



March 2019

# The Hotline

North Carolina Continuing Care Residents Association

[www.norccra.org](http://www.norccra.org)

## EASTERN REGION ANNUAL MEETING TO BE AT GALLOWAY RIDGE APRIL 2

**G**alloway Ridge will host the annual meeting of the Eastern Region of NorCCRA on **April 2nd, 2019**. The planning team has put together an exciting program. Keynote speaker Dr. Todd Cohen of the UNC School of Medicine will speak on *“Alzheimer’s Disease and other Dementias—What We Know and Where We’re Looking for Potential Therapies.”* Cohen will be joined by his colleague Dr. Juan Song of the Pharmacology Department, who will talk about *“Adult Neurogenesis and the Goal of Neuron Replacement Therapy for Alzheimer’s Disease.”*

**Dr. Robert Cox**, professor emeritus, UNC, and former president of the Sierra Club, will talk about the *“Use of Natural and Human Resources to Meet Present Needs without Compromising Future Generations.”* As inaugural chair of Galloway Ridge’s Environmental Sustainability Committee, Cox has helped frame the issues that face

retirement communities seeking practical and effective ways to “go green.”



**Jeanne Chamberlin**, a certified counsellor for SHIIP (the Senior’s Health Insurance Information Program), will talk about Medicare. Because she works at the local level with individual recipients and helps them figure out how to make the program work for them, Chamberlin will be able to answer questions all of

us faces in trying to negotiate the Medicare system. Expect a robust Q&A session.

To close the day, be sure to visit Galloway’s new **Bark Park**.

**Registration is due March 8. See page 4 for registration form.**

**Meeting capacity is 200.**

### Board Members - *Save the Date!*

Annual Statewide Board of Directors meeting will be Wednesday, May 8 at Carolina Meadows in Chapel Hill. More information & registration will be forthcoming by email.



*President's Message...*

**It Seems Like Only Yesterday....** *by Wayne Campbell*

It seems like only yesterday that I was talking with you about having a Merry Christmas and Happy New Year, and I hope you did! I was also talking about membership in our wonderful organization.

I am a “nuts and bolts” kind of person and what I mean by that is to say... “With enough facts and figures” (nuts and bolts) I can prove/disprove many things.

I was excited back in December to be asked to photograph some of the many door decorations here at Glenaire so that our Audio/Visual Residents Committee could make a video to show on our in-house television channel. In so doing I counted the number of doors (344) at Glenaire, behind which 422 residents live. This little exercise brought me back to thinking about you, and the many doors you live behind, and how they were decorated for Christmas. It also caused me to wonder how many of you are members of NorCCRA.

I know that there are 59 CCRC's in North Carolina and they are licensed to provide 18,321 units in Independent and Assisted Living and Health Care. I can also tell you that at a point in time last year, there were 20,031 of our citizens living in North Carolina CCRCs and as of the end of December 2018, only 4,034 were members of NorCCRA. With the beginning of a new year on January 1st, our annual membership drive was just getting into “high gear,” starting with 2,913, mostly life members.

I can also tell you that only 35 of the 59 CCRC's have NorCCRA members. We even

have several Life Members living in four CCRC's with the community recognized as “inactive” in that there are no identified NorCCRA Community Representatives. My records reflect these communities to be Ardenwoods in Arden, Plantation Estates in Matthews, Quail Haven Village in Pinehurst, and River Landing at Sandy Ridge in Colfax. If you live in one of these communities, I would love to talk with you, [waynpegg@gmail.com](mailto:waynpegg@gmail.com) or (919) 694-5023.

Four of our CCRC's have taken me up on my offer to visit them and present a “pitch” about NorCCRA and its value. If it would be of value for me to speak to your community, call me. I have PLENTY of open dates on my calendar! Tell me how we can increase our membership and then help make it happen! Volunteer to become involved in a leadership role at the Central Region and Western Region. We have great leadership in the Eastern Region in Sandy Wigdor from Galloway Ridge as the Region Chair. Let me recognize and thank **you** by **your** name next time! Volunteer!

And so from my home to yours, may good health and much happiness be yours as we move past winter and into a wonderful spring!

