



The Hotline

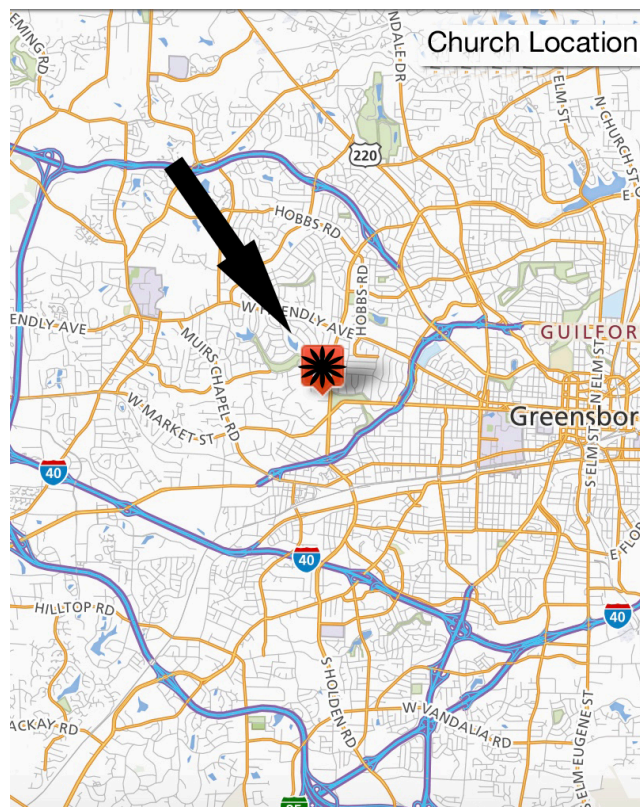
North Carolina Continuing Care Residents Association

www.norccra.org

ANNUAL MEETING October 8 HAS SCHEDULED ITS SPEAKERS

The meeting will again be held at a central location, Christ United Methodist Church, 410 North Holden Road in Greensboro. Tom Akins, President & CEO of North Carolina LeadingAge will lead off the 2019 Annual Meeting speakers with an update of LeadingAge programs and activities.

Two special agents from the Special Crimes Unit of the State Bureau of Investigation, Andrew Pappas and Marie Smith, will address the membership on fraud, crimes and scams that affect older adults. Something everyone wishes they knew more about!



Electronic Hotline users can [click here](#) for more detailed directions to the NorCCRA Annual Meeting.

The third speaker will give us an opportunity to get to know the new Manager of Special Entities at the Department of Insurance. Nancy Wise will speak to the membership about her department and the state of CCRCs in North Carolina.

In addition to the interesting speakers, there will be reports from the various NorCCRA officers and a business meeting with election of officers. A good expenditure of your time - - meet fellow

CCRC residents across the state, enjoy a box lunch AND get up to date on NorCCRA. Hope to see you there.

ANNUAL MEETING *Registration Form*

Save the October 8 Date!

Page 6



President's Message.....

.....*by Wayne Campbell*

I am writing this to you the night before Peggy and I are returning to Twin Lakes CCRC for the “real” meeting with their residents that I noted as I finished my article to you three months ago. And in the last three months we have visited several more of you, wherever you have invited us to come. Those invitations have allowed us to visit Arbor Acres in Winston-Salem, Belle Meade in Southern Pines and Wesley Pines in Lumberton. We enjoyed a very delicious meal in all of the locations and were so impressed with where each of you call home. And by the time we get to Greensboro for our Annual Meeting we will have added a few more visits.

So, why has it been important, from my perspective, to visit with you! To bring awareness to NorCCRA hopefully, and to help increase membership!!! The fall of the year is the perfect time to add new members to our roster, both annual and life. Why? Because if you join in October, November or December of any year it begins immediately and includes the following year, meaning that an annual membership could give a member up to 15 months of membership for the price of 12. I think that is quite a deal!

Why is a large membership in NorCCRA so important? When Sindy Barker (our Legislative Committee Chair) or I, or any of you visit or talk to our elected officials, we want to be able to say that we represent a large number of members, a majority of CCRC residents, as opposed to a minority or a small number. The larger we are, the more clout we have! The “squeaky wheel gets the oil.”

Annual membership is a great value for you and for NorCCRA, but life membership is an even greater value. When Peggy and I moved to Glenaire five years ago we became life members within the first month and we have actually saved money and as importantly, time in remembering to “re-up” every year since then. A life membership also helps the leadership of NorCCRA because, among other things, we don’t have the normally large drop in membership that your leadership must address. I hope Peggy’s and my visits have raised awareness about NorCCRA within your communities and we still have time available on our calendars... email is waynpegg@gmail.com

And so from my home to yours, may good health and much happiness be yours as we have moved past spring and most of a wonderful summer!

