

Anticipate More

SUMMER 2017

An Asbury publication dedicated to redefining the expectations of aging



Is Age JUST A NUMBER?

Meet *This Chair Rocks'*
Ashton Applewhite

Rating CCRCs
A Resident's Approach

Summer Smoothie!

OPEN TO PAGE 7 FOR *Vibrant Views*



Greetings

from the Executive Director -
Brian D. Grundusky

What are your retirement living dreams? Are you ready to travel the world – or check our nation’s marvels off your list? Are you hoping to spend more time volunteering at organizations you admire, helping others in your community? Do you want to spend more time out with family and friends and less time working around the house?

Bethany Village is filled with people who are doing the same – and whose dreams have changed based on new resources, opportunities and friendships they have found since joining the community. A number of Bethany residents continue to work in the professions they love, and many more are using their professional skills and desire to serve in new ways.

On May 1, Asbury Communities launched a social media campaign for Older Americans Month called “What’s Age Got to Do With It?” The volunteerism, community activism, hobbies, occupations, and energy of Asbury residents ages 65 to 95 will be brought to life in creative videos and photographs.

We know that age is a physical fact with ramifications. But we also know from what we see every day on our campuses, that age does not mean you stop being you – that you stop wanting to contribute or interact with the world around you.

We hope you’ll help us spread this message by sharing our campaign, which you can find on Bethany Village’s Facebook page.

We also hope you’ll enjoy hearing from Next Avenue’s 2016 Aging Influencer of the Year, Ashton Applewhite on page 4. Her book “*This Chair Rocks: A Manifesto Against Ageism*,” tackles a topic near and dear to us.

I’ve learned many things from my years working at Bethany Village, but if there’s one thing that stands out above others, it’s that retirement is a time when people are excited to do more – not less.

I hope that this issue of Anticipate More will encourage you to think about how Bethany Village could help create those opportunities for you.



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BethanyVillage.org

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To view a digital issue of this magazine, go to www.BethanyVillage.org, and click on the News & Events tab.

Follow us on:



An Asbury community, Bethany Village is a Continuing Care Retirement Community located in Central Pennsylvania. With a strong commitment to building health and wellness for every resident, we offer a comprehensive continuum of care supported by an unparalleled social environment. Our living options include residential living, assisted living, skilled nursing care, and memory support. Moving to Bethany Village won’t just be the easiest choice you’ll ever make, it will also be the best one.

Bethany Village | 325 Wesley Drive | Mechanicsburg, PA 17055



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How helping

Helps Yourself

As a not-for-profit organization with a spiritual heritage, Asbury believes deeply in the importance of serving others.

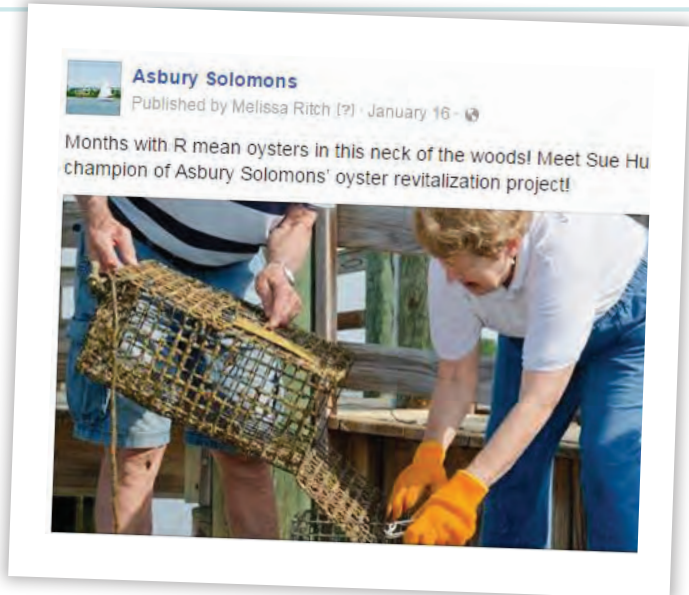
This spirit of service is evident across our seven continuing care retirement communities. Residents volunteer both on their campus and off. Associates organize food drives, holiday gift drives and support local community service organizations, often in collaboration with the residents they serve.

