



# The Meadowlark

Volume 29, No. 9

December 2017-January 2018

## Ageism Initiative at Carolina Meadows

As seniors, we are all subject to the effects of ageism. It is sometimes so subtle and unintentional that we don't even notice it. When ageism is directed at us, it often involves assumptions that we are less competent, less attractive, and less vigorous than younger people.

Ageism in our society has deep roots. Because of the messages our brains receive from childhood on, we form judgments about people based on their age. For example, news coverage or stereotypical movie characters lead many people to subconsciously form negative opinions about older people based on age alone. We even make these judgments about ourselves as aging people. Awareness of these unintentional biases is the first step to combating ageism in our society.

Why should you care about ageism? By buying into the stereotypical beliefs about older people, we are damaging our own lives and health. In an interesting longitudinal study of 660 people, 50 years and older, Becca Levy, assistant professor of public health at Yale University, found that those with more positive self-perceptions of aging had significantly better memory and balance, and lived seven and a half years longer, than those with negative self-perceptions of aging.

Here at Carolina Meadows we are launching "Be Bold, Claim

Old," an ageism awareness and advocacy program. We're starting with the premise that aging is not just biological but also culturally defined. We all play an active role in creating a culture. We are all aware of the very real and difficult challenges inherent in aging. We want to take a purposeful approach to also recognize the value and positive aspects of growing older. This initiative is an opportunity for us, as a community, to further explore what it means to age in our society and campus community, and how we, as individuals, think about aging and growing older. It also gives us an opportunity to celebrate every age!

As part of the initiative, a Serendipitous Saturday workshop on ageism will be held on **December 2 at 10 am in the Lecture Hall.** (See p. 5 for an article on this program.) There will also be a special art project on the left wall leading into the Marketplace. Watch for announcements to learn how you can contribute to this project.

The "Be Bold, Claim Old" project was conceived by Amy Gorely, VP of Strategy and Outreach for Carolina Meadows, through her work with a national leadership academy. The planning team for this initiative includes the Resident Association Chair and Chair-Elect, Chair of the Health and Wellness Committee, and staff leaders in the areas of activities, wellness, marketing and outreach. Pat Mandell

has taken the lead within the Resident Association. Discussions have already begun with the Board of Directors, Marketing Ambassadors and Managers on campus. And much more is planned!

- Pat Mandell

## Employee Appreciation Fund

We still have time to push this year's funds over the top. We are blessed with many friendly, caring, hard working and ambitious employees. Let's show them our appreciation with a generous check. Drop it into the mailroom box by **Friday, December 8.**



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# President's Message

As I write this in early November, it is hard to believe the holidays are so near. I have decided that my message for this edition will be short. Except for the groups offering a service, most take a break the month of December. It is a time to enjoy our families, friends and the many social occasions happening this month.

The Employee Holiday Party is Friday, December 15, which is when checks are distributed from the Employee Appreciation Fund. There are still a few more days remaining for those of you who have not contributed. The deadline is December 8. We are blessed with a terrific staff, so don't miss this chance to say "Thank You." This tradition started in 1985 when the first residents contributed to an Employee Christmas Gift Fund.

The Resident Holiday Party is Saturday, December 9. This is a very festive dinner and sure to put you in the holiday spirit.

In November, you were introduced to the concept of "Be Bold, Claim Old" as we look for ways to counter ageism. Carolina Meadows is to be celebrated for its awareness in creating a very inclusive culture. On December 2, CMU Serendipitous Saturday will have a program to broaden our education on this subject. Also look for and participate in the art project by the Club Center elevator.

The Library is providing another opportunity to do some gift shopping. On December 5 and 6 donated books will be on sale in the hallway leading to the dining rooms. This is a win-win for all concerned; with your purchase, you are also providing funds for

new acquisitions to the library collection.

The holidays can be hectic for some and relaxing for others. It is a time for decorating, traveling, being with family and partying. Enjoy and be ready for the new year with the start-up of all the activities and committee meetings in January.

Happy holidays and best wishes for the coming year.

