


ROANOKE HEALTHCARE PROFILE

Beautiful Days in the Neighborhood

Part of National Lutheran Communities & Services, The Legacy at North Augusta offers residents "independence with a helping hand."

Moving into an assisted living community can be a difficult decision for families. Often, it's adult children who worry the most. "Will my parent be happy, stimulated, and safe?" they wonder. In the absence of a crystal ball, the best reassurance is a community's ethical mission statement and proven track record of honoring and caring for older adults.

National Lutheran Communities & Services (NLCS) offers those assurances. The nonprofit has housed and cared for older adults since 1890, when it opened its doors on donated land in Washington, D.C. Today, NLCS oversees three Life Plan communities in Maryland and Virginia, as well as The Legacy at North Augusta, an assisted living and memory care community in Staunton, Virginia. As the only faith-based, not-for-profit assisted living community in the area, The Legacy provides a comfortable environment where residents are encouraged to reimagine the next chapter of retirement.

"From its very genesis, ours has been a philanthropic effort—and that thread remains part of the tapestry of National Lutheran," says Allison Combs, vice president of sales, marketing, and



communications. "We get to know each person and their preferences in order to offer independence with a helping hand."

A Place to Thrive

Resonating throughout NLCS's four locations is a philosophy of whole-person wellness, the intention of which is to nurture a person's seven dimensions of wellness: physical, emotional, intellectual, social, spiritual, environmental, and occupational needs.

At The Legacy, this manifests in a safe and secure neighborhood, where residents are offered plenty of activities and opportunities for socialization. Accommodations are bright and airy, with 103 assisted living apartments and 18 private memory care apartments that range in size from studios to two-bedroom apartments. A caring staff assists with activities of daily living, while a medical doctor or nurse practitioner—whom many residents choose as their primary care provider—are present throughout the week. Specialists, too, set up appointments on-site, meaning residents can accomplish many of their medical appointments within the community.

This also means striving for continued engagement. "We focus on the abilities people have maintained and encourage them to socialize throughout the community," says Combs. Residents enjoy three nutritious meals a day in the communal dining room and can choose from a bounty of programming options—from fitness and art classes to gardening



meet-ups held on the well-maintained property. Local groups visit regularly for concerts and performances, while students from nearby schools and colleges spend time with residents on special occasions.

Known for its Southern charm, The Legacy promises "a warm welcome every day," where residents can enjoy living life. "I love living at The Legacy, because I can pick all the things I want to do," says resident Lynn White. "I can have as much freedom as I want, or I can have other people help me as much as I want."



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The Legacy at North Augusta is affiliated with National Lutheran Communities & Services, a faith-based, not-for-profit ministry of the Evangelical Lutheran Church in America, serving people of all beliefs.