

GRAPHIC DESIGN PORTFOLIO



cynthia
MCCOY

Exceptional **CUSTOMER SERVICE.**

Our team is dedicated to providing exceptional customer service. We take pride in recognizing that no request is too small and every request gets the proper attention it deserves.

*Enriching the Lives of
Seniors with Joy.*



Contact Us

1350 Longwood Ave.
Bedford, VA 24523

540-586-0825
CardinalSenior.com



**Loving and
Compassionate
Care**

Schedule Your Tour Today!





About Us

Cardinal Senior Living is the premier provider of assisted living, memory care services (Dementia / Alzheimer's. Cardinals unique facility layout places our residents in close proximity to our staff and promotes frequent contact throughout the day.

Room Options*

Shared Rooms - \$1,900/mo

Private Room - starting at \$2,600/mo

Memory Care - (Dementia / Alzheimer's Care)

starting at \$3,200 /mo

**Rates are subject to change.*



Schedule a Tour

540-586-0825

Our Services

We provide our customers with respect, dignity and love.

Assisted Living

Assisted living refers to one's need for assistance with daily living tasks all while promoting their highest level of independence.

Memory Care

Specialized Memory Care services are available for those with progressed dementia or Alzheimer's who may require additional oversight and support.

Life Enrichment

Life Enrichment refers to our Activities Program. Cardinal believes that having daily activities specifically tailored to our resident's interests is important and instrumental with quality of life.

Dining Experience

Full-service dining experience including 3 home cook meals every day (breakfast, lunch, dinner), developed by a licensed dietician, using local produce and meats.

Cardinal Beauty Care

At Cardinal we have a full-service salon managed by a licensed cosmetologist.

Why Choose Cardinal?

Dedicated and Trained Staff Members -

Our team cares! Many of our staff members have served this community for over 20 years. Our staff members understand the responsibility they have been entrusted. We are invested in our residents well-being and are trained to provide the essential functions necessary to service our many great residents.

Activities - Cardinal believes that being active is a vital element to quality of life and is committed to providing a program that will promote our residents to be active, social and engaged. Led by a CDP (Certified Dementia care Practitioner), our program offers a variety of options to ensure that individual resident interest are considered in the ongoing development of the programs each month.

Onsite, Involved Ownership - The owners of Cardinal Senior Living live within a 20 mile radius. They are actively involved in day to day operations and often onsite. This means you have direct access to ownership at any time.

Licensed Nurse Oversight - You can take comfort in knowing our nursing program has hands-on involvement. Our licensed Nursing Director is committed and dedicated to providing excellent care for our residents.





