



The hotline

The *Hotline* is published periodically by Abel Publication Services, Inc., 284 Dryman Road, Franklin, NC 28734, for the Continuing Care Community Residents of North Carolina, Inc., c/o CCCR of NC President Bob Wyatt, 109 Owens Lane, Southern Pines, NC 28387. Submissions to the *Hotline* and other *Hotline*-related communications should be addressed to the *Hotline* editor, Sandra Lovegrove, at the Franklin address above, e-mailed to sandabel@aol.com, or faxed to (828) 349-9826.

<CCCRofNC.org>

**The CCCR of NC HomePage
is your source
for information—
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 Bob Wyatt, 109 Owens Lane, Southern Pines, NC 28387; e-mail <owens109@nc.rr.com>. If your community does not have a representative, mail checks to: CCCR of NC, c/o Susan Rhyne, 3913 Muhlenberg Court, Burlington, NC 27215. The form below is provided for your convenience.

APPLICATION FORM (please print or type)

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

Community _____

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

Get Set for Spring!—Two Regional Meetings April 8

SPRING IS UPON US, and it's time for members of the CCCR of NC (Continuing Care Community Residents of North Carolina) to get ready for regional meetings. The Eastern and Western Regions will both meet Tuesday, April 8. Information about the speakers and other arrangements and registration forms are provided below. (The Central Region's meeting, scheduled for June 12, will be covered in the next issue of the *Hotline*.)

Eastern Region

The Eastern Region's annual Spring Meeting will be held at the newly redecorated clubhouse at Belle Meade Retirement Resort in Southern Pines. Registration will begin at 9:30 AM, with the meeting to start at 10:15. Mr. David Barnes of the law firm Poyner & Spruill in Raleigh will speak on his position as an active lobbyist in the North Carolina Legislature specializing in bills affecting senior citizens. Ms. Jill Passmore, Lead Regional Ombudsman for the Triangle Agency on Aging, will speak on volunteerism and what you can do.

Reservations must be received by Friday, April 4. The registration fee of \$12 includes lunch. Directions to Belle Meade, located in Southern Pines, are available from your local CCCR of NC representative.

Western Region

The West's meeting will take place at Givens Estates, situated in a beautiful setting in the

mountains. Featured speakers will be Amy Forte, Senior Vice President of Morgan Stanley, who will discuss financial planning for seniors, and Ron Manheimer, Executive Director, NC Center for Creative Retirement, on how to enrich your retirement. Registration beginning at 9:15 AM will precede the meeting, which will begin at 10.

Advance notice from communities coming by bus is necessary so that Givens can plan for adequate parking. Givens people will direct cars to a nearby church parking lot, from which they will be transported by shuttle bus to the meeting site. The registration fee of \$13 includes lunch and a drawing for prizes.

