

RWC HEALTH SERVICES



WESTBURY COURT
Assisted Living

WESTBURY CENTER
Nursing Care



Rappahannock Westminister-Canterbury
HEALTH SERVICES

132 Lancaster Drive, Irvington, VA 22480 | 804-438-4000 | www.rw-c.org

WESTBURY COURT

Assisted Living

RappahannockWestminster-Canterbury's Westbury Court is designed for those residents who require some assistance, but do not need full nursing home care. Westbury Court also provides support and assistance in an independent, residential setting. We provide just the right amount of assistance residents need to help maintain self-esteem and dignity. A registered nurse is available 24/7, seven days of the week. Help with bathing, dressing and medication monitoring are a few of the services offered by certified staff. Staffing includes CNA, RMA, PCA, RN and LPN.

We have created an environment that offers the comfort and warmth associated with home. While support is available around-the-clock, residents enjoy their own private suite, private or semi-private room, decorated with their own furnishings.

- Each individual's daily rate includes: three meals a day, standard cable TV access, individually controlled heat and air conditioning, housekeeping, individual mail-box service, transportation

to local medical appointments, and a personal emergency response system. Additional ancillary charges may include cost of medications, treatments and/or medical supplies, laundry services, and Internet / telephone access.

In addition to living in a comfortable, inviting home, we encourage residents to remain active and involved by joining in the many social, recreational and wellness activities offered. Sharing mealtime with friends in the gracious dining room overlooking the veranda is also a very pleasurable experience.

Meals are served restaurant style and special diets are accommodated. The companionship of friends and family may be enjoyed in your own suite or room. Meals can also be enjoyed in our beautifully landscaped courtyard, in our fire side lounge, or in any of our other inviting areas on campus.

For further information about Westbury Court, please call, 804-438-4000 or email, info@rw-c.org and we will be more than happy to assist you.





WESTBURY CENTER

Nursing Care

The Westbury Center is Rappahannock Westminster-Canterbury's Medicare/Medicaid certified nursing center with a full range of services, including therapies. Our rehabilitation services focus on returning residents to their previous active lifestyle. Skilled and licensed services aside, the most important benefit at RWC's Westbury Center is the unsurpassed, caring response of the staff and specialists. A resident's dignity, sense of self-worth and independence are always taken into full consideration.

We strive to promote the same sense of comfort and security that comes when one is at home. Decorated with personal furnishings residents live in a bright, cheerful, private or semi-private room, each equipped with a bathroom and a nurse-call system with both tone and voice calling.

- Each individual's daily rate includes: three meals a day, standard cable TV access, and housekeeping services. A whirlpool room, self-serve laundry and a physical therapy room add to the quality of care provided. Additional ancillary charges

may include cost of medications, treatments and /or medical supplies, laundry services, and Internet / telephone access.

Breakfast, lunch, and dinner are served daily in the Westbury Center dining room. In-room dining may be requested. Special diets are provided through consultation with RWC's registered dietitian. Weekly meal menus are scheduled and residents may select from the menu or make substitutions to suit their own tastes.

The mind and the body must both be active to thrive. Social and recreational activities take place daily, and Westbury Center is connected by a corridor to many community amenities. Lounge areas; dining and activities rooms; and a covered, secure, landscaped patio, add to the Westbury Center's quality of life.

For further information about Westbury Center, please call, 804-438-4000 or email, info@rw-c.org and we will be more than happy to assist you.

WESTBURY COURT, WESTBURY CENTER

Amenities

All Rappahannock Westminster-Canterbury residents appreciate the convenience of having many amenities located right in our centrally located Chesapeake Center.

- **THE FRONT DESK**

The Front Desk is managed by a receptionist seven days a week from 6:30 a.m. to 11:00 p.m. Located at the front desk are in-house mailboxes, stamps and metered mail. UPS and FedEx pickup daily. Pharmacy deliveries, dry cleaning pickup and delivery and guest room reservations may all be arranged at the Front Desk.

- **BANKING**

RWC hosts a branch of Chesapeake Bank with a teller on duty, Monday - Friday, 9:00 a.m. - 2:00 p.m.

- **LIFE ENRICHMENT INFORMATION**

RWC has a fully-equipped fitness center, indoor heated pool and outdoor courts with a multitude of certified staff and class offerings. Our Wellness Programs offer a variety of fitness classes at every level and many support groups.

- **BEAUTY SALON**

Men and women alike enjoy routine hair maintenance in our beauty salon. From washes and cleanses to trims, cuts, styles and perms, our certified stylists entertain all appointments, Monday - Friday.

- **SPA**

Facials, massages, manicures and pedicures are available by appointment.

- **PHARMACY DELIVERIES**

Main Street Pharmacy, in Kilmarok, makes regular deliveries to RWC.

- **THE CHAPEL**

There is a chapel for residents and families. Our full-time Chaplain often leads non-denominational services and programs for our residents.

- **LIBRARY**

RWC offers residents a well appointed library on the 2nd floor of the Atrium and is available by stairs and by elevator. The library is organized by residents for our residents.

- **PUB**

Enjoy drinks or catch a game with friends. Regular Pub happenings include weekend Happy Hours.



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