



President Willie Johnson (top left) welcomes the meeting attendees. All photos in this report are courtesy of the Camera Club, Carolina Meadows.

CONTINUING CARE COMMUNITY RESIDENTS of NC

Directory of Officials

November 1, 2007

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To Your Good Health

To Bite or Not to Bite—the Spider’s Question

I RECENTLY READ AN ARTICLE in the *American Family Physician* magazine regarding spider bites. Last year in our fair country there were 25,000 exposures to spider bites. There are 30,000 species of spiders and the good news is that spiders do not transmit infectious diseases like those other pesky critters mosquitoes (herpes zoster, West Nile virus), scorpions (Lyme disease), or ticks (Rocky Mountain spotted fever, Lyme disease). Most spider bites produce systemic symptoms such as chills, fever, muscular rigidity, and skin lesions, which can be easily treated. The “big, bad spiders” to watch out for are the black widow and brown recluse.

There are five widow species. The females are generally darker, larger, and more venomous than the males. The female has a red/orange hourglass shape on her abdomen. She is most active early in the morning during warm months. Initially, the bite may be painless for up to two hours before muscle spasm and rigidity set in. The venom is a

neurotoxin that produces the symptoms. The prescribed care for a documented bite is local wound care with thorough cleansing and ice-pack application. For systemic symptoms, oral analgesics, antihistamines (such as Benadryl), and tetanus prophylaxis are recommended. There is an anti-venom for persons who manifest more toxicity by increased blood pressure, seizure, or respiratory arrest. Elderly patients may need to be hospitalized. Our best defense is early detection. Black widows may be found around woodpiles and other vegetation—you gardeners should be extra cautious.

The brown recluse spider is much larger than the black widow and is mostly active during the night in warm weather. There are six species of recluse spiders in the United States. These spiders are brown and have three pairs of eyes. The females are larger and more venomous than the males and have markings on their backs which resemble a violin or fiddle. A recluse bite will

usually occur in the morning wherever clothes or bed linens squeeze the spider between fabric and the skin, such as under the arm, at the waist, or under socks or pants. As before, immediate recognition and wound care are essential. Thorough wound cleansing, cold compresses, oral analgesics, antihistamines, and tetanus boosters are recommended. Necrotic (dead) tissue may be removed and an antibiotic may be needed if infection occurs. Most recluse bites that produce necrotic tissue heal in about eight weeks. Skin grafting may be necessary in severe cases.

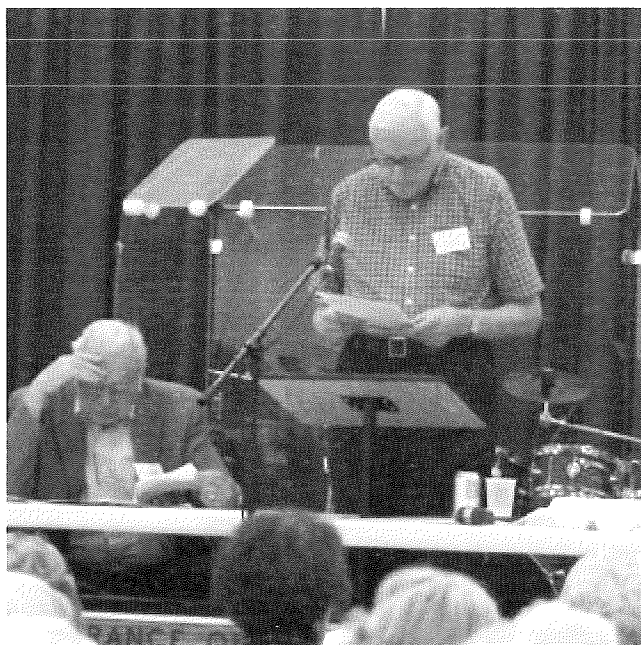
Fatal spider bites are very rare. The most toxic spiders are the two above. If you discover you have been bitten by a spider, take yourself *and* the dead spider to the nearest emergency facility—better to be safe than sorry!