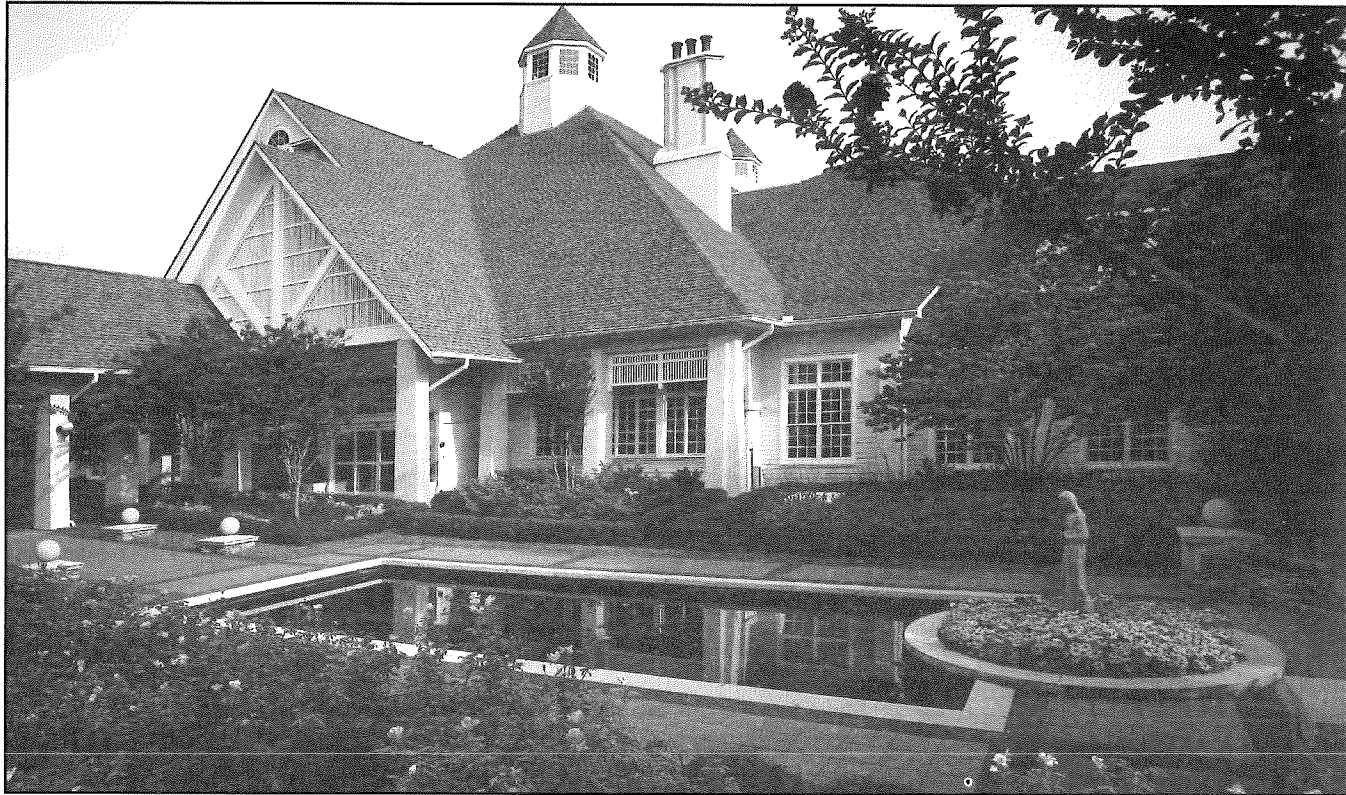
Directions to Givens Estates, 2360 Sweeten Creek Road, Asheville, are as follows:

From Charlotte:

- Take exit 108 from I 85 to US 74 toward Shelby
- Continue on US 74 –BYP W for 5.6 miles
- Continue of US 74 for 38.3 miles
- Take off ramp to I 26 W towards Asheville
- Take Exit 40 toward Asheville Regional Airport
- Turn right on NC 280. Go 1.9 miles
- Continue on Sweeten Creek Road (US 25 Alt). Go 4.1 miles
- Arrive at 2360 Sweeten Creek Road on the right

From Newton:

- Take I 40 Toward Asheville. Go 76.7 miles
- Take US 25 Alt exit. Go .3 miles
- Turn left on Sweeten Creek Road. Go 2.9 miles
- Arrive at 2360 Sweeten Creek Road on the right



Spring scene at Belle Meade.

EASTERN REGION REGISTRATION

Mail to Gloria Wyatt, 109 Owens Lane, Southern Pines, NC 28387

NAME/NAMES _____

COMMUNITY _____

COST—\$ 12.00 EACH (Please make your reservations no later than 4 April)

CHECK ATTACHED @ \$12.00 PER ATTENDEE
Make your check out to "CCCR—Eastern Region"

To Your Good Health

Stomach Flu

THERE HAS BEEN A LOT of recent publicity regarding area hospitals taking precautions due to the "stomach flu" or gastroenteritis. The symptoms usually include nausea, vomiting, diarrhea, and some stomach cramping. The illness often begins suddenly and is usually over in one to two days. Symptoms usually start 15 to 60 hours after exposure. People are contagious from the moment they feel ill until at least 48 hours after symptoms end.

