



The hotline

Spring Meeting Agendas Set at Regions

SPRING IS HERE. The forsythias are in bloom, and the three Regions of the Continuing Care Community Residents of North Carolina (CCCR of NC) have completed arrangements for their annual spring meetings.

tees. In 2001 he was appointed Deputy Secretary of the Department of Health and Human Services and remained in that position until 2004. In 2009 Governor Perdue appointed him to his present position.

During the business portion of the meeting, election of officers for the 2011-2012 will be held. The nominees are: Chair: Nape Baker, Carol Woods; Vice Chair: to be announced; Secretary: Sherri Davis, Carol Woods; Treasurer: Betty Kent, Carolina Meadows.

The cost will be \$13.50, which includes a great lunch. For directions please go to <croasdailevillage.com> and click "How To Find Us."

Heather Rodin
Galloway Ridge

Eastern Region

THE EASTERN REGION will hold its annual Spring Meeting at Croasdaile Village, 2600 Croasdaile Farm Parkway, Durham NC 27705, on April 6. Registration and coffee hour will begin at 9:15A.M. The meeting will follow at 10:00 A.M.

The first presentation will describe two communities with more than quarter-century histories of strong administration and resident association cooperation. Kevin McLeod, CEO, and Sallie Comey, residents' association president, will discuss Carolina Meadows; Pat Sprigg, CEO, and Dottie Heninger, residents' association president, will present Carol Woods' model. Time for questions and discussion will follow the presentations.

The second presentation will feature North Carolina Secretary of the Department of Health and Human Services, Lanier M. Cansler, who will speak on "Pending Legislation and Current Legislative Atmosphere That Might Impact Services for Those over Sixty-five." Secretary Cansler was elected to the North Carolina House of Representatives in 1994 and served until 2001, during which time he served on many health care commit-

Western Region

WESTERN REGION members can look forward to a variety-filled Annual Meeting. A continental breakfast will be served as members register at Asheville's Deerfield Retirement

The registration form for the Eastern Region appears on page 3.

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 Clinton V. Willis, Jr., 3 Kintyer Court, 2200 Elm Ave., Laurinburg, NC 28352; (910) 276-2739; genclint@bellsouth.net. 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 Clinton V. Willis, Jr., 3 Kintyer Court, 2200 Elm Ave., Laurinburg, NC 28352; (910) 276-2739; genclint@bellsouth.net. 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)

For membership year 2011

(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

Community on April 12 at 9:00 A.M. Chairman Marcus Key will call the meeting to order in the Blue Ridge Room at 10:00 A.M. Program presenters include Terri Robinson, author of *Riding the Care-Go-Round*, a book that everyone will enjoy reading and then utilizing for information and comfort when they experience the care needed for themselves or their loved ones.

The Decker Quick Team from Asheville's Morgan Stanley Smith Barney office has invited one of the company's top corporate speakers, from New York, to inform our members about the currently fluid investment market and the effect it is having and will have on persons with fixed or steady incomes.

A few members of the Deerfield Community will clown around for us as they bring a lighter moment filled with laughter and fun. Lunch will be served in the Bistro dining area. After lunch, a brief business meeting will include amending the region's bylaws and electing officers for the 2011-2012 year.

Drawings for door prizes will be held throughout the morning and afternoon (you have to be present to win). The prizes will be: autographed copies of *Riding the Care-Go-Round* (donated by Ms. Robinson); golf umbrellas, golf balls, and other golfing items (The Decker Quick Team); a one-day all-expense-paid luxury tour for two guests to Charlotte to see "Cats," or to Greenville, SC, to see "West Side Story" (Globe Treks travel group); an overnight all-expense-paid luxury trip for two on May 26 and 27, to Knoxville for the Steve Martin Steep Canyon Rangers steel strings "pickin' and grinnin'" musical show; and a gardening tote with stool and tools (The Himan Group at Bank of America).

Brief tours of Deerfield will be available prior to the 10:00 A.M. meeting time or after the meeting's adjournment at 2:20 P.M.

The cost of registration and lunch is only \$12.00, if you register prior to March 31. A registration form is included in this issue of the *Hotline*.

Your Western Region officers look forward to seeing you on April 12 at Deerfield.

Pat Looper
Grace Ridge

The registration form for the Western Region appears on page 4.

Central Region

Mark your calendar!

THE ANNUAL MEETING of the Central Region will be held Wednesday, May 4, at Pennybryn at Maryfield. Registration will be at 9:30 A.M. The meeting will start at 10:00 A.M. The guest speaker will be Dr. Jeff Williamson, who is a geriatric physician. A sitdown luncheon will be served.

The registration fee, which includes the cost of lunch, is \$5.00 for members or \$10.00 for non-members. Registration forms and directions to Pennybryn will be distributed several weeks before the meeting.

