

2026

BUSINESS SPOTLIGHT



SHINING A LIGHT ON LOCAL BUSINESSES



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April 22, 2026

Assisted Living Where Seniors Thrive

Inside A Personalized Approach to Senior Living

Windham Terrace offers a home-like community where seniors can enjoy life with dignity, independence, and personalized support.

What is a short business summary?

Windham Terrace is a senior living community in Windham, New Hampshire, offering assisted living, memory care, and respite care in a supportive, residential setting. Focused on independence and personalized care, residents receive daily assistance, wellness support, and enjoy private apartments, social activities, and restaurant-style dining. With a dedicated care team and access to local healthcare, Windham Terrace provides a comfortable, welcoming environment where seniors can thrive with confidence and peace of mind.

How did the business get started?

Windham Terrace is part of Terrace Communities, founded by Jack Heaton over 25 years ago to create residential-style senior living communities focused on dignity and independence. Today, Kate Heaton continues his legacy, emphasizing personalized, relationship-driven care in a home-like environment.

Terrace Communities locations include:

- Scarborough Terrace, Scarborough, ME
- Wheelock Terrace, Hanover, NH.
- Windham Terrace, Windham, NH
- Equinox Terrace, Manchester Center, VT
- Valley Terrace, White River Junction, VT
- Woodstock Terrace, Woodstock, VT

Windham Terrace was purpose-built to meet the growing demand for high-quality assisted living and memory care. Designed from the ground up, it offers a modern, residential-style environment where seniors can receive personalized care while maintaining independence, with convenient access to healthcare and nearby communities.

“Creating communities where seniors feel at home has always been at the heart of what we do.”

What services do you provide?

Windham Terrace offers a full range of senior living services, including:

- Assisted living, memory care, & respite care
- 24-hour staff and personalized care plans
- Assistance with daily living activities such as bathing, dressing, grooming, and mobility
- Medication management and nursing care
- Alzheimer’s and dementia care programs
- Restaurant-style dining with three meals daily and snacks
- Housekeeping, laundry, & maint. services
- Transportation and concierge services
- Health, fitness, and wellness programs
- Social and recreational activities
- Emergency response systems and on-site safety monitoring



Who are your targeted clients?

Windham Terrace serves older adults (typically 65+) who need varying levels of support, as well as their families involved in care decisions. This includes independent seniors needing some daily assistance, individuals with memory conditions like Alzheimer’s or dementia, short-term respite care residents, and families seeking a safe, engaging environment. The community also serves seniors from New Hampshire and nearby Massachusetts looking for quality, accessible care options.

WINDHAM TERRACE

PREMIER ASSISTED LIVING & MEMORY CARE

3 Church Road, Windham, NH 03087

WindhamTerrace.com

CONTACT: Lynda Brislin, 607-437-4600

lbrislin@terracecommunities.com

“It’s not just about care—it’s about creating a place where residents can truly thrive.”

Why do you think your customers or clients select you over your competitors?

Families and residents choose Windham Terrace for its strong balance of personalized care and independence. Unlike more institutional settings, the community offers a residential, home-like environment where care plans are tailored to each individual, allowing residents to maintain dignity, choice, and an active lifestyle. The community also excels in quality of life, offering engaging social programs, restaurant-style dining, and a wide range of amenities that promote connection and well-being. With 24-hour staffing, safety features, and coordinated healthcare services, families can feel confident their loved ones are well cared for.

What can you offer your customers or clients that others cannot?

Windham Terrace offers a highly personalized, relationship-driven approach to care, where each resident’s experience is tailored to their individual needs in a close-knit, supportive environment. The community combines care, independence, and engaging activities, creating a place where residents can truly thrive. With long-tenured staff—including an Executive Director (RN), memory care nurses, and a business manager with over 20 years of service—**Windham Terrace provides consistency and a authentic experience. As a close knit community, its warm, welcoming atmosphere can be felt as soon as you walk through the door.**



Kindness, Compassion & Special People

Assisted living at Windham Terrace is an uplifting experience for seniors and an engaging alternative to living on one's own.

“My humblest thanks for the exemplary care you offered my mother during her stay at Windham Terrace. Although I never believed it possible for her to accept home as any other than her residence, she quickly embraced Windham Terrace. The caring staff made her realize that home was not a physical place, but rather the love and feelings shared wherever she lived. At Windham Terrace, we found the perfect safe haven. The difference from the other communities was a familial atmosphere where the residents and staff share a genuine connection. This is what makes Windham Terrace stand out from the rest. As a resident of Windham Terrace, Mom became a much happier individual and was able to embrace the quality of life she deserved.”