Robert A. Watson, MD

Reproduced with permission from the Twin Lakes Community News and Notes.



Top, Dr. David Klein addresses the group. Bottom, lunch outside on a beautiful day.



Top left, To keep things on schedule, Ivor Collins offers his coattail for tugging when his time is up. Top right, Walton Boyer gives the treasurer's report. Bottom left, Allen Trelease reports on residents on boards. The motion to accept Allen's report and approve the recommendations got a little confusing. Bottom right, Member services provider Susan Rhyme speaks. Important: be sure to include CCCR of NC in the subject line of any e-mail you send to Susan.

Extreme Makeover—Southminster

A BIG CHANGE is taking place at Southminster. New buildings now going up will house 89 apartments. Underground parking is being added, as well as an indoor swimming pool and a second dining area. The present dining room will be enlarged and the halls in the present buildings will be refurbished as part of improvements in all facilities. New interior decorations and outdoor landscaping will add to the beauty of the community.

As the retirement home prepares to celebrate its 20th anniversary, cranes, trucks, and building equipment are everywhere. As they cope with the commotion of construction, residents are looking forward to the second grand opening, scheduled for 2008.

Report from a Southminster resident (unidentified)

Cruise to Nowhere

RESIDENTS AT TRYON ESTATES recently embarked on a five-day "Cruise to Nowhere" as part of the celebration of the community's fifteenth anniversary. The schedule of activities included different events every morning, afternoon, and evening, coordinated by Resident Services Director Sara Staton.

Monday was "Tacky Tourist Day," when tacky dress was in vogue all day. Activities included an engine room tour, chair massages, an introduction to tai chi, and a "Name That Tune" program. "The Art of Belly Dancing" was one of Wednesday's attractions, as well as Napkin Folding and an "Ask the Crew" panel discussion. Thursday was busy with chair massages, a promenade walk, line dancing lessons, an ice cream social, and a "Not So Newlywed" game. The final day of



A clever resident superimposed a picture of a ship on a picture of the lake at Tryon Estates to promote the hypothetical "Cruise to Nowhere."

the cruise included more chair massages, another engine room tour, a luau reception, and a comedy show. Culminating the week was a midnight dessert buffet Friday evening.

The enthusiastic participation of the "passengers" in the activities of the "Cruise to Nowhere" almost assures that another "Cruise" to somewhere will be on the Tryon Estates docket next year.

Rae Glover
Tryon Estates

The *Hotline* needs your input. Please send contributions by e-mail or snail mail (see page 16).

From Our Communities

Don't Dial 90#!

I RECEIVED A TELEPHONE CALL last evening from an individual identifying himself as an AT&T service technician who was conducting a test on the telephone lines. He stated that to complete the test I should touch nine (9), zero (0), the pound sign (#), and then hang up. Luckily, I was suspicious and refused.

Upon contacting the telephone company, I was informed that by pushing 90#, you give

the requesting individual full access to your telephone line, which enables him or her to place long-distance calls billed to your home phone number. I was further informed that this scam has been originating from many jails and prisons.

DO NOT press 90# for anyone!

This message was passed on by Joan Cannon, who had received it from another resident at Grace Ridge. Joan commented, "I dialed '0' and asked the operator, who confirmed that this is correct. I also checked out snopes.com . . . this also applies to cell phones."



Southminster under siege by construction. Residents look forward to the completion of the new facilities.



Top: Incoming and outgoing officers. Left to right, Allen Evans, Walt Boyer, Myles Walburn, Bill Pearce, Willie Johnson, Bob Wyatt, Ted Blount. Bottom left, Willie passes the gavel to Bob as incoming President. Bottom right (standing), new officers Allen Evans, Bill Pearce, Bob Wyatt. Not present: Bill Gentry.

the reason for multiple CDs and noted that we are in good financial shape. Our income from all sources is \$26,714.23 and our total expenditure is \$21,891.06, giving us a balance of \$4,823.17. This and previous income add up to total assets of \$49,278.24. The proposed

budget for the coming year was very similar to that for the present year. A motion was made and seconded and passed that the budget be adopted.

