



THE FOUNTAINS

AT THE ALBEMARLE

**INDEPENDENT LIVING • ASSISTED LIVING
MEMORY CARE • REHABILITATION & SKILLED NURSING**

UNRETIREMENT LIVING

As part of Watermark Retirement Communities, we are creating an extraordinary and innovative community where people thrive. More than 30 years of experience have taught us that today's seniors want more choices and are leading a more active lifestyle than generations before. That's why we created The Fountains at The Albemarle, our vibrant, recently renovated community filled with endless options, from spacious studios to two-bedroom apartments, great cuisine, engaging mind and body fitness classes, and an active lifestyle of growth and discovery. It's all part of our culture of choice, and we take care of every detail so you don't have to.

IT'S NOT WHAT YOU'D EXPECT, AND THAT'S THE WHOLE POINT.



AN OPTION FOR EVERY APPETITE



One of life's greatest pleasures is breaking bread in the company of good friends. At The Fountains, friends and neighbors connect to share meals, stories and laughs. Our ever-changing menu features everything from upscale selections to comfort food favorites. If you feel like staying in, you can create your favorite dish in your own kitchen, and it's great to know that a delectable meal among friends (without the cooking, cleaning or dishes to wash) is always just steps from your door. Plus, with our Gourmet Bites signature dining program, individuals with cognitive, physical or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions. Stop by for lunch, dinner or cheer on the Tar Heels with friends, and sample a taste of how we thrive.

Three meals prepared daily

Elegant dining room with reception lounge

Coffee bistro

Menus featuring fresh, nutritious local ingredients

Private dining available



PROGRAMS, OUTINGS AND WATERMARK UNIVERSITY



Fill your days with fun, dynamic programming and leave the rest to us. There is always something happening at The Fountains at The Albemarle and plenty to do with friendly neighbors. Cultural programs, engaging activities and unique experiences are simply a part of everyday life. Enjoy a variety of exciting Extraordinary Outings to local attractions.

Stimulating the mind and strengthening the body has enormous benefits at any age. That's why, as part of Watermark Retirement Communities, we created Watermark University. You'll love having unlimited access to all our mind and body fitness classes just steps from your door. Our catalog is chock full of fun classes from *Comfort Desserts*, *Poetry 101*, *Music Therapy*, *Strength and Balance* and everything in between. You might want to try a little of each or even become a faculty member and teach your passion. These classes and programs aren't just for residents. Call to sign up for a class or two today.



Civil War Round Table
Comfort Desserts
Drumming to Good Health
Poetry 101
Music Therapy
Myths of the World
Women of the Bible
Strength and Balance

TOWN CENTER LIVING



Trade the headaches of home maintenance, countless bills to pay and endless errands for the lifestyle you deserve. At The Fountains at The Albemarle, we've created a culture built on choice. The first (and maybe the most fun) is selecting the apartment that's perfect for you. From cozy studios to two-bedroom suites, you'll find a space that's just right to call your own. With so many options to choose from and professionals ready to help you customize your apartment, you're sure to have a ball expressing your style.

If you'd like a helping hand on occasion, Watermark at Home will help you regain, maintain and enhance your independence with an array of short-term or long-term home health care services. Choice is the order of the day, and service programs are tailored to your individual needs and preferences. You can have it all – discover great people, a peaceful environment, fantastic food and so much more. Give us a call to schedule a visit and experience The Fountains lifestyle for yourself.



- Biweekly housekeeping
- Modern kitchenette with frost-free refrigerator, electric oven and range
- Ample closet space
- Bath with safety grab bars
- All utilities
- A state-of-the-art wireless resident call system
- Wall-to-wall carpeting in living areas, vinyl flooring in kitchenette and bath
- 24-hour maintenance services
- Scheduled local transportation
- Guest accommodations

ASSISTED LIVING WITH A DIFFERENCE

When it comes to Assisted Living, we're not what you'd expect. You won't find cookie-cutter apartments, associates in scrubs, boring, stereotypical activities or care delivered on a schedule so rigid that it becomes the center of your day. Discover a world of choices, exciting floor plans, fantastic cuisine, a calendar jam-packed with classes, outings, events and fun community doings with friendly neighbors and top-notch care tailored to your needs, on your schedule – not ours – so the care you want never interrupts the day's plans.

Why wait to get a taste of The Fountains lifestyle? Try us out for a short-term stay. Enjoy a fully furnished guest apartment, fantastic food made just how you like it, expert, personalized care and assistance when (and how) you need it, and (perhaps the best part of all) fun with friendly neighbors. While you're here, treat yourself to a salon service or a community outing to Tarboro's historic Main Street. Come by for a visit – we know you'll be surprised.



