



The Hotline is published periodically by Abel Publication Services, Inc., 1611 Aquinas Court, Burlington, NC 27215, for the Continuing Care Community Residents of North Carolina, Inc., c/o CCCR of NC President Willie Johnson, 2600 Croasdaile Farm Parkway, #A-328, Durham, NC 27705. Submissions to the Hotline and other Hotline-related communications should be addressed to the Hotline editor, Sandra Lovegrove, at the Burlington address above, e-mailed to sandabel@aol.com, or faxed to (336) 585-1851.

<CCCRofNC.org>

The CCCR of NC HomePage has been redesigned and revitalized—check it out!

Membership Application

One-year membership is \$5 for an individual, \$10 for a couple. Life membership is \$50 for an individual, \$100 for a couple. Checks should be made payable to CCCR of NC and given to your community's CCCR of NC representative, so he or she can keep an accurate tally of members. Please indicate whether you are a renewing or new member. If you are not sure who your community's CCCR of NC representative is, you may find out by contacting CCCR of NC President Willie Johnson, 2600 Croasdaile Farm Parkway, #A-328, Durham, NC 27705; e-mail <williedjohnson@aol.com>. If your community does not have a representative, mail checks to: CCCR of NC, c/o Page, 278 Bean Road, Mocksville, NC 27028. The form below is provided for your convenience.

APPLICATION FORM (please print or type)

(Your name) (Spouse's name, if applicable)

Address

Status (please check one): Renewal New member

Enclosed is payment for (please check one):

One year: \$5 single \$10 couple Life: \$50 single \$100 couple

Issues Affecting the Aging in North Carolina

I WILL DESCRIBE some of the issues affecting the aging in the way that state-level policy-makers talk about them.

DEMOGRAPHICS

Right now, North Carolina has about one (1.037) million people who are 65 years old or older, ranking us 10th in the nation. That's about 12% of our population of more than 8 million. 28 of North Carolina's 100 counties have more people over 60 than young people under 25. But by the year 2030, our 65 and over population will likely more than double to almost 2.2 million—almost 18% of our population, ranking us 9th in the country.

And, the population of those 85 and over will more than double—from about 128,000 people to almost 267,000.

There are basically three reasons for all this. The most obvious reason is people are living longer. Average life expectancy used to be about 68 years for men and 72 for women. But North Carolinians who are 60 years old today are expected to live, on average, to almost 81 years old.

The second reason is that North Carolina is a retirement mecca, along with other Sunbelt states like Florida and Georgia. How many of

Slightly modified from Mr. Coble's keynote address at the annual meeting of the CCCR of NC Eastern Region at The Forest at Duke, April 26, 2007.



Ran Coble (photo by Jacqueline Allen)

you moved to North Carolina to retire? North Carolina ranks 3rd in the number of people 60 and over who moved here to our beaches, our mountains, the Sandhills, and Cary. Thus, the growth in the elderly population in the eastern and western parts of North Carolina is expected to be even faster than that in the Piedmont.

The third reason for this growth in the 65-and-over population is the aging of the Baby Boomers—those born between 1946 and 1964. The Baby Boom generation is the largest generation in American history. It is like a pig in a python, a big lump passing through the population, which creates various issues as it ages. For example, the Baby Boom generation created a huge demand for public school construction as it passed through the public schools, and now Baby Boomers' children are having babies and creating a huge demand for day care. Soon, the aging of the Baby Boom will accentuate the demand for nursing home care, programs serving the elderly, and pharmaceuticals.

There are now more people over 65 years old than there are teenagers, but the number of people 65 and over will explode in 2011 when the first Baby Boomers turn 65. Globally, by 2050, the number of elderly will exceed the number of children for the first time in human history.

THE NURSING SHORTAGE

Who is going to care for the elderly who can't take care of themselves? One answer is nurses, but here's another issue state-level policymakers are worried about. According to the N.C. Institute of Medicine's Task Force on the N.C. Nursing Workforce, North Carolina will need 9,000 more nurses by the year 2015 and almost 18,000 by 2020. Nearly a third of the state's nurses are 41 to 50 years old, and most retire at age 55, so that means things are going to get worse fast in about 5 to 10 years. The shortage will be much worse in the rural areas of North Carolina. And, the highest turnover rate (57%) is for nurses who work in long-term care, the field of greatest need.

