



The *hotline*

NCCCRCA PRESIDENT'S REPORT

November 2014

Over the last year, I have been gradually evolving into a full time caregiver. I did not anticipate this in October 2013, but it has significantly curtailed my freedom to travel at will. Fortunately, the Executive Committee has repeatedly stepped in to help where needed, and I want to thank them all, Heather Rodin, Barbara Pray, Marleen Varner, Ginger Clifford, Joe Clontz, Randall Edwards, and especially Brenda Tremoulet, who drove me all the way to Nashville, TN, and back in her new car for the NaCCRA board meeting and LeadingAge Exposition. The LeadingAge Exposition is a great learning experience, and I highly recommend it, if you can attend. LeadingAge forgoes the expensive registration fee for residents of CCRCs, and provides a free lunch every day, so all you need to cover is your travel and lodging.

All rumors and other more real advice indicate that this will be a busy year for us with the NC Legislature. Just for starters, those members attending our Annual Meeting on October 7 made it clear they were strongly in favor of pursuing advocacy for adding some form of medical deduction to the state income tax return. The NC Coalition on Aging is convening a meeting in Raleigh on December 5 of representatives from organizations supporting the elderly to develop a means of coordinating our advocacy efforts with the state legislature. LeadingAge NC has contracted for a study reporting on January 15 looking at the needs of the elderly over the next decades. So what are we doing?

Starting last October, the NCCCRCA Executive Committee is now meeting monthly by telephone to coordinate our actions and decisions. They have approved new ad hoc committees to (1) coordinate legislative action for this forthcoming year, and (2) develop bylaws changes covering the several new operating procedures we have adopted over the last year that are not provided for in the current bylaws. And, they have directed me to send congratulatory letters to the new and returning legislators in the NC

Legislature, which I will do (developing a mail-merge list for 170 legislators has become time-consuming).

The Executive Committee agreed that the special interest group at Carol Woods could form the nucleus for the ad hoc Legislation Committee, but would need to add representation from each of the other regions. Sindy Barker has agreed to chair this committee, and carry its operations forward. Sindy has also agreed to be our representative at the NC Coalition on Aging meeting in Raleigh. She is very enthusiastic about this charge, and I hope you will all support her to the fullest. I recently asked all CCRC representatives to arrange, where possible, for an NCCCRCA member at each CCRC to liaise with local legislators and their staffs. Sindy will be interested in maintaining contact with these people.

The co-chairs in the Eastern Region, the teleconference meetings and decisions of the Executive Committee, and a possible future need for the board of directors to vote on issues by email are all outside of the current scope of our bylaws. We anticipate a very busy year with legislative advocacy in 2015 and these new operating procedures may be critical to our success. The Executive Committee, as a whole, will address the bylaws issues and I have asked Bill Gentry, as a member experienced in parliamentary procedures, to keep us honest. Expect to vote on them at our annual meeting next October.

As was the case in 2013, and to a lesser extent this last year, we anticipate the need for all our members in 2015 to generate emails, letters, phone calls, and even personal advocacy with local members of the NC Legislature. We do not know yet what the critical issues will be; we will keep you informed as we identify them. NCCCRCA members have been very effective in the past influencing legislators, and with your participation, we plan to be so again in 2015.

Happy Holidays to you all,

Walton Boyer

THE NORTH CAROLINA CONTINUING CARE RESIDENTS ASSOCIATION 2014 ANNUAL MEETING

Walton Boyer

The North Carolina Continuing Care Residents Association 2014 Annual Meeting was held at Christ United Methodist Church in Greensboro, NC, on October 7. Two hundred and two people registered to attend, a new record.

After recognizing the past-presidents in attendance, Walton Boyer introduced the special guests, William Lamb, President of the North Carolina Coalition on Aging, Tom Akins, President and CEO of LeadingAge North Carolina, and Steve Johnson, Manager, Special Entities, North Carolina Department of Insurance. Bill Lamb and Tom Akins spoke briefly about their successful cooperation with NCCCRA influencing state legislation affecting seniors, and their studies and planning underway in preparation for the forthcoming 2015 NC legislative session. Steve Johnson explained the processing his office uses to review CCRC financial postures on an annual basis and CCRC contracts on a three year rotating basis. He can move quickly to move on a CCRC in financial difficulties before the situation becomes serious, protecting its residents and maintaining control of its license to operate until his office is satisfied the CCRC in trouble is back on the right track. He spoke to CCRC growth in North Carolina with seven potential new CCRCs in the pipeline, several other senior communities desiring to convert into CCRCs, and several of the existing 58 CCRCs planning expansions.

After a short break Walt introduced the main speaker, Mr. Dennis W. Streets, the Director of the Chatham County Council on Aging, who retired on March 31 this year following a long and distinguished career with many honors in the North Carolina Department of Health and Human Services. Dennis started with a description of one of his favorite people, Miss Juanita Milliken who lived to be 102 years old. She was “a role model in how we should live and grow into our later years. She stayed informed, remained active, remained concerned about others and sought to help them in whatever way she could. She made the most of every day in finding ways to be a positive influence for and on others.”

He emphasized that in 1900 the average life expectancy was 47 years and today it is 76 years. Already one in five North Carolinians is age 60 or older and by 2032 that is expected to increase to one in four. Currently in 59 of NC’s 100 counties the number of persons age 60 or older is greater than age 17 and younger and this is projected to increase to 89 counties by 2025.

Some see this in terms of the need for a huge increase in service needs. Mr. Streets believes “that our aging, mature population presents a huge, positive opportunity that is as yet largely untapped.” He, like Marc Freedman, a leading voice in discussions nationwide about the changing face of retirement sees it “every bit as much an opportunity to be seized as a crisis to be solved—provided we learn how to tap the time, talent, and civic potential of the group that is our

country’s only increasing natural resource.” They both see “our older population as a solution waiting to happen to serve as the backbone of civic life in this country helping to revitalize our communities and rectify the great disparity in available time that has emerged between the generations—provided we can develop compelling new opportunities enabling older American to make a genuine contribution while benefiting themselves in the process.”