People can become infected in various ways, including:

- eating food or drinking liquids contaminated with the virus
- touching contaminated surfaces or objects and putting hand to mouth
- having direct contact with person who is infected or showing symptoms
- breathing in the virus when a person is vomiting (this aerosolizes the virus)

Very little virus is required for someone to become ill. To protect yourself and others:

- Ask family and friends to refrain from visiting if they are sick. If you are not feeling well, cancel or restrict visitors. Carefully consider visits by children under 12 as it is difficult to ensure that younger children practice good hygiene, such as hand washing.
- Use frequent hand washing (minimum of 10 seconds). Also keep antibacterial hand cleaner in your car or purse for frequent use, especially if eating, drinking, applying lipstick, or using mints or gum.

- *If you are sick, stay at home.* Remain at home for 48 hours after the last episode of diarrhea or vomiting.
- Keep a small stock of the following in your home: Imodium, clear liquids (ginger ale, chicken or beef broth, Sprite or 7-up). Gatorade and Pedialyte (found in the infant grocery section) are also good resources to have on hand because they do contain some replacement electrolytes.
- If you are ill, cancel any routine services (e.g., housekeeping). If you deliver meals, be careful not to touch people or surfaces that may allow for transmission of the virus.

To reduce your risk:

- Wash hands frequently, especially before preparing and eating food, after toilet visits, and after changing diapers.
- Thoroughly clean and disinfect contaminated surfaces immediately after an episode of illness by using a bleach-based cleanser.
- Immediately remove and wash clothing or linens (including pillowcases) that may be contaminated with the virus after an episode of illness (use soap and hot water).
- Keep the areas around toilets clean.
- Throw away or clean/sanitize your toothbrush or any bathroom/kitchen cups used during the illness.

Hopefully, if you follow the suggestions listed above, you will decrease your chance of contracting the virus and be prepared to manage it safely at home, which is the safest and most comfortable place to be.

Robert A. Watson, MD

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

From Our Communities

Carolina Meadows Resident Team Assists Fellow Residents

RECENTLY, I went to a meeting of the MAP (Meadows Assistance Program) Committee. I was amazed at its extensive program. At this meeting, chairs of the various subcommittees reported on the projects of the group for 2007. I fear that most of us do not know enough about MAP.

Basically, MAP is a group of about 120 residents (120!) who in various ways help a remarkable number of other residents. MAP volunteers drive other residents who do not drive to activities not covered by CM staff; other volunteers read to other residents who are visually impaired; others escort residents who are driven by staff to medical appointments but who need, in addition to the ride, an escort to assist them in getting around the hospital or to stay with them in doctors' offices.

Other volunteers are organized as teams to take turns visiting residents unable to get out. Two volunteers recently have been alternating in assisting a physical therapist in her work with a resident in the pool. A particular group of MAP volunteers drive other residents around campus to movies, concerts, card games, dinner, and visits to friends when the Transportation staff is not on duty.

**The Hotline needs input
from YOU**

Of course, we are all glad to help our neighbors and friends, but MAP makes possible additional contacts in a slightly more organized, but truly helpful and thoughtful, way.

Last year, according to its records, MAP's 120 volunteers undertook 1,240 or so tasks!