One reason I care about this is that my mother is 87 years old and lives in the nurs-

ing facility at Twin Lakes in Burlington. I see how hard the nurses work there to take care of the residents and how physically and mentally demanding their jobs are. And nurses have one of the highest occupational injury rates of any profession (12.5 per 100 workers)—right up there with meat packers, auto workers, and shipyard employees.

I give thanks every day for the nurses, physical therapists, and attendants who take care of my mother, and I wonder whether we can produce enough new nurses and other health care workers by the time my own generation starts turning 65 in 2011.

MEDICAID AND THE IMPLICATIONS OF AN AGING SOCIETY ON THE STATE BUDGET

Another issue state-level policymakers talk about is the impact of aging on the state budget. The fastest growing part of the state budget for the last 10 years has been the Medicaid program. Ten years ago, it was 8% of the total state budget. Today it is 16% of the \$19 billion state budget. This is due to double digit increases in the cost of health care every year, the rise in prescription drug costs, and increases in the nursing home population. Medicaid pays for a lot of nursing home care in North Carolina. Though the elderly represent only 14% of Medicaid recipients, they receive about 27% of total Medicaid spending in North Carolina.

This rate of growth in the Medicaid budget is a problem in two ways. First, it is likely to speed up as Baby Boomers turn 65, and second, remember that the generation behind the Baby Boomers is smaller, so it's going to be a situation where you're asking fewer people in the next generation to pay more, and you know how people feel about raising taxes.

Wall of Art



Many communities have public wall space devoted to art works by residents. This one is at Twin Lakes. Photo by John Cannon.

**Plan now to attend the statewide CCCR of NC Annual Meeting
in Greensboro, October 18**

To Your Good Health

Tea Time

HERE IN THE SOUTH, tea is our number one drink. That's right, more than wine, bourbon, milk, or water! Tea is to us as coffee is to the Middle East. Some say this comes from our British background, but wherever we got it, it is a good thing. New studies show that tea may not only be pleasing but be good for us because it lowers our low-density lipids (LDLs), better known as bad cholesterol.

Tea leaves come from the *Camillia senesis* plant, a relative of our fragrant camillia. The color, taste, and chemical properties depend on how the leaves are processed. There are many forms of tea—green, orange, black, or red (oolong)—and all contain theaflavin, which is what helps lower LDLs, though in varying amounts. For instance, the *Archives of Internal Medicine* states that seven cups of a high-quality black tea would be equivalent to 35 cups of green tea in terms of LDL-lowering ability.

Hot tea provides maximum benefits because it is stronger, less diluted. Sipping a cup of hot tea is also a good way to relieve stress and relax. Tea does not contain vitamin K so it will not affect people taking couma-din or heparin. Be cautious, however, even though tea contains only about half as much caffeine as coffee, it can trigger a headache in some people. Also, be aware that bottled tea and instant tea usually contain a lot of sugar and preservatives.

Even with all the benefits of tea, long-term safety regarding dosage or use in conjunction with other cholesterol-lowering drugs is still in question. If in doubt, ask your doctor.

Would you like to make a good cup of tea? Try doing this:

- Use loose tea or tea bags, your preference with regard to form and strength.
- Use fresh cold water in the teapot. Run the tap (or shake the bottle if using bottled water) to aerate the water.

- Heat until hot but never boil—that will ruin the flavor of the tea.
- Steep as necessary—2 minutes for green tea, 5 minutes for black tea—but don't steep it too long or it will taste bitter.
- Sit back, relax, and enjoy!

If you don't like tea but want the LDL-lowering benefit, you may want to take a capsule of theoflavin daily. But still take time to relax and de-stress!

On another topic, did you know that brushing your teeth gently and flossing for 2 minutes will remove most of the plaque? However, any longer and harder can damage teeth and gums.

