

ASBURY
Methodist Village
Anticipate More



Anticipate More

Rise Above the Ordinary

There's senior living and then there is the exception.

Step inside our gates and rise above the ordinary. Vast green spaces, a bustling campus, and an incredible array of opportunities greet you. With an extraordinary range of living choices; extraordinary people with fascinating experiences and backgrounds; and, above all, an extraordinary culture of doing good for others, Asbury Methodist Village truly does rise above the competition.

Our campus is a certified arboretum and includes a 17-acre Wildlife Preserve created by residents passionate about the environment. You'll enjoy nature—and purpose—in abundance here. Asbury Methodist Village offers an exceptional bucolic setting for your retirement with all the convenience of metropolitan living.





Make yourself at home.

Make your own choices. That's what it means to be independent.

Is a one-bedroom apartment just right or do you prefer two? Enjoy bright, open floor plans and finishing touches you choose. Settle into a spacious Villa or Arts and Crafts-inspired Courtyard Home and enjoy supportive, neighborhood living in a beautiful home.

Invite your friends for cocktails and gastro pub fare at the Blue Note Bistro or enjoy full-service dining. Grab sandwiches from our deli and enjoy birdwatching in the nature preserve. Head out to Washington D.C.'s restaurants or entertain at home.

Maintenance is provided, of course. Because who wouldn't rather spend their time enjoying cultural programs, clubs, and lifelong learning or wellness classes – many created by the residents who continually shape the community through their passions.

Let new experiences take the place of responsibilities you'd rather not tend to.

We'll take care of the chores, while you make yourself at home.



Life gets simpler – and much more rewarding

Find the pace that suits you, and experience the expansion of opportunities and friendships that come with community living.

Keep your green thumb going in our community gardens, or on your patio or deck. Swim laps or enjoy water aerobics. Play tennis, pickleball, bocce and shuffleboard on our campus courts – or fly down the slopes during our annual snow tubing trip!

For more than 35 years, Asbury residents have run The Keese School of Continuing Education, filling two course catalogs each year with lectures and classes as diverse as memoir writing, Reflections from Capitol Hill, The Origins of Jazz, and Understanding Viruses.

Created by a resident and former minister, the Gaithersburg Beloved Community Initiative is an outreach and mentoring program committed to creating a more equitable future for area youth and families.

Volunteer at our in-house TV studio and enjoy movies and live entertainment in our 275-seat theater.

Plus, with Shady Grove Metro just a short drive away, you're close to Washington, D.C.'s museums, theaters, and attractions.

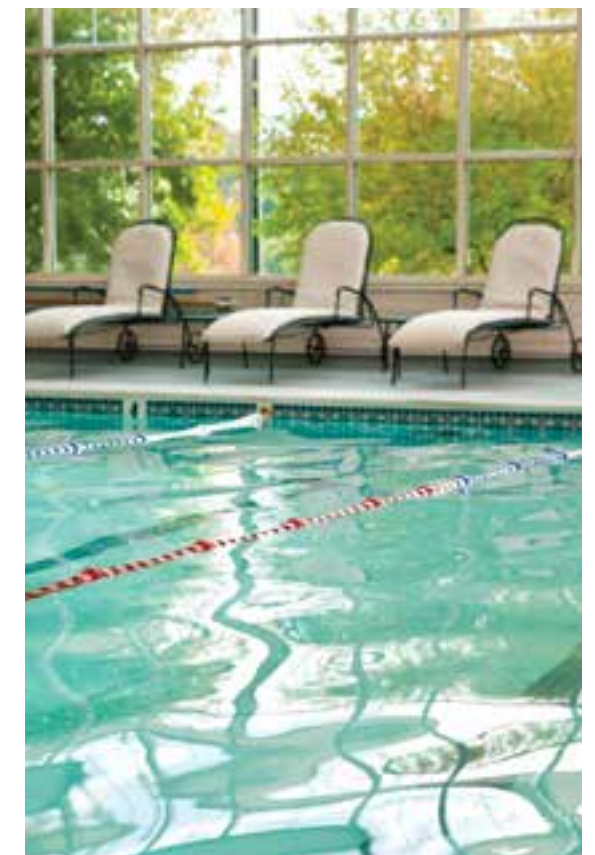
You can do as much – or as little – as you like. The choice is yours!