Kitty Barnes
Friends Homes West

CCCR of NC State Officers, January 2011

Harry Groves, Founder
Carolina Meadows, F-334, Chapel Hill, NC 27517; (919) 932-7236

Clint Willis, President
3 Kintyer Court, 2200 Elm Avenue, Laurinberg, NC 28352; (910) 276-2739

Dale Stine, Vice President
509 Central Drive, Apt. 305, Southern Pines, NC 28387; (910) 695-7288

Pat Looper, Secretary
500 Lenoir Road, Apt. 406, Morganton, NC 28655; (828) 438-5306

Walton T. Boyer, Jr., Treasurer
25 Sheffield Circle, Asheville, NC 28803; (828) 277-6493

William "Bill" Pearce, Past President
3800 Shamrock Drive, Charlotte, NC 28215; (704) 532-5367

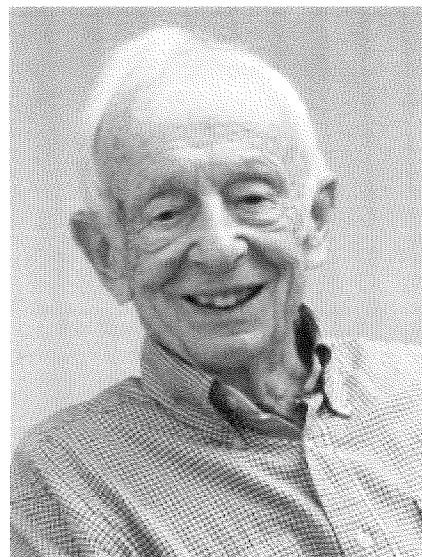
Heather Rodin, Eastern Region Representative
40 Speyside Circle, Pittsboro, NC 27312; (919) 642-0325

Kitty Barnes, Central Region Representative
6100 West Friendly Avenue, Apt. 2112, Greensboro, NC 27410; (336)-855-3069

Marcus Key, Western Region Representative
500 Lenoir Road, Apt. 336, Morganton, NC 28655; (828) 729-3526

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Christoph Schweitzer

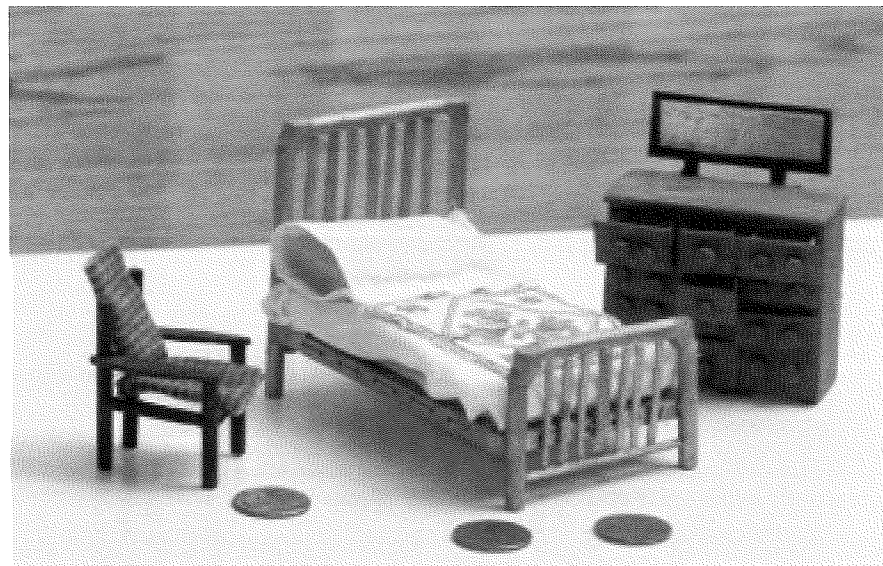
since he was a young man growing up in Germany.

Cristoph has never studied design or toy-making, and therefore is a self-made artist. One thinks of Grandma Moses, creating primitive art in her seventies, with no training of any kind. Instead of paints and canvas, this form of art uses plywood and cloth.

In real life, Cristoph received a PhD in the German language and became professor and later chairman of the German department at UNC for 23 years.

Cristoph Schweitzer is a good example of the many talented residents at Carol Woods with exceptional skills and achievements.

Lucy A. Pap
Carol Woods



Share Your Experience!

What is happening in your community? Your friends statewide would like to learn about interesting events, services, and other features. Please send submissions to the editor at the address or e-mail address (Mac-friendly, please) on page 12 of this issue. Pictures are always welcome!



EASTERN REGION

ANNUAL MEETING OF THE EASTERN REGION

Croasdaile Village
April 6, 2011

Registration and morning snack 9:15 A.M.
Meeting at 10 A.M.

