

VERVE*

*LIFE AT HARBOR'S EDGE
PREMIER ISSUE



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True LifeCare® From Harbor's Edge:

The Smart Choice



True LifeCare® at Harbor's Edge was designed to provide you and your loved ones more peace of mind. Not only will you enjoy an enviable lifestyle today, but you will also have the security of knowing healthcare will be available to you should you ever need it in the future.

A full continuum of onsite healthcare services, including assisted living, memory support, long-term care and rehabilitation, will give you the freedom to age in place independently without needing to worry about the physical and financial implications of an unforeseen health event. If your needs change, your monthly fees will not, and you won't need to move. Primary care and urgent care are also available on site and Sentara Norfolk General Hospital is just across the street, so you can feel confident knowing that your health needs will always be a

“Life is going to happen, and you need to have a plan in place for what's next.”

— Whitney Gwaltney, Senior Living Sales Counselor

priority. "Life is going to happen, and you need to have a plan in place for what's next," says Whitney Gwaltney, Senior Living Sales Counselor, "This proactive approach ensures residents can focus on enjoying life rather than worrying about future health concerns."

In addition to our residential care options, another key advantage of living at Harbor's Edge is the wide variety of apartment sizes and price ranges. With a multitude of options available, you'll be sure to find a residence that perfectly fits your life and financial situation.



Most importantly, Harbor's Edge is where you will be able to maintain an active and fulfilling lifestyle. "You don't have to be fully retired," Gwaltney notes. "In fact, many of our residents are still working, volunteering, and traveling, enjoying life to its fullest."

So, if you're looking to put a solid plan in place for a future free from worry and continued independence, look into True LifeCare® from Harbor's Edge. More than just healthcare services, it's an ideal combination of compassionate care, active living, and a beautiful, supportive environment, allowing you the freedom to live fully in the present.



Learn more about True LifeCare® by calling 1-757-979-6823 or visiting HarborsEdgeNorfolk.com/True

Forging a Lifelong Learning Partnership

Old Dominion University (ODU) and Harbor's Edge have formed a unique partnership focused on lifelong learning and intergenerational exchange. This collaboration offers Harbor's Edge residents opportunities to engage with the university's resources, while ODU students gain hands-on experience in a senior living setting.

Breakfast at the Barry

One recent highlight of the partnership was the exclusive "Breakfast at the Barry" event, where Harbor's Edge residents were treated to a private tour of the Barry Art Museum. Led by Museum Executive Director Charlotte Potter Kasic, the residents enjoyed an intimate viewing of the collection while the museum was closed to the public. Following the tour, guests indulged in a delightful brunch, fostering conversations around the artwork and enhancing their cultural experience.

Internships and Mentorships

Build Connections

Beyond cultural events, the ODU-Harbor's Edge partnership provides valuable opportunities for students. Internships are available in the Harbor's Edge



administrative department and Assisted Living and Memory Support neighborhoods, giving students practical experience in fields like human services, healthcare and gerontology. Additionally, residents at Harbor's Edge serve as mentors, sharing their life experiences and wisdom with ODU students and fostering meaningful relationships between generations.



This ongoing partnership is just one of the many ways that life at Harbor's Edge fosters a pathway to lifelong learning, new interests and continued personal growth as we age.

**To learn more
about the ODU partnership,
call 1-757-317-9296 visit
HarborsEdgeNorfolk.com/ODU**



The Renovation of Harbor Tower at Harbor's Edge:

A Blend of Tradition & Contemporary Flair



Maintaining Tradition with a Contemporary Twist

The recent renovations in Harbor Tower at Harbor's Edge were led by Christie Nase, a professional interior designer with a degree from VCU in Richmond, VA.

Harbor Tower, an 18-year-old building with traditional colonial styling, presented unique design challenges. Christie's task was to maintain the building's classic charm while updating its aesthetic to blend with the more contemporary River Tower, which opened in 2022. Christie's approach focused on melding the past with the present, creating harmony

between the two towers. Her vision was to craft two distinct buildings that would ultimately feel like one collective community, unified by a shared identity and

brand. She incorporated modern design elements that brought warmth and personality to what is essentially a commercial building, transforming it into a welcoming, residential environment for the residents who call Harbor's Edge home.