A Life Well Lived

Continuing care retirement communities, called CCRCs, are designed with aging well in mind. Wellness is infused in everything we do – from a full daily calendar of fitness and aquatic classes, to hundreds of resident-run clubs and programs, to unique resident clubs, cultural events, and lifelong learning classes, and so much more.

Planning for friendship and support as you age is key to the peace of mind that reduces stress and creates a healthier mind and body.

In fact, a growing body of research is demonstrating the importance of social connections and ongoing engagement to our lifelong physical, emotional, and intellectual health. And in 2018, first-year results of the Age Well Study by Northwestern University showed that residents of CCRCs fared better than their peers in three key measures of emotional and physical health.





Content and confident, you're leaving ordinary life behind.

Asbury Methodist Village's 134-acre campus offers an exceptional range of possibilities for retirement living. Established in 1926, our community has evolved into one of the nation's 20 largest continuing care retirement communities, and is home to more than 1,000 fascinating, friendly people.

Our active lifestyle is enhanced by the peace of mind that comes from knowing you are in a place that has health and support services, including care navigation, for whatever life brings your way.

- » Assisted living
- » Memory care for all stages
- » Skilled nursing
- » Short-term rehabilitation
- » Home care and home health care

EXTRAORDINARY LIVING



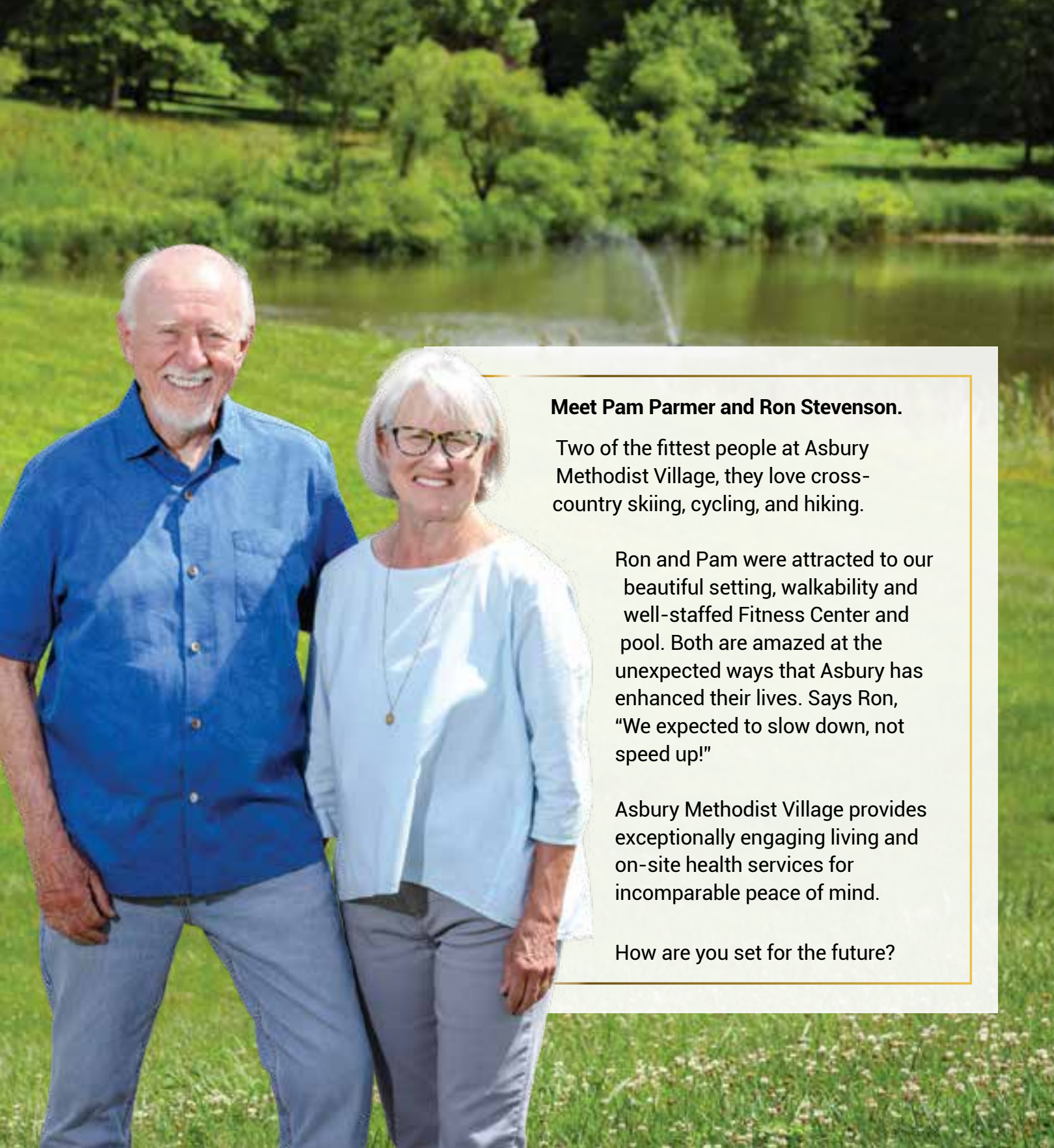
There's senior living and then there is extraordinary senior living.