Registration Form—You must use this form to register—Please Print

MAIL TO: Jackie Atkinson, 14 Boardman Court, Durham, NC 27705

NAME/NAMES _____

COMMUNITY _____

ADDRESS _____

PHONE _____ E-MAIL _____

I would like to tour Croasdaile Village after lunch. Yes___ No___

I (we) have the following dietary restrictions: _____

COST: \$13.50 EACH

Reservations must be received no later than March 30, 2011

CHECK ATTACHED @ \$13.50 PER ATTENDEE
Please make check out to: "CCCR of NC—Eastern Region"



WESTERN REGION

ANNUAL MEETING OF THE WESTERN REGION
Deerfield Retirement Community
April 12, 2011

Luncheon Menu

Served at the buffet

Two soup choices Three entrée choices Vegetable choices

Served at the table

Salad Dessert Beverages

Luncheon and Registration cost

\$12.00 total luncheon and registration fee if received by March 31
\$14.00 total luncheon and registration fee and received after March 31

Registration Fee without luncheon

\$2.00 if received by March 31
\$4.00 if received after March 31

Registration Form—You must use this form to register—Please Print

Name _____ Community _____

Address _____

Telephone _____ Email _____

Please make check out to "Western Region CCCR of NC"
Return the Registration Form with your check to:

Dan Looper, Treasurer
500 Lenoir Road, # 406
Morganton, NC 28655-2669

Please indicate your interest in a tour of Deerfield:
(Yes) Between 9 AM and 10 AM _____ After business meeting _____

The Western Region will pay for lunch for your community's bus driver.



Ivan Lakis (left) and Lew Woodham examine an exhibit at the fair.

Drawings for 20+ door prizes occurred as the fair progressed. Some happy winners will soon be heading to the movies, buying groceries or gifts, eating out, getting a car washed, or even receiving kennel services, thanks to the generosity of local businesses.

At the fair's conclusion, residents pitched in for cleanup; the balloons found their way to the Children's Center. Many thanks to Nancy Gustaveson and the Community Relations Committee for their inspiration and hard work in creating an event that clearly demonstrated what's up at Carol Woods.

Nancy Martin
Carol Woods

The Plywood Artist in Our Midst

JUST AS GULLIVER awoke to discover tiny Lilliputians surrounding him, I am sitting on the couch in my living room, surrounded by a collection of miniature plywood toys. They are arranged on two square glass tables, with coins nearby for comparison. To the left is an ensemble of bedroom toys: twin beds, complete with pillows, pillowcases, mattresses, and embroidered coverlets; and a diminutive chest with drawers that open and close, with a mirror on top. To complete this minuscule room, there are a lamp, a night table, and an upholstered chair. This is a perfectly cozy place for two

butterflies to spend the night, should they manage to sleep in a recumbent position, with folded wings. Otherwise the beds would be too small even for them.

On the second glass table is more furniture for other rooms: a television with plug-in cord, a round table, and chairs for a four-guest dinner. There are also a mailbox, a blue bench and more. Somewhat larger is a car that runs on a smooth surface, with just a little push, the artist's own invention. Included is a spare rubber tire in the trunk.

This furniture is entirely hand made by Cristoph Schweitzer, who has been making miniature toys, with almost surgical precision,

From Our Communities

Croasdaile Residents Enjoy New Exercise Equipment

AFTER MORE THAN A YEAR of planning and effort, the Croasdaile Village residents' Wellness Committee was thrilled when in early December approximately \$40,000 worth of new cardio and strength-training equipment was installed in the old Exercise Room, which has been re-named the Fitness Center. The weight training equipment is air-driven and therefore very kind to aging joints. It can be set in 1 lb. weight increments ranging from 1 to 275 lbs. and is extremely easy to adjust with large panels displaying both the weight and number of repetitions.

At the same time, a full-time Fitness Coordinator was hired. Jan Oldenburg has an undergraduate degree in exercise science and a graduate degree in wellness and gerontology. An Open House to welcome the equipment and Jan was held in January.

By the beginning of February Jan had already given equipment orientations to more than half of the 425 res-

idents in Independent Living—far exceeding the expectations of both the Wellness Committee and the Croasdaile Village administration. She also started a motivational program called "Exercise Across America" for residents who exercise at least 30 minutes three times a week. And she implemented a "Star of the Month" display featuring residents who successfully incorporate exercise into their daily lives.

Results of a resident survey Jan conducted have been tabulated and will be used to help determine new exercise classes to be offered, outdoor recreation excursions in the spring, and the possible addition of outdoor recreation enhancements to the campus.

Judith Moore
Croasdaile Village

A Fair Shows Residents "What's Up" at Carol Woods

BALLOONS marking information booths, handouts, door prizes, refreshments, surveys, and scheduled entertainments—all the trappings of a trade fair or convention—but on November 16 this was

"What's Up, Carol Woods?" Set up in both the Assembly Hall and Social Lounge, the fair was designed to showcase to residents old and new the more than 50 committees and interest groups that advise our administration, organize cultural activities, plan trips, run Cash and Carry, promote fitness, volunteer services on campus and in the larger community, and more. Committee members answered questions and recruited new members as their interests coincided.