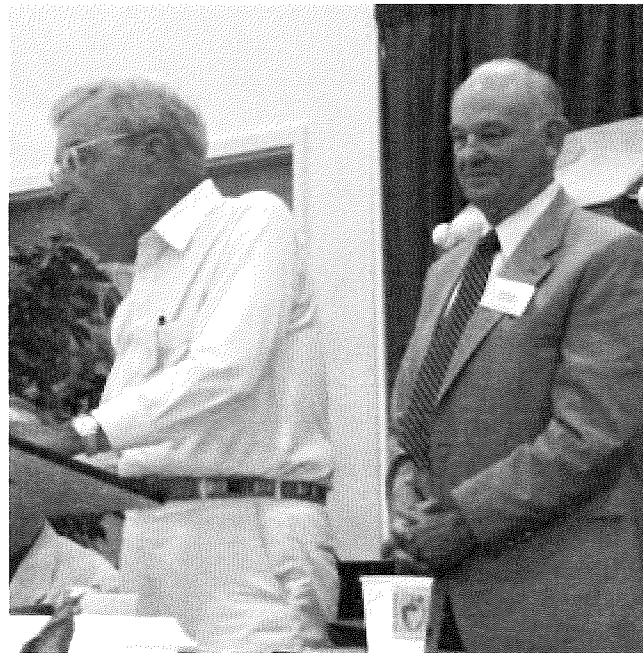
Myles Walburn, Carolina Meadows, chairman of the Committee on the Use of Finan-

cial Reserves, announced plans for his committee to meet and make a recommendation.

Allen Trelease, Friends Home Guilford, reported for the committee investigating the presence or absence of resident members on the various boards of directors of CCRCs. The situation varies greatly throughout the state. As a result of this information the committee recommended that: 1) Every community have at least two resident members on its local board; 2) Resident members have the same rights and responsibilities as other members of the boards; 3) Resident members be chosen only by residents; and 4) The terms of service of resident members be governed by their resident association regulations. When a motion was made to adopt these recommendations there was concern about the wording, but when a vote was called the motions passed with approximately 25% dissenting.

Myles Walburn reported for the Nominating Committee. Nominations for 2007-2008 CCCR of NC officers were: President, Bob Wyatt, Belle Meade; Vice President, Bill Pearce, Aldersgate, Secretary, Allen Evans, Carolina Meadows; Treasurer, Bill Gentry, Croasdaile Village. The report was accepted and these individuals were declared elected.

Ted Blount, Walton Boyer, and Willie Johnson were recognized with attractive gifts for

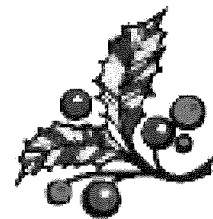


Left, outgoing Secretary Ted Blount, Bob Wyatt on right.

their service as secretary, treasurer, and president, respectively.

The meeting was adjourned, leaving everyone with a sense of satisfaction that it had been a very rewarding experience.

Ted Blount
Secretary



Happy Holidays



Executive Committee Report

THE CCCR OF NC Executive Committee met at Friends Home West on September 19.

The meeting was called to order by President Willie Johnson (Croasdaile). In attendance were Vice President Robert Wyatt (Belle Meade), Ned Arnett (The Forest at Duke) representing the Eastern Region, Myrtice Alexander (Twin Lakes) of the Central Region, and Jean Farris (Aldersgate), subbing for Paul Sutherland of the Western Region. Also present were Bill Gentry (Croasdaile), nominee for Treasurer, and Bill Pearce (Aldersgate), nominee for Vice President. Absent were Treasurer Walton Boyer and Secretary Ted Blount. Willie reported for Treasurer Boyer that a budget had been prepared which is identical to the present budget except that the expense budget for the *Hotline* had been increased from \$2,150.00 to \$2,900.00.