Margaret Fallers
Carolina Meadows

MAP Ready to Assist on ER Trips

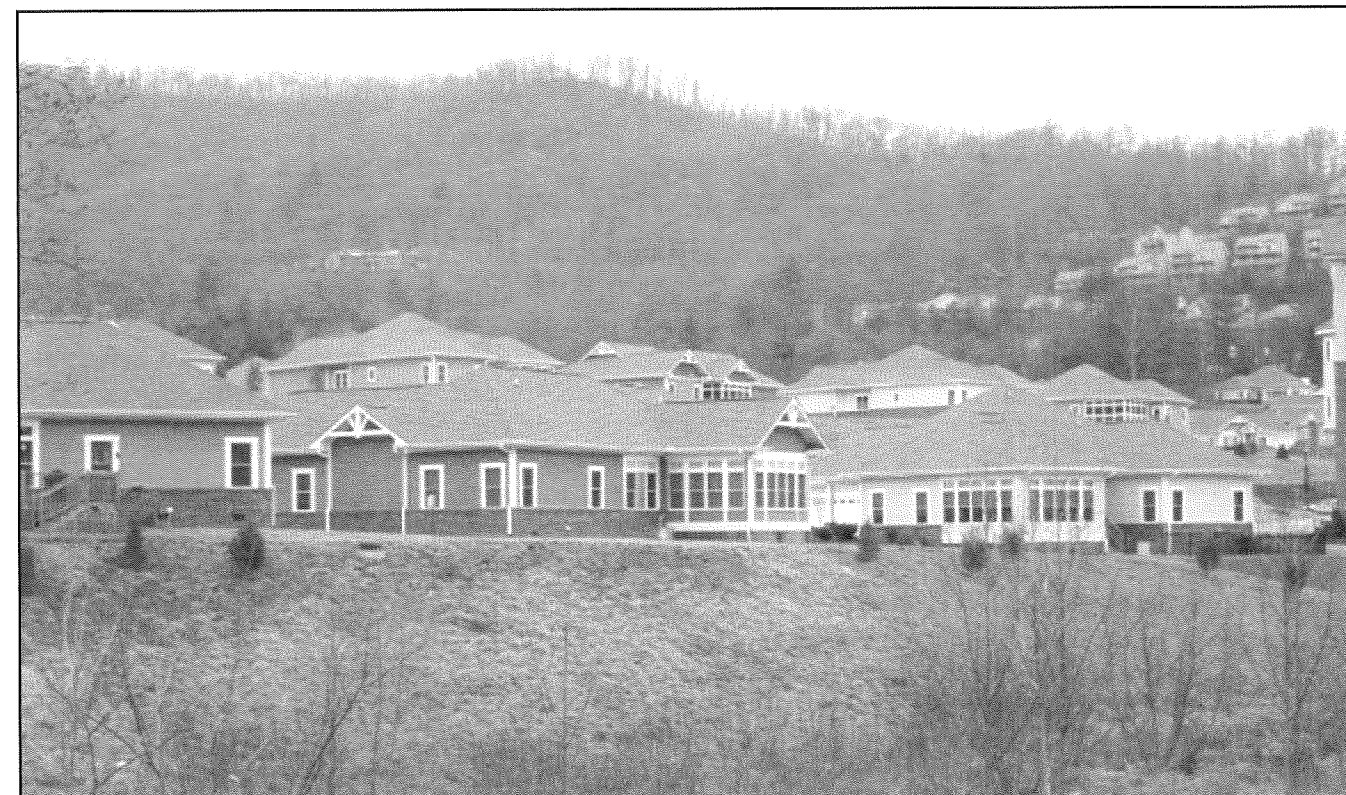
WHEN A RESIDENT [at Carolina Meadows] experiences a medical emergency, he or she should first call 911 and then push the alert button on the security telephone. The Nursing Supervisor will determine whether the resident needs to be hospitalized and will provide necessary paperwork to ambulance personnel.

If the trip to the hospital occurs during daylight hours, one of seven MAP drivers who have volunteered for this task will follow the ambulance and stay with the patient for up to three hours, by which time either the patient will be released or a friend or relative will have arrived to relieve the MAP driver. If neither of these occurs, the MAP driver will call a second MAP driver to take over the responsibility.

The Nursing Supervisor makes the call that activates the MAP driver.

