

RETIREMENT

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Winter 2021

Showcasing the Best of Central North Carolina

7 Great Trips...

(Even During Covid)
pages 6-8





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National Association of Homebuilders

Housing Guides of America

In This Issue...

It's 2021, we made it! We made it through a challenging year, whew! Sadly, some did not and it would be short sighted of me to not take a moment and remember those that loss their lives to COVID. With the vaccines rolling out, we now have hope that one day our lives will be back to normal.

This year, I want to spend time outside and do things that improve my well-being and reduce stress. A day trip or as many call it a "Staycation" would suit me fine. Living in NC makes it easy to do since we have the coast and the mountains!

As always, in this issue we have enlightening columns for your reading pleasure. Stay informed by reading our *Planning for the Future* section and if you are interested in learning more, visit our website for an extensive list of articles.

While the print guide you are holding is packed full of information to help you in your search for a new lifestyle, you will find *RetirementResourceGuide.com* to be an even deeper resource for learning about communities and services. The communities have photo galleries, some with videos and tours so you can dive into their community from the comfort of your home.

Stephanie Franklin

Stephanie



Check us out on:



Facebook – Retirement Resource Guide

www.facebook.com/RetirementResourceGuide

Visit our website:

www.RetirementResourceGuide.com

on the cover

Our National Parks have never looked so good! With Covid restrictions reducing retirees' options for travel and recreation there has never been a better time to visit our National Parks. We provide the lowdown on 7 parks that we like on the eastern seaboard and, as of presstime, all are open for business with the exception of Shenandoah National Park which has closed their camping sites temporarily. Story begins page 8.

communities & care

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7 Great Trips...

(Even During Covid)

As we move into 2021, covid restrictions on our lives remain firmly entrenched and you may be thinking about ways to stay safe while, at the same time, seeking some return to normalcy in your life. Restaurants largely remain out of the question for most cautious retirees. The same for shopping. Churches remain virtual, theatres shuttered, and travel...well, travel can still happen if we perhaps opt for a vacation rental with a full kitchen and bypass the hotel. But then...what do you do when you arrive at your vacation destination?

The answer lies in our National Parks! They are open for business and offer an out-of-doors, socially distanced, alternative that is really fun. You'll get some exercise and it's a destination you can enjoy with relative safety.

Living in central North Carolina is a blessing in so many ways; we have 4 distinct and wonderful seasons, we are 2-3 hour's drive from the coast, about the same distance from the mountains and we can enjoy everything a retiree wants to enjoy from a wine tour, to surfing to downhill skiing. Truly, does any other state offer retirees what North Carolina offers in such a perfect and complete package?

If you are inclined to scratch your travel itch or just looking for a fun outlet there are a number of National

Parks along the eastern seaboard that can be accessed within a days-plus drive.

Here are some of our favorites:

1. National Mall and Memorial Parks in DC—

Though we forget this is a National Park it is truly inspirational to visit or revisit this park as often as possible. Though nice in any season, the springtime is undoubtedly the best time to go. The pale-pink bloom of the Cherry Blossoms around the Tidal Basin are a site to behold and frame the main focal points including Martin Luther King, Jr. Memorial, the World War II National Memorial, the Lincoln and Jefferson Memorials and the Washington Monument. The blooms are at their best during most of April, but make sure you avoid the National Cherry Blossom Festival weekend...nobody wants to be surrounded by that many tourists even in non-pandemic times.

2. Acadia National Park in Maine—This wonderful park encompasses the rugged (yet accessible) scenery of Mount Desert Island, the picturesque Schoodic Peninsula as well as the spectacular cliffs of Isle au Haut. As you might imagine, the fall of the year is the best time to visit this park and, for the adventurous, you might consider forgoing the AirBnB and give camping a try. This is surely the venue to do it.

3. Gettysburg Nat. Military Park in Pennsylvania—

The natural beauty of this park is reason enough to visit but the history of this place is palpable. Site of one of the most significant Civil War battles in 1863 it's also where Abraham Lincoln delivered his famous Gettysburg address later that same year. The battleground is beautifully preserved and the ghosts of history will surround you.

You might also check out the “Sickles Oak” while at Gettysburg. This tree is a bonafide witness tree. A witness tree has been described as a massive silent sentinel of history in that it remains decades or even centuries after a noteworthy event. It is a tree that stood at a crucial moment in history...and is still standing.

In the case of the Sickles Oak, this Swamp White Oak witnessed some of Gettysburg's heaviest fighting. It's shade made for an excellent command for Major General Daniel E. Sickles and his men as they gathered under the Sickles Oak on the afternoon of July 2, 1863. Shortly thereafter, Sickles disobeyed direct orders and marched his men into battle where they took heavy losses and Sickles lost his right leg to a cannonball.

The Sickles Oak was over 75 years old in 1863, and has since grown into a big, beautiful, healthy tree.

4. Mammoth Cave in Kentucky—Kentucky has a great parks system offering camping or motels at sites across the state. For a decidedly immersive cave tour Mammoth Cave is the place. The green forest above offers



a chance to commune with the outdoors and camping at this park is highly encouraged.

5. Everglades National Park in Florida—Florida is best avoided in the summer but for a mid-winter getaway the Everglades National Park is tough to beat. Camping at this park is truly a great way to enjoy it and the activities abound. Kayaking gets you up close and personal with the great outdoors but this park also offers great hiking trails through tall pine forests and eerie wetlands that are other-worldly. The wildlife is also some of the most exhilarating to experience with crocodiles and alligators galore.

6. Congaree National Park in South Carolina—This dog-friendly park offers great hiking through dark spooky woods making this deep forest uber attractive for outdoor adventure. Kayaking on Cedar Creek is also an option and helps you get a feel for this expansive flood-





plain of the Congaree River. It has the look and feel of a swamp and is fully worth the trip.

7. Shenandoah National Park in Virginia—For hiking or just scenic driving this park has it covered. Skyline Drive bisects the park and winds along the crest of the Blue Ridge Mountains providing fantastic vistas of the Shenandoah Valley on either side. Don't be surprised if the clouds envelope you on your hike or drive...it's what the Blue Ridge is all about. The Appalachian Trail runs right through this park so you know the hiking is excellent and if you are looking for a hike with a payoff at the end there are numerous waterfalls that will fill the bill. Miles and miles of river-lined trails branch off Skyline Drive so finding the hike you like best may take awhile. Located just 75 miles south of Washington DC you can easily dovetail a visit to his park with a visit to the National Mall and make a week of it.

NPS Senior Pass Details

- Cost of \$80 provides a lifetime pass
- Cost of \$20 provides 1-year pass
- You must be age 62 or over
- May be obtained in person or through the mail
- Provides access to pass owner and accompanying passengers in a non-commercial automobile
- Photo identification may be required
- May provide a 50 percent discount on some amenity fees charged for facilities and services such as camping, swimming, and boat launch

For questions about the pass, contact (888-275-8747, option 3), or fedrecpass@usgs.gov



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For your comfort and convenience, we are offering safe **socially distanced personal tours** and virtual appointments. We invite you to visit our campus today and warm up with **The Woodlands at Salemtowne**.



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marketing@salemtowne.org





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2 BR , 2 BA GARDEN HOME**



Visit our new website at BrookridgeCommunity.org

how to use this guide

Orientation Map

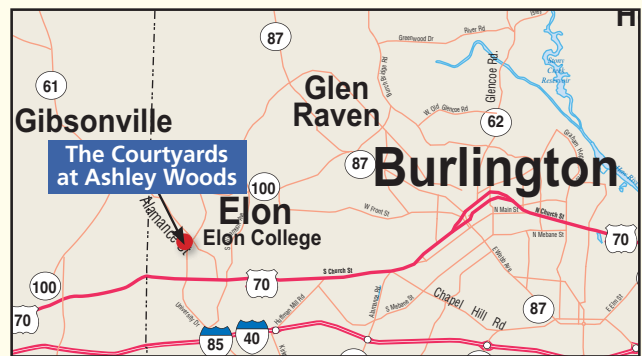
Retirement Resource Guide covers Central North Carolina including Raleigh Durham/Chapel Hill metro area as well as the Greensboro, High Point and Winston-Salem metro. New to the area? You'll want to study housing and lifestyle options for each area as you consider where you want to live. (Our lifestyle articles can help.) As you narrow your search, you'll want to begin your focus on housing communities which are organized by area in our Cross Reference Listings.



Maps with Featured Communities

Once you've studied the Cross Reference Community listings and advertisements you can refer to our map pages 13 through 17 to get an idea of where each advertised community is located. Interactive Google Maps are available from your desktop and cell phone on RetirementResourceGuide.com.

The maps highlight featured communities that we think you'll find to be the best in the market. The color of the box indicates the type of community that most aligns with that property. In the example at the right, Courtyards at Ashley Woods would be considered an Active Adult Lifestyle community.



Listings

Retirement Resource Guide makes every effort to comprehensively list every housing community available in central North Carolina...whether they advertise or not.

This provides the "big picture" of all that's available to you in the marketplace. These communities are listed alphabetically, by area, in the Cross Reference charts within each section. Communities that advertise in *Retirement Resource Guide* are highlighted and we believe you'll find them to be the best communities in the market.

The INDEX Community Cross Reference									
Active Adult Lifestyle									
Community	Ad Pgc.	Area	Priced From	HOA Dues	Age Restricted	Pool	Club	TH, Villa, Apartment	Phone
Greater Raleigh									
12 Oaks		Holly Springs	\$280's			x	x	x	919-607-1317
Bridgeberry		Holly Springs	\$300's			x	x	x	919-525-3952
Cup Villas at Wakefield Plantation		Raleigh	\$400's	\$248/mo		x	x	x	919-422-0475
Courtyards at Heritage Grove, The		Wake Forest	Low \$300's	\$220/mo		x	x	x	919-293-2977
Courtyards at O'Kelly Chapel, The		Curry	Upper \$300's	\$220/mo		x	x	x	919-421-0160
Old Web at Tappan	2	Wake Forest	Mid \$300's	\$178/mo		x	x	x	877-804-2340
Flowers Plantation-Bedford		Clayton	\$240's	TBD		x	x	x	919-553-1984
Flowers Plantation-Chatham		Clayton	\$280's	\$187/mo		x	x	x	919-553-1984
Flowers Plantation-Flowers Crest		Clayton	\$150's	\$75/mo		x	x	x	919-553-1984
Flowers Plantation-Hedge Creek-How Open		Clayton	\$200's	TBD		x	x	x	919-553-1984
Flowers Plantation-Lancelot		Clayton	\$280's	\$222/mo		x	x	x	919-553-1984
Flowers Plantation-North Village		Clayton	\$200's	\$178/mo		x	x	x	919-553-1984
Flowers Plantation-River Dell East		Clayton	\$255's	\$75/mo		x	x	x	919-553-1984
Flowers Plantation-South Quarter		Clayton	\$300's	\$185/mo		x	x	x	919-553-1984
Flowers Plantation-Sweet Grass		Clayton	\$300's	\$250/mo		x	x	x	919-553-1984
Flowers Plantation-The Vine		Clayton	\$215/mo			x	x	x	919-553-1984

Go Online!



While the print guide is packed full of helpful information to help you in your search, you'll find *RetirementResourceGuide.com* to be an even deeper resource for researching communities and services. From our website you'll be able to view videos of advertised communities, extensive photo galleries, interactive maps and more. You can also request information directly from each advertised community. Happy shopping!



Jane in her sunroom.

Beauty Grows Here



AS A LONGTIME AND AVID GARDENER, Jane loves the picturesque natural splendor that helps make Arbor Acres alive with beauty. But you'll more likely find her planting and tending flowers than simply enjoying them. "I like getting my hands in the dirt. For me, working in a garden is as satisfying as the blooms." At Arbor Acres, *along with unparalleled comfort and security*, our residents celebrate the endless variations and possibilities of beauty. *What is beautiful to you?*

www.arboracres.org

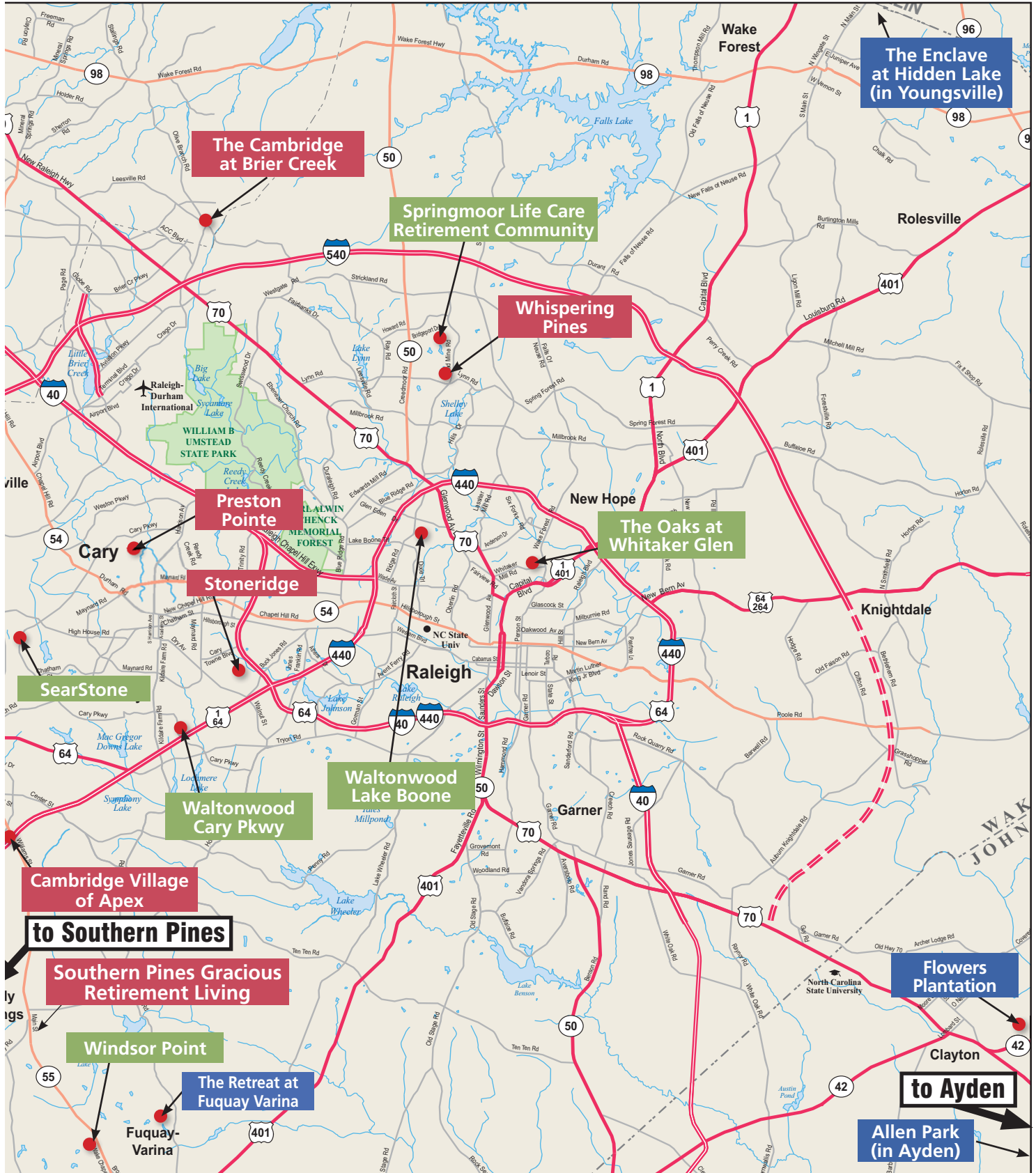
1240 Arbor Road, Winston-Salem, NC 27104
336-724-7921

This map shows the Durham, North Carolina area, including surrounding cities and landmarks. Key features include:

- Cities and Towns:** Hillsborough, Mountain View, Gorman, Durham, Chapel Hill, Carrboro, Parkwood, Morrisville, Cary, and Fearington.
- Highways:** Major roads like I-85, I-40, I-77, and US-70 are shown. Local roads like Durham Blvd, Chapel Hill Blvd, and Research Triangle Park are also labeled.
- Landmarks:** Eno River State Park, Research Triangle Park, William B. Umstead State Park, and various lakes like Eno Lake, Hillsborough Lake, and Falls Lake.
- Other Labels:** Sagewood (marked with a red dot and a blue box), Azalea Estates, Chapel Hill, Carrboro, Parkwood, Morrisville, Cary, and Fearington.

