



The Hotline

North Carolina Continuing Care Residents Association

www.norccra.org

Report from Eastern Region Meeting

What a great day it was on Tuesday April 18, 2023! The morning was spent at the NorCCRA Eastern Region Meeting hosted by The Forest at Duke in Durham. Carol McFayden and Margaret Keller did an amazing job organizing and presenting the Eastern Region meeting. The speakers were excellent, lunch was great and the re-socialization of NorCCRA members was fantastic. More than 100 Eastern Region members listened to presentations by Dr. Heather Whitson, the Co-Director of the Duke/Alzheimer's disease research Center and Natalie Leary from the Duke Dementia Family Support Program.

Your Community Rep has probably noted that he/she has not yet received a quarterly NorCCRA census report from Susan Rhyne. Susan fell and broke her shoulder. She had shoulder replacement surgery about four weeks ago and has recuperated in the rehab facility at Twin Lakes. Susan will have some help getting reports out now that she is back home, but be patient while we work through the process.

The NorCCRA Semi-Annual Board of Directors meeting is scheduled for June 6, 2023 at The Templeton of Cary. We are in the process of updating some of our standing rules and those changes will be presented to the full board on for approval. We will also report on the most recent activity regarding both the sales exemption and the revised statute. The Executive Committee (EXCOM) has been busy since October and we will be reporting our activities to the board. Finally, as we saw at the Eastern Region meeting, renewing old friendships and making new ones is greatly enhanced by face to face contact. We are looking forward to seeing all board members and guests at this important board of directors meeting."



The Hotline is published quarterly, March, June, September and December by the North Carolina Continuing Care Residents Association. Submissions and other Hotline-related communications should be addressed to the editor: Jamie King, Trinity Oaks, Salisbury, NC or kj4jk@arrl.net



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President's Message.....from Skip

I recently read an article published by the United Nations Volunteer Organization in 2016. The article defined volunteerism as a basic expression of human relationships. "...It is about peoples' need to participate in their societies and to feel that they matter to others. We strongly believe that the social relationships intrinsic to volunteer work are critical to individual and community well-being."



The article went on to say, "...a healthy society is one in which importance is given to formal and informal relationships that facilitate interaction and engagement and thus engender a sense of belonging. It is also one in which there is broad participation by all sections of the population. Communities with these characteristics do better in moving forward to meet common aspirations..."

After four years at Croasdaile Village I can make the observation that the life of many senior in a CCRC revolves around volunteerism. Communities have residence councils or associations made up of volunteers. The residents councils have supporting committees, (Safety, Communications, Life Enrichment, Accessibility and many others). Many residents also continue to volunteer at hospitals, food banks, shelters and more. The benefits provided by these volunteers to their communities is invaluable.

The North Carolina Continuing Care Residents Association (NorCCRA) is made up of volunteers with many, if not all of the traits listed in the UNV article. Above all, we have a strong interest in preserving the well-being of the individuals and communities in which we reside.

NorCCRA has more than 70 volunteers working on various committees and task forces. While the current team has many years of acquired knowledge, fresh ideas and enthusiasm are also critically important. Our bylaws require that officers serve no more than two consecutive years.

Each community has it's own set of rules on how NorCCRA Representatives are selected and how long they can serve.

If you are interested in advocating for senior citizens, especially those in CCRCs, please contact Skip Kingan (skingan47@gmail.com), John Olmstead (olmsteaj@erols.com), or any of the Officers or EXCOM members listed on the Meet Your Officers page of this Hotline.



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*Legislative Update from **Sindy and Martha***



Ever Ever since the House passed their version of the budget and sent it over to the Senate, we have been in a wait and see pattern. The House included the CCRC sales tax exemption in their version. We have just received word today that the Senate did not include the exemption in their version. Today (May 16) the proposed Senate version will begin to be discussed on the Senate floor.



When the budget has a difference on an issue between the two versions, it goes to the conference committee composed of members of both houses. We do not know whether this applies to this situation when one house has included a provision and the other one does not. By the time you receive the issue of the Hotline, we will know the answer and you should have received the information via your NorCCRA representatives and RA presidents.

Martha Wood, Salemtowne Retirement Community, has been appointed Co-Chair of the NorCCRA Legislative Committee. Martha was Mayor of Winston-Salem from 1989-1997 and was on the Board of Aldermen for eight years before that. During her two terms as Mayor, she opened the doors of City Hall to all citizens, created new avenues of civic cooperation, and united diverse interests into a progressive coalition that moved Winston-Salem into a new era of consensus-building and economic vitality. All excellent skills for moving our NorCCRA agenda forward.

As a former elected official Martha knows what it is like to be lobbied and I know what it is like to lobby. We are going to make a great team.