Bill and Phyllis Koehnline
Carolina Meadows

Both the above reports are reprinted from *The Meadowlark*, February 1, 2008, Volume 23, No. 1.



Givens Estates enjoys a beautiful mountain setting.

WESTERN REGION REGISTRATION

Mail to Wendell Swift, 515 Shuford Circle Drive, Newton, NC 28658

NAME/NAMES _____

COMMUNITY _____

COST—\$13.00 EACH (Please make your reservations no later than 5 April)

CHECK ATTACHED @ \$13.00 PER ATTENDEE
Make your check out to "CCCR of NC Western Region"

***** WESTERN REGION WILL PAY FOR LUNCH FOR ALL BUS DRIVERS. Community rep, please fill out a form for your driver and indicate Driver, Community, and Region guest!**

Executive Committee Allocates Excess Funds

AT THE JANUARY 10 MEETING of the CCCR of NC Executive Committee, the committee that had been appointed at the October 2007 Annual Meeting to consider appropriate allocation of excess funds in the treasury gave its report. Committee members were Bill Gentry, CCCR of NC Treasurer, Croasdaile Village; Gloria Wyatt, Eastern Region, Belle Meade; Charles Fitzpatrick, Central Region, Twin Lakes; Walter Hannah, Central Region, Wellspring; Wendell Swift, Western Region, Abernethy Laurels; Dan Looper, Western Region, Grace Ridge; and Myles Walburn, Committee Chair, Carolina Meadows.

The committee began its work on October 28, 2007, by reviewing an e-mail communication from the Chair giving background information about the accumulation of CCCR of NC reserve funds and how they have been used in the past, and suggesting alternatives the committee might include in a policy for the Executive Committee to consider. Members were invited to share their thoughts and suggestions with each other. All committee activity was accomplished by e-mail communication.

The original suggestions were that: 1) a certain amount should be set aside for the purposes reserve funds usually play in an organization, such as to meet unforeseen expenses and provide stability to the budget; 2) an amount be used to increase the already budgeted funds to cover the expenses for at least two persons attending annual AAHSA meetings; 3) an amount to cover the annual cost of non-payment of yearly dues by those who have previously paid to be life members; and 4) the possibility of using funds to initiate additional regional or statewide programs.

A lively discussion occurred for approximately a month with all committee mem-

bers participating. The committee's recommendations to the Executive Committee that were adopted at the January 10 meeting were:

1. Funds totaling between \$8,000 and \$10,000 be kept on deposit and used in the event of sudden, unanticipated needs of residents anywhere in the State such as flood or weather damage not covered by insurance or the CCRC providers. [The funds kept for residents suffering loss in a disaster followed the example of a CCRC and its residents who suffered severe damage from Hurricane Floyd. Some of the buildings were in a very low area and therefore badly flooded. Several of the residents in that section were elderly single women who had to be evacuated and lost clothing and other personal effects that were not insured. CCCR of NC provided \$5,000 to assist them.]
2. Funds to pay the registration and travel expenses for two CCCR of NC members to be appointed by the President to attend the annual meetings of AAHSA. Currently a budget amount of \$5,000 should be sufficient. Money will be kept available for attendance at the spring AAHSA legislative meeting. Participants will be expected to submit a report and account for their expenses in compliance with the CCCR of NC Travel Reimbursement Policy.
3. These policies are subject to modification on recommendation of the Treasurer and agreement of the Executive Committee.

Myles H. Walburn
Carolina Meadows

Excess flower vases are collected and given to the local florist and, in turn, Carol Woods receives free flowers for the community's use. The flowers usually go to the health center, where residents who are in skilled nursing or assisted living have a chance to create floral arrangements that are then placed in the dining rooms. Other smaller items that are being donated are postage stamps, which are collected and then sent to Oxfam, and hearing aids, which are collected at Carol Woods and reconditioned at UNC as an affordable option for the hearing-impaired.