Robert A Watson, MD
Twin Lakes
Medical Correspondent

Reprinted with permission from the *Twin Lakes Community News & Notes*, with slight modifications.

DISCUSSION

The shift in the state's demographics, the nursing shortage, and the rise in the Medicaid budget are just three issues that are on state-level policymakers' minds. Now I want to tell you another story about something I learned—this time from someone at Carol Woods Retirement Center in Chapel Hill.

At a meeting there last year, the CEO, Pat Spriggs, was telling me about talking with a group of young people and trying to get them interested in careers in the field of aging. She asked them, "When I say the word 'elderly' to you, what do you think of?" She was sad to hear that their answers were words such as:

dementia,
wheelchairs,
they live in institutions,
decrepit,
depressed,
crabby, and
lonely.

The young people all had negative connotations of aging, and that is a sobering challenge for all of us. And yet, when I go there, I always think, I'd like to live there someday. It's such a learning community.

And that reminded me of something I'd learned at the Center for Creative Retirement in Asheville, when our Board of Directors met there last year. The Center for Creative Retirement was established in 1988 to provide retirement-age individuals with opportunities for lifelong learning, leadership, and community service. The director there said the field of aging is moving from a medical model to a model more focused on the strengths of older adults.

That got me to thinking about some of those strengths.

- Our Center for Public Policy Research has long advocated for ways to improve North Carolina's paltry voter turnout. And who has the highest rate of voter turnout? Older adults born between 1910 and 1940 vote at nearly double the rate of younger generations (80-85% vs. 45-50%), they're nearly twice as interested in politics, they're twice as likely to attend church regularly, twice as likely to work on a community project, more than twice as likely to trust other people, and they're almost three times as likely to read a daily newspaper. (*Bowling Alone*, p. 254). They're what NBC TV anchor Tom Brokaw called "The Greatest Generation."
- Volunteering among seniors has nearly doubled over the last quarter century. (*Bowling Alone*, p. 129). I fondly remember my mother and father at 80 years old volunteering to deliver Meals on Wheels to those they called "older people."
- Those 65 and over also give charitable contributions of money significantly greater than all other age groups as measured by average contributions as a percentage of household income. (*Giving and Volunteering*, p. 127)

These are all positive indicators of community engagement, positive measures of people doing something for others.

I have described the problems for the aging—failing health, nursing shortages, and rising Medicaid budgets—and the flip side, the positive side—higher rates of voting, volunteering, and charitable giving. So where to now? That where the Center for Public Policy Research and you come in.

The Center is working on producing an issue of our journal, *North Carolina Insight*, on

issues affecting the aging. We want to do research on:

- State-level policy issues, not federal issues such as Social Security, and not local issues like police protection, but state-level issues.
- And, we want to focus on issues where good research could make a difference.

So I ask you to share with me your thoughts on state-level policy issues affecting the aging where good research could make a difference. The Center's five-step process and the time frame for this project are:

1. For the last four months, we have gathered ideas about what issues are affecting the aging that you and others think are important.
2. Over the next two months, we'll also look for funding for the project—foundations, corporations, or individuals.
3. Once we raise the money, we'll decide which articles and pieces of research we'll do with our own staff and which we'll contract out, and we'll arrange for all the research and writing.
4. It will take about four months to finish the first drafts and send them out to review. We'll send copies of our draft articles to legislators, other policymakers, experts in the field, university researchers, and other interested citizens. At that point, there's another opportunity for you. Anyone that wants to be a reviewer and read those draft articles can volunteer, and you can give us your criticisms, your compliments, or your comments. We usually give reviewers 2 to 3 weeks to respond.
5. We'll respond to and integrate the comments from reviewers, finalize the research

and writing, and publish the result in *Insight* sometime in late 2007 or early 2008.

That timing is important because 2008 is a gubernatorial election year in North Carolina. We want to publish this research so that issues affecting the aging become part of the public debate during the campaign for governor in 2008. Two possible candidates for governor can serve as examples for why that's possible. Lieutenant Governor Beverly Perdue is a former geriatric health consultant and thus she has a long-time interest in issues affecting the aging. Her possible opponent in the Democratic primary, State Treasurer Richard Moore, is responsible for managing the state employees' retirement and pension systems, so he also already has an interest in issues facing the aging.