A Nautical Touch Without the Coastal Cliché

One of the key elements of her design was introducing a subtle



“We wanted to create that perfect blend of ‘New York City meets Palm Beach.’ And when I found the perfect chandelier that’s the highlight of the lobby, well, everything just fell into place from there.”

— Harbor's Edge Project Designer, Christie Nase



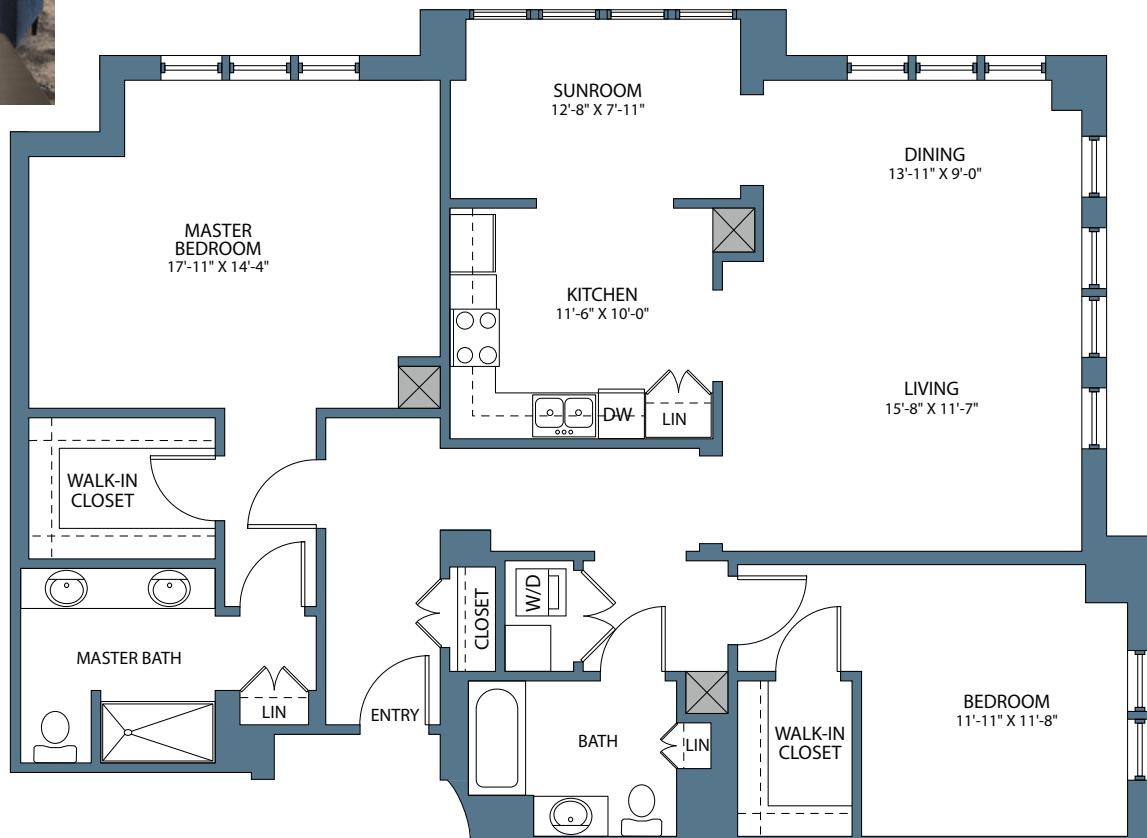
The stunning chandelier that graces the renovated lobby.

nautical flair that reflects the community's stunning waterfront location while leaning into a coastal Virginia theme. This balance of traditional and contemporary flair, along with nautical touches, created a space that feels both homey and sophisticated.

Despite working with a mo budget, Christie achieved remarkable results. Her skillful design has not only refreshed the aesthetic of Harbor Tower, it also fosters a sense of continuity and hospitality that makes residents feel right at home at Harbor's Edge.

