



The Hotline

North Carolina Continuing Care Residents Association

www.norccra.org

Highlights from Eastern Region Annual Meeting

Over 200 members and guests were treated to two outstanding speakers this year. Dr. Ralph Baric, PhD, William R. Kenan, Jr. Distinguished Professor of epidemiology at the UNC Gillings School of Public Health and professor of microbiology and immunology at UNC's School of Medicine educated the audience on the history of pandemics, and coronavirus in particular; where Covid-19 ranks in historical context of disease and death; molecular structure of Covid-19 and how the different vaccines and therapies work relative to the molecular structure. The threat of variants as well as the effectiveness of current vaccines makes it important that everyone get vaccinated.

Just when the audience thinks "how can someone follow Dr. Baric's presentation", Mr. Tom Brewer, Managing Director for Senior Living Investment Banking at Ziegler steps up with a timely and informative talk on Covid 19's impact on senior living, an overview of the current state of senior living-CCRCs-Life Plan Communities, projected growth, and trends.



*New Eastern Region Officers - left to right
Lucinda Glover, Gay Eddy, Sindy Barker, Dick Chady*

The following were elected on April 27 to serve as officers for the Eastern Region for 2021-2. (All are from Carol Woods, the location for next year's Eastern Region Meeting.)

Co-Chairs:

Gay Eddy moved to Carol Woods in 2013 from Chapel Hill. She graduated from Kansas State University with a BS in Government and History. She spent the last 18 years of her working years on the Congressional staff for US Congressman David Price. She was active in the League of Women Voters every place she lived and was president in both Seattle and Chapel Hill. Since coming to Carol Woods, Gay has served as the Resident Association President and also served on the Carol Woods Board of Directors. And she served for several years as their representative to NorCCRA.

Sindy Barker moved to Carol Woods in the fall of 2013 from Chatham County. She graduated from the University of Tennessee with a BA in Political Science. Sindy

Continued p8

Board of Directors Meeting - June 4 by zoom
NorCCRA Annual Meeting October 5 - save the date!

President's Message.....*from John Olmstead*

By the time you read this, many exciting things will have occurred. The Eastern Region Annual Meeting and election of new officers; the filing of a draft Bill that hopefully will minimize the impact of the imposition of a NC Sales Tax on CCRC independent living resident services; the end of my 48 month run as VP and President of the Scotia Village Resident's Association; the pending October 2021 retirement of our Communications Director, and several other things your Executive Committee has been working on. On June 4th, the Annual NorCCRA Board of Directors Meeting (which includes all community representatives) will occur via Zoom. Shortly thereafter, the details of the statewide October 5th NorCCRA Annual Meeting and election of officers will be established and promulgated. Still to be determined is whether or not the statewide annual meeting will occur in person at Well-Spring Retirement Community in Greensboro, or via Zoom. In either case, mark your calendar for what should be a very informative meeting.



Key to the successful operation of most associations, scouting, clubs, churches, etc. are *volunteers*. We, as residents of CCRCs, begin our "post retirement" volunteer jobs at a disadvantage – we have already lived a long time. On the other hand, we have much more life experience than folks half our ages. Even as the theoretical CCRC resident entry age lowers, it seems harder and harder to interest new residents in volunteering. We need to bring different perspectives, different backgrounds, different aspirations, different experiences, and different abilities into the mix of NorCCRA and CCRC Resident Association/Council volunteers by tapping into the best of our populations. According to Google, **Volunteering** allows you to connect to your community and make it a better place. And **volunteering** is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a **volunteer** helps you make new friends, expand your network, and boost your social skills.

Continuing Care Retirement Communities are composed of residents from many different walks of life. In most cases, it is our final earthly home. When we decided to move to a CCRC, we opted for geographical stability; for making our children's lives much less complex; for ending the worries of owning and maintaining property; for being a slave to the kitchen, house or yard; to prepare us for whatever medical dilemmas may find us, etc. As the COVID restrictions are gradually being lifted, I hope to see increased resident participation in both on and off campus events. The best advertisement for CCRCs are the current residents.... and its volunteers.

