

Azalea Estates

Gracious Retirement Living

700 N Estes Drive • Chapel Hill, NC 27514 • Phone (919) 929-2160 • www.seniorlivinginstyle.com

JANUARY 2021

AZALEA ESTATES STAFF

Managers.....PETER & MARY BRETH
Assistant ManagersWAYDE
CARTWRIGHT & BRUCE BOYD
Executive Chef..... KURT DESROSIERS
Marketing..... KEVIN AKERS & KYLIE COLSON
Sous ChefRICH MCGRAIL
Activity CoordinatorLYNN SCOTT
Maintenance RALPH LIPPERT
Transportation MATT CASTALDO

TRANSPORTATION

Monday: Shopping

Tuesday: Medical Appointments

Wednesday: Community Outing

Thursday: Medical Appointments

Friday: Shopping

HAWTHORN
SENIOR LIVING

Moving Forward Into 2021

2020 has taught us so much, and what it taught one person may vary from what it taught another. But one thing's for sure, the last 12 months taught us all that we are not always in control and we must be willing to adapt. There is one thing we can control and that is our attitude — our attitude toward life, others and even ourselves. Having an optimistic attitude pushes us forward, encourages us and will ultimately help us overcome any obstacle that comes our way. Not only will you inspire others around you, but it will help make those difficult tasks easier to fulfill. Having a positive attitude awakens happiness within ourselves and those around us. And after what we have all been through in 2020, we need a little happiness and hope right now.

This is a new year, a new beginning. Every new beginning comes from some other beginning's end. Let's approach 2021 with a resolve to find hidden opportunities in each new day. Let's rewrite our stories, the choice is ours ... a new chapter needs to be written, so let go of what was and embrace what is yet to come!

Happy New Year from Your Azalea Estates Family!

Peter, Mary, Bruce, Wayde, Kevin, Kylie, Lynn, Kurt, Matt and Ralph





Meet the Legacy Team

My name is Katherine St. Onge and I am the Occupational Therapist with Legacy Therapy at Azalea Estates. I am a graduate of Worcester State University in Massachusetts where I received my Master's of Occupational Therapy. About 2 years ago, following graduation, I moved down to North Carolina to be with my boyfriend and two cats, Pebbles and Poe. I have experience in a variety of settings including: Hospitals, outpatient clinics, assisted livings, and skilled nursing facilities, as well as with a variety of diagnoses including orthopedics, stroke, TBI, developmental delays, mental illness, and Neurocognitive disorders, to name a few. It is my passion to help patients live their lives to the fullest. I was inspired to enter the rehab field after my grandmother had her lower leg amputated, and I realized how important my grandmother's therapists were in her life! When not at work, I enjoy doing arts and crafts, spending time by the water and my favorite place to visit is Disney World.



Katherine

My name is Megan Whelchel and I am the Physical Therapist and Rehab Director with Legacy Therapy at Azalea Estates. I graduated from Arcadia University (outside of Philadelphia, Pennsylvania) PT school in 2002. I have been a Chapel Hill resident for 7 years. I feel excited for the opportunity to work with you at Azalea Estates because you are my neighbor! My family and I live on Huntington Dr. (Sumerset's only cross street). I have three kids, two in middle school at Phillips Middle School which is next door to Azalea Estates, and a soon-to-be kindergartener at the next-door elementary school as well. I enjoy all outdoor activities (walking, running and gardening especially) and sometimes one of our two dogs might get to tag along! I am looking forward to meeting and working with you all.



Megan

My name is Brooke Reeves and I am the Speech-Language Pathologist with Legacy Therapy at Azalea Estates. I recently moved to North Carolina from Louisiana. I have been married for 25 years and have four children. I graduated from the University of Louisiana at Monroe with both my Bachelor's and Master's degrees and have 19-years' experience as a Speech-Language Pathologist. I enjoy spending time with my family, attending sporting events (Go LSU Tigers!), scrapbooking, photography and cooking. One dish I especially enjoying cooking is crawfish fettuccine but my kid's favorite is chicken Cajun pasta. I look forward to being able to meet everyone and help with any needs you may have.



