



# HIDDEN SPRINGS

SENIOR LIVING

**973 Buck Mountain Road  
Bentonville, VA 22610**

**540-636-2008**

**Visit the website:**

**[www.hiddenspringsseniorliving.com](http://www.hiddenspringsseniorliving.com)**

*Founded in 2008*

Welcome to Hidden Springs Senior Living, an Assisted Living and Independent Living community in Warren County, VA, just a few minutes south of Front Royal, VA off Route 340.

Since 2008, Hidden Springs Senior Living is family owned and operated by Daryl and Vicki Rudacille Davison along with their son, Aron.



Daryl and Vicki grew up on farms with strong Christian values and are lifelong residents of historic Limeton, Virginia. Daryl, a graduate of University of Maryland, has more than forty years of management experience. He has worked in healthcare for the majority of his career. Vicki, a graduate of Mary Washington College, taught biology in the local school system until their son, Aron was born. She has a very outgoing personality and enjoys the company of senior adults which makes her very suitable for marketing **Hidden Springs Senior Living**. Aron is employed in dining and housekeeping and helps everywhere he is needed. Aron is very loving and enjoys one-on-one relationships with many of the residents. Daryl, Vicki, and Aron are members of the Page United Methodist Church in Luray, Virginia and attend church regularly. Some of their hobbies include farming, gardening, reading and taking family walks with their lab, Mazie.

*“We believe country living and keeping active in mind, body, and soul will help you or your loved one live a long quality life.”*

*- Daryl, Vicki and Aron*

## About Hidden Springs Senior Living.....

**Hidden Springs Senior Living** is a country-style community situated on twenty acres of the Rudacille-Davison farm atop a hill with panoramic views of the Blue Ridge and Massanutten Mountains. For the outdoor enthusiast, take a leisure walk over the landscaped grounds, relax with a friend on the porches, or dine on one of the patios. Gardeners can claim raised flower/vegetable beds. One and all can view a sunrise or sunset from the enclosed sunrooms. Residents can join together in the living room, library, or recreation areas to chat with family, friends and neighbors. Residents with limited mobility desire more home-like surroundings with the Advanced Care while those residents with Dementia or Alzheimer's are safe and secure in the Memory Care that boasts an enclosed outdoor garden and walking path.

At **Hidden Springs Senior Living** residents will live and prosper through safe and natural surroundings, superior quality care, activities, companionship, and love without the stress of home management. With 24/7 staffing and graduated levels of care from independent living until end of life, **Hidden Springs Senior Living** can meet all of your needs.

## Activities.....

The full time Activities Department of **Hidden Springs Senior Living** will keep you stimulated physically, mentally, socially and spiritually through activities with you in mind. Residents can participate in religious programs or view films in the Chapel/Theater or possibly join a workout group in the Physical Therapy Room. Others take up hobbies like gardening and craft making. Classes for learning something new are always popular. Residents with low vision are encouraged to participate in "Reading Club". For fun, the men play corn hole and miniature golf while the ladies have tea parties and paint and sip parties.



For the residents of **Hidden Springs Senior Living** with Dementia or Alzheimer's, activities that resemble daily living are meaningful and beneficial. For the women, this would include sorting and folding clothes, swaddling a baby doll or cooking simple recipes. The men watch sports, sort nuts and bolts and bird watch to keep engaged and motivated. For peace of mind, residents can be safe outdoors in the enclosed garden area.

Residents of **Hidden Springs Senior Living** who have limited mobility, games and puzzles through a person-centered technology called "It's Never 2 Late" is very recreational and useful. This computer package is user friendly and has hundreds of applications. Regardless of physical ability, other activities such as chair aerobics, cooking and Aromatherapy promise to improve quality of life.

For short day trips around the area, **Hidden Springs Senior Living** provides comfortable transportation in a handicapped accessible van and bus. Additionally, there are music groups and non-denominational Bible Studies plus pet therapy visits to participate in throughout the month.

At **Hidden Springs Senior Living**, there are activities for everyone!