As many of you know, my wife and I spend considerable time every year traveling in our motorhome. Several folks have asked me why. My response is simply "because we can." At some unknown point in the future, this will no longer be an option. The message here is to enjoy things while you can.

Live life well! Enjoy today! Do something fun! Be happy! and Laugh frequently!

John Olmstead



LEGISLATIVE UPDATE April 26, 2021 .. from *Sindy Barker*

Senate Bill 495, CCRC Sales Tax Modifications,

was introduced and referred to the Rules Committee April 5. It modifies Chapter 105 of the

state statutes. The Primary Sponsors are Chuck Edwards, R-Flat Rock, and Paul Newton, R-Mount Pleasant. Ben Clark, D-Raeford, who is the secretary of the Democratic Caucus, has also signed on as a co-sponsor of the bill. All three are members of the Rules Committee and Finance Committee with Senator Newton serving as one of the three chairs of the Finance Committee. The following is a synopsis of the main provisions of the bill.

- 1.The proposed 2% sales tax on raw food would only be assessed on food purchased for residents in independent living. It would exempt purchases of food for skilled nursing or assisted living residents.
- 2.Twice a year, the state refunds all sales taxes paid by nonprofit entities. This 2% sales tax will not be eligible for a refund. It is estimated the tax will bring in \$650,000 to the state annually.

3.One provision states that housing, health care and other life care services are not considered a retail sale by a CCRC regardless of whether it is itemized or bundled.

4.It also exempts application of sales tax on entrance fees, membership, resident services, and other initial and periodic charges.

5.It directs the Department of Revenue to take no action to assess or collect any sales and use tax due from February 2015 to July 1, 2021. This protects the CCRCs which have been audited and told that they needed to pay taxes and penalties back to February 2015.

6.Effective date of the legislation is July 1, 2021.

The bill has not been taken up by the Senate Finance Committee at this point. We anticipate it will be given a favorable committee report and will then go to the full Senate. Once it passes the Senate, it will be sent to the House of Representatives.

Updates on this legislation will be posted on NorCCRA's website.

Side Note: On April 20, an interesting development took place in the House. Tim Moore, Speaker of the House, removed Representative Julia Howard, R-Mocksville, from her position as one of four Senior Finance Committee chairs. She publicly opposed another bill that would give tax breaks to businesses who had received federal coronavirus relief money under the Paycheck Protection Program. She said that the legislation included dozens of lawmakers' businesses that had received loans. She refused to move the bill out of the House Finance Committee. Once she was removed, the Finance Committee passed the bill and sent it to the House floor. The following day it was amended to include a provision that individuals who had received unemployment insurance payments would not be required to pay

income tax on those payments. It passed the full House on April 22 and was sent to the Senate.

Historic Note: In late 2019, the Department of Revenue (DOR) met with a CCRC and told them the DOR considered them a retailer and therefore they would be subject to a 7.5% sales tax on their fees and furthermore, it would be retroactive for three years. They met with a second CCRC in early 2020 with the same result. Representative Howard was supportive of DOR's interpretation. Tom Akins, CEO of LeadingAge NC, and Wayne Campbell, then NorCCRA president, wrote a joint letter to both House Speaker Tim Moore and President ProTem Phil Berger, asking that the issue be postponed until the 2021 long session. And, here we are in the long session with **SB495, CCRC Sales Tax Modifications.**

Thank You, Bill Gentry! of Croasdaile Village

Now that the website redesign is complete and a successor is fully functioning, NorCCRA's capable, loyal, and dependable webmaster, at the age of 98, is retiring. We hate to see him go, but understand his desire at this time in his life to pursue some personal interests in genealogy research of the first Gentry in this country (Nicholas Gentry in late 1600s) and four generations of male descendants.