Category	Care Type
Housing	Active Adult Lifestyle
	Independent Living
Communities	Life Plan Communities
	Assisted Living
Healthcare	Rehab & Nursing
	Memory Care

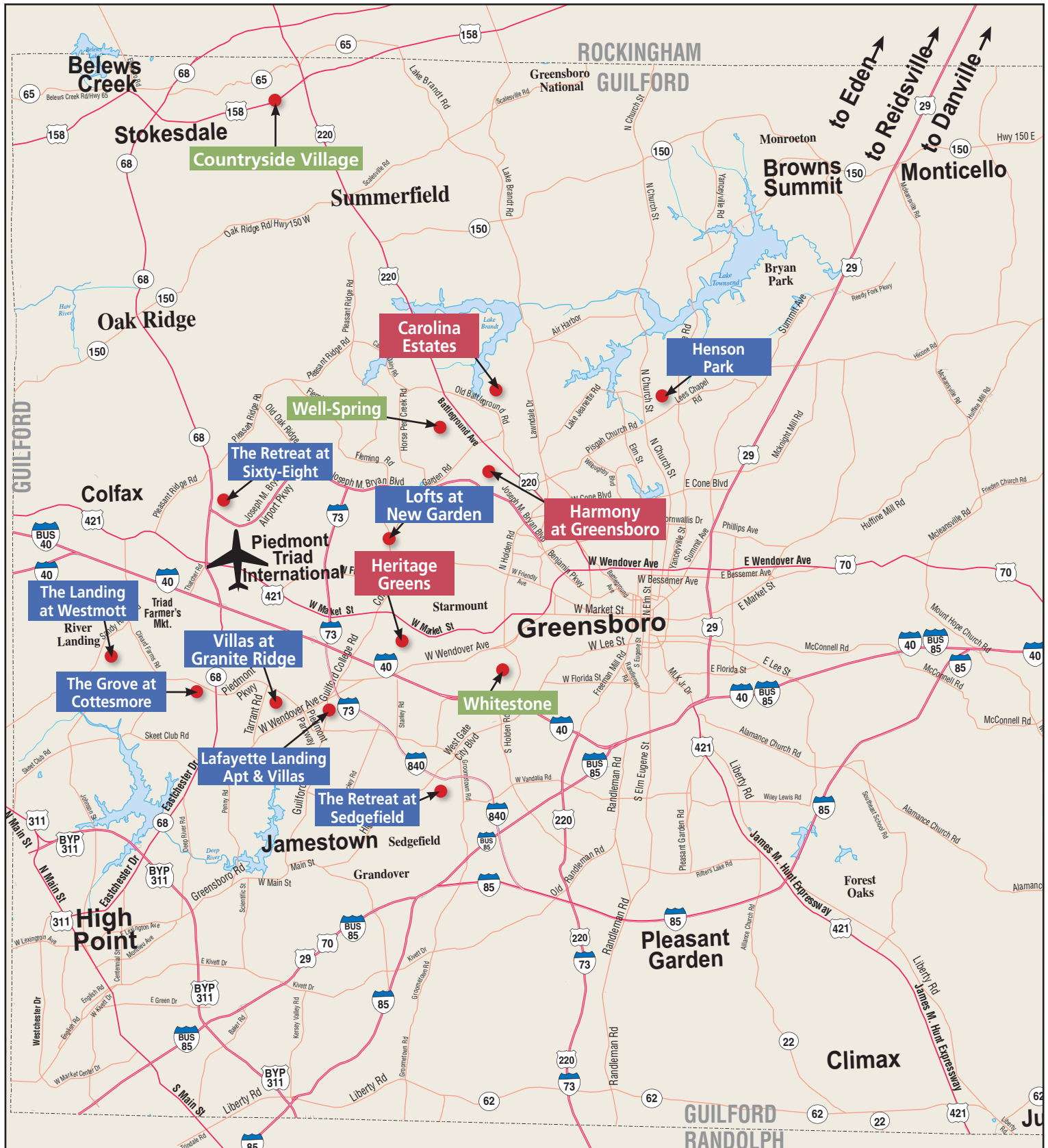
GREATER RALEIGH MAP & FEATURED COMMUNITIES



FEATURED COMMUNITIES

Housing	Communities	Healthcare	Memory Care
Active Adult Lifestyle	Independent Living	Life Plan Communities	Assisted Living
		Rehab & Nursing	Memory Care

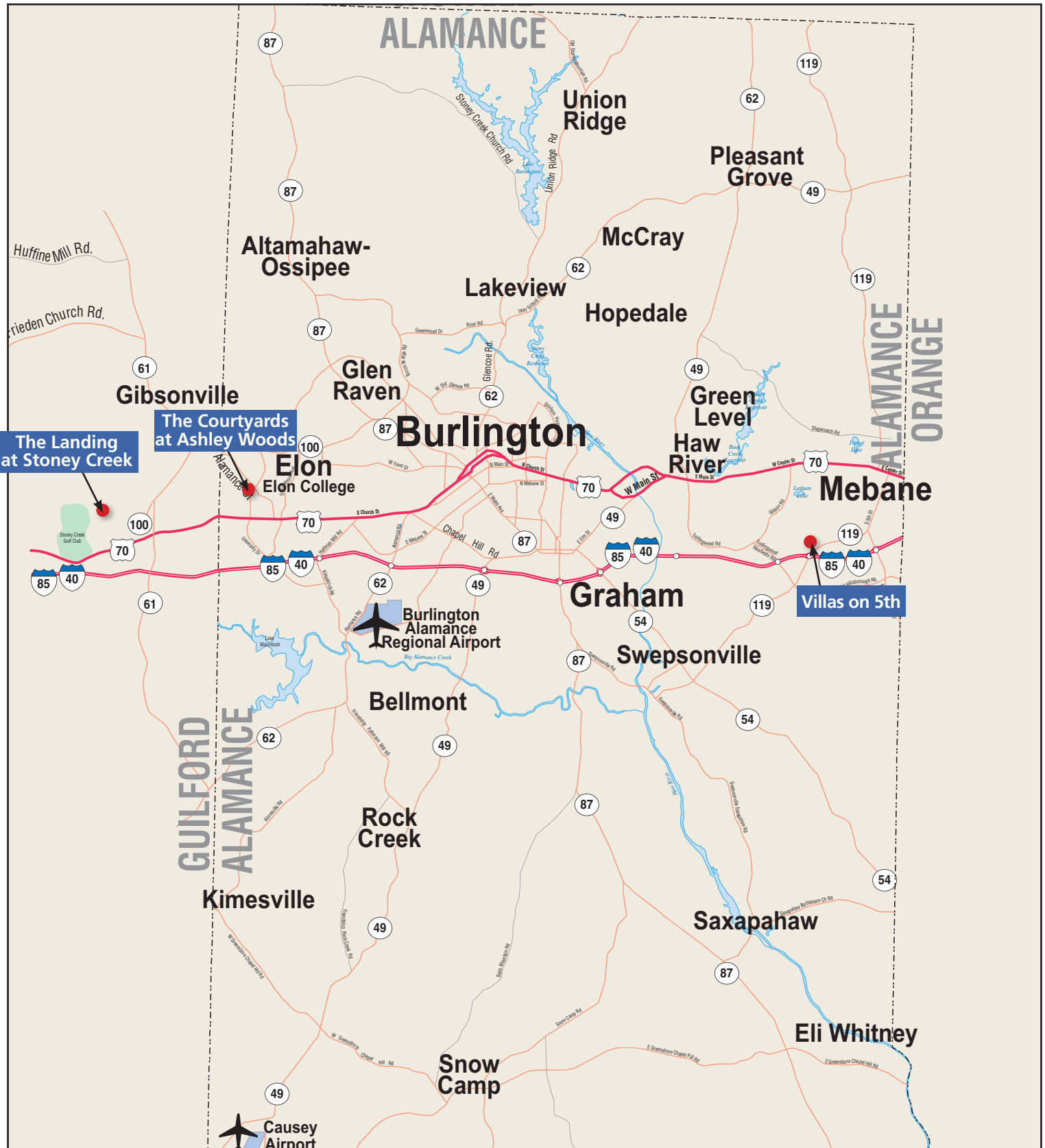
GREATER GREENSBORO MAP & FEATURED COMMUNITIES



FEATURED COMMUNITIES

Housing	Communities	Healthcare
Active Adult Lifestyle	Independent Living	Life Plan Communities
		Assisted Living
		Rehab & Nursing
		Memory Care

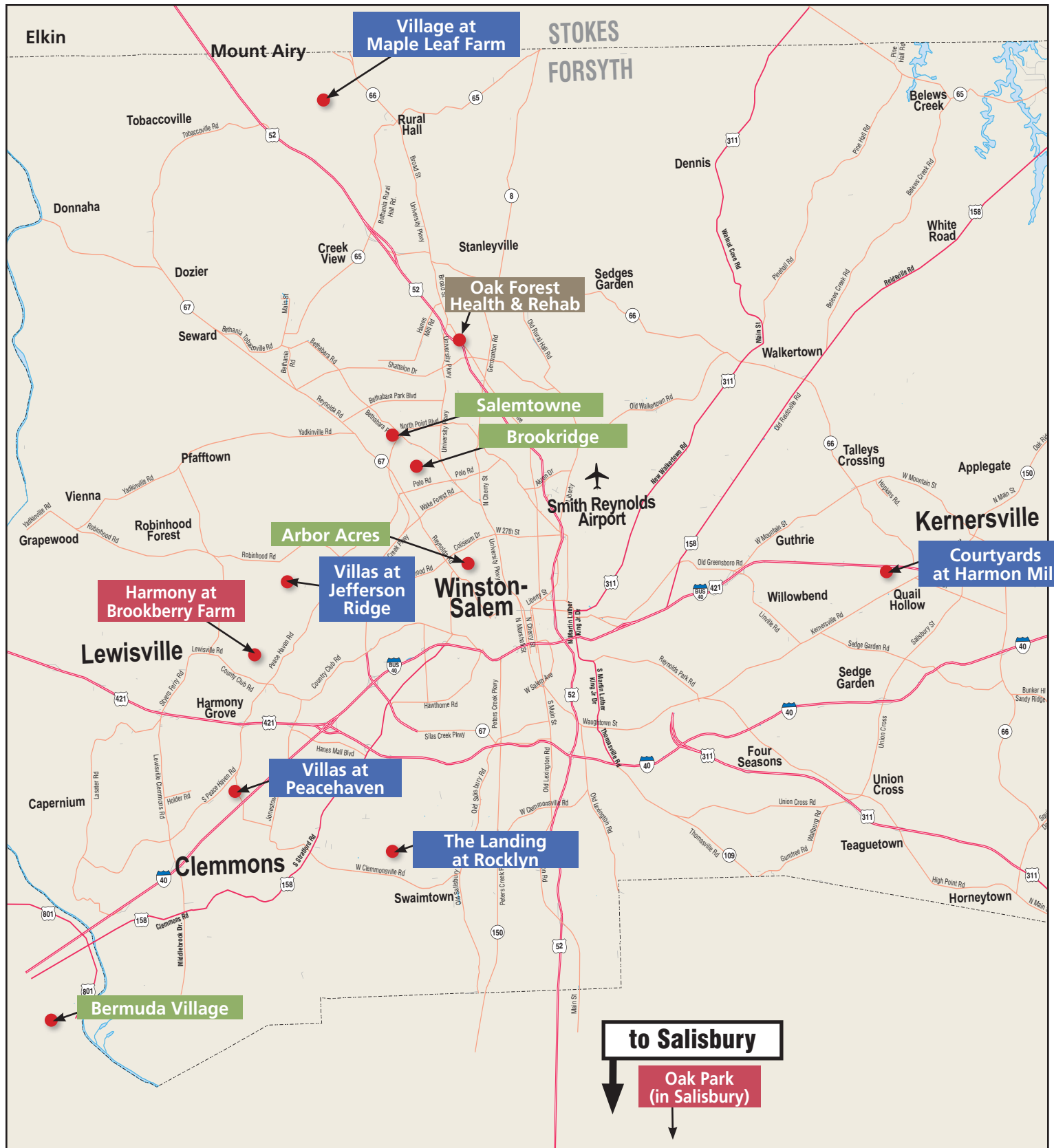
GREATER BURLINGTON MAP & FEATURED COMMUNITIES



FEATURED COMMUNITIES

Housing		Communities		Healthcare	
Active Adult Lifestyle	Independent Living	Life Plan Communities	Assisted Living	Rehab & Nursing	Memory Care

GREATER WINSTON-SALEM MAP & FEATURED COMMUNITIES



FEATURED COMMUNITIES

Housing		Communities		Healthcare	
Active Adult Lifestyle	Independent Living	Life Plan Communities	Assisted Living	Rehab & Nursing	Memory Care

Guide to *Active* Adult Lifestyle

If you want the benefits of home ownership, but the carefree convenience of a low-maintenance or maintenance-free lifestyle, an Active Adult community is for you.

