

## Shore LifeCare at a glance:

- 136 beds, including a 40-bed skilled unit
- Average room is semi-private, with 2 private rooms on each wing
- Modern furnishings
- Cable TV available
- On-site laundry services
- Contracted with the Veteran's Administration and Hospice
- Medicare, Medicaid and private insurance accepted. Free financial counseling available

## Activities

Residents enjoy programs daily in our large activity room. A typical slate of events might include a morning church service, followed by exercise, a trivia game and bingo and coffee. Up to six activities daily.

## Socializing

Each of the three wings has a dayroom where residents can gather to play cards or talk. They also have access to a landscaped courtyard or screened porch.

## Mealtimes

Lunch and dinner are served in a large dining room. An alternate choice is available for both meals.

**FIND OUT MORE**

**757-665-5133**



[www.shorehealthservices.org](http://www.shorehealthservices.org)

### Shore LifeCare at Parksley

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Parksley, VA 23421  
757-665-5133

[lleighton@shs-inc.org](mailto:lleighton@shs-inc.org)

**Shore Memorial Hospital**  
Nassawadox • 757-414-8000

**Shore Cancer Center**  
Nassawadox • 757-414-8355

**Shore Cardiopulmonary Wellness Services**  
Onley • 757-787-8953

**Shore Healthcare at Home**  
Onley • 757-789-5000  
800-700-6242

**Shore Medical Center at Metompkin**  
Parksley • 757-665-5996

**Shore Orthopedic Associates**  
Cape Charles, Chincoteague,  
Nassawadox, south of Oak Hall  
757-414-0488

**Shore Psychiatric Services**  
Nassawadox • 757-414-8530

**Senior Perspectives**  
Oak Hall • 757-854-4517  
Nassawadox • 757-442-2053

**Shore Rehab**  
Accomac, Cape Charles, Nassawadox  
888-867-2686

**Lingle & Goldstein Surgical Associates**  
Nassawadox • 757-442-3598

**School of Practical Nursing**  
Nassawadox • 757-414-8067

# Next best thing to home



**Long-term and skilled care**

 **SHORE  
LIFECARE  
AT PARKSLEY**

**High-tech meets down-home at Shore LifeCare at Parksley. Modern methods and equipment keep our residents healthy and comfortable. Our vibrant social calendar, friendly atmosphere and good cooking keep them smiling.**



## Our services

- Intermediate and skilled care
- 24-hour nursing services
- Physician visits daily
- Registered dietitian
- X-ray services
- IV therapy
- Bariatric equipment (beds, lifts and wheelchairs) for larger patients
- Pharmacy services
- Rehabilitation services
- Social services
- Orthopedic therapy

### Top-notch wound

Wound care is one of our specialties. Having a **wound-care nurse** on our staff – as well as access to the latest electrical stimulation and ultrasound equipment – decreases infection rates and speeds healing. We also follow the most stringent CDC protocols to protect our residents from infections.

### Feeding help

Our innovative **Restorative Feeding Program** has been very effective in helping residents who can eat less than half of their meal or have difficulty swallowing.

We also offer an enteral program for those who require tube feeding.

**FIND OUT MORE**

**757-665-5133**

**lleighton@shs-inc.org**

### High-tech tools

Non-invasive, high-tech treatments help our residents every day:

■ We're the only long-term care facility on the Shore to offer **E-stim**, which helps with incontinence, pain management, swelling caused by edema, wound care and more.

■ Our **ultrasound** equipment uses sound waves to help manage pain, heal wounds, decrease swelling, increase range of motion and improve balance.

■ Our Pulsed Shortwave Diathermy machinery uses **magnetic waves** to address swelling, pain and muscle spasms, and to increase range of motion and blood flow.

### First-rate rehab

Residents get one-on-one attention at our full service, on-site rehabilitation clinic. All of our licensed therapists use the latest high-tech equipment to get the fastest results. Services include physical, occupational and speech therapy.

### Homeward bound

Residents who are returning home will get special help practicing daily tasks such as preparing meals and washing dishes.