

# SENIOR Resource FAIR

**JFS** Raleigh-Cary  
Jewish Family Services

*A beneficiary agency of The Jewish Federation of Raleigh-Cary*

## 2021 RESOURCE GUIDE

A directory of private, non-profit, and government providers  
of services for older adults, their families, and caregivers



This program is funded (in part) with a grant from Carolina Foundation for Jewish Seniors along with its commitment to enriching the lives of Jewish adults in North and South Carolina.

## JFS: For the Life of Your Family



To inquire about any of our lifelong services, or to make a referral, please contact us at [JFS@shalomraleigh.org](mailto:JFS@shalomraleigh.org) or use the directory below to reach a specific staff member.

**G**uided by the wisdom and values of Jewish tradition, Raleigh-Cary Jewish Family Services offers compassionate and affordable social services and programs to empower families and individuals of all ages to maximize the quality of their lives and reach their full potential with dignity, hope, and strength. At Raleigh-Cary JFS, our vision is to build a collaborative community that enriches and supports the lives of individuals and families, and empowers them to care for themselves and each other.

### **Director of Jewish Family Services**

Limor Schwartz, MSW, LCSW • 919-676-2295 x120  
[Limor.Schwartz@ShalomRaleigh.org](mailto:Limor.Schwartz@ShalomRaleigh.org)

### **Office Administrator**

Ilene Mlot • 919-676-2295 x112  
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### **Senior Services Social Worker**

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### **Case Manager**

Lauren Primato, MSW • 919-676-2295 x113  
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### **Therapist**

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### **Associate Director of Clinical Services**

Barbara Kaynan, MA, RDT • 919-676-2295 x122  
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### **Volunteer Coordinator**

Tracy Jacobsen • 919-676-2295 x124  
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### **Outreach & Programs Manager**

Dina W. Stambler, MSW • 919-676-2295 x129  
[Dina.Stambler@ShalomRaleigh.org](mailto:Dina.Stambler@ShalomRaleigh.org)

## CARE MANAGEMENT AND SOCIAL WORK SERVICES

JFS provides social work services on an affordable sliding scale to older adults and their families with a focus on quality aging to maintain their highest level of independence and dignity while remaining safe. Services include home visits, consultations, needs assessments plan development and much more. During Covid19, services are offered by phone and/or Telehealth.

## EDUCATIONAL PROGRAMMING AND GROUPS

Our workshops and programs provide education and information about issues relevant to older adults and their caregivers. We are currently also offering virtual groups for older adults addressing isolation and coping during the Covid19 crisis. A creative arts group is also offered to Holocaust Survivors through the Keshet Program.

## HOLOCAUST SURVIVORS SERVICES

JFS provides a variety of services to Survivors and their caregivers. Through the KAVOD SHEF initiative, we provide emergency financial assistance to assist with medical bills, utilities or gift cards. We are also offering Keshet-Creative Arts Therapy groups for Survivors and for caregivers. Keshet also provides additional supports such as delivered meals, transportation, outreach calls and more.

## JFSGO TRANSPORTATION SERVICES

JFS provides subsidized, contracted transportation services to qualifying Jewish older adults.

## FRIENDLY AND SHABBAT VISITING

Friendly visitors are matched with home-bound, isolated seniors and build relationships through crafts, games and conversation. The Shabbat Visiting program matches an older adult with a volunteer who provides an in-home abbreviated Shabbat service. This provides a connection to the Jewish community and the friendly companionship of a JFS volunteer.

## PROGRAMS AND SERVICES AT SENIOR LIVING COMMUNITIES

JFS volunteers lead Shabbat services in a variety of senior communities on a monthly basis as well as special holiday programming.

## TECH FOR SENIORS

We strive to reduce isolation and provide connection to the clients we work with. To aid during Covid19, we have a limited amount of devices that we provide to older adults in need. Funding may also be available for Internet access. Additionally, we utilize Tech Volunteers to provide over-the-phone tech help to older adults.



