



www.retirementresourceguide.com

RETIREMENT

resourceguide.com

Fall 2021

Showcasing the Best of Central North Carolina



Ballroom Dance

Sport and Art Form Combined

pages 6-8

Retirement Communities • Housing • Wellness • Arts, Leisure & Travel • Resources

THE ENCLAVE AT Hidden Lake

NOW SELLING



Triangle's Newest 55+ Community

NEW HOMES FROM THE HIGH \$300'S

The Enclave at Hidden Lake offers residents over the age of 55 a unique opportunity for maintenance-free living in a gated, intimate enclave of homes, nestled along the banks of the **75-acre lake** at the heart of Hidden Lake.

3 decorated models ready to tour now!

First floor living with options for sunrooms, flex spaces, offices and more, and select homesites feature water views!



Contact our Internet Specialist Team

For information or to schedule an appointment please call 866.551.7995



CLUBHOUSE COMING SOON


- Fitness Center
- Warming Kitchen
- Indoor Gather Spaces
- Pickleball Courts
- Lake Activities
- Outdoor Porch Overlooking Pool and Lake

REVIVE

COLLECTION

The Enclave at Hidden Lake

AN AGE RESTRICTED COMMUNITY

 1595 Hicks Road, Youngsville, NC 27596



built with care.

EastwoodHomes.com



© Eastwood Homes 2021. Prices and product subject to change without notice. See NHS for details.

Springmoor is

LIFESTYLES CREATED ONE PERSON AT A TIME.



Springmoor is beauty with depth,
wellness with purpose,
opportunity without limits and
value beyond compare.

- A 42-acre urban oasis
- Lush, verdant landscaping
- Nationally accredited, locally owned, not-for-profit
- Dedicated to independence, security and peace of mind

SPRINGMOOR
LIFE CARE RETIREMENT COMMUNITY

1500 Sawmill Road • Raleigh, NC 27615



CALL 919-338-5192 FOR YOUR FREE RETIREMENT INFORMATION KIT

Publisher:

Day Atkins

Founders:

Emmet Atkins, Jr. (1917–1996)

Trudy Walton Atkins (1925–2019)

Client Services:

Erin Anderson

Social Media:

Natalie Forster

Accounting:

Flora Price

Art Director:

Janet Elliott

Graphic Designer:

Deborah Hosterman

Chief Videographer:

Stephen Kulin

Digital Media Director:

Mary Ann Guinn

For Advertising Rates or Information Call:

336-235-3090

or email:

info@retirementresourceguide.com

Retirement Resource Guide is published quarterly by Southern Trade Publications Company, P.O. Box 7344, Greensboro, NC 27417. Telephone: 336-235-3080. Subscriptions are available at the following rates: One year, \$10.00; Single copy price, \$2.50. Contents copyright 2021. Publisher's notice: All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis. Southern Trade Publications. All rights reserved.

We Are Proud To Be Members Of:

Triad Retirement Living Association
National Association of Homebuilders
Housing Guides of America
HIPSS

From the publisher...

"*Dancing with The Stars*" television show has helped raise awareness of the beauty, skill and Wow! Factor of ballroom dancing for the younger set. High schoolers are taking to the sport, and art, of dance. Retirees have long been drawn to ballroom dancing; for many, the sudden availability of time to pursue new activities has allowed them to take up ballroom dancing after a lifetime of having to "sit out" the dances at weddings and parties. No longer! Retirement offers the chance to reinvent ourselves as we take on learning of new activities, rekindling and reconnection to a sport, travel, or taking time for coffee at the art gallery, a visit to a winery or simply... enjoying life. Despite your fears, the professionals who teach ballroom dance promise that "everyone can learn to dance".... it's not just for the rhythmically gifted. Ballroom dancing can enhance life in many ways from the social connections it forms to the health and emotional benefits which are substantial. Dasha Chube is the manager at Fred Astaire Dance Studio in Greensboro. She grew up in the Ukraine where the sport of dance is taken very seriously from an early age. Ask her about the benefits of dance to the retirement-aged public and she will describe in detail the many facets of how dance improves healthy, vitality and joy of life.

Central North Carolina has so much to offer the retiree. A vibrant arts scene, active sports from ballroom dance to hiking to kayaking to snow skiing, travel destinations at our back door and a climate that makes it accessible 12-months a year. In today's world, with so many opportunities at our fingertips, retirement is to be embraced. In Central North Carolina, Retirement has never looked so good!

Check us out on:



Facebook – Retirement Resource Guide

www.facebook.com/RetirementResourceGuide

Visit our website:

www.RetirementResourceGuide.com

on the cover

Debb and Keith McRoberts, pictured together at the National FADS Championships in April, have been dancing together for about 2 years. This was their wedding anniversary present to each other. See the story beginning on page 6.



communities & care

Maps	12-16
Active Adult Lifestyle Communities	17
Independent Living	33
Life Plan Communities (CCRC)	43

sections

Planning for the Future	51
Wellness	55
Healthcare	58
Parting Word	65

Ease of Vacation

Quality of Care



Find Harmony

Harmony Senior Services was founded on the belief that people deserve higher quality senior living options. Our unrivaled quality care services is designed to help make every day better than the last. We create a personalized care plan to ensure quality of life, maximum independence and peace of mind for the family.



INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

336.355.3287 Greensboro | **336.701.6584** Brookberry Farm

Call today to schedule a tour • [harmonyseniorservices.com](https://www.harmonyseniorservices.com)



Ballroom Dance

Sport and Art Form



If you are like the typical retiree your friends probably do not mistake you for last month's featured dancer on the television show *"Dancing with the Stars."* In fact, when attending a wedding you may just be one of those who "sit this one out" because, even though you've always imagined how wonderful it would be to glide onto the dance floor with your partner and do a perfect Fred Astaire/Ginger Rogers routine...you've never gotten around to learning to dance. The great news is that it's not too late. In fact, retirees, even those with the proverbial "two left feet," are learning to dance in increasing numbers (as are the younger set including those still in high school). Aside from acquiring the skills to perform your own Fred Astaire/Ginger Rogers routine, learning to dance offers myriad benefits ...some obvious and some not so obvious. The obvious: it's good exercise and it makes you feel pretty cool when you can ballroom dance even moderately well. The other benefits, however, are arguably even more important. Ballroom dance has emotional, physical, and mental benefits that are immediate and far reaching. But more on that in a minute.

Retirement Resource Guide contacted two local studios, Adore Real Talent Dance Studio in Raleigh and Fred Astaire Dance Studio in Greensboro to get their take on the ballroom dance scene.

Two Left Feet

"Twenty-somethings" Jane Cozens and Brian Clements are engaged to be married and took up dancing a year ago in order to have something they could do "together" and so they'd be able to feel comfortable at events, like weddings, where there is an opportunity to dance. Jane considered herself as one who has the proverbial "two left feet." But after two introductory lessons she and her fiancé fell in love with ballroom dancing and felt that it would be fun to pursue more social dancing. Says Cozens, they wanted "to learn how to dance with each other because we think of it as such an intimate experience between the two of us, with the teamwork, and it was something we wanted to do for ourselves." A year later they are preparing for their first showcase dance. They were introduced to ballroom dancing by Katherine Hayes, owner of Adore Real Talent Dance Studio in Raleigh. The Adore Dance website proclaims that "anyone can dance." We asked Hayes if that was indeed true and she replied "110%! It's all about how the student learns and more impor-



the Waltz but also the same step in the Foxtrot.” Many students report that it takes a couple of months before things “click” and the lessons take on new meaning. And, according to Cozens, “It’s a great experience because we’re learning but it’s also a ton of fun.”

Dance as a Sport

While couples like

Cozens and Clements came

tantly about the teacher understanding the student’s learning habits. Anybody and everybody can learn to dance... it’s just about taking the time to get to the goals that the student desires.” According to Dasha Chube, manager at Fred Astaire Dance Studio in Greensboro “everybody says they have two left feet. Our response is ‘we have two extra right ones in the closet, so we’ll exchange one for you!’ In reality the concept of “two left feet” doesn’t exist. For some, dance comes more naturally while for others it takes a little more concentration and focus, but anyone can be taught how to dance.”

Teaching Old Dogs New Tricks

Chube says she has students ranging in age 4 to 95. “We had one person who, at 98, stopped ballroom dancing with us because she moved to live with her children. She’s still dancing...just not in our city any longer.” Traditionally, the older set, pre-retirement or retirement-aged folks have been the age group most interested in learning to dance, however, the trend, thanks to shows like *“Dancing with the Stars,”* is younger people coming to the *sport*. While media exposure may be increasing interest in dance among the youngsters, for the older adults, according to Chube, “it’s more about being at the point in their lives where they now have the time to devote to dancing and they don’t want to “sit this one out” any longer...they want to participate in the fun. Students and instructors alike report that the first hurdle is getting over the self-consciousness of learning a new skill. Once you get past that, learning really takes over. And, although remembering the dance steps is key to the entire process, muscle-memory soon takes over. Cozens puts it this way, “Once you learn how to instinctively move your feet you can seamlessly transition through the various primary dances. Some of the dance steps apply to multiple dances. For instance, there is a dance step you can perform in

to ballroom dancing to enhance their relationship many have discovered other exciting facets that ballroom dance provides. Ballroom dancing used to be the domain of couples and single ladies. Today, that’s still true but, increasingly, single men are coming to ballroom dance in great numbers. Many of these folks are drawn to ballroom dance for the social aspect of it but also are discovering the joy of perfecting a sport and art form. Bob and Meredith Jackson moved to the area about 8 years ago to be near family. Frequenting a favorite restaurant meant that after dinner they found themselves peering through the window of the Fred Astaire Dance Studio next door where they observed a magical scene of folks flowing across the dance floor. They were captivated and soon found themselves signed up for lessons. What started out slowly for them really took off once they decided on transitioning to one-on-one lessons. Fred Astaire Dance Studio offers multiple outlets for dance enthusiasts and while most patrons are learning to dance for the social, mental and physical benefits mentioned above nearly 30-40 percent of their students uncover a desire to compete in Amateur divisions and beyond. Meredith Jackson found that perfecting her moves and learning more intricate steps and dances appealed to her on many levels and has engaged in Amateur division competitions. Trips to competitions are an important part of the offerings at Fred Astaire Dance Studios, and competitions have been held from Las Vegas to Russia. Chube explains, “these trips are primarily social trips with an element of competition. We compete but we have fun!” On one trip we danced in the Kremlin!” Meredith Jackson competed at a competition in Las Vegas with husband Bob at her side as the chief cheerleader. Bob has been slower to embrace the idea of competition but is no less an avid participant in the sport. He will dance his first Showcase In October. The health

Better Together

Some things are great on their own, but even better when you pair them together. Peanut butter and chocolate. Cream and sugar. Cookies and milk.

Friendship & Unity.

These valued Moravian principles have guided **Salemtowne** for nearly five decades. Together, they create a Life Plan Community where **all are welcome**.