In the following pages get an up-close look at a few of the people who represent what is best about our community. They are helping to run outreach programs that support at-risk youth and families, creating curriculum for our very own college, and shaping our campus culture through their diverse and fascinating backgrounds.

Get a peek inside some of our gorgeous apartment homes, Villas and Courtyard Homes. With beautiful updates and lots of light, our residences are ready for your personal touches and customization.

Take a look at extraordinary!

EXTRAORDINARY SETTING



Meet Pam Parmer and Ron Stevenson.

Two of the fittest people at Asbury Methodist Village, they love cross-country skiing, cycling, and hiking.

Ron and Pam were attracted to our beautiful setting, walkability and well-staffed Fitness Center and pool. Both are amazed at the unexpected ways that Asbury has enhanced their lives. Says Ron, "We expected to slow down, not speed up!"

Asbury Methodist Village provides exceptionally engaging living and on-site health services for incomparable peace of mind.

How are you set for the future?

EXTRAORDINARY PURPOSE



Meet Spence Limbocker.

Chair of the Gaithersburg Beloved Community Initiative, Spence is a passionate promoter of this resident-created partnership committed to supporting children, youth and families and working towards a just and equitable community.

Asbury embraces people of all beliefs and backgrounds and is a SAGECare certified LGBT-friendly community.

Spence is one of many architects of change here. They mentor youth, teach English to Latino moms, fundraise for benevolent care, and run hundreds of clubs, committees, and programs that help those on- and off-campus.

Purpose is our passion. What is yours?

EXTRAORDINARY PEOPLE



Meet Sharon Rudy.

Recently 'retired' from a career in global health where she rubbed shoulders with Mother Teresa and Dr. Anthony Fauci and served 13 nations, Sharon is now working as a consultant.

Sharon joins a diverse resident population that includes a Newbery Award-winning author, physicists and physicians, educators, ambassadors, ministers, and social workers. Asbury may be full of accomplished people, but you won't find their egos on display. Instead, relationships are based on who you are now.

What fascinating conversations have you had today?

EXTRAORDINARY CURIOSITY



Meet Frank Molony.

With careers as diverse as Jesuit educator and Montgomery County prosecutor, Frank has put his inquisitive mind to use as the Dean of the Keese School – Asbury's very own resident-run continuing education program.

Sure, we have Osher, but for more than 35 years, Asbury residents have created two course catalogs each year covering topics as wide ranging as Reflections from Capitol Hill, The Origins of Jazz, and Understanding Viruses.