Strolling by booths slowed as more than 40 preschoolers from the Children's Center joined residents to ooh and ah over the juggling feats of Duane Deardorff, a UNC physics professor. The children called out "higher, higher" until one of his Indian clubs came close to the rafters. He showed the secret of donning stilts and juggled while walking on them. Finally, the children exited between his stilts before he and they returned to their classes. Other entertainment included two of our home-grown favorites: tap dancing routines by the Taptations and a performance by the Carol Woods English Country Dancers.

Meeting Report

NCANPHA Head Speaks at Chapter Meeting

CITING THE NEED for collaboration among all those involved, Tom Akins told the Friends Homes West Chapter of the Continuing Care Community Residents of North Carolina that he believes a goal of society should be "to affirm and support all of us who are growing older."

Akins, of Raleigh, is president and chief executive officer of the North Carolina Association of Non-Profit Homes for the Aging (NCANPHA). He spoke to 26 members of the

FHW Chapter of CCCR of NC Friday, January 7.

"We must work together on issues that face us," the speaker said of the residents' group and his organization, which represents management. To encourage this collaboration, Akins has visited residents and staff members of many state CCRCs since coming here last fall from Kansas. There he was employed by the retirement home where his parents are residents.



Tom Akins addresses the group at Friends Homes West

Among issues facing CCCR of NC and NCANPHA, Akins said, are whether or not to offer off-campus service, such as house-keeping and food, and how to provide accurate information to legislators.

Collaboration between the two organizations already has brought about a legal requirement that all continuing care facilities are entitled to have a residents' association and to receive an annual financial report from management. In addition, the groups have achieved a suitable tax structure for nonprofit facilities.

As to off-campus services, now being considered by several facilities, Akins said, such services would be provided in partnership with existing agencies and fees would be charged, probably at prices lower than the agencies normally would charge. Nevertheless, with the possible requirement that service recipients also pay a membership fee, the costs might finally equal that of moving into a retirement facility. The goal of such an arrangement would be for the CCRC to serve a broader community than just its campus.

These services never should jeopardize the on-campus residents, nor would they be a moneymaking effort. Akins added that such service also could include inviting non-residents to on-campus events and possibly could lead some of the recipients to decide to move into the communities.

One resident commented that these fee-paying persons apparently could afford to move on campus and had chosen not to do so, and that a greater need for service exists among those who cannot afford to move to a retirement community.

Going back to "collaboration," one resident asked what can be done about management's thinking that "it knows what we need more than we do."

Akins responded that opinions should be solicited and should be expressed freely. He said often one or two leaders in an organization "set the culture of the group."

Sterling Whitener, a founding member of the FHW Chapter, said one top administrator of Friends Homes has expressed appreciation for what both the local chapter and the state CCCR of NC have done.

Exercise! It Keeps Both Brain and Body Healthy

Croasdaile Village has the right idea (this issue, page 8). Exercise not only keeps you limber and reduces arthritis pain, it also helps to keep your mind sharp. The August 26, 2010, issue of *Frontiers in Aging Neuroscience* published (online) results of a study of relatively inactive people 65 or older. Half of them were assigned to exercise by walking regularly. Beneficial effects on brain activity showed up quite soon in this group. This is only one of several recent studies showing that exercise improves brain function. —*The Editor*

Medicare Covers a Yearly "Wellness" Exam

If you have had Part B for longer than 12 months, you can get a yearly wellness visit to develop or update a personalized prevention plan based on your current health and risk factors. This includes the following:

- Review of medical and family history
- List of current providers and prescriptions
- Height, weight, blood pressure, and other routine measurements
- Screening schedule for appropriate preventive services
- List of risk factors and treatment options for you

How often is the exam covered? Once every 12 months.

Your costs if you have original Medicare: you pay nothing for this exam if your doctor accepts the assignment.

You don't need to have had a "Welcome to Medicare" physical exam if you have already had Part B for at least 12 months, but if you do get the "Welcome to Medicare" exam during your first year, you will have to wait 12 months before you can get your first yearly "Wellness" visit.

You can also go to the website <mymedicare.com> and enter your own personal information, including emergency contact names and numbers, and if you wish add your list of medications and other valuable information for health care providers. Once you establish your own personal site, you can access information about when you are eligible for your next annual tests, such as mammography and annual wellness.

There is also information about what diagnostic testing is covered by Medicare, and how frequently. For further information go to <medicare.gov>.

Marleen Varner
Deerfield

Marleen Varner is the editor of the *NaCCRA Lifeline*. This piece is reprinted from it, with permission.