The Recycling Committee promotes the use of string or cloth shopping bags, returning plastic bags back to the stores, and donating usable appliances and furniture to the Carol Woods Bid Sale or bringing them to the Salvage Shed at the Eubanks Road Recycling Center.

In April, Earth Day is celebrated by residents' participation exploring new ways to make the campus more energy, water, and power efficient, and also discussing current environmental issues that affect the local and global community.

Carol Woods has the distinction of being one of Orange County's best recycling sites. Residents are successfully following the "three Rs" of recycling: Reduce, Reuse, and Recycle. Through this practice they hope to achieve the long-term goal of keeping as much waste as they can out of the stream of trash filling local landfills now and in the future.

Lewis Woodham
Carol Woods

Letters

Durable Power of Attorney

To the Editor:—Page 7 of the November–December issue of the *Hotline* appears to have a significant error in the box about advance directives at the bottom of the page.

The website <www.choices.org> is promoting community involvement to help teenaged children stay in school. This is a worthy objective but has nothing to do with advance directives.

What was the intended website with the durable power of attorney that is mentioned?

George Fedde
Tryon Estates

The editor responds:—Thank you for bringing this error to my attention. The incorrect website is given in a book about retirement, but the book was published ten years ago and I should have checked my source. If you go to <www.google.com> and type in "durable power of attorney" for the search you will find a number of listings. At least one of them, <www.CaringInfo.org>, which I checked, offers free forms tailored to your state's requirements.

"Don't Dial 90#"

To the Editor:—I read the above article in the November–December issue and feel it needs clarification. Snopes.com says the information is "partly true." It adds that "the e-mailed warnings are overblown in that very few phone systems are vulnerable to it any more. This scam does not affect residential or cell phone numbers—it only applies to businesses, hospitals, government agencies, and other organizations that still use telephone private branch exchanges (PBXs) rather than Centrex lines to handle their calls."

Robert Comey
Carolina Meadows

The editor responds:—Thank you for clarifying that for our readers. (In any case the intentions of a caller who asks a perfect stranger to dial 90#, or anything else, should be suspect.)

Carol Woods Has Outstanding Recycling Program

CAROL WOODS'S COMMITMENT to recycling has existed since its introduction into the community in 1979, and residents have been actively cleaning up their environment since the early 1990s. It began with residents' desire to remove as much as they could from an on-campus waste stream and has involved participation in activities such as working with Boy Scouts to sort paper and other recyclables.

As national environmental awareness boomed throughout the '90s, the efforts and resident-run programs grew and the community evolved to what it is today, 444 residents and 300 staff contributing their individual efforts to responsibly manage waste materials at Carol Woods.

Located within the 120-acre campus are dumpsters and central points for refuse collection that make it quick and easy for residents to be active recyclers and good stewards of their refuse materials. Materials such as newspaper, magazines, and cardboard are shipped to the town refuse center. Hazardous waste such as cleansers, paint, and solvents are put in a special container and picked up by the Orange County program.

Residents are getting their hands dirty and loving every minute of it. From collecting batteries to transporting hazardous materials, these enthusiastic environmentalists volunteer their time, striving to create a cleaner community inside and outside Carol Woods.

Lew Woodham, with his wife, Ann, co-chairs the Recycling Committee and has been an active recycler for eight and a half years. The Woodhams provide information at monthly residents' association meetings to educate residents as to what is and what is not recyclable. (They recently presented a "Dumpster Diver" certificate of appreciation to a resident who was seen diving into a

dumpster to retrieve an item that should have been recycled!)

Residents such as Dick and Anne Wood have been in the recycling game since 1972. Upon moving to Carol Woods two years ago, they found that their passion for environmental stewardship could easily be satisfied through this recycling program.

Going beyond their personal commitment to recycling, Lew Woodham, Dick and Anne Woods, Jack Reed, and Gordon Fisher also transport hazardous waste such as old paint and dead batteries to the county waste facility. Local packaging stores happily accept discarded Styrofoam.