It would be the rare person who joined such activities for selfish reasons, but science actually shows that helping others does benefit your mental and physical health – as long as you do not overcommit yourself.

Why?

Helping others can make you feel more grateful for what you have. And when we feel appreciation and gratitude, we trigger chemicals that have a calming effect on our nervous systems, according to a University of California at San Diego study.

A Stony Brook University meta-study of 50 research projects on altruism found that people who were



sincerely altruistic were happier, healthier and in some cases, even had longer life spans.

Here's a look at just a few of the community service projects that took place at Asbury communities in the past year.

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Aging Influencer of the Year – Ashton Applewhite

Can Age Be “Just a Number?” I’d Say No.

The phrase has always made me uneasy, partly because it’s usually accompanied by a picture of an older person doing something considered “age-inappropriate,” like wearing a wacky outfit or doing something acrobatic. The bigger issue is that it trivializes something important. Age is indeed “only a number,” as long as that number reflects how many times we’ve circled the sun. Age is real. Age differences can’t be wished away, nor should they be.

Needless to say, it’s complicated, just like the discourse around telling people how old you are. It’s important to claim your age, and just as important to push back: to ask what difference the number makes in the questioner’s mind, and why? As we age, chronological age is an ever-less-reliable indicator of what a person is capable of or interested in, so it makes a certain sense to decline to identify with it. That’s one reason so many octogenarians maintain, truthfully, that

they still feel fifty, forty, or even thirty inside—that “age is just a number.”

The younger = better myth

The other reason they feel that way is internalized ageism: the belief that younger = better and that their older selves have less value than their younger selves. That’s why fudging or disavowing our age is so problematic. It gives the number more power than it deserves. It distances us from our peers. And it reinforces ageist thinking, by implying that our years are something to be ashamed rather than proud of, and suggesting that capacities might erode or relationships founder if the number came to light.

‘Meet the Perennials’

People can be far apart in years and have plenty in common, as we realize the minute we bust out of



age silos. That's why I loved an article by Gina Pell called "Meet the Perennials"—her witty proposal for what those of us who refuse to be constrained by generational moats start calling ourselves. "It's time we chose our own category based on shared values and passions and break out of the faux constructs behind an age-based system of classification," she writes. "We are ever-blooming, relevant people of all ages who live in the present time, know what's happening in the world, stay current with technology, and have friends of all ages." My people!

Pell writes, "Tolerance feels unattainable when there are hard lines drawn between decades, and terms like Boomers, GenX, and GenY keep us separate and at odds."

If we're going to dismantle ageism, we're going to have to collaborate across those artificial "generation gaps."

The objective, in the words of historian David Hackett Fischer, is to create a world "in which the deep eternal differences between age and youth are recognized and respected without being organized into a system of social inequality." That social order has to work for all ages, and we need to roll up our sleeves and help shape it.

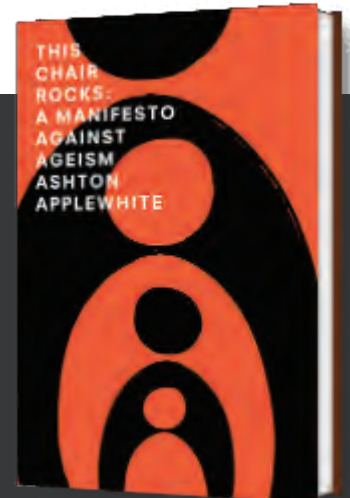
This blog post is reprinted in edited form with permission from This Chair Rocks.com, a website created by Ashton Applewhite.

Ashton Applewhite

is the author of "This Chair Rocks: A Manifesto Against Ageism" and was named a 2016 Aging Influencer of the Year by PBS's Next Avenue. In April, Ashton appeared at TED2017 in Vancouver where she spoke about her mission to identify and end ageism in America.