*Wayne*

<p align="center"><b>QUOTABLE ? QUOTES</b></p> <p align="center">“Artificial Intelligence is no match for Natural Stupidity” <small>Albert Einstein</small></p> <p align="center">“Congressmen should wear uniforms like NASCAR drivers so we can identify their corporate sponsors.” <small>T.A. Panfil</small></p>
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## Best Practices.....

**G**alloway Ridge in Pittsboro partnered with Boys & Girls Clubs of Central Carolina's Wren Family Center in Siler City to host three summer camps for youth in the area when they became aware there was no community pool for the Boys and Girls Club campers. The camps, organized by the Galloway Ridge Community Engagement Committee, selected "Growing Together" as the theme in order to emphasize Galloway Ridge's commitment to furthering the club's mission of empowerment.

As part of the camp, three groups of thirteen students from Boys & Girls Clubs of Central Carolina's Wren Family Center in Siler City came to Galloway Ridge last summer on Tuesdays and Thursdays throughout the



months of July and August. The program consisted of games, cooking instruction, preparing their lunch, history of Jordan

Lake, art project, pinewood derby car decorating, swimming, visit to Fearington Farm animals and Laura's special treat of ice cream at *The Belted Goat*. After dinner at Ebenezer Pavilion at Jordan Lake campers experienced a pontoon boat ride on the lake.

There was a reception for campers and their families at the end of the summer so they could view their artwork and take it home. The Pinewood cars were raced down the track provided by Cub Pack 924 from the United

First Methodist Church in Siler City, and each camper received a certificate of participation.

Since 1995, Boys & Girls Clubs of Central Carolina have helped countless students realize their potential and grow into thriving adults. The clubs have had a significantly positive impact on children in the area, with 73% of low-income club members age 12-17 receiving mostly A's and B's, compared to only 69% of their peers nationally. By hosting summer camps for students, Galloway Ridge hopes to encourage and support such achievements through an enjoyable learning experience.

**For more information, contact Galloway Ridge resident Bob Holton**  
([rsholton104@gmail.com](mailto:rsholton104@gmail.com))

**From AARP Magazine, January 2019—** Research shows that social isolation is as bad for health as smoking 15 cigarettes a day. Of adults over 65, 17% are isolated\* and there is a 26% increased risk of early death due to the subjective feeling of loneliness. Go to [Connect2Affect.org](http://Connect2Affect.org) for evaluating social isolation and to learn more.

\*Note: A recent MatherLifeways study shows CCRC residents are 7% less lonely than the general senior population. More next issue on the results of this study.

# Registration Form

## NORTH CAROLINA CONTINUING CARE RESIDENTS ASSOCIATION

### Eastern Region Annual Meeting

April 2, 2019

Galloway Ridge, 3000 Galloway Ridge, Pittsboro, NC 27312

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

CCRC Name & Address: \_\_\_\_\_

\_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Meeting Registration Fee:

\$15 per person. Make check out to NorCCRA and include with this form

**no later than Friday, March 8, 2019**

Mail payment to Mark Blaustein, 3000 Galloway Ridge, Apt. E310,

Pittsboro, NC 27312

**Note: Registration, coffee and refreshments will start at 9:30am; the meeting will commence at 10am**

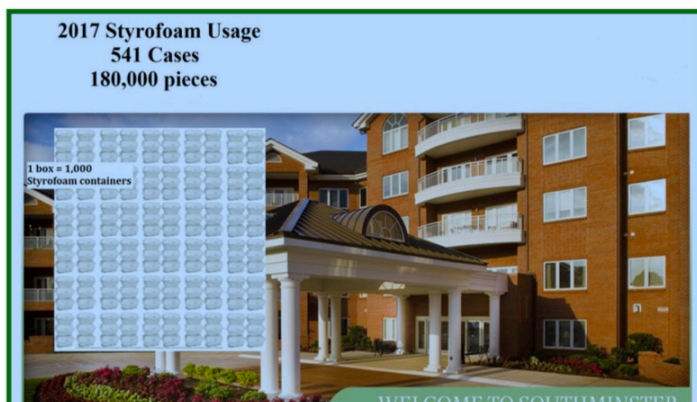


## Sustainability

### ..Going Green at Southminster



At the annual Southminster Residents Meeting in September there was a proud announcement that the use of Styrofoam for residents had been eliminated, culminating a three-year project. Takeout meals numbered 41,000 orders (counting residents only). However each order is usually comprised of at least 2.5 pieces, bringing the total number of Styrofoam containers used to 147,000. Including employee meals, overall Styrofoam usage in 2017 exceeded 180,000 pieces.