Examples that Streets used to illustrate senior community involvement included:

- 1) AARP Experience Corps changing the education landscape by helping K-3 children who are struggling with reading with intensive reading intervention from older adult volunteers throughout an entire school year” which has “a proven record of helping students reach crucial academic milestones that enables self-sufficiency and the achievement of lifelong success
- 2) President Carter with his building houses through Habitat for Humanity, serving as an international ambassador for peace, bringing the haves and have-nots of Atlanta together to plan the city’s future, climbing the Himalayas, and teaching Sunday School and
- 3) Bill Schwartz, retired physician and medical school professor who created a free health clinic for the working poor in San Mateo, California

He went on to point out there are two Chatham County CCRCs represented in NCCCRA. Carolina Meadows is a) providing financial support for the “frozen meals” program designed to reach seniors who are unable to be served regularly with a home-delivered meal because of where they live in their largely rural county b) helping restart “Friendly Calls” program which are calls by trained volunteers serving as well-being/safety check as well as a vital source of socialization for the elderly and c) working with the “music and memory initiative, a program that awakens the inner soul and mind of persons afflicted with Alzheimer’s disease and other dementias.”

Galloway Ridge is a major fundraiser for the Chatham County Council on Aging and the larger community. It has led a successful Alzheimer’s 5K-walk providing substantial support to *Alzheimer’s North Carolina*. This year it is leading a major fundraising effort titled the “Painted Goat Parade and Gala.” Ten life-sized goat statues, painted by local artists, will be auctioned off during a gala to be held at Galloway Ridge on Friday, November 4. Galloway Ridge will also be helping Mr. Streets host a Japanese delegation visiting its area to learn more about senior housing and senior services. One of Galloway Ridge’s residents is part of a new team called CAST—the Chatham Advocacy for Seniors Team—who are available to listen to the public’s

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ideas and concerns and to help address them locally, regionally and at the state level.”

Mr. Streets also indicated that he enjoys a connection with Carol Woods because he was asked by William Friday some years ago to join an advocacy group led by Carol Woods whose goal was to streamline how seniors and people with disabilities could access information and assistance. This resulted in what is now called Community Resource Connections for Chatham and Orange Counties—a commitment from many different public and private organizations to work together to offer citizens a ‘no wrong door’ approach to getting assistance.

He also said that too many seniors still face the challenges of poverty and near-poverty in North Carolina with one in ten living below poverty and nearly one in three of those aged 75 and older living “near poverty.” Mr. Streets indicated that it is his opinion that an investment in home and community services is sound, cost-effective public policy because he believes that without home-delivered meals, in-home aide services, caregiver respite, and other such services, many seniors will require more restrictive, more costly care.

Mr. Streets says to us as seniors that we need you in service to seniors...we need your giving in every sense...your interest, your talents, your voice and advocacy, your time, your modeling of lifestyles, services and programs, your constructive criticism and praise and your financial support. He hopes we will help him share the responsibility for shining a light on, drawing attention to, and helping address such hidden and emerging issues facing our aging population in counties across North Carolina. He appeals to our objectivity, creativity, credibility, connections and resources.

Dennis Streets’ presentation was received with a great enthusiasm, including requests for his presentation visuals. They are available from the NCCCRA Secretary.

During the lunch hour, a special breakout session organized by the Eastern Region was held to talk about working together to reinstate the medical deduction to state income tax returns, which has led to an expanded scope of action directed from the Executive Committee.

The Business Session of the North Carolina Continuing Care Residents Association was held after the meeting. The minutes of last year’s meeting and the treasurer’s report were approved without correction or comment. Issues and questions were raised and discussed on the proposed budget for 2014-15, followed by approval of the proposed budget for next year.

Walton Boyer provided a President’s Report covering the following subjects

Problem Areas:

Declining reserves due to increasing costs with little increase in income

Difficulty in recruiting volunteers for long-term positions, Insufficient income for badly needed professional management assistance

Leadership and Volunteering Strategic Plan 4:

Report details difficulties in NCCCRA officer and job recruiting and volunteering

Recommendations include using CCRC representatives as part of nominating committees, permitting sharing officer positions, raising dues adequate to hire a part-time office manager, improving the visibility of NCCCRA at local levels, focus on issues directly affecting members, restructuring regions into smaller clusters, and development of special interest groups

Membership Expansion Strategic Plan 5:

September 2014 memberships totaled 3418 including 1477 life members, the largest in memory. These come from 39 of 58 CCRCs in NC joining at an average 32% independent resident rate.

The challenge is to recruit in all CCRCs and achieve a 50% average independent resident membership rate.

2015 Legislative Activity:

Continue active legislative activity in 2015 affecting members (expected to be a major NCCCRA activity in 2015) Change from a responsive posture to a pro-active advocacy where possible.

Join with other seniors’ organizations to pursue common goals synergistically

Progress on Smoke Free Campuses and Voting Residents on CCRC Boards:

Incomplete reports from regions are showing roughly 50% or more CCRCs in compliance toward each goal with differences in approach and levels of compliance. Data gathering will continue for a complete report.

Looking Forward:

Regions requested to organize and increase *Hotline* submissions,

Continue to work the strategic plan and long-term goals, Pursue legislative activity as above,

Described Eastern Region use of co-chairs and executive committee teleconferences.

Finally, the Nominating Committee, chaired by Clint Willis, nominated the following officers to serve next year:

President: Walton Boyer (Deerfield),

Vice-president: Heather Rodin (Galloway Ridge),

Secretary: Marleen Varner (Deerfield),

Treasurer: Barbara Pray (Croasdaile Village).

There being no further nominations from the floor, the slate was accepted by acclamation.

FRIENDS HOMES TAKES BREAK FROM ELECTION ISSUES TO THINK ABOUT THE NEEDS OF GREENSBORO

A report of the Friends Homes NCCCRA Annual Meeting

Jane Kirkman-Smith

Thursday, October 30 was a good day at FRIENDS HOMES AT GUILFORD. Not only was the sky brilliant, but the atmosphere inside was one of excitement. The annual meeting of the NCCCRA began at 9:45 with coffee and snacks followed by a very brief meeting for business (election of officers for the coming year). Members, non-member residents, and visitors from FRIENDS HOMES WEST were welcomed to our annual meeting which was billed as a break from the hot political season. This resonated with our audience as very welcome.

Chairman Jane Kirkman-Smith called on Mike Aiken, the executive director of Greensboro Urban Ministry, to share with us his concerns, the issues that he sees affecting Greensboro, our hometown or our adopted home.

