



# CENTRA PACE

A Program of All-Inclusive  
Care for the Elderly

## TAKE-HOME TOUR

PACE is a program of the  
Commonwealth of Virginia

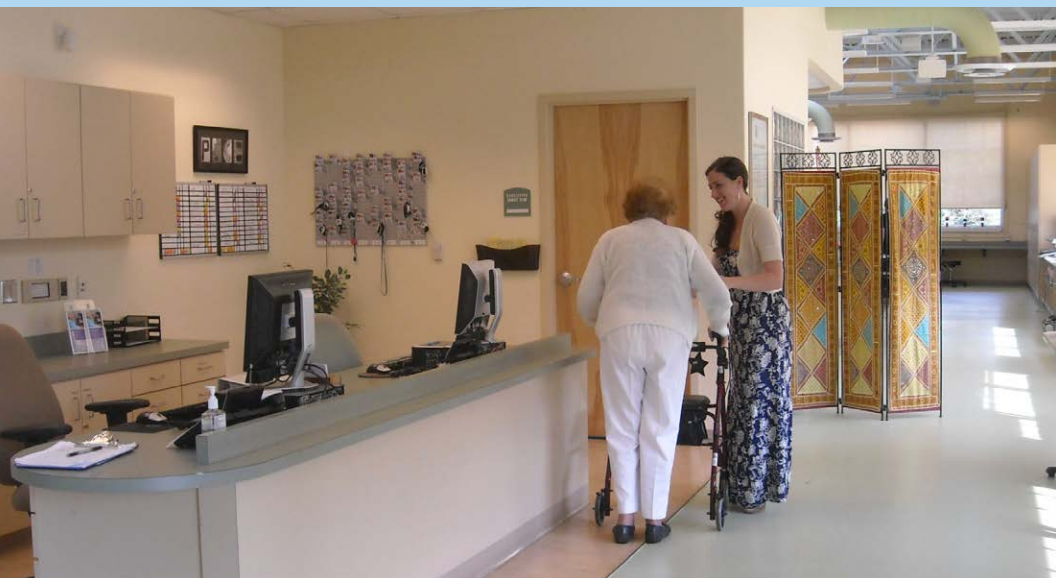


Phone: 434.200.6516  
407 Federal Street  
Lynchburg, VA 24504  
CentraHealth.com

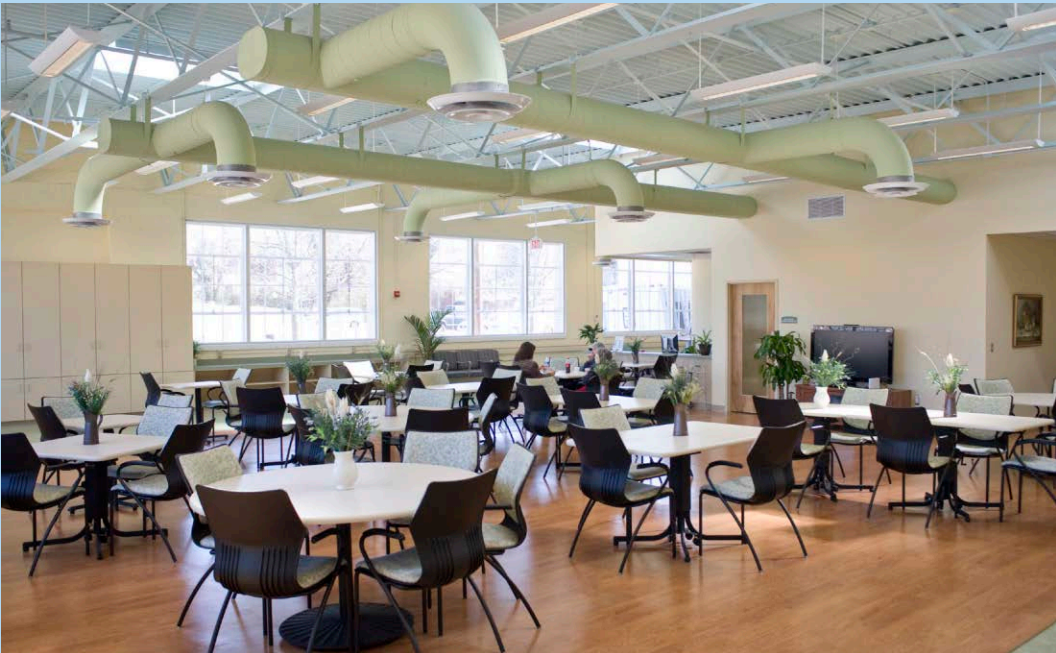
**P**ROGRAM OF  
**A**LL-INCLUSIVE  
**C**ARE FOR THE  
**E**LDERLY



**WELCOME TO  
CENTRA PACE!**



# CENTRA PACE DAY ROOM



- The PACE Day Room is open from 7am to 5:30 pm, Monday through Friday.
- Participants attend the day room from 1 to 5 days per week, depending on their individual needs.
- Breakfast is served for those who arrive early.
- A full hot lunch is served daily.
- There is an exercise group twice daily.
- Other activities include games, crafts, entertainment, and outings.



# CENTRA PACE CLINIC

- The Centra PACE clinic is staffed by registered nurses.
- There is a doctor available in the clinic four to five days per week.
- The clinic is able to manage lab work, IVs, wound care, routine wellness visits and many other services.
- Participants may be seen in the clinic while they are at PACE or may be picked up and brought to the clinic by a PACE driver.

# CENTRA PACE GYM

- The Centra PACE gym is staffed with Physical Therapists, Occupational Therapists, and Therapy Assistants.
- Participants receiving some form of rehab have appointments that coincide with their center schedule so that the service is more convenient for them.
- Participants in need of speech therapy will receive that service from a contract provider.



# THE BEAUTY SHOP

- The beauty shop is an independent convenience available at the PACE center.
- The shop is open 1 to 2 days per week, and prices are set by and paid directly to the beautician.



# THE SUN ROOM



- The Sun Room is an available alternative to the busy and active day room.
- Smaller activities may be scheduled in the sun room for those who like some quiet time.

# THE QUIET ROOM



- The Quiet Room is used for smaller activities and more intimate gatherings.
- Participants may also choose to use this room to get away from the hustle and bustle of the Day Room.



# THE ENCLOSED COURTYARD

- Just another place to get away from it all.



## **The advantages of the Centra PACE program of care:**

- Everyone wants, most of all, to be at home!
- Live with and near family and loved ones
- Be in familiar and comfortable surroundings
- Be a part of the neighborhood and community
- Continue to do the things that are routine
- Enjoy the simple pleasures in life