In May, Ashton helped Asbury kick off its social media campaign What's Age Got to Do With It with a Q&A in The Asbury Perspective on confronting the stereotypes that exist about aging.

Visit ThisChairRocks.org to download Ashton's guide to creating your own Ageism Consciousness Raising Group or learn more about her mission.



Green Tea & Blueberry Smoothie

Brain- and body-boosting anti-oxidants make this smoothie a nutritional powerhouse.

- 3 Tbsp. water
 - 1 green tea bag
 - 2 tsp. honey
 - 1 1/2 cup frozen or fresh blueberries (if fresh, add several ice cubes)
 - 1/2 medium banana
 - 3/4 cup calcium fortified light vanilla soy milk
1. Microwave water on high until steaming hot in a small bowl. Add tea bag and allow to steep for 3 minutes. Remove tea bag. Stir honey into tea until it dissolves.
 2. Combine berries, banana, and milk in a blender with ice crushing ability.
 3. Add tea to blender. Blend ingredients until smooth. (Some blenders may require additional water to process the mixture.) Pour smoothie into tall glass and enjoy!



Vibrant Views

➔ RESIDENT PROFILE

Apartment Living Puts New Resident at Community's Center



give it plenty of attention when visiting.

Although the Resident Ambassador program helped her get acclimated to the community and its offerings, helping her to meet people, she also enjoys spending time alone writing. She has published a book called, *Reiki and You: Awakening the Healer Within*, which explains that Reiki may be likened to the 'laying on of hands.' She is also four chapters into completing her second book about holistic medicine, which shares about her own journey of natural healing from breast cancer.

Social connections are a main benefit Marge cites about her move to Bethany Village. While her daughter, Cathy and son-in-law, Chris, were the drawing cards to moving to Pennsylvania, she also greatly enjoys the casual encounters she has with other residents as she goes about the day and runs her errands at Bethany. "People are so friendly here," says Marge, "They are always inviting you to stop by or call if you need anything, yet they respect your privacy. Here, I have not met one person that I would not like to befriend."

Margaret (Marge) Lyles moved to Bethany Village for a reason that dwined quite a few new residents – she wanted to be closer to her daughter following the death of Marge's husband three years ago.

A resident of Miami for 62 years and former flight attendant, Marge first had her heart set on moving to an East Cottage at Bethany. "I liked the cottage because it was similar to having my single-family home in Florida, and I have a cat who was used to being outdoors," Marge explains.

When a cottage was not available, she decided to temporarily move into a two bedroom East Court apartment.

Four months later, a cottage became available, and to Marge's own

surprise, she decided her apartment suited her lifestyle better. She decided to stay.

"I felt I might have been lonely in the cottage," Marge explains. "You're away from the center of things in the cottage, and you have to bundle up to leave during the winter. For a former Floridian, that makes the apartment a huge plus!"

In addition, she enjoys not having to cook when she chooses not to, and likes the convenience of the shuttle to the restaurant and café for meals.

Even though Bethany Village is pet friendly, Marge thought her cat would do best living with her daughter, and makes sure to

Two Reasons to Reconsider Aging in Place

By Krista DiGeorge

Senior Director of Marketing, Asbury

In my role with Asbury, I have daily conversations with people who are weighing moving to a retirement community versus adapting their current home to support changing physical needs, buying a smaller place, and utilizing family and friends for support as they age.

But for some, the decision to age in place seems to stem more from concerns about the task of selling their home and misperceptions about retirement communities than a lifestyle choice.

During these conversations, I share two considerations that have tremendous benefits:

- the social and wellness gains from retirement community living
- the freedom that comes from no longer maintaining a house

Chatter matters

Perhaps the greatest benefit of retirement communities is one that seldom tops a person's list of reasons for moving to one – preventing the emotional, physical and cognitive cost of reduced social interaction. Scientific studies continue to document the very real effects of social isolation and lack of meaningful interaction. They include:

- Declines in physical health
- Increased risk of depression
- Increased risk of cognitive decline and dementia

Retirement communities are designed for aging. They offer opportunities to remain engaged through volunteering, planned trips and programs, resident clubs, fitness centers with trained staff, and new friends right outside your door. This doesn't mean that after a move, your interests are limited to the campus. Residents maintain community ties and friends, and continue to travel or enjoy vacation homes. How people engage in their new community's lifestyle remains a matter of their preferences.