To begin with, most of us were surprised to learn that five North Carolina cities are listed as among the top 15 cities in the country which have the highest rates of increasing poverty. These cities are Greensboro, Winston-Salem, Durham, Raleigh, and Charlotte. What is this saying about the state of North Carolina? Mayor Nancy Vaughan of Greensboro has recently convened the mayors of these cities to explore strategies for dealing with this poverty issue.

Some of the startling facts brought to us about our area are as follows: Of our school children, 26 percent are identified as at risk for either homelessness or hunger. And throughout our county, 60 percent of our school children are qualified to receive reduced cost of school meal plans owing to poverty. Will our economy ever get back to the fuller employment that we were experiencing before the recession of 2008? According to Mike Aiken, the answer is: No, those many jobs that provided employment for the unqualified will not be returning. With the loss of the textile, tobacco and furniture industries, those jobs that the under-educated were able to hold will not be returning to this area. These job seekers will have to be trained for something else in the economy of the future.

What should be done to end the homelessness that we have in Greensboro? The simple answer is to put people into homes. Because it costs the city of Greensboro more to care for, protect and provide emergency medical care for each homeless adult than to house that adult or family, it is economically sound simply to subsidize housing. When families are sweating the loss of a home, all other issues fade in importance. Students cannot do well in school, and adults perform poorly at jobs when homelessness is threatened. Causes of homelessness are often simple issues like health or accidents to minimum wage earners,

parents or children, which is often followed by job loss which is then followed by housing loss. Rather than to allow a family to lose its home, it is often logical to offer assistance to stabilize that family. The HOUSING FIRST MODEL is beginning to be recognized nationally as the most appropriate response to dealing with this huge problem. An administering team consists of a psychiatrist, EMTs and other medical staff, housing specialists, budgeting consultants and others. This team assists in adjusting subsidies so the tenant pays not more than 30 percent of available money for housing and utilities, a recognized sound budgetary practice. Of course finding suitable homes to put these people in is one of the crucial issues. Private donations assist greatly here and make up a large part of these funds. Also of great help is the annual Crop Walk which is second in the nation only to that of the city of Charlotte in size and money raised. Private money can sponsor some of these subsidies and go far toward meeting the needs.

Can Greensboro cure its homeless problem? The data (an annual homeless census) shows that progress is being made for both veteran and non-veteran homeless families. Authorities must be sensitive in building trust among these populations, especially since it is estimated that perhaps at least 15 percent of these populations suffer from chronic illnesses, particularly mental illnesses.

Mike Aiken invited all to attend the Feast of Caring which will be held later in November at the Friends Homes Guilford living room, where, for a donation of \$25 one may choose a thank you gift of a piece of pottery or a holiday gift card by artist Bill Mangum from his holiday series. Bill Mangum has long associated himself with Urban Ministry efforts to combat poverty in this area by producing these cards annually, a valuable source of funds for Urban Ministry. Either of these premiums would be lovely gift ideas for the coming season. We thanked Mike Aiken not only for his inspiring presentation, but for his entire career, 29 years, of work in Greensboro with the Urban Ministry and wish him well in his upcoming retirement.

His presentation to us was truly inspiring. We have a great deal to appreciate about our area, but still, a great deal needs to be done.

Residents Operate the Movie Program at Croasdaile Village

The Croasdaile Village movie program is unusual for two reasons. 1) Croasdaile Village has a different movie each weekend evening (Friday, Saturday and Sunday) all month long with the exception of an occasional concert. 2) It is operated solely by resident volunteers and would not exist without its volunteers. The movies are selected by residents, programmed by residents, advertised by residents and projected by five different residents. Directions to run the equipment to project the movies are provided in written form. Projectionists assist each other in learning the process of showing the movies, and training for people new to the equipment occurs over several weeks. SDH (subtitles for the deaf and hard of hearing) are run on all films where they are available, which is helpful to most of our audience, especially for British films and more recent films where much of the dialog seems to be mumbled. We estimate that residents working on the program contribute some 20 hours of time overall on this program each week—which would be equivalent to one half-time staff person.

We have a Netflix subscription providing four DVDs at a time, so each week we watch three films and preview at least one. In addition to the Netflix subscription, Croasdaile Village has an extensive library of almost 1800 movies (825 on DVD, 930 on VHS videotape, and a small but growing collection of Blu-Ray discs), and some of our movies are selected from that collection. We keep a growing data base of more than 1000 films we have own, dating back to 2001.

Friday night is the end of the “workweek”—even for residents, so the movies on those nights are usually lighter fare, often romantic comedies. One Saturday night per month is devoted to really old-time comedies (like Buster Keaton, Charlie Chaplin, Monty Python) and one is an opera, selected and hosted by a resident. The other two or three Saturday nights in the month are more serious fare—R-rated, dramas or thrillers. Sunday night selections are “art house” fare—documentaries, period dramas, and selected “golden oldies.” We usually show 3-4 foreign films each month and a number of “indie” films.

Residents can find information about our movies by 1) watching our in-house TV channel which carries 3 days of activities at a time, with screens (including movie “posters”) all designed by residents; 2) reading informative “posters” on the Movie Marquee section of our Life Enrichment Board; or 3) consulting a list describing the month’s movies posted in our library. An example for Sunday, December 21:

Words and Pictures (2013); PG-13

Which is more important to our understanding of life—eloquent words or paintings? Teachers in a New England prep school debate this between themselves and involve their students. Starring Clive Owen as an alcoholic English teacher and Juliette Binoche as an art teacher crippled by rheumatoid arthritis.

Residents have shown a real liking for movies bundled by theme. For example, on a weekend in April of 2011, on the 150th anniversary of the start of the Civil War, we held a film festival of

four of the best films about the Civil War, hosted by the resident chair of the History Lovers group. On a May weekend in 2013 we had 3 bicycle-themed movies (“The Bicycle Thief”—Italian, 1948, “The Kid with a Bike”—French, 2011 and “Breaking Away”—American, 1979).

