

Village Life

Winter 2014 • The Village at Brookwood

**Knowing
When It's
The Right
Time to
Move**

**Transforming
a House Into
a Home...
With Help
from The
Village!**

Bob Fincannon and his wife, Ruth, have been residents of The Village since August 2012.

2015

A Fresh Start at Any Age

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."

- Edith Lovejoy Pierce

With every New Year comes a new opportunity! Lose those five extra pounds, clean out closets, make more time for friends ...

As a retiree, a new opportunity can mean making the move to a retirement community, which opens up even more ways to make a new start. And age doesn't matter — by taking full advantage of all the programs, activities and amenities a Continuing Care Retirement Community (CCRC) such as The Village at Brookwood offers, you'll have all the New Year's Resolutions covered:

- ✓ **Eat healthier**
- ✓ **Exercise**
- ✓ **Travel**
- ✓ **Take an adult education class**
- ✓ **Manage stress**
- ✓ **Spend more time with friends**

And the best part? You can leave all the stress and worry of maintaining a home and yard. No more mowing (or shoveling snow), repairing the roof, painting, etc. At The Village, we make it easy for you to get a fresh start in a newly renovated apartment or garden home. Our staff helps you pick out new paint, flooring and cabinetry, and we work with the contractor to make it all happen seamlessly. To see how, check out the article on pages 4 and 5.

According to nationally known senior living expert Rick Hunsicker, who spoke at The Village in November, we are currently in a seller's market for real estate, and there are not many ways the market could get much better. To read more about Hunsicker's seminar, see **"When Is the Right Time to Make the Move?"** on the next page.

It's a New Year ... Why not make a fresh start? Come visit us at The Village at Brookwood and get started on those New Year's Resolutions today!

Dan Cuthriell
Executive Director



Welcome New Residents

- Patricia Gabriel – Greensboro, N.C.
- Edna & Richard Hammell – Murfreesboro, N.C.
- Theresa Stanion – Gibsonville, N.C.
- Nan & Lee Melber – Reading, Penn.
- Sal Lorito – Brooklyn, N.Y.
- Grace Sailer - Burlington, N.C.

Meet Stephen Swanson

The Village at Brookwood and Edgewood Place have a new Administrator of Health Care, Stephen Swanson, who began his position on December 1.

Originally from Danville, Va., Swanson has been a long-term care administrator for 10 years, most recently working at Liberty Commons of Alamance. He and his family live in Burlington, so he is excited to remain in the area, particularly at Edgewood, which he says has a reputation for providing quality care in an excellent environment.

"I was intrigued by the sense of family within the community," Swanson says. "I am looking forward to getting to know everyone and learning about The Village community. I like the friendly atmosphere and how everyone works well together as a team."

Located on the campus of The Village at Brookwood, Edgewood Place is a 5-star rated facility that provides comprehensive rehabilitation, short-term skilled nursing care, and long-term skilled nursing care in inpatient and outpatient settings.

When is the Right Time to Make the Move?

How do you know when it's the right time to move to a retirement community? On Thursday, November 13, senior living expert Rick Hunsicker (right) discussed just that at The Village at Brookwood.

Hunsicker, who began his career in residential real estate, is a nationally-known expert in senior living who tours the country presenting his popular "Perception vs. Reality — What Seniors Need to Know Today" seminar. His presentation gives seniors objective information so they can make the best decisions about their future lifestyle, financial and housing situations. Currently, he says, "In most markets, homeowners are in a sellers' market with low

"I am recommending that seniors who are considering a move not wait around to sell their homes until interest rates go up."

inventory and low interest rates, allowing buyers to afford a nice house. There are not many ways that the sellers' market could get much better."

However this atmosphere could change quickly over the next few years. "Builders have come back and

are building new homes, which means buyers will have new homes with new home amenities and energy efficiency to choose from," he says. "With new home competition, the older home may not be perceived as being as valuable."

