household Model to family resources and education, our programs and services are carefully planned to maximize how you and your loved ones experience life every single day.

Services and amenities provided in The Garden include:

- Completely secure, monitored campus
- Large open lobby with television
- Beautiful sky-lit sitting room with fireplace and comfortable seating
- Individualized plans of care and support
- Specialized therapeutic activities and events fostering interaction and socialization





The Orchard:

Deep-rooted in Experience

The Orchard's beautiful surroundings offer you the peace and comfort to simply enjoy your time, choosing to spend your days visiting nearby Tappahannock, matching wits in a card game on a shady patio or strolling through the fall foliage in one of the many manicured courtyards.

The ease of this exciting living is made possible in part by the experience and financial backing of Riverside Health System, which comes with stability, decades of experience and a notable reputation. As a resident of The Orchard, you and your loved ones have peace of mind knowing that behind the active, energetic atmosphere of our community, you have access to award-winning medical, health and wellness services throughout the Riverside Health System, including nearby Riverside Tappahannock Hospital.

For the active lifestyle and support you need, join us at The Orchard. You'll love being part of our family!

To schedule a personal visit, call The Orchard today at **(804) 313-2400**.



A Riverside Retirement Community

Assisted Living | Rehabilitation | Memory Care

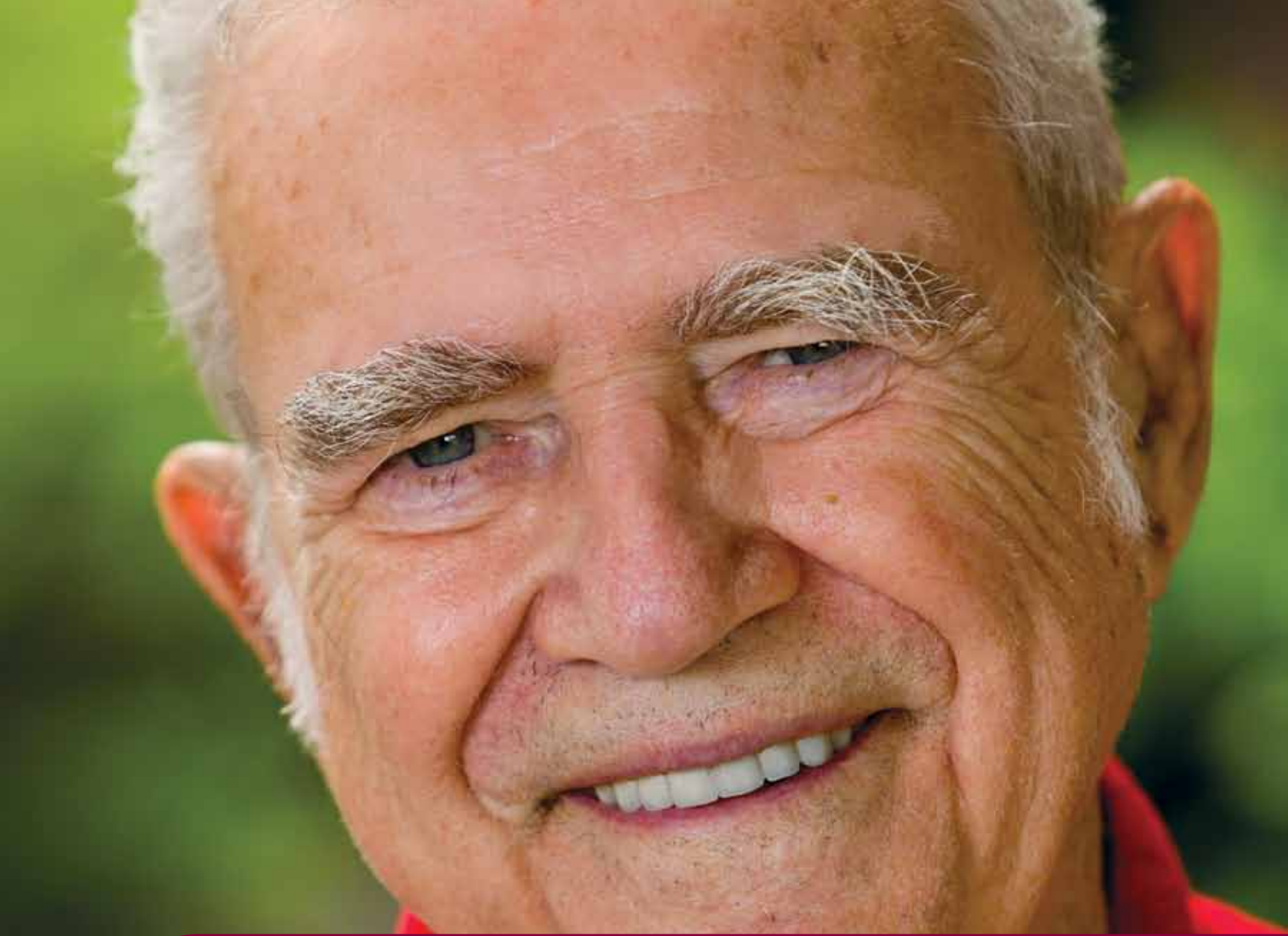
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www.orchardliving.org

“As I age, I will control my destiny in a place of my choosing.”



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