- Betsy Ahern

## Your RA at Work: Health & Wellness Committee

Just look around you. At Carolina Meadows, efforts are everywhere to help us maintain our health and to receive the highest quality care when we need it. True to our CM culture, staff engaged in each of these efforts and activities regularly seeks and uses CM resident advice and support. The H&WC provides the forum and resource for this collaboration. In addition to our team work on the committee, almost all of our sixteen hard working members have also taken on a specific role on your behalf as liaison, champion, advocate, or volunteer in one or more health and wellness activities. In fact, most of the work of our committee is conducted day-to-day by committee members outside of meetings.

H&WC meets monthly, on the second Thursday of the month immediately after the RA meeting. The meetings are open to all residents. Each meeting features reports from members who have designated liaison roles with other committees (e.g. Budget and Finance, Buildings Grounds and Safety, and the CM Research Com-

(Continued on p. 4, "H&WC")

**THE MEADOWLARK**  
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## February Issue Deadline

Copy for the February *Meadowlark* must be submitted by **Friday, January 12**, to Pat Mandell <phbmandell@me.com>. Articles should be submitted as email attachments in MS Word format. Images should be sent in JPG format. Please call Pat at (919) 240-4864 if you have any questions or problems.

### Carolina Meadows Census As of October 31, 2017

Number of Residents	Occupancy Level
<b>Independent Living:</b>	
619	94%
<b>Assisted Living</b>	
80	95%
<b>The Pines*:</b>	
58	77%*
<b>Total on campus:</b>	
757	92%

EA Program: 36

Total Residents: 793

\*Includes temporary admission of IL and AL residents.

## NEWS (continued)

### “Meadows in Motion” From Ben Cornthwaite, Chief Operating Officer and Executive Vice President

A sound business plan is critical to the success of Carolina Meadows. By the publication date of this article, you will know the specifics related to resident fees for next year’s operating budget. I hope you share the view that this year’s business plan has many strengths that will allow our community to continue to thrive. I would like to share some important details with you, so that the numbers do not obscure some important accomplishments embedded within the 2018 budget:

- **Sustainable financial performance:** The budget is designed to meet necessary operating expenses and debt payments, and to provide for ongoing capital needs as well as adequate reserves.
- **Transparency and inclusion:** The management team hosted more than a dozen separate meetings to review draft assumptions related to the 2018 business plan with the RBFC liaison in September. Multiple revisions were achieved to include HR and marketing line items for department related expenses, among others.
- **Occupancy leader:** Carolina Meadows continues with stellar occupancy in IL and AL beating national trends by 2.3% and 3.6% respectively.
- **Competitive Market Pay Analysis:** Reduced some salaries for positions deemed to be outside of the competitive pay ranges, reinvesting these savings into market rate compensation adjustments for identi-

fied hourly employees.

- **Minimum wage improvements:** The salaries of front-line employees earning below the Chatham County Livable Wage have been adjusted upwards to meet the published \$11.27 per hour wage.
- **Enhanced annual performance evaluation:** The process for annual pay increases was revised to assign merit increases based on individual performance ratings which differentiate annual wage increases. This change slows wage inflation by nearly 0.25% overall from historical averages.
- **Creation of career ladder programs:** The creation of career ladder programs to address positions of high turnover will begin in 2018 to retain top talent.
- **Preventative maintenance programs:** A more comprehensive preventative maintenance program will be implemented to maintain both the beauty of the campus and functionality of major equipment and systems.

Thank you for your continued efforts to make Carolina Meadows the very best place to live and work. Happy holidays!

#### IN MEMORIAM

Lawrence Gilbert 10-31-2017	1-203
John Gude 11-08-2017	P-213
Richard Plaisted 11-09-2017	F-115

### Now and Tomorrow

There are treasures to be found in the Carolina Meadows Archives. One of them is the Proceedings of a symposium titled: “*The Now and Tomorrow of Continuing Care Communities: Trends and Issues in Organization, Governance, and Regulation.*” The “Now” of the title was 1994, 23 years ago. We, in 2017, are the “Tomorrow.”