Active Adult communities can cover just the basics or offer the most lavish set of amenities, allowing you to do the things you love without worrying about home maintenance. Exterior maintenance and yard care are covered by a home owners' association (HOA), so you'll have time to indulge in the pursuits you find most rewarding.

Love the excitement of travel? Want to sharpen your golf game? Enjoy spending relaxing evenings with friends? You're free to occupy your days with these and the other activities you enjoy. Create your own experience and take pleasure in all the joys life has to offer—the convenience of an active adult community allows you to live a worry-free way of life.



The INDEX

Community Cross Reference

Active Adult Lifestyle

Community	Ad Pgs.	Area	Priced From	HOA Dues	Age Restricted	Single Family Homes	Condo, TH, Villas, Apartment	Pool	Clubhouse	Garage	Fitness Center	Builder	Phone
Greater Raleigh													
12 Oaks		Holly Springs	\$522's		x		x	x		x		Lennar & MI Homes	919-607-1317
Allen Park	24	Ayden	\$233's		x				x			DR Horton	252-585-4400
Bridgeberry		Holly Springs	\$300's		x		x	x				Taylor Morrison	919-525-3952
Buckhorn Preserve		Apex	high \$400's	\$820/year	x		x	x	x			Ashton Woods	919-235-0980
Courtyards at Heritage Grove, The		Wake Forest	mid \$300's	\$220/mo	x		x	x	x	x		Epcon	919-263-2977
Courtyards at Kildalre Farms, The		Apex	low \$400's	call	x							Epcon	919-230-0714
Del Webb at Traditions		Wake Forest	mid \$300's	\$179/mo	x	x		x	x		x	Del Webb	877-804-2340
Enclave at Hidden Lake, The	IFC, 23	Youngsville	\$300's	\$200	x	x		x	x	x	x	Eastwood Homes	984-205-6356
Flowers Plantation-Cottages at Evergreen	19, 22	Clayton	\$300's	\$79/mo		x		x	x		x	McKee Homes	919-553-1984
Flowers Plantation-Evergreen	19, 22	Clayton	\$300's	\$145/mo	x	x		x	x	x	x	McKee Homes	919-553-1984
Flowers Plantation-Forge Creek	19, 22	Clayton	mid \$280's	\$133.21/mo	x	x		x	x	x	x	Elevate Homes	919-553-1984
Flowers Plantation-Sweet Grass	19, 22	Clayton	\$330's	\$170/mo	x	x		x	x	x	x	Plantation Homes LLC	919-553-1984
GlenPark		Cary	mid \$400's	\$156/mo	x					x		Ashton Woods	919-232-0039
Hasentree-Golf Villa Collection		Wake Forest	\$403's	\$81/mo + tiers	x		x	x	x	x		Toll Brothers	919-562-9900
Lake Castleberry		Apex	high \$500's	\$325/qtr	x		x	x	x			Ashton Woods	919-235-0980
Muirfield by Pulte		Cary	\$500's	\$99/mo	x						x	Pulte	866-491-6188
Overture at Centennial		Raleigh	\$1,700/mo	\$0	x	x		x	x		x	Greystar	919-670-1000
Overture Crabtree 55+ Apartments		Raleigh	\$1,700/mo	\$0	x		x	x	x		x	Greystar	855-237-4029
Regency at White Oak Creek		Apex	\$433's	\$175/mo		x		x	x	x	x	Toll Brothers	919-466-9300
Retreat at Fuquay Varina, The	IBC, 22	Fuquay Varina	\$1,270/mo				x	x	x	x	x	Berkley Hall Management	910-762-0868
Savaan		Cary	high \$300's	\$62 + /mo	x	x	x	x	x	x	x	Ashton Woods	919-235-0980
Traditions at Wake Forest – Single Family		Wake Forest	\$280's	\$130/mo	x		x	x				MI Homes	919-435-7473
Traditions at Wake Forest – Villas		Wake Forest	\$330's	\$205/qtr			x	x	x			MI Homes	919-205-2120
Walk at East Village, The		Clayton	\$265	\$163	x		x	x	x	x		Holden Barnett Properties	919-670-2581
Wendell Falls		Wendell	\$268's		x	x	x	x			x	David Weekley Homes	919-607-1317
Woodbury		Apex	\$251's		x	x	x	x	x	x	x	Pulte Homes	866-246-6989
Woodhall		Cary/Apex	\$415's	\$140/mo	x					x		Stanley Martin Homes	919-328-3098
Chapel Hill, Durham, Hillsborough													
Andrews Chapel – Townhomes		Durham	\$275's	\$160/mo			x	x				MI Homes	919-213-6544
Andrews Chapel – Single Family		Durham	\$330's	\$75/mo		x		x				MI Homes	919-213-6544
Carolina Arbors by Del Webb		Durham	\$270's	\$174/mo	x	x		x	x	x	x	Del Webb	919-598-3942
Corbinton		Hillsborough	low \$300's	\$150/mo	x	x	x		x	x		Elm Street Builders	800-651-4951
Courtyards at Andrews Chapel, The		Durham	mid \$300's	\$220/mo		x		x	x	x	x	Epcon	919-480-9479
Courtyards at Homestead Road, The		Chapel Hill	upper \$300's	\$225/mo		x		x	x	x	x	Epcon	919-381-4644
Creekside at Bethpage		Durham	\$280's	TBD	x	x		x	x		x	Taylor Morrison	919-626-3500
Ellis Crossing		Durham	mid \$200's	\$156/mo			x	x	x	x	x	Ashton Woods	919-634-6397
Encore at Briar Chapel		Chapel Hill	\$320's	\$298/mo	x	x		x	x	x	x	David Weekley Homes	919-636-6806
Fendol Farms		Durham	\$285's		x	x		x	x	x	x	Lennar	919-337-9420
Grandin Trace		Durham	mid \$300's			x					x	Taylor Morrison	919-336-0785
Legacy at Jordan Lake		Chapel Hill	\$358's	\$175/mo		x		x	x		x	MI Homes	919-205-2101
North Grove		Durham	low \$600's	\$413/qtr		x					x	Ashton Woods	919-235-0980
Sagewood	23	Durham	\$200's			x				x		Freedom Homes	919-335-9396
Villas at Culp Arbor, The		Chapel Hill	upper \$300's	\$247-259/mo	x		x	x	x		x	Epcon	919-381-4644

Information and pricing subject to change without notice.

continued on page 20

Welcome Home



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Future Home of the East Triangle YMCA (Jan. 2021) • Shopping/Dining within Walking Distance

VISITOR CENTER - Open Daily | 500 NW Flowers Parkway | Clayton, NC
FlowersPlantation.com | 919-553-1984 Ext 1 | Info@FlowersPlantation.com

The INDEX

Community Cross Reference

Active Adult Lifestyle

Community	Ad Pgs.	Area	Priced From	HOA Dues	Age Restricted	Single Family Homes	Condo, TH, Villas, Apartment	Pool	Clubhouse	Garage	Fitness Center	Builder	Phone
Greater Greensboro													
Blakeney at Old Irving Park		Greensboro	low \$500's	\$290			x			x		D. Stone Builder	336-215-1103
Grandover		Greensboro	\$450's	\$1,500/yr+	x		x	x	x	x	x	Multiple Builders	336-451-4923
Grove at Cottesmore, The	30	High Point	low \$300's									Royal Homes of NC	336-392-2202
Hawthorne at Friendly		Greensboro	\$1,385/mo			x	x	x	x	x		Hawthorne Res. Partners	336-294-6003
Henson Park	25	Greensboro	\$270's				x					DR Horton	336-770-2855
Lafayette Landing Apts & Villas	29	Jamestown	\$920/mo	none		x	x	x	x	x		BSC Holdings	336-283-8482
Landing at Stoney Creek, The	30	Whitsett	Call			x				x		DR Horton	336-551-8177
Landing at Westmott, The	29	Colfax	\$1,425/mo	none			x	x	x		x	BSC Holdings	336-763-3053
Lofts at New Garden, The	25	Greensboro	\$1,010/mo	none			x	x	x		x	BSC Holdings	336-285-5227
Retreat at Sedgefield, The	24	Greensboro	\$995/mo +				x	x	x	x	x	Berkley Hall Management	336-542-7088
Retreat at Sixty-Eight, The	26	Greensboro	\$1,025/mo +				x	x	x	x	x	Berkley Hall Management	336-542-7088
Village Lofts Apartments, The		Greensboro	\$1105/mo	none			x	x	x	x	x	Koury Corp.	336-286-4949
Villas at Granite Ridge, The	26	Greensboro	\$1,200/mo	none		x	x	x	x	x	x	BSC Holdings	336-814-8487
Whisper Creek at Waterbury		Whitsett	\$250's	\$216/mo			x	x	x	x	x	J&S Homes LLC	336-419-0828
Greater Winston-Salem													
Angus Ridge		Kernersville	\$340's	\$200			x			x		Trent Adams Properties, LLC	336-669-6268
Beeson Oaks Townhomes		Kernersville	\$225's				x			x		Shugart Homes	336-765-9661
Chamberlain Place Apartments		Winston-Salem	\$850/mo	N/A			x	x	x		x	BSC Holdings	336-770-2226
Courtyards at Harmon Mill	21, 28	Kernersville	mid \$200's	\$175			x			x		Nova Triad Homes/Epcon	336-686-7239
Friedberg Villages		Winston-Salem	\$190's	\$150			x	x	x	x	x	Keystone Homes	336-500-1638
Juniper Glen		Winston-Salem	\$300's				x			x			336-345-3449
Laurel Cliffs		Walnut Grove	\$135's	\$50			x			x			336-714-9740
Landing at Rocklyn, The	28	Winston-Salem	\$200's			x				x		DR Horton	336-551-8677
Lofts at Little Creek		Winston-Salem	\$930/mo	none				x	x			BSC Holdings	336-602-1336
Meadowfield View		Clemmons	\$150's				x			x		Arden Communities	336-659-9503
Millhaven Landing		Winston-Salem	low \$300's	\$200			x	x	x	x	x	Epcon	336-202-9311
Owl's Trail at Caleb's Creek		Kernersville	\$200's			x		x	x	x		Freedom Homes (Ext. 7005)	888-325-1978
Robinhood Villas		Winston-Salem	\$1,070/mo	none		x	x	x	x	x	x	BSC Holdings	336-251-1177
Village at Maple Leaf Farm	21, 29	King	mid \$200's	\$180			x			x		Nova Triad Homes/Epcon	336-529-0199
Villas at Jefferson Ridge	21, 27	Winston-Salem	upper \$200's	\$175			x			x		Nova Triad Homes/Epcon	336-407-9222
Villas at Peacehaven, The	26	Winston-Salem	\$1,175/mo	none		x	x	x	x	x	x	BSC Holdings	336-777-7093
Whitehall Village		Winston-Salem	\$180's	\$93		x	x	x	x	x	x	Keystone Homes	336-317-2470
Wyngate Villages		Winston-Salem	\$190's	\$100			x	x	x	x		Keystone Homes	336-689-7344
Greater Burlington													
Cable Square Patio Homes & Twin Homes		Elon	mid \$200's				x			x		Windsor Homes	336-516-0118
Courtyards at Ashley Woods	21, 31	Gibsonville	mid \$200's	\$189		x	x	x	x	x	x	Nova Triad Homes/Epcon	336-382-0095
Mackintosh – Glenmoor Gables & Patio		Burlington	\$220's				x	x	x	x	x	Windsor Homes	336-382-1821
Mackintosh – The Cove		Burlington	\$200's			x		x	x	x	x	Freedom Homes (Ext. 953)	888-325-1978
Village at Lake Michael, The		Mebane	\$160's	\$150				x	x	x	x	Mebane Townhome	919-926-1006
Villas on 5th	21, 31	Mebane	\$259's	\$175			x	x	x	x	x	Nova Triad Homes/Epcon	336-382-0095
West Hill		Graham	\$230's	\$105	x		x			x		Keystone Homes	336-362-1113

Information and pricing subject to change without notice.

It's Not Just a Home...It's a Lifestyle

Our communities:

Gibsonville, NC

Courtyards at Ashley Woods

from the mid \$200's

Kernersville, NC

Courtyards at Harmon Hill

from the mid \$200's

King, NC

Village at Maple Leaf Farm

from the mid \$200's

Mebane, NC

Villas on 5th

from the mid \$200's

Winston-Salem, NC

Villas at Jefferson Ridge

from the upper \$200's



Nova Triad Homes, an Epcon Communities Franchisee, is one of the premier builders of low-maintenance communities in the Piedmont Triad area.



206 N Spruce St., Suite B, Winston-Salem, NC
336-212-1114 • www.novatriad.com

Flowers Plantation

919-553-1984



500 NW Flowers Parkway
Clayton, NC 27527

www.flowersplantation.com

Map pg. 13

- 55+ Active Adult, Single Family, Townhomes in multiple price points
- 3000 Acre Master Planned Community
- Miles of Walking/Hiking Trails
- Shopping/Eating within walking distance
- Golf cart friendly streets
- NO CITY TAXES
- Conveniently located to Raleigh, I-540, I-40 and I-95

- Future home of the East Triangle YMCA
- Model homes available to tour
- Visitor Center Open Daily



FLOWERS PLANTATION



The Retreat at Fuquay-Varina

From \$1270 / month 919-762-0868



2700 Whakatane Lane
Fuquay-Varina, NC 27526

www.theretreatatfuquayvarina.com

Map pg. 13

Phase 2 Coming Soon!

