

Mental Health benefits of emotional support animals

- lifts spirits and lessens depression
- lowers feelings of isolation and alienation
- encourages communication
- provides comfort
- increases socialization
- lessens boredom
- reduces anxiety
- reduces loneliness



What are the benefits of healthy foods?

Adults with an intellectual disability are faced with several health-related challenges associated with diet. For many, obesity and secondary diseases constitute a major health problem.

Better dietary interventions must be put on the agenda to ensure that this group of people have their statutory right to a health- promoting diet fulfilled.

LILLY OF THE VALLEY

Residential Services

**"There is only one Success-
to be able to Live your life in YOUR
OWN WAY. "**



OUR HOMES FEATURE:

Private bedroom in a newly renovated home
Flat screen televisions, cable, WiFi
In-home washer & dryer
Medical and community transportation
Walk-in showers
Central air/ heating
Pillow top mattresses
Stainless steel appliances
Dishwasher

WHO WE ARE

Our Mission

Lilly of The Valley provides Direct Individualized Care and Supportive Services for those persons living with Intellectual and Developmental Disabilities as well as Autism.

We are a family owned and operated business rooted in mental, emotional, and spiritual growth. Our belief is that you should have a voice when it comes to enhancing your ability to live independently and as an integral member of the community.

Our Commitment

Lilly of The Valley has a responsibility to the people we support, and that is to assist them in enhancing their health and safety.

What we keep in mind is that health is not just about physical needs. But it is also about the things people desire, and the things that help sustain us and keep us happy. The people we support need the same things that we do- interests, hobbies, goals and other people to share those experiences with them.

Contact Us Today!

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OUR NEIGHBORHOOD AMENITIES:

Close Proximity to public transportation
Local shopping plaza
Local parks
Public Library
Basketball court
Grocery store
Gym
Juice room
Religious Services
Barbershop
Live music
Outdoor movie night