Brooke



Meet Your Personal Chef, Chef Kurt

Kurt has worked in kitchens since he was a teenager and attended Southern New Hampshire University with a culinary major. He realized in his college years that cooking for seniors would become his way of life. Doing his internship at two different places, one being an assisted living facility and the other being an Italian restaurant, it was an easy choice to stay within the senior living arena. Taking on his first food service management position for seniors at 28 years old, he has stayed in the same field ever since. Kurt has competed in several competitions and took first place in the 2014 Milford New Hampshire Pumpkin Festival for best chili entered in the event. He competed 5 years in a row for a fundraiser for the local senior activities center back in his hometown of Nashua, New Hampshire, placing as high as second place in 2018 in a blind culinary cook-off. He comes to Azalea Estates with a wealth of knowledge and experience, and is eager to please every resident that he possibly can.



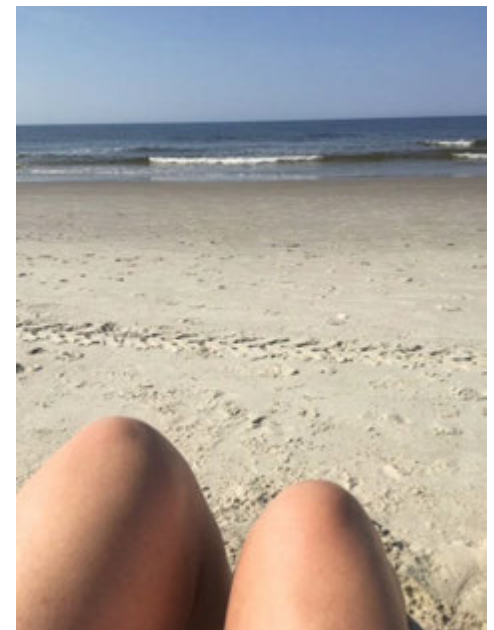
Chef Kurt

Let's Reminisce, Shall We?

As we get ready to head into our Island Hopping Adventure, I'd love to hear some stories about times you may have spent at the beach. Please feel free to write out some details and drop them off at my desk in the 2nd Floor Activity Room, or just stop by and have a chat with me. I'll be sharing some of these stories with all the residents during lunch each week, once our adventures begin on January 18th. Here are just some examples of what I'd love to hear about:

- What was your favorite beach to go to as a child?
- What is your favorite thing about being at the beach?
- What songs do you remember from your days at the beach?
- What did you pack in your bag for a day at the beach?
- What do you remember most about summer days? (heat, sunburns, etc.)
- Did you have a favorite beach toy as a child or did your children?

Here's a little something I'd like to share. I love the feel of the sand on my toes. One of the first things I do when I get to the beach, before I do anything else, is sit down in my chair and bury my feet in the cool sand. There's nothing better, now it's your turn!



One of Lynn's days at the beach

JAN 2021

Locations

Billiards Room, BR
Chapel, CH
Dining Room, DR
Fire Pit, FP
First Floor Activity Room, A1
Gym, GM
Library, LI
Lobby, LB
Movie Theater, MT
Putting Green, PG
Second Floor Activity Room, A2
TV Room, TV

Hairworks Salon

Located on the second floor across from the Activity Room.

To make an appointment, call 919-225-4761!

Legacy Healthcare Services

Located in on the third floor in Apartment 303.
Call Wendy to set up an appointment at 919-274-1114.