- Resort-style, Zero-entry Pool with Large Sundeck
- Pool Cabana with TV's & Outdoor Bar
- Door-to-door Valet Trash Pick Up
- Preferred Employer Program
- On-site Guest Suites
- 24-hour Game Room with Billiards and Foosball
- State of the Art Fitness Center with Yoga Studio
- Maid Service Available
- Personal Garages Available
- Location-Location-Location
- Pet Friendly



■ Active Adult

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■ Life Plan

■ Assisted Living

■ Rehab & Nursing

■ Memory Care

The Enclave at Hidden Lake

From the \$300's 984-205-6356



1595 Hicks Road
Youngsville, NC 27596
www.eastwoodhomes.com

Map pg. 13

55+ Community

- Gated community of homes
- 1/4 to 1/3 acre lots
- First floor living with options for sunrooms, flex spaces, offices, and more

- Ranch style with 2nd floor options
- Select homesites feature water views
- Planned 4,500 sq. ft. clubhouse coming soon!
 - Fitness Center
 - Warming Kitchen
 - Indoor Gathering Spaces
 - Pickleball Courts
 - Lake Activities
 - Outdoor Porch overlooking pool and lake
- 3 Decorated Models



Sagewood

Homes from \$200's 919-335-9396



1004 Doc Nichols Road
Durham, NC 27703
www.drhorton.com/Freedom-Homes

Map pg. 12

- Beautiful single-family home community
- Lawn maintenance
- Walk-in closets
- Large pantry
- 3-4 bedrooms with 2 car garages
- Spacious ranch style floor plans
- Low maintenance living at its best
- Quick commute to RTP and Duke University
- Within minutes of shopping and dining at Brier Creek

FREEDOM
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A D.R. Horton Company



Active Adult

Independent Living

Life Plan

Assisted Living

Rehab & Nursing

Memory Care

Allen Park

Homes from \$233,990 252-585-4400



909 Allen Park Lane
Ayden, NC 28513
www.drhorton.com

Map pg. 13

- Located next to the Ayden Golf Club
- 1,764 - 2,824 sq. ft plans!
- From \$233,990
- Small town living with low county taxes
- 20 minutes from Greenville NC
- Open floor plans, large kitchens, first floor primary bedroom with bath
- Granite countertops, RevWood flooring
- Includes our smart home technology package
- Ayden was recognized by The Discovery Channel, as "One of America's Best Small Communities to Raise a Family"

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The Retreat at Sedgefield

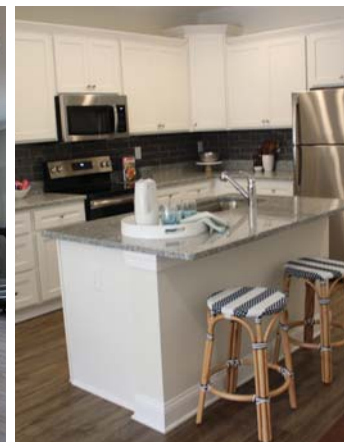
From \$995 / month 336-542-7088



5617-5625 West Gate City Blvd.
Greensboro, NC 27407
www.bhcllc.net

Map pg. 14

- Coming February 2021!**
- Resort-style, Zero-entry Pool with Large Sundek
 - Pool Cabana with TV's & Outdoor Bar
 - Door-to-door Valet Trash Pick Up
 - Preferred Employer Program
 - On-site Guest Suites
 - Convenient Elevator Access
 - State of the Art Fitness Center
 - Maid Service Available
 - Personal Garages Available
 - Modern LVT Flooring
 - Outdoor Storage Space
 - Pet Friendly



Henson Park



Townhomes from \$270's

336-770-2855

4600 N. Church Street
Greensboro, NC 27455
www.drhorton.com

Map pg. 14

- Offers two level townhomes with either a 1st floor primary suite or 1st floor bedroom
- Located off Lake Jeannette Road and N. Church Rd
- Close to Lake Jeannette, Shopping and Dining
- Ronald E. McNair Elementary
- Mendenhall Middle
- Page High School
- 2 car garage

- Stainless steel appliances
- Granite countertops
- Smart Home Package

D·R·HORTON®
America's Builder



The Lofts at New Garden



From \$1,010 / month 336-285-5227

1301 New Garden Road
Greensboro, NC 27410
www.loftsatnewgarden.com

Map pg. 14

- Gourmet Kitchens w/ Real Wood Cabinetry & Granite Counters
- Luxurious Bathrooms w/ Tile Flooring and Granite Counter
- Gas Fireplaces and 9' ceilings
- Elevator access in building
- Controlled access throughout building
- Resort-Style Swimming Pool
- Poolside Hammock Station
- Gas Grills
- Pet Spa
- Putting Green/Corn Hole
- Aerobic Rooms/Fitness Center
- Entertainment Lobby
- On-site Climate-Controlled Storages
- Screened-in Patios
- Theater Room
- Fire Pit Area

BSC
HOLDINGS, INC.



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■ Life Plan

■ Assisted Living

■ Rehab & Nursing

■ Memory Care

The Retreat at Sixty-Eight

From \$1025 / month 336-542-7088

1080 NC Highway 68 North
Greensboro, NC 27409
www.bhcllc.net

Map pg. 14

Coming Spring 2021!

- Resort-style, Zero-entry Pool with Large Sundeck
- Pool Cabana with TV's & Outdoor Bar
- Door-to-door Valet Trash Pick Up
- Preferred Employer Program
- On-site Guest Suites
- On-site Dog Park & Pet Salon
- State of the Art Fitness Center
- Maid Service Available
- Personal Garages Available
- Modern LVT Flooring
- Outdoor Storage Space
- Pet Friendly



The Villas at Granite Ridge

From \$1200 / month 336-814-8487

4480 Platinum Dr. • Greensboro, NC 27409
www.graniteridgenc.com

Map pg. 14



- No HOA fees
- Maintenance free landscaping
- Gas fireplace
- Granite counters kitchen / vanity
- State-of-the-Art Fitness Center
- Attached garages
- Private patio
- Professional, courteous staff
- 24 hour emergency maintenance
- Nine foot ceilings / vaulted
- Spacious closets
- Pool with grill and hammock station
- Gated Community
- Dog Park and Playground
- Washer and dryer connections
- Conveniently located close to Highways 40 and 73

The Villas at Peacehaven

From \$1,285 / month 336-777-7093

5395 Villas Dr. • Winston-Salem, NC 27103
www.villaspeacehaven.com

Map pg. 16



- No HOA fees
- Maintenance free lifestyle
- 24 hour fitness center
- 24 hour emergency maintenance
- Ceramic surround bath tubs
- Swimming pool w/ grill area
- Gazebo
- Gas fireplaces w/ ceramic tile hearths
- Private patios
- Gourmet kitchens
- Breakfast Bar
- On-site staff
- Plank flooring (optional)
- 1 & 2 story options available

Are you Ready for Retirement?

Being prepared for the next season of your life allows you to really enjoy it.

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Navigation by Salemtowne provides asset protection, care coordination, and long-term care services that allows you to **STAY IN YOUR OWN HOME** as long as possible. Put your feet up by the fire knowing you are prepared for retirement.

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Navigation
BY SALEMTOWNE
Where your life shines—at home.



Villas at Jefferson Ridge

From the upper \$200's

336-407-9222



2415 Albemarle Court
Winston-Salem, NC 27106
www.novatriad.com

Map pg. 16

- Low-maintenance and beautifully designed villa located in the highly desired "twin city" of Winston-Salem
- Great shopping, Leinbach Park, and the Robinhood Road Family YMCA are just around the corner
- Design a 2- or 3-bedroom home with an optional bonus suite
- Attached 2 1/2 car garage with an abundance of storage and rich exterior elevations with a private courtyard
- Yard work, landscaping, and irrigation maintained by HOA
- Construction has begun, so get in early and choose your lot!
- 3 models to choose from



Builder: Nova Triad Homes
Model Hours: Call for Information
Address: 2415 Albemarle Court, Winston-Salem, NC 27106
Sales: Suzanne Ramm, Berkshire Hathaway Carolinas Realty, 336-407-9222



Courtyards at Harmon Mill

Starting from the mid \$200's

336-686-7239



150 Harmon Mill Rd
Kernersville, NC 27249
www.novatriad.com

Map pg. 16

- Low-maintenance and beautifully designed villa located in the center of the Piedmont Triad area
- Located between Greensboro to the east, High Point to the south, and Winston-Salem to the west in the beautiful town of Kernersville
- 2- or 3-bedroom home with an optional bonus suite
- Homes boast an attached 2 1/2 car garage with an abundance of storage and rich exterior
- Yard work, landscaping, and irrigation maintained by HOA
- Conveniently located to the 4th of July Park, Salem Lake, and the Triad Park just around the corner
- Great shopping in the quaint downtown area or the big box stores on South Main St.
- 4 models to choose from



Builder: Nova Triad Homes
Model Hours: Call for Information
Address: 150 Harmon Mill Rd, Kernersville, NC 27249
Sales: Ali Tilley, Remax Preferred Properties, 336-686-7239

The Landing at Rocklyn

Homes from \$200's

336-551-8677



5605 Phelps Farm Rd.
Clemmons, NC 27012
www.drhorton.com/Freedom-Homes

Map pg. 16

- Beautiful single-family home community
- Spacious ranch style floor plans
- 2-3 bedrooms with 2 car garages
- Low maintenance living at its best
- Quality and affordability for every stage of life
- Pickleball
- Community clubhouse and pool coming soon



Village at Maple Leaf Farm

From the mid \$200's 336-529-0199



Spainhour Rd and Moore Rd
King, NC 27021
www.novatriad.com

Map pg. 16

- Low maintenance, detached patio homes and twin homes in the beautiful town of King
- Located just a short drive north of Winston-Salem in the Piedmont Triad area
- Design a 2- or 3-bedroom home with an optional bonus suite and a relaxing courtyard
- Attached 2 1/2 car garage with an abundance of storage and rich exterior elevations with a private courtyard
- Yard work, landscaping, and irrigation maintained by HOA
- Enjoy the quaint boutique shopping and southern charm of a smaller town
- Within minutes, you can be in Hanging Rock or Pilot Mountain State Parks
- 5 models to choose from



Builder: Nova Triad Homes

Model Hours: Call for Information

Address: Spainhour Rd and Moore Rd, King, NC 27021

Sales: Rebecca Mallard, Century 21 SmithLove Realty, 336-529-0199;

Kent Hunter, Century 21 SmithLove Realty, 336-682-4075



Lafayette Landing Apartments and Villas

From \$920 / month 336-283-8482



5833 General Arthurs Ln. • Jamestown, NC 27282
www.lafayettelandingNC.com

Map pg. 14

- No HOA fees
- Maintenance free landscaping
- Resort style pool
- Pet park / washing station
- Billiard room
- State of the art fitness center
- Conference room
- Hammock station
- Grilling areas
- Vinyl plank flooring available (limited)
- Granite counters kitchen / vanity
- Beautiful wood cabinets
- Convenient to shopping and dining
- Tile flooring
- Vaulted ceilings
- Nine foot ceilings
- Large closets
- Gas fireplaces
- Black appliances
- Professional Staff
- 24 hour emergency maintenance

The Landing at Westmott

From \$1,425 / month 336-763-3053



4736 Meadow Landing Drive • Colfax, NC 27235
www.thelandingatwestmott.com

Map pg. 14

- Maintenance Free Landscaping
- 24 Hour Maintenance
- Gas Log Fireplace
- Granite Counter tops
- Attached Garages
- Professional Courteous staff
- 9-Foot Ceilings/ Vaulted
- Spacious Closets
- Washer/ Dryer Connections
- Plank Vinyl Flooring
- Pet Friendly, accepting dogs and cats!
- Villas available!

Clubhouse, pool, and fitness center will be coming soon!

Now Leasing Villas!



UNIT A

UNIT B

The Grove at Cottesmore

Twin Homes from the low \$300's

- Smart Home Technology
- 10-Year Residential Warranty
- HERS RATED for Energy Efficiency by Third Party
- GE Stainless Steel Appliances
- Custom Cabinetry/Granite
- Wood Floors
- 9' Ceilings
- \$3,500 in closing costs with

- Preferred Lender!
- Spacious and Well-Designed Floor Plans
- Architectural Shingles
- All Exterior Lawn Maintenance included in HOA dues
- Low Maintenance All Brick Exterior with Vinyl Trim

www.royalhomesofnc.com
Renee Harper • 336.392-2202

3765 Echo Forest Trail, High Point, NC 27265



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 to all the frontline
 heroes helping to
 keep us safe!*

We truly appreciate your sacrifice, courage,
 and tireless contributions in the fight
 against COVID-19.

RETIREMENT
 resourceguide.com

The Landing at Stoney Creek

Call for Pricing 336-551-8177



Gantwood Lane
 Whitsett, NC 27377
www.drhorton.com

Map pg. 15

- A collection of appealing ranch style homes
- Close to the highly ranked Stoney Creek Golf Club and PBC Paintball Park
- Enjoy quick access to I-40 and a central location within 20 minutes of both Greensboro and Burlington
- Sedalia Elementary, Eastern Guilford Middle & High School

To register for VIP information, visit www.DRHorton.com and click on "First to Know Program."

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■ Rehab & Nursing
■ Memory Care

Villas on 5th



Builder: Nova Triad Homes
Model Hours: Mon, Wed-Sat 10:30 am-5:00 pm,
 Sun 1-5pm , Closed Tuesday
Address: 1214 Prospect Drive, Mebane, NC 27302
Sales: Tonia Grinstead 336-382-0095 (cell)

Patio Homes from \$259,900 336-382-0095

1214 Prospect Drive
 Mebane, NC 27302

www.novatriad.com

Map pg. 15

- Single-level living
- Low-maintenance lifestyle community
- Courtyard designs available
- Award-winning design, open floor plan
- Gourmet kitchens
- Walk-in closets
- Bonus suites available
- Attached 2 1/2 car garage with an abundance of storage and rich exterior elevations with a private courtyard
- Yard work, landscaping, and irrigation maintained by HOA
- Clubhouse, pool and fitness center planned
- Minutes from premier shopping, health care and entertainment venues
- Basement lots available



Courtyards at Ashley Woods



Builder: Nova Triad Homes
Model Hours: Mon, Thurs, Fri, Sat 10:30 am-5:00 pm,
 Sun 1-5pm , Closed Tuesday & Wednesday
Address: 704 Ashley Woods Drive, Gibsonville, NC 27249
Sales: Tonia Grinstead 336-382-0095 (cell) / Model: 336-446-0021

Patio Homes from \$239,990 336-446-0021

704 Ashley Woods Drive
 Gibsonville, NC 27249

www.novatriad.com

Map pg. 15

- Single-level living
- Low-maintenance lifestyle community
- Courtyard designs available
- Award-winning design, open floor plan
- Gourmet kitchens
- Walk-in closets
- Bonus suites available
- Attached 2 1/2 car garage with an abundance of storage and rich exterior elevations with a private courtyard
- Yard work, landscaping, and irrigation maintained by HOA
- New clubhouse and fitness center
- Pool coming soon
- Close to shopping, health care and entertainment
- Basement lots available



Guide to Independent *Living*



Designed for those looking for a resort-style way of life and the opportunity to sustain longstanding friendships as well as develop new ones—but also remain comfortably independent—the Independent Living lifestyle allows you the time to enjoy life without the worries of home maintenance or planning and preparing meals.

In an Independent Living community, you'll enjoy a luxurious, carefree lifestyle and have access to a broad array of exciting, educational activities and many opportunities for enlivening social events, as well as an assortment of amenities that can include restaurants and cafes for dining, entertainment and wellness options such as theatres, arts and crafts, libraries, pools, and gyms, and other conveniences such as hair salons.

Housing styles—all well-appointed and comfortable—will vary by community, as will amenities; pricing will reflect the level of these amenities.

Independent Living communities generally provide convenient transportation and services to make your life easier, and most of them are secured for peace of mind and the safety of you and your home.