Learn more about joining our community today!
336-714-2157 | marketing@salemtowne.org
www.salemtowne.org

190 Moravian Way Drive, Winston-Salem, NC 27106



benefits of ballroom dancing are myriad. The physical benefits are obvious; dancing provides a cardiovascular workout, it strengthens muscle tone which improves balance and it promotes flexibility. The mental side of the sport is equally impressive. Remembering dance steps, communicating with your partner, and navigating the dance floor all help promote mental agility. And, dancers appreciate the benefits that they receive from the sport both mental and physical.

Getting Started

A common thread between instructors Hayes and Chube is an "all-in" love for what they do. They exude passion for sharing and teaching the art and sport of ballroom dance...and it's contagious. Talk to either one for a few minutes and you too, want to be part of what they preach.

The beginner programs each studio offers are typical of the industry with deeply discounted introductory lessons, and then the offerings proliferate from there with every option from one-on-one lessons to couples lessons to group lessons and combinations of both.

Ballroom dancing is unique. It is art. It is sport. It pays dividends that are mental, physical and emotional...and, it's just plain fun. Maybe it's time to stop "sitting this one out."

BALLROOM & SOCIAL DANCING IS A FUN & REWARDING WAY TO...

- Control Weight & Promote Heart Health
- Increase Flexibility, Agility & Coordination
- Enhance Communication Skills
- Counteract Sadness
- Foster Social Bonds
- Express Creativity
- Teach Teamwork
- Boost Confidence
- Improve Memory
- Relieve Stress



Life's Better When You Dance!

CALL US TODAY!
NO PARTNER REQUIRED



FRED ASTAIRE
DANCE STUDIOS.

5 Lessons for \$50

1500 Mill Street, Suite 105, Greensboro, NC 27405
336-379-9808 • www.fredastaire.com/Greensboro

The Transformation Continues

AT BROOKRIDGE

In what we joyfully call our season of ongoing change, we are excited to announce another round of pending renovations to our Life Plan Community.



Artist Rendering



Brookridge continues to meet the needs of our residents by evolving, and next up are many of our communal areas which will receive revised layouts with contemporary finishes. Couple this with a wonderful amenities package and services that include a complete continuum of care, and you'll want to see it firsthand.

If you're not quite ready, simply join our Brookridge Advantage Club today and receive priority placement and notification when the residence of your choice is available. As a member you also receive invitations to our community events and special programs, where you can make friends that will become your future neighbors. It's a great way to plan a bright future.

Come see for yourself the beauty of Brookridge.

CALL (336) 759-1044 TO SCHEDULE A VISIT.



Explore our community online at BrookridgeCommunity.org
1199 HAYES FOREST DRIVE • WINSTON-SALEM, NC 27106

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

Our communities:

High Point, NC

The Landing at Sycamore Creek

from the upper \$200's

Kernersville, NC

Courtyards at Harmon Hill

from the upper \$200's

King, NC

Village at Maple Leaf Farm

from the mid \$200's

Mebane, NC

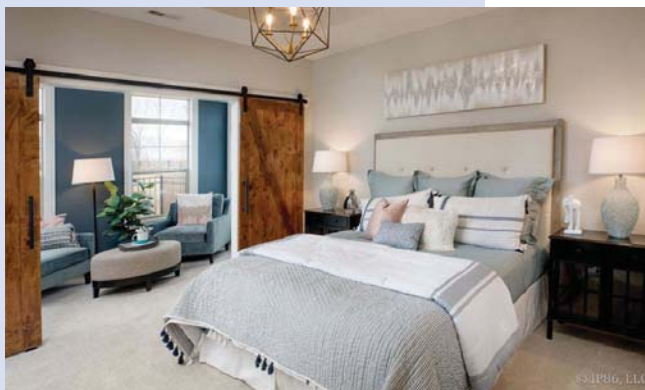
Villas on 5th

from the upper \$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



The Art *of Living*

INTRODUCING ALDERSGATE SQUARE

Building on our history of beauty and imagination, Arbor Acres is excited to announce **Aldersgate Square**, our newest residence rising from the center of this invigorating community.

Around here, how we evolve our environment is how we renew the vitality of our mission, which means that a splendid home of comfort, convenience, and thoughtful amenities—with lovely views and spacious rooms—*is just the start.*

Because living well is one thing, but living with purpose and passion, among friends in a rare and picturesque setting—this is life in all its shining brilliance. Arbor Acres is forever in a state of becoming—a place where creativity shines, where generosity thrives, where the art of living blooms.



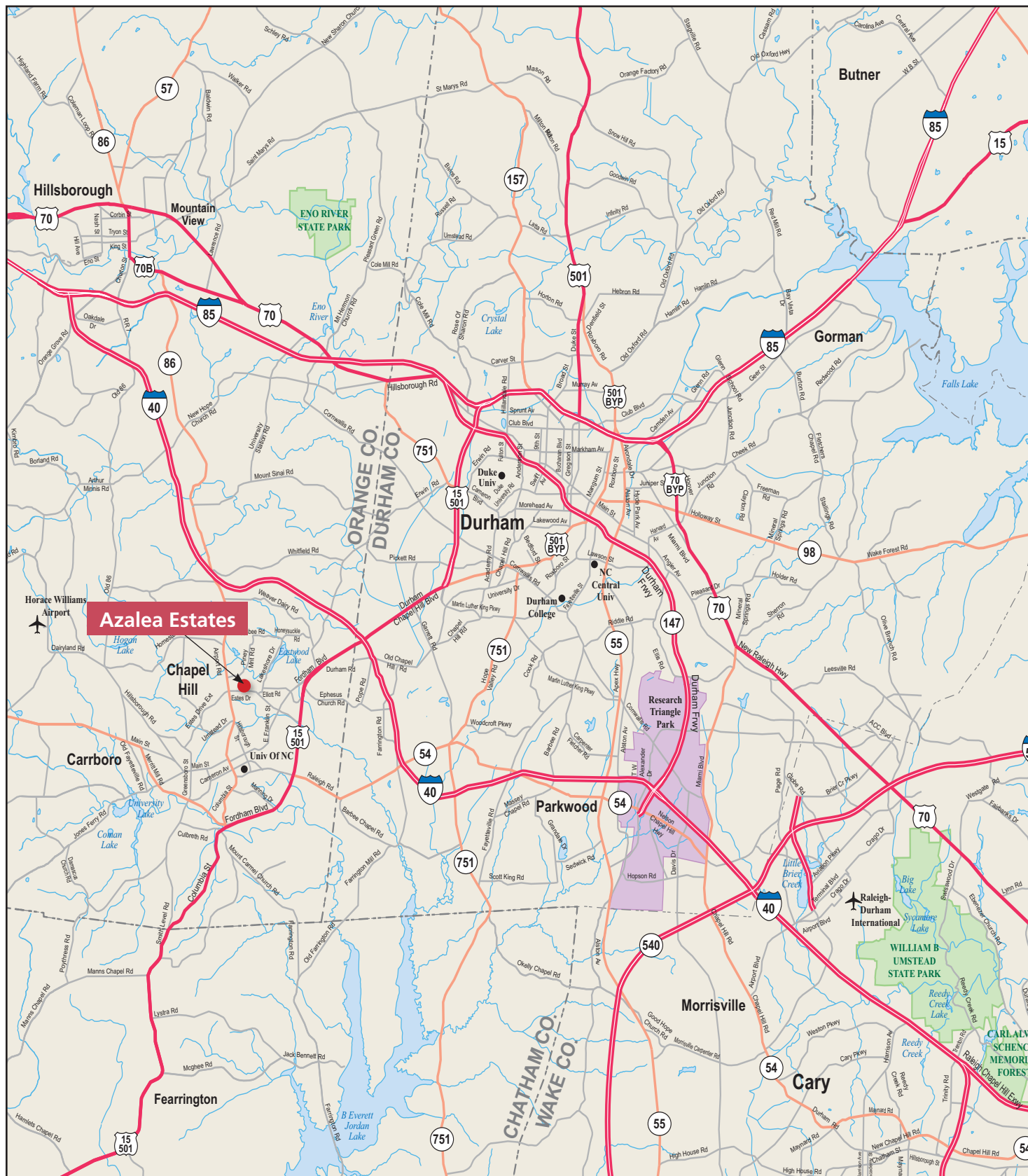
For more information on Aldersgate Square and other independent living options, please call (336) 724-7921.

Arbor Acres is a Continuing Care Retirement Community affiliated with the Western NC Conference of the United Methodist Church.

1240 Arbor Road, Winston-Salem, NC 27104
ARBORACRES.ORG • (336) 724-7921

ARBOR
ACRES
The Art of Living

CHAPEL HILL, DURHAM, HILLSBOROUGH MAP & FEATURED COMMUNITIES



FEATURED COMMUNITIES

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

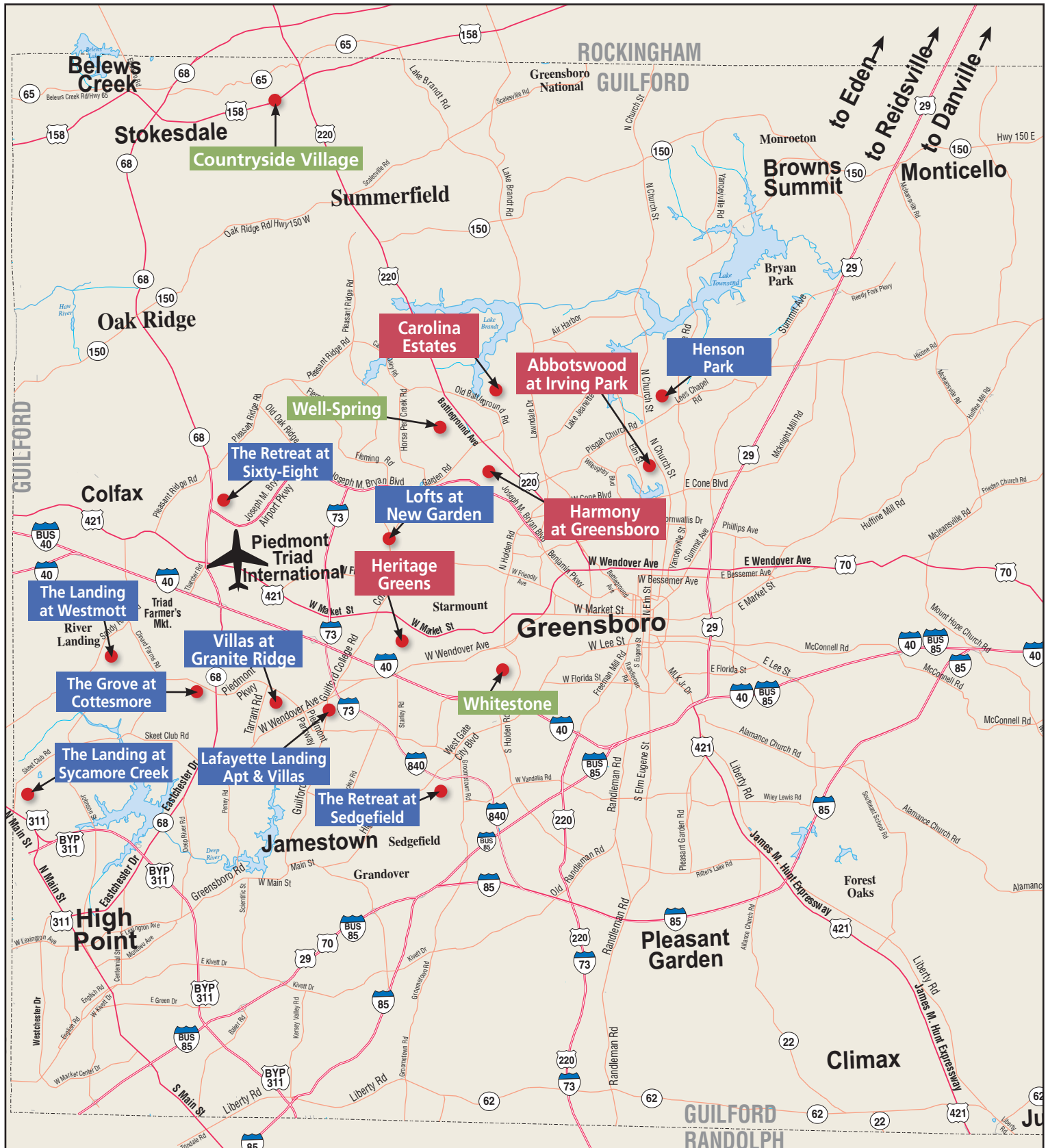
The map displays the following retirement communities and locations:

- The Cambridge at Brier Creek** (Red box)
- Abbotswood at Stonehenge** (Red box)
- Springmoor Life Care Retirement Community** (Green box)
- Whispering Pines** (Red box)
- Magnolia Glen** (Red box)
- The Cardinal at North Hills** (Green box)
- Preston Pointe** (Red box)
- Stoneridge** (Red box)
- Woodland Terrace** (Red box)
- SearStone** (Green box)
- Waltonwood Cary Pkwy** (Green box)
- Waltonwood Lake Boone** (Green box)
- Cambridge Village of Apex** (Red box)
- Southern Pines Gracious Retirement Living** (Red box)
- Windsor Point** (Green box)
- The Retreat at Fuquay Varina** (Blue box)
- Belmont Lake Preserve** (Blue box)
- Flowers Plantation** (Blue box)

Major highways shown include I-40, I-85, I-95, US-401, US-70, US-52, US-64, and US-55. Local roads like Wake Forest Hwy, Durham Rd, and Capital Blvd are also visible. The map includes labels for Cary, Raleigh, Garner, Knightdale, and Rocky Mount, NC. Arrows indicate directions to Southern Pines, Rocky Mount, and Ayden.

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

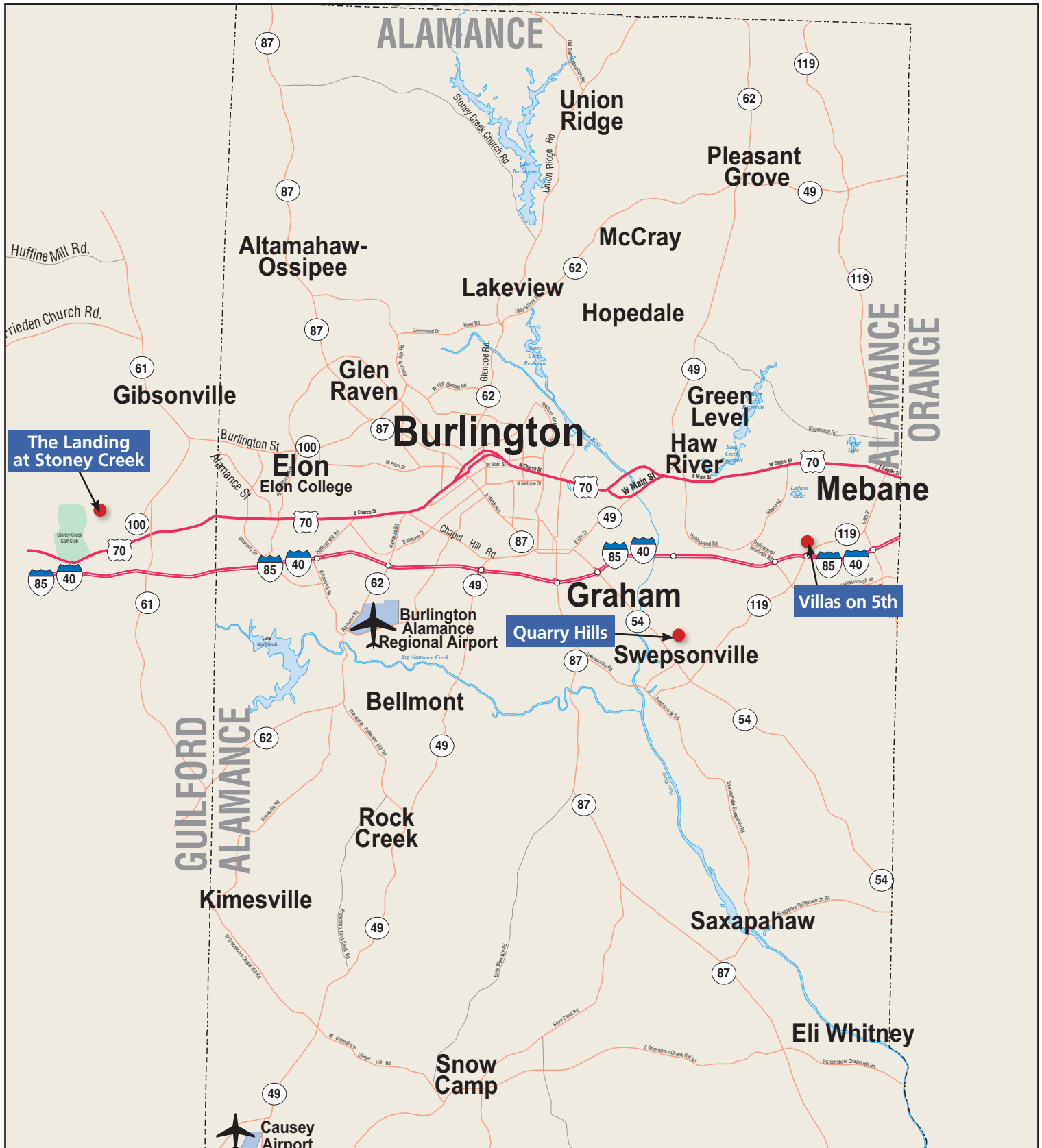
GREATER GREENSBORO MAP & FEATURED COMMUNITIES



FEATURED COMMUNITIES

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

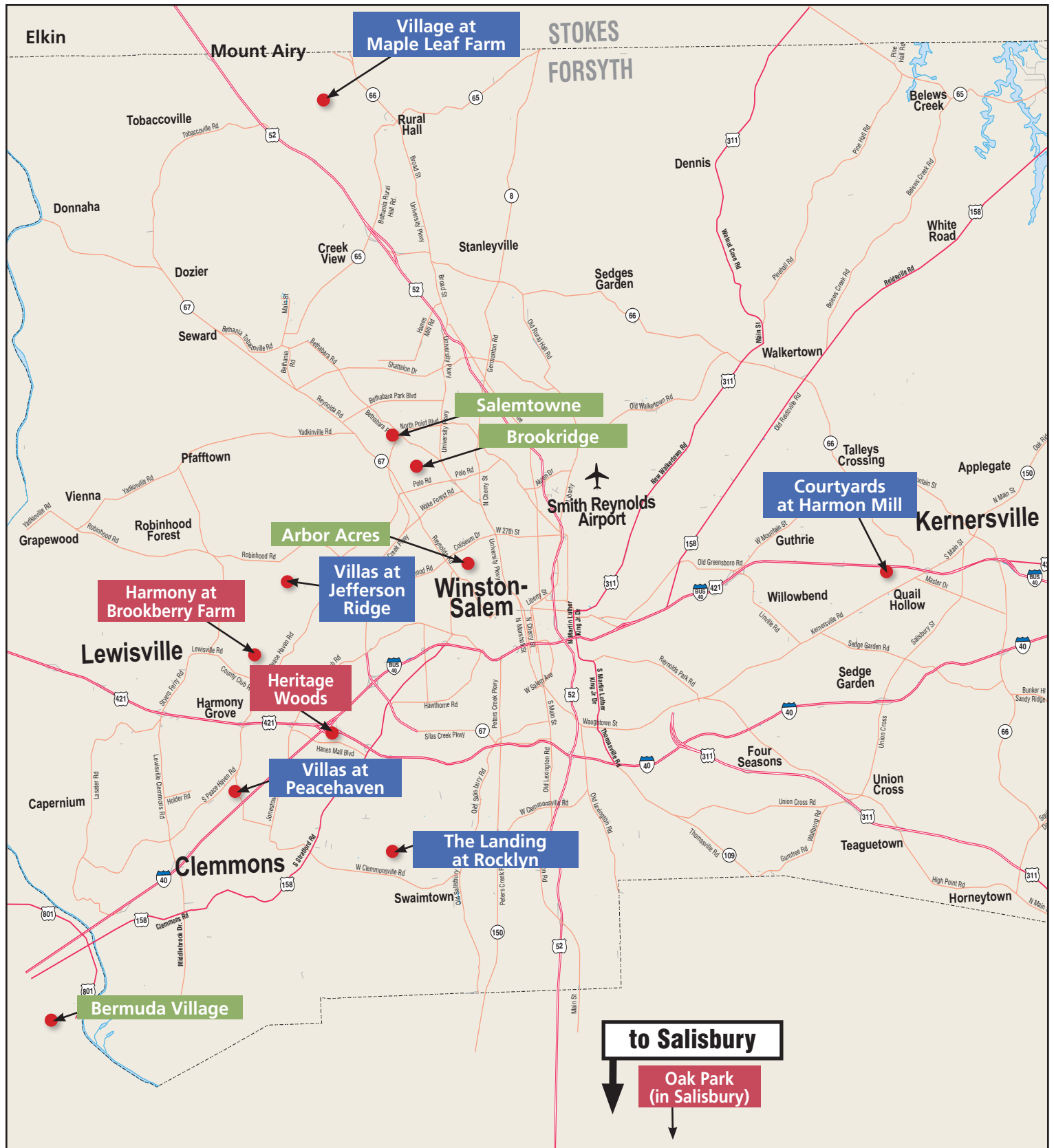
GREATER BURLINGTON MAP & FEATURED COMMUNITIES



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	MI Homes	919-607-1317
Belmont Lake Preserve	23	Rocky Mount	mid \$200's		x		x	x	x	x		DR Horton	252-888-9075
Bridgeberry		Holly Springs	\$300's		x		x	x				Taylor Morrison	919-525-3952
Carolina Gardens		Fuquay-Varina	high \$200's		x	x	x	x	x	x	x	Del Webb	919-736-6065
Courtyards on Holt, The		Apex	low \$400's				x	x	x	x	x	Epcon	919-439-8613
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, 22	Youngsville	\$300's	\$200	x	x		x	x	x	x	Eastwood Homes	984-205-6356
Flowers Plantation-Cottages at Evergreen	19, 21	Clayton	mid \$300's	\$79/mo	x			x	x		x	McKee Homes	919-553-1984
Hasentree-Golf Villa Collection		Wake Forest	\$403's	\$81/mo + tiers	x			x	x	x	x	Toll Brothers	919-562-9900
Lochridge		Holly Springs	mid \$600's		x			x	x	x		Ashton Woods	919-823-5496
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, 21	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	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	\$300	\$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	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
Courtyards at Southpoint, The		Durham	low \$400's				x	x	x	x	x	Epcon	919-230-8636
Creekside at Bethpage		Durham	\$280's	TBD	x	x		x	x		x	Taylor Morrison	919-626-3500
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
Legacy at Jordan Lake		Chapel Hill	\$358's	\$175/mo	x			x	x		x	MI Homes	919-205-2101
Mason Farms		Morrisville	mid \$500's		x					x		Ashton Woods	919-769-6904

Information and pricing subject to change without notice.

continued on page 20

THE *Living* IS *Easy*



FLOWERS PLANTATION

Slow down, appreciate life...and LIVE EASY!