We commonly talk to new residents who note that even though they didn't feel lonely at home, they often ate alone or went long stretches without much conversation. Time and time again, we hear, "I should have done this sooner."



Home sweet ... maintenance

A well-known benefit of becoming a resident rather than a homeowner is eliminating the burden of maintaining a home. The upkeep on a house can become financially, physically and even emotionally overwhelming as we age.

So many new residents – even those who never viewed maintenance as a burden and worried that they would miss their house – tell us within a few weeks of settling in that they are amazed by how liberated they feel, especially when preparing for or returning home from a trip.

The financial burden of home ownership is particularly true in an older home that may need major renovations such as a new roof, furnace, or water heater. The average cost of painting your home is \$5,700, while a new roof can set you back \$10,000 to \$20,000. Replacing 10 double-hung windows is an \$11,000 investment.

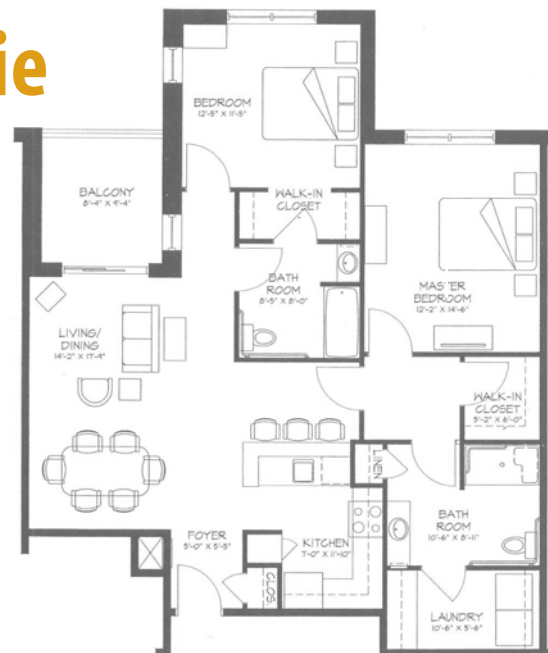
Many of the expenses of home ownership are included in the monthly service fee at a senior living community. Further, the monthly service fee actually includes some of the bills paid separately as a homeowner, not just the mortgage.

There is a general misconception that a retirement living community is an expensive alternative. But there are a wide-range of floor plans and pricing options to match a variety of income and financial asset levels. Comparing the cost of retirement community living to home ownership is important, and may have a surprising result.

We encourage you to contact our retirement counselors to get more information.

Convenience and Space Are Yours in The Carnegie

If you haven't considered apartment living before, you just may want to give it some thought. At over 1,100 square feet, the Carnegie apartment is larger than some two bedroom East Cottages and includes a second bathroom. This apartment is one of 7 unique floor plans in the West Apartment building. With two-bedrooms and two-bathrooms the apartment features a Master Bedroom Suite with easy access to the laundry room right off the bathroom!



If you like more of an open concept plan, this floor plan gives you the living, dining and kitchen space all open to each other. Not only does this floor plan have amazing features, just being in a West Apartment allows you to be very convenient to so many great amenities such as the pool and fitness center, restaurant and café, clinic, pharmacy and much more! The West Apartment also provides same-building access to Maplewood Assisted Living or The Oaks Skilled Nursing without having to go outside! Give Stephanie or Aubrey a call today to see this or other West Apartment floor plans.



Porch Social

When Bethany Village added its West Campus in 2004, a long covered porch flanking the main entrance was a key feature of the Community Center. Though people would sometimes stop to chat on their way in or out, it was just a social hub waiting to happen until LeRoy Erickson discovered it one afternoon.