IT'S GOING TO BE A WARM WINTER

Experience the warmth of the gracious retirement lifestyle you deserve. Make your move to any of the communities below and become a part of something special ... a sense of family, friendship, and belonging that welcomes you home each day. We'll take care of the cooking, weekly housekeeping and local transportation, leaving you more time to spend with new friends and family.

Call today to arrange your personal visit!

AZALEA ESTATES
Gracious Retirement Living
919-929-2160
Chapel Hill, NC

CAROLINA ESTATES
Gracious Retirement Living
336-282-6133
Greensboro, NC

OAK PARK
Gracious Retirement Living
704-636-4600
Salisbury, NC

SOUTHERN PINES
Gracious Retirement Living
910-692-3367
Southern Pines, NC

STONERIDGE
Gracious Retirement Living
919-460-0560
Cary, NC

WHISPERING PINES
Gracious Retirement Living
919-870-0222
Raleigh, NC

Independent Living Communities

The INDEX

Community Cross Reference

Independent Living Communities

Community	Ad Pg.	Area	Total Residencies	Monthly Cost From	On-Site Physical Therapy	Scheduled Transportation	Public Transportation	Pets Allowed	Beauty / Barber Shop	Gardening Area	Fitness Center	Dining Facilities	Wellness Center	Pool	Phone
Greater Raleigh															
Abbotswood at Stonehenge		Raleigh	120	\$2,830	x	x	x	x	x	x	x	x	x		855-531-4208
Aspens at Bedford Falls, The		Raleigh	182	\$1,780				x	x		x	x	x	x	919-846-7216
Atria Oakridge		Raleigh	124	\$3,210	x	x	x	x	x	x	x	x	x		919-848-2088
Belle Meade		Southern Pines	212	\$3,500	x	x	x	x	x	x	x	x	x	x	910-246-1023
Brookdale North Raleigh		Raleigh	219	\$2,750	x	x	x	x	x	x	x	x	x	x	919-334-2222
Cambridge Village of Apex	38	Apex	219	\$3,025	x	x		x	x	x	x	x	x	x	919-355-6057
Cambridge at Brier Creek, The	35, 39	Raleigh	205	\$4,395	x	x		x	x	x	x	x	x	x	919-612-1054
Capital Oaks		Raleigh	128	\$2,700	x	x	x	x	x	x	x	x	x		919-784-0099
Cardinal, North Hills		Raleigh	165	Call	x	x	x	x	x	x	x	x	x	x	888-226-9120
Cypress of Raleigh, The		Raleigh	262	\$2,484	x	x	x	x	x	x	x	x	x	x	919-518-8918
Gardens at Wakefield Plantation, The		Raleigh	121	\$3,049	x	x	x	x	x	x	x	x	x		919-562-5580
Glenaire Retirement Community		Cary	224	\$2,512	x	x		x	x	x	x	x	x	x	919-447-4492
Independence Village of Old Raleigh		Raleigh	Call	\$2,085	x	x	x	x	x	x	x	x	x		919-781-8226
Jordan Oaks		Cary	115	\$2,600	x	x	x	x	x	x	x	x			919-617-9463
Lodge at Wake Forest, The		Wake Forest	118	\$2,600	x	x	x	x	x	x	x	x			919-554-8768
Magnolia Glen		Raleigh	160	\$3,215	x	x	x	x	x	x	x	x	x	x	855-531-1940
Preston Pointe	35	Morrisville	168	\$4,115	x	x	x	x	x	x	x	x	x		919-897-7328
Searstone	45	Cary	169	\$3,410	x	x	x	x	x	x	x	x	x	x	877-591-9295
Southern Pines	33, 39	Southern Pines	124	\$2,195		x		x	x	x					910-692-3367
Springmoor Life Care	3, 37, 45	Raleigh	389	\$2,596	x	x	x	x	x	x	x	x	x	x	919-338-5192
StoneRidge	33, 38	Cary	126	\$2,595	x	x	x	x	x	x	x	x	x		919-460-0560
Researve at Mills Farm, The		Apex	100	Call	x	x	x	x	x	x	x	x			919-809-5310
Templeton of Cary, The		Cary	199	\$4,760	x	x	x	x	x	x	x	x	x	x	984-200-3688
Treco Senior Living		Raleigh	143	\$2,395	x	x	x	x		x	x	x	x		919-863-7770
Waltonwood Cary Parkway	47	Cary	134	\$4,595	x	x	x	x	x	x	x	x	x	x	919-444-2615
Waltonwood Lake Boone	47	Raleigh	119	\$4,695	x	x	x	x	x	x	x	x	x		984-235-3049
Whispering Pines	33, 37	Raleigh	118	\$2,495	x	x	x	x	x	x	x	x	x		919-870-0222
Whitaker Glen, The Oaks	37	Raleigh	96	\$3,031	x	x	x	x	x	x	x	x	x		919-839-5604
Windsor Point	38, 45, 46	Fuquay Varina	141	\$2,276	x	x		x	x	x	x	x	x	x	919-552-4580
Woodland Terrace		Cary	104	\$3,000	x	x	x	x	x	x	x	x	x	x	866-614-0217
Chapel Hill, Durham, Hillsborough															
Atria Southpoint Walk		Durham	115	\$4,200	x	x	x	x	x	x	x	x	x		919-401-0100
Azalea Estates	33, 39	Chapel Hill	151	\$2,595	x	x	x	x	x	x	x	x	x		919-929-2160
Bartlett Reserve		Durham	99	\$3,550	x	x	x	x	x	x	x	x	x	x	919-361-1234
Carol Woods		Chapel Hill	314	\$2,466	x	x	x	x	x	x	x	x	x	x	800-518-9333
Carolina Meadows		Chapel Hill	389	\$2,273				x		x	x			x	800-458-6756
Cedars of Chapel Hill, The		Chapel Hill	306	Call	x	x	x	x	x	x	x	x	x	x	919-259-7929
Croasdaille Village		Durham	409	\$1,873	x	x	x	x	x	x	x	x	x	x	919-384-2475
Durham Regent		Durham	121	\$2,100	x	x	x	x	x	x	x	x			919-490-6224
Emerald Pond		Durham	106	\$2,100	x	x	x	x	x	x	x	x	x		919-493-4713
Forest at Duke, The		Durham	249	\$3,372	x	x	x	x	x	x	x	x	x	x	919-490-8000
Galloway Ridge at Fearington		Pittsboro	301	\$3,077	x	x	x	x	x	x	x	x	x	x	919-328-2657
Pine Knoll		Southern Pines	84	\$2,500				x		x	x			x	910-246-1023

Information and pricing subject to change without notice.

continued on page 36

FAMILY-OWNED

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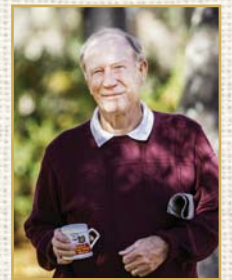
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7780 Brier Creek Pkwy, Suite #400 • Raleigh, NC 27617

cvsliving.com/brier-creek



THE CAMBRIDGE
AT BRIER CREEK

Independent Living Communities

The INDEX

Community Cross Reference

Independent Living Communities

Community	Ad Pg.	Area	Total Residencies	Monthly Cost From	On-Site Physical Therapy	Scheduled Transportation	Public Transportation	Pets Allowed	Beauty / Barber Shop	Gardening Area	Fitness Center	Dining Facilities	Wellness Center	Pool	Phone
Greater Greensboro															
Abbotswood at Irving Park		Greensboro	177	\$2,500		x	x	x	x	x	x	x	x		855-442-3208
Carillon, The		Greensboro	150	\$693		x	x		x	x	x				336-282-2955
Carolina Estates	33, 42	Greensboro	118	\$2,255	x	x		x	x			x	x		336-282-6133
Clapp's Mountain Top Residential		Asheboro	60	\$1,850-\$2,100		x	x	x	x	x	x	x			336-629-6300
Countryside Village	39	Stokesdale	60	\$996-\$1,968		x		x	x	x	x	x	x	x	336-643-6301
Cross Road Retirement Community		Asheboro	85	\$750-\$2,445		x		x	x	x		x			336-629-7811
Friends Home Inc.		Greensboro	372	\$1,605		x	x		x	x	x	x	x	x	336-369-4313
Harmony of Greensboro	5, 41	Greensboro	95	Call	x	x		x	x	x	x	x	x		336-355-7733
Heritage Greens	42	Greensboro	142	\$1,995		x	x	x	x	x	x	x	x		866-698-8572
Pennybyrn at Maryfield		High Point	180	\$2,218		x	x	x	x	x	x	x	x	x	336-821-4050
Piedmont Crossing		Thomasville	174	\$1,439		x	x	x	x	x	x	x	x		336-474-3605
Providence Place: Westchester Villages		High Point	154				x	x	x	x		x			336-888-4565
River Landing		Colfax	356	\$3,020				x		x	x			x	336-668-4900
Stratford, The		High Point	117	\$1,850	x	x		x	x	x	x	x	x		336-841-1746
Well • Spring	48	Greensboro	238	\$2,912		x		x	x	x	x	x	x	x	336-545-5400
WhiteStone	46	Greensboro	167	Call		x	x	x	x	x	x	x	x	x	336-419-0828
Greater Winston-Salem															
Arbor Acres	11, 40, 46, 60, 62, 64	Winston-Salem	330	\$1,638		x		x	x	x	x	x	x	x	366-724-7921
Arbor Ridge at Kernersville		Kernersville	69	\$2,450-\$3,825		x	x	x	x	x	x	x	x		336-414-1122
Arbor Ridge at Stanleyville		Winston-Salem	70	\$2,750-\$3,450		x	x	x	x	x	x	x	x		336-377-2195
Bermuda Village	40, 46, 49, 60, 62	Bermuda Run	232	Call	x	x		x	x	x	x	x	x	x	336-998-6539
Brookridge Retirement Community	9, 40, 47	Winston-Salem	137	\$1,400	x	x	x	x	x	x	x	x	x	x	336-759-1044
Creekside Terrace		Winston-Salem	115	\$2,025-\$3,575	x	x	x	x	x	x	x	x	x		336-768-5350
Forsyth Court		Winston-Salem	150	\$1,695-\$2,695		x	x	x	x	x	x	x			336-723-2006
Gardens at Bradford Vlg West, The		Kernersville	45			x	x	x	x	x	x	x			336-423-7973
Gateway Place Apartments		Kernersville	120	\$695-\$845		x		x	x	x	x				336-992-4433
Harmony at Brookberry Farm	5, 41	Winston-Salem	79	Call	x	x		x	x	x	x	x	x		336-701-6781
Heritage Woods		Winston-Salem	107	\$1,350-\$2,900	x	x	x	x	x	x	x	x	x		336-768-2011
Homestead Hills		Winston-Salem	176	Call	x	x	x	x	x	x	x	x	x	x	336-659-0708
Oak Park	33, 38	Salisbury	118	\$2,195	x	x	x	x	x	x	x	x			704-636-4600
Parkwood Place		Elkin	51	\$1,922		x		x	x	x	x	x			336-526-6000
RidgeCrest		Mount Airy	60	\$2,783		x	x	x	x	x	x	x	x	x	336-786-9100
River Landing		Colfax	297	\$3,100-\$3,300		x		x	x	x	x	x	x	x	336-668-4900
Salemtowne	8, 48, 60, 62, 64	Winston-Salem	224	\$2,199	x	x	x	x	x	x	x	x	x	x	336-767-8130
Trinity Elms Independent		Clemmons	54	\$1,700		x		x	x		x	x			336-608-3555
Vienna Village		Pfafftown	9	\$2,000		x						x			336-945-5410
Greater Burlington															
Blakey Hall		Elon	52	\$1,700		x		x	x	x	x	x	x		336-506-2302
Cedar Ridge		Burlington	125	\$2,375-\$4,500	x	x	x	x	x	x	x	x			336-229-2002
Homeplace of Burlington		Burlington	20	\$3,100	x	x	x	x	x	x		x			336-227-2328
Oak Creek		Burlington	54	\$1,071-\$1,978		x	x	x	x		x	x			336-226-5739
Twin Lakes		Burlington	430	\$1,590	x	x	x	x	x	x	x	x	x	x	336-538-1500
Village at Brookwood		Burlington	155	\$2,271-\$4,448	x	x	x	x	x	x	x	x	x	x	336-570-8440

Information and pricing subject to change without notice.

Come see Raleigh's Best Kept Secret

The Oaks at Whitaker Glen is Raleigh's Premier Continuing Care Retirement Community, located inside the beltline. We offer independent living, home health care, rehabilitation and skilled nursing care all within the same campus.

Prices start at \$3,031 a month



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501 East Whitaker Mill Road • Raleigh, NC 27608 • (919) 839-5604 • pruitthealth.com

Springmoor Life Care Retirement Community

919-338-5192



1500 Sawmill Road • Raleigh, NC 27615

www.springmoor.org



Map page 13

Springmoor is a not-for-profit community where you'll enjoy a lifestyle rich in opportunities including on-and-off campus events and activities that offer physical, intellectual, cultural, educational and spiritual benefits.

- Affordable apartment homes, attached villas and single-family homes
- 24-hour security, scheduled transportation, beautiful landscaping, gourmet dining, housekeeping and maintenance
- Pathways Wellness Center with indoor heated saltwater lap pool, hot tub and sauna, expansive exercise room, bistro dining, hospitality bar, movie theatre, spa, and billiards room

Whispering Pines

919-870-0222



7501 Lead Mine Road • Raleigh, NC 27615

www.seniorlivinginstyle.com/senior-living/nc/

Map page 13

- Studio, one and two-bedroom apartments
- Caring Live-in Managers available 24/7
- 3 Chef Prepared Meals Served Daily
- Scheduled Local Transportation
- Fun Events and Outings
- Weekly Housekeeping and linen service
- Emergency pull cords in each room
- Fully Equipped Resistance Training Room
- State of the Art Movie Theater
- 24/7 Soft Served Ice Cream
- All Utilities Paid (except telephone)
- No buy in fees or leases

Independent Living Communities

Cambridge Village of Apex

919-355-6057



10,000 Cambridge Village Loop • Apex, NC 27502

www.CambridgeVillageofApex.com

Map page 13

Life at Cambridge Village goes beyond retirement living! It's where Optimal Living® begins.

