

The Hotline is published quarterly by Bernard S. Coleman, Deerfield Episcopal Retirement Community, Asheville, NC, 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).

www.NCCCRA.org

The NCCCRA home page is your source for information.

Check it out!



The hotline

NCCCRA ANNUAL GENERAL MEETING

TUESDAY, OCTOBER 7, 2014

Christ United Methodist Church, Greensboro, NC

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 2014

(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

PRESIDENT'S REPORT

I have delayed this issue of the Hotline in order to give you the latest information on our speaker for the Annual Meeting. As is often the case, Murphy has been at work again and his timing leaves us aghast. I had invited Mary Bethel, Associate State Director of AARP for Advocacy, to be our principal speaker after her outstanding leadership this year coordinating the efforts of several organizations to promote the interests of the elderly during the recent legislative session in Raleigh. On August 22 she notified me that a previously unscheduled mandatory tasking for AARP would preclude her presence. Fortunately, Dennis Streets has graciously stepped in to be our speaker this year. In April, Dennis Streets retired as a long time employee of the North Carolina Department of Health and Human Services. He spent his last seven years with them as the Director of the Division of Aging and Adult Services. Prior to that, he had been Deputy Director and also led the division's Planning, Budget and Support Section for 10 years, where he was charged with statewide and local planning for senior programs. Dennis now serves as the Executive Director of the Council on Aging in Chatham County, NC, where he has lived for many years.

Dennis Streets' accomplishments at the state level have been impressive and say a lot about his command of those critical issues. Among the highlights of his service with the Division of Aging and Adults Services development of an operational guide for state response to sudden closures of adult residential care facilities and development of the first website within

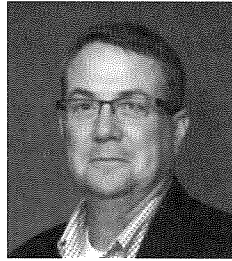
the Department of Health and Human Services. Prior to joining the state division, Streets served as coordinator of the Center for Aging Research and Educational Services (CARES), and as clinical instructor at the Jordan Institute for Families of the School of Social Work, both at UNC-Chapel Hill. Earlier experience included serving as executive director of The Evergreens, Inc., a nonprofit long-term care organization. He administered its Greensboro facility with 360 beds, the second largest nursing care facility in the state at the time. Streets worked with Blue Cross and Blue Shield of North Carolina in the mid-1980s to help implement the Preferred Provider Plan (Cost-Wise) and Personal Care Plan. He also worked with the State Division of Social Services for three years to lead the development and oversight of rules for adult residential facilities and adult day care services. After graduate school, Streets served as planner for the Triangle J Area Agency on Aging and managed an older worker program within a four-county region. He earned a master's in public health and a master's in the arts of teaching from UNC-Chapel Hill, where he established the university's first interdisciplinary exchange of information and activities on aging issues. He also received his undergraduate degree from UNC-Chapel Hill. Dennis Streets has received many honors during his career, including being the first recipient in 2012 of the Presidential Award from the NC Association on Aging.

Dennis Streets brings an abundance of work experience, professional bearing and a vast knowledge of aging issues to our meeting. I hope that, with me, you will all eagerly want to hear what he has to tell us.

Walton Boyer

FEATURED SPEAKERS AT THE AGM

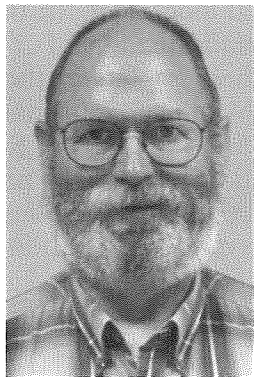
Tom Akins serves as President and CEO of LeadingAge North Carolina. He has 17 years experience in aging services. Tom served as the first national president of the LeadingAge Leadership Academy's 225-member Alumni Network. He is a member of the executive committee and treasurer of Value First, a Minneapolis, Minnesota based group purchasing organization that serves the aging field. Akins also serves on the statewide steering committee for the North Carolina Partnership for Compassionate Care and the Appalachian State University Healthcare Management Advisory Board. A Kansas native, Tom has been extensively involved in public policy, having worked for the Kansas Legislature and for United States Congressman Dan Glickman. A graduate of Emporia State University, he was a licensed nursing home administrator in Kansas.



The annual Conference on Aging is only one of a host of accomplishments in a distinguished career. He was one of the first state consultants to work with the Medicaid Community Alternatives Program for Disabled Adults. He initiated the Medicaid Enhanced Care Program in Adult Care Homes and local Social Services Departments and produced North Carolina Comes of Age, a demographic profile of older North Carolinians. He provided staff support to the Home and Community Care Advisory Committee, the Long-Term Care Roundtable, and most recently, the Long Term Care Advisory Committee of the NC Institute of Medicine.

Although retiring from the Institute, Bill will continue to teach at NCSU and to serve aging Tar Heels on the boards of Friends of Residents in Long Term Care, Resources for Seniors in Wake County, and the North Carolina Coalition on Aging.

Steve Johnson was born and raised in Queens, NY and attended St. John's University where he graduated with a BS in accounting. After four and a half years with Coopers & Lybrand, he spent six years with Bangor Punta, a Fortune 500 company in Greenwich, CT then three years as Assistant Controller at Horn & Hardart in New York City. He moved on to become the owner/operator of two multipoint petroleum distribution companies in the Hartford, CT area for over 10 years. He is a licensed private pilot and certified SCUBA diver. He has been with the NC Department of Insurance for 16 years, with three years as NCDOI Supervising Manager (three years), NCDOI Assistant Chief Financial Examiner (nine years) and NCDOI Manager—Special Entities (four years).