Call Lynda today for a personalized tour to see what you're missing. (603) 437-4600



WINDHAM TERRACE

PREMIER ASSISTED LIVING & MEMORY CARE





Azar A. Korbey, MD | Since 1984
22 Main Street, Salem, NH 03079
603-893-7905 | www.allcaremedical.org
Primary Care The Way It Should Be!

Short Business Summary: Concierge Plus by All Care Medical offers unlimited, unrestricted primary care from their four providers for one reasonable fee paid every 6 months. There are no copays or deductibles to worry about. Discounts are available for couples and families as well as veterans and first responders. We treat newborns to senior citizens and we offer a welcoming environment for everyone. We provide both in-person and telemedicine visits. Most lab tests are included as well as office procedures like PAP tests, EKG, hearing test, bone density test, pulmonary function testing and minor office procedures. We have a large variety of generic medications available at wholesale prices. Providers are available in person 8am to 5pm Monday through Friday and by telephone on weekends and holidays. Patients can use their HSA for payment. Care Credit payment plans available.



How did the business get started? Dr. Korbey started All Care Medical in 1984 and had a traditional, insurance based medical practice until 2025. Due to the significant restrictions imposed by the insurance companies, including frequent denial of services and frequent need for prior authorizations, which hindered his ability to provide high quality care to his patients, he made the decision to drop all insurances and deal directly with the patients.

Please list the services you provide: Unlimited, unrestricted preventive primary care, including most lab tests and office procedures. We treat newborn, pediatric, adolescent, adult

and senior citizens as well as Women's and Men's health issues.

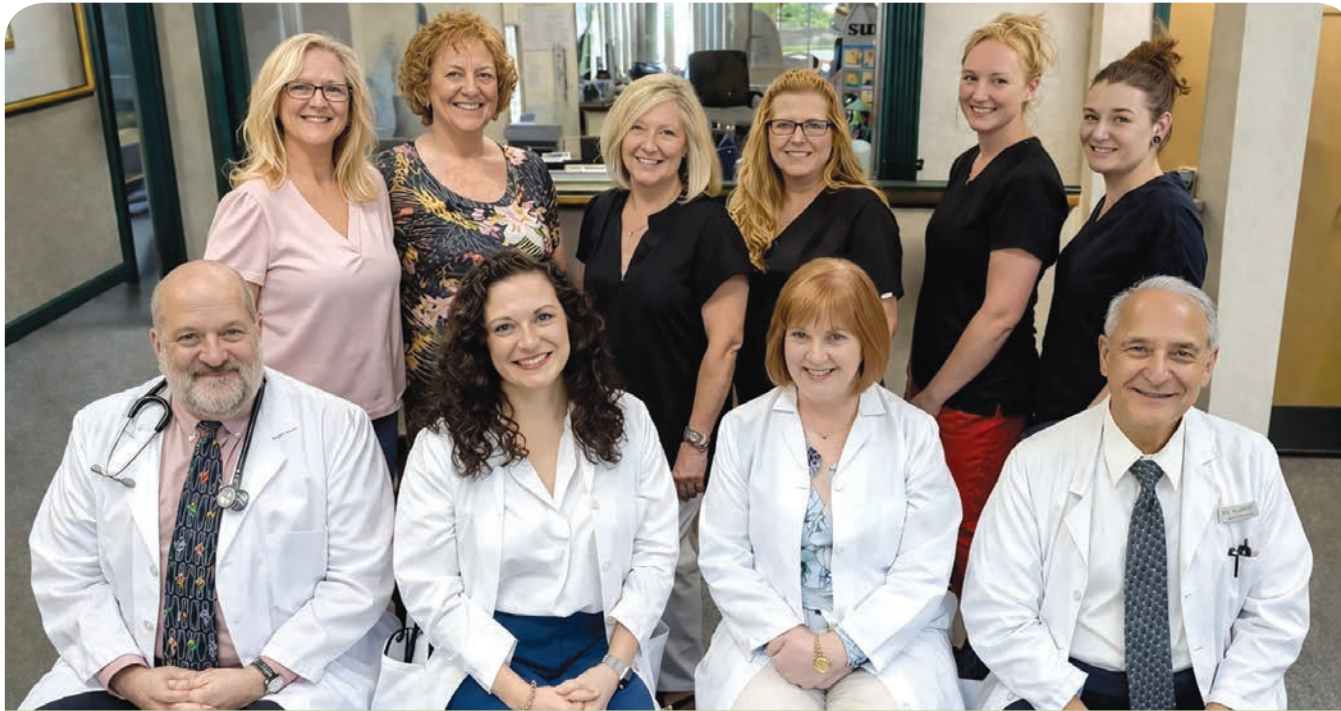
What is your background? Dr. Korbey was born and raised in Methuen. He attended St. Monica Grammar School, Central Catholic High School and then Georgetown University for his undergraduate and medical degrees. He has been in private primary care practice locally since 1984.

