

# THE GARDENS OF PAMLICO

ASSISTED LIVING

22

## About our Community

**The Gardens of Pamlico** is an outstanding senior community offering the best in assisted living care services. Our wonderful community is located in the great city of Grantsboro, NC. We provide the highest quality care in a comfortable, home-like environment.

Our dedicated professionals always go the extra mile to ensure the best possible life here at The Gardens of Pamlico. We take a specialized approach to all of our care services. You can always count on getting the assistance you need and the comfort you want.

The level of care at The Gardens of Pamlico truly stands out from the rest. We are here to support our family of residents every step of the way. Residents are also able to enjoy robust activities and social programs that help them stay engaged, connected, active and healthy.

**Call our team of Senior Living Advisors today to schedule your tour or learn more about our exceptional senior living community.**

## Amenities & Care Services



FULL-SERVICE  
HOUSEKEEPING



BEAUTY SALON &  
BARBER SHOP



CABLE TV  
AVAILABLE



COMPLETE DINING  
PROGRAM



FUN ACTIVITY  
PROGRAM



LIFE ENRICHMENT  
ACTIVITIES



ON-CALL  
PHYSICIAN



SPECIAL DIETS  
AS NEEDED



ENHANCED SECURITY  
FEATURES



# EXCEPTIONAL SENIOR LIVING

THE GARDENS  
OF PAMLICO

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JOIN OUR COMMUNITY!

Accepting Deposits



## AMENITIES

- All-inclusive Pricing
- Variety of Floor Plans
- Welcoming Common Areas
- Beauty Salon & Spa
- Housekeeping Included
- Utilities Included
- Transportation Services



## CARE SERVICES

- Assistance with Daily Tasks
- Medication Management
- Therapy Services On-site
- Provider Services On-site
- Dedicated Caregivers 24/7
- Secure Campus



## ACTIVITIES

- Group & One-on-One Activities
- Live & Virtual Entertainment
- Group Outings
- Technology Assistance
- Fitness & Exercise Programs
- Celebrations for Special Occasions

We are thrilled to welcome you into our incredible community.  
You have to see it to believe it here at The Gardens of Pamlico.

# ACTIVE & ENGAGED

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All community members have access to numerous top-of-the-line amenities, including an on-site beauty salon and barber shop, relaxing private spa, and robust social programming. Fulfillment is always here for you at The Gardens of Pamlico. Our staff meets all the dietary needs for our residents with a complete, individualized dining program. Transportation, maintenance, and on-site physician services help fulfill care at every level.



### GROUP & ONE-ON-ONE ACTIVITIES

Our community offers a range of activities that are available to residents — from focused activities that are catered to individuals, to activities that engage residents in a community setting.



### LIVE & VIRTUAL ENTERTAINMENT

Various types of programming are offered to residents that allow for entertainment opportunities throughout the community, such as in-house movies, streamed concerts, and more.



### TECHNOLOGY ENGAGEMENT & ASSISTANCE

Residents have the opportunity to utilize technology such as tablets and computers with assistance from trained staff. This allows residents to engage Online.



### CELEBRATIONS

Our community enjoys celebrating birthdays and holidays to enrich the lives of our residents.

Live Exceptionally.  
Live Your Best Life.  
*Live The Gardens  
of Pamlico.*



### LIVE YOUR BEST LIFE

With personalized and professional assisted living services, every resident is at the center of our mission here at The Gardens of Pamlico. We work around-the-clock to ensure all of our community members feel comfortable, respected and secure. We strive to ensure our residents are engaged, connected, healthy and active. The level of care at The Gardens of Pamlico truly stands out from the rest.





# BE OUR GUEST

*Dining plays an important role in each resident's care plan. Whether our seniors are on a specific diet or need adaptations in their prepared cuisine, our dining team makes sure that each resident enjoys a delicious and nutritious meal for breakfast, lunch, and dinner every day.*

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- ✓ **Our culinary team** serves our community with nutritious meals daily.
- ✓ All of our meals are **dietitian approved** and are specifically designed to promote the health and wellbeing of our residents.
- ✓ With **rotating daily specials** and **holiday-themed treats**, our dining team goes above and beyond to serve our seniors.
- ✓ Enjoy the **luxury of choice** when it comes to your meals! We offer a variety of culinary options, so our residents can always enjoy what they like.
- ✓ All meals are prepared by our **chef and culinary team**, daily.