Greater Lynchburg Transit System

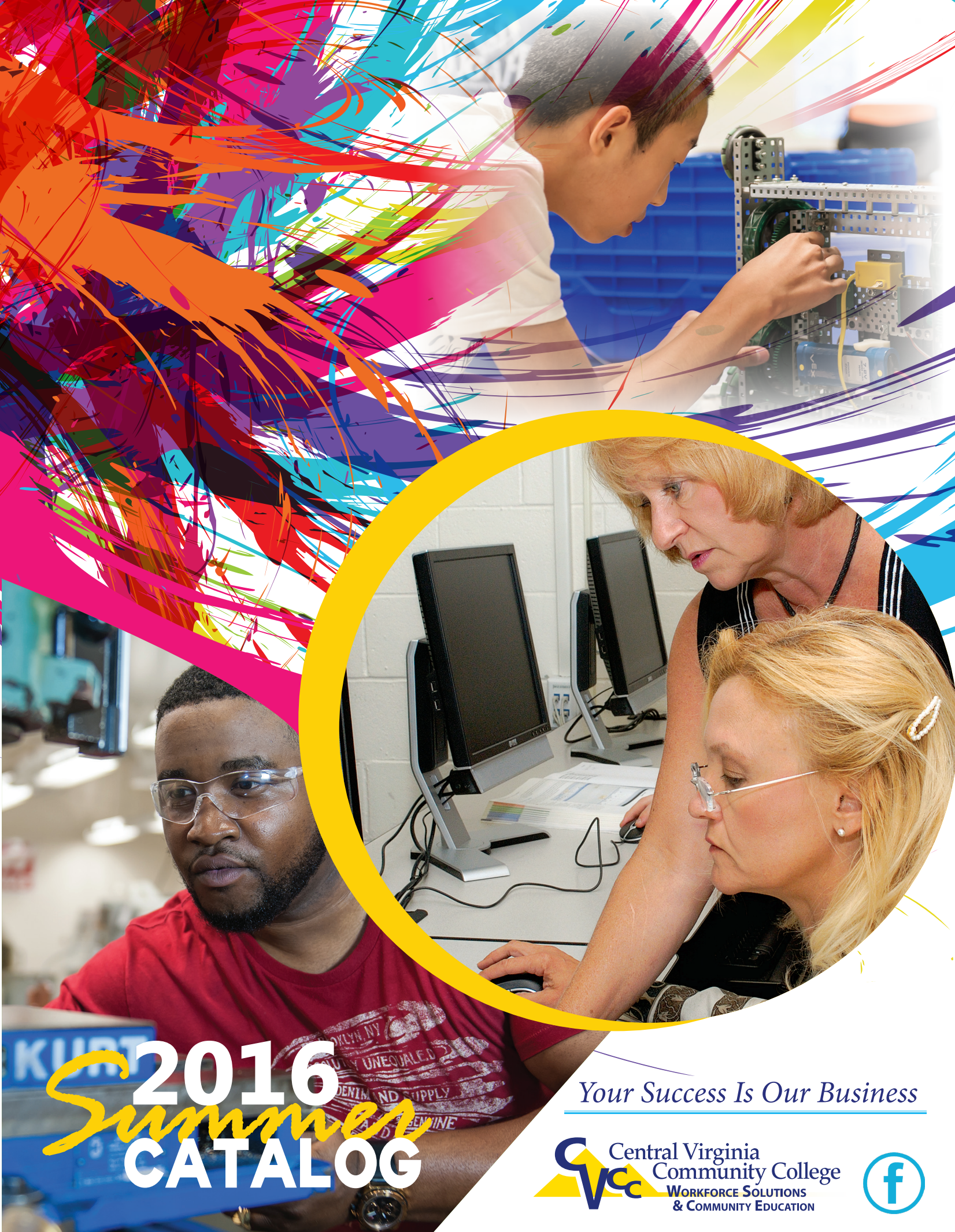
1301 Kemper St., • Lynchburg, VA 24501

434.455.5080 • GLTCOnline.com

Annual 2018 Report

WE'RE HERE TO GET YOU THERE!





2016 *Summer* CATALOG

Your Success Is Our Business

 Central Virginia
Community College
WORKFORCE SOLUTIONS
& COMMUNITY EDUCATION



The News & Advance

Holiday 2018

SHOP
til you
DROP

Shopping & Resource Guide

INSIDE

Shopping
Recipes
Decorations
Family Traditions
& More



**BLACK
FRIDAY
DEALS**

FEATURING HUNDREDS OF
DEALS AND DOOR BUSTERS
FROM AREA RETAILERS



Scan, Shop & Save

Participating retailers include:



NOV 20

11AM - 2PM

GRAND STAIRCASE
MASSACHUSETTS STATE HOUSE,
BOSTON

zero Emission

2ND ANNUAL RECOGNITION CEREMONY

WELCOME FROM THE STATE

11 AM - 11:15 AM

Secretary Kathleen Theoharides
Undersecretary Daniel Sieger
Commissioner Martin Suuberg

RECOGNITION CEREMONY

11:15 AM - 11:45 AM

CLOSING REMARKS

11:45 AM - 12 PM

Kirk Brown, Recharge America

NETWORKING LUNCH AND ROUNDTABLE DISCUSSION

Immediately Following Ceremony

SPECIAL SILVER SERIES



CREATIVE INTERIOR DESIGNS BY LYNDA

Your Home Is Where Our Creations Begin.



CONTEMPORARY BEDROOM



MODERN OFFICE



TRADITIONAL LIVING ROOM

temate® BW-LT(ERW)

ERW Pipe Weld Inspection

Couplant Free
Meets all API Standards

Features include:

- Non-contact ultrasonic EMAT technique.
- Installs immediately after welder for immediate feed-back on the quality of the weld.
- Provides full volumetric inspection of the weld according to API standards.
- Detects ID and OD notch-type defects 12mm long and 5% deep, and 1.3mm thru-holes at speeds of up to 1.5m/s.
- Discriminates between ID, OD and point-type defects, including a custom algorithm for ID Trim problems.
- Independent PLC for line integration.
- Automated flaw marking option.