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5301 Creedmoor Road  
Raleigh, North Carolina 27612

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**919.841.4747**

Woodland  
Terrace   
A KISCO COMMUNITY

300 Kildaire Woods Drive  
Cary, North Carolina 27511

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**984.204.8444**

The Cardinal  
at North Hills   
A KISCO COMMUNITY

4030 Cardinal at North Hills Street  
Raleigh, North Carolina 27609

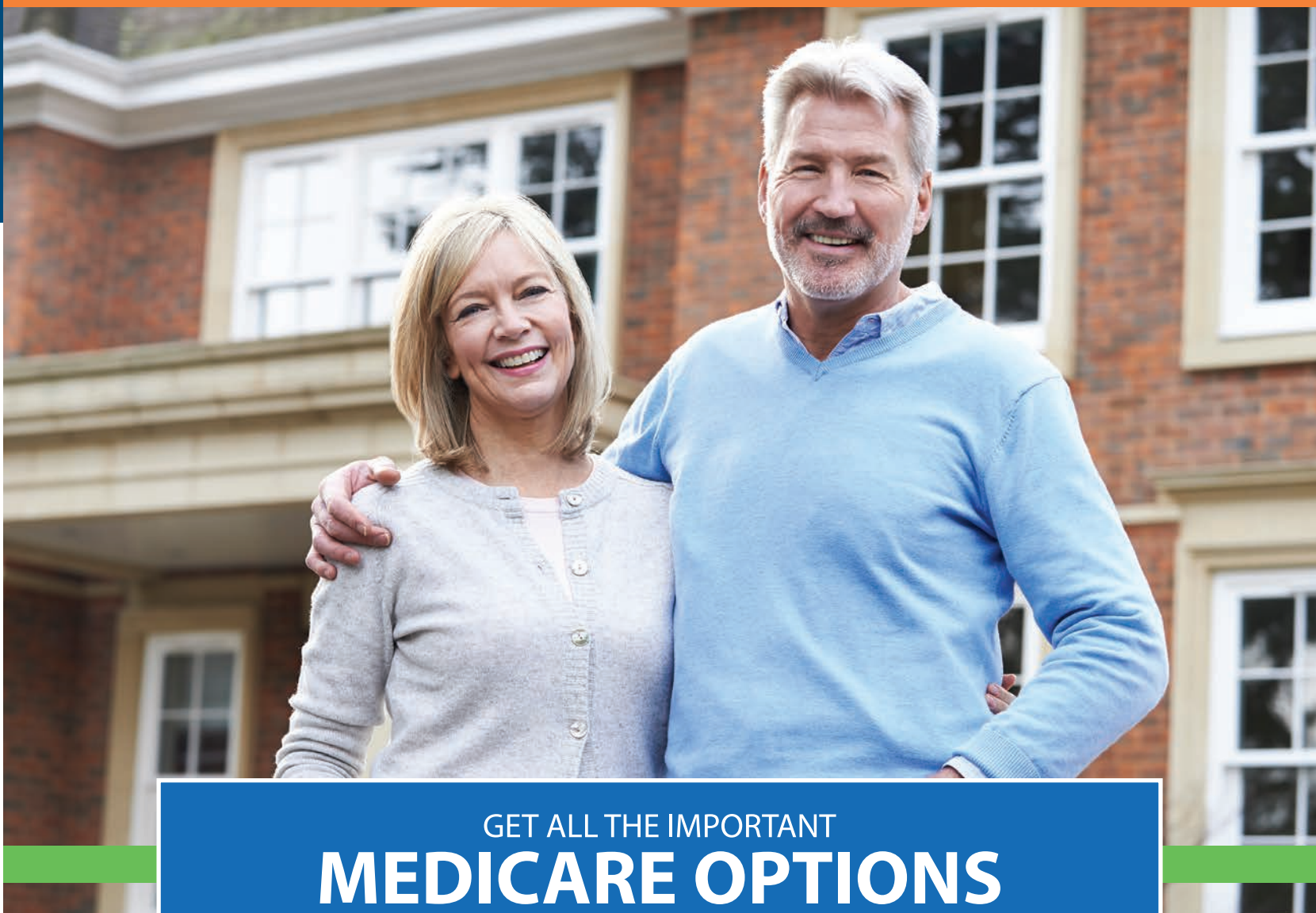
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**919.465.0356**

