



CHESAPEAKE PLACE
SENIOR LIVING

ASSISTED LIVING • MEMORY CARE

It's a New Day.

And It's Yours!

The background of the entire page is a repeating pattern of stylized, overlapping leaves in various shades of light blue and lavender. The leaves are elongated and pointed, with some having small circular details at their bases. The pattern is dense and covers the entire area.

Our Mission

Privately owned, Pacifica Senior Living strives to create a lifestyle of independence and peace of mind for each individual and their family. We do what we love and what we truly believe in – providing compassionate, personalized care services with dignity and respect. Our dedicated, professional team supports each resident and goes above and beyond to help them feel at home.



It's a New Day.

At Chesapeake Place Senior Living, we don't expect our residents to "fit" into one of our communities. We've designed our communities to "fit" them – to meet their different needs, preferences, dreams and goals. From assisted living to memory care, our communities welcome residents to live by their own design.

Our communities provide residents with every service and amenity they need, want and *deserve* to live each day just as they choose. We respect their individuality and understand that each person is in charge of the direction his or her life takes. We're simply here to support them. Every step of the journey.

And It's Yours!

Senior *Living* Services

Chesapeake Place Senior Living communities offer a variety of care and lifestyle choices to support our residents in living well.

Heartland™ Assisted Living

Delivering the optimal balance of independence and support, Heartland™ Assisted Living helps our residents live fulfilling, dignified lives. Each resident has a customized service plan that meets his or her individual needs. With support available 24 hours a day, our residents enjoy assistance with activities such as:

- Meals
- Medication Management
- Bathing & Dressing
- Mobility
- Transportation



Welcome

Welcome to Chesapeake Place Senior Living. Our Assisted Living and Memory Care community offers an atmosphere of home and comfort in an intimate setting. Through our signature program, Legacies™ Memory Care, we provide those with memory challenges, including Alzheimer's disease and dementia, a supportive and enriching place to call home.

Chesapeake Place Senior Living provides its residents with the care they deserve delivered by a compassionate, patient and experienced team, complimented by homelike amenities, exceptional services, and engaging activity programs.

We support aging-in-place with continuity of care at every phase. Families are provided peace of mind, knowing their loved ones are in good hands, with care being delivered by a team who genuinely cares.

It's a new day at Chesapeake Place Senior Living.
And it's yours!
Make the most of it. Right here.



Points of Interest

1. Chesapeake Regional Medical Center
2. Chesapeake City Park
3. Oak Grove Lake Park
4. Greenbrier Mall
5. Greenbrier Country Club
6. Greenbrier Market Center
7. Orchard Square Shopping Mall
8. Kemps River Crossing Shopping Mall
9. Chesapeake Arboretum
10. Walmart Neighborhood Market
11. Walmart Supercenter
12. Sam's Club
13. Bank of America



Follow these directions to our Chesapeake Place senior living community:

From I-64

- I-64 E toward Chesapeake/Virginia Beach
- Take the Indian River Rd exit, EXIT 286B
- Merge onto Indian River Rd/VA-407
- Turn right onto Centerville Turnpike
- Turn right onto Kempsville Rd/VA-190
- Turn left onto Volvo Parkway
- Turn right into Chesapeake Place

From I-464 toward Chesapeake

- Take the I-64 exit, EXIT 1A, toward Virginia Beach
- Keep left at the fork in the ramp
- Keep right at the fork in the ramp
- Take the VA-168B Bus S/Battlefield Blvd exit, EXIT 290B, toward Great Bridge
- Turn slight right onto Battlefield Blvd/VA-168 Bus
- Turn left onto Volvo Pkwy
- Turn left into Chesapeake Place



CHESAPEAKE PLACE
SENIOR LIVING

Assisted Living • Memory Care



Floor Plans – Assisted Living



THE FAIRFAX
Grand Suite



THE TIDEWATER
Studio Regal



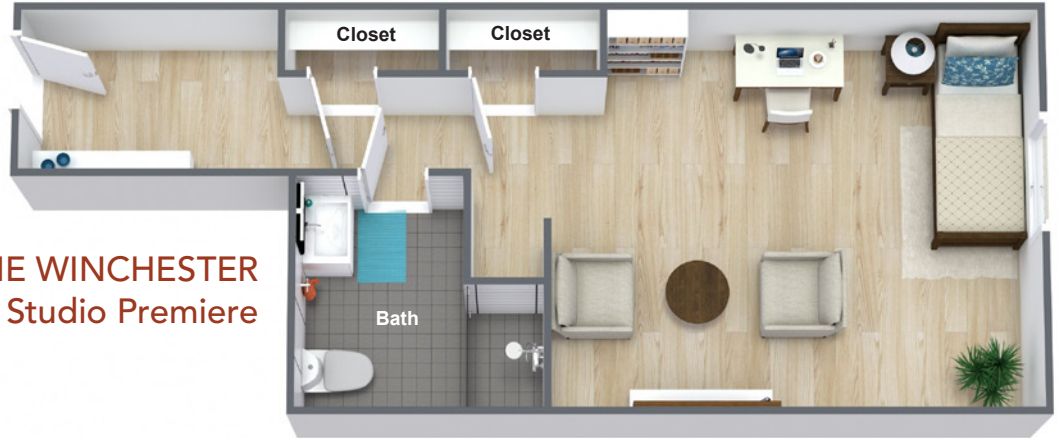
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Floor Plans - Assisted Living

THE WINCHESTER
Studio Premiere



THE RICHMOND
Studio Deluxe



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Floor Plans - Memory Care



THE LANCASTER
Companion Suite



THE HAMPTON
Private Suite



THE YORK
Private Suite

Heartland™ Assisted Living

The Heartland™ Assisted Living program at Chesapeake Place Senior Living provides residents with the supportive services they need to continue living as independently as possible.