## Dining.....

Residents of **Hidden Springs Senior Living** look forward to three scrumptious meals served daily in one of the three dining rooms. The **Hidden Springs Senior Living** chefs offer a variety of menu choices for residents. Savory entrees like salmon, baked chicken and barbeque ribs along with meatloaf and baked ham are options. Mouthwatering sides such as steamed broccoli, baked sweet potatoes, country green beans, buttered lima beans compliment these flavorful meals. For a lighter meal, a variety of soups, salads and sandwiches are always available.

**Hidden Springs Senior Living** promotes a Farm-to-Table initiative by using seasonal, fresh vegetables and fruits to prepare these homemade, made from scratch meals. Special diets are followed and supervised by a Registered Dietician when ordered by a physician. **Hidden Springs Senior Living** offers regular, heart healthy, low sodium as well as diabetic diets.



**Hidden Springs Senior Living** caregivers understand the challenges of residents who can no longer feed themselves. The staff provide cueing and assistance if needed. **Hidden Springs Senior Living** offers finger foods when a resident loses the ability to dine with utensils. Additionally, residents who experience difficulty with swallowing will have pureed foods that are nutritional and delicious. For those who can no longer eat independently, **Hidden Springs Senior Living** caregivers provide hand over hand assistance during mealtimes.

During warmer months, residents may dine outside. Holidays, birthdays and anniversaries are shared and celebrated, just like home. With soft music playing and the glow of the fireplace, friends and family are always welcome to join in dining at **Hidden Springs Senior Living**.

## Location....

Nestled at the foothills of the Blue Ridge and Massanutten Mountain ranges of the Shenandoah Valley, **Hidden Springs Senior Living** is located in one of the most beautiful parts of Virginia. Just a few minutes south of Front Royal, the hub of Warren County, **Hidden Springs Senior Living** is just minutes from the entrance to Skyline Drive, Skyline Caverns and Andy Guest Shenandoah River State Park. Likewise, **Hidden Springs Senior Living** is a short drive from Page County, home of Luray Caverns. For peace of mind, South Warren Fire and Rescue Department in Bentonville is less than 5 minutes away.

## Closing....

At **Hidden Springs Senior Living**, you are treated like family. Daryl, Vicki or Aron say grace before meals and dine with the residents every day. Their office doors are always open to encourage residents and their families to stop in.

**Hidden Springs Senior Living** is filled with love, laughter, and owners along with staff that have compassion for the residents. A happy environment makes for a content staff and better health for the residents who now call this home.

## **Testimonials...**

### **The Springs, Assisted Living:**

#### ***Myrtle Ramsey-***

Myrtle's son Phillip toured many places but said that HSSL was the only place for his mother. Myrtle commented she feels the Lord connected her with HSSL and now it feels like home. With a chuckle, she said, "There are so many activities that sometimes I miss my television programs."

#### ***Julia Lewis-***

While snapping fresh green beans from the garden, Julia remarked, "The food is so good at HSSL that I think I may have put on a few pounds." No worries there as Julia hits the walking paths daily! Julia also enjoys the spectacular views and appreciates how everything is so clean at HSSL.

### **The Mountain, Advanced Care:**

#### ***Maria Cosby-***

Since moving to HSSL, Maria is more confident of herself and feels stronger. She has many wonderful friends and says the staff are all very kind. Maria says, "I love all of the activities and participate in as many as possible!"

#### ***Muriel Martin-***

Pam McInnis gave these remarks regarding Muriel:

Mom has become more social and seems very content. Everyone is so kind and caring and immediately you can tell the staff really care. They treat my mom and all of the residents with dignity. HSSL feels like a part of my family. If I had to make this decision again, I would choose HSSL for my mom!

### **The Valley, Memory Care:**

#### ***Richard Settle-***

Tammy Settle Bunch gave these remarks regarding Richard:

HSSL has been a blessing for our Dad and us, in providing constant care, activities, and love. They have become extended family to our dad and to our family! God Bless!