As you walk through the doors of any of our North Carolina Kisco communities, you will immediately feel a sense of hospitality and belonging. Here is where you will feel a shared sense of community, grounded by tradition as we honor the heritage of our residents, and the commitment and experience of our caring associates that is evident in all that we do. With a maintenance free lifestyle, seniors can maintain their independence while enriching their lives.

*Kisco Senior Living, a privately owned company, has 30+ years of financial stability and proven experience. They create communities where residents and associates share passions, live and work in balance and build a legacy. To learn more, visit [KiscoSeniorLiving.com](http://KiscoSeniorLiving.com)*

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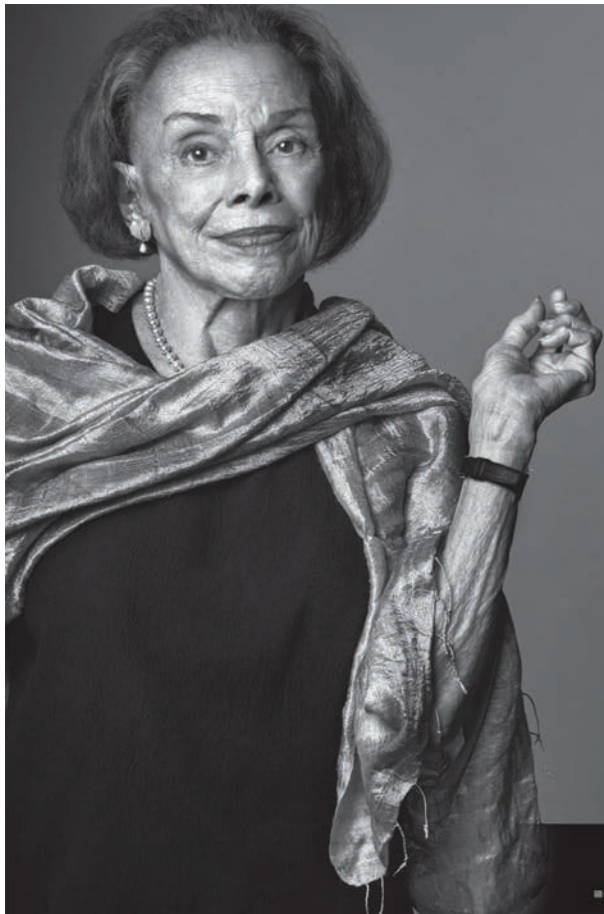
**919-689-6565**



**Michael Cubell**  
Licensed Insurance Agent

 [www.trianglelifeandhealth.com](http://www.trianglelifeandhealth.com)

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SENIOR LIVING

*Atria resident, Ann H.*

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#### [FirstMedicare.com/Events](https://www.firstmedicare.com/Events)

FirstCarolinaCare Insurance Company is a health plan with a Medicare contract. Enrollment in FirstCarolinaCare depends on contract renewal. For accommodations of persons with special needs at meetings, call (877) 210-9167 (TTY 711).

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**Contact: Janet Fox**  
ACH Investment Group  
2840 Plaza Place, Suite 150  
Raleigh, NC 27615  
(919) 571-3435  
Achinvest.com  
Janet\_fox@achinvest.com



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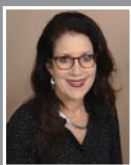
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# JFS Raleigh-Cary Jewish Family Services

*A beneficiary agency of The Jewish Federation of Raleigh-Cary*

## FOR THE LIFE OF YOUR FAMILY

Jewish Family Services (JFS) is dedicated to promoting the well-being of all those in the community who require support and services within a Jewish context.