The gathering, an idea that originated with the Public Relations Committee (now called the Marketing Committee), was designed not only to reflect on the emerging continuing care phenomenon, but also to celebrate and dedicate Carolina Meadows’ new auditorium.

Participating in the program were several pioneer leaders of Carolina Meadows, which had welcomed its first residents in 1985. They included Robert Buzenberg, the chair of the Residents Association, and Harry Groves, a leader in the development of the statewide organization now called the North Carolina Continuing Care Residents Association or NorCCRA. Groves, who subsequently served as RA president, delivered a presentation at the symposium titled, “The Matter of Governance.”

(Continued on p. 4, “Archives”)

#### Recycling the Holidays

Paper wrapping and decorations should be discarded in the blue bins, as well as all plastics, except Styrofoam and films. Plant materials used for decoration should be taken to the curb; CM will pick it up for composting.

- From your Recycling and Conservation Committee

## New Residents

### On-Campus Residents

**Peter (Pete) Beckman, V-112**

**Last Residence:** Chapel Hill, NC  
**Interests:** Year-round yard care; reading/book group; writing mystery novels.

**Toby Beckman, V-112**

**Last Residence:** Chapel Hill, NC  
**Interests:** Reading; quilting; exercise – walking.

**Frank Galick, V-110**

**Last Residence:** Ferrington, NC  
**Interests:** Hunting; fishing; antiques; reading; exercise.

**Jeanne Galick, V-110**

**Last Residence:** Ferrington, NC  
**Interests:** Antiques; reading; making baskets.

**Jacqueline (Jackie) LaParl, 5-303**

**Last Residence:** Kalamazoo, MI & Pompano Beach, FL  
**Interests:** Reading; watching tennis; traveling; classical music; current affairs.

**Robert (Bob) Little, V-265**

**Last Residence:** Chapel Hill, NC  
**Interests:** Sports; European travel consultant for independent travel as “Bob the Navigator,” voted “Ultimate Fodorite”; duplicate bridge.

**Susan Little, V-265**

**Last Residence:** Chapel Hill, NC  
**Interests:** History; reading; travel; historic preservation.

**Joan Morris, V-405**

**Last Residence:** Pittsburgh, PA  
**Interests:** Genealogy; reading; walking.

**Sidney (Sid) Morris, V-405**

**Last Residence:** Pittsburgh, PA  
**Interests:** Reading; genealogy; photography.

**Linda (Susi) Norman, 5-205**

No bio information provided.

### Early Advantage Residents

Eliot Weintraub and Nellie Maxine Soloway  
William and Abigail Dickinson

(Continued from p. 2, “H&WC”)

mittee) or with activities and efforts (e.g. disaster and emergency preparedness, mobility and health care ambassadors). H&WC sponsors task forces, one with the Pines (to ensure resident voices in their own care) and one with our Care Coordinators (for the Confidant program). Also, we recruit the best medical experts to our H&WC sponsored Medical Updates.

At our monthly meetings, we are joined by senior CM staff responsible for the full spectrum of health and wellness: Michelle Marino from Wellness, Emma Harrell from the service side, and Dr. Coward for medical care and scientific consultation. With so many issues and challenges in our rapidly evolving field, our senior staff always come armed with new questions upon which they are seeking resident input and help. Just a couple of recent examples involved understanding the medical evidence base for addressing mold in your residences and helping to add a medical perspective on our new campus-wide gun policies.

We base our work on the best evidence we can find. Collaboratively with Ben Cornthwaite and his team, we have developed an innovative tool for us all to monitor how we are doing in addressing the health of the community. We call it the “Health and Wellness Dashboard.” In the dashboard, each quarter we review the most current data regarding over 40 measures of health and care on campus. Jointly we set targets for the community, ranging from immunization levels to rates of injury from falling. Quarterly we examine together our successes and shortfalls in reaching these targets. Nothing will focus the mind like a red flag over a measure that you’re

(Continued from p. 3, “Archives”)

It might well be required reading for all residents so that we would understand the role of residents, the board, and the administration, in decision-making. In words that sound fresh and relevant today, Groves said:

*“Interaction between the executive director, acting for the board, and the residents must take place through a residents’ association and its committees [and precincts] that have a genuine role in determining fee increases and spending decisions. Indeed, I know of no other way in which truly meaningful interaction can take place. Recognizing the need and importance for that kind of interaction and structuring it should be the highest priority for the board, the executive, and the residents.”*

The Proceedings, as well as hundreds of other records, are available to residents in the Archives located on the lower level of the Club Center. It is there that the historical record of our community is preserved.