Beginning in the summer of 2010, we provided a **Summer Sunday Evening Series**—with a different theme each summer; for example, British Royalty, British Novels into Film, American Novels into Film, etc. Each film is introduced with a brief commentary and our resident librarian also posts background material on the book/author/film in the library each week. Beginning in September this year we are commemorating World War I through 10 films, shown on a Sunday evening approximately once per month and reflecting films made in various decades and by different countries and set in different parts of the world to illustrate that it was truly a global war, i.e., Grand Illusion (1937—French), The African Queen (1951—American), Oh! What a Lovely War (British—1969) and Gallipoli (1981—Australian).

Because the program provides such a variety of films, the movie audience has continued to increase (small films may attract around 40 while the more popular ones will have 70-80) and it has grown more sophisticated—most noticeable in an increased audience size for R-rated films.

But we have also learned that our audience is not interested in animated films (even the highly rated Pixar ones), wedding or dating films (unless the protagonists are mature), very violent movies or those with non-stop “cussing”—even if accurate for the milieu portrayed, or in movies dealing seriously with health problems in the failing elderly.

Judith Moore

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Life, liberty and....

What could be more natural than to pursue happiness or is “happiness” simply that which all men pursue? I’m sure that some of The Founders lost sleep over “self-evident that all men are created equal” while they held other men as *hapless* slaves so that they had the leisure to pursue happiness .

Happiness is hard to define. Google it and see for yourself: joy, pleasure, satisfaction, flourishing, a good life. They’re on the list alright, but each lacks something. On the other hand, I know *unhappiness* clearly, that stale, head-achy, anxious, tired, emptiness.

But, when happiness flashes by, I catch him with a fleeting glance, out of the corner of my eye, as he graces the moment with a flash of recognition quite beyond the scope of definition.

Ned Arnett,
The Forest at Duke

DIET NUTS

A small group at Tryon Estates in Columbus has emerged from the Culinary Services Advisory Committee to better inform residents regarding healthy menu choices in the dining room. The "Diet/Nuts" (taken from Dietary/Nutrition Sub-Committee) are three independent residents, (Linda Schutter, Anne Lindabury, and Marta Hanson) joined by the Assistant Director of Culinary Services, Paula Lea; Tryon Estates Nutrition Services Manager, Loretta Walker; and Tryon Estates Consultant Dietician, Linda Wozniak.

Together, they brainstormed a one page questionnaire which was given to each resident in both the assisted living and the independent living areas in June of 2014. Data were collected and collated during July, and a lengthy report was submitted to the Culinary Services Committee in August delineating several areas of concern, with a number of suggestions sparked by the resident input.

This effort has already yielded results. Shortly after initiating this project, our Director of Culinary Services was able to contact our parent company, and received information regarding the nutritional values of the menu choices available to our residents. At first, this was only published through the use of a notebook placed in the lobby outside the main dining room, but within weeks it all became available via internet email to those who wished to receive the information. Now we can look up our dinner choices to determine the calories as well as the fat, cholesterol, protein, fiber, and salt contents. Many who are on specific diets for medical conditions (like our diabetics or those with specific food allergies) are finding this information invaluable in promoting a healthy lifestyle. We have hopes of partnering with our IT people to make this information available on a Tryon Estates website in the future.

Additionally, the Diet/Nuts of Tryon Estates are working together to produce several seminars for our residents. In October we will meet to introduce representatives from our food purveyors and we will learn about the sources for our meals. "*From Farm To Fork*" will address concerns about proteins and the use of antibiotics in their production, and will answer questions about fruit and vegetable resources available. It will also spell out the government regulations which are rigorously followed at Tryon Estates to keep our food safe.

During the month of March, 2015 we will have a "Health Fair" on campus and are inviting various local vendors to speak and share their nutritional knowledge.

In the few months of our existence, the Diet/Nuts are bearing positive fruits from our labors. Small steps to healthier eating are leading to leaps and bounds for our futures, and we are proud of our beginnings.

Marta Hanson,
Chairperson, Diet/Nut Committee

DO YOU HAVE A TRAVEL PROGRAM?

Croasdaile Village is considering starting a travel program, which could be both domestic and international. We would be interested in hearing from any other CCRCs in North Carolina that have such a program, both successes and failures. Of particular interest is the issue of screening residents who wish to participate for both their physical and cognitive abilities to do so.

Croasdaile has a number of residents in Independent Living who manage to do so only with the assistance of full or part-time aides. Technically they would be eligible and not always able to assess their own capabilities.

Please respond to: *jlmoore307@gmail.com*
or *Judith Moore* 919-384-2110

STOP HUNGER NOW

Scotia Village, a CCRC in Laurinburg, undertook a project to package food in support of "Stop Hunger Now" in its mission to provide food to the world's most vulnerable. On October 25th, approximately 100 volunteers from Scotia, the local Rotary Club, St. Andrews University and Laurinburg packaged enough non-perishable food to provide 18,000 meals. The packages contained a mixture of rice, dehydrated vegetables, soy and flavoring mix including 21 essential vitamins and minerals. The food has a shelf-life of two years and is easily transported.

Stop Hunger Now is an International Hunger Relief Agency that originated in North Carolina in 1998. The program distributes food to children and families all over the world, working with international partners that ship and distribute the meals. About half the packages were distributed to the needy of North Carolina.

Funds for the Scotia project were largely provided by residents and staff at Scotia through fund raisers and donations with additional funds from members of Rotary.

Jim Beales

BOOK REVIEW

As a resident of Deerfield Episcopal CCRC, I highly recommend *Flora's Wreath* by Jane Dill as an addition to your library. Written as a recently discovered journal, *Flora's Wreath* is in many ways a love story that tells of the work done by four Victorian era women who decide assist eight individuals with end of life choices. To do so, they enlist poisonous plants and their toxins. Dill is a Master Gardener who has done her research. The stories of those aided, whom the women term "passengers on the train to Glory," are lovingly and insightfully told, as are the stories of the women themselves.

One meets Flora, Iris, Daphne and Lily, and their reasons for embarking on this dangerous mission, in the first part of the book. Their account is delivered to the great niece of one of them, a gift on her own 65th birthday. I began loving the women even before learning of the actions that would have cost them their own lives. At the turn of the 20th century, this would have been their fate. It probably would be today, as well.

This book encourages the reader to relax one's mind toward end-of-life choices, and consider one's options. It is a topic of current interest. One of my friends has told his children that *Flora's Wreath* is required reading, and that they would hear soft music when they do so. I agree.