- Exclusive State-of-the-art Wellness Center
- Studio, 1 & 2 bedroom apartment homes / Over 10 Floorplan options
- No buy-in fees
- All-inclusive amenities
- Kitchens and washer/dryer in each apartment / Walk-in closets

- Pet Friendly
- Transportation provided
- Chef prepared Meals / Restaurant style dining
- Cultural Programs / Engaging Events
- Emergency Response system in each apartment
- Guest Suite available and furnished short term stay apartment
- Private lake with fountains/walking path
- Concierge Care Services

Stoneridge

919-460-0560



105 Convention Drive • Cary, NC 27511

www.seniorlivinginstyle.com/senior-living/nc/

Map page 13

- Studio, one and two-bedroom apartments
- Caring Live-in Managers available 24/7
- 3 Chef Prepared Meals Served Daily
- Scheduled Local Transportation
- Fun Events and Outings
- Weekly Housekeeping and linen service

- Emergency pull cords in each room
- Fully Equipped Resistance Training Room
- State of the Art Movie Theater
- 24/7 Soft Served Ice Cream
- All Utilities Paid (except telephone)
- No buy in fees or leases

Windsor Point

919-552-4580



1221 Broad Street • Fuquay-Varina, NC 27526

www.windsorpoint.com

Map page 13

- Five levels of supportive care
- Beautiful detached brick cottages
- Spacious studio, one and two bedroom apartments
- Washer and dryer in all units
- Wellness Center w/ Fitness Rooms, Indoor Pool & Spa
- Delicious meals daily
- Pharmacy services
- Weekly housekeeping services

- Hair salon & manicurist
- Guest rooms for out of town guests
- 24 hour emergency response system
- Billiards room
- Transportation services
- Convenience store/ Gift Shop
- Library
- Activity Rooms & Coffee Lounge
- Pet friendly
- Continuing Care Retirement Community

Oak Park

704-636-4600



548 White Oaks Drive • Salisbury, NC 28147

www.seniorlivinginstyle.com/senior-living/nc/

Map page 16

- Studio, one and two-bedroom apartments
- Caring Live-in Managers available 24/7
- 3 Chef Prepared Meals Served Daily
- Scheduled Local Transportation
- Fun Events and Outings
- Weekly Housekeeping and linen service

- Emergency pull cords in each room
- Fully Equipped Resistance Training Room
- 24/7 Soft Served Ice Cream
- All Utilities Paid (except telephone)
- No buy in fees or leases

The Cambridge at Brier Creek

919-612-1054



7780 Brier Creek Pkwy, Suite #400 • Raleigh, NC 27617

www.cvsliving.com/brier-creek

Map page 13

- 1 and 2 bedroom luxury apartment homes
- Upgraded units available
- 23,000 sq. ft. Wellness Center equipped with state-of-the-art fitness equipment, lap swimming pool, hot tub sauna, group fitness spaces, and personal trainers
- All inclusive services
- MedSpa
- Concierge Healthcare
- Valet parking and shuttle transportation
- Grand movie theater, library & study
- Multiple dining venue including full-service restaurant and pub, and outdoor dining area
- Beautiful grand lawn and courtyard
- Guest suites available
- Resident storage available
- Social activities and continuing education programs

Azalea Estates

919-929-2160



700 N Estes Dr. • Chapel Hill, NC 27514

www.seniorlivinginstyle.com

Map page 12

- Three Chef prepared meals served each day
- Caring live-in managers 24/7
- Scheduled transportation and shopping excursions
- Purposeful activities, events and day trips
- Weekly housekeeping and linen service
- State of the art movie theatre
- Fully equipped exercise room
- Free laundry facilities
- No buy-in fees or leases

Brand New Independent Living Community in Chapel Hill

Southern Pines

910-692-3367



205 SE Service Rd • Southern Pines, NC 28387

www.seniorlivinginstyle.com/senior-living/nc/

Map page 13

- Cottages, studio, one and two-bedroom apartments
- Caring Live-in Managers available 24/7
- 3 Chef Prepared Meals Served Daily
- Scheduled Local Transportation
- Fun Events and Outings
- Weekly Housekeeping and linen service
- Emergency pull cords in each room
- Fully Equipped Resistance Training Room
- State of the Art Movie Theater
- 24/7 Soft Served Ice Cream
- All Utilities Paid (except telephone)
- No buy in fees or leases

Countryside Village Retirement Community

336-643-6301



7700 US Hwy 158 • Stokesdale, NC 27357

www.RetireAtCountryside.com

Map page 14

- Apartments and Cottages **located on 62 wooded acres.**
- Daily activities and exercise
- Indoor swimming pool/jacuzzi
- Walking trails
- Housekeeping and maintenance included
- Scheduled transportation
- Pets are welcome
- 24-hr emergency response service
- On-site storage areas
- Full kitchens
- Intimate dining room with delicious meals
- Entrance fee optional
- Skilled nursing and assisted living care available

15 minutes from Greensboro and Piedmont Triad Airport

Independent Living Communities

Arbor Acres

336-724-7921



1240 Arbor Rd. • Winston-Salem, NC 27104
www.arboracres.org

Map page 16

- Lovely lakeside dining
- Great location near shopping & cultural areas
- Beautiful grounds
- Fitness center
- Heated indoor pool
- Physicians clinic
- Library & computer lab
- CCAC accredited
- Transportation

Bermuda Village

336-998-6112



142 Bermuda Village Drive • Bermuda Run, NC 27006
bermudavillage.net • 336-998-6539

Map page 16

- Affordable Home Ownership
- **No Entrance Fee!**
- Condominiums AND Villas
- Social activities and events
- Fitness classes – Pilates/yoga/ balance/aqua and more
- 1-1 personal training
- Indoor heated salt-water pool
- Beautiful Clubhouse with private dining room and on-site chef-prepared meals
- Two Golf Courses
- Hair Salon
- Chapel with Sunday worship services
- Library with computer/printer access
- Resident Garden
- Woodwork Shop
- Lifelong Learning on campus and at Wake Forest University
- Pet Friendly
- Casual Bistro Walk-in Option; Dining Room and Pub

Brookridge

From \$1,400 / month 336-759-1044



1199 Hayes Forest Drive
 Winston-Salem, NC 27106

www.brookridgecommunity.org

Map pg. 16

- Newly renovated Garden Homes
- Gated Community with monitored entrance
- Professional landscaping and maintenance services
- Café and Dining Services with meal delivery and take out option
- All utilities included except for phone, cable, and internet
- Full complement of activities and programs
- 24 Hour emergency response system
- Garden Home Club House
- Scenic Walking Trails with Koi Pond
- Gardening areas
- Storage Spaces for Apartments available
- Guest lodging
- Pet-friendly



Harmony at Brookberry Farm

336-701-6781



5416 Hundley Road
Winston-Salem, NC 27106
www.harmonyseniorservices.com

Map pg. 16

- No large up-front entrance fee or buy-in
- Apartments all feature a sun-porch, patio, or balcony
- Apartments include granite countertops and stainless steel appliances
- Apartments will feature walk-in closets, vaulted ceilings, ceiling fans
- Movie Theater, Fitness Center, Pub
- Restaurant style dining
- Concierge 24/7
- Weekly housekeeping included
- Apartments up to 1,304 square feet
- Beginning monthly cost \$3,200
- Offering Assisted Living and Secured Assisted Living
- **NOW ACCEPTING DEPOSITS**


Harmony
at Brookberry Farm



Harmony at Greensboro

336-355-7733



3420 Whitehurst Road
Greensboro, NC 27410
www.harmonyatgreensboro.com

Map pg. 14

- No large up-front entrance fee or buy-in
- Apartments all feature a sun-porch, patio, or balcony
- Apartments include granite countertops and stainless steel appliances
- Apartments will feature walk-in closets, vaulted ceilings, ceiling fans
- Movie Theater, Fitness Center, Pub
- Restaurant style dining
- Concierge 24/7
- Weekly housekeeping included
- Apartments up to 1,304 square feet
- Beginning monthly cost \$3,200
- Offering Assisted Living and Secured Assisted Living
- Conveniently located off Battleground Ave, close to shopping centers and many points of interest including Battleground Park and the Greensboro Science Center
- **NOW ACCEPTING DEPOSITS**


Harmony
at Greensboro



Independent Living Communities

Heritage Greens

866-698-8572



801 Meadowood St. • Greensboro, NC 27409

www.LifeatHeritageGreens.com

Map page 14

- Beautifully landscaped 14-acre campus
- Spacious Studio, 1 & 2 bedroom apartments with walk-in closets
- Restaurant-style dining with flexibility of 3 meals/day
- State of the art wellness center & certified instructor-led fitness classes
- Signature The Art of Living Well® programming
- Weekly house-cleaning & laundry
- Social activities & outings for cultural, entertainment & shopping
- Opportunities for civic involvement and volunteer participation
- On-site rehabilitation and therapy services
- 24-hour security with trained staff
- Pets are welcome
- Priced monthly with no buy-in fees

Carolina Estates

336-282-6133



4434 Old Battleground Rd. • Greensboro, NC 27410

www.seniorlivinginstyle.com/senior-living/nc/

Map page 14

- Studio, one and two-bedroom apartments
- Caring Live-in Managers available 24/7
- 3 Chef Prepared Meals Served Daily
- Scheduled Local Transportation
- Fun Events and Outings
- Weekly Housekeeping and linen service
- Emergency pull cords in each room
- Fully Equipped Resistance Training Room
- 24/7 Soft Served Ice Cream
- All Utilities Paid (except telephone)
- No buy in fees or leases

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CAPTEL 840i



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Phone: (844) 519 4806 (toll free)

Email: kim.m.calabretta@t-mobile.com

Website: captelnc.com/getcaptel



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Want to learn more about these communities?

Check out our website for

- detailed information
- photo galleries
- select videos and drone tours



RetirementResourceGuide.com
336-235-3089

Guide to

Life Plan Communities

If you're looking for resort-style living with stunning clubhouses and grounds, delectable dining options, beautiful and challenging golf courses, and a maintenance-free lifestyle with extensive amenities and services—including housing, residential assistance as needed, and nursing care—all within a single, scenic campus, a Life Plan or Continuing Care Retirement Community (CCRC) is for you.

In these communities, you'll live in a comfortable and well-appointed residence, such as a private home, cottage, or apartment, with the option of moving from one level of care to another within the community. You'll be able to socialize with a diverse group of friends and neighbors and enjoy exciting opportunities for travel and entertainment.

Life Plan communities and CCRCs provide peace of mind with security and the assurance that a variety of restful living accommodations, from independent to assisted living, is offered within the community, along with a staff of skilled medical professionals to provide different levels of care.

Other appealing features you'll find in these communities include wellness centers, continuing education opportunities, theatres and other entertainment, high-tech access, and business centers.

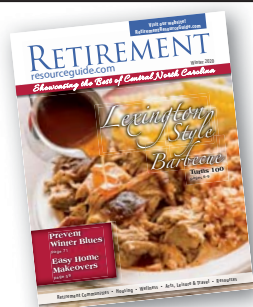


The INDEX

Community Cross Reference

Life Plan Communities

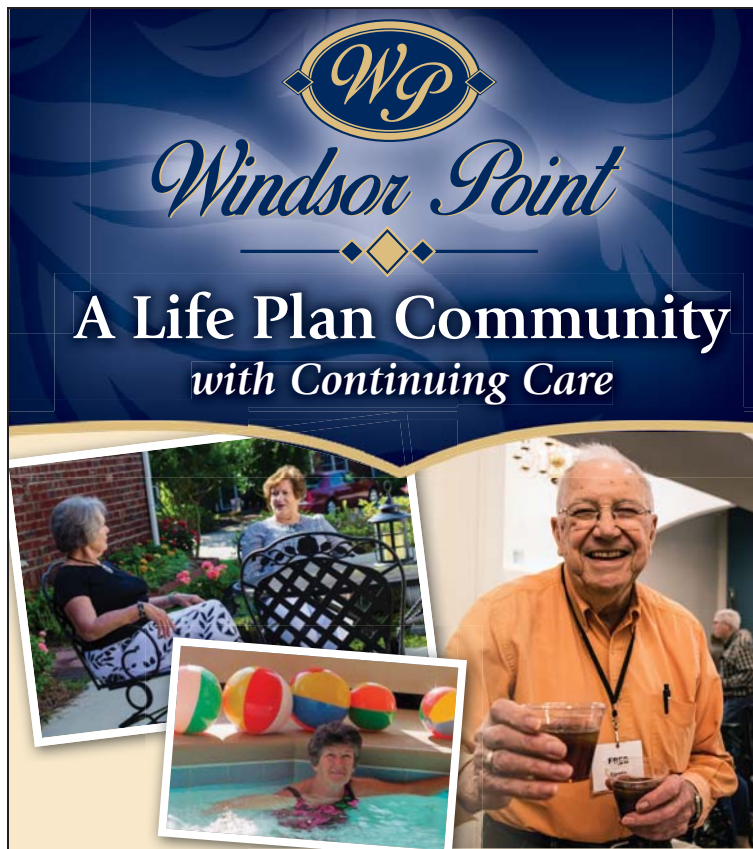
Community	Ad Pg.	Area	Independent Residences	Assisted Living	Memory Care/Support	Skilled/Nursing Care	Monthly Cost From	Entry Fee	Swimming Pool	Fitness Center	Gardening Area	Pets Allowed	Phone
Greater Raleigh													
Cardinal, North Hills		Raleigh	165	27	18	15	Call		x	x	x	x	888-226-9120
Cypress of Raleigh, The		Raleigh	205	4	16	20	Call	call	x	x	x	x	919-870-9007
Glenaire Retirement Community		Cary	224	49	16	71	\$2,512	x	x	x	x	x	919-447-4492
Whitaker Glen, The Oaks	37	Raleigh	96	x	x	139	\$3,031	x		x	x	x	919-839-5604
Searstone	45	Cary	169	14	25	16	\$3,410	x	x	x	x	x	919-891-8659
Springmoor Life Care	3, 37, 45	Raleigh	389	18	18	173	\$2,679	x	x	x	x	x	919-338-5192
Templeton of Cary		Cary	199	70	22	28	\$4,760		x	x	x	x	984-200-3688
Waltonwood Cary Parkway	47	Cary	134	26	17	N/A	\$4,595	x	x	x	x	x	919-444-2615
Waltonwood Lake Boone	47	Raleigh	119	39	23	N/A	\$4,895	x		x	x	x	984-235-3049
Windsor Point	38, 45, 46	Fuquay Varina	141	75	20	45	\$2,276	x	x	x	x	x	919-552-4580
Chapel Hill, Durham, Hillsborough													
Carol Woods		Chapel Hill	315	59		60	\$2,466	x	x	x	x	x	800-518-9333
Carolina Meadows		Chapel Hill	389	78	14	90	\$2,273	x	x	x	x	x	800-458-6756
Cedars of Chapel Hill, The		Chapel Hill	306	yes	yes	yes	\$2,672	call	x	x	x	x	919-259-7927
Croasdaille Village		Durham	409	62	x	110	Call	x	x	x	x	x	919-384-2475
Forest at Duke, The		Durham	249	34	16	42	\$3,332	x	x	x	x	x	919-490-8000
Galloway Ridge at Fearington		Pittsboro	301	36	15	40	\$3,237	x	x	x	x	x	919-328-2657
Pine Knoll		Southern Pines	84				\$2,500	x	x	x	x	x	910-246-1023
Greater Greensboro													
Countryside Village	39	Stokesdale	60	16		60	\$996-\$1,968	x	x	x	x	x	336-643-6301
Friends Homes Inc.		Greensboro	372	100	x	100	\$1,605-\$4,261	x	x	x	x		336-369-4313
Pennybyrn at Maryfield		High Point	180	24	24	125	\$2,285	x	x	x	x	x	336-821-4050
Piedmont Crossing		Thomasville	168	20	18	114	\$1,571	x		x	x	x	336-474-3605
River Landing		Colfax	356	40	x	48	\$3,020	x	x	x	x	x	336-668-4900
Well•Spring	48	Greensboro	238	60	20	40	\$2,912	x	x	x	x	x	336-545-5400
WhiteStone	46	Greensboro	234	24	12	88	Call	x	x	x	x	x	336-547-2947
Greater Winston-Salem													
Arbor Acres	11, 40, 46, 60, 62, 64	Winston-Salem	300	x	18	53	Call	x	x	x	x	x	336-724-7921
Bermuda Village	40, 46, 49, 60, 62	Bermuda Run	232	52		24	Call		x	x	x		336-998-6539
Brookridge Retirement Community	9, 40, 47	Winston-Salem	137	37	10	77	\$1,400	x	x	x	x	x	336-759-1044
Salemtowne	8, 48, 60, 62, 64	Winston-Salem	224	46	20	100	\$2,199	x	x	x	x	x	336-714-2157
Greater Burlington													
Oak Creek		Burlington	54			x	\$1,071-\$1,978	x		x	x	x	336-226-5739
Twin Lakes		Burlington	430	36	32	104	\$1,590	x	x	x	x	x	336-538-1500
Village at Brookwood, The		Burlington	155	12	12	24	\$2,271-\$4,448	x	x	x	x	x	336-570-8440



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Our community is custom-made for its residents who choose from a selection of cottages and apartments, flexible dining plans and fitness options. Housekeeping, maintenance, and transportation worries become a thing of the past.