Who are your targeted customers or clients? Anyone looking for comprehensive, unlimited, preventive primary care without the worry of copays or deductibles.

Why do you think your customers or clients select you over your competitors? Between Dr. Korbey and his associates, we have combined over 100 years of experience delivering the highest quality primary care available.

What can you offer your customers or clients that others cannot? Patients will always see their own provider or, in the case of the provider being out due to illness or vacation, one of our other providers. We almost always offer same day appointments or, at the very least, next day appointments, with minimal wait times in the office. With our all-inclusive fee, there are no copays, no deductible and no limit to the number of visits.

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COTE & FOSTER INC

CUSTOM BUILDING + REMODELING

Over the last four decades, Cote & Foster Contracting has been serving the North Shore Massachusetts and New Hampshire regions.

SHORT BUSINESS SUMMARY

Family-rooted residential construction company specializing in custom remodeling, full-service design-build, and historic restoration. Backed by 40+ years of experience, we're proudly owned and operated by two lifelong friends delivering craftsmanship, trust, and personalized service today.

HOW DID THE BUSINESS START?

Bill Foster and Steve Cote's story began as first graders at St. Augustine's school, growing into a lifelong friendship more like brotherhood. Today, their families share the same bond. That connection became Cote & Foster, built on a shared passion for hands-on work. From carpentry at Greater Lawrence Tech to civil engineering studies, they worked jobs while learning the trade. Starting out of a car and a basement office, reinvesting every dollar, they grew into a full-scale operation—expanding from Water Street in Lawrence to their current Methuen headquarters with offices, workshop, and fleet—always focused on craftsmanship and growth.

WHAT CAN YOU OFFER YOUR CLIENTS THAT OTHERS CANNOT?

We offer a personalized, hands-on experience led by our owners and a trusted team. ---

--- With 40+ years in the industry, we provide expert project management from consultation and design through construction and completion. Clients receive free consultations and estimates, clear communication, and full transparency every step of the way. You'll always have direct access to our owners, ensuring confidence, clarity, and a smooth, stress-free experience from start to finish.

WHAT SERVICES DO YOU PROVIDE?

- Residential Construction & Remodeling
- Commercial Construction
- Historic Restoration & Renovation
- Custom Home Design

BACKGROUND? EDUCATION? WORK EXPERIENCE?

Greater Lawrence Technical School Carpentry, civil engineering studies in college, and a combined 80+ years of experience in the industry.

WHO ARE YOUR TARGETED CUSTOMERS?

Homeowners in the Merrimack Valley, Southern New Hampshire, and North Shore Massachusetts.

WHY DO YOU THINK YOUR CLIENTS SELECT YOU OVER COMPETITORS?

Bill or Steve, or both of them, personally visit each initial consultation to introduce themselves to potential clients and follow through scheduling, execution, and completion of the project. We believe (and have been told by our clients) that this personal touch and consideration for the clients by the owners of the company is something that sets us apart from others.





COTE & FOSTER INC
CUSTOM BUILDING + REMODELING

COTEANDFOSTER.COM | 978.682.6518



CUSTOM REMODELING



DESIGN & BUILD



HISTORIC RESTORATION

Port City Power Cleaning LLC

I started small back in 2006, using only one truck. I began washing Residential Houses and the incorporating Fleet Washing and Commercial Buildings. By 2009 we had six employees on payroll.

How did the business get started?

In 2005 I bought my first house. I did not realize all the upkeep it took to keep it looking good. Exterior siding, decks, walkways, gutters, roofs, cement walkways and patios. I rented a pressure washer and did all my own work. My neighbor wanted me to do his and said that he would pay me to make it look like mine.