It was a daunting task to balance cost and quality. The Culinary Department investigated various substitute products for adequacy of stability, leakage, and the ability to compost, finally finding a suitable combination of products. Southminster has offered reusable plastic ECO-To-Go boxes for takeout meals since 2012 and approximately 75 residents use these regularly. In addition to the Styrofoam elimination there is currently an ongoing “Southminster Goes Green” campaign to substantially increase and encourage usage of ECO-To-Go boxes to further reduce products going to the landfill.



The ECO-To-Go set, sold for \$15, consists of a lidded, three compartment box for entree and sides, a smaller square box for salad or dessert and a screw top soup container. Importantly, at the time of sale the resident is asked to sign a pledge which asserts that he/she will follow through on using and returning these items. (Note- in order to ensure having clean sterilized containers in the kitchen, Southminster purchases an additional set for each resident who has a set.) Residents return ECO box to the restaurant counter in order to receive their takeout order in a clean ECO box; give one, take one. Small paper sacks/envelopes are used for bread and cookies. Coffee cups are a paper product. Our next targets for elimination are the plastic bags used to bag an order. We have plans! The importance of reducing our carbon footprint to make an impact on the environment was foremost in the minds of the Culinary Department and the resident Food Committee, which together have finally brought this to fruition. These changes are not without cost, but the reward is for all of us. It indicates a value for our environment shared by this outstanding retirement community and its residents.

~ Gretchen Allen, Southminster

**NorCCRA has established a forum for residents in North Carolina CCRCs to communicate with each other about activities, ideas, questions, etc. regarding sustainability and environmental interests in their community.” To join the Sustainability Google Group "[norccra-sustainability](#)" or for more information, contact NorCCRA's Communication Director Margaret Zircher ([zircher@me.com](mailto:zircher@me.com)). To join send her your email address, name and community.**

## Legislative Affairs... Medical Expense Deduction – 2019

**A**s you recall, due to the hard work of all our NorCCRA members and our counterparts across the country, we were able to get the **medical expense deduction** back in to the 2018 and 2019 budgets. However, there was a caveat. For your 2018 taxes, you are still able to use the 7.5% of adjusted gross income (AGI) to calculate your deduction. When filling your 2019 taxes, it will go up to 10%

According to Matthew Frankel (CFP from South Carolina, who regularly writes about tax issues for *The Motley Fool*), there is a possibility that Congress can decide to extend the 7.5%. Just as we were successful in 2015 with the General Assembly and in 2017 with Congress, the NorCCRA Legislative Committee is asking you to step up again in 2019.

We are asking that you contact both our Senators and your member of Congress, letting them know how important the medical expense deduction is to you and asking them to keep the adjusted gross income at 7.5% until at least 2025.

**Step 1:** An example of a short letter for you to send is on page 7. It is addressed to the Senators, but you can easily change it to your representative. Remember the second line will read House of Representatives rather than United States Senate. We are asking that you pull up your 2017 (or 2018) tax return and look at Form 1040A, Itemized Deductions. List your total medical expenses from Line 1 and the amount of your medical expense deduction from Line 4. In order to best make our case, your deduction should be higher than the 2018 standard deduction which is \$12,000 for single tax payers and \$24,000 for married tax payers filing jointly.

**Step 2:** For those of you accessing this information via this issue of *The Hotline* we have provided electronic links to our elected officials. (Note: We have sent hard copies of the letters and contact information directly to your CCRC

representatives.) At the time of publication, District 9 has still not been decided. The websites will list both the Washington address and the local address(es). Use a North Carolina address because letters sent to the Washington offices are often held for days for examination. The website also provides phone and fax numbers, as well as internet contact information. When accessing the House members, you will need to enter your zip code and sometimes the four-digit extension before you can get to the screen that allows you to send your comments.

Please use whichever means of communication is easiest for you. But we are counting on you to communicate within the next few weeks.