As appliances such as stoves, refrigerators, washers and dryers are replaced on campus, many are donated to Orange County Social Services and Habitat for Humanity. The same is true of home furnishings donated to Carol Woods's Bid Sale; items that aren't purchased by residents or staff are donated to local agencies for distribution to those in need.

Another way Carol Woods helps give back to the community is through recycling of reusable clothing, eyeglasses, cell phones, and electronic appliances that could benefit others. For instance, the cell phones that go out of style so quickly are donated to the local police department for reissue to abused spouses. Eyeglasses are collected at Carol Woods and then taken to local optometrists in Chapel Hill for collection. Lions Club International picks them up to be reconditioned and distributed to requesting organizations from around the world.

As an employee perk, residents may donate used clothing to the staff clothing-exchange closet. Items such as coats, suits, skirts, and sweaters are available to any employees who wish to browse and take home items for themselves or family members.

Attention Community Reps!

Board of Directors Meets April 22

THERE WILL BE a Board of Directors meeting on Tuesday, April 22, 2008, at Carolina Meadows in Chapel Hill. Registration will begin at 9:30 AM and the meeting will begin at 10:30 AM. Registration cost is \$10.00 per person and includes a box lunch with a choice of either chicken salad or roast beef.

The Board of Directors consists of our four statewide officers plus the Representative from each CCCR of NC community in good standing. This meeting is open to the full membership although non-Board members are excluded from voting on CCCR of NC issues.

Issues to be presented include reports from the individual regions, the accounting of life memberships, the allocation of reserve funds, and the mileage allowance for authorized

Membership Note

Since the October 2007 Annual Meeting, 82 residents have been added to the roster of life members.

driving, in addition to any items presented from the floor.

For directions to Carolina Meadows e-mail Allen Evans at <evans 2171@bellsouth.net> or call him at (919) 928-0954.

BOARD OF DIRECTORS MEETING REGISTRATION FORM for meeting on Tuesday April 22, 2008, at Carolina Meadows, Chapel Hill

NAME/NAMES _____
COMMUNITY _____

Box Lunch Preference: Chicken Salad _____ Roast Beef _____

Make your check for \$10.00 per person payable to: CCCR of NC and mail to:
Allen Evans, 5 Carolina Meadows, Apt. 105, Chapel Hill, NC 27517

Checks must be received in Chapel Hill by Friday, April 18, 2008

All bus drivers will be our guests at lunch. Community Representatives should complete this form for your driver, noting his/her name, driver, and community.

Responsibilities of a Representative

"REPRESENTATIVE" is derived from the word "represent." And that is what we really do. We represent our continuing care retirement community, our residents, in about every way, and in particular as a member of the Board of Directors of the Continuing Care Community Residents of North Carolina (CCCR of NC). The representative, or his or her Alternate, should attend the CCCR of NC's Annual Meetings and all meetings of the Board of Directors, such as the one we are having here today. As a Representative, you should also plan to attend the meetings of your Region.

While we Representatives have many chores, one of the most important is plain old communication. Getting the word out to our residents is one of the most important things we can do. Most new residents know little or nothing about our organization, let alone its purpose, how it operates, or its past accomplishments. In our case, the Belle Meade Welcoming Committee gives new residents a preview of our organization along with many other items concerning their new way of living. I'm sure it can be most confusing to the newcomer. So our job as Representatives is to continue to communicate to the newcomers and, in reality, to all residents. One on one is out of the question; it's just too much to ask of any Representative.

One easy way to communicate is through distribution of the *Hotline*, the CCCR of NC's quarterly publication. Don't leave them in a pile on a mail table somewhere but make sure they get in the residents' own mail slots.

Another effective method is through the monthly meetings of your residents' association. Ask your president for the opportunity to present a short message of interest to all concerning our organization. Subjects could be:

1. A brief description of the origin of our CCCR of NC. This information can be found in the CCCR of NC's brochure (available from the CCCR of NC President).