#### ***Franklin Strickler-***

Wife, Frances Strickler gave these remarks regarding Franklin:

Franklin and I are enjoying the friendships we have formed, and the kindness shown by the staff. We especially enjoy the "Memory Garden" and watching things grow. Franklin and I have been watering the tomato plants in the garden and I even added a little Miracle Grow. They are really starting to mature. Franklin commented that the tomatoes are in clusters of four which is accurate!



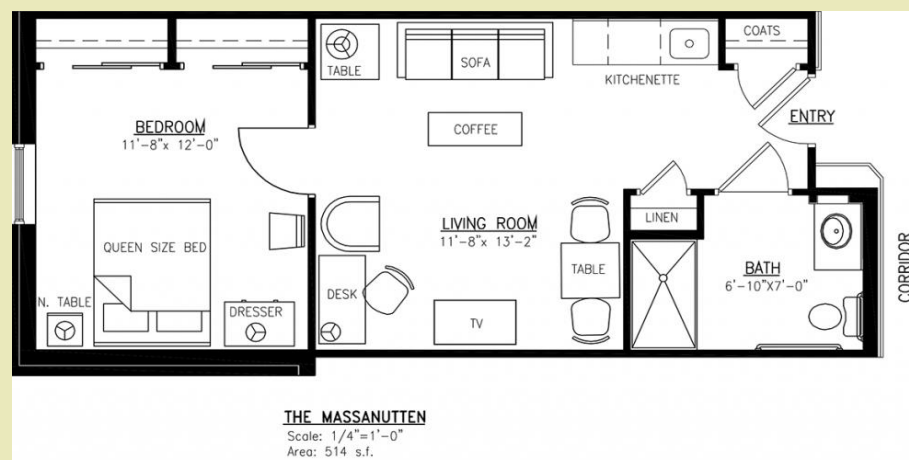
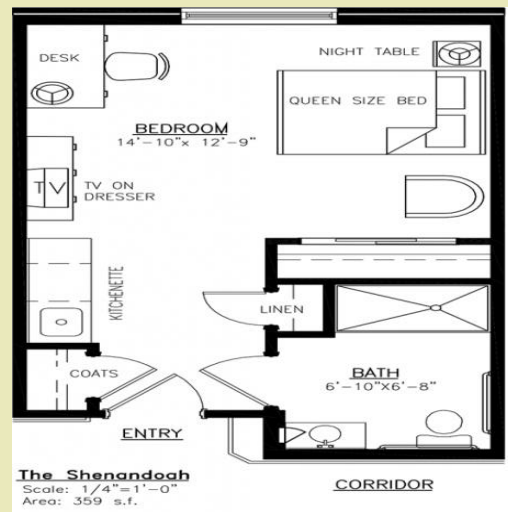
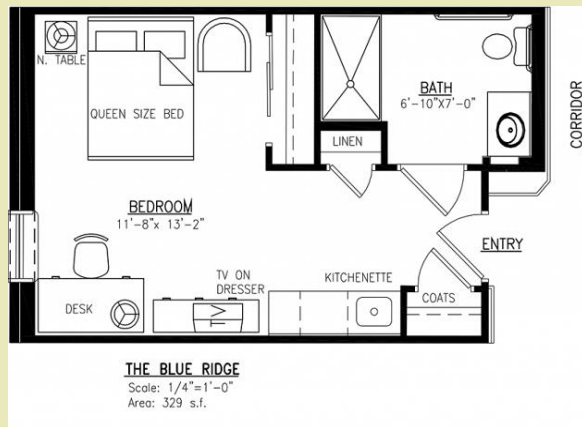
---

*Offering Something DIFFERENT in Senior Living*

973 Buck Mountain Rd., Bentonville, VA 22610 (540) 636-2008 [www.hiddenspringsseiorliving.com](http://www.hiddenspringsseiorliving.com)

## Assisted Living Care:

- Private efficiencies or suites
- Kitchenette with refrigerator, microwave, pantry and sink
- Handicapped accessible bathroom with sit-down shower
- Individual Heat/A.C. controls
- Ample closet space
- Mountain views from the window
- State of the art sprinkler, smoke, fire detection and alarm systems
- Fire resistant construction
- Interior and Exterior Maintenance provided



The most popular room is the **Blue Ridge**. With 329 square feet, it is the “perfect size” for most residents.