Whether you are a family of one or many, with children or without, just starting out or approaching the end of your journey, JFS is here to help you navigate life's challenges.

**To inquire about any of our lifelong services, please contact us at (919) 676-2295 or [JFS@ShalomRaleigh.org](mailto:JFS@ShalomRaleigh.org)**

## Business Listings

### Jewish Federation of Raleigh-Cary

**Phil Brodsky****Executive Director**

8210 Creedmor Road,  
Suite 104

Raleigh, NC 27613

phil.brodsky@shalomraleigh.org

**919-676-2295****shalomraleigh.org**

The mission and purpose of The Jewish Federation of Raleigh-Cary is to mobilize human and financial resources to support and strengthen our local and global Jewish community, and to meet the shared obligations of our local community to Israel and international Jewry. Seeking to strengthen Jewish identity, the Federation serves as the facilitating force that connects generations, congregations and the unaffiliated alike.

### Raleigh-Cary Jewish Community Center

**Leslie Needham****Membership and Engagement Manager**

12804 Norwood Road

Raleigh, NC 27613

Leslie.Needham@shalomraleigh.org

**919-676-6170****raleighcaryjcc.org**

The mission of the Raleigh-Cary Jewish Community Center is to create the environment of a Jewish neighborhood where Jews of all ages, affiliations, and beliefs can enhance the quality of their lives through educational, recreational, and social experiences. Our purpose is to ensure Jewish continuity by strengthening Jewish identity, promoting Jewish values, and reinforcing our common Jewish heritage.

### Raleigh-Cary Jewish Family Services

**Limor Schwartz****Director**

8210 Creedmor Road, Suite 104

Raleigh, NC 27613

limor.schwartz@shalomraleigh.org

**919-676-2295****raleighcaryjfs.org**

Guided by the wisdom and values of Jewish Tradition, Raleigh-Cary Jewish Family Services offers compassionate and affordable social services and programs to empower families and individuals of all ages to maximize the quality of their lives and reach their full potential with dignity, hope, and strength.

### ACH INVESTMENT GROUP, INC.

**Janet Fox****President, Financial****Consultant**

2840 Plaza Place, Suite 150

Raleigh, NC 27612

janet\_fox@achinvest.com

**919-571-3435****achinvest.com**

At ACH Investment Group our team of experienced professionals offers a comprehensive approach to investing. We seek to maintain a high level of quality and service, while striving to develop an investment strategy that focuses on your present needs, future goals, and adjusting for the unexpected that comes your way.

### NOTES

### All About Seniors, Inc.

**Davis Capps**  
**Owner/Senior Living Specialist**  
265 Longwood Drive  
Youngsville, NC 27596  
Davis@AllAboutSeniorsNC.com  
**919-830-6478**  
**allaboutseniorsnc.com**

Our local, "Senior Living Specialists" provide families free guidance to the best housing and care options available. Senior Living EXPERIENCE MATTERS! We listen and provide the best resources available so that families can get the best care at home or make a smooth transition into a senior living community.

### Atria Senior Living

**Sabrina DeLaney**  
**Executive Director**  
10810 Sandy Oak Lane  
Raleigh, NC 27614  
sabrina.delaney@atriaseniorliving.com  
**919-848-2088**  
**atriaseniorliving.com**

Atria Senior Living is a forward-thinking provider of vibrant and active assisted living, independent living and memory care communities where resident lives are engaged with pride, professionalism, creativity and fun. Atria is dedicated to encouraging a fulfilling lifestyle and promoting independence.