Miles of walking trails and golf cart friendly streets connect directly to onsite shopping, dining, and medical offices. Enjoy neighborhood socials, food trucks, community events, and making new friendships. Relax at the pool, join a fitness class, or sign the kids up for sports programs at the onsite East Triangle YMCA. All with **NO CITY TAXES!**
IT'S ALL HERE AT FLOWERS PLANTATION.

The INDEX

Community Cross Reference

Active Adult Lifestyle

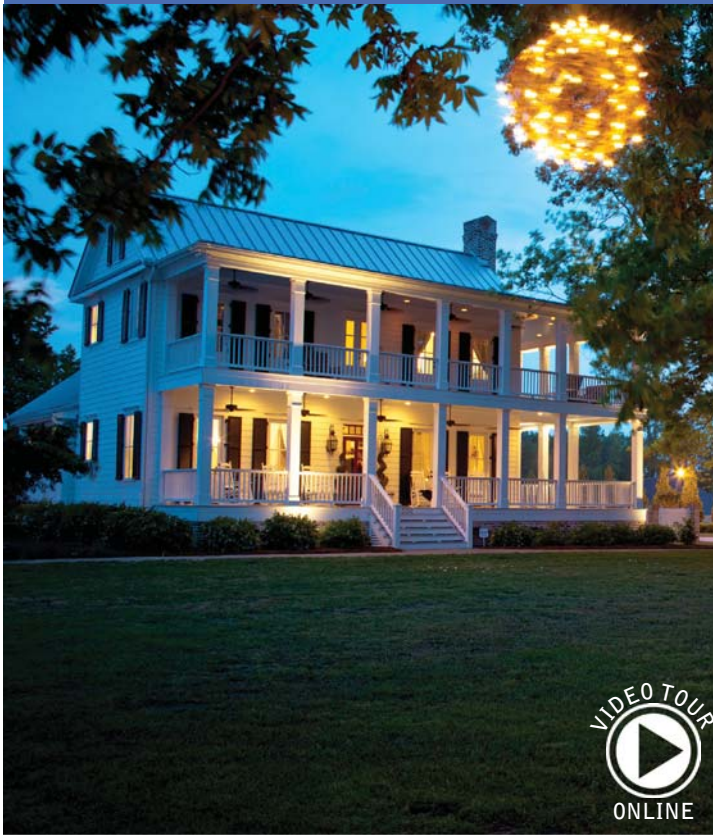
Community	Ad Pgs.	Area	Priced From	HOA Dues	Age Restricted	Single Family Homes	Condo, TH, Villas, Apartment	Pool	Clubhouse	Garage	Fitness Center	Builder	Phone
Greater Greensboro													
Blakeney at Old Irving Park		Greensboro	low \$500's	\$290			x			x		D. Stone Builder	336-215-1103
Grandover		Greensboro	\$450's	\$1,702/yr+	x		x	x	x	x		Betty Smith/Smith Marketing	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	none		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, 64	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 Sycamore Creek, The	10, 31	High Point	upper \$200's	N/A		x						Nova Triad Homes/Epcon	336-686-7239
Landing at Westmott, The	29, 64	Colfax	\$1,425/mo	none			x	x	x		x	BSC Holdings	336-763-3053
Lofts at New Garden, The	25, 64	Greensboro	\$1,010/mo	none			x	x	x		x	BSC Holdings	336-285-5227
Retreat at Sedgefield, The	IBC, 24	Greensboro	\$995/mo+				x	x	x	x	x	Berkley Hall Management	336-542-7088
Retreat at Sixty-Eight, The	IBC, 26	Greensboro	\$995/mo+				x	x	x	x	x	Berkley Hall Management	336-542-7088
Village Lofts Apartments, The		Greensboro	\$1,070/mo	none			x	x	x	x	x	Koury Corp.	336-286-4949
Villas at Granite Ridge, The	26, 64	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	\$370's	\$265			x			x		Trent Adams Properties, LLC	336-669-6268
Chamberlain Place Apartments		Winston-Salem	\$880/mo	N/A			x	x	x		x	BSC Holdings	336-823-6844
Courtyards at Harmon Mill	10, 28	Kernersville	upper \$200's	\$175			x			x		Nova Triad Homes/Epcon	336-686-7239
Friedberg Villages		Winston-Salem	\$240's	\$150			x	x	x	x	x	Keystone Homes	336-451-1080
Juniper Glen		Winston-Salem	\$300's				x			x		Arden Communities	336-659-9503
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	336-281-2995
Owl's Trail at Caleb's Creek		Kernersville	\$200's			x		x	x	x			336-497-4644
Robinhood Villas		Winston-Salem	\$900/mo	none		x	x	x	x	x	x	BSC Holdings	336-251-1177
Village at Maple Leaf Farm	10, 29	King	mid \$200's	\$180			x			x		Nova Triad Homes/Epcon	336-529-0199
Villas at Jefferson Ridge	10, 27	Winston-Salem	upper \$200's	\$175			x			x		Nova Triad Homes/Epcon	336-407-9222
Villas at Peacehaven, The	26, 64	Winston-Salem	\$1,175/mo	none		x	x	x	x	x	x	BSC Holdings	336-777-7093
Whitehall Village		Winston-Salem	\$250's	\$93		x	x	x	x	x	x	Keystone Homes	336-317-2470
Wyngate Villages		Winston-Salem	\$200's	\$100			x	x	x	x		Keystone Homes	336-579-6472
Greater Burlington													
Cable Square Patio Homes & Twin Homes		Elon	mid \$200's				x			x		Windsor Homes	336-706-2220
Mebane Towne Center		Mebane	\$250's				x	x	x	x		Gena Harrill	336-362-1113
Quarry Hills	24	Sweepsonville	Call			x	x			x		DR Horton	919-925-4050
Village at Lake Michael, The		Mebane	\$170's	\$150				x	x	x	x	Mebane Townhome	919-926-1006
Villas on 5th	10, 31	Mebane	upper \$200's	\$175		x	x	x	x	x	x	Nova Triad Homes/Epcon	336-382-0095

Information and pricing subject to change without notice.



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
- Home of the East Triangle YMCA (outdoor/indoor pools, tennis courts, fitness facility)
- Model homes available to tour
- Visitor Center Open Daily



FLOWERS PLANTATION



The Retreat at Fuquay-Varina

From \$1370 / month 919-762-0868

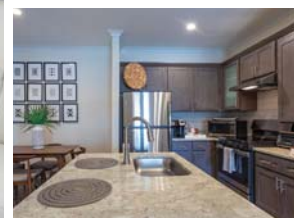
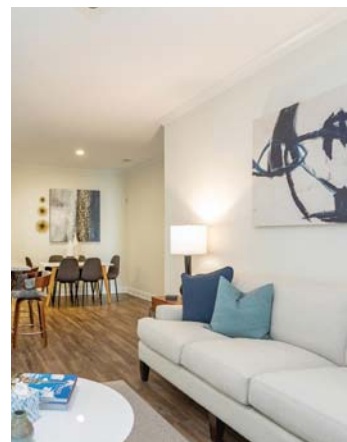


2700 Whakatane Lane
Fuquay-Varina, NC 27526
www.theretreatatfuquayvarina.com

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

Independent Living

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

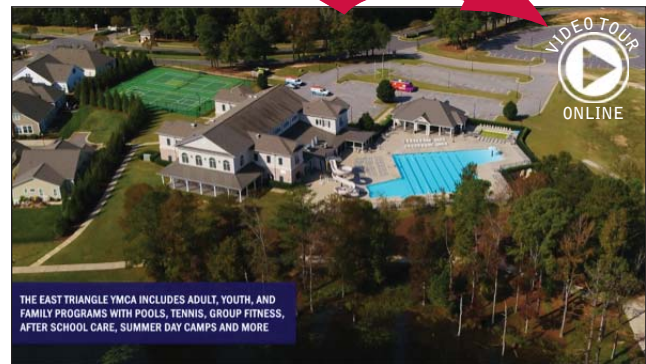
- Ranch style with 2nd floor options
- Select homesites feature water views
- Planned 4,500 sq. ft. clubhouse coming soon!
 - Fitness Center
 - Warming Kitchen
 - Indoor Gathering Spaces
 - Pickleball Courts
 - Lake Activities
 - Outdoor Porch overlooking pool and lake
- 3 Decorated Models



Video Tours Online!

We have videos of many communities online. If you see this icon on an ad, go to www.retirementresourceguide.com to watch the video.

RETIREMENT
resourceguide.com



"AGE IS
A STATE
OF MIND"

28% OF SENIORS AGREE
27% OF ADULTS AGED 18-59 AGREE

86%

of seniors say they are
confident about maintaining a
high quality of life

■ Active Adult ■ Independent Living ■ Life Plan ■ Assisted Living ■ Rehab & Nursing ■ Memory Care

Belmont Lake Preserve

Call for Information 252-888-9075



265 Rosemount
Rocky Mount, NC 27804
www.drhorton.com

Map pg. 13

- Ranch and 2-Story Homes
- Wooded homesites available
- Golf Course community
- Clubhouse with fitness center and billiards room
- Indoor and Outdoor Pool
- Tavern 19 Restaurant within community
- Golf Pro Shop
- 80-acre Lake
- Smart Home Package

D·R·HORTON®
America's Builder



MORE THAN JUST A GYM



Indoor and Outdoor Pool
Aquatics • Basketball • Fitness
Nursery • Personal Training
Physical Therapy • Racquetball
Group Fitness
Volleyball • Tennis • Pickleball



SPORTSCENTER
ATHLETIC CLUB

High Point
3811 Samet Drive • 336-841-0100
www.sportscenterac.com

Quarry Hills

Call for Information 919-925-4050



Hwy 54
Swepsonville, NC 27253
www.drhorton.com

Map pg. 15

- This community will feature a mix of 285 homesites with ranch and 2-story single family homes in Swepsonville, NC.
- Within 30 miles of both Greensboro and Durham, NC
- Close to great shopping and dining, 10 miles of Alamance Crossing in Burlington and Tanger Outlets in Mebane
- All homes come equipped with smart home technology; allowing you to seamlessly control your thermostat, home alarm, and so much more all from your smart phone!