Also, please consider joining the Archives Committee.

- Bill Powers

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responsible for! We are unique in having metrics for our assisted living Fairways and the Green; for the Primary Care practice; and for Independent Living.

Want to know more? All of our minutes, reports, and some special work products, including the most current dashboard, can be found on our website in MeadowLife. Want to contact one of us? The whole committee list is included there as well. We’re eager to hear from you so that we can be sure you’re getting the answers and the help for which you came to Carolina Meadows. - Hugh Tilson

## TALK

### CMU December, 2017, and January, 2018

CMU has already launched the final program of the Fall Semester: "Current Issues in Central Asia." Carolina Meadows resident and retired Foreign Service Officer Michael Cotter started his expert review of these issues in November by examining the workings of the nations on the periphery of Central Asia. He will continue in December to teach us about "The Core" (on **Tuesday, December 5, rather than the usual Monday session**) and "The Challenges of the Region" (**Monday, December 11**).

During his 30-year Foreign Service career, Michael served overseas in Vietnam, Bolivia, Ecuador, Turkey, the Democratic Republic of the Congo (formerly Zaire), and Chile. His final assignment was as Ambassador to Turkmenistan, where he confronted the issues facing the region quite directly!

Following our Winter Holiday break, CMU will resume in January with our Spring Semester Course I, "Tradition and Modernism in the Arts of the Twentieth Century."

Organized by Carolina Meadows resident Joe Flora, this course will examine the "modernists" and the Corrida (Bull Fighting) that unite Hemingway and the gallery of painters who made the Corrida important subjects to their vision.

Session One, **January 29**: "The Life and Art of Ernest Hemingway: His Luck Still Holds"

Joe Flora will explore the life and art of Ernest Hemingway, the essential American master of literary modernism. Into the 21st century, this writer, born in 1899, seems as contemporary and as controversial as ever.

Joe is retired Atlanta Professor of Southern Culture at UNC Chapel Hill and was recently named President of the prestigious American Hemingway Society.

This course will continue in February with two lectures, "Inspiration for Artists: The Corrida" by Marge Yanker. and "Painting, Painters, and the Bullfight" by NC State University Art history professor James Boyle.

CMU Courses are offered in **the Auditorium from 1:00 to 2:30 pm.** - *CMU Steering Comm.*

### CMU Serendipitous Saturdays

On **Saturday, December 2**, CMU will join forces with CM's Residents Association leadership and Staff Community Outreach efforts to provide an opportunity for in-depth exploration of the new nation-wide movement to address ageism. The "Be Bold, Claim Old" initiative is directed at the evidence that ageism can have a significant negative impact on a community.

We want to embrace an inclusive culture on campus. Without awareness of age-based biases and prejudices, we cannot begin to internalize these prejudices and begin to realize that we stigmatize ourselves (e.g., not wanting to use a cane or hearing aid when needed) and each other (e.g., not making the effort to get to know a newcomer because of her age).

Amy Gorely, CM Vice President of Strategic initiatives and Outreach/Administration, will join Cherie Rosemond, Director of Partnerships in Aging Program, UNC-CH, to teach this course. Dr. Rosemond brings almost three decades of experience working on

the social, physical, and political aspects of aging in the United States. She views later life as a time for continued growth, contribution, and vitality. As such, she is a champion of interdisciplinary, intergenerational continuing learning.

On **Saturday December 9**, CMU will offer a special added fourth session to David Klein's highly successful Fall course on Medical Ethics: "The Ethics of the Pharmaceutical Industry."