Affordable Family Care

Located on the third floor across from Legacy.
Call Dan for more information at 919-208-5247.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>NEW YEAR'S DAY1</div> <div>Freaky Friday: Wear Funny Socks 9:30 Strength Training, A1 10:00 Shopping at Eastgate and Rams Plaza, LB 2:00 Rummikub, A1 4:30 Put a Pep in Your Step, LB 7:00 Fire Chats with Coffee and Dessert, A2</div>	<div>2</div> <div>10:30 Beach Ball Volleyball, GM 2:00 Saturday Matinee & Popcorn, MT 3:00 Ice Cream Social, A2 7:00 Poker Night, BR</div>
<div>3</div> <div>11:00 Orange United Methodist Church, MT 2:00 Ladies' Tea Time, A2 7:00 Broadway Series/Driving Miss Daisy, MT</div>	<div>4</div> <div>9:00 Motivational Monday, CH 9:30 Bodies in Motion, A1 10:00 Shopping at Walmart, LB 2:00 Bingo, A1 3:00 Miscellaneous Errands, LB 4:30 Put a Pep in Your Step, LB 7:00 Tropical Paradise Social, A2</div>	<div>5</div> <div>Bus Shuttle Dr. Appt. Day, LB 9:30 Chair Activity Bingo, A1 11:00 Rest and Relaxation Series, CH 11:00 Resident Meeting Mangers, A1 3:00 Baking with Lynn: Just Beachy Cupcakes, A2 7:00 Tuesday Night Cinema, MT</div>	<div>6</div> <div>9:30 Tai Chi, GM 10:30 Outing to Perkins Orchard, LB 10:30 Let's Get Crafty/Tropical Wreaths, A1 2:00 Blood Pressure Check with AFC, GM 3:00 Needlework Club, LI 4:30 Put a Pep in Your Step, LB 7:00 Ted Talks Joy and Happiness Series, MT</div>	<div>7</div> <div>Bus Shuttle Dr. Appt. Day, LB 9:30 The Key to Better Balance, A1 10:30 Daily Devotionals, CH 1:00 Resident Meeting Chef, A1 2:00 It's All Fun & Games/Island Style, A1 4:30 Cardio Drumming, A1 7:00 Trivia Night, A1</div>	<div>8</div> <div>Freaky Friday: Wear Your Favorite Hat 9:30 Strength Training, A1 10:00 Miscellaneous Shopping Trips, LB 2:00 Rummikub, A1 4:30 Put a Pep in Your Step, LB 7:00 Fire Chats with Coffee and Dessert, A2</div>	<div>9</div> <div>10:30 Beach Ball Volleyball, GM 2:00 Saturday Matinee & Popcorn, MT 3:00 Ice Cream Social, A2 7:00 Billiards, BR</div>
<div>10</div> <div>11:00 Summit Church, MT 2:00 Ladies' Tea Time, A2 7:00 Broadway Series/Bye Bye Birdie, MT</div>	<div>11</div> <div>9:00 Motivational Monday, CH 9:30 Bodies in Motion, A1 10:00 Shopping at Target, LB 2:00 Bingo, A1 3:00 Miscellaneous Errands, LB 3:00 Island Hopping Kickoff Event, A1 4:30 Put a Pep in Your Step, LB 7:00 Tropical Paradise Social, A2</div>	<div>12</div> <div>Bus Shuttle Dr. Appt. Day, LB 9:30 Chair Activity Bingo, A1 11:00 Rest and Relaxation Series, CH 3:00 Baking with Lynn: Beach Ball Cake Pops, A2 7:00 Tuesday Night Cinema, MT</div>	<div>13</div> <div>9:30 Tai Chi, GM 10:30 Let's Get Crafty/Driftwood Sailboats, A1 1:45 Outing to Cedar Creek Gallery, LB 2:00 Blood Pressure Check with AFC, GM 3:00 Needlework Club, LI 4:30 Put a Pep in Your Step, LB 7:00 Ted Talks Joy and Happiness Series, MT</div>	<div>14</div> <div>Bus Shuttle Dr. Appt. Day, LB 9:30 The Key to Better Balance, A1 10:30 Daily Devotionals, CH 2:00 It's All Fun & Games/Island Style 4:30 Cardio Drumming, A1 7:00 Trivia Night, A1</div>	<div>15</div> <div>Freaky Friday: It's Slipper Day 9:30 Strength Training, A1 10:00 Shopping at Eastgate and Rams Plaza, LB 2:00 Rummikub, A1 4:30 Put a Pep in Your Step, LB 7:00 Fire Chats with Coffee and Dessert, A2</div>	<div>16</div> <div>10:30 Beach Ball Volleyball, GM 2:00 Saturday Matinee & Popcorn, MT 3:00 Ice Cream Social, A2 7:00 Poker Night, BR</div>
<div>17</div> <div>11:00 University Presbyterian Church, MT 2:00 Ladies' Tea Time, A2 7:00 Broadway Series/Peter Pan, MT</div>	<div>MARTIN LUTHER KING JR. DAY 18</div> <div>9:00 Motivational Monday, CH 9:30 Bodies in Motion, A1 10:00 Shopping at Walmart, LB 2:00 Bingo, A1 3:00 Miscellaneous Errands, LB 4:30 Put a Pep in Your Step, LB 7:00 Aloha Hawaii Social, A2</div>	<div>19</div> <div>Bus Shuttle Dr. Appt. Day, LB 9:30 Chair Activity Bingo, A1 11:00 Rest and Relaxation Series, CH 11:00 Resident Meeting Activities and Transportation, A1 3:00 Baking with Lynn: Hawaiian Cheesecake Bars, A2 7:00 Tuesday Night Cinema/Blue Hawaii, MT</div>	<div>20</div> <div>9:30 Tai Chi, GM 10:30 Let's Get Crafty/DIY Ukuleles, A1 2:00 Blood Pressure Check with AFC, GM 2:00 Outing to Fearnington Village, LB 3:00 Needlework Club, LI 4:30 Put a Pep in Your Step, LB 7:00 Ted Talks Joy and Happiness Series, MT</div>	<div>21</div> <div>Bus Shuttle Dr. Appt. Day, LB 9:30 The Key to Better Balance, A1 10:30 Daily Devotionals, CH 2:00 It's All Fun & Games/Hawaiian Style, A1 4:30 Cardio Drumming, A1 7:00 Trivia Night, A1</div>	<div>22</div> <div>Freaky Friday: Wear a Funny T-Shirt 9:30 Strength Training, A1 10:00 Miscellaneous Shopping Trips, LB 2:00 Rummikub, A1 4:30 Put a Pep in Your Step, LB 7:00 Fire Chats with Coffee and Dessert, A2</div>	<div>23</div> <div>10:30 Beach Ball Volleyball, GM 2:00 Saturday Matinee & Popcorn/Blue Hawaii, MT 3:00 Ice Cream Social, A2 7:00 Billiards, BR</div>
<div>24</div> <div>11:00 Orange United Methodist Church, MT 2:00 Ladies' Tea Time, A2 7:00 Broadway Series/From Here to Eternity, MT</div>	<div>25</div> <div>9:00 Motivational Monday, CH 9:30 Bodies in Motion, A1 10:00 Shopping at Target, LB 2:00 Bingo, A1 3:00 Miscellaneous Errands, LB 4:30 Put a Pep in Your Step, LB 7:00 Bula Fiji Cocktail Social, A2</div>	<div>26</div> <div>Bus Shuttle Dr. Appt. Day, LB 9:30 Chair Activity Bingo, A1 11:00 Rest and Relaxation Series, CH 3:00 Baking with Lynn: Fiji Island Coconut Bars, A2 7:00 Tuesday Night Cinema/Cast Away, MT</div>	<div>27</div> <div>9:30 Tai Chi, GM 10:30 Let's Get Crafty/Seashell Zen Garden, A1 1:45 Outing to NC Crafts Gallery, LB 2:00 Blood Pressure Check with AFC, GM 3:00 Needlework Club, LI 4:30 Put a Pep in Your Step, LB 7:00 Ted Talks Joy and Happiness Series, MT</div>	<div>28</div> <div>Bus Shuttle Dr. Appt. Day, LB 9:30 The Key to Better Balance, A1 10:30 Daily Devotionals, CH 2:00 It's All Fun & Games/Fijian Style, A1 4:30 Cardio Drumming, A1 7:00 Trivia Night, A1</div>	<div>29</div> <div>Freaky Friday: Wear Multiple Colors 9:30 Strength Training, A1 10:00 Shopping at Eastgate and Rams Plaza, LB 2:00 Rummikub, A1 4:30 Put a Pep in Your Step, LB 7:00 Fire Chats with Coffee and Dessert, A2</div>	<div>30</div> <div>10:30 Beach Ball Volleyball, GM 2:00 Saturday Matinee & Popcorn/Cast Away, MT 3:00 Ice Cream Social, A2 7:00 Poker Night, BR</div>
<div>31</div> <div>11:00 Summit Church, MT 2:00 Ladies' Tea Time, A2 7:00 Broadway Series/The Pirates of Penzance, MT</div>						