What have you learned today?



APARTMENT HOMES

With six apartment neighborhoods to choose from, you'll find floor plans ranging from intimate studios to spacious three-bedroom apartments with private balconies or patios. No matter your choice, you'll enjoy a convenient lifestyle, an expansive campus, and first-class amenities. Most buildings provide covered access to dining venues and Rosborough Cultural Arts & Wellness Center, while others provide indoor access to the Hefner Community Center and Dining and Blue Note Bistro.





VILLAS NEIGHBORHOOD

The Villas are set in a beautiful, wooded enclave of brick homes accessed by a gated entrance. Choose from floor plans ranging from two-bedroom, two-bath, with den, to three-bedroom, two-bath with a basement that can be customized to suit your unique style and tastes. Each home comes with a spacious yard, full kitchen, garage, and laundry. And all of this is within easy walking distance of the outstanding amenities and opportunities offered by the Asbury lifestyle.





COURTYARD HOMES

The Courtyard Homes offer spacious living in a neighborhood setting just steps away from the Rosborough Cultural Arts & Wellness Center. Residences range from 1,685 to 1,923 square feet, and feature two bedrooms, two bathrooms, den, laundry room, eat-in kitchen, ample storage, and a garage. Each home also features a paved outdoor courtyard, a charming front porch, and private yard.



The tradition inspires the future.

Asbury Methodist Village is part of Asbury, a not-for-profit organization managing multiple continuing care retirement communities and serving thousands of seniors. Founded in 1926, Asbury embraces its faith-based legacy, but has intentionally evolved to become a community for all backgrounds, beliefs, and cultures. In 2018, Asbury Methodist Village became the state's first retirement community to earn Platinum certification from SAGECare, an LGBT accrediting body which fosters welcoming cultures for lesbian, gay, and transgender people with its partner organizations.

Call (301) 216-4100 or visit [AsburyMethodistVillage.org](https://www.AsburyMethodistVillage.org) for more information.



Glossary | Become familiar with the terminology of senior living.

Accreditation. A seal of approval given by an autonomous organization that demonstrates key indicators they have determined are important to quality, Mission, and strong operations. Asbury holds EAGLE accreditation through the United Methodist Association of Health & Welfare Ministries, which requires rigorous documentation of criteria and a peer review process. Learn more at [OurUMA.org/Eagle](https://www.OurUMA.org/Eagle).

Assisted Living. A special combination of housing, personalized supportive services and health care designed to meet the needs – both scheduled and unscheduled – of those who need help with daily living activities.

CCRC or Continuing Care Retirement Community. A CCRC is a senior living community that provides a long-term contract between the resident and the community, providing for a continuum of wellness and lifestyle services, housing services, and health care, all on one campus. Asbury Methodist Village includes residential living for independent seniors, assisted living, secure memory care, rehabilitative and skilled nursing care, and home care.

Continuum of Care. A reference to the health care and home care services available on campus that support and supplement residential living.

Entrance Fee. The single, upfront payment that provides for residency in a CCRC.

Monthly Services Fee. Determined by the size of the residence, this fee covers common costs associated with residency, including campus amenities, maintenance, utilities and emergency response.

Independent Living. See Residential Living.

Not-for-Profit. A status of ownership where governance is through a Board of Trustees. Board members ensure a not-for-profit CCRC's approach to serving seniors meets local needs, maintains financial strength, and aligns with the organization's Mission. Not-for-profit communities turn surplus income back into community improvements and service expansions and operate according to a Mission of service to residents, its key stakeholders.

Residential Living. A healthy, active, engaged lifestyle in an apartment or house for independent seniors.

Services & Amenities. Lists of programs and services the community provides to enhance the living experience.

Skilled Nursing. 24-hour care for residents with acute needs or post-acute rehabilitative recuperation and therapy following a hospitalization. Residents of skilled nursing usually rely on assistance for most or all daily living activities. Regular medical supervision and rehabilitation therapies are provided on-site.