In addition, he says interest rates are likely to go up in 2015. "For every 1 percent a mortgage rate goes up, it drives down the buyer's borrowing power by 11 percent and reduces the amount that people can actually afford," Hunsicker says. "I am recommending that seniors who are considering a move not wait around to sell their homes until interest rates go up."

Hunsicker's talk at The Village covered such topics as:

- Financial issues of continued home ownership
- How to evaluate the value of your home with criteria such as age; condition; neighborhood characteristics; floor plan and design; modernization in kitchen and bathrooms; energy efficiency; location; and new home competition
- The intangible benefits of a retirement community

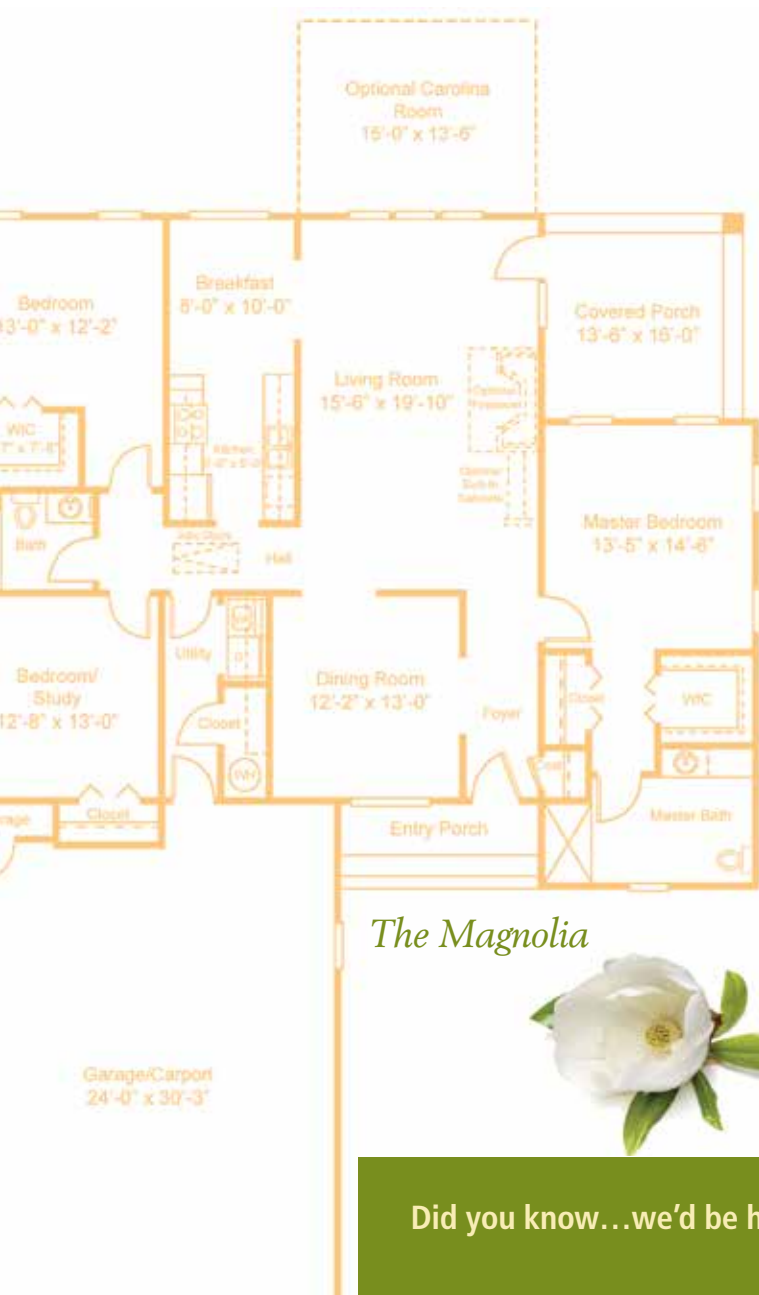


To determine what is the right lifestyle for you, seniors can ask themselves these questions:

1. What's your lifestyle like, and could it be better? Are you getting the most out of life? Are you doing the things you have to do or the things you want to do?
2. What's your health and future health? Are you aging successfully, and what do you think your situation will be in five or 10 years?
3. What do you need to do to remain as fit as you can?
4. What about your security situation? What would happen if you fell in your bathroom during the middle of the night?
5. What about socialization? Do you have opportunities to be involved with other people through such things as volunteer work or social activities?
6. What is your financial situation? How have you planned to secure your future?