D·R·HORTON®
America's Builder



The Retreat at Sedgefield

From \$1045 / month 336-297-2111



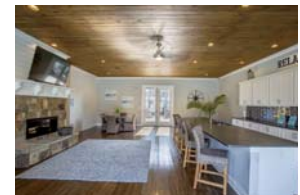
2900 Queenstown Circle
Greensboro, NC 27407
www.theretreatatsedgefield.com

Map pg. 14

Now Open!

- 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
- Convenient Elevator Access
- State of the Art Fitness Center

- Maid Service Available
- Personal Garages Available
- Modern LVT Flooring
- Outdoor Storage Space
- Pet Friendly



Active Adult

Independent Living

Life Plan

Assisted Living

Rehab & Nursing

Memory Care

Henson Park

Call for Information

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

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.



The Retreat at Sixty-Eight

From \$1045 / month 336-315-8500



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

Map pg. 14

Opening Late Fall 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

How Will You Tackle Retirement?

Just like fishing, you need the right tools to do it well.



Navigation at Home provides **asset protection**, **care coordination**, and access to **high-quality care** that allows you to stay in your own home as long as possible. **The right gear will help you retire with peace of mind.**

Call **336.714.6848** or email navigation@salemtowne.org to learn more today.

Visit our website at navigationathome.org

Navigation at Home is a division of Salemtowne Retirement Community and is licensed by the NC Dept of Insurance.

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 oversized 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

From the upper \$200's

336-848-5007



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 oversized 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 27284

Sales: Carolyn Esterly, Remax Preferred Properties, 336-848-5007

The Landing at Rocklyn

Call for Information

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



322 Mountain Maple Drive
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 oversized 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: 322 Mountain Maple Drive, 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!





*The Grove
at Cottesmore*

One Level Twin Homes

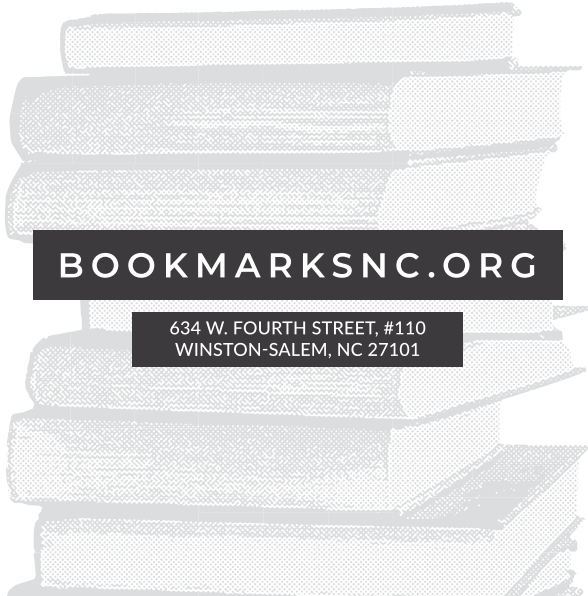
- 10-Year Residential Warranty
- HERS RATED for Energy Efficiency by Third Party
- GE Stainless Steel Appliances
- Custom Cabinetry/Granite
- Wood Floors
- 9' Ceilings
- \$3,500 in closing costs with Preferred Lender!
- Spacious and Well-Designed Floor Plans
- Architectural Shingles
- All Exterior Lawn 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

NCGL #69237 

EST  2004

BOOKMARKS
 — BOOKS WITH PURPOSE —



BOOKMARKSNC.ORG

634 W. FOURTH STREET, #110
 WINSTON-SALEM, NC 27101

The Landing at Stoney Creek

Call for Information

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

FREEDOM
 HOMES



Villas on 5th

Patio Homes from the upper \$200's 336-382-0095



**NOW SELLING
PHASE THREE!**



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 oversized 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



Builder: Nova Triad Homes

Model Hours: Mon, Thurs, Wed, Fri, 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)

The Landing at Sycamore Creek

From the upper \$200's 336-382-0095



NOW SELLING!



3501 Corvair Drive
High Point, NC 27260
www.novatriad.com

Map pg. 14

- Low-maintenance detached patio homes and twin homes in North High Point
- Located a short drive from North Main Street, Interstate 74, and Oak Hollow Lake
- Design a 2- or 3-bedroom home with an optional bonus suite and relaxing courtyard
- Attached oversized 2 car garage with abundance of storage
- Yard work, landscaping, and irrigation maintained by HOA
- In the center of the Triad, minutes to downtown High Point but also convenient to Winston-Salem and Greensboro
- 4 models to choose from



Builder: Nova Triad Homes

Model Hours: Call for Information

Address: 3501 Corvair Drive, High Point, NC 27260

Sales: Tonia Grinstead, tgrinstead@novatriad.com, 336-382-0095

REAL PEOPLE. REAL FUN.



We invite you to become a part of something special: a sense of family, friendship, and fun. We'll take care of the cooking, housekeeping, and transportation, leaving you time to enjoy your retirement with new friends and family. Whether you have visited us before or are hearing about us for the first time, we would love to have you join in the fun!

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

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.



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	BC	Raleigh	120	Call	x	x	x	x	x	x	x	x	x		855-531-4208
Atria Oakridge		Raleigh	124	\$3,295	x	x	x	x	x	x	x	x	x		919-848-2088
Belle Meade		Southern Pines	220	\$3,500	x	x	x	x	x	x	x	x	x	x	910-246-1023
Brier Pointe		Morrisville	128	\$3,800	x	x	x	x	x	x	x	x	x		919-378-2902
Brookdale North Raleigh		Raleigh	219	\$2,750	x	x	x	x	x	x	x	x	x	x	919-334-2222
Cambridge Village of Apex	39	Apex	219	\$2,800	x	x		x	x	x	x	x	x	x	919-355-6057
Cambridge at Brier Creek, The	35, 38	Raleigh	205	\$4,775	x	x		x	x	x	x	x	x	x	919-612-1054
Capital Oaks		Raleigh	128	\$2,942	x	x	x	x	x	x	x	x	x		919-784-0099
Cardinal at North Hills, The	BC	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	120	\$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	BC	Raleigh	160	Call	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	32, 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	32, 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	\$4,400	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
Verena at Bedford Falls, The		Raleigh	181	\$2,995		x	x	x	x	x	x	x	x	x	919-846-7216
Waltonwood Cary Parkway	37	Cary	134	\$4,595	x	x	x	x	x	x	x	x	x	x	919-444-2615
Waltonwood Lake Boone	37	Raleigh	119	\$4,695	x	x	x	x	x	x	x	x	x		984-235-3049
Whispering Pines	32, 37	Raleigh	118	\$2,495	x	x	x	x	x	x	x	x	x		919-870-0222
Whitaker Glen, The Oaks	48	Raleigh	96	\$3,121	x	x	x	x	x	x	x	x	x		919-839-5604
Windsor Point	38, 45, 46	Fuquay Varina	141	\$3,356	x	x		x	x	x	x	x	x	x	919-552-4580
Woodland Terrace	BC	Cary	104	Call	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	32, 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	\$2,938				x		x	x			x	800-458-6756
Cedars of Chapel Hill, The		Chapel Hill	306	\$3,133	x	x	x	x	x	x	x	x	x	x	919-259-7929
Croasdaile 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



The Triangle's Newest Luxury Retirement Community

We believe every day is an opportunity for Optimal Living™ from your community, to your health, to your overall wellbeing. Our newest community is perfectly located in Raleigh, on the border of Durham so you have access from everything to cultural events or outdoor adventures, and everything in between. Live your best life with our custom healthcare, spa and wellness programs designed to keep you happy and healthy at any age. **Opening Spring 2022!** Hard hat tours starting Winter 2021!



**Accepting reservations now,
Call for more info!**

919-612-1054

THE CAMBRIDGE
AT BRIER CREEK

7780 Brier Creek Pkwy, Suite #410 • Raleigh, NC 27617

cvsliving.com/brier-creek

All Day Dining

Cafe & Market
with free wifi

Spacious
floor plans

Movie theatre

Housekeeping
service

Scheduled
transportation

Pet-friendly

Extensive activities

24-hour emergency
response system

Health Services available with
on-site care partners

Schedule your tour
today!

919-897-7328



PRESTON POINTE

Resort-Style Retirement
Independent and Gold Plus Living



Retirement Living at its Finest

Preston Pointe, LLC • 1995 NW Cary Parkway, Morrisville • www.prestonpointe.com

Independent Living Communities

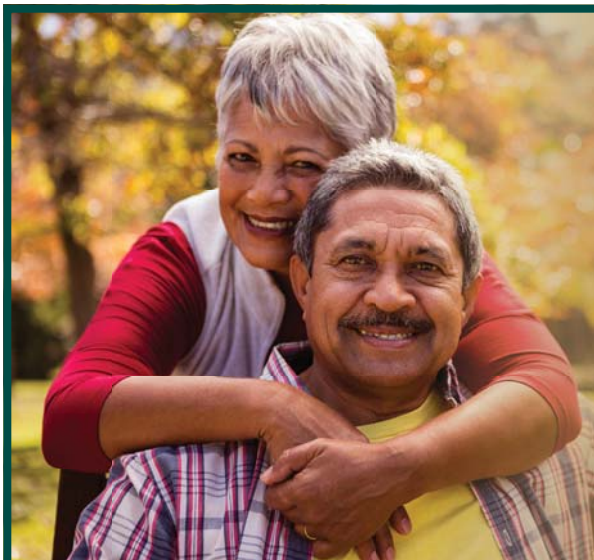
The INDEX

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	BC	Greensboro	177	Call		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	32, 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, 42	Greensboro	95	Call	x	x		x	x	x	x	x	x		336-355-7733
Heritage Greens	40, BC	Greensboro	142	Call		x	x	x	x	x	x	x	x		866-698-8572
Pennybyrn at Maryfield		High Point	180	\$2,353		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	46	Greensboro	238	\$2,912		x		x	x	x	x	x	x	x	336-545-5400
WhiteStone		Greensboro	167	Call		x	x	x	x	x	x	x	x	x	336-419-0828
Greater Winston-Salem															
Arbor Acres	11, 41, 47, 58, 60, 61	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	41, 46, 49, 58, 60	Bermuda Run	232	Call	x	x		x	x	x	x	x	x	x	336-998-6539
Brookridge Retirement Community	9, 41, 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, 40	Winston-Salem	79	Call	x	x		x	x	x	x	x	x		336-701-6781
Heritage Woods	42	Winston-Salem	107	\$1,995-\$3,100	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	32, 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, 47, 58, 60, 61	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.



Fall in love with our beautiful communities!

Call and schedule a
personalized tour today.

