



Abernethy Laurels

news & views

As we welcome another year, may 2018 bring new perspectives, new aspirations, and a whole new beginning. In the blink of an eye, another year will soon unfold. What do you want to accomplish this year? Your best answer is one that is not tangible, but substantial. Take the next step towards a retirement lifestyle where health care and services are at your doorstep, taking the unforeseen burdens and worries off your family. In addition to a continuum of health care services, we want to remind you that Abernethy Laurels offers well designed maintenance-free residences on a fee-for service basis. Services such as lawn care, interior and exterior maintenance, gym membership and much more are included in the monthly fee. Meal packages, transportation, and housekeeping services can put stress-free retirement living within your reach! A wide range of diverse activities, wellness programs, and volunteer opportunities are also sure to keep you active throughout your golden years! The start of a new year often gives people the mindset of a clean slate – it's the perfect time to begin a healthy diet, start an exercise regimen, get your finances in order, and look closer at your retirement options. We personally invite you to tour our community, meet our residents, and discover the charm and warmth that envelop Abernethy Laurels. Active retirement living, combined with peace of mind, makes Abernethy Laurels one of North Carolina's best retirement communities. We hope you choose to visit us in 2018!

Happy New Year!

Rob Hartsell and Alora Burrell



Making the *Choice*

When Gere Helton began her search for a retirement community, she desired a place where she did not have to worry about yard work or home maintenance. Her husband had recently passed away and Gere yearned for comfort and security. Her search led her to Abernethy Laurels. “Several of my fellow church members lived at Abernethy Laurels and they spoke so highly of the place. I knew I had to check it out for myself,” shared Gere. Gere toured the community and found the perfect apartment. She was so impressed with what the community offered and how affordable it was. Gere’s home sold quickly and she made the move to Abernethy Laurels in summer of 2017. Gere has since fully embraced retirement community living – she attends numerous fitness classes in the Wellness Center, utilizes the onsite doctors and nursing staff, and regularly visits the hair salon on campus. Gere appreciates all the planned events and trips as well as other socialization opportunities.

Although she takes advantage of the onsite dining options at times, Gere still enjoys whipping up meals in her own kitchen. “I’m so thankful that I made the move to Abernethy Laurels. My apartment is the perfect size and offers exactly what I need,” stated Gere. “I have two sons that live locally, but I value the fact that I was able to make my own choices regarding my future. They don’t have to worry about me. I’m surrounded by friends, medical professionals, and staff that sincerely care about the residents.”

Resident Charlie Mueller has a similar story. Born and raised in Brooklyn, New York, Charlie lived most of his life within the hustle and bustle of a large city. When it came time to retire, Charlie desired a state that offered beautiful beaches and peacefulness. With family already living in North Carolina, it was at the top of his list. He toured many retirement communities, but only Abernethy Laurels had exactly what he wanted. Charlie was not attracted to high-rise apartments he found at other retirement communities - he sought a single-level apartment that offered space to accommodate his oversized furniture and a full-size kitchen where he could still prepare some of his favorite meals. “Many retirement communities have a built-in meal plan, but I like that Abernethy Laurels gives you the option. I love to cook, so having the flexibility to choose was a huge perk for me,” shared Charlie. The affordability, layout of the community, and socialization opportunities were all appealing to Charlie.

Soon after moving to Abernethy Laurels, Charlie quickly became engrained in the programming offered. He regularly uses the indoor heated pool for exercise and relaxation and takes advantage of the numerous day and overnight trips offered. Charlie started a discussion group, Reading Between the Lines, where he facilitates discussion about novels and other reading material. Charlie is also involved in the resident association, currently serving as president-elect. “I have a network of friends and easy access to many amenities and services,” said Charlie. “What I love most is the tranquility that my apartment and private balcony offers. Moving to Abernethy Laurels was one of the best decisions I’ve ever made.”



A background image of blue flowers, possibly crocuses, with a soft focus. The flowers are in the foreground, and the background is a blurred mix of blue and green.

UPCOMING EVENTS JAN – FEB 2018

To register for these events, contact Rob Hartsell at
828.465.8519 or email rhartsell@uchas.org.

Winter Open House

Wednesday, January 31 at 2 pm

Don't wait until the pond freezes over! Join Abernethy Laurels for an open house where you can experience an award winning senior living community first hand. Learn about our spacious floor plans, purposeful living, and maintenance free lifestyle. Bring a friend and allow us to serve up a favorite warm winter treat....cause baby it's cold outside.

Valentines Champagne Brunch

Wednesday, February 14 at 10:30 am

You may fall in love with Abernethy Laurels at our Valentine's Day Champagne Brunch. Enjoy chef-prepared chicken and waffles, spinach and mushroom frittata, breakfast sausage, hash brown potatoes, green beans, biscuits, seasonal fruit, and more.

Dash-in. Discover. Dine.

Monday, February 19 at 4:30pm

Dash-in to our model home and discover all that Abernethy Laurels has to offer. Afterwards, join Abernethy Laurels residents for dinner or take dinner to-go.

Camelot: The Myth & Mystique of the Kennedy's

Tuesday, February 27 at 2pm

Dr. Melinda Ratchford explores the myth and mystique surrounding the life and times of the Kennedy family. This presentation will discuss a brief history of the Kennedy family and what led them to be either reviled or revered. This project is made possible by funding from the North Carolina Humanities Council, a statewide nonprofit and affiliate of the National Endowment for the Humanities.



welcome
new residents

Dick and Regina Brun
Taylorsville, NC

Randy Clemmer
Lincolnton, NC

Gile and Doris Sievers
Mesa, AZ

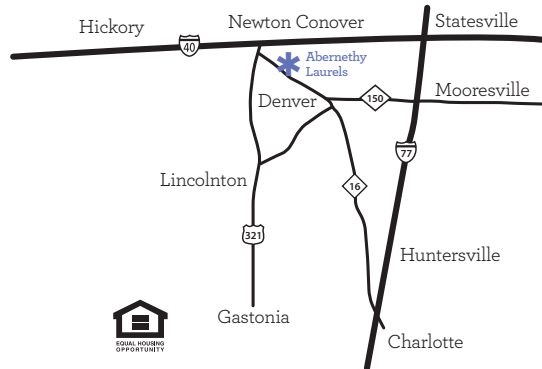
Barbara Pounds
Lillington, NC



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Laurels^{at}home

Delivering the right services at the right time



Our person-centered care is utilized to meet the individual needs of those we serve. For some, that care may be needed in the comfort of their own home through Laurels at Home, our fully licensed home care agency. Our objective is to inspire each individual to reach their highest level of functionality and live a meaningful life. Abernethy Laurels has fostered a program, Laurels at Home, to provide in-home care and services. Laurels at Home offers a full range of services tailored to support your unique needs while allowing independence in your home. A little help can go a long way.

Home care is about sustaining your quality of life. Laurels at Home provides assistance with everyday tasks that may be difficult or unsafe for you or your loved one to do alone. Our caring team will assess your situation and create a plan of assistance to best meet your needs. Services range from personal care, housekeeping, personal assistant, and nursing services. Our goal is your goal - a happy and meaningful life in the comfort of your own home.

Laurels at Home is licensed by NC DHHS Division of Health Service Regulation as Abernethy Laurels Home Care Agency serving Catawba, Lincoln, Iredell, and Alexander Counties. **To learn more about Home Care services, call 828.464.8260.**