Bill's connection with NorCCRA began twenty years ago in 2001. In 2006 he was elected state treasurer, serving until 2009. He has served several times as Parliamentarian for the state annual and regional meetings, and has been involved several times as a bylaws committee chairman working with Heather Rodin on revisions to the state bylaws and standing rules. Bill's first involvement with the association website was around 2015.

Like many residents of CCRCs, one doesn't have to scratch too deeply to find an interesting history, and a life of accomplishment. Ancestor Nicholas would be proud of descendent Bill! Bill was born in Omaha, Nebraska, but when he was a year old, his parents moved to the far western interior of China, at that time a two-week trip by river steamer up the Yangtze River. His Dad, an MD, was the director of a Methodist mission hospital there, and initially the only MD at the hospital. After fifteen years of intermittent service in China his family moved to western Nebraska where his grandparents had been pioneer settlers.

Bill was accepted at Harvard after high school in Nebraska, but WWII interrupted studies. He spent three years on active duty as a Field Artillery officer, much of it in a liaison capacity with Chinese Artillery forces in Burma and China. He returned to complete his master's at Harvard after active duty,

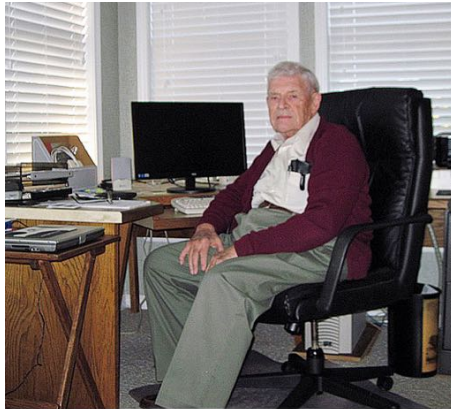
Bill then earned his PhD at Boston University in organic chemistry, and spent the next thirty-three years at Dow Chemical as a research chemist and administrator.

Bill and his late wife Pat had 4 children. Both were active in scouting. She in Girl Scouting, eventually becoming an executive director of Girl Scouts of America. Bill was involved at all levels of scouting — local, district and council and even some at the national level. How many people other than Bill can say they mentored 50 boys to achieve the rank of Eagle Scout?! He attended four National Jamborees and three World Jamborees and had the unique experience in 1967 of serving as scoutmaster of a World Jamboree troop of fifty boys, every one of whom was an Eagle Scout.

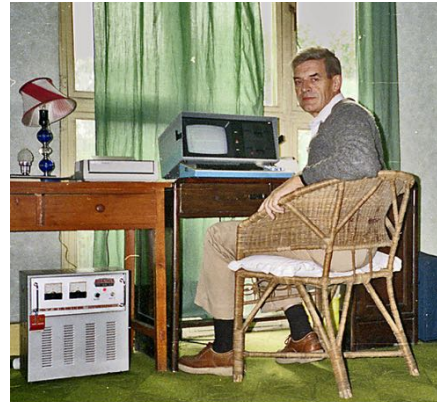
In 1985, Bill received an appointment as a visiting lecturer at a university in West China, where he had gone to school as a boy. He and

Pat spend extended weekends each month traveling to various locations in the country and nearby, including a trip to Tibet, and an extended two-week excursion to Hong Kong and Thailand. They thoroughly enjoyed these experiences.

NorCCRA's new webmaster Gloria Nicholson is a Carolina Meadows resident. Her BA is from Blue Mountain College with majors in music and English and an MA in Musicology from UNC-CH. In addition to teaching piano, she worked as a programmer at NIEHS (National Institute of Environmental Health Sciences) in RTP for 25 years. Her duties included application programming, database design, and support for the NTP (National



Bill 2021



Bill in China

Thank you Bill! cont'd from p4

Toxicology Program) web site. She wrote programs that updated the database, extracted data for reports and sharing information on the web site, and provided an interface for scientists to query the database for information on the chemicals that were being tested for carcinogens. Another database kept track of historical documents about the testing that were available for review.