2. A brief description of our purpose. Again, from the brochure, select important points.

3. Relate the origination of the present law, Article 64, Chapter 58, of the North Carolina General Statutes, and how one man, Harry Groves, wrote the law with the help of a small group of CCCR of NC residents.

4. Point out that Article 64, Chapter 58, is 14 single-spaced typed pages containing the rules and regulations by which we residents and our managements operate. While much of it has to do with the financial requirements of management, it states very specifically the rights of residents. Among these are the right to self-organization, that management must hold meetings semiannually for the residents providing them with specific financial information, and "that a Disclosure Statement in plain English understandable by a layperson" shall be provided to all prospective residents and made available to all residents yearly noting changes. This law, all 14 pages, is available on the Internet.

5. The NC Department of Insurance is charged with enforcement of the law. Your source is again the brochure.

6. Organization of our CCCR of NC and why our state is divided into three regions.

7. Reports of regional and state meetings.

8. Items gleaned from the *Hotline*.

Every organization needs money to operate on, and our CCCR of NC is no exception. The dues are small, only \$5.00 per person annually, or \$50.00 per person for a life membership. Their collection is your responsibility as the Representative. In several facilities,

management automatically collects the dues from the residents by adding this item to their monthly maintenance bills once each year. This is the easiest way, and I urge you to try talking your management into adopting it. At Belle Meade the treasurer of our residents' association performs this task. Hopefully, if you cannot get your management to assume it, you will be able to find someone willing to do it. In the end, however, it is the responsibility of the Representative to see that it gets done.

Each quarter you as the Representative receive a list of dues-paying members within your facility. This list is only as accurate as you keep it current. At Belle Meade I attend three or more memorial services every month for residents, most of whom have been dues-paying members. Others transfer to our assisted-living facility or to the health center and also need to be removed from the list. And there are always new people moving in. Adjusting local membership rolls and advising by mail or e-mail the state keeper of these rolls again is the Representative's responsibility. Taking care of this on a regular, perhaps quarterly, basis keeps the rolls current and makes the job easier in the long run.

One last item that could be very important to you as a Representative and to our State organization is the selection and election of an assistant, whom we refer to as your Alternate. The Alternate can be most helpful in sitting in for you at meetings, seeing that certain chores are accomplished, and recruiting new members. If you do not now have an Alternate, I urge you to arrange for one. It will make your job easier.

Adapted from a presentation made by CCCR of NC President Bob Wyatt when he was the Representative for Belle Meade, at a previous meeting of the Board of Directors.

Hexaphilia

No doubt about it—I love Saturday!
Sandwiched between the namesakes
for the earth mother
and the grand source of light and life,
the jolly old god of joy and virtue,
seems just right for Saturday.

Even the pentaphiliacs
who thank God for Friday
are basically talking about the day
that really counts, Saturday,
when they can do anything they want to.

After all these years, retired,
when every day could be a Saturday,
they really aren't, and on the sixth day
when I wake up, a familiar little voice
still says "It's Saturday, let's get going!"

For years the Saturday magic meant
NO SCHOOL,
unless, because of indolence or insolence
I was sentenced to Saturday morning study;
riding alone, at eight o'clock,
on number 23 streetcar down Germantown
Avenue
to join my fellow reprobates
doing time 'til noon in the study hall.

For years it meant that Dad would be home
for lunch,
leaving the hospital to join us
for the weekend to do all sorts of stuff
together,
and suddenly, just a few years later
it meant I'd be home for lunch,
leaving the lab to do all sorts of stuff together
with Sylvia and the boys.

Now, just as suddenly they've gone,
school, Saturday study, Dad, the boys, the lab,
no stuff to do like cutting grass or raking
leaves.

Still, somehow the little voice
never fails to say, "Come on, let's go, it's
Saturday!"

Ned Arnett
The Forest at Duke