Added to that environment is that there's a permanent Legislative Study Commission on Aging that operates between legislative sessions and is always looking for ideas to improve the lives of the aging in North Carolina.

So, we want to have our research and recommendations ready for the 2008 gubernatorial campaign, the Aging Study Commission, and the 2008 legislative session. These are all great opportunities to work together. I think policymakers are ready to address these issues, but if the state does not act soon, the sheer demographics of the Baby Boom will overwhelm policymakers and the state budget.

Ran Cable

Executive Director
North Carolina Center for Public Policy Research
P.O. Box 430
Raleigh, NC 27602

From Our Communities

Aldersgate Artists Featured in DOI Guide

We at Aldersgate are proud to announce that the works of two of our artist members have been selected for the new edition of the North Carolina Department of Insurance's *Continuing Care Retirement Communities Reference Guide*. Mrs. Adele Ducker's entry was selected for the front cover design and Denver Cunningham's for the back cover.

Adele has been painting since the age of 16. Her cover design, entitled "Lake at Aldersgate," done in acrylic, depicts seasonal views of the lake from the cottage she lives in with her husband, Andy. Her artwork may often be seen at the Aldersgate Arts Center.

Denver, a former electrical engineer, began studying painting in night school in 1983 and continued his study of art at Central Piedmont College. He now works in oil

on canvas. His paintings are on display at various places, including a local museum and the Epworth Tower.

Betty C. Taylor
Aldersgate

Note: Other artists whose works appear in the new edition are Helen Adwin (Highland Farms), Denise Geiger (Highland Farms), Winifred Hensel (Abernethy Laurels), Melba Innes (Twin Lakes), Melvin Reich (Friends Home West), David Ross (Twin Lakes), William Sibert (Whitaker Glen), and Barbara Stoughton (Penick Village).

Stew for Books at Tryon Estates



The Executive Director of Tryon Estates, Tom Strader, sponsors an annual Brunswick stew sale that benefits the library. The stew is made in a cooking outfit owned by Tom. The pot is large, with an output of 300 quarts. All profits from sales of the stew are turned over the Library Committee to purchase new books. Over the past several years the sale of the stew has produced over \$ 1,000 for the library. During a recent stew-sale event, with Tryon Estates' financial support, the Beautification Committee passed out ten daffodil bulbs to each resident to help beautify the grounds. *Left*, Sara Staton, Resident Services Director, Tom Strader, Executive Director, and Gil Denton working the Brunswick stew cooker. *Right*, Jan Nelson and Brenda Cagle setting up to distribute bulbs to residents.—*Paul Sutherland*

The Central Region's Meeting

THE ANNUAL SPRING MEETING of the Central Region will take place Thursday, June 7, at Salemtowne in Winston-Salem. A stimulating program is in store, along with good food and the opportunity to visit. The meeting is scheduled for 10 AM through luncheon. Members of other regions are welcome to attend as well.

Keynote speaker Dr. Maria Iruela, Director of Health Services at Salemtowne, a gerontologist, will share what she has learned about keeping healthy and active of mind, body, and spirit during retirement.

Participants will then split into six groups, each of which will explore an aspect of what CCCR of NC is doing for our communities and for members, what it might do, and how it might make our communities even more challenging and productive places to live and learn and grow. A brief

business session will be followed by luncheon at about 12:30 PM.

Directions to Salemtowne: Travelers from the east should take I-40 west or Business I-40 west to US 52 north. Proceed to University Blvd. **south** (go under the bridge) and take Bethabara Park Blvd. right (west) for 1/4 mile to the Salemtowne entrance on the left. The gatekeeper will direct you from there.

Travelers from the west may use the same route. Alternatively, they may take Business I-40 east to Silas Creek Parkway **north** (again, under the bridge), follow it until you reach University Blvd., turn left and proceed 1/2 mile to Bethabara Park Blvd., left (west). Entrance is 1/4 mile on the left.