### Beth Meyer Synagogue

**Samantha Gottlich**  
**Programs Coordinator**  
504 Newton Road  
Raleigh, NC 27615  
samanthag@bethmeyer.org  
**919-848-1420**  
**bethmeyer.org**

We are an egalitarian Conservative Jewish congregation serving the Triangle area. Our Rabbis, staff, and congregants work together to offer spiritually meaningful prayer and holiday services, lifelong Judaic educational opportunities, youth groups for all ages, and community social programs. Beth Meyer strives to be a welcoming space for all members of our diverse community.

### Brookdale Senior Living Solutions

**Mark Belding**  
**Business Development Director**  
1200 Carlos Drive  
Raleigh, NC 27609  
mbelding@brookdale.com  
**855-350-3800**  
**brookdale.com**

Brookdale offers a wide range of excellent senior living and senior care options, including assisted living facilities, independent living, memory care and home health care. Our Mission: Enriching the lives of those we serve with compassion, respect, excellence and integrity.

### NOTES

## Business Listings

### Cadence Senior Living

**Mark Foreman**

**Executive Director**

5219 Old Wake Forest Road

Raleigh, NC 27609

mforeman@cadencesl.com

**919-876-6316**

**ca-dencesl.com**

Cadence Communities offer Assisted Living and Memory Care in a beautiful home-like setting. Our creative and progressive approach focuses on health, wellness and living styles that respect preferences, while providing supportive services to encourage people to live their best life in the way they choose.

### Caring Senior Service of Raleigh

**Colin Searcy**

**Owner/President**

5630 Six Forks Rd

Suite 203

Raleigh, NC 27609

csearcy@caringinc.com

**919-847-0010**

**caringseniorservice.com**

Caring Senior Service has been providing quality in home care services for 30 years. We provide: Personal Care, Meal Preparation, Medication Reminders, Companionship, Respite Care, Light Housekeeping. We have 24/7 availability and stay actively involved with our clients, their family and their health care professionals. Healthy, Happy, Home.

### Congregation Sha'arei Israel

**Rabbi Lev Cotlar**

7400 Falls of Neuse Road

Raleigh, NC 27615

rabbilev@jewishraleigh.org

(919) 741-1008

**jewishraleigh.org**

Congregation Sha'arei Israel is guided by the idea that everyone should feel at home in a Jewish context, regardless of one's age, background or affiliation. We believe that Judaism should be experienced joyfully and meaningfully, imbuing our daily lives with relevance, purpose and perspective.

### Dementia Alliance of North Carolina

**Rachael Strauss**

**Volunteer-Caregiver and Support Group Leader**

8609 Cold Springs Rd

Raleigh, NC 27615-3108

Info@DementiaNC.org

**919-332-3732**

**dementianc.org**

EDUCATING: the public by providing expertise, knowledge and information about dementia, caregiving and advancing research toward finding a cause and cure. ENGAGING: communities across NC to improve quality of life and support for those with dementia. EMPOWERING: caregivers with the resources needed to informed decisions for those with dementia.

### NOTES

## Everybody Needs A Nurse

**Jennifer Halloran**

**Director of Organization**

81110 Alexander

Chapel Hill, NC 27517

[jhalloran@everybodyneedsanurse.com](mailto:jhalloran@everybodyneedsanurse.com)

**919-475-5354**

**EverybodyNeedsANurse.com**

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## FirstMedicare Direct

**Lora Felger**

**Community Outreach**

42 Memorial Drive

Pinehurst, NC 28374

[Lora.Felger@FirstCarolinaCare.com](mailto:Lora.Felger@FirstCarolinaCare.com)

**910-687-6568**

**firstcarolinacare.com/medicare**

FirstCarolinaCare is one of the largest provider-owned health plans in North Carolina, serving over 15,000 members. From the Mountains to the Coast we are your expert source for all things health and wellness. FirstMedicare Direct in Wake County will strive to help you find a plan that fits your unique needs.