Independent Living, Assisted Living & Memory Care

Waltonwood Cary Parkway
919-444-2615

750 SE Cary Pkwy, Cary, NC 27511

Waltonwood Lake Boone
984-235-3049

3550 Horton St., Raleigh, NC 27607



WALTONWOOD.COM | SINGHCAREERS.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

The Cambridge at Brier Creek

919-612-1054



7780 Brier Creek Pkwy, Suite #410 • 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
- Salon & Spa
- Concierge Healthcare
- Valet parking and shuttle transportation
- Grand movie theater, library & study
- Multiple dining venues 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

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

Cambridge Village of Apex

919-355-6057



10,000 Cambridge Village Loop • Apex, NC 27502

www.cvsliving.com/apex

Map page 13

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

- Exclusive State-of-the-art Fitness 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
- Restaurant style dining
- Cultural & Educational Programs
- 24 hour Emergency Response
- Guest Suite available and furnished short term stay apartment
- Pond with fountains and sitting bridge
- Concierge Care Services

Azalea Estates

919-929-2160



700 N Estes Dr. • Chapel Hill, NC 27514

www.seniorlivinginstyle.com/azalea-estates/

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

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

Video Tours Online!

Videos of many communities are available online. If you see this icon, go to www.retirementresourceguide.com to watch the video.

RETIREMENT
resourceguide.com



Harmony at Brookberry Farm

336-701-6781



5416 Hundley Road
Winston-Salem, NC 27106

www.harmonyseniorservices.com

Map pg. 16

- No buy-in fee
- Apartments all feature a sun-porch, patio, or balcony
- Apartments include granite countertops and stainless steel appliances
- Some apartments will feature walk-in closets, vaulted ceilings, ceiling fans
- Movie Theater, Fitness Center, Pub, and Beauty Salon
- Restaurant style dining
- Transportation included
- 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



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 and Apartments
- 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



Heritage Woods

336-768-2011



3812 Forrestgate Drive • Winston-Salem, NC 27103

www.heritagewoodsseniorliving.com

Map page 16

- Monthly rent with no buy-in fees
- Independent Living and Assisted Living
- Ideally located close to shopping, doctors and major hospitals
- Studio, one and two bedroom apartment homes
- 3 hot meals a day served restaurant style
- Scheduled transportation
- Weekly housekeeping
- A full range of activities for a variety of interests
- On-site chapel for church services and Bible study
- On-site fitness & wellness programs with state-of-the-art equipment

HERITAGE
WOODS

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

Harmony at Greensboro

336-355-7733



3420 Whitehurst Road
Greensboro, NC 27410

www.harmonyatgreensboro.com

Map pg. 14

- No buy-in fee
- Apartments all feature a sun-porch, patio, or balcony
- Apartments include granite countertops and stainless steel appliances
- Some apartments will feature walk-in closets, vaulted ceilings, ceiling fans
- Movie Theater, Fitness Center, Pub, and Beauty Salon
- Restaurant style dining
- Weekly housekeeping included
- Transportation 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



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.

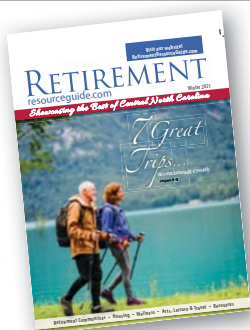


The INDEX

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 at North Hills, The	BC	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		Raleigh	96	x	x	139	\$3,121	x		x	x	x	919-839-5604
Searstone	45	Cary	169	14	x	25	\$3,410	x	x	x	x	x	919-887-7635
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	\$4,400		x	x	x	x	984-200-3688
Windsor Point	38, 45, 46	Fuquay Varina	141	75	20	45	\$3,356	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	441	64	14	86	\$2,938	x	x	x	x	x	800-458-6756
Cedars of Chapel Hill, The		Chapel Hill	306	yes	yes	76	\$3,133	call	x	x	x	x	919-259-7927
Croasdaile Village		Durham	409	64	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	300	40	20	40	\$3,358	x	x	x	x	x	919-769-1989
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	\$2,353	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	46	Greensboro	238	60	20	40	\$2,912	x	x	x	x	x	336-545-5400
WhiteStone		Greensboro	234	24	12	88	Call	x	x	x	x	x	336-547-2947
Greater Winston-Salem													
Arbor Acres	11, 41, 47, 58, 60, 61	Winston-Salem	300	x	18	53	Call	x	x	x	x	x	336-724-7921
Bermuda Village	41, 46, 49, 58, 60	Bermuda Run	232	52		24	Call		x	x	x		336-998-6539
Brookridge Retirement Community	9, 41, 47	Winston-Salem	137	37	10	77	\$1,400	x	x	x	x	x	336-759-1044
Salemtowne	8, 47, 58, 60, 61	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	\$1,634	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



get your
FREE SUBSCRIPTION

Have Retirement Resource Guide sent to your mailbox free for 6 months simply by calling

336-235-3087

At Windsor Point, you'll feel the difference the moment you walk through the door.



**We're fun.
We're friendly.
And we offer you choices.**

In addition to our beautiful cottages and apartments, our residents have access to Assisted Living, Memory Care, and Skilled Nursing if the need ever arises.

Come now and show off your style when you customize one of our cottages or apartments.

We can't wait to welcome you home.



1221 Broad Street, Fuquay-Varina, NC

919-552-4580 • windsorpoint.com

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 2024, Accepting Reservations Today!**

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
- Pathways Wellness Center with indoor pool, theatre, spa and more
- 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

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
- A full calendar of activities and events
- Transportation on call
- Pet friendly with a large, safe dog park
- Putting green
- Raised-bed garden for horticulturists
- On-site nurse and clinic
- Housekeeping included

Video Tours Online!

Videos of many communities are available online. If you see this icon, go to www.retirementresourceguide.com to watch the video.

RETIREMENT
resourceguide.com



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

Active Adult

Independent Living

Life Plan

Assisted Living

Rehab & Nursing

Memory Care

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 and 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
- **Call Today to Arrange a Tour**

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

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 and Apartments
- 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



17 TRIAD Locations to Serve You

High Point/ Jamestown

125 E. Swathmore Ave.
336-431-1881

2553 Willard Dairy Rd.
336-889-4444

4005 N. Main St.
336-869-0993

1100 Strickland Ct.
336-852-2177

5235 High Point Road
336-869-2003

2505 Eastchester Dr.
336-884-0440

Kernersville

1601 Brookford Industrial
Dr. at Hwy 66
336-993-5476

1481 Jag Branch Blvd.
336-993-8005



Variety of sizes from 5'x 5' to 40'x 40'
(and everything in between!)

- 24/7 access 365 days a year
- No deposit
- Month-to-month leasing
- On-site manager
- Secure and clean



Boat & RV Storage at
979 Guilford Rd., Greensboro, NC
336-852-2177

Greensboro

5019 W. Market St.
336-299-9493

7208 Browns Summit Rd.
336-656-0901

6121 Landmark
Center Blvd.
336-316-0443

3523 N. Elm St.
336-282-2229

5501 W. Friendly Ave.
336-346-2635

3262 Randleman Rd.
336-574-8400

3702 Groometown Rd.
336-854-8585

Winston-Salem

2790 Griffith Rd. at
Hanes Mall Blvd.
336-765-8655

Reserve unit or pay online @ www.AAASStorage4U.com



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 \$3,121 a month



Love where you live



501 East Whitaker Mill Road • Raleigh, NC 27608 • (919) 839-5604 • pruithhealth.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 are two white coffee cups on saucers. The background shows wooden chairs and tables.

SENIOR LIVING AT ITS BEST

**Bermuda
Village**

Where people retire, lifestyles don't.

336-998-6539

BermudaVillage.net

NO ENTRANCE FEE!

**NEW Transitional
Rehab Facilities**

**Age in place with
many levels of care**

**Abundant arts &
cultural activities**

**Gated Country Club
Golf Community**

**World class medical
minutes away**



MEMORY CARE Solutions

For every level of dementia and memory care, our experts provide the support you need. Call today to learn how we can help you and your loved one.

THE MEMORY CARE CENTER

A full day of activities and cognitive stimulation in Greensboro

CONNECTIONS A MEMORY CLUB

Available half-days at convenient locations in Greensboro and High Point

WellSpring
SOLUTIONS

336-545-5377
well-springsolutions.org



CSM FLOORING

Inspired design. Trusted service.

336.292.0724 / CSMFLOORING.COM



**Holiday Inn
Express
& Suites**

AN IHG® HOTEL



Located next to NC State University, minutes from downtown Raleigh, and strategically located off I-40 at Exit 295 (Gorman Street)

- An award-winning Torchbearer and Quality of Excellence property
- Indoor Heated Pool & Hot Tub
- Spacious Meeting Rooms & Conference Facilities
- Complimentary Wifi & Business Center
- In-Room Keurig Coffee Makers, Microwaves, Refrigerators, & Safes
- 24-hr Fitness Center with cross trainer
- Complimentary Hot Breakfast Bar
- Complimentary Guest Reception (Tue/Wed Evenings)
- Complimentary Parking (RV/Truck/Bus Parking Available)
- Sundry Shop



hiexpress.com/raleighnc
919.854.0001 • FAX 919.854.0091
3741 Thistledown Drive
Raleigh, NC 27606





Planning for the *Future*





Have You Or Someone You Know Been Diagnosed With Mild Alzheimer's Disease?

A study researching a different approach for mild Alzheimer's Disease using a neurosurgical procedure called Deep Brain Stimulation (DBS) is seeking participants who:

- ✓ Are 65+ years old
- ✓ Have mild Alzheimer's disease
- ✓ Are in good general health
- ✓ Have a caregiver or family member who can accompany the patient to doctor visits

Participants will receive:

- Reimbursement for time and travel
- Medicare coverage for treatment
- Study-related care and psychological testing at no cost

If you or someone you know is interested
in the ADvance II Study please contact:

Phone: (321) 307-9407

Email: info@MildAlzheimersStudy.com

www.MildAlzheimersStudy.com

Caution: Investigational Device. Limited by Federal law to Investigational use.

It's Fall, Time for Change



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

A lady called me after reading the *Retirement Resource Guide's* "Summer" edition. She commented, "This guide saved the day for us!" She further explained how much information was provided in the guide to assist family members in the transition phases of life. I shared how honored I am to write a few thoughts about extended care planning each quarter. The main objective of my column is to equip and prepare you, the reader, for an unannounced health event leading to a short or long term care event while protecting you from huge consequences to your retirement plan.

You plan to enjoy a long and happy retirement life and are not planning on a long term care event where you will be dependent on the care from others. Let's face it you hope it doesn't happen. But with a very high probability that it could, are you prepared? If you don't have some type of long term care insurance policy (LTCi) to protect yourself as you get older, don't put it off. The longer you wait, the greater the chance of your health not allowing you to obtain coverage in addition to the premiums perhaps costing more.

In my 25+ years in the insurance business, I've seen hundreds of situations where a planned decision was not made before an actual event occurred and families suffered due to a lack of planning. If you know of someone experiencing a long term care event right now, ask them how they prepared for paying for the cost of care. More than likely they will say they wish a policy would have been in place. If they encourage you to consider a policy, please take their advice.

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 cognitive impairment such as dementia or Alzheimer's.

Our knowledge is often limited by the assumption that only the frail and feeble need care. That is only a small part of the population. Spoiler Alert – Health insurance and Medicare DO NOT pay for long term care expenses. It's cash and/or a long term care policy that will pay these expenses. For the business owner, LTCi premiums may be partially or fully deductible as a business expense under IRS laws.