For a **QUOTE** or more **INFORMATION**,
visit **Innerspec.com/temate** or call **434-948-1301**

Innerspec
High-performance NDT solutions





Professional Development Initiative for Schools (PDIS) One Day Forum

June 15, 2015



Two Dynamic Sessions
9am-11:30am & 1pm-3:30pm
Nature & Needs of Gifted Learners
Creative Thinking & Writing
Across the Curriculum: Synectics

Workshop Facilitators



Dr. Holly Robbins
Radford University



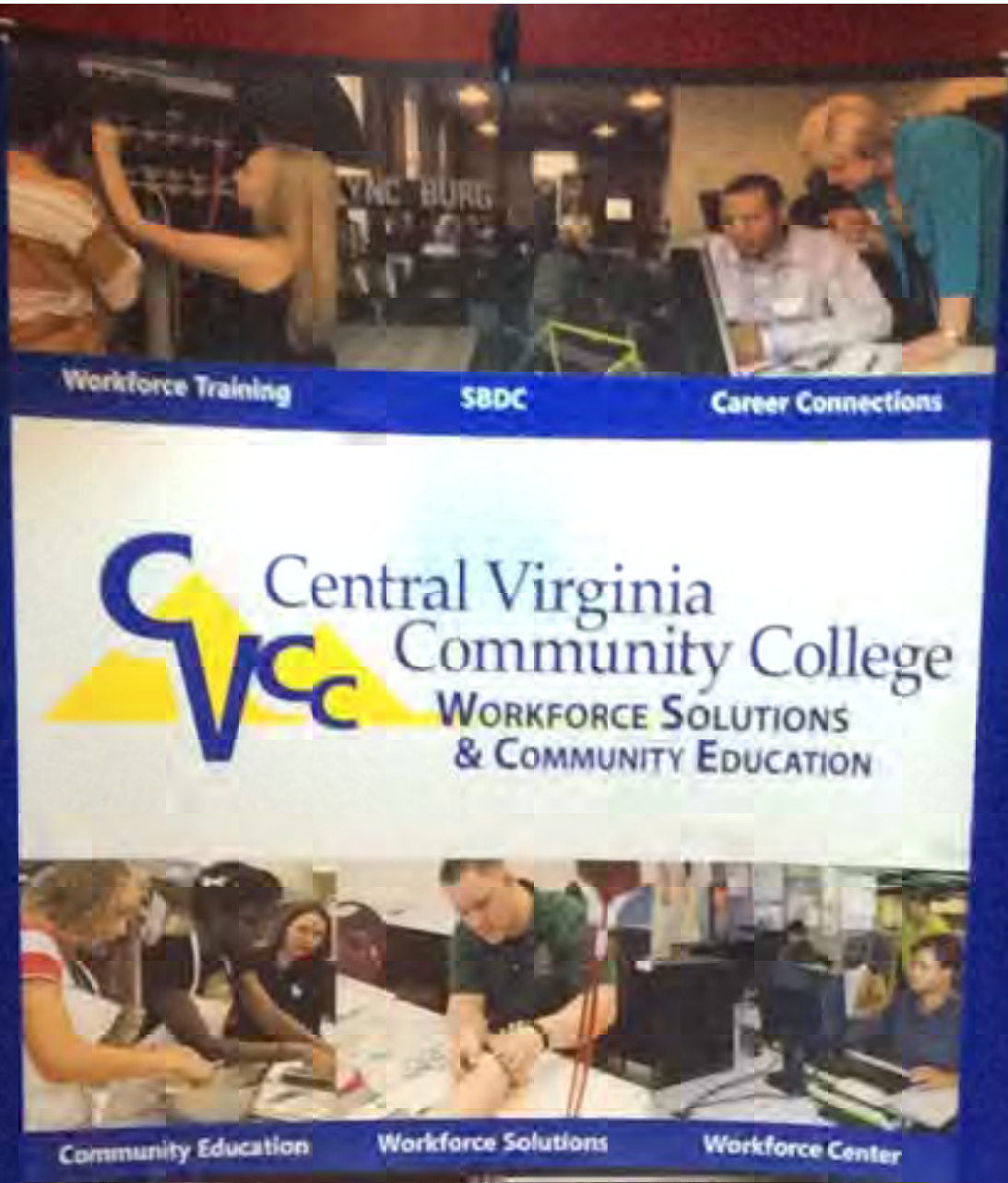
Dr. Gregory Martin
Lynchburg College

Website Design
Print **Design**
Digital Marketing



The Solution For Your Marketing Needs.