Now, between 50 and 60 Bethany Village residents meet two to three weeks out of the month during the summer and early fall for wine or iced tea and hors d'oeuvres for two hours before dinner. "People might stop for 15 minutes or stay the whole time," he says.

LeRoy and his wife, Marianne, were one of the very first residents of Bethany Village West – and watched the retirement community expand as they took afternoon walks from their nearby townhome. Several years after coming

to Bethany, Marianne began exhibiting signs of dementia, and as the condition progressed, she moved to The Oaks Skilled Nursing. After her move, a daily walk around Bethany became part of their routine.

As LeRoy and Marianne sat on the front porch one afternoon, a friend who served on the Residents Council with LeRoy saw them and sat down to chat. Within 15 minutes, two more friends had joined them and an idea was born.

The socials are just one of many examples of resident ideas turning into realities that enrich the campus. A new generation of residents have stepped in to work with the Residential Life and Wellness Teams on the summer events. But the intent and the camaraderie remain the same – acquaintances and friends meeting for an hour of laughter, sharing and support.



Keep In Touch With Bethany Village



1. Visit BethanyVillage.org for events, news and features.
2. Have you liked us on Facebook? Visit [Facebook.com/BethanyVillage](https://www.facebook.com/BethanyVillage)
3. Share a digital issue of Anticipate More by visiting BethanyVillage.org and selecting Publications on the News & Events tab.
4. Share our Top Tips for Touring Retirement Communities with friends who are considering senior living. You'll find it under our At A Glance tab.
5. Get expert advice on senior wellness and caregiver support at Asbury.org/AsburyPerspective.

CONTACT US

Meet the Bethany Village Marketing Team

Call 717-766-0279 for information on Bethany Village or for a personal tour. We would love to show you around! Or visit BethanyVillage.org to see our upcoming events and learn more about the freedom you gain from joining our community. Anticipate More out of life!



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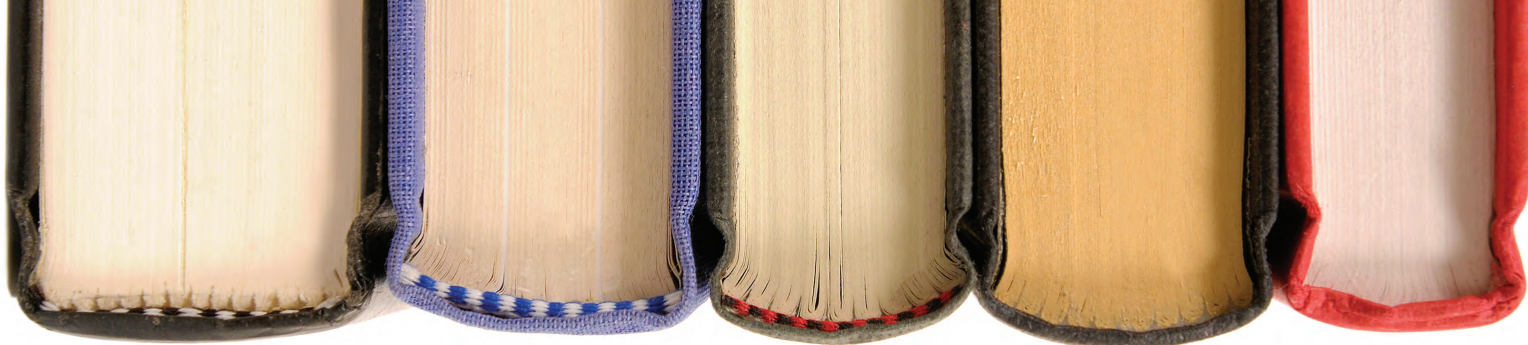
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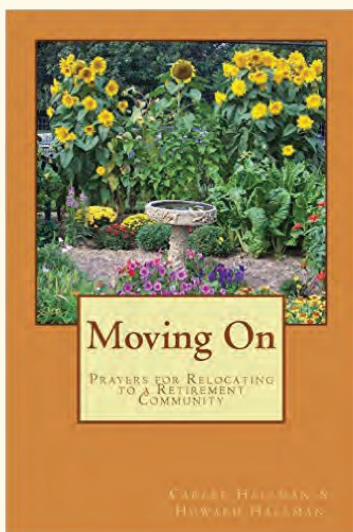
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The Book Shelf