Featured Two Bedroom Floor Plan:

Step inside this fully renovated two bedroom/two bath residence, and you'll be immediately wowed by Christie's stunning approach to coastal living. An open concept layout fills this home with abundant light and allows plenty of space for entertaining. Luxurious appointments add the perfect touch to this warm and casually chic approach to senior living.



2 bedroom, 2 bath

1558 sq. ft.

Sunroom: 100 sq. ft.



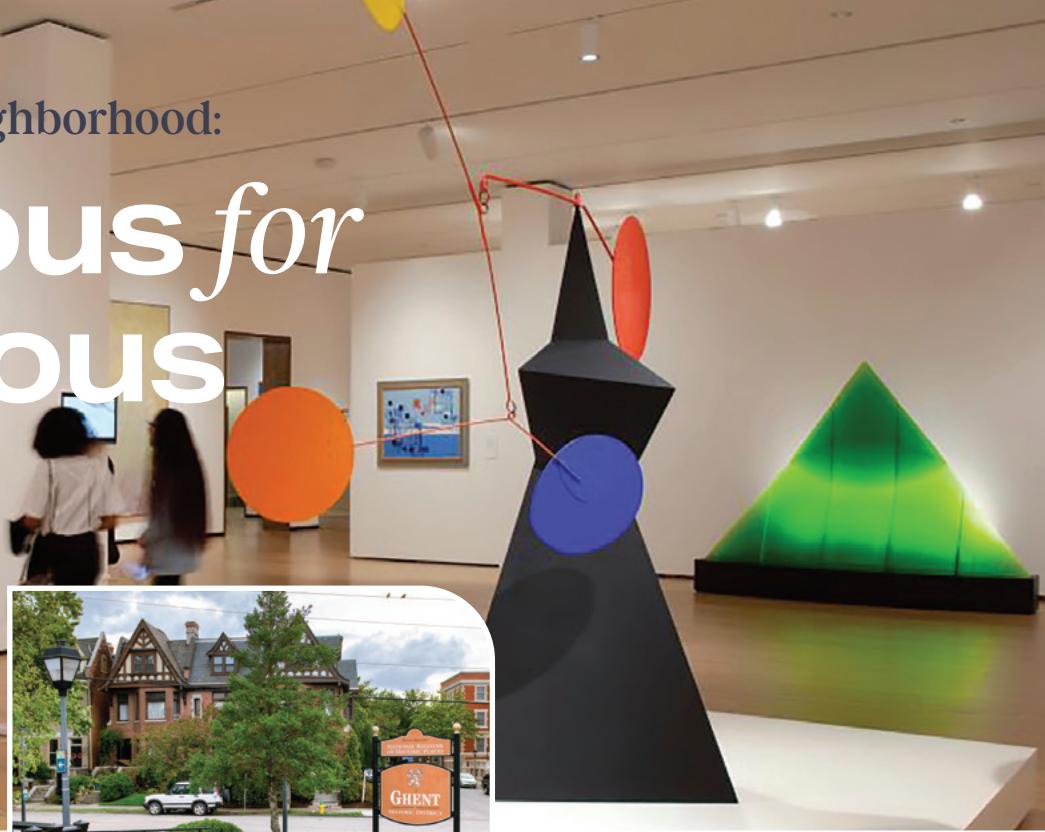
To see more Harbor Tower renovations, call 1-757-982-8621 or visit HarborsEdgeNorfolk.com/Reno

*Savings on select residents only. Call 1-757-982-8621 for more details.

Out & About In Our Neighborhood:

Luxurious for the Curious

Chrysler Museum of Art



Just outside our doors, you'll find a variety of unique attractions that blend culture, outdoor activities and community charm. Here are some of our neighborhood's favorite must-see spots:

Stockley Gardens:

A Scenic Urban Oasis

Located in the heart of Norfolk's Ghent neighborhood, Stockley Gardens is a picturesque park known for its twice-annual arts festival. Stroll through this lush space, lined with mature trees and blooming flowers, while enjoying art displays, live music, and food vendors.