**YOUR SUCCESS
IS OUR BUSINESS**

WORKFORCE SOLUTIONS

Customized Training
Business Services
Technology Training
Distance Learning
Educators' Training

Rapid Train (short-term training)
Entrepreneurial Training
Youth Programs
Assessment Tools
CDL Training



CVCCWorkforce.org

3506 Wards Rd. • Lynchburg, VA 24502
434-832-7607 • workforce@cvcc.vccs.edu

EEO/ADA • VA RELAY 711



About Us

“We address the educational needs of employers, job seekers and the community to enhance economic prosperity and the quality of life.”

Central Virginia Community College's Workforce Solutions & Community Education Division works with area businesses, industries, schools, and organizations to train employees for 21st century workforce demands.

We are the premier resource available to deliver comprehensive employment and workforce solutions throughout Region 2000.

We address the educational needs of employers, job seekers and the community to enhance economic prosperity and the quality of life.



Services Include:

CUSTOMIZED TRAINING – A wide variety of customized credit and non-credit business, industrial, trades, human resource, leadership, health technology & computer courses are offered to meet the needs of the region's incumbent workforce. Training can be conducted at your location or ours, on any schedule that suits your needs.

ASSESSMENT TOOLS – The Career Readiness Certificate is a portable credential – powered by WorkKeys® that verifies to employers anywhere in the United States that an individual has essential core employability skills. We also offer a wide range of assessment tools to meet employer needs for hiring, credentialing, and work evaluation.

PROFESSIONAL DEVELOPMENT – Continuing education courses and seminars are available in a traditional classroom setting or online. Programming offered meets continuing education and certification needs to include tradesmen licensure for DPOR, human resource professionals, OSHA, project management professionals, and more.

ENTREPRENEUR SERVICES – Through the Small Business Development Center we provide consulting and small business services and resources to local entrepreneurs. Visit SBDCCVCC.org for more information or call 434.832.7607.

RAPID TRAIN – Through our Rapid Train programming we provide short-term training to individuals seeking certification in high demand careers to include, technology, CDL training, Microsoft office professionals, legal professionals, and more.

YOUTH SERVICES – We offer a wide of services to area youth to include Youth initiatives/Career pathways programming, school programs, Summer Academies, Transition Program, Summer High School Internship Program, College & Standardized Preparation courses, and more!

ONLINE TRAINING – Learn and train anytime, anywhere, 24/7/365. We offer many online training opportunities, covering a wide range of topics offered through a variety of training partners. Subjects include workforce training and personal interest topics.

**Business or Personal
Whatever your training
needs are, we can help.**

**Contact us today -
434.832.7607**

workforce@cvcc.vccs.edu

Billboards for Ad Campaign

My CVCC Success Story

With the Training I received from Workforce Solutions, I now have my *dream job*.

Kelson R. - Welding Instructor

 Central Virginia Community College
Workforce Solutions & Community Education

Your Success Is Our Business!

CVCCWorkforce.org • 434-832-7607



My CVCC Success Story

I gained valuable Corporate Team Building experience with Workforce Solutions Training.

April L. - Team Building Culinary Class

 Central Virginia Community College
Workforce Solutions & Community Education

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My CVCC Success Story

With the Career Assistance I received from Workforce Solutions, I am now employed.

Janelice T. - CVCC Transitions Student

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Your Success Is Our Business!