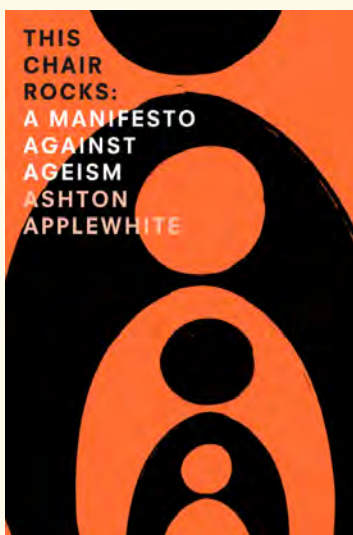
Asbury Resident's Book Reflects on Moving

Even if you know the value and benefits of moving to a retirement community, the journey to get there is an emotionally challenging one.

When retired minister Carlee Hallman first broached the subject of moving with her husband, Howard, it was natural to turn her reflections and questions into prayers. They became a source of strength for her through the decision-making and moving process.

Now Asbury residents, Carlee and Howard have created a website called Prayers for Moving On and self-published a book on Amazon chronicling her journey and reflections.

Take a peek at PrayersForMovingOn.org.

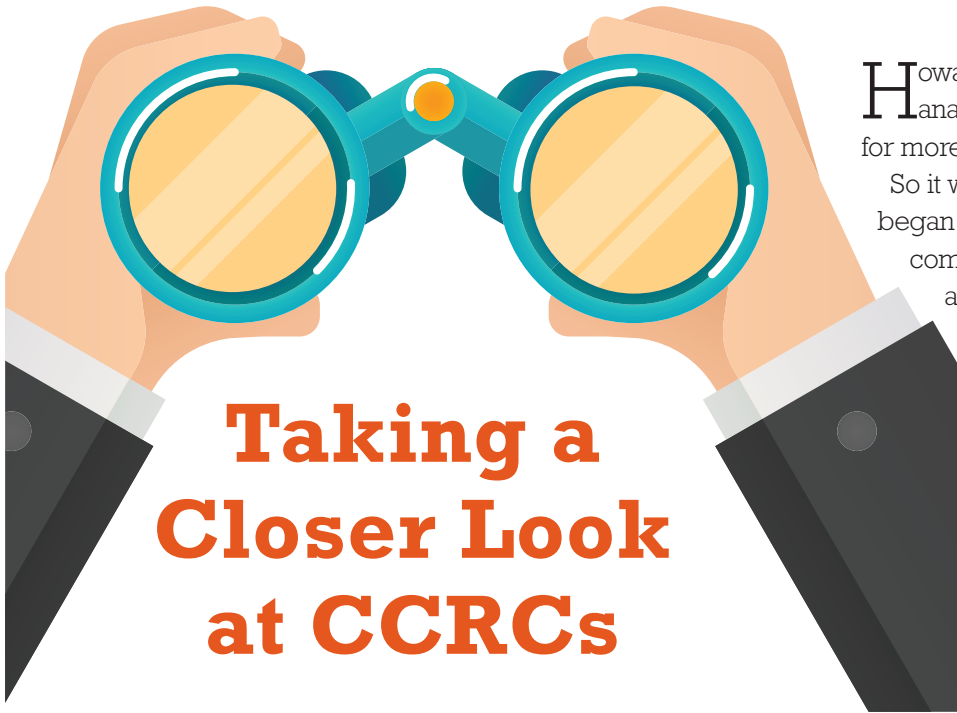


This Chair Rocks – Against Ageism

Ashton Applewhite began “This Chair Rocks: A Manifesto Against Ageism” as a way of working through her conflicting feelings about growing older. Along the way, she became more attuned to our culture’s messages about aging, which invariably led up to “it’s bad to be old,” she states in the first chapter of her book.

