



**The Towers' Executive Director Awarded 2009
"Administrator of the Year"
by the Virginia Health Care Association**

Richmond, VA, September 28, 2009 – Tara L. Davis-Ragland, M.S.A, L.N.H.A, Executive Director of "The Towers," Beaufont Towers Retirement and Assisted Living Community in Richmond, VA, was named the 2009 VCAL "Administrator of the Year" by the Virginia Health Care Association (VHCA). Chosen by a panel of her peers, Davis-Ragland received this distinguished honor at the VHCA's awards ceremony in Hampton, Virginia, on September 16, 2009.

Working as The Towers' Executive Director since 2001, Davis-Ragland is known for her strong commitment to both her staff and residents. She inspires her team to leverage their strengths, think big and be creative. Among residents, she fosters an environment of honesty, dignity and individualism. Most importantly, Davis-Ragland leads by example, encouraging those in her supervision to provide the ultimate level of care to The Towers' residents.

This honoree also excels at strategic planning and financial management. These assets have gone a long way in helping her better serve residents and ultimately, in advancing The Towers' mission.

Davis-Ragland, who has spent most of her career improving the operation of long-term care communities, admits that she has had e career aspirations for the health care industry since a very early age. She attributes much of her inspiration to her sixth-grade teacher, who took her to the Adopt-a-Grandparent program at her mother's nursing home. There Davis-Ragland met the woman who would become her role model. "I watched this lady, who was impeccably groomed, and dressed to the nines, interact with the residents there. She was so full of energy and you could tell she loved what she did," says Davis-Ragland. "I was enamored with her... and wanted to be like her."

For more information on Beaufont Towers or to schedule an interview with Tara Davis-Ragland, please contact Lauren Friedman at 804-320-1412.

About The Towers: The Towers, a retirement and assisted living community, located down the street from the Chippenham Campus of CJW Medical Center, has been serving Richmond for over 25 years. For more information, visit www.rui.net/beaufont/beaufont.php.