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Searstone

919-887-7635



17001 Searstone Drive • Cary, NC 27513
www.searstone.com

Map pg. 13

- One, two and a two bedroom with den apartments and estate homes
- 24-hour security, concierge, scheduled transportation, housekeeping and maintenance
- Life Care community offering all levels of health care services for Searstone residents
- Fitness Center
- Indoor swimming pool and spa
- White Horse Bar & Grille
- Cultural, educational and spiritual events
- Salon and massage center
- On-site rehabilitation and therapy services
- 45,000 square foot Clubhouse with library, casual and formal dining and ballroom
- 4.5 acre stocked, walk-able lake
- **Expansion opening 2023.**
Accepting Priority Deposits Now!

Springmoor Life Care Retirement Community

919-338-5192



1500 Sawmill Road • Raleigh, NC 27615
www.springmoor.org

Map pg. 13

Springmoor is a not-for-profit community where you'll enjoy a lifestyle rich in opportunities and the community's abundant services and amenities. Springmoor provides access to any future long-term needs.

- 24-hour security, scheduled transportation, beautiful landscaping, gourmet dining, housekeeping and maintenance
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- Supportive Living Center, where residents receive daily assistance. Licensed Assisted Living & Skilled Nursing services are provided in the Stewart Health Center.
- Guaranteed residence for life

Windsor Point

919-552-4580



1221 Broad Street • Fuquay-Varina, NC 27526
www.windsorpoint.com

Map pg. 13

- Five levels of supportive care
- Beautiful detached brick cottages
- Spacious studio, one and two bedroom apartments
- Washer and dryer in all units
- Wellness Center w/Fitness Rooms, Indoor Pool & Spa
- Delicious meals daily
- Pharmacy services
- Weekly housekeeping services
- Hair salon & manicurist
- Guest rooms for out of town guests
- 24 hour emergency response system
- Billiards room
- Transportation services
- Convenience store/ Gift Shop
- Library
- Activity Rooms & Coffee Lounge
- Pet friendly
- Continuing Care Retirement Community

WhiteStone

336-547-2947



700 South Holden Rd. • Greensboro, NC 27407
www.LiveatWhiteStone.org

Map pg. 14

- Situated on over 40 acres of wooded area
- Secure, gated community in the heart of Greensboro
- Conveniently located to shopping, dining, and entertainment
- Spacious patio homes
- Fitness center and pool
- 46 apartments with balconies or patios
- Active social calendar designed for you
- Continuing Care Retirement Community with on-site health center
- Pet friendly
- **Expansion Underway to Include 67 New Independent Living Apartments and Brand New Assisted Living!**

Arbor Acres

336-724-7921



1240 Arbor Rd. • Winston-Salem, NC 27104
www.arboracres.org

Map pg. 16

- Lovely lakeside dining
- Great location near shopping & cultural areas
- Beautiful grounds
- Fitness center
- Heated indoor pool
- Physicians clinic
- Library & computer lab
- CCAC accredited
- Transportation

Bermuda Village

336-998-6112



142 Bermuda Village Drive • Bermuda Run, NC 27006
bermudavillage.net • 336-998-6619

Map pg. 16

- Residents have a choice of either spacious condos or suites
- Personal care assistance
- Physical, occupational and speech therapy on site
- Three meals daily with special diets being respected
- Fitness and social activities to encourage an active lifestyle
- Medical transportation
- Daily housekeeping and personal laundry service
- Chapel
- Hair Salon
- Fitness room with exercise equipment
- Multiple dining options
- Billiards room and game room



Waltonwood Lake Boone

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Waltonwood Cary Parkway | 919-444-2615
Also in Cary! 750 SE Cary Parkway, Cary Map pg. 13



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Brookridge

From \$1,400 / month 336-759-1044



1199 Hayes Forest Drive
 Winston-Salem, NC 27106

www.brookridgecommunity.org

Map pg. 16

- Newly renovated Garden Homes
- Gated Community with monitored entrance
- Professional landscaping and maintenance services
- Café and Dining Services with meal delivery and take out option
- All utilities included except for phone, cable, and internet
- Full complement of activities and programs
- 24 Hour emergency response system
- Garden Home Club House
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- Gardening areas
- Storage Spaces for Apartments available
- Guest lodging
- Pet-friendly



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 ■ Independent Living
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Life Plan Communities

Salemtowne

336-714-2157



1000 Salemtowne Dr. • Winston-Salem, NC 27106
www.salemtowne.org • 336-767-8130

Map pg. 16

- Non-profit Moravian affiliated
- 120+ acre campus w/ walking trails
- Lake with recreation area
- Offers a variety of apartment styles, cottages as well as new villas
- Healthy lifestyle programming
- Fitness Center with pool
- Superb cuisine
- On-site therapy services
- Library & computer lab
- Woodworking shop
- Art gallery
- Gift Shops
- Transportation
- Convenient to shopping areas
- Pet friendly
- Wellness Clinic
- **New villas NOW OPEN (limited villas available)**

Well • Spring

336-545-5400



4100 Well Spring Drive • Greensboro, NC 27410
www.well-spring.org

Map pg. 14

- Private, gated nonprofit community close to everything
- 16 different floorplans for villas, garden homes and apartments—and our newest residences, coming in 2022, Wildflower Square, a "hybrid"
- High-tech theatre for a wide array of cultural experiences
- Fitness center featuring heated pool, exercise room and fitness classes
- Exceptional dining with formal dining, informal bistro dining, and a full-service lounge
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frontline heroes
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RETIREMENT
resourceguide.com

A photograph of a smiling senior couple sitting at a green table in a cafe-like setting. The woman, on the left, has short white hair and wears glasses and a red sweater. She is holding a black smartphone up to take a selfie. The man, on the right, has a white beard and glasses and wears a yellow shirt. He has his arm around the woman's shoulder. On the table in front of them are two white coffee cups on saucers. The background shows wooden chairs and tables.

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Planning for the *Future*



Better To Learn From “Others’ Mistakes”



Dennis Toman founded The Elderlaw Firm with a mission of helping families better prepare for elder care and other legal issues for the second half of life. Contact him at 336-396-8988.

Have you heard this? “We all learn by our own mistakes.” That’s certainly one approach. Everyone has heard that. It’s another way of saying that what doesn’t kill us makes us stronger. Ouch!

That’s why smart clients appreciate when I tell them, “I find it’s better to learn from other people’s mistakes.” Here’s what that means to you.

When it comes to estate planning, you can avoid making mistakes others have made. How? With wise advice you won’t have to learn from your own mistakes...or force your family to regret your mistakes for years to come.

So, get your estate planning advice from an experienced lawyer who specializes in senior estate planning.

Powerful Powers of Attorney and Avoiding Probate

Here are two mistakes many people make, which you should learn from and avoid.

First, have a powerful Power of Attorney for legal decisions and finances. Many people have Powers of Attorney that prove powerless just when needed the most. Simply signing a Power of Attorney document is not enough. It needs to have often overlooked, special language that

can protect you, your spouse, and your assets if you become incapacitated.

Second, you should have a Living Trust instead of just a Will, if you have a nest egg to pass on to your beneficiaries. A Living Trust provides continuity for your family. There is no need to “hand off” your assets to the court, which is what happens with a Will. That’s right, if you use a Will, then your assets go from your name, through the court (and the costly and time consuming probate process), and then finally to your beneficiaries.

You want to avoid the problems a Will can cause: extra costs, time delays, red tape, headaches, and possibility of family disharmony. Avoid that mistake. Instead implement the right Living Trust.

Not all Living Trusts are the same. Some have hidden traps and aren’t well thought out. You should work with an experienced estate planning and elder care lawyer who can help you “learn from other people’s mistakes” to better protect you, your loved ones and your money.

Remember, experience makes the difference. As the TV commercial says, “We know a thing or two because we’ve seen a thing or two.” Now you know more, too.

Having A Will Doesn’t Mean Your Estate Is In Order.



Without additional legal documents, a Will can cause needless delays and complications when put to the test. As Estate Planning experts, we’ve seen the painful mistakes others have made. Our experience lets us create a problem-proof plan that protects your assets, heirs and peace of mind. Register for a free virtual seminar at www.rsvp.info.



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Ways to Protect Your Identity



James M. Richardson, CFP, ChFC, APMA, is a Private Wealth Advisor and CERTIFIED FINANCIAL PLANNER practitioner. Contact him at 919-874-0024.

As Americans have increasingly turned to digital devices and online shopping as a result of the pandemic, there has been an unfortunate rise in identity theft and fraud as scammers attempt to exploit the situation. Alarming, 10% of US adults report being a victim of identity theft since the onset of the COVID-19.¹

Identity theft is a broad term for unauthorized use of your personal data, typically for financial gain. It starts when someone “steals” your name, address, social security number, checking account or credit card numbers, passwords and other personal information. While identity theft can be scary, there is some good news. You can protect yourself, in most cases, by being aware of the threat and following certain practices for safeguarding your information.

Monitor your accounts regularly. Take advantage of online access to your financial accounts and watch for fraudulent transactions. If something seems amiss, contact your bank immediately.

Keep tabs on your electronic devices. We live a lot of our lives online, and some level of risk to our data is unavoidable. But you can take steps to minimize security gaps. Start with your physical devices. Always keep the software, both applications and operating systems, on your phone, computer, smartwatch, and other devices up to date, and enable automatic updates where possible. You may also want to limit mobile-app access to vital pieces of information, such as location, contacts and photos, unless completely necessary.

Clear your history often. Get in the habit of clearing the cache or history in your Internet browser before you log out or step away from your computer. Doing so may not stop the most persistent thieves with forensic skills, but it will slow down the process of retrieving data you'd rather keep private.

Change your PINs and passwords. If you regularly access financial accounts and complete credit card transactions online, it's particularly important to have several layers of security in place. For example, you can easily require a PIN or password log-in whenever you turn on your phone or start your computer. But if you use the same password to log on to your computer and your bank account, or to open your phone or retrieve your email, you've defeated the purpose and made the identity thief's job that much easier. Make your passwords inscrutable to outsiders. While nonsensical strings of letters, symbols and numbers can be hard to remember, they will be tougher passwords for criminals to crack.

Watch for scams. Scammers are using increasingly realistic emails and text messages to prompt you to click links or provide your personal information – a tactic known as phishing. Remain skeptical of emails that are pushing you to take action to solve an apparently urgent problem, even if they appear to be from a trusted source. If it's from a company you work with, don't log in from a link in the message, go to the company's website and log in to your account from there instead.

Stay informed and alert. Because of the annual cost of identity theft, the federal government is interested in helping consumers stop identity theft before it happens. Stay informed about consumer identity theft with alerts, tips and other resources provided by the Federal Trade Commission at www.consumer.ftc.gov.

¹TransUnion Public Sector survey, August 2020.

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The time and dates of these events are subject to change.
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Health, wealth and a confident retirement

Date: Wednesday, January 27, 2021

Location: Online

Planning for the future: an approach for your whole family

Date: Wednesday, February 24, 2021

Location: Online

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“Changes”



David Haynes, CLTC, is an independent insurance broker specializing in long-term care insurance planning. Contact him at 336-314-1698.

Dementia or Alzheimer's. Many are aware of such an event but hope it won't happen. Spoiler alert: Health insurance

Changes” written in 1971 by Englishman singer-songwriter, David Bowie has been called his official United States debut song into American pop culture. The song struck a cord in the '70's and personifies that change is all around us, then and now. Our respond to change can have lasting implications on us and those we love. Our financial future can be somewhat secured in the midst of change when we acknowledge our ability to protect what we love. This article and others within this Resource Guide provide ideas how to plan and protect against the unfortunate side of change.

My 29 years in the insurance industry has taught me; Change will occur. Planning accordingly will protect those we love. A long term care event is not something we plan for. We hope to live a long and happy life. We are not planning on some unfortunate consequence and for that reason many will not be prepared. Believe me, you need to have a protection plan in place.

Long term care insurance provides dollars to pay for needed care in the home or facility settings in the event of an extended illness or accident. It is assistance provided to loved ones because of their inability to perform the normal activities of daily living due to an illness, injury, or progressive cognitive impairment as

and Medicare do not pay for long term care costs. It's cash!

A properly designed long term care insurance policy provides the cash financial assistance when one needs care. The decision is more for those who love you for they will be the ones that will ultimately be affected by your planning or lack of. The dollars will help your family manage your care and provide options that otherwise might not exist.

It's easy to look back at the prior year and hope you won't travel some of those 2020 roads again. A decision to approach a conversation about long term care may be at the very crossroads of your financial plan. It costs nothing to research and ask questions. However, the price of not responding could cost you everything.

If you are over age 50, you may be experiencing an event with a loved one and understand the high cost of care. Obtain a plan now to secure protection later. It may not occur at all or occur years from now but the best plan is to prepare yourself for the unknown change.