Chrysler Museum of Art:

Art & History Combined

The Chrysler Museum of Art is one of Norfolk's cultural gems. With an impressive collection of over 30,000 works, including American, European, and contemporary art, this museum



Easily accessible via the Elizabeth River Trail, Ghent offers a truly cosmopolitan experience.

offers a captivating journey through centuries of artistic expression. Don't miss the glass studio for live demonstrations.

Ghent Neighborhood:

A Vibrant Historic District

The Ghent Neighborhood is Norfolk's cultural heart, offering a mix of historic charm and modern vibes. Known for its Victorian homes, boutique shops, and top-notch dining, Ghent is perfect for a leisurely stroll or an evening out.

Elizabeth River Trail:

A Scenic Escape

For outdoor enthusiasts, the Elizabeth River Trail offers miles of waterfront walking, biking, and

running paths. With stunning river views, this trail is ideal for a peaceful escape or an invigorating workout.

Plum Point Park:

Waterfront Serenity

Nestled along the river, Plum Point Park is a hidden gem where visitors can enjoy fishing, picnicking, kayaking or just relaxing by the water.

Pickleball:

A Favorite New Pastime

Pickleball has become a popular pastime in Norfolk, with courts popping up quickly around the city. This fast-growing sport offers fun for all ages and skill levels.



A Culinary Journey to Excellence



From Switzerland to the USA

Born and raised in Luzern, Chef Meier's passion for the culinary arts blossomed during a three-year culinary apprenticeship in his native Switzerland. Soon after, his culinary journey took him across the Atlantic to America, where he established his reputation in high-end resorts and clubs, mastering his craft over 30 years.

A Focus on Nutritious and Delicious Cuisine

Chef Meier is known for his ability to create meals that are not only delicious but also nutritious, particularly for residents concerned about their health. He is committed to sourcing only local produce and meats, with fresh seafood deliveries six days a week. This ensures that his kitchen remains a true scratch kitchen,

offering the finest, freshest ingredients to residents.

Leading a Talented Team

Chef Meier manages a professional team of 70+ people, including both cooks and wait staff, who work together to deliver an exceptional dining



“Pleasing every generation and every discerning palate with delicious and healthy cuisine is what we strive to achieve every day at Harbor's Edge.”

– Harbor's Edge Chef Beat Meier

experience. This dedication to using the finest ingredients and creating innovative, health-conscious cuisine has solidified his reputation as a master chef.

Whether crafting a signature dish like mussels with white wine or hosting a grand culinary event,

Chef Meier continues to bring joy and satisfaction to every Harbor's Edge resident and guest. We invite you to schedule a tour and experience it yourself—*bon appétit!*

Eating Out:

Some of Chef Meier's favorite downtown eateries include **Saltine**, offering delicious seafood in an upscale yet casual atmosphere, and **Byrd & Baldwin**, a renowned steakhouse serving classic American fare.



Meet the Neighbors:

Lynn & Sandra McCorry

After visiting 28 different senior living communities, Lynn and Sandra McCorry knew exactly what they were looking for when they chose Harbor's Edge. When looking back on their shopping experience, they say several key factors influenced their decision:

Location: "We didn't want to be stuck in the suburbs," Sandra shared. The convenient location of Harbor's Edge put them near shopping, arts and parks, with easy access to cultural activities—a huge draw for the couple.

Parking: For the McCoris, covered parking was essential. "Many places didn't offer covered parking," Lynn said. "After 30+ years of having an attached garage, we didn't want to compromise." Their experience



owning a condo on the Gulf also showed them the importance of secure parking with tag access, something Harbor's Edge offers.

Flexible Meal Plan: Unlike other communities, Harbor's Edge offered the flexibility for them to dine on their own terms. "It was the perfect balance," they agreed.

Now, five years later, the McCoris remain thrilled with their decision. "Every day brings something new," says Sandra. "From exercise classes to book clubs, volunteering, and walks in the park, we're so delighted to be a part of the Harbor's Edge community!"