"Individuals should make decisions about their retirement living while they have the control and ability to make those informed decisions," says Laura Regan, Marketing Director for The Village. "Rick Hunsicker provides knowledge about financial and lifestyle options, which allows them to be better prepared to plan the next phase of their lives."

how a HOUSE becomes a HOME



The Magnolia



When Sal Lorito was making his move from Brooklyn, N.Y., to The Village at Brookwood in Burlington, N.C., he was able to upgrade his new Camellia apartment from hundreds of miles away.

"The staff was fantastic and accommodating," says Lorito, who moved into his apartment in October 2014. "They supplied color charts for the new paint, and I opted for wood floors instead of carpet. As each room was finished, they took pictures and sent them to me, so I had a work in progress update."

Making a move and downsizing are made much easier when you can make your home uniquely yours with assistance from knowledgeable locals. At The Village at Brookwood, soon-to-be residents are able to work with staff to personalize their new Garden Homes or Apartments by choosing from a wide array of options and/or adding their own custom touches.

"We want every resident to create a home that reflects their own personality, style and comfort," says Melinda Smith in the Sales and Marketing department. "As soon as they put a deposit down on their new Apartment or Garden Home, we can get right to work making it their own with decorating and renovations to reflect personal tastes and even adjusting floor plans to meet their individual needs."

Garden Homes

Residents who prefer more room with outdoor living spaces may enjoy choosing from one of the four Garden Home styles, which include:

Holly — two bedrooms, 1692 square feet

Magnolia — two or three bedrooms, 1,892 square feet

Maple — two or three bedrooms, 1,892 square feet

Oak — three bedrooms, 1,965

"Many Garden Homes have already undergone renovations and additions, and there are several as large as 2,200 square feet," Smith says.

Once a Garden Home is reserved, residents work with Smith on the renovations, which include a kitchen remodel with new tile floor, granite countertops, new cabinetry and new appliances. "We have standard options, but the resident can do anything they want to and just pay the difference," explains Smith. "There are two standard cabinetry styles and four styles

Did you know...we'd be happy to host you as our overnight guest in our newly-renovated

of granite to choose from, but a resident can, for example, choose solid surface countertops and just pay a bit more. They can choose any tile for the floor and backsplash within a certain price range or go outside the range and pay the difference. It's totally up to them."

Choices are similar for bathroom renovations. In addition, all Garden Homes receive new carpet and paint when a new resident moves in. If hardwoods are preferred, residents can simply pay the difference.

"Many residents add hardwood floors," Smith says.

Changes extend to additions and moving walls as well. "Many residents screen their patio or enclose it completely" Smith says. "Some have a Carolina Room added for an additional charge. Others add garages. They can also take down walls to open up space in the kitchen, etc."

Apartment Homes

Residents who enjoy the ease of being connected to services and amenities by interior hallways often choose an Apartment Home at The Village. There are five individual floor plan choices for Apartment Homes, ranging in size from 826 square feet to just around 1,600 square feet.

Apartment homes include:

- Azalea** —one bedroom, 826 square feet
- Birch** — one bedroom with den, 1,113 square feet
- Camellia** — two bedroom, 1,206 square feet
- Dogwood** — two bedroom with den, 1,352 square feet
- Elm** — deluxe two bedroom with den, 1,596 square feet

Standard choices for apartment homes include new carpet and paint, and a new vinyl floor for the kitchen and bathrooms, as well as adding crown molding and chair railings. "Residents can go outside of the standard choices for these customizations as well," Smith says. "And depending on the floorplan, they can remove or add walls; for example, they can take a wall out of the kitchen and create an island. Or they can add a wall to create an additional room."