Travelers from the south may take U.S. 52 north to University Blvd. **south** (under the bridge) and take Bethabara Park Blvd. right, west to the Salemtowne entrance on the left.

REGISTRATION FORM

9:30 a.m. arrival for coffee/tea and cakes and to get acquainted

Note: Your name tag will identify your discussion group

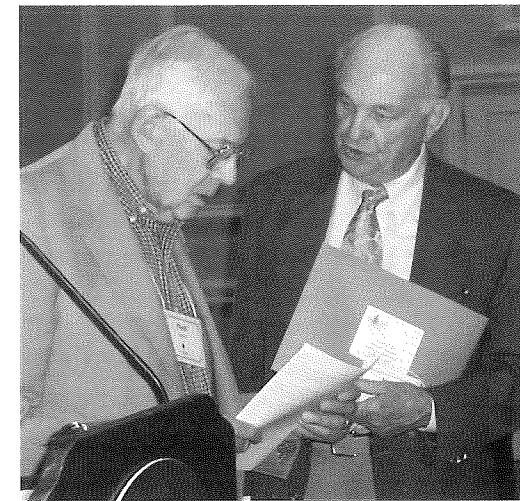
Name (please print) _____

Community _____

Special dietary requirements:

Enclose \$8 for luncheon to simplify check-in. Make the check payable to **Salemtowne**.
Return the registration form with your check by **Monday, May 28**, to

Walter Harrelson
3605 Bechler Lane
Winston-Salem, NC 27106



Scenes from the Eastern Region's Meeting

Above, Ned Arnett, The Forest at Duke, Eastern Region President Elect, on left, and Bob Wyatt, Belle Meade, outgoing regional President.



Top right, Robin Hudson, Activities Director at The Forest at Duke, seated, and Al Duprey, St. Joseph of the Pines, retiring regional Secretary.

Center, Jim Pope, Carolina Meadows, on left, and Willie Johnson, Croasdaile Village, statewide CCCR of NC President.



Bottom, Willie with Harold Gillis, Scotia Village, and Gloria Wyatt, Belle Meade, regional Treasurer.

Photos by Jacqueline Allen.

CCCR of NC Board Meets

TWIN LAKES COMMUNITY in Burlington hosted the meeting of the CCCR of NC Board on Thursday, May 17. About 75 people attended. The meeting was called to order at 10:30 by President Willie Johnson. After Marilyn Thibeau, President of the Twin Lakes Residents Association, welcomed the attendees, Dr. Mark Menees, Health Care Administrator at Twin Lakes, entertained them with anecdotes about growing up with elderly relatives in the South, touching on the subject of taking chances versus opting for security in old age.

Willie thanked those who had arranged the meeting, in particular registrar Susan Rhyne, as well as Marilyn and Dr. Menees. Appreciation was expressed to Bill Wolf of Trinity Oaks, who had distributed favors in the shape of small crosses to the attendees. She introduced officers Bob Wyatt, Vice President, and Walton Boyer, Treasurer, and (standing in for Secretary Ted Blount, who was unable to be present) Sandy Lovegrove, *Hotline* editor. New Board members were recognized and asked to stand. Willie

thanked Harry Groves, CCCR of NC founder and author of the NC State laws protecting residents of these communities, who was present, for his continued support and guidance.

Reports from Executive Committee representatives of the three regions were next. Ned Arnett, from The Forest at Duke, reported that the Eastern Region's meeting, on April 26 at The Forest at Duke, had been attended by 180 members. Officers elected for the region were Ned Arnett, President, Heather Rodin (Galloway Ridge), Vice President, Nancy Darter (Croasdaile Village), Secretary, and Gloria Wyatt (Belle Meade), Treasurer. Ran Coble's keynote address, "Public Policy Issues Facing the Aging in North Carolina," led to a wide-ranging discussion with the audience.

Allen Trelease (Friends Home Guilford) reported for the Central Region. A questionnaire devised by Don Hasty to identify patterns of resident representation on governing boards of their communities, distributed in the Central Region, had yielded the following results:

- 1) where a CCRC is autonomous, it is more likely to have a resident member on the board;
- 2) there is a tendency for management on boards to select the resident representatives;
- 3) where resident members have full voting rights, they can serve on finance committees;
- 4) where there is at least one resident board member, there is a perception that the board has the interests of residents at heart.