Welcome Home, Everyone

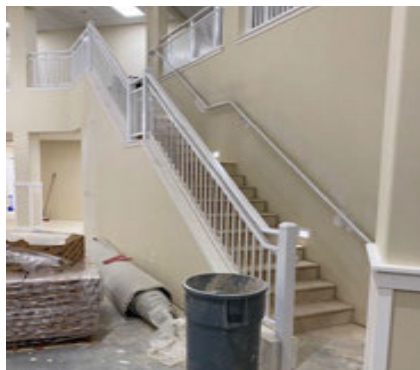
For many, especially our residents, it felt as if we would never open. The anticipation as it grew closer and closer was overwhelming, but exciting at the same time. Everyone was extremely patient, and for that we are so very blessed and thankful. It was a long road but what better way to head into the holiday season than officially opening the doors to our residents on December 4th? We can't wait to get to know all of you better and build onto the Azalea Estates' family each and every day — from sharing a meal together in our gorgeous new Dining Room, to joining in activities with you in one of our two beautifully decorated Activities Room, or just having a fireside chat by our outdoor firepit or one of our three indoor fireplaces. Thank you for seeing the “end picture” when you decided to call Azalea Estates your new home, even when we were under construction and all covered in dust! Here's a few before and after pictures to show just how far we've come, enjoy!