Catering to Your Needs

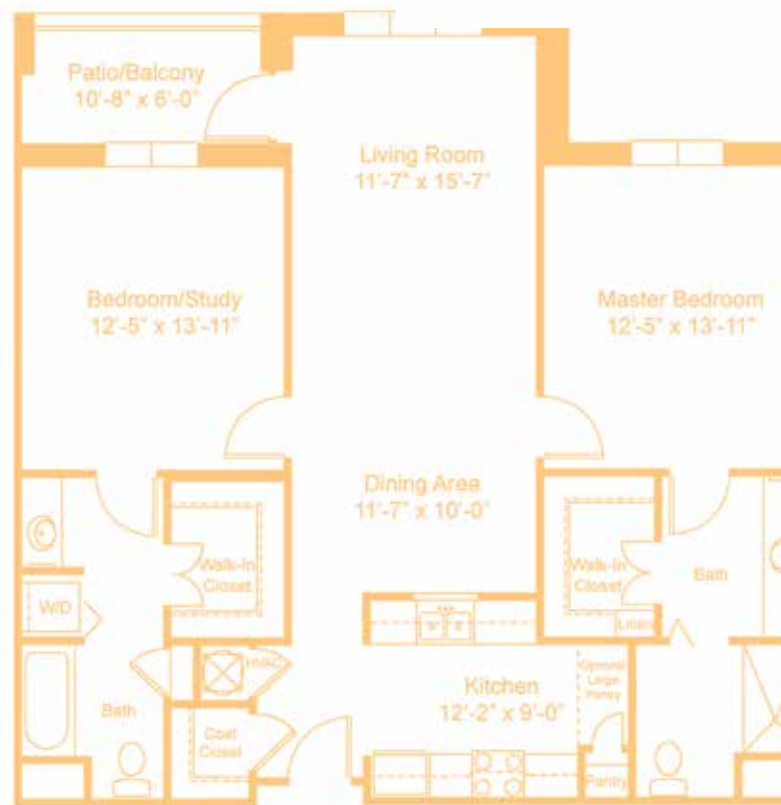
Whatever you want or need to personalize your new home, The Village at Brookwood staff is ready to help tailor your space to meet your needs. "We have contractors in place that are familiar with and can easily renovate your new home; however, you may choose to work with someone else," Smith says. "If you need light fixtures or fans, you can give me the style number, and I can get it, or you can order it and have it shipped.

"The most important thing" she continues, "is that we are here to make your move and adjustment as smooth as possible to a new home that perfectly fits your tastes and needs."

Take a Tour

To schedule a tour of our newly-renovated model home and to learn more about the variety of floor plans available, call our marketing department at (800) 282-2053.

The Camellia





Sing Along with Elon University student intern, Jake Sokoloff.



Chapel Hill shopping trip to Trader Joes and Southern Season. Enjoying ice cream at The Creamery are Joan Marder, Jackie Boada, Stelle Cheshire and Alice Coggin.



Holidays at The Village

Some Village residents traveled during the holidays, but there was plenty for everyone to do right here at home! From delicious dining to holiday movies in The Gathering Place to singalongs around the piano in the lobby, everyone enjoyed food, camaraderie and festive fun during the season.

Residents laid shoes outside their doors on the night of Dec. 5 and received treats to celebrate the Northern European tradition of St. Nicholas Day. On Dec. 8, the Burlington School Choral Ensemble performed, and on Dec. 11, storyteller Charlotte Hamlin shared stories of "Yuletide" from many cultures. In addition, a large holiday dinner for family and friends was enjoyed by many residents on Dec. 17, as well as a delectable brunch on Christmas Day and a New Year's Eve party on Dec. 31.

There was plenty happening on campus, but residents were also making merry on various excursions. These outings included the Festival of Lights in Clemmons, N.C., and the Greensboro Symphony Concert at Burlington Williams High School.

On the Horizon...