For the Eastern Region Ned reported that computer glitches had been corrected. Myrtice reported a planning meeting had been held September 12 in the Central Region. She was pleased to learn that NCANPHA had agreed to have a representative from CCCR of NC on its

board. She asked whether that person would be a voting member but no one present could supply an answer. The Central Region will meet in January at Twin Lakes. Jean Farris reported that the Western Region will meet April 8 at Givens Estate. President Johnson stated that the Committee charged with making a board membership survey would meet at the apartment of Allen Trelease in Friends Home in Guilford on September 26. Susan Rhyne is up and running in taking over the membership rolls. The September *Hotline* had been released via the internet and hard copies would be distributed in the near future.

Bob reported on the September 17 meeting of the

Continuing Care Advisory Committee as part of the NC Department of Insurance Financial Evaluation Division. Among lesser items covered, he told of an application by Carol Woods to develop an early admission program, loosely referred to as a "CCRC without walls."

President Johnson reported that the agenda for the Annual Meeting was pretty well set, with Steve Fleming, Executive Director at Well-Spring and Vice Chairman of NCANPHA, to speak briefly in the morning session and Susan Williams, CEO and President of NCANPHA, to speak in the afternoon. The Resident Board Membership Committee will report, and Harry Groves will install the new officers.

Bob Wyatt
Acting Secretary



Former CCCR of NC presidents Willie Johnson and Myles Walburn confer at the Annual Meeting.

From AAHSA

REPRESENTING CCCR of NC as a resident participant, I attended the Annual Meeting and Exposition of the American Association of Homes and Services for the Aging in Orlando, Florida, on October 21-24. Six years ago this organization drew 2,000 registrants while this year there were 9,000. There were 200 individual seminars and education sessions on subjects ranging from Leadership to Legal Problems to Safety to Successful Management, literally anything from A to Z in the management of CCRCs, assisted living, and nursing homes.

In addition to the education sessions, over 500 exhibitors displayed their goods and services. One display that caught my eye was an electronic bowling game where the bowler had to simulate the actual position and throw of the ball holding a clicker device. Upon release of the electronic bowling ball, the "bowler" could watch the ball travel down the lane and spill the pins some 20 feet away, the strike, spare, or gutter ball depending upon the accuracy of the simulated throw.

Four daytime sessions featured Elie Wiesel, Claire Gau-

diani, Sidney Poitier, and Jerry Friedman. Their respective subjects were "A life of Conscience," "A Life of Community," "A Life of Integrity," and "A Life of Legacy," Jerry Friedman told of having interviewed and photographed 62 of the oldest people on earth, those who had lived 110 years or more, and what he learned from them. Another session, "An Evening with Bill Cosby," was highly interesting.

In one of the meetings I attended, CCRC Issues Forum, the speaker, John J. Durso, a partner in Health Care Practice Group, in Chicago, stated openly that he was against residents of CCRCs holding seats on their managements' boards of trustees. The announcement got a round of applause from the audience. Charles Paulk, head of NaCCRA, immediately grabbed the microphone and stated that he strongly objected, giving a few reasons. The speaker held his ground, stating he was not convinced, and immediately changed the subject. Later, however, I learned that he had made the same statement in a speech 15 years ago but, as you may be aware, his opinion is counter to AAHSA policy

about resident involvement in governance. For those of you residing in CCRCs that do not have residents on your boards, you may now understand that some in management positions do not welcome this concept.