At the most recent Executive Committee meeting, it was decided to expand similar research statewide. A committee appointed for this purpose, Heather Rodin, Allen Trelease, and Walter Horner (Deerfield) will pursue the matter and report findings at the statewide Annual Meeting in October. At the recent meeting of the region's steering committee, the current officers agreed to stay on. The regional meeting will be held June 7 at Salemtowne.

Dick Nielsen (Covenant Village) reported that the Western Region's meeting

Falling—Senior Nemesis

FALLING is one of the leading problems facing seniors. Every week someone has a serious fall here at Twin Lakes. We all need to be cognizant of this problem both in and outside our homes. According to the Centers for Disease Control, approximately one in three Americans over 65 will fall each year. Falls are the leading cause of accidental death for seniors. They are hospitalized for fall-related injuries five times more often than they are for injuries from all other causes. Fifty percent of seniors who fall require assistance from someone else to get up.

After a fall or other emergency, 90% of seniors who get help within one hour will continue independent living, but after 12 hours without help only 10% of seniors will continue to live at home, according to the *New England Journal of Medicine*. According to the Yale University School of Medicine, nearly half of the older adults who incur a serious injury never fully recover and many lose their ability to function independently for the rest of their lives. A good proportion of seniors will end up in health care, making falls, and the injuries that result, one of the most substantial health threats facing older adults. Writing in *The New Yorker* in April, Atul Gawande, assistant professor of surgery at Harvard Medical School, noted that each year about 350,000 Americans fall and break a hip. Of these, 40% end up in nursing homes and 20% are never able to walk again.

There are many reasons why seniors fall—poor vision, balance problems, weak legs, dementia, poor lighting, stumbling, inappropriate footwear, reaction from medicines, and above all, carelessness, as well as hazards inside and outside our homes. Falls are not just the result of getting older. Many falls can be prevented.

Reprinted with permission from the Twin Lakes Community News & Notes, with slight modifications.

TIPS FOR PREVENTING FALLS

Exercise—establish a regular exercise program: Exercise is one of the most important ways to reduce falling. Exercise at least three days a week—it will make you stronger and improves flexibility, balance, and coordination. Strength training with weight bearing and resistive exercise works for all age groups. If you are unable to make use of your community's exercise facilities, choose a low-impact exercise such as yoga. You need to stretch daily to maintain flexibility and mobility. Walking is excellent exercise (but be careful of hazardous surfaces). Swimming is another—consider a water fitness program.

Make your abode safer—approximately half of all falls happen at home.

- Remove things you may trip over.
- Remove small throw rugs or use double-sided tape to keep rugs in place.
- Keep items you use often in cabinets you can reach without using a stepstool.
- Install grab bars next to toilet and shower or bathtub.
- Use non-slip mats in the bathtub or on shower floors.
- Make certain lighting is adequate—it is essential to use night lights.
- Wear shoes that provide good support with non-slip soles.
- Have your vision checked and have your doctor review your medicines.
- Walk with care in areas where tile or parquet flooring and carpeting meet.

Ron Watson
Twin Lakes

of funds and 51% or expected outflow for the fiscal year. We are in good financial health.

Dick reported for the Western region. They met in February at Covenant Village and selected candidates for officers who will be voted on at the annual meeting at Tryon Estates May 24. At that meeting Ronald Ennis, of the N.C. Department of Insurance, will talk about problems facing the aging population, and Nicole McConn will address frauds that target seniors.

Bob Wyatt, who was not able to be present, had sent word that at the Eastern Region meeting April 26 at the Forest at Duke. Ran Coble would speak about public policy research.

Allen reported that the steering committee of the Central Region had met at Twin Lakes April 20. The present officers agreed to serve another term and they will be voted on at the annual meeting June 7 at Salemtowne.

Willie asked the group whether our regional CCCR of NC should be organized as chapters. Some thought there

might be reason for such an arrangement and some that there is no need.

