

# Anticipate More Asbury Place

“Whatever the forecast, live like it’s spring.”

— Lilly Pulitzer

April 2018



## Is a House All It's Cracked Up to Be?

Staying in your house as you age is an idea that sounds perfectly nice, and for some people it works out fine. But your house isn't getting any younger. It can quickly become a drain on both your financial resources and your energy. Here are a few questions you may not have considered. [Click here for our cost checklist and worksheet.](#)



## What's Gained From a Sq. Ft. Loss?

There's no doubt that moving to a retirement community means a square footage loss. But giving up a house does not mean giving up the life you built while living there. Most new residents feel that their world expands post-move. Hear from two who moved in their 70s and another who waited a bit longer. [See what they have in common.](#)



## The Arts and Aging Well

There are significant benefits that come with engaging in the arts during all stages of our lives. In fact, studies show that just about any type of creative expression reduces stress, anxiety and depression and increases positive emotions. What type of art fits your personality and lifestyle? [Take this fun quiz and find out!](#)



## Signs of Spring Photo Tour

Asbury Place's Maryville and Kingsport campuses offer walking paths with stunning mountain views, gorgeous landscaping and mature trees – and they're never more beautiful than now. Take a look at our Springtime at Asbury Place Photo Album and see for yourself. We'd love for you to come in for a personal tour! [View photos here.](#)



[www.AsburyPlace.org](http://www.AsburyPlace.org)

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## Downsizing Made Simple

How great would it feel to be in a place surrounded by the items that are right for you at this time in your life? Well, move doesn't have to be a four-letter word. Through assisting with more than 5,000 moves, this relocation specialist has formulated three key steps that help shrink downsizing down to size. [Start rightsizing here.](#)



## The Strength of a System

Did you know that Asbury Place is part of Asbury Communities, the nation's 15th largest non-profit system of CCRCs and aging services provider? Being part of a larger system brings strategic and operational resources and a 95-plus year history of financial strength and stewardship to Asbury Place. [Find out more about Asbury.](#)



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