Molly Young

EBOLA VIRUS DISEASE (EVD) AND CONSIDERATIONS FOR SENIOR LIVING COMMUNITIES

Concern is growing about the potential spread of the Ebola Virus Disease to the United States even though the risk is very low in this country for an Ebola outbreak. In order to help understand how to prevent the disease one needs to know how it is spread.

TRANSMISSION OF EBOLA VIRUS (www.CDC.com)

When an infection occurs in humans, the virus can be spread in several ways to others. Ebola is spread through direct contact with body fluids of someone who has the Ebola Virus. Direct contact means that body fluids (blood, saliva, mucus, vomit, urine, or feces) from an infected person (alive or dead) have touched someone's eyes, nose, or mouth or an open cut, wound, or abrasion.

Ways of transmission include:

- Contact with blood or body fluids (including but not limited to urine, saliva, sweat, feces, vomit, breast milk, and semen) of a person who is sick with Ebola
- Contact with objects (like needles and syringes) that have been contaminated with the virus
- Contact with infected animals
- Healthcare providers caring for Ebola patients and the family and friends in close contact with Ebola patients are at the highest risk of getting sick because they may come in contact with infected blood or body fluids of sick patients

EBOLA IS NOT SPREAD THROUGH THE AIR OR BY WATER, OR IN GENERAL, BY FOOD (www.CDC.com)

Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola, but the average is 8 to 10 days. A person with Ebola will have both consistent symptoms and risk factors as follows:

- Fever (greater than 38.6C or 101.5F)
- Severe headache
- Muscle pain
- Weakness
- Diarrhea
- Vomiting
- Abdominal (stomach) pain
- Unexplained hemorrhage (bleeding or bruising)

Risk factors within the past 21 days before the onset of symptoms, such as:

- Contact with blood or other body fluids or human remains of a patient known to have or suspected to have EVD;
- Residence in or travel to an area where EVD transmission is active;
- Or direct handling of bats or non-human primates from disease-endemic areas.

COLD AND FLU SEASON

Other contagious diseases which are common at this time of year, like the flu, common cold, and norovirus, may have symptoms similar to the Ebola Virus. But to be considered a person who may have EVD the risk factor of being in and around another person who has the disease must also exist. However, it is at this time of year we promote flu immunization, and remind residents and staff to practice respiratory hygiene and effective hand sanitation.

PREVENTING THE SPREAD OF CONTAGIOUS DISEASE
Communicate and Educate

- Hold information sessions for employees and residents explaining how to prevent the spread of contagious disease
- Request to be informed about any employee or resident who travels to the areas where Ebola Virus is prevalent and/or if family members and visitors to the community have recently been in those areas
- Review your company's communicable disease outbreak policy and protocols with all employees and residents as appropriate
- Review your company's policies and protocols on bloodborne pathogens and contact isolation as appropriate

Precautions

- Employees and contractors should be made aware that if they are ill with fever and other flu like symptoms that they should not come to the community but should seek medical care
- Employees who are ill with flu like symptoms should inform their manager and/or human resources
- Residents who are known to have flu like symptoms should be encouraged to stay in their apartments and seek medical care
- The community wellness or resident services/care staff can keep track of residents who are not coming out of the apartment for meals and activities and should facilitate the resident getting meals, additional housekeeping and medical care
- If three or more residents present with the same symptoms the health care leader(s) in the company should be contacted to determine if there is a contagious disease outbreak in the community.
- Contact your local department of health for information and reporting

Prevention – Ways to reduce the likelihood of illness this season

- The number one way to reduce the spread of illness to yourself and others is to wash your hands with soap and water for 20 seconds or use hand sanitizer before and after certain activities and frequently throughout the day - this is for staff and residents
- Conduct hand washing training and return demonstrations
- Review the correct use of hand sanitizer (at least 60% alcohol)
- Increase housekeeping sanitation of touched surfaces in the common areas of communities like handrails, elevator buttons, door handles, etc.
- Teach and encourage residents to sanitize their walkers and assistive devices that they take into the rest rooms
- Teach and practice respiratory hygiene followed by hand sanitizing or hand washing

For additional information, visit our website or contact:

JoAnne Carlin, RN,
Vice President Clinical Risk Services
Willis Senior Living Practice Group
312-804-4242
joanne.carlin@willis.com

ARDENWOODS SENIOR LIVING INSPIRES:

ARTIST AND STORYTELLER.



Ardenwoods resident Penny Mattice loves having someone to “create” for.

There’s the fictional world she created for great-granddaughter Shelby in a series

of story poems called “Shelby’s Woods,” where Mayor P. Mantis presides over fellow furry and feathered citizens such as Dotted Duck Dolly and her “Ducklings Three.” Using the Ardenwoods kiln, Penny is sculpting clay figures of each character and she has created shadow boxes representing the four seasons in this magical forest.

Her inspiration? Muse Shelby, her other grandchildren and great-grandchildren, and her own creative calling. Says Penny, “I love it when my great-grandchildren say, ‘tell me a story right out of your head.’”

Penny’s grandparents, retired vaudevillians, sparked her creative passions early. From then on, the arts guided her. She worked as a ghostwriter for a Washington D.C. lobbyist, as well as chair of the fine arts department at King University in Bristol, Tennessee, where she taught art history, theater, and studio art.

Seven years ago she moved to Ardenwoods, following the death of her husband two years earlier. “There’s a very creative atmosphere here at Ardenwoods,” says Penny. “We are a small, close-knit community of talented people from many backgrounds. I can paint, write, or do ceramics and then come back to my apartment, or be with people. I do like that very much.” At Ardenwoods, Penny directs the Rocking Chair Reader’s Theater, where resident actors read a play from rockers. “*Old Possum’s Practical Cats* packed the house,” says Penny. “For Halloween, we’ll read the radio script for *War of the Worlds*.”

For Penny, Ardenwoods is perfect for pursuing her passions. “I’m very content. In fact, I’m having more fun than ever and I don’t have to wash dishes!”

To learn more about Ardenwoods Senior Living, call 828-684-7330 or visit ArdenwoodsLCS.com.