The **Shenandoah**, at 359 square feet provides more room for relaxing or entertaining.

The largest resident room is the **Massanutten**, with 514 square feet. Designed for a couple or two close friends, it offers a separate living room for entertaining.

## Assisted Living Care:

- Weekly and daily housekeeping
- Linen and personal laundry
- 24/7 nursing staff under the supervision of the LPNs 7 days a week. CNAs and Med Techs are assigned to each shift.
- 24/7 Emergency call system
- In-house Physician visits
- Rehabilitation Services to include Occupational, Physical, and Speech
- Pharmacy Services available
- Medication distribution and administration
- In-house Podiatry visits
- Bathing supervision
- Dressing assistance
- In-house Beauty/Barber Salon
- In-house Nail Salon
- Whirlpool spa bath
- Dining room serving three delicious meals daily-including special diets
- Snacks available
- Full time Activities Department to plan physical, mental, social and spiritual programs and events.
- Transportation in a handicapped accessible van and bus
- Private dining room to entertain guests



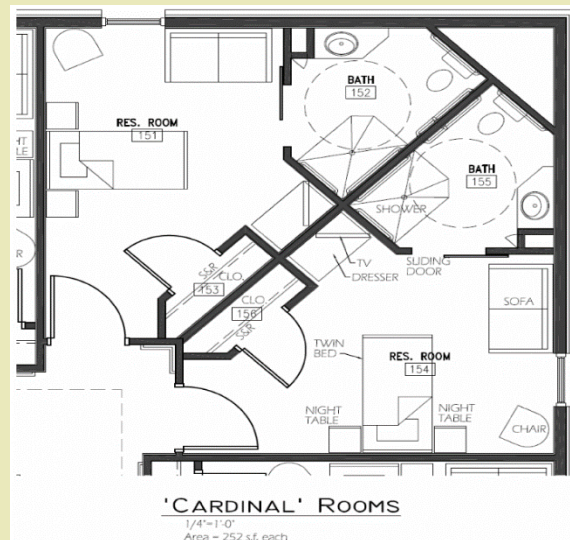
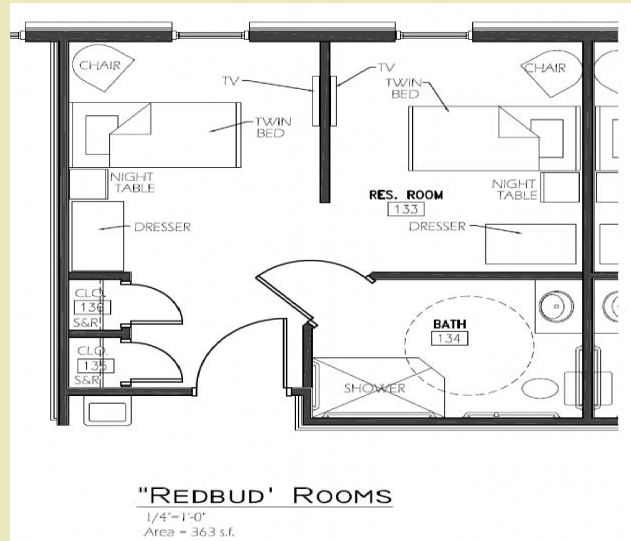
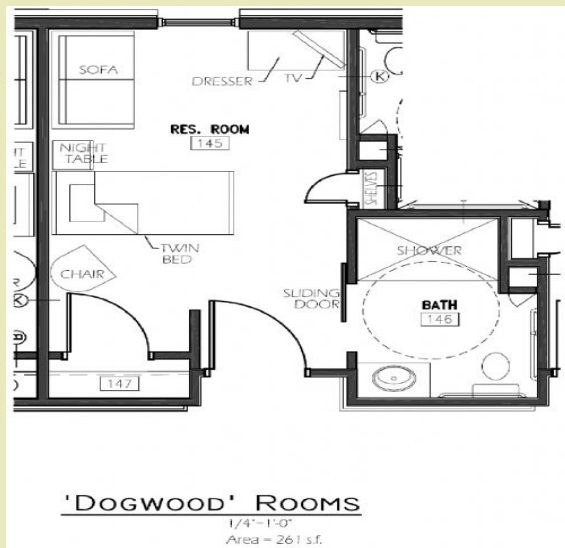
---