Bylaw revision was reconsidered. Change in the fiscal year was brought up again and, after discussion, the treasurer agreed that the present arrangement would be satisfactory if the treasurer's position and financial arrangements could take place in time for the new treasurer to function as soon as he or she takes office. The treasurer noted that he had to have more information about life members for his records to be complete. It was determined that this was available from Matt and Ruth Page. Regardless of the fiscal year for the treasurer's records, membership records can follow a calendar year if that is more convenient for the community representative.

The Board member of each CCRC is chosen by its membership and each Board member must have the approval of the entire membership. The CCCR of NC Board will meet at Twin Lakes May 17. Any member is welcome to attend but only the board member from an organization can vote.

Walt Horner and Heather Rodin (Deerfield and Galloway Ridge) will serve on a committee to prepare a questionnaire dealing with residents' representation on the boards of trustees/directors of their CCRCs. Allen Trelease will serve with them on this committee if approved by the Central Region steering committee.

Though each community representative receives a membership list from the Pages quarterly, he or she must update that list as necessary. Also, it was decided to raise the mileage compensation for Board members to attend meetings to \$.45 per mile after the first 50 miles.

Sterling Whitener came in for the announcement that the Pages were resigning as provider of membership services, and he and Walt Boyer were empowered to employ another organization for the position. The rate for such a service has been \$35/hour and 44¹/₂ cents a mile for travel.

Ted Blount
Secretary

will be held May 24, at Tryon Estates. Ronald Ennis, of the NC Department of Insurance, will talk about problems facing the aging population, and Nicole McConn will address frauds and scams targeting seniors.

Hope Davis, Coordinator of the Central Region, described the region's planned June 7 meeting and invited members from other regions to attend also. Sandy Lovegrove, *Hotline* editor, asked for submissions of contributions for the *Hotline*.

Vice President Bob Wyatt addressed the responsibilities of the Board members, who are the elected representatives of their communities. They are expected to attend CCCR of NC meetings. Their most important responsibility is communication, to all members and particularly to newcomers, of the purpose and activities of CCCR of NC. Communication can be facilitated by distributing the *Hotline*, speaking out at meetings of residents' associations, and distributing the CCCR of NC brochure, which is available from the President. Bob reviewed elements of the NC law protecting CCRC residents, article 54, chapter 58, which is available on the internet: the right of residents to self-organize,

the right to semiannual financial reports from management, and the enforcement role of the Department of Insurance. He also mentioned that each Board member should select an alternate to take over in case of his or her incapacity.

Willie asked that those present fill out index cards, distributed in the meeting materials, listing names and contact information for the current Board members.

Walton Boyer gave the Treasurer's report, providing a detailed breakdown of CCCR of NC's financial position as of May 11. The balance on that date was \$49,211.98. By and large, less money than anticipated had been spent since the inception of the fiscal year (October 1, 2006). Walton reported that the Executive Committee at its April 19 meeting had decided not to proceed with a proposal to change the fiscal year to the calendar year, because

- 1) continuing the current arrangement permits a timely annual financial report to be presented at the Annual Meeting in October;
- 2) the move to a bank that has statewide offices

(Wachovia) will simplify transitions to new treasurers;

- 3) it would be difficult to synchronize the various communities' diverse membership arrangements with the calendar year.

Walton also put forth a proposal from the Executive Committee to raise the stipend for mileage available to Board members and officers to cover the costs of driving to meetings. A motion to change it to 45 cents per mile for distances beyond 50 miles was made and passed.

Next to be considered were the answers to two frequently asked questions, which Willie provided:

- 1) Why does CCCR of NC maintain so much money in its treasury? The \$50 life memberships have mounted up into a reserve fund; most services are provided by volunteers; treasurers have been good stewards; few officers have taken advantage of the opportunity available for reimbursement of their expenses; reserve funds are carefully invested.
- 2) How should we plan to use some of these funds?

Reserves should serve the interests of residents. An example is aid that was provided to residents who sustained losses from wind and water damage from hurricane Fran.