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FOOD FOR THOUGHT

As the last frost of a warm winter passed, the planting beds were top dressed and purged of left over winter weeds. The coming season’s crop selection and plant placement schematics were drawn up as the harvest of Chard was almost complete, and spring approached.

The seedlings sprouted in their potting soil trays by the Grand Piano in the Lounge and Southminster’s Friendship Tray Garden Planting Event was scheduled for Easter Saturday. No wonder there was excitement. Last year, under the leadership of Executive Chef Kris Reid, the Southminster Garden, along with other religious and community volunteers, contributed to the daily feeding of some 700 Friendship Trays recipients in the Charlotte area.

Southminster’s garden, which is one of more than 25 Friendship Gardens, had provided over 400 pounds of organically grown vegetables in its first annual growing year. There vegetables ranged from herbs to eggplant, from okra to zucchini, from cucumbers to sweet potatoes, and three beautiful pumpkins, just in time for Halloween 2011!

Lessons learned from last year’s garden have helped to increase this growing season’s production. This planting season the plant density increased, crop positioning and an increased number of planting cycles were implemented to improve garden yield. This summer we have successfully grown several varieties of heirloom tomatoes, as well as zucchini, crock neck squash, cucumbers, bush bean, watermelon, butternut squash, okra, eggplant, bell peppers and sweet potatoes. For the fall we will be planting more cucumber, butternut squash, pumpkins, lettuces, collards, Swiss chard, scallions and spinach.

The Staff and Residents of Southminster have enjoyed this wholesome food, while sharing the 2012 harvest of nearly 500 lbs with Friendship Trays, Charlotte’s largest meals-on-wheels programs.

This is truly food for thought.

with Dick Welch's permission. He's "mayor" at Southminster.

DEERFIELD RESIDENTS VOLUNTEER AS AARP TAX AIDES

During income tax season, Deerfield Episcopal Retirement Community turns its business center over to a group of residents who volunteer as AARP Tax Aides. The five tax counselors take five days of training and pass an IRS test to become certified to do this important work, which benefits both residents and staff. In addition, four trained residents who served as receptionists on the two days a week the service operates during the tax season to support these folks.

This year the group assisted 182 residents and employees by preparing Federal and State tax return, answering questions, providing forms and assisting with paper work. All but two of the 95 federal and state returns were filed electronically for free. Two state only returns were filed as well, serving 43 employees and 54 residents.

Judy Havard, AARP TaxAide Site Coordinator, and Marleen Varner, tax counselor

MEMORIES OF A BARNSTORMER'S DAUGHTER

Dolores Borreson, Deerfield

My Dad was a barnstormer—one of those pilots in the 1920s and 1930s that would take their small airplane to county fairs and offer 10-minute flights for a fee. Dad never planned to be one, but he surely did love flying his open cockpit WACO aircraft and introducing others to the delights of flying.

I was five the summer he started barnstorming. Dad's cousin Frank was handling publicity for the state fair and was looking for ways to encourage people to come. He thought plane rides might help bring the curious out and increase fair attendance. He asked Dad to come out and offer airplane rides—telling him there was a perfect field next to the fair.

"Rides might be a good idea to get people there." Dad responded, "but it would make a long, long day for my little girls." Dad, a widower with three little girls, knew his priorities. "Let the girls come to the fair. I have to be there and they can come with me. I'll see that they have tickets to exhibits and some rides and keep them busy while you fly customers." We three jumped with excitement at the thought. I guessed that helped Dad to agree.

On fair-opening day Frank drove us to the fairgrounds where Dad met us with his airplane. He and Frank put up a sign advertising rides. Dad settled down to wait for customers while Frank took us into the fair. When we returned a couple of hours later, there were quite a few people standing along the edge of the field. Most were kinda hanging back—not wanting to get too close. Dad was busy answering questions from a group of young men but it didn't look like the airplane had moved. Did that mean no one was going to take a ride?

One big man, dressed in clean go-to-town overalls, was walking around the airplane—looking it over carefully. As we came up, the man asked Dad, "These yur young'uns?" "They certainly are," Dad responded. "Well, they seem mighty fine." He turned kindly eyes at me and asked, "What do you think, little girl, of that flying machine of your Dad's? Not as exciting as those fair rides, I bet."

"Oh," I said, "the fair rides are fun, but you can't see far like you can from our airplane. It's not the same." "But aren't you just a bit afraid? Tell me, honest now." "No. Why should I be afraid? Daddy is flying it. He can do bigger loops than the Ferris wheel we just went on." "Well that's quite a testimony from one so young".

Dad took my hand. "Let's go for a flight—let's show this gentleman you're not afraid—that our plane is safe."

I must have nodded for the next thing I knew Dad was buckling me in the front cockpit. He took the pilot seat in the back, called "contact" as Frank spun the propeller, the engine fired and with a roar we took off.

We circled the field twice. Then Dad flew higher and did a number of lazy figure-eights (which made me a bit woozy) and then two acrobatic loop-the-loop maneuvers before landing easily in front of the crowd.

Dad lifted me to the ground, "Now," I said to the man in the overalls, "it's your turn." "By golly, it is," he answered. Off he went to the plane for his turn in the sky.

He was really excited when he and Dad returned. To onlookers' questions he boasted that he had seen the whole fair from the air—like a tiny village. He held out some money toward Dad and told him. "You take my missis up now, sir. I want her to see how special that is."

Well, by the time Dad landed again, a line of folks had formed waiting for rides. As he took more and more people up, the roar of takeoffs and landings summoned *ever* more lookers and passengers to the field. This continued until dusk with people still waiting to fly. I heard Dad promise, weather permitting, he'd return the next day.

After that day, barn storming became part of our *lives* for a long time. Without being told, I knew I had helped because from then on I had a job—to help Dad demonstrate flying was not only safe but definitely the most fun in the world—and, if at times I might have felt like upchucking from lazy-eights—well, I knew that was not an option.

LOTS OF POSITIVE ENERGY

An invitation from NCCCRA—Eastern Region co-chairs, Ginger Clifford and Joe Clontz, was accepted by presidents from 15 of its 16 member CCRC resident associations...and one president of a resident association which is not yet a NCCCRA member. On 13 November 2014, Belle Meade Retirement Community in Southern Pines provided the gracious environment for a successful day.