From NaCCRA

EACH YEAR the National Continuing Care Residents Association (NaCCRA) holds its annual meeting at the time and place of the AAHSA meeting and exposition, this year in Orlando on October 21-24. This year there were residents' associations representing Connecticut, Florida, Washington, D.C., Massachusetts, New Jersey, and North Carolina in attendance. One report of interest concerned the changes occurring in the CCRC industry in Florida. At the same time, the president of NaCCRA, Charles Paulk, announced that he would be stepping down at the Spring meeting in 2008 and welcomed those in attendance to suggest possible candidates to succeed him. He can be reached at <paulk65@gte.net>.

Bob Wyatt

Ethics in End-of-life Issues: What's Old? What's New?

DIFFERENCES in family traditions and moral training result in divergent moral convictions that are deeply held within our society, and these differences are magnified in end-of-life choices. In particular, people who hold fundamental Judeo-Christian beliefs that stress the sanctity of life can be at odds with those who strongly believe in freedom of personal choice and quality-of-life considerations, when end-of-life decisions are required. This conflict has left its mark on legislation and community action, affecting the decision making of older citizens.

Arguments can be made for and against policies such as cerebral death pronouncement, withdrawal of life-sustaining measures for those in a "persistent vegetative state," assisted suicide, and euthanasia. The Terry Schiavo case of 2005 exemplifies the public concern and reaction that such opposing convictions can elicit. The ramifications of this case continue to reverberate through our society in the form of proposed legislation, as

well as in public debate. Its influence can be found in new North Carolina legislation, effective October 1, 2007, that affects end-of-life choices. While the law increases individual options, it calls for new advance directives that may prove confusing, and there are areas where the unwary may even make conflicting choices. Special care is required in completing these documents.

Although we tend to think of the ethical principles governing end-of-life decisions as age-old and immutable, changes in ethical thinking can follow changing medical technology, societal pressures, and changing demographics. It is important to stay abreast of new developments in ethics and in the law.

David M. Klein, MD
Carolina Meadows

This is a synopsis of Dr. Klein's Power Point presentation at the CCCR of NC meeting October 18.

Advance Directives

Advance directives are a prudent way to ensure that your wishes will be carried out if you become unable to communicate. The most common is the *living will*. Preprinted forms are available (your doctor may have one), or you may simply write what you do and do not want done medically if you cannot communicate. The living will should if possible be tailored to your state's regulations, but all institutions that participate in Medicare are required to abide by the conditions you specify. An alternative is a *durable power of attorney* for health care, by which you appoint someone to make decisions for you if you become unable to make them yourself. This legal document is signed, witnessed, and notarized. A form can be downloaded from <www.choices.org>.

Meet Your New Officers



Bob Wyatt (left), with Willie

President **Robert K. (Bob) Wyatt**, born in 1920 and raised in Grand Rapids, Michigan, received a BS degree in Mechanical Engineering from the University of Michigan in 1942, after which he was commissioned as Ensign in the U.S. Navy and served as deck and engineering officer on a PCE in the Caribbean and South Atlantic and on a submarine in the Pacific until 1946. After stints at Timken Roller Bearing in Canton, Ohio, and Detroit, and Michigan Bearing in Grand Rapids, in 1960 he joined the Morse Chain Division of Borg Warner in Grand Rapids, Detroit, and Ithaca, New York, where he held various managerial positions, becoming Vice President for Marketing and Sales for Morse Europe in 1972 and Marketing Manager,

Sealmaster Division of Morse / Borg Warner, in 1977. In 1985 he and his wife, Gloria, retired to Whispering Pines. From there they moved to Belle Meade in 2001.

In retirement Bob has served on a number of boards of directors, including several terms on the board at Prancing Horse, a local nonprofit organization. He continues to do volunteer work and has served one term on the board of the Sandhills/Moore Coalition of Human Care, Inc. At Belle Meade he has served on the Residents' Association Board of Directors and as their President. He is presently Chairman of the Marketing Committee.