The UNC Institute on Aging (IOA) was a fledgling when Bill Lamb joined the staff in 2000. He had just retired as Chief of Planning for the Division of Aging after 30 years in the NC Department of Health and Human Services.

The NC Legislature created the IOA in 1996 with a mandate to extend its reach throughout the state, preparing for the aging of baby boomers and the growing number of older adults. Bill Lamb set about doing just that.

Recognizing the diverse nature of his constituency, he made a deliberate effort to include local, regional and state service providers, educators, students, consumers, volunteers, clients, caregivers, policy-makers and administrators. He helped link academia to real-world services while translating research into effective programs and policies.

GARDENING AT THE ALDRSGATE CCRC

The location of Aldersgate within the city of Charlotte is unique among CCRC institutions by virtue of the size of the property. At 234 acres, it represents one of the largest relatively undeveloped properties in the metro area.

In response to forecast continued growth in continuing care retirement facilities, Aldersgate management has recently completed an expansion plan that will use a portion of the undeveloped acreage. At present and in the future planning, the acreage advantage allows Aldersgate to offer a variety of outdoor activities to hardy residents. An on-site three-hole golf course is available for the old-timers to maintain their game in competitive shape. Individual garden plot areas are set-aside for interested residents, and the friendly but serious competition is keen among them for the best and largest vegetables, the prettiest flowers and for the most ingenious methods of protection against the attacks of irrepressible "critters."

The gardening activities present more than merely recreational results, however, as the bounty serves as a source of fresh produce for the Aldersgate residents, who can also donate their surplus for the Aldersgate kitchens. The culinary staffs also oversee tending several of the garden plots, which yield herbs and veggies for the meals they plan and prepare.

The garden plots are a most important outdoor recreational activity at Aldersgate, and recent growth has exceeded the capacity of the original "Tool House" that supports the activity. A group of interested residents devised a unique plan to upgrade and expand the facility. Their plan was to pool the resources of the

active gardeners to purchase and install a pre-fabricated building on a site and foundation prepared for the purpose by the Building and Grounds staff. The resident team would then outfit the structure to suit the purpose, which would henceforth be known as the "Garden Cottage".

The accompanying photos show that it could be considered slanderous to call the completed structure a "Tool Shed". True, it serves that function, but more properly it also serves as a garden-side rest area and, as outfitted, well deserves a more dignified title. It has even been referred to in jest as the new "Tool Mahal". So the crops have been and continue to be harvested – collards, tomatoes (fantastic this year), corn, squash (need a truckload?), zucchini, cucumber lettuce – all those and more. The entire garden area has now been enclosed by a white picket fence. In addition, the individual plot owners have devised protective measures to limit produce loss to predators. Although the measures are mostly successful, diligent critters do usually manage a share of the yield.

The annual urge for the inveterate gardener to plant and cultivate amazes contemporaries themselves life-long limited to potting flowering plants on the porch or in the yard. Regardless, it pleases all to see the ingenuity and diligence of the gardeners be rewarded by creation of a facility that supports and benefits their will to plant and benefits their ageing bodies. They are thankful for the rocking chairs on the porch, the water cooler and stocked refrigerator inside the "cottage".

Well done, fellows and ladies of the Aldersgate gardening team.

Fernando J. Estopinal III



DIRECTIONS TO THE AGM

To Reach the Church (410 N Holden Road)

From the West on I-40: Take I-40 (not the new by-pass) past Guilford College Road to Wendover Avenue. Go left (east) on Wendover to Holden Road. Go left (north) on Holden past Market Street. The church is a few blocks after Market, on the right, well back from the street but easily visible.

From the East on I-85: Take I-85 to Business I-85; Continue on Business I-85 past US 421 and US 220 to Holden Road. Go right (north) on Holden past Vandalia Road, High Point Road, Patterson Street, Wendover Avenue, and Market Street. The church is a few blocks after Market, on the right, well back from the street but easily visible.

From the South on I-85: Take I-85 to Business I-85. Continue in the same direction (east) on Business I-85 to the next exit at Holden Road. Turn left (north) on Holden past Vandalia Road, High Point Road, Patterson Street, Wendover Avenue, and Market Street. The church is a few blocks after Market, on the right, well back from the street but easily visible.

From the South on US 220: Take US 220 past new I-85 to Business I-85, turn left (south) on Business I-85 to the next exit, Holden Road. Turn right (north) on Holden past Vandalia Road, High Point Road, Patterson Street, Wendover Avenue, and Market Street. The church is a few blocks after Market, on the right, well back from the street but easily visible.

See the map on page 3

What is NCCCRA?

The North Carolina Continuing Care Residents Association (NCCCRA) is a state-wide volunteer non-profit organization of residents living in continuing care retirement communities.

The Mission of NCCCRA

North Carolina Continuing Care Residents Association (NCCCRA) communicates with residents of Continuing Care Retirement Communities (CCRC) at the Regional, State and National levels to exemplify excellence in preserving, promoting and ensuring optimal quality of life throughout the continuum of care for the diverse population of North Carolina Continuing Care Retirement Community Residents.

The Vision of NCCCRA

North Carolina Continuing Care Residents Association (NCCCRA) aims to use best practices and evidence-based models of excellence in accessing, evaluating and sharing education and information as it promotes responsible stewardship of resources for current and future North Carolina Continuing Care Retirement Community residents.

The Purpose of NCCCRA

North Carolina Continuing Care Residents Association (NCCCRA) is an advocate for strong laws, regulations and general practices for the protection and well-being of Continuing Care Retirement Community residents.