## Generations at Shalom Park

**Karen Knoble**

**Community Outreach Coordinator**

5935 Carnegie Blvd, uite 101

Charlotte, NC 28209

[info@generationsatshalompark.com](mailto:info@generationsatshalompark.com)

**704-532-5400**

**generationsatshalompark.com**

Generations at Shalom Park is a new vision in senior living, for active, independent individuals. Generations is founded on Jewish values and culture. Located inside the vibrant multi-generational setting of Shalom Park in Charlotte, North Carolina, Generations will enable residents to engage in the Jewish community each and every day.

## Goodman Medicare Solutions

**Rondi Goodman**

**Medicare Insurance Agent**

3412 Brennan Drive

Raleigh, NC 27613

[goodmedrx@gmail.com](mailto:goodmedrx@gmail.com)

**919-307-6752**

**goodmanmedicaresolutions.com**

Goodman Medicare Solutions assists you with the Medicare Maze. We help you sign up for your Medicare card, advise you if you stay on your employer's health plan, help you choose your options: Medicare Supplement, Medicare Advantage, Prescription drug plan, Dental/Vision, and ancillary options. Questions? We have the answers.

## NOTES

## Business Listings

### Grace Care Solutions

**Shana Sommer**  
**Owner/ Director**

8480 Honeycutt Rd, Ste 200  
Raleigh, NC 27615  
care@gracecaresolutions.com

**919-746-7274**

**gracecaresolutions.com**

Grace Care Solutions developed a unique Complete Care Solution for a holistic approach to in-home care. In addition to providing assistance with needs such as personal care, hygiene, mobility, toileting, bill paying, light housekeeping, and meal preparation, we also provide loving companionship, empathetic comfort, and peace of mind.

### Humana

**Ryan Mankin**  
**Career Sales Rep**

212 Longbridge Dr.  
Cary, NC 27518  
rmankin1@humana.com

**919-614-6492**

**Humana.com**

Humana serves those in the community. We sell insurance to those on Medicare and/or Medicaid.

### Kisco Senior Living

**Andrew Caruana**  
**Director of Business Development**

300 Kildaire Wood Drive  
Cary, NC 27511  
andrew.caruana@kiscosl.com

**919-624-4507**

**kiscoseniorliving.com**

Kisco Senior Living specializes in developing and managing full services rental senior living communities that provide an enriched lifestyle. Our guiding principles values and beliefs are based on the concepts of integrity, dignity and compassion.

### Naborforce

**Robyn Bennai**  
**Area Lead**

2308 West Main Street  
Richmond, VA 23220  
robyn@naborforce.com

**919-500-5195**

**naborforce.com**

Naborforce is a technology-based platform that connects older adults to a network of “Nabors” for light assistance, transportation and social connection.

### NC Estate Solutions

**Cara Williams**  
**Estate Planning/Probate Law**

103 Ridgepath Way  
Cary, NC 27511  
cara@ncestatesolutions.com

**919-404-9246**

**ncestatesolutions.com**

NC Estate Solutions is a Wake County based estate planning and probate law firm. We are dedicated to supporting families in the creation of legal documents to love their families through death and unburden families who are grieving by guiding them through the probate process.

### NC Registry for Brain Health Outreach

**Deborah Chestnutt**  
**Outreach Coordinator**

170 Manning Drive  
Chapel Hill, NC 27599  
Deborah\_Chestnutt@med.unc.edu

**919-966-7233**

**ncbrainhealth.org**

NC Registry for Brain Health works to provide information about dementias and provide information on importance of Brain Health. We promote participation in studies to help us understand dementia and healthy living over the lifespan.