Services & Amenities

- » Maintenance and lawn care
- » Property taxes
- » Fitness Center & Aquatic Center
- » Multiple dining venues and full-service bar
- » Wide range of social, cultural, and educational events
- » 17-acre Nature Preserve with walking paths
- » Tennis, bocce, pickleball, shuffleboard courts
- » Spiritual programs and religious services
- » Meeting and event rooms
- » Libraries
- » Resident garden sites
- » TV studio
- » 275-seat theater
- » Woodworking and art studios
- » PAWS Dog Park
- » 24/7 emergency response system and security
- » Scheduled transportation
- » Full-service bank and ATMs
- » Salon services
- » Care navigation
- » On-site pharmacy, rehabilitative therapy, and geriatric primary care practice

Entrance Fee Plans

Your **one-time entrance fee** – paid when you sign a contract with Asbury – guarantees your residence and access to services for your lifetime. No matter which Entrance Fee Plan you choose, you have the security of knowing that health care services are available to you. And, you have access to the Asbury Foundation's Benevolent Care program, which assists residents who outlive their financial resources through no fault of their own.

Why charge an entrance fee? Even though your residence here is maintenance-free, the community is not. Entrance fees help provide capital funds for upkeep, enhancements, and the wide range of services a well-run community requires. Asbury is part of Asbury Communities, which is approaching its 100th year in aging services. With Fitch-rated bonds and strong reserves, Asbury's financial strength is an important benefit we bring to residents.

To learn more about our financial strength, visit [Asbury.org/About/Financial-Strength](https://www.asbury.org/About/Financial-Strength).

Standard Plan: Entrance fees are partially refundable during the first 60 months you live at Asbury Methodist Village. The refund decreases by 1.667 percent each month of residency, until after 60 months, there is no refund. Because this plan offers the lowest entrance fees, it is the most affordable way to enjoy the Asbury lifestyle.

80% Refundable Plan: With this plan, you receive 80 percent of your entrance fee, payable to you or to your estate, at the time you are no longer a resident of Asbury and have satisfied the terms of the Residency Agreement.* Again, the value of this choice is that you preserve your assets for the future in return for a larger up-front fee.

*Generally, the entrance fee is refunded when your residence is re-occupied by a resident who pays a new entrance fee. Specific terms are contained in the Residency Agreement.

Rental Option

Asbury Methodist Village is excited to introduce a flexible, new option for senior apartment living. Choose from select apartment residences and enjoy an incredible array of services, amenities, and resident programs. Rental apartments are available for those 60-plus years of age. Rental rates range from \$4,100 - \$6,800.

About Asbury: A Legacy of Service

From our founding as a Methodist home for the aged in Gaithersburg, Md., in 1926 to present day, Asbury Communities has dedicated itself to redefining the expectations of aging services. From its founding as a Methodist home for the aged in Gaithersburg, Md., in 1926, Asbury Communities has dedicated itself to redefining the expectations of aging services and has grown to serve thousands of older adults in multiple locations.

Asbury is a separate legal entity from the United Methodist Church, but we continue to honor our faith-based heritage with a focus on Mission and adherence to our guiding principle of doing all the good we can with integrity, transparency, and grace.

**At Asbury, “Anticipate More” is not just a tagline.
It’s a promise we’ve been keeping for close to 100 years.**

Commitment to Excellence and Innovation

The Asbury organization is committed to financial strength and stewardship, operational excellence, and being a leading innovator in senior well-being. As part of that, Asbury holds EAGLE accreditation. This process includes onsite peer reviews and documentation of operational strength and continual improvement, financial soundness, and a focus on Mission in alignment with faith-based values. Learn more at [OurUMA.org/Eagle](https://www.OurUMA.org/Eagle).

Some accomplishments across our organization include:

- » Great Place to Work Certification
- » Fortune Top 40 Workplaces for Aging Services
- » United Methodist Association EAGLE Innovation Award
- » Planetree Gold Certification for Person-Centered Service
- » International Council for Active Aging Innovator Award
- » SAGECare Platinum Certification





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AsburyMethodistVillage.org