David will lead a discussion of pharmaceutical pricing and its justifications, Pharma's responsibility to consumers (if any), and how these matters are handled in the United States and elsewhere in the industrialized world, emphasizing ethical challenges.

David Klein is well known to CMU "students." He is a Massachusetts General Hospital trained neurosurgeon, with an abiding interest in the clinical ethics of patient care and medical research. Retiring to NC in 1993, Dave joined the clinical faculty at UNC, where he has continued his work in ethics, including serving as a member and eventually Chair of the Ethics Committee of the UNC Hospitals and the NC Medical Society.

Serendipitous Saturday talks are held in the **Lecture Hall from 10:00 to 11:30 am.**

- *The CMU Steering Committee*

### Men's Breakfast

Our speaker for **January 17** is Ray Dawson, whose topic is "The President and the PM." Sign up by **Thursday, January 11**. Please wear your name tag to the breakfast, which will begin at 8:30 am in the Private Dining Room.

- *Fred Bowman*

## World Affairs

World Affairs meets on **Fridays at 10:30 am in the Auditorium**. There will be no programs on **December 15, December 22, and December 29**.

**December 1:** Raymond Pulley, "The Lives and Voices of Black America: On the Intersections of Politics, Race, and Public Policy"

Commissioned by the Ford Foundation, this recent survey of 1,003 African Americans asked about their views on racism, the current political landscape and the politics that impact their daily lives.

**December 8:** Joan C. Williams, "Why Did Trump Win? Overcoming Class Cluelessness in America" (video)

Joan Williams is Professor of Law at UC Hastings Foundation. Her latest book, *White Working Class: Overcoming Class Cluelessness in America*, explains why so much of the elite's analysis of the white working class is misguided.

**January 5:** Judith Pulley, "One Belt, One Road (OBOR): Chinese Marshall Plan or Chinese Imperialism?"

China's ambitious project to invest one trillion dollars in infrastructure stretching from China to Europe, with extensions to Southeast Asia and East Africa, raises questions about China's intent and the impact on US relationships in Asia, especially given President Trump's withdrawal from the Trans-Pacific Partnership.

**January 12:** Raymond Pulley, "NAFTA: From Hope to Hate"

**January 19:** Program to be determined – check *MeadowLife* and Activities bulletin board.

**January 26:** Judith Pulley, "Is the Liberal Democratic International Order Coming to an End?"

## Medical Update

The next Medical Update lecture will take place on **January 18 at 2 pm in the Lecture Hall**. Our speakers will be Dr. Davis P. Viprakasit, Clinical Associate Professor of Urology at UNC-Chapel Hill and Dr. Ari J. Isaacson, Clinical Assistant Professor of Interventional Radiology at the UNC School of Medicine, Chapel Hill. The subject and title will be, "Advances in Prostate Management."

An extremely common aging problem in men is prostatic enlargement known as BPH. It can cause various signs and symptoms. The lecture will include discussions of the pathophysiology and diagnostic work-up of BPH. The various treatment options will be noted. This will include various types of medications and their side effects, and surgical procedures, including the conventional and new innovative procedures performed by our two speakers.

In addition to their clinical practices, both physicians have done extensive research in their respective fields with numerous peer-reviewed publications.

This will be a lecture on applying innovative and cutting-edge techniques for the management of an old and ubiquitous health problem for men. *- Leonard Cutler*

## Impressions of Myanmar

Michael and Joanne Cotter will share some photos and memories from their 2013 trip to Myanmar, a beautiful and complex country.



The program will take place at **7:30 pm on Friday, January 26, in the Auditorium**.

## Thoughtful People

**Tuesday, January 16th, 3 pm in the Fairways Gallery**

After over 50 years of working with children and adults with learning and memory problems, Vivienne Jacobson has agreed to give a fairly light-hearted talk on everyone's least favorite topic: their aging memories. Included in the hour-long presentation will be over 30 suggestions for handling normal memory changes of aging, and the interactive part of the hour will allow the audience to share strategies in everyday life for remembering those elusive details like-NAMES! As we say: "It is on the tip of my tongue."