Vice President **William E. (Bill) Pearce** and his wife Marie moved from Tennessee



Bill Pearce

to Charlotte ten years ago to be nearer their two sons and six grandchildren. They have been residents at Aldersgate for four years. Bill, who has been President of the Aldersgate Residents' Association and a member of the Senior Leadership Team, recently concluded a two-year term as Vice Chairman of the CCCR of NC Western Region. He is an ordained Elder (Ret.) of the United Methodist Church and retired member of the Tennessee Conference. While active, he served as the Tennessee Conference Coordinator of Older Adult Ministries for eight years. He is the Immediate Past President of the Southern Jurisdictional Association of Older Adults, UMC, having served earlier as Secretary and Vice President of Program before serving as President for four years. He taught at Scarritt College for Christian Workers in Nashville for five years, then moved to the General Board of Discipleship to work as a staff member in the Education unit for ten and a half years. Nearing retirement, he served local churches in the Columbia District of the Tennessee Conference for 12 years.

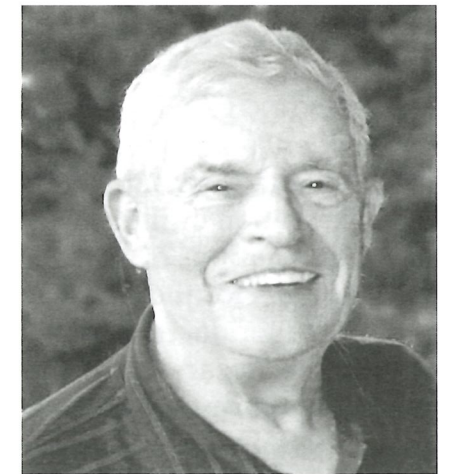
Secretary **Allen D. Evans**, born in Terre Haute, Indiana, in 1924, served three years in the U.S. Army, Field Artillery, 18 months in the ETO. He was awarded four battle stars, the Bronze Star, and the Belgian Croix de Guerre. Upon leaving the Army, he attended Purdue University, receiving a BS in chemistry and mathematics from Purdue in 1949. He then worked in various manufacturing, pharmaceutical, and plastics firms in Ohio and Massachusetts for 37 years, until his retirement in 1985 from Monsanto, where he had been Manager of Quality Assurance and Operating Superintendent. He was elected and served on the Hamilton County School Board and Great Lakes Vocational Board (ten years), and the Cleves, Ohio, Board of



Allen Evans (right) arrives at the Annual Meeting with speaker Dr. David Klein.

Public Affairs. He and his wife, Margaret, moved from Cleves to North Carolina in 2002 and now live at Carolina Meadows. They have four children, eight grandchildren, and two great-grandchildren. Allen has been a CCCR of NC Service Representative. He has served as Elder, Deacon, and Clerk of Session for the Presbyterian Church.

Treasurer **Willard (Bill) Gentry** and his wife Pat have been residents of Croasdaile Village since 2001, arriving in Durham after 15 years of early retirement in Monument, Colorado. Bill has served in several capacities with the Residents' Association, including two years as Treasurer. Before retiring, both Bill and Pat taught for a year in Chengdu, in the western part of the People's Republic of China. Bill, the son of a Methodist medical missionary, had been raised until age 15 in Chungking, West China. During the China-Japanese war, his family returned to the United States, to Gering, Nebraska. His undergraduate and graduate studies at Harvard and Boston University were interrupted by service as a Field Artillery liaison officer with



Bill Gentry

Chinese army forces in Burma and China, followed by an additional year of Army service in Shanghai. Bill was employed for 32 years by Dow Chemical, in Midland, Michigan, as a research chemist specializing in industrial organic chemistry and agricultural chemicals. Outside work, he has been active in Boy Scouting, holding various district, council, and national positions. With the United Methodist Church, Bill was active at local, state, and regional levels, serving as a lay delegate to the annual conference for many years, and to the jurisdictional conference. For a number of years he was a member of the Council for Finance and Administration of the United Methodist Rocky Mountain Annual Conference.