Our specialized wellness team creates a customized, personal care program for each resident based on an assessment conducted with the resident and his or her family prior to move-in, ensuring all needs will be thoroughly met. Residents are regularly reassessed to make sure the most appropriate support is delivered.

Services may include:

- Medication management
- Bathing, dressing, and grooming
- Escort to meals and activity programs
- Eating
- Toileting
- Health programs
- Medical appointment scheduling
- Wellness checks
- Transportation



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757.548.4795 | 1508 Volvo Parkway | Chesapeake, VA 23320 | ChesapeakePlaceSeniorLiving.com



Heartland™ Assisted Living Rates

Heartland™ Assisted Living Rates - One monthly fee includes the following Assisted Living services and amenities:

- Apartment home
- Apartment home maintenance
- 24-hour accessible staff
- Three nutritious meals served daily in our gourmet dining room plus snacks available all day
- Life-enrichment programs and activities
- Weekly housekeeping and linen services
- Scheduled Medicare transportation and day trips
- Several courtyards
- Community health resource referrals
- All utilities (except telephone)
- Conveniently located laundry room
- Daily bed making



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Legacies™ Memory Care Rates

One all-inclusive monthly fee includes the following Memory Care services and amenities:

- Well trained, professional team providing 24-hour care
- Assistance with activities of daily living (*bathing, dressing, grooming, eating, etc.*)
- Supportive and caring environment
- Individualized care plans focusing on personal health concerns
- Medication management
- Three delicious meals daily, plus snacks
- Daily monitoring of nutrition and diet needs
- Wellness checks
- Specialized programming including group and one-on-one activities
- Housekeeping, personal laundry, and linen services
- All utilities (except telephone)
- Daily bed making
- Apartment home maintenance
- And more



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Legacies™ Memory Care



Our Legacies™ Memory Care Program provides those with Alzheimer's disease and other forms of dementia with the support, care and respect they deserve to continue living a full, enriching life.

Dementia affects different people in different ways. Our compassionate and highly trained wellness team creates a fully personalized care plan to meet each resident's unique needs, adjusting plans as the disease progresses.

Our specialized approach to memory care is grounded in improving residents' quality of life. Residents engage in interactive, therapeutic activities to meet their social, spiritual, creative, cognitive, and physical needs.

Life Enrichment Programs

- Individual and group activities such as cooking, watching movies, and reminiscing
- Dementia-specific activities, such as memory boxes and scrapbooks
- Creative arts and music activities that include rhythm, singing, and listening
- Extensive indoor and outdoor activity programs with therapeutic exercises
- Exercise programs that include stretching, walking, and balancing activities
- Programs that promote intergenerational relationships and community involvement
- Spiritual programs unique to the individual
- Scheduled outings



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Legacies™ Memory Care

Our Legacies™ Memory Care program provides those with Alzheimer's disease, dementia or other forms of memory loss with the support, care and respect they deserve to continue living a full, enriching life. Each resident receives a personalized care plan that is carefully implemented by our compassionate staff.

Respite Care

There are times in our lives when we need a little extra help. Pacifica's Respite Care program is available to allow families an opportunity to rest from the daily tasks required for a loved one. Our program is also perfect for individuals who are recuperating from a hospital/rehabilitation stay, or to just simply experience the Pacifica lifestyle. Trained team members work together to enhance continued dignity and trust. We know the difference a smile and kind word can make.

Companion Living

Companion Living enables seniors to enjoy all the care, services and amenities of a Chesapeake Place Senior Living community with the added benefits of forging a new friendship, enhanced well-being and the cost savings of sharing a suite, just to name a few.

Designed for *Living Well*

Our communities are designed to help our residents live well, surrounded by services, amenities and programs.

Dining

Dining is a delight at Chesapeake Place Senior Living. Meals are prepared fresh daily by our on-site chefs and are served in beautifully appointed restaurant-style settings by attentive dining room staff.

Life Enrichment

Our Life Enrichment programs offer a variety of opportunities to meet new friends, discover new interests, exercise and maintain health, enjoy exciting outings and excursions . . . and so much more.

Transportation

A full-time, certified driver is available through the community's transportation department. Scheduled services take residents to nearby medical appointments, shopping trips, religious services, banks, postal services and more.

Pet Friendly

Pets are part of the family, so Chesapeake Place Senior Living communities are pet friendly* and have designated pet areas for convenience.

**Weight limitations*





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For a list of Pacifica Senior Living communities, visit our website at
www.pacificaseniorliving.com

