



FOR IMMEDIATE RELEASE

THE SOUTHERLANDS ESTABLISHES PARTNERSHIP WITH DR. AHMED OF SHENANDOAH MEDICAL ASSOCIATES

On September 24, 2010, Dr. Ahmed of Shenandoah Medical Associates paid his first visit to The Southerlands as its in-house Wellness Physician. Every third Tuesday of the month, Dr. Ahmed will visit The Southerlands to provide such services as physical assessments, consultation, medication review, and medical advice for residents among all levels of care: Independent, Assisted, and Intensive Assisted Living. This is a wonderful opportunity for both The Southerlands and Dr. Ahmed to better promote wellness services within the senior population. Executive Director, Michael Williams, and the staff of The Southerlands are proud and excited to have this partnership with Dr. Ahmed, as well as have the ability to deliver such services to its resident population.

The Southerlands is locally owned and operated and is a registered Continuing Care Community with the Commonwealth of Virginia. In addition to serving the active adult and senior community of the Shenandoah Valley, members of The Southerland's staff strive to play active roles within the community in areas such as Rotary and various religious and civic organizations.

(History: The Southerlands Retirement Community opened in 1996 by three local businessmen, Courtney Carbaugh, Gray Blanton, and Dr. James Williams, as the first continuing care retirement community for residents of Warren County and surrounding areas. It has been the number one choice for carefree, comfortable retirement living with its services, amenities, and scenic location. "The Southerlands is more than a home. It is a family.")

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For more information regarding The Southerlands Retirement Community, please contact:

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