Thank you Gloria for volunteering to keep NorCCRA's website going!

And Awards go to

Plantation Village!

*4 NorCCRA CCRCs
for "Best in Wellness"*

Plantation Village in Wilmington, won the 2020 AARP North Carolina Coastal Community Inspiration Award in the category of **Innovative Pandemic Response**. The selection committee was impressed with how Plantation Village responded during great adversity through the efforts of residents and associates, and especially noteworthy was Plantation Village's **zero** Covid-19 cases among its residents.



Each year AARP's **Coastal Community Inspiration Award** recognizes people and organizations providing community service and making an impact in our region. Suzanne Black, AARP Associate State Director, recently stated, "This year has brought about great challenges and tremendous responses."

*Thanks to Jan Makaryk at Plantation Village
for making us aware of this award.*

Carolina Meadows in Chapel Hill, **The Forest at Duke** in Durham, **Galloway Ridge** in Pittsboro and **Mathews Glen** (formerly Plantation Estates) in Mathews, won the 2020 ICAA NuStep Beacon Award, which recognizes and honors the **Top 25 'Best in Wellness' senior living communities in North America**. The award was created as a joint effort between International Council on Active Aging and NuStep, LLC, a major manufacturer of recumbent cross-trainers used in healthcare, senior living and fitness centers.

These four North Carolina CCRCs are among those recognized as best-in-class for successfully fostering a wellness-centered environment to benefit all who live and work in their community. Wellness is typically defined by seven key dimensions: emotional, physical, intellectual, social, spiritual, vocational and environmental. When each of these dimensions is equally nurtured and prioritized, it can enhance a sense of well-being among residents.



Community Highlights from Glenaire in Cary

DORCAS PUZZLES + PUZZLERS

"All my life I've loved working jigsaw puzzles with so many happy memories of them at our house and at my grandparents' homes. By working puzzles donated to Dorcas Ministries to verify that they are complete, I get to enjoy working a huge variety of puzzles, including the rare wooden ones, at no expense to me and a real benefit to Dorcas Thrift Shop." - Mary Black, Glenaire Resident

Outreach is difficult during a pandemic, but Glenaire has found a way to make it safe and fun! Puzzles stored on hallway tables belong to * **Dorcas Ministries**.

Residents work them to be sure all of the pieces are there and then return them to Dorcas to be sold in the **Dorcas Thrift Shop**. The income generated is used to help local residents in need. Over 40 residents in Independent and Assisted Living are helping. Glenaire residents regularly prepare over 100 adult puzzles and over 150 children's puzzles every month. In January, their efforts created over \$1000 of income (5 years) for **Dorcas!**

Beginners are welcomed. Teamed up with someone who is already participating, the beginner learns interesting techniques for putting a puzzle together. It isn't hard, and a puzzler gets faster with practice!

A puzzler can sell puzzles to other residents. If a resident likes one they see on a table, they

put a note on the box. When it is completed, the puzzle is sold to the resident and the money from the sale is taken to **Dorcas**. If the resident sees a puzzle in the cabinet they would like to buy as a gift, they put a note with name and phone number on the puzzle and leave it on the top of the shelf. Someone is found to work it right away and gets in touch with the buyer when the puzzle is ready.

It is really exciting to see how the Glenaire community works together on this project. Thanks to all who work puzzles, donate puzzles, and to all who stop by to offer puzzlers encouragement and company while they work.

*Thanks to Carolyn Anderson and Gloria Best
4bestcary@gmail.com
at Glenaire in Cary for this article*



* **Dorcas Ministries** (Cary NC) provides assistance to area residents with financial assistance, food pantry, scholarships, training programs, referrals, a mobile health clinic, employment assistance, and an affordable thrift shop. <https://dorcascary.org/>

The Hotline
Seeking Local Reporters! YOU!!!
Send articles, ideas, photos to
NorCCRA's Director of
Communications Margaret Zircher
zircher@me.com

Grassroots Environmental Stewardship

by Boyd Strain, PhD

Okay!! Okay!! I get it!! I get it!!