As we enter a new Fall season, consider implementing a plan and enjoying the peace of mind that it can provide. If you've read this far, you may want to take one more step of having a conversation with a professional. It will cost you nothing to ask. If you have a policy, please share this with a friend and encourage them to look into this. If you are in the midst of providing care now for a parent, keep the hope and don't give up. You're doing the right thing. I know, I've been there before.

All the Best! David

Restore Your Old Home Movies From Years Ago.

Find any old photos, videos, or sound recordings and let us make them digital

**Order Early!
Beat the
holiday rush.**

- Restore all formats of analog video, photo and audio
- Professional Color Correction
- Audio Recording Enhancements
- Restore Your Home Movies onto a Single Flash Drive



Digital Restoration Services



Phone 336-508-7159 • digitalrestorationservices.com

Top 3 Fitness Tips for Maturing Adults



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.

As we grow older, our metabolism slows and mobility gets limited sometimes causing us to become frail and weak; however, it does not have to be so. We can train and strengthen our bodies and enhance our quality of life. Fitness is essential for not just physical activities but also to keep the mind fresh, strong, and active. Here are some perfect daily exercise ideas and some fitness tips to increase body movement and range of motion.

Tip One: Focus on Balance and Flexibility

Falling is common and usually happens due to a weak balance. Similarly, flexibility is also an issue that

comes with age as your joints age and become stiff. That results in an increased risk of injuries and a decreased range of motion. Stretching before and after workouts as well as separately can enhance your motion range and help you stay flexible.

Tip Two: Cardio Endurance

Aerobic fitness and stamina have a tendency to reduce with age. A reduction of these can cause reduced mobility, and daily and routine tasks can become difficult to perform. Cardio and aerobic exercises may protect you from different heart conditions, bodily malfunctions, and stroke.

Thirty minutes of daily cardio movement is recommended by The National Institute on Aging. Remember to check with your doctor if it is okay and safe for you to perform the specific cardio activity or activities that you want to pursue before you engage in them.

Tip Three: Strength and Muscle Training

Aging attracts a loss in the quality of the tissue, muscle mass, and overall strength of the body. From the age of 30, muscle mass starts decreasing at a rate of 1% every year. The medical term for this is Sarcopenia. Resistance exercise and strength training can not only forestall the decline of muscle mass but build it as well.

You can also use weight plates and dumbbells but be sure to take advice from your doctor first. Tissue and muscle weakness and frailty can greatly reduce the quality of life, and strength and muscle training can strengthen your body, preserve bone density, and offer vitality.

If the movements seem alien and you are unable to attend a fitness program-- than take advantage of your computer and look up the topics listed and try the beginner version after consulting with your physician. Personal trainers are also a good option to help you learn form and adjust your movement should you have a physical impairment or not.

Being inactive and being old are two different things that are not interdependent. Exercise for seniors can ensure that you will live and age gracefully and peacefully.

A.C.T. by Deese
Foremost in Fitness

FEATURING

SilverSneakers®
by Tivity Health

- Accredited SilverSneakers® fitness center
- Programs tailored to seniors
- All abilities & special needs accommodated
- Muscular strength & Range-of-Motion Training
- Cardio and YogaStretch
- Fall Prevention
- Private & Group Classes

For a **FREE** Consultation – **336-617-5304**

435 Dolly Madison Rd. • Suite F • Greensboro



Wellness



Tell Your Pandemic Story



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 have all just experienced an enormously challenging time and now COVID variants are causing new concerns and procedures for staying safe. We have lived through other historical crises, but the COVID-19 pandemic is exceptional.

Telling your story can reduce your concerns and help others.

The president of the University of Pennsylvania, Dr. Amy Gutman, wrote that COVID-19 took us unaware because we did not know the stories of people who experienced earlier crises. She suggested that if we had known

how people dealt with the 1918 flu pandemic, for instance, we would have been more comfortable with distancing, masks and even being afraid. Today, Penn students are writing about their experiences, their stories, to help future generations with a different, still unimagined crisis.

.....

**"Telling your story can
reduce your concerns
and help others."**

.....

What is your story? What can you tell your grandchildren about what you did, how you felt, and what you were proud of as you dealt with the pandemic?

What have you done differently because of the pandemic?

How have you felt about social distancing, working at home, using Zoom for get-togethers, and masks?

Did the COVID experience change you? How?

Telling your story about the COVID-19 experience can also help you process your feelings as you make plans for moving ahead.

Many people are still feeling anxious. Looking closely at current information about ways to reduce risk can help you reduce some of the tension.

Many people are cautious about returning to work, cultural events, and sports venues. Thinking about what you must do versus what you want to do will help decide on logical next steps.

Everyone has found new ways to stay engaged and connected, even from a distance. Telling your story will highlight for you the creative ways you continue to be productive and in touch with others.

The richness of your story will help others find strategies for dealing with crises and remind you of your rightful pride in navigating these times.

Share your story with a loved one. I would love to hear your story, too!

At FirstLight Home Care,
our companion and
personal care services
are designed to **make
your life the best it
can be.**

Call us and let's talk about
what that means for you!

336-808-1351

Guilford.FirstLightHomeCare.com



Arbor Acres

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
- Personalized assistance
- Medication administration
- Three chef-prepared meals per day
- Housekeeping & Maintenance
- Laundry
- Life enrichment programming
- Pastoral care
- Physicians Services
- Fitness center with pool
- On-site therapy services
- Medical Transportation
- Hair salon
- Gift Shop
- **Call Today to Arrange a Tour**

Your brain
never
stops
growing

We grow neurons with time,
and the brain is constantly
reshaping itself in response
to learning.



Promoting and Supporting Successful Aging

Faith In Action Care Program — visitation and respite care, minor home repair and transportation to medical appointments and grocery shopping

Senior Center health and wellness programs and activities

Life-Long Learning Classes

Medicare Information and Counseling (SHIIP)

Information and Referral

Volunteer opportunities



1700 Ebert Street
Winston-Salem, NC 27103
(336) 748-0217
www.shepherdscenter.org



Helping older adults pursue independent & active lives of purpose

Providing great programs that uniquely enrich older adults.

Education for lifelong learning, travel, fellowship, fun, exploration, service to others... all the things that retirement gives us time to do!

Programs:

Adventures In Learning
Shepherd's Travelers
ShepNet Computer Classes
Table Games

Services:

Shepherd's WHEELS
Tax Prep Counselors
Referrals for services
Volunteer Opportunities

Take a class, teach a class, join us for a community event, or help other seniors with transportation to stay independent and active.

336-378-0766 or see all we do at www.shepctr.org
302 W. Market Street, Room 103 Greensboro, NC 27401

Join us to make your life a Little Bit Better!



Together We Can Change...One Life at a Time

For over 35 years, The Shepherd's Center of Kernersville has been serving adults who are aging or disabled with programs and services

In 2021 we continue serving our community with the following services and programs:

- In-person and Virtual Programming, including exercise, crafts, book club and more;
- Telephone Reassurance calls,
- Transportation to medical appointments,
- Personal Shoppers for homebound individuals to pick-up groceries and medicines,
- Project Joy flower delivery,
- Durable medical equipment loan,
- Tax Preparation,
- SHIIP counseling,
- Computer assistance,
- Advocacy and Referrals.



The Shepherd's Center of Kernersville
P.O. Box 2044
Kernersville, NC 27285-2044
(336) 996-6696
www.shepctrkville.com

purpose

compassion

ENRICHMENT

life



Our mission is to provide innovative arts programming and education to enhance the well-being and social connection among older adults throughout North Carolina. The Creative Aging Network-NC campus, located in Greensboro NC, serves as a site for intergenerational and multicultural engagement, collaboration and education.

To learn more about what we offer,
visit <https://can-nc.org/>

2400 Summit Ave, Greensboro, NC 27405

Arbor Acres

336-724-7921



1240 Arbor Rd. • Winston-Salem, NC 27104

www.arboracres.org

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



1550 Babcock Dr. • Winston-Salem, NC 27106

www.salemtowne.org • 336-767-8130

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

Babcock Health Care

- Three unique households designed with a central courtyard
- Each household features a sunroom, large living room, and dining area
- Private bath w/ shower and a courtyard or campus view
- Non-profit Moravian affiliated
- **Call Today to Arrange a Tour**

Thank You
ESSENTIAL WORKERS

*Thank You
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

Arbor Acres

336-724-7921



1240 Arbor Rd. • Winston-Salem, NC 27104

www.arboracres.org

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

Salemtowne

336-714-2157



1550 Babcock Dr. • Winston-Salem, NC 27106

www.salemtowne.org • 336-767-8130

Map pg. 16

Westerly Place at Salemtowne

- Secure environment
- Best Friends™ approach for Dementia care
- Three chef prepared meals
- Person centered care
- Hill MUSIC & MEMORY™ program
- Assisted Living Level of care – assistance with medication management, bathing, and dressing
- 20 private rooms with private bathroom with walk-in shower
- Central courtyard
- Bathing Spa
- Household features a sunroom, large living room, and dining room



WEST MARKET CHURCH

A United Methodist Congregation

Even though our building is closed...

The church is still active!

Visit our website: www.westmarketchurch.org to worship with us online at our 9:00 am modern service and our 11:00 am traditional service.

Check out all our music meditations and concerts, as well as, mission opportunities, Bible studies, and children activities.

We welcome you to join us virtually.

West Market Church:

A United Methodist Congregation

302 West Market Street, Greensboro, NC
336.275.4587 www.westmarketchurch.org

We are a church that embraces people, the community, and the world with the boundless love of God. Won't you join us?



Christ United
Methodist Church

LOVE. GROW. SERVE.

SUNDAY WORSHIP

8:30 AM | 11 AM TRADITIONAL

9AM | 11:15AM CONTEMPORARY

LEARN MORE AT CHRISTGREENSBORO.ORG
JOIN US AT 410 N. HOLDEN ROAD, GREENSBORO, 27410

Medicare Quick Tips

1 There are two ways to get Medicare

Original Medicare (Parts A & B). Part A is hospital coverage and Part B is medical coverage. Original Medicare is provided by the federal government. Benefits and coverage are the same across the country. With Original Medicare, you can also add a stand-alone Part D prescription drug plan and/or a Medicare supplement insurance plan (Medigap). Medicare Advantage (Part C). These plans combine your Part A and Part B coverage, and many also include Part D prescription drug coverage and other benefits such as hearing, vision, dental or fitness. Plans are offered by private insurance companies.

2 There are two ways to get drug coverage

You may add a stand-alone prescription drug plan (Part D) to Original Medicare. Or you may enroll in a Medicare Advantage plan that includes prescription drug coverage.

3 Original Medicare doesn't cover everything

Original Medicare (Parts A & B) doesn't cover everything that you may need for your health. It doesn't include prescription drug coverage, hearing health, dental, vision, wellness services or financial protection. If you want additional coverage, explore plans provided by private insurance companies.

