



senior connection

Pioneering Senior Living Alternatives



Arbor Landing at Ocean Isle ~ A New Opportunity in Brunswick County



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Retirement Living Resident Profiles

Before Ridge Care opened Arbor Landing at Ocean Isle, Brunswick County residents had skilled nursing facilities and assisted living communities. Seniors wanting to downsize or transition had very few options for retirement living until Arbor Landing at Ocean Isle opened in September of 2010.

“Ridge Care continues to look for areas that are underserved and where there is a need for what we can provide,” says Amanda Moore, Ridge Care’s Vice President of Sales and Marketing.

Amy Causey, director of community relations at Arbor Landing at Ocean Isle, notes that the new community bridges a gap in senior living alternatives. With 70 apartments in configurations of studio, one and two bedrooms, families from Brunswick County and surrounding areas

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Heather Lasley, RN, Summit Care Coordinator at Arbor Ridge at Eden, discusses the benefits of Summit Care at Home.

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Winter Trivia



Arbor Landing at Ocean Isle *continued from page 1*

are able to stay within their communities in an environment that provides support and promotes independence. One new Arbor Landing neighbor said she appreciates a lifestyle that recognizes her as a resident and individual as opposed to a patient.

Amenities include housekeeping, a broad range of social activities, dining services, transportation, and importantly, assisted services through Summit Care (see sidebar) to provide just the right combination of autonomy and support. Causey notes that people can even try short-term stays in furnished apartments to see if the community is a good fit. With month to month leases and no buys ins it is a very attractive option. The Arbor Landing at Ocean Isle community has 14 beautiful acres in the coastal community of Ocean Isle, located halfway between Wilmington, North Carolina and Myrtle Beach, South Carolina.

“We offer just the right balance of support and independence, security and freedom, privacy and socialization” says Moore.

“The need and interest are here. We had over 300 people attend the grand opening, and we are moving people in and giving tours to those who are interested,” says Causey. “Arbor Landing has been very well received throughout the Ocean Isle area.”



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RIDGE CARE

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further information, please contact us
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Identifying with Individuals who call our Retirement Living communities “HOME”

MEET MARY At 85 years old, Mary refers to herself as a “recycled teenager.” Full of life with an amazing sense of humor, Mary moved to Arbor Landing at Ocean Isle from the northeast to be closer to her son who lives in Sunset Beach. Mary doesn’t drive anymore, but that’s okay because at Arbor Landing the staff can take her to physicians’ appointments and weekly outings for shopping. Other than assistance with laundry from the Arbor Landing staff, she is completely independent. Mary enjoys playing the grand piano in the Arbor Landing dining room, socializing with her new neighbors, and spending time with her son and daughter-in-law now that she lives closer to them.

MEET JACK & LOUISE Jack and Louise find their retirement lifestyle relaxing and are thankful that they no longer have to manage the stress of a large home. Jack has some difficulty with his short term memory so the Summit Care at Home team helps him with his medications. He and Louise also enjoy having someone check in on them each day to make sure they are doing well. The 24-hour staff availability and emergency response system make them feel safe and secure. Jack and Louise enjoy having the opportunity for fun and fellowship just outside their door, while their two bedroom apartment gives them comfort and privacy. Tucker, their small Boston Terrier made the move with them and gives Arbor Landing 5 barks!

Do you know someone like Mary, Jack or Louise who could benefit from making a lifestyle change to a Ridge Care Retirement Living Community? Visit us at www.ridgecare.com to view all of our locations and schedule a personal tour.

Summit Care at Home offers, FLEX – ABILITY!

Summit Care at Home (SCAH) offers assisted services that range from simple wellness checks, to medication organization and reminders, to bathing assistance. With our flexible service packages, we can create a personalized service plan that is tailored to meet individual needs. The addition of Summit Care at Home services to our retirement living communities has made a very positive impact. We now have registered nurses in each of these locations that serve as the Summit Care Coordinators.

Heather Lasley, pictured at the right, RN and Summit Care Coordinator for Arbor Ridge at Eden says, “The benefits of this program are numerous! The combination of hands-on care, resident support, and family peace of mind really embraces Ridge Care’s philosophy of providing senior living alternatives.”



One of the convenient features of this program is that residents can receive these services on a short or long term basis. They can add or drop services as needed. One of our residents recently said, “The Summit Care at Home team was a real life saver after my stroke. With their help, I was able to remain in my home while I recuperated. They kept me from having to go to the nursing home. Now that I am stronger, I don’t need them anymore; but it sure is nice to know they are there if I do!”

Providing opportunities for people to stay independent longer is our goal. Summit Care at Home helps us accomplish that objective.

Winter Trivia

- Reindeer survive in extreme cold by eating moss, which acts like a type of antifreeze. The moss has a special chemical that keeps their body fluids warm and keeps their bodies from freezing as they migrate across the Arctic.
- Wearing a dark jacket instead of a light one makes us feel warmer. This is because dark colors absorb light energy while white and light colors reflect it. Absorbed light energy leads to heat energy or warmth.
- Oddly true sleep facts since dark winter nights entice people to sleep more: one man in eight snores while one in ten men grinds his teeth.
- The fastest sport on ice in the Winter Olympics is the luge, which means sled in French.
- Looking for meteorites? Try Antarctica. These darkly colored masses of space debris show up well against ice and snow, and vegetation never grows over them. Ice flows cause the meteorites to collect, making them even easier to spot.
- Nor'easters are known to create vicious winter weather, especially in Maryland and Virginia. Nor'easters combine heavy snow, high winds, blizzard conditions and coastal flooding.
- An inch of ice is worse for trees and power lines than an inch of wet snow. The ice is much heavier.
- Approximately 70 percent of winter storm related deaths are from vehicular accidents. Others come from heart attacks while shoveling snow or from hypothermia and exposure.

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