The earth's weather is changing! What can I do about it?

The magnitude of the global environmental change problem would seem to take solutions out of the hands of

individual citizens. However, increasing numbers of people are realizing that the problem is human caused and should be addressable by those who care.

One such person is F. Stuart Chapin, III. Terry Chapin, as his many friends and colleagues call him, is leading the charge. Chapin is Professor Emeritus of Ecology at the University of Alaska, Fairbanks. His new book, entitled "Grassroots Stewardship" is presented as a primer on human induced global change and a manual on how individuals have developed grassroots solutions to the myriad of effects associated with global environmental problems.

According to Terry, constructive actions people can do include:

- Experience and celebrate the joys of nature
- Understand how our consumption choices influence nature
- Be proud of actions that minimize environmental impact
- Reduce unnecessary purchases

The book is available on the web. Many of you would enjoy the stories and example solutions. Terry is the son of deceased Professor F. Stuart Chapin, Jr a noted urban and regional planner and founder of the UNC Center for Urban and Regional Studies.

In addition to grassroots activities suggested by Professor Chapin, more and more people are taking action to draw attention to environmental change. The first Earth Day, April 22, 1970, drew 20 million people; primarily interested in chemical pollution and recycling. By 2021 an estimated one billion citizens of 193 countries joined organized activities around the world to address global climate change and associated social and economic issues.



Thanks for this article to-
Boyd Strain, PhD, a retired Professor of Ecology from Duke University, resident of 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.

New Eastern Region Officers cont'd from p1

retired as Executive Director/Lobbyist of the NC Nurses Association in 2006; was secretary of the Constituent Assembly; and served on the American Nurses Association Board of Directors. As a Carol Woods resident, she has served as secretary of the Residents Association, editor of the *Carol Woods News*, chair of the Special Events Committee, coordinator of Cash & Carry, Carol Woods representative to NorCCRA, chair of the NorCCRA Legislative Committee, and a member of the Leading Age Board of Directors.

Treasurer Dick Chady moved to Carol Woods in 2019 from Chapel Hill. He received a BA from Grinnel College, a MS in Journalism from Northwestern University and worked for both UPI and AP covering mainly politics and government. He also received a masters in Library Science and spent 30 years in public relations for New York agencies and a large health care system. He is very active in OLLI (Osher Lifelong Learning Institute) at Duke and volunteered in such political causes as Medicaid expansion and living wage projects. At Carol Woods, he is serving on the *Carol*

Woods News Committee, Community Relations Committee, the Peace and Justice Forum and the Health and Well-being Committee. He is a Carol Woods representative to NorCCRA and is an active member of the NC Council on Aging.

Secretary Lucinda Glover moved to Carol Woods in 2017 from Ashe County. She was born in Portsmouth, VA, but grew up on her parents peanut farm in northeast North Carolina. She attended Wake Forest University for two years and graduated from Meredith College with a BA in biology and education. She taught high school biology for several years. She received her Master's in Public Health from UNC-Chapel Hill in biostatistics and worked at Frank Porter Graham Child Development Center and later at Family Health International in RTP. She served on the board of the NC Genealogy Society and provided genealogical research at the Ashe County Library. At Carol Woods she is a member of the Roots Genealogy Group, Chair of the Archives Committee and on the Carol Woods Online Team

Volunteer Opportunity!

NorCCRA is seeking a Communications Director, by or before October. Responsibilities include quarterly layout for *The Hotline*, managing NorCCRA's three Google Groups, and (perhaps negotiable) hosting Zoom meetings. Contact olmsteaj@erols.com or zircher@me.com for more information or to volunteer.



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.