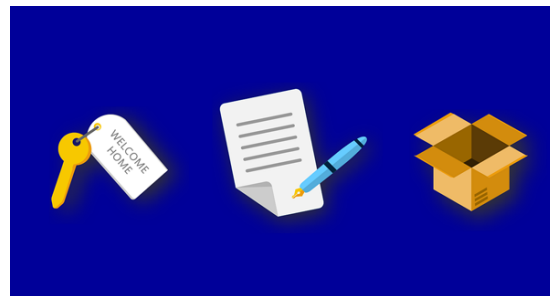




“No winter lasts forever; no spring skips its turn.”

— Hal Borland

January 2019



Study Shows CCRC Health Benefits

A new study by Northwestern University and an aging institute has found that residents of continuing care retirement communities see measureable health advantages and report greater life satisfaction than their peers. More than 5,000 residents in 29 states participated. [Learn details of the study here.](#)

Three Steps to a Faster Sale

We understand that preparing a home for sale is not an easy process. But the good news is there's plenty of help out there! We've hosted dozens of downsizing and home sale seminars over the years, and we've gathered our fair share of tips from professionals. [Here's a look at three we consistently hear.](#)



Meet Fred and Marie

The Ibbetsons were recently profiled in The Daily Times, sharing their experience of moving to Asbury Place while they were still active and healthy enough to take advantage of our wellness-focused



A Great Place to Work

Asbury Communities became Great Place to Work® certified based on associates' feedback that there is special meaning in what they do to live out our Mission to do all the good we can for those we serve.

lifestyle. [Meet them and learn why they couldn't be happier here.](#)

Asbury also earned a spot on Fortune's list of 40 Best Workplaces for Aging Services in 2018. [Read more.](#)



Hearing Loss and Brain Health

For centuries, hearing loss has been viewed as a troublesome but not particularly troubling condition by the general public. But new research linking hearing loss to an increased risk for cognitive declines and even dementia should move addressing this issue straight to the top of our to-do list. [Learn more here.](#)

Tour Our New Memory Support

The Alpine and Beech residences provide assisted living memory care in a secure setting that provides all the comforts of home. Family dining, caregivers who provide person-centered services unique to individual preferences, and beautiful living areas are all part of these residences. [Take a look inside.](#)



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