



# ATLANTIC SHORES

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## ***About Us***

### **Living for today with a plan for tomorrow.**

When you come to visit you will see that Atlantic Shores is a community of friendly neighborhoods, accented with walking trails, tall trees, lakes, and meticulously landscaped lawns. But there is far more to us than beauty.

**We celebrate life and cherish our independence.** That's why here at Atlantic Shores you'll have equity ownership in your home and a real voice in the governance of Atlantic Shores.

**We take living well very seriously.** Atlantic Shores offers an extensive range of fitness and wellness programs. What's more, without having to leave the Atlantic Shores campus, you'll have access to a full range of nursing services, including rehabilitative services and in-home support services to help you maintain your independence.

To learn more, please feel free to call us at anytime at 757.716.2000.

To learn more about our on-site assisted living facility, Harbourway go to *HarbourwayLiving.com*.

**Atlantic Shores.** *An unparalleled continuum of living and caring.*



# ATLANTIC SHORES

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## ***Wellness and Health Care***

### **We'll help you keep the good life going.**

Atlantic Shores offers a full range of fitness and wellness programs including aerobic exercise classes. Our well-equipped exercise room and indoor lap swimming pool are perfect for slimming down or shaping up and you can always relax in the soothing Jacuzzi.

Each private villa and apartment home is equipped with an emergency telephone response system for prompt assistance in the event of an emergency.

Many outpatient services can be performed by our Wellness Center nursing staff.

The assistance in living program offers support services provided to you in your home to maintain your independence or after a brief illness or recovery period.

Meals can be delivered to your residence on a temporary basis, as advised by your physician.

The full range of nursing services, including rehabilitative services such as physical, occupational and speech therapy, are available for those who need them in a fully licensed Medicare facility, Seaside Health Center.

Harbourway is the on-site assisted living facility at Atlantic Shores, offering three levels of care: Assisted Living, Intensive Assisted Living and Memory Care. To learn more about Harbourway, go to [HarbourwayLiving.com](http://HarbourwayLiving.com).



# ATLANTIC SHORES

## Location

**It's 100 beautiful acres of community in a perfect location.**

Atlantic Shores is located in the resort city of Virginia Beach, Virginia, which is to say there's an incredible number of activities nearby, from the arts and culture to just plain fun, all year around.

### A brief list of our favorite nearby attractions:

- The Virginia Beach oceanfront and boardwalk
- 10 golf courses within 10 miles
- The Contemporary Arts Center
- The Virginia Aquarium
- Nauticus & The Battleship Wisconsin

The best place to learn more about shopping, dining and enjoying the Beach: [vbfun.com/visitors](http://vbfun.com/visitors)

**For retired military:** Atlantic Shores is convenient to the commissaries and our military bases.

### Here are your directions to Atlantic Shores:

1. From I-264 East take Exit 21A, First Colonial Road South.
2. Turn right onto First Colonial Road and continue for 4 miles to General Booth Boulevard (First Colonial Road will become Oceana Boulevard).
3. Turn right onto General Booth Boulevard and continue 1/2 mile to traffic light.
4. Turn left at the light onto Damneck Road.
5. Continue just under  $\frac{3}{4}$  miles and turn left into Atlantic Shores.





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## ***Own Your Future***

Atlantic Shores is an active adult retirement community located in the resort city of Virginia Beach, Virginia.

Our meticulously landscaped hundred-acre campus is nestled next to Red Wing Lake and is only 10 minutes from Virginia Beach's famed oceanfront and boardwalk.

Collectively we are an active, independent group who celebrate life and who enjoy all the conveniences of this retirement community.

Just as importantly, we don't just live here, we own here. We have equity ownership in our homes and we are decision makers in the governance of Atlantic Shores.

We've made sure that there's a wonderfully wide variety of services and amenities here, from the social and recreational to on-site professional health care. The fact is, virtually everything you might possibly need, from the arts and entertainment to medical services and shopping, are either right here or just minutes away.

For more information or to arrange a tour please call any day at 757.716.2000 and check out our website at [AtlanticShoresLiving.com](http://AtlanticShoresLiving.com).



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## **Services**

### **The things we do to make life fun and easy**

It's time to cast off those daily chores and get on with enjoying life, so here's a list of many, but not all of the services and amenities we have for you at Atlantic Shores. Please note that with the exception of just a few, all of these services and amenities are included in the monthly service fee.

- Controlled entrance with 24-hour security
- Formal, casual and private restaurant-style dining available. A per person meal allowance is included and additional meals are available
- Guests are welcome
- Utilities, including electricity, water, gas, sewer, trash removal and basic cable television
- Housekeeping and flat laundry services every other week
- 24-hour emergency response system through the phone
- Scheduled 24 hour/day on-site EMT staff
- Scheduled transportation
- Outside maintenance of all apartment homes and villas, common areas and grounds
- A variety of social events and activities from which to choose
- Use of the fitness center with indoor swimming pool and Jacuzzi
- Tennis and shuffleboard courts, putting green and horseshoe pit
- On-site bank branch
- Card and club rooms and billiard table
- Resident libraries
- Arts and crafts room and woodworking shop
- Walking paths and resident gardens
- Outdoor barbecue and picnic areas
- Two-car attached garage with every villa
- Open parking for apartments
- Concierge service 365 days per year

### **You might also want to take advantage of these services and amenities:**

- Covered parking
- Guest accommodations
- Our flexible health care program
- Beauty Shop & Barber shop
- Wellness Center's nurse practitioner services



# ATLANTIC SHORES

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## **Wellness Center**

### **Our Wellness Center: one more healthy benefit of life at Atlantic Shores**

The Wellness Center is here to promote a safe and healthy lifestyle for all of our residents.

We are qualified to act as your primary health care provider or as a resource for your health care needs. We are able to make appointments, to make referrals to specialists and to review your medications with you.

**Standard Services Available:** Annual physical exams, blood pressure and blood sugar checks, immunizations, pacemaker checks, wound care, emergency home visits, weight checks, injections, lab work (ex. protimes), x-rays, ear irrigations, and EKGs are some of the services available at the Wellness Center.

**Specialty Services Available:** Podiatry, optometry (vision tests and glasses), audiometry (hearing tests and aids), physical, occupational and speech therapy, assistance in living nurses, and a psychotherapist are all available through the Wellness Center.

**Hours of Operation:** The Wellness Center is open Monday through Friday from 8:00 am to 12:30 pm and 1:30 pm to 4:00 pm.

**Staff:** The Wellness Center is staffed by two nurse practitioners, a licensed practical nurse (LPN), a medical assistant, and receptionist.

**What is a Nurse Practitioner?** A nurse practitioner is a registered nurse who has advanced education and clinical training in a health care specialty area. They are able to obtain medical histories, perform physical exams, order lab work and x-rays, prescribe medications and other treatments, and to diagnose and treat acute health care problems such as infections and injuries. They can also diagnose, treat and monitor chronic diseases such as diabetes and hypertension. Nurse practitioners work in collaboration with physicians and can even serve as your primary health care provider.