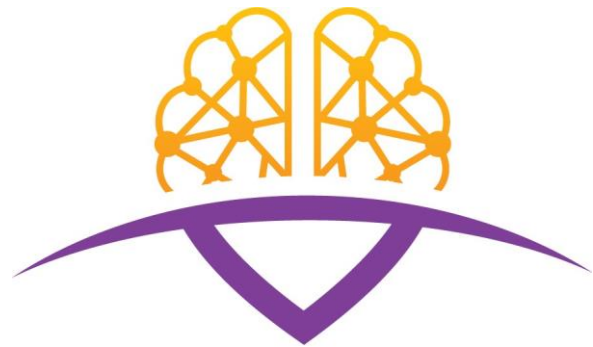


# IS IT TIME TO FOR YOU TO FIND MEMORY CARE SUPPORT?



**SERENITY**  
MEMORY CARE



**LANCASTER**  
REHABILITATION CENTER

Your Memory Care Resource

# IS IT TIME TO FOR YOU TO FIND MEMORY CARE SUPPORT?

Northern Neck, we understand the complex emotions caregivers face, especially as their loved one's needs increase. If you are concerned you need help to provide the level of care and support you desire to give your loved one, it may be beneficial to consider a change.

Allow us to help support you and your loved on through this journey.



# Is this you?

When caring for my  
Mom with Alzheimer's...

I AM A HERO

I AM STRONG

I AM FULFILLED

I AM A MARTYR

I AM OVERWHELMED

I AM DESPERATE



**SERENITY**  
MEMORY CARE

# Caregivers Caught in the Crosshairs

- Afraid to leave your loved one with anyone else
- Feeling overwhelmed and emotionally and physically exhausted
- Feeling depressed, angry, hopeless and helpless
- Sleep deprived and irritable
- Getting sick more frequently
- Gaining or losing weight
- Scared about what tomorrow will bring

We can give you peace of mind



# Serenity can bring you Peace

We named our program **Serenity** because we are committed to providing our residents with memory loss a calm and peaceful setting. **A Serene Life.**

Our Serenity residents enjoy:

- A secure & calming living space
- A person-centered philosophy that honors & celebrates individuality
- A dedicated staff that has gone through extensive memory care training
- Life enrichment memory loss programs
- Specialized therapies, sensory rooms and life stations
- Brain healthy dining program to energize and relax the mind

For more information, call 402-441-7101