The agenda encouraged RA presidents to freely discuss such topics as: *what's exciting in your community; what is particularly challenging in your community; and what are some concerns residents in your community want and/or need to hear about.*

Wide-ranging attendee-driven discussion focused on: management concerns, life in a CCRC and the need for information flow among resident associations.

There was much interest as to how future CEOs are being trained to relate sensitively to the needs and concerns of intelligent residents as well as managing the complex issues of a CCRC with both competence and thoughtful flexibility.

In CCRCs where skilled nursing care is not available on the same campus as independent living, there are concerns about having accredited sources of advanced assistance available to residents at home, when needed.

Regular and open communication between RA presidents and their NCCCRA representatives is considered essential for keeping NCCCRA a useful and viable organization. Information flow between CCRCs is an important tool for RA presidents to share ideas, so email addresses were exchanged and all were told they would receive additional communication information along with the minutes of the meeting.

Barb DeLuca, Treasurer – Eastern Region

ANTARCTIC II

Ross Hatch, *Deerfield*

This was my second trip to the Antarctic, and DEEPFREEZE 61 became quite an adventure. Our first mission was to lead the supply ship to McMurdo Station, keep the channel open and then return to New Zealand. Mission accomplished, and *Glacier* headed back to the ice to explore.

We entered the pack on 4 February. The ship worked its way to Thurston Island, which we visited last year, and then headed along the Eight's Coast. No ship had been in that area before, so it was another first for the *Glacier*.

Three events were particularly memorable. First, a party was detailed to go ashore and survey a new point—LCDR Peeler, Staff, Doc, Savage, Dentist, Willard Vaughn, a National Geographic Society photographer and me, Ops Officer. Our first task was to choose a campsite and set up our tent. We had excellent equipment for foul weather camping but unfortunately had never practiced assembling it while we were on the warm ship. It was a challenge to do so with a temperature of 10 degrees F and a wind speed of 35 knots. After we raised the tent, we set up the theodolite (used for navigation). That was when we discovered the chronometer was in error by six hours. We gave up and went to sleep in our sleeping bags that had been tested to minus 50 degrees F. At least they proved satisfactory....

In the morning, Peeler flew back to the ship to have the chronometer reset. When he returned, he found the theodolite frozen up so the elevation data couldn't be read. Back to the ship he went to have it repaired. We started readings when he returned and then realized that we would have to build a windscreen to stay out in the rising wind. By 8:00 PM we had completed our readings, eaten some rations, and had even gotten some rest. At 4:30 AM we were up and taking more readings in clear, cold weather.

Our last readings were taken at 2:30 PM and when we finished we went off to look at a deep crevasse. After I got in position to look down, I realized I was on a projection hanging out over the edge. I beat a very hasty retreat to safety. This mission was beginning to look like a comedy of errors!

We successfully built a rock cairn at the site and when the helo delivered a flagpole, erected it...complete with a streaming red banner and a bottle containing a note with our names, the date and a motto, "US Navy, Seapower Supports Science."

We looked down on the ship from our vantage point as it struggled in the high wind and was beset in the ice for eight hours. Gazing over miles and miles of nothing was awe inspiring and made me realize how small we are in the great plan of things.

On 9 February, the helo took us back to the ship; and *Glacier* continued along the coast.

Another four-man team went out on 12 February. They were trapped for two days in sub-zero temperatures with winds reaching 100 mph. This team reported that only three of the four men could fit in the shelter. Dr. Roberts, UK Official Observer DF61, had room inside for only his head. By the second day they were all suffering from cramps and their food and water had frozen solid because they couldn't light the stove. The winds calmed and the helo was able to get them back safely.

The third event involved me getting the *Glacier* stuck "bigger than hell" as I noted in my log book. The only way to get free was to rock the ship until she got loose.

Fortunately, we had a "heeling system" that could move 277 tons of water from one side of the ship to the other and could cause rocking of seven degrees over an eight minute period. It was obviously needed.

We got the system in operation but we couldn't move forward. Several days later we were still stuck, and the question had become "Will we have to winter over?" Horrifying thought....

On 6 March we blasted a crack in the floe but were still stuck fast. The next day a huge crack appeared 500 yards north of us and we tried blasting again. That evening I was able to break sections off the floe and we made the 500 yards forward. Finally we were able to head north toward home. Visibility was poor but we stayed parallel to the Palmer Peninsula and were close enough to see some of the most beautiful scenery on earth.

SPRING REGION MEETINGS

The Spring Annual Meetings of our three regions are still being finalized, but you should be thinking about them and planning for your attendance. The Eastern Region Meeting will be held at Carol Woods in Chapel Hill on April 15, and the Western Region Annual Meeting at Southminster in Charlotte on April 21. The Central Region Annual Meeting date and location will be finalized at its January Steering Committee Meeting and announced shortly thereafter.

ON THE WAY: A MOVING STORY

Elizabeth Carlyle Byerly, Deerfield

On a cool, rainy morning in late June 1977, for the last time, we drove down the dirt road of our “farmhouse,” as I liked to call it, or “our house with acreage,” as my husband Bob spoke of it. Then on to Back Creek Church Road, past UNC’s “urban university” and up the hill to the interstate. In the back of our red Jeep was my little chest of flat silver, a portapotty from Sears Roebuck, and our eight-year-old son, John, leaning out one window, then the other, shouting, “Good-bye, Charlotte, hello California.”

We made one stop at the neighborhood drycleaners for the final pick-up. I cried in the rain as I said good-bye to the cashier who helped me to the car. Then we sped through the southeast toward our new home in the west-Modesto, California—where on any given July day the temperature would register 115 degrees in the shade.

I had already sent ahead our animals—two shepherds and a Siamese—by American Airlines to San Francisco. Bob had picked them up, got them settled, then returned to gather the rest of us up for the long ride ahead.

His parents were stoic about our going. His father insisted that we take the family Smith and Wesson, fearing that we might encounter bandits in the southwest. His mother gave us a burlap water bag to hang by a rope on the front hood of the Wagoner in case we had radiator trouble in the Mojave Desert. It took us a lot longer to reach our destination than we had thought. We did not make Bob’s scheduled newspaper budget meetings at *The Modesto Bee* on time. Instead, on July Fourth we drove straight to the dark brown house on Blackwood Place.