We are in need of someone to run "**Thoughtful People**." Historically this program has been run by residents who find speakers once a month, usually the third Tuesday. The Activities Department is temporarily hosting this event until we find a replacement. If you are interested and know lots of people, we need you. Please contact Suzanne Calcutt at (919) 370-7152 to volunteer. Thanks for your help.

## Philosophy Group

"What is Love?" is the topic scheduled by Michael Prinzing, Outreach Professor of the UNC Philosophy Department, for our discussion at **2 pm on Wednesday, December 13, in the Lecture Hall**. There will not be a meeting on December 27. Starting **Tuesday, January 16**, the Philosophy Discussion Group will be meeting the **first and third Tuesdays at 1:30 in the Lecture Hall**. Relevant readings and pertinent questions are distributed to members a week before sessions and are also available on *MeadowLife*. Please contact me to be placed on our reading list and plan to join us.

*- Marlene Appley*

## Women's Luncheon

The speaker at our next luncheon will be Elizabeth Parker, Assistant to the Artistic Director of the Carolina Ballet Company. The luncheon is on **Tuesday, January 9 at noon in the Private Dining Room.**

Elizabeth Parker has had an up close and personal look at the evolution of the fledgling Carolina Ballet of 1998 to the world class professional ballet company that it is

today. She will discuss that journey as well as where the company hopes to be when it reaches the quarter century mark in five years.

Elizabeth grew up in New England and moved from Boston, where she was working in public relations, to Raleigh in 1998. She was hired to be Director of Public Relations at the new Carolina Ballet in 1999. She has worn many hats there, including as assistant to Robert Weiss, founding artistic director of the company, and as the

grandmother in *The Nutcracker*.

Call or email Jody Hite at (919) 370-7171 or

<jody@carolinameadows.net> starting on January 1 for reservations. If you have food allergies or need to cancel, please call Susan Minnix at (919) 622-1171 by Sunday, January 7. If your cancellation is made after January 7, you will be charged for the luncheon meal. Please remember to wear your name tag.

- Christine Flora

## ARTS

### Music at the Meadows in the Auditorium

#### The UNC Chamber Singers

**Tuesday, December 5, 7:30 pm**

This concert will feature the UNC Chamber Singers, an ensemble of 25 student voices. The group is led by Susan Klebanow, who directs all the choral activities at UNC. Dr. Klebanow has brought to the Chamber Singers a rich and varied repertoire ranging from the Renaissance to the 20th century.

#### The Oak City String Quartet

**Friday, January 12, 7:30 pm**

The four musicians in the Oak City Quartet are all members of the North Carolina Symphony. The Quartet is the Ensemble-in-Residence of Chamber Music Raleigh, whose mission is to foster and enrich the cultural climate of our area by making classical music more widely accessible. This will be their third concert at Carolina Meadows.

#### Tim Carter *Rigoletto* Lecture

**Wednesday, January 24, 7:30 pm**

Tim Carter, David Frey Professor of Music at UNC, is an expert in the music of the late Renaissance and early Baroque as well as Mozart's

operas. His lecture on *Rigoletto* is fortuitously timed; it is sure to enrich the experience of its performance by the North Carolina Opera at **2 pm on Sunday, January 28 in Raleigh.** Be sure to sign up in Jody's activities book in early January for tickets and bus transportation to the opera.

- Norman Miller

### Meadowsingers Holiday Concert

On **Wednesday, December 13 at 4 pm in the Auditorium**, the MeadowSingers will present their annual holiday concert entitled "Songs of Light, Laughter, and Love." Many of the pieces are Christmas songs including, as usual, some familiar sing-alongs. There will be more than the usual "peppy" songs, such as "Fum Fum Fum," "The Sleigh," "Pitakhta" for Hanukah and "Calypso Noel." By contrast, we will sing the nostalgic, "Long Ago and Far Away" and the friendly, "Consider Yourself." A highlight will be the beautiful "Sure on This Shining Night" by Samuel Barber. In addition, the quartet, The Sounding Fathers, will return. Come celebrate the holiday season with us.