Harbor's Edge Quick Take: James Elhart, CPT, Fitness Specialist

James is just one of the many Harbor's Edge team members committed to helping residents live their best lives. As a dedicated yogi, James brings a passionate and innovative approach for senior health and wellness to our residents, not only helping them physically but also emotionally and spiritually. Here's what he has to say about Janet, a resident and current client:

"Janet is 90 years old and works out with me twice a week. She recently told me that people have noticed how capable she is, including getting up from sitting down on her own power with no trouble. At each session, I have her sit and stand holding a 10 lb. dumbbell. This and other functional exercises that I incorporate have helped her immensely with activities of daily living."

Six Heart-Healthy Activities Seniors Love

Staying active is essential for maintaining heart health, especially for older adults. Here are six heart-healthy activities perfect for those aged 62 and older that promote cardiovascular strength, flexibility, and overall wellness.

1. Walking is a simple, low-impact exercise that can be done anywhere. A daily 30-minute walk can lower blood pressure, improve circulation, and boost mood.

2. Strength Training with light weights helps build muscle, which supports a healthy heart. It also boosts metabolism and maintains bone density.

3. Swimming is gentle on the joints while providing a full-body workout. It strengthens the heart and lungs, making it an excellent activity for those with arthritis or mobility issues.

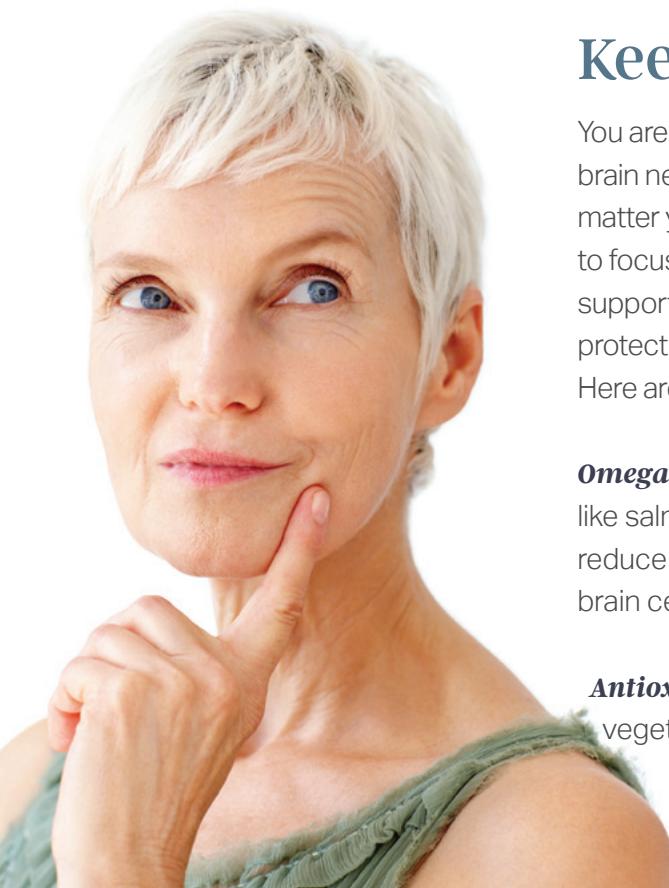
4. Stationary or outdoor cycling can improve cardiovascular health without putting too much strain on the knees and is ideal for increasing heart rate and building endurance.

5. Yoga promotes flexibility and reduces stress, while improving blood circulation and breathing, benefiting heart health over time.



6. Dancing combines fun and fitness. It gets the heart pumping while enhancing coordination and balance.

Incorporating these activities into a regular routine can keep your heart in peak form. *And from our heated pool, to our state-of-the-art fitness center, to the Elizabeth River Trail just outside our front door, you can enjoy them all right here at Harbor's Edge!*



Keeping Your Brain At Its Best

You are what you eat and your brain needs you to eat right! No matter your age, it's never too late to focus on nutrient-rich foods that support cognitive function and protect against memory decline. Here are some of the best:

Omega-3 fatty acids, found in fish like salmon and walnuts, which reduce inflammation and support brain cell structure.

Antioxidant-rich fruits and vegetables like berries, leafy

greens, and broccoli to protect against oxidative stress.

Whole grains and healthy fats like olive oil, which promote blood flow to the brain.