... *Wayne*

Happydings.....

Glenaire Partners With Rise Against Hunger

Rise Against Hunger is an international hunger relief organization that distributes food and life-changing aid to the world's most vulnerable. In support of their endeavors, 160 volunteers from Glenaire's residents, staff, children of some residents and staff members, and individuals from the Cary Kildare Rotary Club recently packaged 26,000 meals after receiving \$11,119.00 in



donations to pay for the food. A sizable amount was donated by the Rotarians in honor of Glenaire residents, Bill and Sue Lefes. (Bill was a long-term NorCCRA Community Representative for Glenaire.)

This was Glenaire's sixth annual event, and has been a successful and rewarding outreach program. It encourages generosity, both financial and service, and brings residents, staff and community together for a common and worthwhile endeavor.

Peggy Campbell, *Glenaire (Cary)*

If you have some interesting *Happydings* in your community, let us hear from you. Send an article to zircher@me.com, *The Hotline* editor.

And How About This?

Some enjoy sewing and others no longer have the vision or manual dexterity to do this. Pat Liston, a resident at a CCRC in Florida, is a gifted seamstress and generously gives her time and talent to alter and mend clothing for her neighbors in exchange for a gift by the neighbor to the community's benevolent fund. Because of Pat's very generous gift, the benevolent fund continues to grow with gifts in her honor.



If you have a talent that might be helpful to your neighbors (walking a dog, baking a birthday cake or helping a neighbor with their taxes) you might also consider volunteering to help them in exchange for a donation to your community's benevolent fund,

QUOTABLE QUOTE

Any fool can criticize, condemn and complain - and most fools do.

Benjamin Franklin

The Presbyterian Homes wins Excellence in Community Service Award from LeadingAge NC

The Presbyterian Homes, Inc. has been named the 2019 recipient of the *LeadingAge NC Excellence in Community Service Award* for service programs at each of its three continuing care retirement communities in North Carolina. LeadingAge NC focuses on advocacy, education and research for aging matters. The Excellence in Community Service Award recognizes outstanding community service provided by a member facility as an expression of the organization's commitment to the broader non-profit mission. The Presbyterian Homes, Inc. communities in North Carolina are Glenaire in Cary, River Landing at Sandy Ridge in Colfax and Scotia Village in Laurinburg. The award is the combined effort for a separate program at each community.

Glenaire was recognized for their tutoring program. Residents volunteer to provide tutoring in various subjects for the children of staff and in some cases, staff members themselves. Carolyn Anderson who started



the Tutoring Program will have at least 40 volunteers this September. An objective of the program is to

accommodate every student requesting a tutor. Once students and their academic needs are identified, they are matched to resident tutors. They usually meet once a week.

River Landing at Sandy Ridge helps students in High Point University's

Pharmacy School improve communication skills with older adults. The 5-semester program now involves 70 students and residents and is designed to provide students with listening and customer service skills that they would not learn in the classroom.



Scotia Village

partners with students at an elementary school. In 2017 a "pen pal" program began pairing students of Sycamore Lane Elementary School in Laurinburg with residents living at Scotia Village. What started as six seniors writing letters has grown into a partnership that involves nearly all of the 200+ residents. Students visit Scotia Village to sing Christmas carols, play games, and interview residents for projects. Residents visit the school to attend awards days, carnivals, and parties, and to deliver

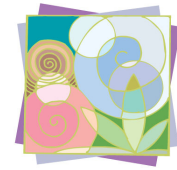
needed classroom supplies, read to students, and serve as proctors for testing. The partnership has provided both rich intergenerational experiences and needed encouragement for the students in their academics. Residents have become more aware of needs within the school system and are meeting those needs with time and resources.



*Thanks to **Peggy Campbell, Glenaire, (Cary NC)** for this article.*

ECOLOGICAL

Sustainability by Boyd Strain



Ecologists have developed an hypothesis that ecosystems, evolving without the influence of humans and their societies, become diverse in species and habitats. The biological milieu changes through time but remains self-sustaining within the controlling limits of prevailing physical and chemical environments. Changes that do occur are slow enough that ecosystems adjust and remain diverse and sustainable through time.

Thus, prior to the development of agriculture and the subsequent increase in human populations, ecosystems were self-sustaining. Beginning in medieval times and accelerating greatly during the agro-technological 19th and 20th centuries, human impacts increased globally.