Sindy Barker, Chair,  
NorCCRA Legislative Committee

### Links to Addresses for Congressmen

District 1 - [The Honorable J.K. Butterfield](#)

District 2- [The Honorable George Holding](#)

District 3- [The Honorable Walter Jones](#)

District 4- [The Honorable David Price](#)

District 5- [The Honorable Virginia Foxx](#)

District 6 - [The Honorable Mark Walker](#)

District 7- [The Honorable David Rouzer](#)

District 8- [The Honorable Richard Hudson](#)

District 10 - [The Honorable Patrick McHenry](#)

District 11- [The Honorable Mark Meadows](#)

District 12- [The Honorable Alma Adams](#)

District 13 - [The Honorable Ted Budd](#)

Medical Expense Deduction – 2019 Version. .... cont'd from p6.

## Sample Letter for your Congressman or Senator

NAME  
ADDRESS  
CITY, STATE  
PHONE NUMBER  
EMAIL ADDRESS

February 10, 2019

The Honorable Richard Burr *(or Thom Tillis)*  
United States Senate

*\*(Go to their websites, links below, and select a North Carolina addresses closest to your CCRC.)*

Dear Senator Burr: *(or Senator Tillis):*

I am a resident at \_\_\_\_\_. Last year, Congress passed legislation to keep the medical expense deduction in place for 2018 and 2019. It provided for 7.5% of adjusted gross income in 2018 and to raise it to 10% in 2019. This concerns me *(us)* because as you can see below, I *(we)* have high medical expenses.

In 2017 *(2018)*, my *(our)* medical expenses totaled \_\_\_\_\_ and my *(our)* medical expense deduction was \_\_\_\_\_. I am single and my total deduction was far more than the 2018 standard deduction of \$12,000. *(Or, I am married and our total deductions were far more than the 2018 standard deduction of \$24,000.)*

I am asking you vote to keep the 7.5% of adjusted gross income for the medical expense deduction in 2019 and to extend the provision through 2025.

Thank you

Sincerely,

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**\* Links to Senators' Websites**

[The Honorable Richard Burr](#)

[The Honorable Thom Tillis](#)

## EASTERN REGION MEETING OF RESIDENTS COUNCIL PRESIDENTS

Residents Association Presidents and officers from 11 CCRCs in the Eastern Region met at The Forest at Duke November 7, 2018. Twenty-two attendees had lively discussions on relevant topics of interest, including Resident input into CCRC decision-making, statutory protections for CCRC residents, how CCRCs are dealing with funding their benevolent care costs, how CCRCs elect/select officers of the Residents Council/Association, and how Employee Appreciation/Christmas funds are handled, including taxation.

Carol Carson, The Forest at Duke, gave an impressive presentation on a "Listening Sessions" initiative to provide resident input into the budget process on additional services residents would like and which current services are no longer needed.

Karen Vernon at Galloway Ridge enlightened the audience with her discussion of establishing mechanisms for the involvement of residents in remodeling/renovation projects within their facility.

Mary Messerschmidt, Scotia Village, queried the idea of developing a mechanism for the exchange of ideas/lessons learned among presidents of resident councils/associations. The conclusion was to establish a Google Group so that Resident Association Presidents can communicate with one another.

To join the Google Group established as a "Forum for Presidents and officers of North Carolina CCRC Resident Associations (Resident Councils) to communicate with each other about mutual interests, questions or concerns related to your leadership role in the CCRC," send your email address, name and community to NorCCRA's Communication Director, Margaret Zircher ([zircher@me.com](mailto:zircher@me.com))

Make sure your Residents Council President is aware of this new forum.

*The Hotline* **Seeking Local Reporters!** Send articles, ideas, photos to NorCCRA's Director of Communications Margaret Zircher [zircher@me.com](mailto:zircher@me.com)



### Application for membership in North Carolina Continuing Care Residents Association

Name: \_\_\_\_\_ Community: \_\_\_\_\_

Spouse's name (if applicable): \_\_\_\_\_

Address: \_\_\_\_\_

Email address: \_\_\_\_\_

Fee: \$12 for individual; \$20 for couple; \$80 individual life membership; \$135 life membership for a couple

Please make check payable to **NorCCRA**. Give your check and application to your local NorCCRA rep.

Otherwise, mail to Susan Rhyne, 3913 Muhlenberg Court, Burlington NC 27215

**Thank you.**