Lobby Fireplace Before



Lobby Fireplace After



Staircase Before



Staircase After

Guess Our Mystery Resident

Here is some information on one of our newest residents. We hope by mingling and getting to know your neighbors, you can determine which lovely lady this is. We will announce her name at the end of January — have fun!

A lifelong teacher and librarian, she was born in Great Falls, Montana. Raised by her Swedish family, she is very connected to her Swedish heritage. She has spent most of her life in Evergreen, Colorado with her loving husband. Evergreen has been her idyllic living place, where she enjoyed the mountain scenery, wildlife, and snowfall. It was not an uncommon occurrence for her to help some of her hungry neighbors (i.e foxes, raccoons, birds) by leaving a plate for them on the back patio. Her love for animals extends beyond those in the outdoors though, as she helped her family raise both a dog and rabbit for several years in Colorado.

Her daughter (Michelle) and son-in-law (Rusty) live in Durham, North Carolina with her four grandchildren: Megan (21), Gabe (18), Angie (15), and Rachel (11). They all say that she is the most kind, giving, and compassionate person they've ever met. She is truly devoted to all her family and friends, near and far, and has spent an immeasurable amount of time traveling to visit, or sending letters and cards via mail. Her travels include a trip to Sweden, where Michelle spent time as an exchange student, and also trips to both Alaska and Hawaii!

In her spare time, she enjoys reading and spending time with her family. She is looking forward to joining the new community at Azalea Estates!



The 11th Annual Hawthorn Adventures Presents: Island Hopping 2021

Swaying palms,
powder-fine beaches,
and clear blue waters —
get ready

Azalea Estates, for a tropical

getaway you won't soon forget! Beginning the week of January 17th through February 6th, we will be embarking on an Island-Hopping Adventure through the Pacific Islands! You'll enjoy three weeks of sun, sand, rest and relaxation as we explore these amazing destinations:

- Hawaii
- Fiji
- New Zealand

As we make our scheduled stops, we will be experiencing the food, history and culture of each of these beautiful destinations. Our Island-Hopping Kickoff Event will be on Monday, January 11th, in the 1st Floor Activity Room. Stop by any time between 3 and 5 p.m. to pick up some tropical gear to get you started on this adventure as well as answers to any additional questions you may have, such as weather conditions and what to pack as we prepare for this exciting trip we are about to take here at Azalea Estates!

Aloha, Bula and Kia Ora!



Language of the Islands

Want to talk like a local as we head into our Island Hopping Adventure? Here are just a few examples for each of the three islands we will be visiting. What a fun way for all of us to get into the island spirit!



Hawaii

1. Aloha — Hello

Pronounced: a-lo-ha

This tropical greeting is known around the world, but its literal meaning is “love.”

2. Mahalo — Thank You

Pronounced: mah-ha-lo

Show your gratitude with this Hawaiian phrase. If you're feeling extra grateful, use mahalo nui loa (pronounced mah-ha-lo noo-ee) for ‘thank you very much.’



Fiji

1. Bula — Hello

Pronounced: boo-la

Just like the Hawaiian word aloha, bula actually has a variety of meanings and

uses: Its literal meaning is “life” and when used as a greeting, it implies wishes for continued good health.

2. Vinaka — Thank You

Pronounced: vee-naka

Vinaka is the second most common Fijian word you can expect to hear. Fijians are very friendly and helpful, so remember to say vinaka after being served any food, drinks or if someone offers you help.

New Zealand

English is the predominant language but the Maori language is undergoing a revival. Saying kia ora (pronounced key-or-a) is how you say hello, goodbye and thank you. However, in order to relate to the locals, you will have to be able to communicate using some of these slang words.

1. Eh/Aye

Compulsory addition to the end of a rhetorical question ... “Last night was bloody fun, eh?”

2. Togs/Jandals/Sunnies

Swimsuit, flip-flops and sunglasses ... “Put on your togs, jandals and sunnies and let's head to the beach!”



Lynn,

Your Azalea Estates Travel Guide

Azalea Estates
Gracious Retirement Living

700 N Estes Drive
Chapel Hill, NC 27514



It's always Warm at

Azalea Estates
Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

919-929-2160