**Workforce Training
Employment Assistance
Career Advancement**

 Central Virginia Community College
Workforce Solutions & Community Education



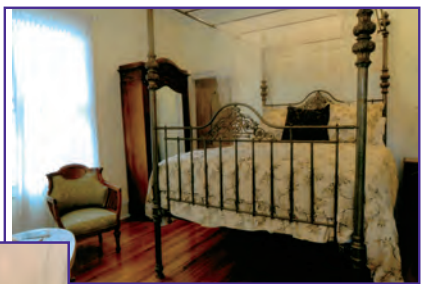
CVCCWorkforce.org • 434-832-7607

House of Lydia

BED & BREAKFAST



*Relax amidst the
elegance
& grandeur*

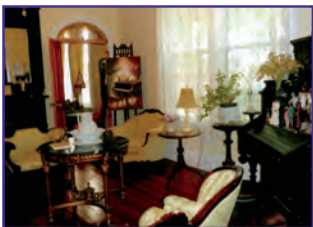


*of our turn of
the century
Victorian Bed
& Breakfast.*

*Located in Lynchburg, Virginia's
Historic Garland Hill District*

313 Madison Street
Lynchburg, VA 24504
www.HouseofLydiaBB.com

The House of Lydia is a faith-based Bed and Breakfast located in the historic Garland Hill district. This unique B&B welcomes overnight business guests as well as those seeking respite, renewal and sanctuary. Visiting ministers, seminary professors, missionaries, business and other guests will experience genuine hospitality in an atmosphere of peace and quiet. Our B&B exudes old-home charm with wide, wrap-around porches, an old-

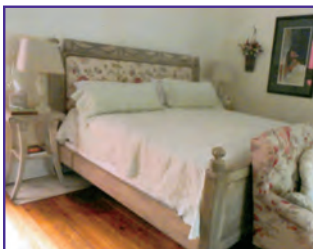


fashioned swing, and rooms that are welcoming and relaxing. The House of Lydia offers the privacy of an enclosed courtyard with a garden area resplendent with fragrant blooms in Spring and Summer.

Guest rooms, each with private baths, feature spacious rooms with 10 ft ceilings, king-sized beds, antique armoires and

comfortably upholstered chairs that invite you to relax and put

your feet up. The largest featured bedroom provides timeless elegance with an old French brass canopy bed, adjoined by a deluxe size bathroom. This is perfect for a Bridal or Honeymoon suite. The large air-jetted bathtub with marble surround and rain shower combo provide a regenerating spa experience after a busy day of activities.



Breakfast can be enjoyed by guests on the side porch or the inside dining room, and afternoon tea in the elegant parlour. Other public rooms available to our guests include a sunny reading room/library for cuddling up to a good book and a sitting room to enjoy TV and music.



Other amenities:

- Full, healthy breakfast (vegetarian & special dietary requests accommodated)
- 24 hr Complimentary Beverages
- Wireless Internet
- Historic downtown shopping area nearby
- Bike and hiking trails & YMCA for fitness lovers nearby
- Self-guided architectural walking tours along cobblestone streets of period homes and churches
- Fine selection of local eateries minutes away
- Travelers checks, credit/debit cards accepted
- Children over 10 yrs of age accepted
- Smoke-free environment



BONNIE ADAMS & MARY DALTON, INNKEEPERS

For Rates & Reservations Call:

434.534.1665

Email: reservations@HouseofLydiaBB.com



Website Design Print Design Digital Marketing



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The Solution For Your Marketing Needs

advertising viral blog internet
like **Digital** media links
Marketing forum
seo communication mail
website network technology
campaign followers adwords



Annual
CASINO
ROYALE
HOLIDAY CHARITY NIGHT

December 5, 2019- 7:30pm-12:00am



Annual
CASINO
ROYALE
HOLIDAY CHARITY NIGHT



featuring
DC'S SECRET SOCIETY DANCE BAND

December 5 ♦ 7:30pm - 12am

MUSIC :: HEAVY HORS D'OEUVRES :: BLACK JACK :: PRIZES AND MORE

CITY VIEW BY THE JAMES

828 MAIN ST., 20TH FL., • LYNCHBURG, VA 24504

FOR TICKETS VISIT IIMCR-VA.ORG/EVENTS



Minority Business Expo 2015

Innovate2Elevate 
MinorityBusinessExpoVA.com



The Expo is **FREE and open to the public** - you must register to attend.

Workshops & Plenary Sessions - 8am - 4pm

Vendor Showcase - 11am - 4pm

Networking Luncheon - 11:30am - 12:30pm

A great networking and business exposure opportunity for small, women & minority-owned businesses.

BRING PLENTY OF BUSINESS CARDS!



Workshops Include:

- Digital Marketing Strategies
- Entrepreneurship: Women in Business
- Financial Forecasting / Small Business Accounting
- Procurement: Doing Business With the Government
- Funding Your Venture
- Superior Customer Service/CRM
- And More! - Visit our website for details

Exhibitor Booths & Corporate Sponsorships Are Available



Don't miss the Region's first **Minority Business of the Year Awards Banquet from 6pm-8pm.** Visit the Expo website to submit your nomination and purchase Banquet tickets.

Register Now

MinorityBusinessExpoVA.com