4 Location impacts your coverage choices

Medicare Advantage plans and prescription drug plans vary in terms of coverage and cost. Insurance companies may offer several plans where you live. Medicare supplement insurance (Medigap) plans are standardized and are the same nationwide, except in Minnesota, Wisconsin and Massachusetts.

5 Calculate all your Medicare costs

- You are responsible for monthly premiums plus additional out-of-pocket costs such as deductibles, copays and coinsurance.
- Your costs will vary based on the Medicare coverage you choose, the health services you use during the year and if you have any financial assistance for Medicare costs.

6 Protection from high out-of-pocket costs is available

- Medicare Advantage plans put a cap on your out-of-pocket costs for Part A and Part B services covered by the

plan. It's called the "annual out-of-pocket maximum" and it provides built-in financial protection. There is no out-of-pocket cap with Original Medicare. Total out-of-pocket costs and financial protections may vary for in-network vs. out-of-network costs.

- Medicare supplement insurance plans help pay some out-of-pocket costs not paid by Original Medicare, like deductibles and coinsurance. A variety of plans are available that offer different levels of financial protection. Medigap plans are organized by letters, such as "Plan A" or "Plan G."
- Both Medicare Advantage and Medicare supplement insurance plans are offered by private insurance companies. You can have either a Medicare Advantage or Medicare supplement insurance plan, but not both together.

7 Timing matters when you first enroll

- Your Initial Enrollment Period (IEP) is your first chance to enroll in Medicare. It is 7 months long — it includes your birthday month or the 25th month of getting disability benefits plus the 3 months before and 3 months after.
- You may qualify to delay Medicare enrollment if you have creditable coverage through your employer or your spouse's employer. If you can delay, you'll have an 8-month Special Enrollment Period (SEP) that begins either when you lose the employer coverage or leave your job, whichever occurs first.
- If you enroll after your Initial Enrollment Period or Special Enrollment Period, you could face late penalties for Medicare Part A, Part B or Part D.

8 You may be able to enroll or make changes at other times

- Medicare offers a General Enrollment Period (GEP) every year January 1 – March 31 for those who have missed their Initial Enrollment Period.
- Medicare provides Special Enrollment Periods (SEP) for qualifying life events. Examples include moving your primary residence or leaving an employer health plan. Visit [Medicare.gov](https://www.Medicare.gov) for a complete list of qualifying events.
- The Medicare Advantage Open Enrollment Period (MAOEP) is January 1 – March 31 each year. You may switch to a different Medicare Advantage plan or drop a plan and go back to Original Medicare at this time.
- The Medicare Annual Enrollment Period (AEP) happens every year from October 15 to December 7. You may change your coverage during this time if you decide to.

Medicare Quick Tips provided by Daniel Gomez, owner of Good Life Insurance, NC. He can be reached at 336-546-7956.



Get local help with your Medicare questions.

I'm Daniel Gomez, a licensed sales agent in North Carolina. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs. **Take advantage of my knowledge and experience to:**

- Take the confusion out of Medicare
- Receive one-on-one service
- Get help comparing plans
- Make enrolling in a plan easier

I look forward to helping you explore your Medicare options so you can enroll in a plan with confidence.

It's time to take advantage.



Daniel Gomez

Licensed Sales Agent

336-546-7956, TTY 711

danielg@goodlifeinsurancenc.com

www.MyUHCagent.com/life.good

Sí, hablo su idioma.

**United
Healthcare**



The Key to *Living...*

**Resort-style Amenities
New, Modern Homes
Free from the Burdens of Home Ownership**

Clubhouses • Maintenance-Free Living • Pools • Carefree Living

*Let our family provide
for your family.*

BSC Holdings, Inc. is a family-owned commercial real estate development firm that provides modern, well maintained and thought-out multifamily lifestyle communities. Our dedication to redefining excellence in multifamily living means we're constantly exploring innovative ideas and pioneering new ways to serve our residents. We believe our maintenance-free units are the perfect home for you, and the carefree and resort-like lifestyle you are looking for. You will find a stylish home in a beautiful community with exceptional amenities at a price you can afford!

Triad Communities
Lafayette Landing see pg 29
The Landing at Westmott see pg 29
Lofts at New Garden see pg 25
The Villas at Granite Ridge see pg 26
Villas at Peacehaven see pg 26



www.bschoholding.us

We Don't Build Homes, We Build a *Lifestyle!*



A Parting Word

Continuing Care Retirement Communities (CCRCs)

Expanded Service Options under Consideration

Hardly a week goes by that I'm not engaged in a conversation with management at a community about the concept of the "CCRC Without Walls". Various CCRC communities, now usually referred to as Life Plan Communities, have coined different names for these programs and perhaps, in some cases, the name tells us more about the program. Regardless, all the names fall under NC General Statute 58.64.7 titled "Continuing Care Services Without Lodging".

Borrowing a section from the Statute and paraphrasing a little the idea is a Continuing Care Retirement Community may desire to provide or arrange for continuing care services, including home care services, to an individual who has entered into a continuing care contract with the provider but is not yet receiving lodging.

Across North Carolina there are, according to the July 2021 NC Department of Insurance Guide, 61 Continuing Care Retirement Communities (CCRC). I am not sure how many of these are offering a Continuing Care Services Without Lodging contract or package. I do

know the number is growing as many see a range of possible benefits from such a program. These benefits include; increasing services to their primary market, offering more benefits that go beyond a traditional waiting list, financial gain to the Life Plan Community and the ability to meet a request from many seniors for more choices and more ways to benefit from the Community. Several aspects of these contracts vary such as does the contract include meals on campus, do members of this form of contract have access to use the Community for things like the Wellness Center, Private Dining, possibly a Clinic or a Physical Therapy area or other medical services. In my opinion, the largest variable is simply whether or not the Services Without Lodging contract includes the ability for the senior to move directly to licensed care whether that be Assisted or Skilled or Memory Care.

I think this last aspect is an important one as a safety net and is critical that the community and the member fully understand what circumstances trigger what steps.

A final point, which is a hugely

important one and one which I will provide more thoughts on in a future article, is this; do we foresee a world where CCRC's are more "at home" than in the community? There is some discussion in the industry about an Assisted Living and/or Skilled facility offering services in an "at home" scenario to more members than live on site.

As you may be considering contracting for a Continuing Care Services Without Lodging contract be sure to fully review the community's Disclosure Statement. By law it has to be fully disclosed in that document and these are available online as well as at the community.

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.

Housing & Retirement Communities

Abbotswood at Irving Park	BC	Landing at Sycamore Creek, The	10, 31
Abbotswood at Stonehenge	BC	Landing at Westmott, The	29, 64
Arbor Acres	11, 41, 47, 58, 60, 61	Lofts at New Garden, The	25, 64
Azalea Estates	32, 39	Magnolia Glen	BC
Belmont Lake Preserve	23	Nova Triad Homes/Epcon Communities	10
Berkley Hall Management	Inside back cover	Oak Park	32, 38
Bermuda Village	41, 46, 49, 58, 60	Oaks at Whitaker Glen, The	48
Brookridge Retirement Community	9, 41, 47	Preston Pointe	35
BSC Holdings	64	Retreat at Fuquay Varina, The	IBC, 21
Cambridge Village of Apex	39	Retreat at Sedgefield, The	IBC, 24
Cambridge at Brier Creek, The	35, 38	Retreat at Sixty-Eight, The	IBC, 26
Cardinal at North Hills, The	BC	Salemtowne	8, 47, 58, 60, 61
Carolina Estates	32, 42	Searstone	45
Countryside Village	39	Southern Pines	32, 39
Courtyards at Harmon Mill	10, 28	Springmoor	3, 37, 45
Enclave at Hidden Lake, The	IFC, 22	Stoneridge	32, 38
Flowers Plantation	19, 21	Quarry Hills	24
Grove at Cottesmore, The	30	Village at Maple Leaf Farm	10, 29
Harmony at Brookberry Farm	5, 40	Villas on 5th	10, 31
Harmony at Greensboro	5, 42	Villas at Jefferson Ridge	10, 27
Harmony Senior Services	5	Villas at Granite Ridge, The	26, 64
Hawthorn Senior Living	32	Villas at Peacehaven	26, 64
Henson Park	25	Waltonwood Cary Parkway	37
Heritage Greens	40, BC	Waltonwood Lake Boone	37
Heritage Woods	42	Well•Spring	46
Lafayette Landing Apartments	29, 64	Whispering Pines	32, 37
Landing at Rocklyn, The	28	Windsor Point	38, 45, 46
Landing at Stoney Creek, The	30	Woodland Terrace	BC

Service Providers & Healthcare

AAA Self Storage	48	Navigation at Home	27
A.C.T. by Deese	54	Sportscenter Athletic Club	23
Bookmarks	30	The Shepherd's Center, Greensboro	59
CSM Flooring	50	The Shepherd's Center, Kernersville	59
Christ United Methodist	61	The Shepherd's Center, Winston-Salem	59
Creative Aging Network-NC	59	United Healthcare	63
Digital Restoration	53	Wake Forest University	57
FirstLight Home Care	56	Well•Spring Solutions	50
Fred Astaire	8	West Market Church	61
Holiday Inn Express-Raleigh	50		

SMALL DETAILS, BIG DIFFERENCE.



FV | THE RETREAT
at Fuquay-Varina

2700 Whakatane Lane
Fuquay-Varina, NC 27526
919-762-0868



R& | THE RETREAT
at Sedgefield

2900 Queenstown Circle
Greensboro, NC 27407
336-297-2111

Luxury Apartment Communities
Not just a place to live—a place to call home

Currently building new luxury communities:

68 | THE RETREAT
at Sixty-Eight



BH | BERKLEY HALL
Management

336-315-8500 | www.bhcllc.net



The place to find peace of mind.

The safety and wellbeing of our residents has always been our top priority.

At Kisco, serving our residents is a badge of honor we proudly wear every day. Our goal is to create a safe haven of comfort, wellbeing, and best-in-class hospitality and health care. Safety and security have always been an integral part of our wellness philosophy - it's in our DNA as associates who have been trained to treat your family members as part of our extended family. We are here to take the worry out of your decision to make the move now. We are so confident you'll love living with us, we guarantee it. That's the true meaning of peace of mind.

That's the promise of Kisco Confidence.™

Call your local Kisco community today to schedule your personalized tour or visit KiscoSeniorLiving.com for more details.



Abbotswood at Stonehenge

A KISCO COMMUNITY

7900 Creedmoor Road
Raleigh, North Carolina 27613

855.531.4208



Magnolia Glen

A KISCO COMMUNITY

5301 Creedmoor Road
Raleigh, North Carolina 27612

855.531.1940



The Cardinal at North Hills

A KISCO COMMUNITY

4030 Cardinal at North Hills Street
Raleigh, North Carolina 27609

888.226.9120



Abbotswood at Irving Park

A KISCO COMMUNITY

3504 Flint Street
Greensboro, North Carolina 27405

855.442.3208



Heritage Greens

A KISCO COMMUNITY

801 Meadowood Street
Greensboro, North Carolina 27409

866.698.8572



Woodland Terrace

A KISCO COMMUNITY

300 Kildaire Woods Drive
Cary, North Carolina 27511

866.614.0217