Lean proteins from beans, eggs, and chicken provide essential amino acids.

Lastly, remember that staying hydrated and reducing your intake of processed foods will help keep your brain functioning at its best.

Harbor's Edge Profiles: Natalie O'Bier

Compassionate Care

Making a Difference

Inspired by her close relationship with her grandmother, Natalie O'Bier chose to pursue a career in senior living, earning a Bachelor of Science in Human Services with a minor in Psychology from Old Dominion University.

She started at Harbor's Edge in 2016 as a Certified Nursing Assistant and, during the pandemic in 2020, became

the Life Care Coordinator, helping residents and families navigate care transitions. Now, as the Assistant Health Services Administrator, she oversees daily operations of the Health Center.

Natalie's personal experience with her grandmother's dementia fuels her passion for Memory Support advocacy. "I just want to help those that need it most and let them know that there's



always someone by their side—someone who will always be there," says Natalie, "To make a little difference in their lives has made such a big difference in mine."

Health and Wellness Clinic at Harbor's Edge:

Comprehensive Care for Aging with Grace

Healthcare has never been more convenient or accessible. At Harbor's Edge, you'll find comprehensive primary and urgent care right on campus in our Health and Wellness Clinic.

At the Clinic's heart is Angela Holmes, an LPN with 19 years of geriatric experience. Angela's passion for senior care stems from her close relationships with her mother and grandmother. But, it's the residents that continue to fuel her dedication. With a chuckle, Angela recalls the time when a resident told her, *"Other than marrying my wife, the best decision I ever made was coming to Harbor's Edge."* It's sentiments



like these that underscore the Clinic's impact on the lives of those it serves.

Expert Care Right at Your Doorstep

The Harbor's Edge Health and Wellness Clinic is staffed by two doctors, a nurse practitioner, and skilled nurses who are available to provide attentive care five

days a week. You can also make appointments with specialists, including dermatologists, podiatrists, and audiologists, during their regularly scheduled office hours.

Convenient and Coordinated Care

Added peace of mind comes from being in close proximity to Sentara General Hospital and the Clinic has been integrated into their system to provide you seamless care should you ever need their services. The Clinic also accepts Medicare, so as a Harbor's Edge resident, you can be assured your health and independence will always be supported.

Personalized healthcare with a dedicated medical team

As added peace of mind for our residents, Harbor's Edge is proud to offer access to Personalized Concierge Prevention, Wellness, and Cardiovascular Care through Innovation Cardiology. With a focus on cardiovascular health, Innovation Cardiology has brought strong patient-provider relationships and personalized wellness strategies right to our campus through proactive, high-quality care.



Team members, Mohit Bhasin MD, FACC and Hannah Burmeister, Cardiac NP, AAC

The Mission of Concierge Care

Through a personalized approach, Innovation Cardiology works with you to prevent illness, especially cardiovascular issues, before they occur, to help enhance your quality of life and longevity.

Concierge Care's Key Benefits

Preventive Cardiac Care:

Detailed annual wellness assessments, including echocardiograms, vascular ultrasounds and EKGs can detect

email to get quick responses to health concerns, same-week appointments, and even schedule house calls.

Personalized Concierge Care offers Harbor's Edge residents unparalleled healthcare tailored to their unique cardiovascular needs, emphasizing prevention and wellness with a dedicated medical team.

risks early, and allow care to be tailored to your cardiovascular profile for long term health using a data-driven approach.

Reduced Hospital Visits:

By offering direct access to healthcare professionals and minimizing unnecessary medications, Concierge Care can help keep you healthier with less hospital visits and lower costs.

Enhanced Access:

You can access your Innovation Cardiology healthcare team via phone, text or

Coordination with Specialists:

Innovation Cardiology will collaborate with your primary care provider and also offers in-office diagnostics to manage cardiac conditions.

Focus on Wellness & Education:

Innovation Cardiology seminars and classes on topics like exercise and heart health will empower you to actively manage your own health journey.

To learn more about Innovation Cardiology, call 1-757-982-3047 or visit HarborsEdgeNorfolk.com/IC