It became clear by the 1980s, when the global population reached 4.8 billion people, that human cultural effects were overwhelming the capability of many ecosystems to maintain their integrity. To maintain biological diversity and ecological stability of human dominated ecosystems, it has become necessary to develop and apply management of resources. Without environmental management of the atmosphere, hydrosphere and soil resources, ecosystems lose integrity and decline in productivity.

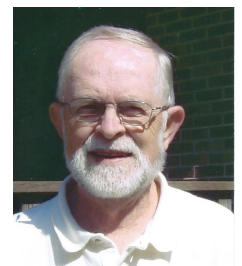
Now that the human population has reached 7.5 billion with an annual growth rate of 1.5 percent, human impacts have become detrimental globally. Atmospheric

carbon dioxide and other air pollutants have reached levels that upset the historical global energy balance.

Warming of the earth's atmosphere and oceans is causing glacial melting, ocean level rise and global instability. Massive deforestation is changing vegetation sufficiently to affect the global energy balance. Ocean chemical and thermal environments are changing with negative impacts on the productivity and sustainability of coral reefs and atolls.

To assure ecological and economic stability and sustainability for our grandchildren and for theirs, we must slow global environmental changes to rates that will allow ecological sustainability.

Boyd Strain, PhD, a retired Professor of Ecology from Duke University, resides at Croasdaile Village in Durham. His PhD, from UCLA focused on plant physiological ecology. At Duke University he focused on increased carbon dioxide as a stressor on plants and ecosystems.



The Hotline

Seeking Local Reporters! YOU!!!

Send articles, ideas, photos to
NorCCRA's Director of
Communications Margaret Zircher
zircher@me.com



Registration Form

NorCCRA ANNUAL MEETING

Christ United Methodist Church, 410 N Holden Rd., Greensboro, NC

Tuesday, October 8, 2019

9-10 Registration

10-11:30 General Program speakers

Tom Akins, North Carolina Leading Age

Andrew Pappas & Marie Smith, State Bureau of Investigation

Nancy Wise, NC Department of Insurance

11:30 Treasurers Report

12:00 Lunch

12:45 Business session

Please register me (us) for the NorCCRA Annual Meeting, October 8, 2019

Name(s) Please Print _____

CCRC Community _____ email or phone _____

I (We) have the following dietary restrictions:

Please check the appropriate registration blank:

_____ Member NorCCRA Cost \$12 for registration and lunch

_____ Non-member Cost \$15 for registration and lunch

Unless your community NorCCRA rep is collecting the registrations to send as a group, mail this form and check made payable to NorCCRA to:

Susan Rhyne, 3913 Muhlenberg Court, Burlington NC 27215

RESERVATIONS MUST BE RECEIVED BY MONDAY, SEPTEMBER 30

Best Practices.....

from Carol Woods in Chapel Hill

What I Want Others to Know About Me If Someday I Am Unable to Recall or Convey My Wishes



Have you ever wondered what would happen if one day you are unable to recall or convey your wishes about how you wish to continue living? A small group of Carol Woods residents did wonder about this and began pooling their ideas about what would be helpful for others to know about them in such a case. They also gathered input from the Carol Woods healthcare staff and other residents. The result is a new information sheet (form) titled *Knowing Me as an Individual* that can serve as a comprehensive guide to those caring for you and increase the chance that information specific to you as an individual will be used to promote your well-being even if recalling and/or communicating become issues for you.

We can hear you say: “Not another form!” However, this new form covers important issues not covered in other documents. The accreditation team CARF International visited Carol Woods

in March, 2019 and in their exit summary highlighted and praised *Knowing Me as an Individual*. This form offers an innovative way for residents and staff to partner in providing optimal care.

Seven broad topic areas are covered:

- **Things I Enjoy** (e.g., music, reading, TV, nature, spiritual support, touch.)
- **The Flow of My Day** (e.g., meal and bathing schedule, when and how you like to sleep.)
- **General Issues** (e.g., what calms you down or sets you off, information helpful in making medical decisions, self-care and dietary issues.)
- **Assistance from My Carol Woods Social Worker** -types of help regularly provided are listed as well as additional possibilities
- **Assistance from My Health Care Power of Attorney (HCPOA)** -beyond the duties specified in legal HCPOA documents, examples are provided of additional ways your HCPOA could utilize Carol Woods’ resources
- **Additional Information for Family Members and Close Friends** - suggestions are listed that might stimulate your thinking about information you wish to include .

Continued on p8

Knowing Me Continued form p7

•**Biographical Information** (e.g. places you've lived, your life's work or major interests.)