# EXCEPTIONAL SENIOR LIVING

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## REST, RECUPERATE, **RESPITE STAY!**

Our **Respite Stay** Program is designed to give caregivers a much-needed break. From a weekend stay to longer visits, we care for your loved one so you can travel, work, or simply relax.

- 24-HOUR CARE
- ONE TIME OR RECURRING VISITS AVAILABLE
- 2 DAY MINIMUM STAY

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*Contact your community representative for pricing information.*

# EXCEPTIONAL SENIOR LIVING

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## What's Included:

- ✓ A wide selection of **room designs and styles**
- ✓ **Housekeeping** – daily tidy and weekly deep clean
- ✓ **Laundry** – provided along with a resident laundry area available
- ✓ **3 meals** – fine dining program with alternates
- ✓ **24 hour care staff**
- ✓ **Activities and outings**
- ✓ **Medication management**, assistance with activities of daily living
- ✓ **Semi privates** offer a common entry way with separate bedrooms, HVAC, and shared bath
- ✓ **Furnished** and **non-furnished** apartments
- ✓ **Cable**
- ✓ **Large common areas** beautifully decorated
- ✓ **Emergency call system** in bathroom and bedrooms
- ✓ **Interior courtyards**

## Assisted Living

## Community Fee

Join our Community!

Reserve Today!



# A NOTE FROM

## OUR CHIEF MEDICAL OFFICER



## Introducing Dr. Kevin O'Neil

Thank you for expressing interest in joining **The Gardens of Pamlico** family! My name is Dr. Kevin O'Neil, and I serve as our community's Chief Medical Officer. I've worked in geriatrics for over 40 years, and it is my passion to support the care of our seniors. As an American Board of Internal Medicine certified physician in both internal and geriatric medicine, I place value in the care we provide to our residents.

Within The Gardens of Pamlico our goal is to create an "integrated" model that fosters an environment where your loved ones are provided with consistent care. We believe that assisted living is considered the next big frontier in geriatric care, and should play a role in the value-based care frameworks that are being pursued by major healthcare systems.

We understand how important it is to ensure that your loved ones are being cared for at their new home. At our community, we offer assistance with daily tasks, medication management, on-call physician services, dedicated caregivers 24/7, and enhanced security features.

Geriatrics is a team effort. We believe that working in coordination with our families is just one of the many ways we can show our support towards a thriving senior living lifestyle. We also actively partner with pharmacies and physicians to help maintain the health and well-being of our residents.

Our community's services are tailored to each resident on a daily basis. We pride ourselves in providing specialized and customized care, and we cannot wait to care for the one you love.

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# WELCOME HOME

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### WHAT TO BRING:

- ✓ **PLENTY OF CLOTHES FOR MULTIPLE DAYS**
- ✓ **LAUNDRY HAMPER WITH LID AND LINER**
  - Glad trash bags make great liners!
- ✓ **VINYL WATERPROOF MATTRESS COVERS**
  - Zippered covers are suggested.
- ✓ **TWO SETS OF FULL-SIZE SHEETS**
- ✓ **COMFORTER AND BLANKETS**
- ✓ **TOILETRIES AND HYGIENE ITEMS**
- ✓ **TWO SETS OF TOWELS**
  - Bath, hand towels, and washcloths.
- ✓ **PERSONAL ITEMS TO MAKE YOUR SPACE FEEL LIKE HOME!**



### WHAT NOT TO BRING:

#### **NO HOUSEHOLD CHEMICALS** ✕

- Including cleaning and laundry supplies.

#### **NO OVER-THE-COUNTER MEDICATIONS** ✕

- Including laxatives, ointments, etc..

#### **NO HEAT RELATED ITEMS** ✕

- Including toasters, hot plates, curling irons, portable heaters or extension cords.

#### **NO SPORTING KNIVES, GUNS OR WEAPONS** ✕