Bright, cheerful apartments

A state-of-the-art wireless
resident call system

24-hour staffing

Three meals prepared daily

Housekeeping and
laundry services

Transportation services

Diverse wellness programs
including Watermark
University classes

A NEW KIND OF MEMORY CARE

At The Fountains, we're borrowing from the traditions of the multigenerational households and local bed and breakfasts to create a place where everyone feels right at home. Suites are comfortable, filled with bright colors, soft natural light and high-end finishes. Common areas such as living rooms, patios, libraries and kitchens are only a few steps away. Meals are cooked right in the kitchen, and anyone can roll up their sleeves to help prepare the meal. Just like home, this household revolves around the kitchen table, where food and conversation connect residents, associates, friends and family.



24-hour staffing with specially trained Memory Care experts certified through the National Council of Certified Dementia Practitioners (NCCDP)

Three nutritious family-style meals where families and friends are welcome

Pantry Program for each resident's favorite foods

Healthy snacks available all day, every day

Structured and spontaneous programs specifically tailored to each individual

Extraordinary Outings that you would never expect in a Memory Care community

Residential environment with family photographs, keepsakes and personal histories

Beautiful, sunny memory courtyard

Housekeeping, linen and laundry services

Maintenance services



MEET THE NAYAS



The word *Naya* comes from the ancient language of Classical Sanskrit and is based on being engaged in the present moment. A *Naya* is a guide, person of wisdom, conductor and leader. These terms truly define our caregivers. In perfect alignment with our universal care model, being mindfully engaged in each moment cultivates a sense of well-being, community, spontaneity and creativity.

In traditional senior living models, care is divided between several associates who interact with a resident only within their particular area of limited duties. This not only results in reduced continuity, but it prevents associates from seeing the big picture of each resident's well-being. Instead, our *Nayas* spend the day with residents and notice the early signs of concern that might otherwise go unseen. *Nayas* know if residents have a good appetite, how well they slept and when they last exercised or participated in a new program. They can observe how individuals react to a change in type or dosage of medicine or a new therapy. Understanding the big picture results in a healthier, happier, more connected lifestyle.



REDEFINING REHABILITATION AND SKILLED NURSING

When rehabilitation is what the doctor ordered, The Fountains at The Albemarle welcomes everyone. We offer outstanding services in our extraordinary, **MEDICARE-CERTIFIED** community, and for more than a quarter century, we've been helping individuals restore function, improve mobility, relieve pain and prevent or limit physical disabilities from injuries or disease. We designed our rehabilitation program, The Springs, with our residents in mind, and that's why we offer amenities and services you will be delighted to find in a rehabilitation setting, including private and semiprivate accommodations and services tailored to each individual's needs. While you're here, enjoy delicious cuisine, a full calendar of stimulating mind and body fitness programs, and that's just the beginning.

Enjoy the ultimate experience with our **PERSONAL AMBASSADOR PROGRAM**. From the moment you arrive, you'll receive a warm welcome and ongoing one-on-one attention from your personal ambassador. They will be your single point of contact, available and responsive to you and your family throughout your stay to answer any questions, provide for every comfort and offer a reassuring voice along the way. Using your family's preferred method of communication – phone, text message, email or in person – your ambassador will keep your closest relatives informed of your progress.

Three meals prepared daily
Registered dietitian oversight
Service plans customized to your needs

24-hour staffing

Health care management and monitoring with physician oversight

Wireless urgent call system

Diverse wellness programs including Watermark University classes

Scheduled transportation

All utilities and basic cable television

Physical, pulmonary, occupational and speech therapy



AMENITIES AND SERVICES THAT MAKE LIFE GREAT

Our lifestyle will keep you feeling strong and thriving, and you won't find a better value or friendlier neighbors anywhere around. Our open, spacious dining room features standard favorites, daily chef specials, seasonal dishes and fresh, local ingredients for healthy and delicious meals. Gather with friends for morning coffee or happy hour with spirits and snacks on the house.

Stroll, chat or simply watch the birds in our beautifully landscaped courtyards. For appointments, outings and errands, let us do the driving with complimentary transportation to and from shops, personal appointments and social or cultural outings. Our library is stocked from floor to ceiling with books, and you'll love having a full-service beauty salon and barber shop just steps from your door. Call to schedule a visit to learn more about how our services and amenities can make your life great.



Close to Tarboro's historic
Main Street

Elegant dining room with
reception lounge

Well-stocked library

Full-service beauty salon and
barber shop

Computer center with
internet access

Creative arts studio

Wellness center

Coffee bistro

Room service

Furnished guest apartments

At Watermark Retirement Communities, we're committed to creating extraordinary and innovative communities where people thrive. Watermark communities are known for highly trained associates, a lifestyle built on choice and innovative signature programs, including our award-winning Watermark University featuring a wide variety of engaging classes and programs for residents and locals, alike. A privately held company with a reputation for service, innovation, integrity and financial stability, Watermark manages more than 50 retirement communities nationwide and was recognized by Fortune Magazine as a Great Place to Work. Learn more about the Watermark difference at watermarkcommunities.com.





 **THE FOUNTAINS**
AT THE ALBEMARLE

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A WATERMARK RETIREMENT COMMUNITY

 CREATED AND PRINTED USING ECO-RESPONSIBLE PRACTICES. 