Written to challenge the reader’s own assumptions along with society’s, “This Chair Rocks” looks at the roots of ageism, challenges many of the stereotypes that exist about our older years, and explores the concept of an age-friendly world.

Read more at ThisChairRocks.com.



Taking a Closer Look at CCRCs

Howard Landgdon is no stranger to quantitative analysis, having worked as a financial analyst for more than three decades.

So it was natural that when he and his wife Carol began looking at continuing care retirement communities at age 65, Howard would create a survey that allowed him to objectively assess each one.

Now as resident ambassadors at Asbury Solomons, on the Patuxent River in Calvert County, Md., Howard and Carol want to share their criteria with others going through the same process.

Though the form works best as a template that can be customized, the three-part evaluation process he outlines below has merit for all, they believe.

STEP ONE



See It for Yourself

Each visit started with the community's website, followed by a drive to the campus and surrounding vicinity. The Langdons used their list for this stage, but instead of using the 0 to 3 rating system, they simply checked the box if the community had the feature.

In this way, the couple cut their list in half. Then, they got serious.

STEP TWO



A More Formal Assessment

With the short list in hand, the Langdons contacted the marketing team at each community for formal tours and more in-depth question and answer sessions. After

each one, they requested the opportunity to have dinner with representative residents living at the community.

During this series of more formal visits that comprised the second stage of the process, they used Howard's list to rate each community from 0 to 3, with 3 being highest. A percentile score was then calculated for each of the seven categories and these were weighted equally for a final overall score.

That process helped further reduce their list. Now it was time for the third and most important stage, according to Howard.



Pictured, Howard and Carol Langdon

Finding the Right Culture

“Probably the most useful information came just showing up unplanned and talking to the people we saw out and about,” Howard says. “We were surprised by how forthcoming people were; many invited us into their homes. At this point we were looking for confirmation of what we’d already been told during our more formal visits with staff and residents.”

Specifically, the Langdons were looking for a culture that felt right to them.

“We wanted a casual community where people had diverse backgrounds and interests, where there wasn’t a typical

resident,” Howard says. “We wanted to see how people really spent their time, what they were out doing on a typical day.”

When the Langdons finished their final analysis, Asbury Solomons was the winner. Howard was just shy of 70 when a river view cottage came open and they took it.

“We couldn’t be happier with our situation,” Howard says. “We spent a lot of time in the search process – probably more than many people want to – but it helped us effectively evaluate key features. In the end though, the most important part is evaluating the culture. You can’t do that with numbers. The people who live at the community are what makes it viable for you or not.”

THE LANGDON’S CCRC SEARCH CRITERIA – RATED FROM 0 TO 3

Facility Features

Emergency Response
 Independent Living
 Assisted Living
 Nursing Care
 Dementia Care
 Continuum/Lifecare
 Exercise/Trainer
 Flexible Meal Plan
 Meal Quality
 RV Storage
 Vehicle Parking
 Maintenance
 Waiting List Process
 Investment Options
 Monthly Expenses
 Management Expertise
 Security

Community

Emergency Response
 Volunteer Opportunities
 Shopping access/quality
 College Town

Facility Culture
 Caring Environment
 Christian Focus
 Cultural Diversity
 Level of Informality
 Balanced Resident Demographics
 – Men/Women, Age
 Resident Attitude
 General Staff Attitude
 Staff/Resident Interaction
 Marketing Openness
 Many Bi-Residential

Location

Near Vacation Home
 Near Parents
 Near Children
 Near Navigable Water

Outside Health Care

Hospital Quality
 Hospital Access
 Referral Network

Water/Recreation

Convenience to Vacation Home
 Boating Quality
 Marina Availability
 Emergency Response

Pet Friendly

Restrictions
 Dog Park
 Vet Services



Continued from page 3

Asbury Solomons

With its waterfront location, environmental stewardship is a major focus at Asbury Solomons. In 2016, the community earned state and regional awards for its recycling efforts and continued a highly successful oyster bed restoration project off its breakwaters, hosting a fundraiser to purchase oyster “spat” and managing their growth until they can be transplanted.