Sindy Barker and Martha Wood



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Meet your NorCCRA Officers:



**President:
Charles (Skip)
Kingan**



**Vice President:
Sharon
Everhart**



**Secretary:
Margaret Riley**



**Treasurer:
Joe Liegl**

2022-2023 NorCCRA OFFICERS

President: Charles "Skip" Kingan
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Vice President: Sharon Everhart
Gace Ridge everhartjd@gmail.com

Secretary: Margaret Riley
Croasdaile Village mrileync@gmail.com

Treasurer: Joe Liegl
Carolina Meadows

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Bob Osborn, Western Region Leader
The Pines at Davidson, - rho.cincy60@gmail.com

David Teal, Central Region Leader
Well Spring, - teal david@gmail.com

Margaret Keller & Carol McFadyen
Eastern Region Co-Leaders
The Forest at Duke,
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Carol Woods, - sindydevoebarker@gmail.com

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Bill Lambe, Presidential Appointee
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Feeling Sleepy? (An abstract from the National Institutes for Health)

There are many jokes that center around older adults waking up before the sun, and even more about teenagers' late-sleeping habits. Turns out there's truth to them: The time our body naturally goes to sleep and wakes up is not only part of our genetics, but part of the natural aging process, too.

As we age, our bodies change both internally and externally, which is a major factor behind the sleep changes that come later in life. "Like most of the things that change with age, there's not just one reason, and they are all interconnected," said Cindy Lustig, a professor of psychology at the University of Michigan.

We asked Lustig and other experts to explain the main reasons why this occurs, and what you can do to push back if you want those few extra hours of Zzzs.

Earlier wakeup times are part of the natural aging process. If you struggle with this issue and want to sleep later in the mornings, you should ignore the advice to put away the screens and instead expose yourself to bright light in the late evening. This can mean going for a walk outside before the sun sets, reading a book on a bright iPad, getting artificial lights for your home or watching TV on a bright screen. Those bright lights will tell the brain that the sun hasn't set yet, which will hold back the biochemical processes that induce sleepiness.

Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.



Learn more about reducing your risk of falling at www.nia.nih.gov/falls-prevention.





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Loneliness can increase heart attack risk in older women

For older women, being lonely and socially isolated can increase the chance of developing heart disease by as much as 27%, according to research recently published in the journal JAMA Network Open.

This finding adds heart disease to a list of potential health effects of loneliness and isolation that includes dementia and mental health issues such as anxiety and depression. Data from nearly 58,000 postmenopausal women who were tracked for more than a decade showed that, independently, **social isolation increased heart disease by 8% and loneliness increased it by 5%, but the effect was much stronger for those who reported high levels of both feelings, giving them a 13% to 27% higher risk for cardiovascular problems than women with low levels of both.** Heart disease is the leading cause of death for U.S. women, responsible for 1 in 5 deaths, according to the Centers for Disease Control and Prevention.

The researchers said that one-fourth of adults 65 and older are socially isolated (women more often than men) and one-third of those 45 and older feel lonely. Although similar, loneliness and social isolation are not the same.

The researchers described social isolation as “physically being away from people,” whereas loneliness is a feeling “that can be experienced even by people who are regularly in contact with others.”

A socially isolated person may not always be lonely, and a lonely person may not always be socially isolated.

It's Spring Cleaning Time

Many times, people forget that spring cleaning isn't only for houses. It is also time to clean up your cell phone and computer, too. Delete those old and unused email addresses, photos, notes, and calendar reminders. The device will work faster and better, and you'll be happier!



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Pennybyrn Carnival

Not limited in their vision, our Resident Council President Marcia Richmond, new resident Missy Church-Smith, Director of Resident and Community Engagement Lynn Johnson, Programs and Events experts Lisa Evans and Yulia Trogdon, and resident Carolyn Brockmann formed a planning committee to put together our first-ever **Pennybyrn Carnival**, highlighting options for resident involvement through every facet of life and activity. From resident-led committees to wellness activities and games of all sorts to our on-campus bank to volunteer activities involving healthcare to our Development office and Clinic - oh, and let's not forget a NorCCRA booth to educate on activities and invite membership, especially to our newest residents! So, the date for the Carnival was set, the tables and booths and activities were created and set up - and we were off.



I think we'd all agree that a GREAT time was had by all. We honored the traditional, we welcomed and celebrated the new, we laughed, danced, ate, sang and had a great time. Many dressed in costume. There was a Ring Master, there were presentations, there were door prizes, and the spirit and camaraderie met past levels and surpassed them. We are Pennybyrn 2023 - new and improved, built on the same foundation.

Articles submitted by residents appear on this page. Submissions are encouraged.

New Scams That Target Seniors

New scams appear almost every day. Check out the scams now going on in your own area at <http://aarp.org/scammap>



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MEMBERSHIP NUMBERS MATTER

The 2023 session of the NC State Legislature will be especially important to you, because this year that there will be or won't make significant changes affecting life in a CCRC. Membership allows your voice to be heard!

Politicians know for certain just two things: the first one is that their elected positions depend on voter numbers, and the other one is that seniors vote. Your membership helps get your message across.

VOLUNTEERS ARE NEEDED

As you may know, NorCCRA is the one and only North Carolina organization that focuses entirely and exclusively on the needs and interests of CCRC) residents, and monitors state rules and regulations concerning each CCRC's financial viability.

We are an organization staffed by volunteers, and for our continuing viability we need to fill leadership roles with members that understand what is required in each position.

In your former life were you a librarian, accountant, actuarial, engineer, office manager, or administrative assistant and you would like to volunteer to assist our executive staff on special and/or ongoing projects, please send an Email with your name and a brief summary of what you'd like to do along with a summary of your experience, to skingan47@gmail.com, or let your Community Representative know. about it today.



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.