It's been said that The Village at Brookwood has one of the most active Life Enrichment programs found anywhere around the state. Residents always have a variety of activities, lectures, trips and cultural events to choose from, including these upcoming opportunities:

- "The Merry Widow" - Live MET Opera in Greensboro
- "Transformation" with Dmitry Sitkovetsky, Violin and Conductor - Greensboro Masterworks Symphony
- "Antigone" - Elon Performing Arts
- Alamance Quilting Guild Exhibit at The Village at Brookwood

The annual Fall Festival brought out a lot of colorful characters, including Dorothy (Wellness Coordinator Kristy Pardue) and two witches (residents Jean Killorin and May White).



Falling Is NOT a Natural Part of Aging

It is a myth that many people buy into — the thought that falls are a natural part of aging. In fact, most falls are preventable, and if you take steps to stay safe, you can enjoy your senior years and limit your falls to those as beautiful as Niagara! Here's what you can do ...

Engage in a physical activity program with balance, strength training and flexibility components, such as line dancing, walking or tai chi at The Village at Brookwood. It's important to know that it is never too late to start a graduated exercise program with balance training. While everyone loses muscle as they age, exercise can partially restore strength and flexibility.

Consult with a health professional about a falls risk assessment. Residents at The Village can begin that process by checking in with the on-site wellness nurse. From there, they have access to the variety of services available locally at Alamance Regional Medical Center, our sponsor and a part of Cone Health, the Network for Exceptional Care®.

Review medications periodically.

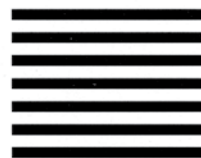
Some medications make a person dizzy or sleepy, so talk to your health care provider about potential side effects or interactions with medications.

Get vision and hearing checks annually.

Adapt your home environment so that it is safe and supportive.



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES



BUSINESS REPLY MAIL

FIRST CLASS POSTAGE PERMIT NO. 605 BURLINGTON, NC

POSTAGE WILL BE PAID BY ADDRESSEE

The Village at Brookwood
1860 Brookwood Avenue
Burlington, NC 27215-9924





The VILLAGE

A T B R O O K W O O D

1860 Brookwood Avenue
Burlington, NC 27215



Proud to be a part of
Cone Health, the Network
for Exceptional Care®

Quick, Simple and Delicious: Loaded Potato Soup



4 (6-ounce) red potatoes
2 teaspoons olive oil
1/2 cup prechopped onion
1 1/4 cups fat-free, lower-sodium chicken broth
3 tablespoons all-purpose flour
2 cups 1% low-fat milk, divided
1/4 cup reduced-fat sour cream
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
3 bacon slices, halved
1.5 ounces cheddar cheese, shredded (about 1/3 cup)
4 teaspoons thinly sliced green onions

1. Pierce potatoes with a fork. Microwave on HIGH 13 minutes or until tender. Cut in half; cool slightly.

2. While potatoes cook, heat oil in a saucepan over medium-high heat. Add onion; sauté 3 minutes. Add broth. Combine flour and 1/2 cup milk; add to pan with 1 1/2 cups milk. Bring to a boil; stir often. Cook 1 minute. Remove from heat; stir in sour cream, salt, and pepper.

3. Arrange bacon on a paper towel on a microwave-safe plate. Cover with a paper towel; microwave on HIGH for 4 minutes. Crumble bacon.

4. Discard potato skins. Coarsely mash potatoes into soup. Top with cheese, green onions, and bacon.

Please contact me about the following:

- ☐ Scheduling a visit to The Village with a complimentary lunch
- ☐ Friends Advantage Program (waiting list)
- ☐ Send me a free brochure about The Village at Brookwood.

Name _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____ Best time to call: _____ a.m. / p.m.

E-Mail _____ Winter 2014

Calories 325 | Fat 11.1 g | Sat fat 5.2 g | Mono fat 4.5 g | Poly fat 0.8 g | Protein 13.2 g | Carbohydrate 43.8 g | Fiber 3 g | Cholesterol 27 mg | Iron 1.3 mg | Sodium 670 mg | Calcium 261 mg