Bethany Village

Last year, residents and associates organized their 3rd annual Rock-A-Thon to raise money for the Alzheimer’s Association. On the designated day in September, visitors to Bethany Village will see teams of rockers stationed all over the campus. Festive, decorated rocking chairs are raffled off, too.

Inverness Village

Residents and associates come together to take part in this community’s annual food drive for Catholic Charities of Tulsa. Last year’s event featured a race with backpacks filled with canned goods. This year’s wasn’t quite so strenuous, but Inverness Village successfully broke its own record for most food gathered with more than 11,400 pounds.

Springhill Senior Living

Each Monday, four big-hearted residents converge on the Social Lounge to knit baby blankets for Erie City Mission, a local resource for homeless citizens. The group has been meeting for more than five years with new members cycling in and out, and has completed hundreds of colorful, soft blankets.

What’s the Difference?

Understanding Senior Living Options

Communities for older adults come in many shapes and sizes and comparing them all can feel a bit overwhelming.

Some are simply neighborhoods that provide homes with floor plans geared to those 55 and up. Others include a wellness center and events for residents and charge membership fees. Continuing care retirement communities offer residences, wellness programs and events and a full continuum of health care services on the same campus.

So how do you know which is the best option for you?

An important question to consider is whether the option you choose will work as well for you at age 85 or 90 as it does at 70 or 75.

On the following page is a short checklist we’ve compiled for you to use as you continue your search for your new home.

For a more detailed process created by Howard Langdon, of Asbury Solomons, see page 12.



John Villforth of Asbury Methodist Village in Gaithersburg, Md., shares the following advice.

“I think a lot of new prospective residents look at a place in terms of square footage, the buildings, the dining, and all that sort of stuff, but what turned me on was the people, the residents, the camaraderie. We looked at our apartment because we liked the view, but what we *really* like is being able to be associated with such talented, supportive people.”

Touring Checklist

	Community Name	Community Name	Community Name
Engaging Lifestyle			
People are out and about and are engaging with each other – and you.	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
The Wellness Center is well-staffed and in use.	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
Many of the residents match your level of function and energy	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
Getting Around			
Immediate area has plenty of shopping and entertainment opportunities nearby.	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
Campus has internal and external shuttle services.	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
Convenience shopping is within walking distance.	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
Mass transit is available	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
Hospitals and health care professionals are nearby	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
Campus Grounds			
Well-maintained grounds and building exteriors and interiors	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
Plenty of walkways – both open and covered – from residences to main buildings	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
Plenty of well-maintained common spaces and rooms to meet and gather	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
Resident events and programs are displayed in multiple areas – and they interest you	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
Apartments in the assisted living and health care neighborhoods are well-maintained	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
Residential Living Spaces			
Updated residences or community is renovating and will share renovation plans	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
Residences have assistive features such as grab bars	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
Rooms are bright and spacious enough for your furniture	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
Parking is adequate	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
Staff			
Friendly staff – and not just in the Marketing Office	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
Staffing levels are adequate – particularly in assisted living and health care	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
Staff is dressed and speaks professionally	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO
Staff members answer questions knowledgeably	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO	<input type="radio"/> YES <input type="radio"/> NO



Anticipate More

325 Wesley Dr
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WHAT'S AGE?

got to do with it •



#ActYourAge

In celebration of Older Americans Month, Asbury is spotlighting people ages 65 to 95 who continue to enrich their communities through work or volunteerism, writing and staging musicals, publishing their first book, building their own airplane or even, in rare cases, jumping out of one. Help us change the way society views aging!



Join our campaign and be inspired at [Asbury.org/ActYourAge](https://www.asbury.org/ActYourAge)