- At that time I realized that this is something I like to do and am very good at.

- That's when I decided to try and make it a part-time business venture.

- By 2007 we were washing over 200 houses a year and had major commercial projects such as fleet washing for Pepsi Cola Year.

- Fast forward 20 years later we serviced over 600 residential houses.

- Service commercial contracts from MA, NH & Southern Maine.

- This Past Year acquired U.S. Government contract cleaning.

Please list the services you provide:

Residential exterior house washing, commercial property exterior cleaning, industrial cleaning, fleet washing, sewer and culvert jetting.

What is your background? Education? Work experience?

Retired Law Enforcement 20 years. I have been washing houses for now 20+ years. Through experience you educate yourself on what works and what does not work.



Who are your targeted customers or clients?

Everyone Residential / Commercial / Industrial/ Fleet

Why do you think your customers or clients select you over your competitors?

I have had the same customers for 20 years. They know that we will show up when we say we will, do a great job and give a great price. 5 Star Google Rating!

What can you offer your customers or clients that others cannot?

I cannot speak for other companies; however we are one of less than five companies that I can think of that have been in business 20 years.

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BUSINESS SPOTLIGHT

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Founded in 1979

Owned by: Trudy Lawler & Tricia Sabulis

Michaud Insurance Agency is a family-owned independent insurance agency serving MA, NH and ME for over 45 years. We specialize in helping individuals, families and businesses select and purchase insurance policies to meet their needs. By providing a comfortable and friendly atmosphere, we take the time to get to know our clients, so we are able to recommend appropriate coverage such as home, auto, umbrella, and commercial insurance. As an independent insurance agent, we work with multiple insurance companies to offer a variety of policy options, helping our clients compare costs, benefits and coverage levels.

How did the business get started?

In 1979 Armand P. Michaud sold part of his insurance agency, that he had worked to grow by selling insurance door to door when he returned from WWII, to one of his Sons. He kept a small part of the agency to continue to run in his own name as a separate entity that became Armand P. Michaud Insurance Agency. His youngest daughter, Trudy, would work for him after school until she joined him full time after graduating High School. In the late eighties, Trudy purchased the agency from her father and has grown it to the agency you see today.

What is your background? Education? Experience?

Collectively, we have over 45 years of experience in Insurance. All our Account Managers hold an active MA, NH, ME Insurance Producers License and have extensive backgrounds in Insurance. Our staff is always looking to learn more and actively participates in classes for CEU's and carrier specific trainings. We also have an education and training program that is run by the staff to continue to break down specific coverage to grow our expertise.

Who are your targeted customers or clients?

Our target clients are individuals, families, and small businesses in MA and NH who seek a trusted, local, independent agent to ensure they are properly insured and have a reliable person to reach out to for support.

Why do you think your customers or clients select you over competitors?

There are many reasons to choose Michaud Insurance!

Personalized Service: We can offer a tailored experience by getting to know what our clients need and working with all our carriers to find the best coverage for that specific client rather than be tied to a single product or brand.

Expertise and Advice: We are highly knowledgeable and can help our clients navigate complex coverage situations by explaining the coverage and offering advice.

Flexibility: Because we have many insurance companies that we work with we are easily able to work with our clients to adapt to life and business changes with ease and without the client having to find solutions on their own.

Long-Term Relationships: It is our goal to create long-term relationships with our clients so we can offer support, help with renewals and coverage changes and assist in claims management to create a sense of trust and reliability.

Customer Centric Focus: Because we are a small, local business working in a smaller environment we are able to prioritize customer satisfaction. We strive to provide excellent and responsive service because it is what we would expect for ourselves.

Claims Advocacy: The claims process isn't known to be easy but we work to assist our clients through the claims process as an intermediary between the client and the insurance company ensuring the process is as smooth and favorable as possible.

Better Understanding of Local Needs: We know our community and try to give back as much as possible as compared to a large company that isn't community focused.

What can you offer your customers or clients that others cannot?

The Insurance industry is very competitive, people have lots of different choices when it comes to purchasing insurance. There are many excellent agents in the Merrimack Valley along with the choice to purchase from direct carriers. Knowing that, Michaud Insurance works hard at excellence across the board so that when it comes down to choosing which agent or carrier a client wants to work with, they choose us.

THE PROOF IS IN THE ROOF!

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GOD BLESS