If you have read to this point and wondering if a long term care plan is something to consider, then it probably is. Having a simple discussion with a qualified advisor may be your best option to obtaining a solution. “Don't hope for the best, Plan for it.”



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Insulin Savings with Medicare



Jeff Shell is an independent insurance broker specializing in Medicare, life, and health insurance products. Contact him at 336-763-0775.

Good news for diabetics! In January, The Centers for Medicare & Medicaid Services (CMS) implemented its Part D Senior Savings Model (Model) to make insulin more affordable. Medicare eligible individuals have access to many types of insulin and should pay no more than a \$35 copay for a 30-day supply!

This savings is only available if individuals are enrolled in a participating Medicare standalone Part D prescription drug plan or Medicare Advantage Plan. Be aware that not all Medicare plans chose to participate in the Model and covered insulins may differ among participating Part D plans!

Participating Part D plans offer choices that provide select types of insulin in the deductible, initial coverage, and coverage gap phases of the Part D drug benefit. The resulting savings could save beneficiaries an average of \$446 in annual out-of-pocket costs in 2021! This consistent, predictable, and more affordable Model should increase access to insulins and contribute to an improvement in preventative health care. For insulin used in insulin pumps, there are two main types: tube and tubeless.

The Medicare Part B benefit covers 80% of the costs of insulin that tubed pumps use. Depending upon the type of Medicare coverage, a Medigap plan or Medicare Advantage Plan will generally cover all or part of the remaining individual's 20% cost share. Tubeless insulin pumps are newer devices that utilize a patch containing several hundred units of insulin. These typically work with a smart device that monitors blood sugar levels and deliver a regulated amount of insulin. The Medicare Part D benefit is generally responsible for covering insulin costs associated with tubeless pumps.

In addition to the Model, residents of Guilford County who routinely check their blood sugar and take medications to control their blood sugar levels may qualify

for a Chronic Special Needs Medicare Advantage Plan (MAPD-CSNP). This MAPD-CSNP \$0 monthly premium plan participates in the Model, offers \$0-dollar copays for primary care and select physician specialists, provides a higher level of coordinated care, and dramatically lowers the cost for other prescription drugs needed to manage diabetes. In addition to paying less for medications and doctor visits, the CSNP also decreases costs for urgent care, emergency room, and hospitals stays. Diabetic supplies and podiatry care are also included.

To learn more about the Model and MAPD-CSNP plans, contact your local insurance professional and ensure he/she represents multiple insurance companies. They will be familiar with county specific plans and provide valuable guidance to help compare and contrast benefits. Look for an established company with Certified Senior Advisors (CSA®) who offer FREE consultations. The extra effort needed to understand available Medicare options could save thousands of dollars and improve the quality of life those with diabetes.

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Wellness



“21” Health Tips for “2021”



Prince Deese, an All American Wrestler, a Hall of Fame Football Player, and a State Champion Body Builder, is a certified personal trainer and strength conditioning specialist. Contact him at 336-617-5304.

The significance of “21” means many things to many people. “21” has been written to represent selflessness which benefits relationships in many positive ways. A “winning hand” some would say. It has been noted biblically as a symbol of “perfection and maturity” and noted in other writing as, “a promise of a life of fulfillment, triumph and victory.”

All are welcoming thoughts as we reflect on 2021 and “21” ways to improve our health for our resolution solution to betterment. We believe the following suggestions can get you started on your healthy path and off to a good year.

1. Wear your Mask in public.
2. Wash your hands frequently
3. Practice social distancing at least 6 feet apart
4. Schedule your physical and preventative visits
5. Consult with your physician before beginning any new fitness program
6. Make a schedule to include 21 minutes of cardio each day (at least).
7. Discover 21 new healthy choice snacks
8. Increase your water drinking to 6-8 bottles per day
9. Plan 21 healthy meals or new healthy recipes
10. Get involved, volunteer, start a new job or begin a new project to challenge your mind
11. Read books or visit the library. (Books on tape are fun)
12. Clean out a closet or drawer and organize your space
13. Re-arrange your furniture for a new perspective
14. Begin a weekly Zoom chat with friends for fellowship
15. Review what is in your heart that makes you happy
16. Serve your fellow friends and offer your time if they need help
17. Take care of your body and get the appropriate amount of sleep
18. Meditate and pray daily
19. Smile in all situations, be full of understanding, inspiration and encouragement
20. Exercise
21. EXERCISE, EXERCISE (exercise is worth two thoughts, because it is critical to a healthy life)

We know exercise can benefit weight management, lower blood pressure, improve joint pain and fatigue. Exercise helps with cognition and emotional wellbeing. It may even help to reduce medications. Exercise can ward off some diseases and can increase life span. We know we have the choice to make the world a better place, and it begins with our self-responsibility. Choose to make exercises your priority for 2021 even if you are just trying for the first time for 21 days and see how it can improve your quality of life. You can even share this good secret with your friends. Work out partners make exercise fun and hold you accountable.

In summary, the focus of 2021 should be on your health, your body, and your well being.

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Staying Engaged During the Pandemic



Cheryl Greenberg, Ed.D., works as a coach, or guide, for seniors and their families as they consider and plan for changes in their lives. She can be reached at 336-202-5669.

we can jump through the hoops of COVID caution for a while longer?

Congratulate

Yourself for Your Successes. First, congratulate yourself for the creative ways you have already stayed active and connected to other people.

You remember better, feel happier and are healthier when you have a sense of accomplishment.

Connect with Others. Dr. Susan Pinker tells us that having regular social contact is incredibly important for our physical and mental health.

So, think of new ways to stay

closely connected with others.

- Invite friends to join you for a book group or a virtual tour of Europe.

- Use an app, such as Netflix Plus, to watch an award winning movie with family members and discuss the film.

- Schedule online problem solving meetings for work and volunteering.

- Use a meeting platform to share your new baking (carpentry, gardening or decorating) skills with family. Invite them to work along with you while you give advice.

Commit to New Learning and Adventures. Create new activities that challenge you physically and mentally.

- Reach out to local libraries, community centers, interfaith organizations to ask how you can help advocate for social justice, decreasing hunger, consumer rights.

- Find classes online through university emeritus programs, Shepherd's Centers, art museums and libraries to learn another language or build a computer.

- Contact VolunteerMatch.com or the Volunteer Center of the Triad to match your interests with community needs.

- Try a fitness activity that is new and challenging, such as tai chi, yoga or strength training.

Create your own connections and adventures for staying engaged during the pandemic.

We are tired of COVID. We are bored with Zoom meetings and missing our friends and family.

It's OK. We can handle this . . . and we should handle it.

After all, we know that staying actively engaged in work, play and social activities is very important to our mental and physical health and even to our ability to remember and problem solve.

So, what are some creative ways



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Be Prepared



Tina Glenn is the President of FirstLight Home Care Guilford. She has over 40 years in healthcare and C-level executive experience of 28 years. She can be reached at 336-808-1351.

We are still living in unprecedented and uncertain times. Here is a helpful tool to help take some of the worry off of your plate and to be proactive now versus sorry later.

EVACUATION PLANNING: A TOOL FOR EMERGENCY PREPAREDNESS

A checklist To help determine a caregiver's or anyone in general's Disaster Preparedness

Remember our best strategy for any disaster is to be prepared.

- ✓ Make a medication list of all medicines including over the counter medicines.
- ✓ Have a list of telephone numbers for emergency. Be sure at least one of them is in another area. This should include; family, doctor, neighbors, etc.
- ✓ Have a list of medical conditions, along with any medical treatments required by the patient.
- ✓ Assist in putting together a "go kit" for situations where one has to leave home for safety. A "go kit" should include a change of clothes, medicines, medical equipment and supplies, food, water, toilet paper, flashlight, cash and coins, house keys.
- ✓ Label medical equipment with name on it.
- ✓ Have extra batteries for flashlight.
- ✓ Have supplies necessary if forced to stay home due to disaster. (Food, water, flashlight, batteries, first aid kit, medications, extra medical supplies if needed, manual can opener)

- ✓ Notify your utility company of priority need for utilities if special medical equipment being utilized by clients such as ventilator, oxygen, dialysis, etc.
- ✓ All lists and "go kit" should be easily accessible for leaving in a hurry.
- ✓ Locate nearest emergency shelter for patient.
- ✓ Have important identification and insurance information easily accessible. (Have copies made and keep with other lists in plastic bag).
- ✓ Make sign that reads, "Evacuated" to leave on door in case of evacuation.

Provided by Tina Glenn, CEO and Roget de Percin Berendes with FirstLight Home of Guilford



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336-724-7921



1240 Arbor Rd. • Winston-Salem, NC 27104

www.arboracres.org

Map pg. 16

- 24-hour care
- CCAC accredited
- Heated indoor pool
- All-inclusive, except telephone
- Pastoral care
- Transportation
- Physical, speech, and occupational therapy

Bermuda Village

336-998-6112



142 Bermuda Village Drive • Bermuda Run, NC 27006

bermudavillage.net • 336-998-6763

Map pg. 16

- Private Room, private bath
- Licensed nursing providing 24 hour care
- Physical, occupational and speech therapy on site
- Special diets respected
- Activities director plans and assists with supervised activities
- Medical transportation
- Daily Housekeeping
- Personal Laundry
- Chapel
- Hair Salon
- No additional fee for levels of care
- Respite Care
- Utilities included

Salemtowne

336-714-2157



1000 Salemtowne Dr. • Winston-Salem, NC 27106

www.salemtowne.org • 336-767-8130

Map pg. 16

- Non-profit Moravian affiliated
- 24-hour nursing supervision
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- Medication administration
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- Pastoral care
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- Medical Transportation
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growing

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and the brain is constantly
reshaping itself in response
to learning.

Active Adult

Independent Living

Life Plan

Assisted Living

Rehab & Nursing

Memory Care



Promoting and Supporting Successful Aging

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Information and Referral

Volunteer opportunities



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Winston-Salem, NC 27103
(336) 748-0217
www.shepherdscenter.org



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Providing great programs that uniquely enrich older adults.

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- Project Joy flower delivery,
- Durable medical equipment loan,
- Tax Preparation,
- SHIIP counseling,
- Computer assistance,
- Advocacy and Referrals.



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5680 Windy Hill Drive • Winston-Salem, NC 27105

www.sanstonehealthandrehab.com

Map pg. 16

- Short-term Rehab
- Physical, Speech, and Occupational Therapy
- Long-term Care
- 24 hour Skilled Nursing Care
- Advanced Wound Care
- Ventilator Dependent Care
- Post-operative Care
- Respite Services
- On-site Transportation Services
- Admissions 7 days a week
- Dentistry, Podiatry, Optometry, and Psychiatric services provided
- 170 Beds
- Medicare and Medicaid Certified

Arbor Acres

336-724-7921



1240 Arbor Rd. • Winston-Salem, NC 27104

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Map pg. 16

- 24-hour nursing care
- Private rooms
- Hospice care
- All-inclusive, except telephone
- Physical, speech, and occupational therapy
- CCAC accredited
- Transportation
- Pastoral care

Bermuda Village

336-998-6112



142 Bermuda Village Drive • Bermuda Run, NC 27006

bermudavillage.net • 336-998-6763

Map pg. 16

- Private room, private bath
- Licensed nursing providing 24 hour care
- Physical, occupational and speech therapy on site
- Special diets respected
- Chapel
- Activities both stimulating and entertaining of nature
- Respite Care, Hospice Care
- Medical Transportation
- Hair Salon
- Personal Laundry
- Wake Forest Baptist Health Geriatricians

Salemtowne

336-767-8130



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Map pg. 16

Salemtowne Rehabilitation

- Program specializes in short length of stay for patients after surgery or illness
- 7-days a week rehabilitation services offered
- Physicians from Wake Forest Baptist Health & Novant Health
- Graciously appointed private rooms w/ recliner, table for two and private bath

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- Each household features a sunroom, large living room, and dining area
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336-282-2229

5501 W. Friendly Ave.
336-346-2635

3262 Randleman Rd.
336-574-8400

3702 Groometown Rd.
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Arbor Acres

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Map pg. 16

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Salemtowne

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Map pg. 16

Westerly Place at Salemtowne

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A Parting Word

Senior Industry Always in Change—Yet Like Universities?

What is a Retirement Community? What will a Retirement Community be in the Future? What has a Global Pandemic done to the direction Retirement Communities will go.?

These questions continue to be asked and evolve. Today as one that has been in the industry for 35 years, I realize I am involved with what we once viewed as “way in the future” Retirement Community options. I propose that one way to find an answer to this question is for me to look back hard and try to remember what these communities were in the 1980’s, 1990s, etc. and compare that to today. In doing this task over a several day period and talking to about 25 others that have been in this industry I have concluded the answer is simply—Changing. This definition was found online;

What are Retirement Communities?

Retirement communities are designed to help retirees relax, flourish, and enjoy life. The options found will accommodate a wide spectrum of wants and needs: from the active weekly tennis player searching for an easier lifestyle, to those needing a bit more help while living with the challenge of declining abilities.

My first impression of this definition was not positive, it is too general and too broad. But after more reflection

I have come to believe it is this broad stroke approach that actually does exactly define communities. Today retirement communities cover

.....
Retirement
communities are
designed to help
retirees relax, flourish,
and enjoy life.
.....

a wider range of options than ever before and this evolution of new options being invented is going to continue to stretch and grow. I have in past articles used colleges and universities as a good way to appreciate the range. Colleges range from small like under 1,000 students to very large with over 100,000 students, small campuses from a few acres to huge campuses larger than some towns. Campuses range from single buildings to sprawling architecture of dozens and dozens of buildings. My favorite comparison point is how colleges range from the majority are day students or online students to the majority live on campus in dorms and take in all the lifestyle offered. These points of number of students, size of campus, number of buildings and student involvement all apply

to Retirement Communities. We all know some students are drawn to one type of university while others are drawn to almost the opposite.

As you consider a retirement community assess all of these factors; do I like lots of other residents, do I prefer small and intimate, do I prefer rural or urban, etc. A comparison that is relevant in scope but not in specific example is what is offered. An institution of higher education may offer only under graduate or many graduate programs and other schools like Divinity or Medical or Business. Whereas retirement communities range from only Independent Living on campus to including any combination of assisted care, memory care, skilled care.

Choosing a Community that Appeals and Provides and Enhances are personal decisions but need to be measured.

David Ammons is president of Retirement Living Associates, Inc. (RLA), a company which provides planning, development, marketing, and management services for new and existing retirement communities. He has worked in and with Senior Living Communities since his graduation from Wake Forest University in 1985. Contact David at david@RLAinc.com or 919-783-0044, ext. 21.

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The Villas at Granite Ridge	see pg 26
Villas at Peacehaven	see pg 26



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