The house had stood empty for some months, its former owners having been transferred to the Bay Area. We were unprepared for the experience of opening the garage door. The boy in the backseat shrieked at the sight of the door frames, literally covered with squirming black widow spiders. We backed out of the driveway and headed for the local hardware store to buy insecticides, brooms and heavy gloves. As we wandered around for what else we might need, Bob pointed out the glue section. Yes, the Central Valley is notoriously dry in the summer and foggy in the winter. Everything is prone to becoming un-glued.

The valley towns are alike in many respects—flat with a big, big sky, variable winds and rich agriculture: the egg farm, the mushroom farm, and apricot, almond and walnut groves all around us. And flat, flat, flat. On Orangeburg Avenue on a clear day I could see Yosemite, seemingly just down the way. San Francisco and Napa were also a mere stone’s throw away.

Modesto was home to George Lucas and the Gallos, Ernest and Julio. The town also boasted on its main street leading to the railroad station a famous arch. Erected in 1912, it was illuminated with hundreds of 60-watt bulbs spelling out the town motto: WATER, WEALTH, CONTENTMENT, HEALTH. Outside town on Interstate Highway 99 South, the Chamber of Commerce had erected a large sign that read: “Wherever you go, Modesto is on the way.”

Little by little, through the years, my traveling companions fell by the wayside. First, the German shepherd, then the Australian shepherd, next the Siamese cat, finally my husband. The boy took root, however, and thrives: a lovely California wife, two adorable little girls, a tri-level suburban house, some cats, a long commute to a state job with benefits. Eureka!

As for me, never in my 30 years in the west did I doubt that I could go home again. I am here. But memory and dreams keep barging in. Could it be that I am still on the way?

A KID AGAIN

David Tarr, Deerfield

Half way up the ski lift I could see the dark red-orange remnants of the sunset, as if a forest fire burned just beyond the horizon. I was suspended in the night air, my chair swinging gently as it rose up out of the dark valley and over the illuminated slopes of the ski resort. The cables above me hummed and the wheels creaked rhythmically as my chair passed each lift tower. I was alone, awestruck by the spectacular scene.

Ahead and behind several empty chairs swung gently. Below, clouds of foggy snow billowed up from the illuminated slopes, blown by roaring prehistoric monster-like snow-making machines, into the cold, crisp early night air. At a further distance ahead I could see the wooden shack beside the unloading platform at the top of the lift, its window glistening in the vermilion dusk, its occupant a shadow behind the glass. Above me, the icy blue sky had deepened in color, pierced already by hundreds of stars,

“Why had I waited so long to do this?” I asked myself, speaking the words aloud. This was my first experience night-skiing, ever. I was 68 years old at the time, rather late in life to try something so exciting, so challenging, so risky and yet until then, so remote.

At the top of the lift I eased myself off the chair and arced down and around the lift tower; my skis crunching the snow in the dark cold shadows beneath me. My cheeks felt the wind chill as I accelerated. The hill dropped off sharply beneath me as I moved into the bright lights and dark shadows of the abyss in front of me. I began my run.

Two years before, as a beginning skier I had approached this head wall in broad daylight in trepidation. My attempt to control my steep descent resulted in a badly flawed turn. I over-executed, spinning 180 degrees instead of the intended 90. For a brief moment I found myself heading up the slope instead of down. Gravity took hold. I tumbled backwards, landing on my back, and crashing down the slope—skis, poles and me scattering in the snow.

But tonight, at the brink of this dark and icy precipice, I felt confident. This time I knew the hill. This time I knew how to ski. I plunged down the run in a swoop of joy and abandon, “like a kid again.” I said to myself.

Below me, I could see a line of young snow-boarders seated along a ridge line midway down the trail. They crouched like so many vultures, perhaps maneuvering amongst themselves to order their descents, perhaps visualizing their approaches to the small ski jump toward the bottom of the run, perhaps just socializing. I chuckled at my vultures imagery as I swept past them.

Plummeting further down the trail I found myself quite suddenly on a trajectory that would take me to the jump. On a foolish impulse I decided to try my luck. As I hit the front curl of the jump my skis rose abruptly, thrusting my legs hard upward like pistons, forcing my knees into my chest, flinging me skyward. I soared into the illuminated night air, kept my equilibrium and landed with a satisfying “whap.” I sped over to the lift line with the casual air of one who had done this a million times before, greatly impressed with myself.

Later in the evening back at the ski lodge, I changed out of my boots, packed my gear and headed toward the stairs that exited the building. Just ahead of me lurched two young boys, each no older than ten or eleven, struggling awkwardly, bump, bump, bump, down the stairs in their clumsy, rigid, hi-tech boots. As I drew close to them one said to the other, “Damn, I walk like an old man in these things!” Just then he looked back and saw me on the stairs above him. “Sorry,” he said, “no offense intended.” He flashed an amiable choirboy grin.

It was all I could do to keep from falling down the stairs in laughter. Old man? No offense? For a brief time on those shadowy slopes I had imagined myself as a triumphant skier reclaiming his youth, not the old man the boys on the stairs had seen and that I see in the mirror every morning.

Now in the late winter of my own life I still ski. I take the senior discounts. And, at all costs, I avoid snow boarders and ski jumps.

The *Hotline* is published quarterly in March, June, September and December for NCCCRA President Walton T. Boyer, Jr, 25 Sheffield Circle, Asheville, NC 28803 (828-277-6493) Walton.boyer@charter.net

Submissions to the *Hotline* and other *Hotline*-related communications should be addressed to the editor, Bernard S. Coleman (gothic63@charter.net) **no later than the 15th** of February, May, August and November respectively.

www.NCCCRA.org

The NCCCRA home page is your source for information.

Check it out!

Membership Application

One-year membership is \$7 for an individual, \$14 for a couple. Life membership is \$50 for an individual, \$100 for a couple. **Checks should be made payable to NCCCRA and given to your community's NCCCRA 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 NCCCRA representative is, you may find out by contacting NCCCRA President, Walton T. Boyer, Jr., 25 Sheffield Circle, Asheville, NC 28803; (828) 277-6493; walton.boyer@charter.net.

If your community does not have a representative, mail checks to:

NCCCRA, 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 2015

(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: \$7 single \$14 couple **Life:** \$50 single \$100 couple