Additionally, the form enables residents to easily add their own examples and even add additional topics, writing as little or as much as they wish about each item. Electronic storing of the information is in the Carol Woods Health Clinic where it is easily access by the healthcare staff.

This form is NOT a legal document that you are mandating; it is a GUIDE that can assist staff, your Health Care Power of Attorney, family, and friends in ascertaining how best to support your well-being. Staff obviously cannot hold in memory all the information contained in each individual's form, but when concerns or difficulties arise, staff can utilize this information to aid them in finding solutions.

The Carol Woods Health and WellBeing Committee is happy to share this form with other CCRCs. If interested, please contact their chair

Gordon Whitaker
(whitakergordon@gmail.com)

NorCCRA's Google Groups Continue to Grow

The **Sustainability Forum** established for residents to communicate with others in North Carolina CCRCs about activities and ideas regarding sustainability and environmental interests now has eighteen members, and is growing weekly. Several interesting posts have already circulated. The **Board-of-Directors Forum** for Community reps and co-reps is now zipping along with thirty nine members, who are sharing information on all sorts of topics. The third group, for **Officers of the Residents Associations or Residents Councils**, is successfully up and running.

If you wish to join any of these groups, email zircher@me.com, (NorCCRA's Communications Director, Margaret Zircher) with your name, community, and for the board-of-directors forum or council presidents forum, you office.

NorCCRA is associated with NaCCRA (National Continuing Care Residents Association) Check out their redesigned website <https://www.naccra.com> for good information and access to their newsletter *LifeLine*.



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.

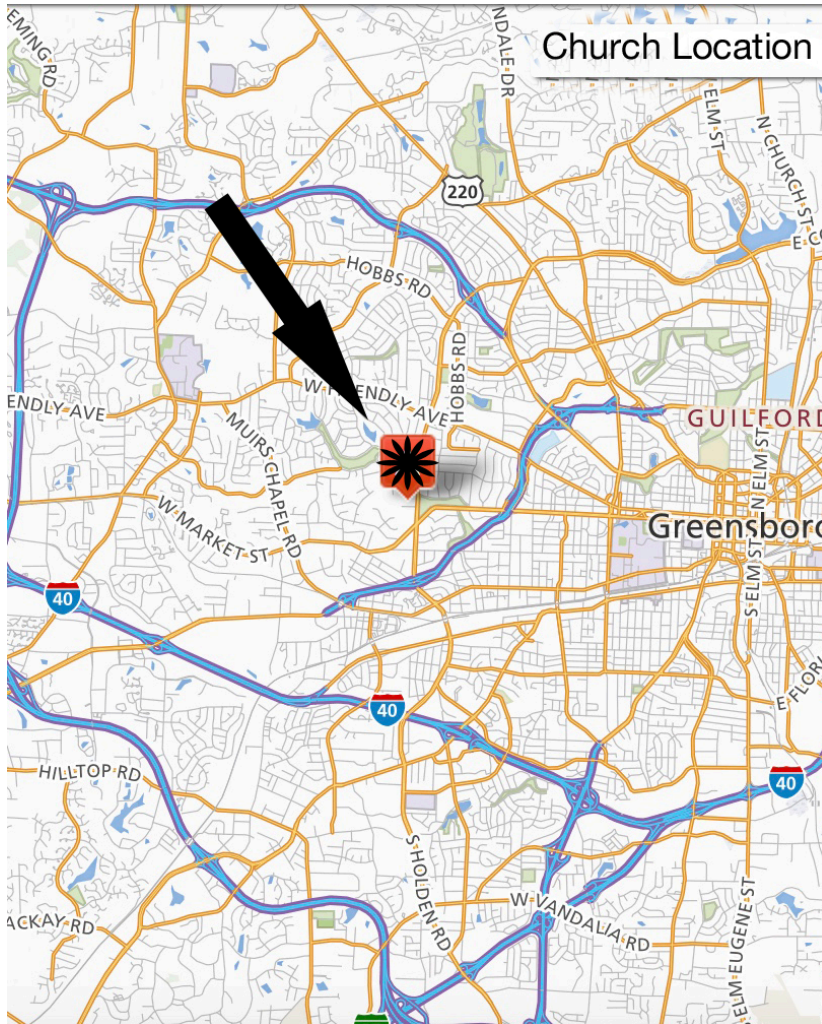
Otherwise, mail to Susan Rhyne, 3913 Muhlenberg Court, Burlington NC 27215

Thank you.

DIRECTIONS TO THE ANNUAL GENERAL MEETING

From the West on I-40: Take I-40 (not the new bypass) 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.