## NextHome Turn Key Realty

### **Danielle Weeks**

#### **Owner, Realtor®, SRES®, SRS®**

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Raleigh, NC 27612

dweeks@nexthometurnkey.com

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## Oak Street Health

### **Kimberly Ross**

#### **Outreach Director**

4600 Capital Blvd.

Raleigh, NC 27604

david.bardua@oakstreethealth.com

**984-202-7885**

**oakstreethealth.com**

Oak Street Health is an innovative company of primary care centers for adults on Medicare. Our focus is keeping people happy, healthy and out of the hospital. We offer several unique services including transportation, 24/7 call center, minimal wait times, same/next day appointments, and daily community room activities.

## Osher Lifelong Learning Institute at NC State

### **Tricia Inlow-Hatcher**

#### **Director**

1101 Gorman Street

Raleigh, NC 27695

inlow@ncsu.edu

**919-515-5782**

**ncsu.edu/olli**

The Osher Lifelong Learning Institute at NC State provides noncredit short courses and

lectures for adults aged 50+. Classes are held both virtually via Zoom as well as in-person at the McKimmon Center on NC State's campus. Courses are wide-ranging in the liberal arts and sciences; no tests, grades or homework, just learning for the love of learning!

## Preston Pointe

### **Susan Matuszak**

#### **Wellness Coordinator**

1995 NW Cary Parkway

Morrisville, NC 27560

wellness@prestonpointe.com

**919-460-8141**

**prestonpointe.com**

Preston Pointe is the perfect mix of upscale senior living and Southern charm. Our philosophy of always making you feel welcomed, valued and at home in a friendly and luxurious space sets us apart from other retirement communities in the research triangle.

## Seniors Helping Seniors

### **Kathy Uveges**

#### **Agency Owner**

5505 Yew Pine Court

Wake Forest, NC 27587

customerservice@seniorshelpingseniors

raleigh.com

**919-761-5346**

**seniorshelpingseniors.com**

Our unique approach of matching seniors who need help with seniors who want to help. We find caregivers who meet your needs, schedule, and personality. We can help out just a little or a lot. Our caregivers assist with all the things you need, housekeeping, cooking, errands, and personal care.

## **NOTES**

## Business Listings

### SHIIP - Senior Health Insurance Information Program + Resources for Seniors

#### Heather Arcuri

##### Wake County SHIIP Coordinator

SHIIP - Senior Health Insurance Information Program with NCDOT (North Carolina Department of Insurance) (government)  
1110 Navaho Dr., 4th Floor  
Raleigh, NC 27609  
carysc@rfsnc.org

**919-462-3983**

**[ncdoi.gov/consumers/medicare-and-seniors-health-insurance-information-program-shiip](https://ncdoi.gov/consumers/medicare-and-seniors-health-insurance-information-program-shiip)**

### Step Ahead Mobility

#### David Tuchler

##### President

5910 Duraleigh Rd. Suite 107  
Raleigh, NC 27612  
United States  
ncoffice@stepaheadmobility.com

**(919) 999-8977**

**[stepaheadmobility.com](https://stepaheadmobility.com)**

Step Ahead Mobility provides personalized mobility solutions with sales, service and rentals of durable medical equipment such as mobility scooters, lift recliners, power wheelchairs, hospital beds and more. Our NW Raleigh showroom is the perfect place to discover the best solution for your needs.

### Temple Beth Or

#### Hilary Lamb

##### Executive Director

5315 Creedmoor Rd  
Raleigh, NC 27612  
executivedirector@tboraleigh.org

**919-781-4895**

**[TBORaleigh.org](https://tboraleigh.org)**

TBO now counts about 500 families as members, hosts a vibrant and inclusive religious school and one of Raleigh's most respected early learning centers.

### The Templeton of Cary

#### Debra Ruff

##### Sales Consultant

215 Brightmore Drive  
Cary, NC 27539  
druff@libertyseniorliving.com

**984-200-3688**

**[thetempletonofcary.com](https://thetempletonofcary.com)**

The Templeton of Cary is a rental Continuing Care Retirement Community (CCRC) that offers residents priority access to all levels of care with no buyin. Residents enjoy an independent, abundant lifestyle plus peace of mind that care is readily available should they need it.