*Offering Something DIFFERENT in Senior Living*

973 Buck Mountain Rd., Bentonville, VA 22610 (540) 636-2008 [www.hiddenspringsseniorliving.com](http://www.hiddenspringsseniorliving.com)

## Advanced Care and Memory Care:

- Private or Companion Rooms
- Hospital Bed
- 24/7 Alert Call system
- Handicapped accessible bathroom and shower
- Ample closet space
- Mountain views from the window
- State of the art sprinkler, smoke, fire detection and alarm systems
- Fire resistant construction
- Interior and Exterior Maintenance provided



The private room is the **Dogwood**.

The **Red Bud** is a companion room. This room is two separate bedrooms, but the residents share a bath.

The **Cardinal** is the corner room.



## **Advanced Care and Memory Care:**

- Weekly and daily housekeeping
- Linen and personal laundry
- 24/7 nursing staff under the supervision of the LPNs 7 days a week. CNAs and Med Techs are assigned to each shift.
- 24/7 Emergency call system
- In-house Physician visits
- Rehabilitation services to include Occupational, Physical, and Speech
- Pharmacy Services available
- Medication distribution and administration
- In-house Podiatry visits
- Bathing and hygiene assistance
- Dressing assistance
- Assistance with mobility
- Assistance with management of incontinence
- Assistance with eating
- Enclosed outside garden and walking path
- In-house Beauty/Barber Salon
- Whirlpool spa bath
- Dining room serving three delicious meals daily-including special diets
- Snacks available
- Full time Activities Department to plan physical, mental, social and spiritual programs and events.
- Transportation in a handicapped accessible van and bus



---

***Offering Something DIFFERENT in Senior Living***

973 Buck Mountain Rd., Bentonville, VA 22610 (540) 636-2008 [www.hiddenspringsseniorliving.com](http://www.hiddenspringsseniorliving.com)

## Home Care:

- Companionship:
  - Meal preparation
  - Medication reminders
  - Accompany to physician visits
  - Grocery shopping
  - Laundry
  - Light housekeeping
  - Socializing
- Personal Care:
  - Bathing
  - Dressing
  - Incontinence
  - Mobility
- Alzheimer's or Dementia's Care:
  - Managing behavioral symptoms
  - Encouraging engagement
  - Assist with activities of daily living
  - Keeping the client safe
- Transitional Care:
  - Transportation
  - Prescription drop off and pick up
  - Hospital discharge assistance
- Hospice Support:
  - Supplemental support
  - Respite for family caregivers



---

*Offering Something DIFFERENT in Senior Living*

973 Buck Mountain Rd., Bentonville, VA 22610 (540) 636-2008 [www.hiddenspringsseniorliving.com](http://www.hiddenspringsseniorliving.com)



# HIDDEN SPRINGS SENIOR LIVING

*Offering Something DIFFERENT in Senior Living*  
 973 Buck Mountain Rd., Bentonville, VA 22610 (540) 636-2008 [www.hiddenspringsseniorkiving.com](http://www.hiddenspringsseniorkiving.com)



# HIDDEN SPRINGS

## SENIOR LIVING

*Does this sound like your type of Senior Living?  
Give Hidden Springs Senior Living a call to schedule a  
personal tour!*

*Contact Vicki Rudacille Davison at (540) 622-4512  
Email: [vdavison@hiddenspringsseniorliving.com](mailto:vdavison@hiddenspringsseniorliving.com)*