New programs could be funded. In addition to defraying the costs of the CCCR of NC President to attend the annual meeting of AAHSA, a second delegate could be funded—Harry Groves offered support for this suggestion, and said it is also important for CCCR of NC representatives to be present at AAHSA's Washington, DC, meetings. Willie proposed that a committee be formed to consider further uses for available funds; a motion to do so was made and carried. It was suggested that the second delegate attending AAHSA meetings with the President be rotated among the presidents of the three regional groups.

Willie brought up the fact that the membership services providers, Matt and Ruth Page, want to be relieved of the job as of the end of June. A search for a replacement is under way.

A summary of the findings elicited by Don Hasty's questionnaire about residents' memberships on their communities' governing boards had been distributed to the attendees. Willie emphasized that it is important for everyone (not just CCCR of NC members) to endorse this effort and assist the committee that will be examining the matter statewide.

Willie read proposed changes in the bylaws to the assembled members. Motions were made and passed to present the bulk of the bylaw revisions to the general membership for consideration at the Annual Meeting in October, but confusion about the wording of the section mandating how

Board members (community representatives) are selected by their communities, which seemed to suggest on one hand that the communities should devise their own processes and on the other that all CCCR members in a community needed to vote for their representative, resulted in an agreement that it needed reworking.

After a reminder to the assembled company to mark their calendars for the October meeting, Willie invited interested members to offer suggestions for that meeting. The meeting adjourned at 12:10. Following a fine lunch, some of the attendees took advantage of the opportunity to tour the Twin Lakes campus.

Respectfully submitted,

Sandy Lovegrove, for
Ted Blount
Secretary

Note to Members: If your address changes, please notify your community's CCCR of NC representative so we can update our records.

Executive Committee Reports

THE EXECUTIVE COMMITTEE met on March 15 and again on April 19, at Friends Home West. President Willie Johnson presided.

Present at the first session were Allen Trelease, representing the Central Region; Bob Wyatt, Eastern Region; Walton Boyer, treasurer; Ted Blount, secretary; Myles Walburn, past president, and Heather Rodin, from Galloway Ridge, who had been invited to discuss one subject.

Walton said that we are in good shape financially, with assets of \$42,828.26. He has been moving funds into CDs until needed in order to get maximum interest. His suggestion to recommend to the Board that our fiscal year be changed to the calendar year was agreed to.

The results of Don Hasty's survey concerning the representation on the various boards of the CCRCs by residents were reviewed and the suggestion made that it be repeated statewide. To the statement that residents on a board created a conflict of interest, Harry Groves was quoted as saying that this is not so. Also he was quoted as encouraging complete coop-

eration between CCCR of NC and NCANPHA in this matter. A motion was made and passed that President Johnson appoint a committee with a representative from each region to accomplish this survey.

Willie returned to the subject of defibrillators on the various campuses. It was decided to consign the matter to the individual facilities and not make it a statewide project.

In response to a situation where a rogue group in one of our facilities had selected members for the Board, the committee noted that the bylaws state that Board members representing a community shall be selected by the community as a whole. It was moved and passed that all representatives shall have the approval of the full CCRC membership in order to be recognized as Board members of CCCR of NC.

Bob announced that the Eastern Region had planned a meeting April 26 at Forest of Duke. The principal speaker, Ran Coble, Executive Director of the North Carolina Center for Public Policy Research, was sched-

uled to talk about problems facing the aging population.

Allen reported that the Central Region's steering committee had met January 16 at Friend's Home Guilford. Among the matters discussed was the allotment to the region of funds from the state treasury. The group is developing bylaws and discussing medical deductions for residents. The next meeting was planned for March 20 at Twin Oaks and the annual regional meeting, June 7 at Salemtowne.

The Western regional meeting will be May 24 at Tryon Estates.

Present on April 19 were Willie Johnson, Walton Boyer, Ted Blount, Western Region representative Dick Neilsen, Allen Trelease, and Past President Myles Walburn.

Walton pointed out that our total assets now amount to \$48,500, mostly in 24/6 CDs. These are instruments with increasing interest the longer they are kept but portions may be withdrawn at 6-month intervals. We have had 105% of expected inflow