### Transitions LifeCare

#### Rich Gwaltney

##### Community Engagement Representative

250 Hospice Circle  
Raleigh, NC 27607  
connect@transitionslifecare.org

**919-828-0890**

**[transitionslifecare.org](https://transitionslifecare.org)**

Wherever you are in the journey of a life changing illness, we have the guidance, resources and expert services to help you live more fully as you wish. Transitions LifeCare offers caregiving resources, palliative care, home health, hospice and grief care to the communities we serve in eight counties.

### Treeo Senior Living

#### Kathryn Harris

##### Sales Advisor

999 3rd Avenue #4550  
Seattle, WA 98104  
kharris@leisurecare.com

**919-863-7770**

**[treeoraleigh.com](https://treeoraleigh.com)**

Treeo Raleigh offers high-quality independent living and access to assisted living services through licensed providers in Raleigh, North Carolina. Located in the heart of the South, our community exudes southern hospitality, capturing the warmth and friendliness of our city.

## Triangle J Area Agency on Aging (TJAAA)

### **Blake Matthews** **Covid-19 Outreach Coordinator**

4307 Emperor Blvd  
Durham, NC 27703  
bmatthews@tjcog.org  
**919-627-0080**  
**tjcog.org/aging**

The TJAAA focuses on its partnerships to leverage a quality continuum of programs, services and support for aging adults, adults living with disabilities and family caregivers. Our mission is to help individuals in our 7-county region live in their home and community, with the highest level of independence and dignity.

## Triangle Life and Health

### **Michael Cubell** **Agency Owner**

6512 Six Forks Road Suite 503B  
Raleigh, NC 27615  
mike@trianglelifeandhealth.com  
**919-689-6565**

**trianglelifeandhealth.com**

At Triangle Life and Health we specialize in helping seniors with all their Medicare needs. Whether you are looking for traditional Medicare with a Medicare Supplement and PDP plan or a Medicare Advantage Plan, we can answer all of your questions and our services are always FREE!

## Triangle Senior Moving Services, LLC

### **Gayle E. Cooke** **Owner/Move Manager**

120 Saint Albans Drive, Suite 767  
Raleigh, NC 27609  
gayle@triangleseniormoving.com  
**919-522-4144**

**triangleseniormoving.com**

Triangle Senior Moving Services manages relocations local and long distance. We have

the specialized skills for and love working with older adults when they are downsizing and moving. Our services include

- Decluttering-Organizing
- Packing-Moving-Settling
- Moving/Estate Sales-Dispersal of items not being moved
- House Sale Preparation-Staging

We relocate your place in another space!

## Verena at Bedford Falls

### **Alison Donnelly** **Director of Sales & Marketing**

1580 Dunn Road  
Raleigh, NC 27614  
adonnelly@verenaatbedfordfalls.com  
**919-846-7216**

**trueconnectioncommunities.com**  
**senior-living-communities-north-carolina/bedford-falls-senior-living**

New, independent Living community located in North Raleigh with one and two bedroom apartments. Our all-inclusive monthly rates at Verena at Bedford Falls include daily meals, housekeeping, social activities and outings, wellness programs, and more. Custom designed heated swimming pool, fitness center, reading room and movie theatre.

## Waltonwood Lake Boone

### **Lauren Higdon** **Marketing Manager**

3550 Horton St  
Raleigh, NC 27607  
lauren.higdon@singhmail.com  
**984-232-0528**

**waltonwood.com**

Waltonwood Lake Boone is a luxury senior living community in Raleigh, NC. Waltonwood Lake Boone enjoys a coveted inside-the-beltline location near UNC Rex Health Care Hospital, and features a full continuum of care, including Independent Living, Assisted Living, and Memory Care.

# SENIOR Resource FAIR

**JFS** Raleigh-Cary  
Jewish Family Services

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