- Rex Tucker

### Holiday Book Sale - Take Two

Whoops! You did it again. You really meant to browse Carolina Meadows Holiday Book Sale in November. You wanted to pick up some good reads for yourself and some books to give as gifts; but you forgot to check your calendar and the Book Sale dates slipped by.

Never fear; the Book Sale Committee has got your back. They are staging a second Holiday Book Sale in December. This time the sale will be hard to miss since it's being held in the dining hallway of the Club Center. The dates are **Tuesday, December 5 and Wednesday, December 6 from 10 am until 7 pm.**

Mark the dates, this time in bright red ink on your calendar, and be prepared to pick up some beautiful books at incredibly low prices.

- Ruth Leopold



A collection of holiday books is now available for everyone's pleasure in the Library; they are shelved on the back of the bookcase closest to the windows. Happy holidays and happy reading!

## AIM Art In the Meadows

Trip to Gregg Museum, Raleigh-Friday **December 8**. Leave on CM bus at **8:30 am** for tour of the Gregg Museum, <https://gregg.arts.ncsu.edu/>, lunch at Irregardless Café <http://www.irregardless.com/>, and finish day with quick visit to the Hunt Library at NC State University <https://www.lib.ncsu.edu/huntlibrary>. Cost \$18, excluding lunch. Sign up in the activities book by **December 6**.

Class-Recreating a Masterpiece, **January 10, 17 & 24, 31. 1:30-3:30 pm in the Art Room**, any media, any experience levels. Select a masterpiece from a great painter in history and recreate the masterpiece in the original artist's style, but substituting modern day elements to update the painting. To enroll, sign up in the Activities Book in the lobby by **January 8**. No cost; bring your own supplies. For more information, call Margaret Zircher, (919) 967-1102.

Artist of the Month: Tanya Phillips exhibit **until Dec. 6**.

To exhibit your art in this informal setting, sign up on sheet on the art room's bulletin board.

Don't forget that the art room is reserved for painters and other artists every Wednesday. See you there!  
- Margaret Zircher

### Display Cabinet

In December, the lobby cabinet will feature the holiday collection of Kenneth and Bette Nelson entitled, "Santa Goes to the Dogs."

In January, we welcome a new resident's collection of Sea Grove pottery exhibited by Bunny Schroer. Call Betty Lindsay (919) 942-4479 if you are interested in displaying your work or collection.  
- Betty Lindsay

## Art Guild

Mark your 2018 calendar. The Art Guild Gallery change of residents' artwork in the Club Center will be **Saturday, February 3**. We welcome anyone who wishes to exhibit her/his original work, no matter when it was done. Bring your ready-to-hang contributions to the Board Room **between noon and 4 pm on February 3**. Call Bev Milton (919) 967-1254 or Susan Durfee (919) 942-6658 if you have any questions.

### Artist of the Month

An exhibit titled "Great Ideas of Western Man" will be on exhibit in the CM art room on the second floor of the Activities Building, **December 10 through January 20**.

In the middle of the last century, the Container Corporation of America (CCA) took advertising into uncharted waters. CCA decided to stop advertisements that told their customers about CCA products. Instead, they moved to advertising that was visually and verbally intended to enhance the image of CCA in the minds of their customers. This move from hard sell to soft sell was a success for CCA and brought "fine arts" into the advertising world.

This exhibit includes 30 of the over 100 CCA advertisements designed and produced by well known artists in the late 1940s-1950s period. The exhibit is arranged by Ralph Wileman and opens **December 10 with a reception in the Art Room at 3:30 pm**.  
- Margaret Zircher

### VOICES Reminder

Submit your stories and poems for the 2018 issue of VOICES.

**December 31 Deadline**  
Guidelines are on the table next to the Club Center Mail Room.

## Films for December 2017 & January 2018

Shows start at 7:15 pm in the Auditorium

Besides free popcorn, we are offering another incentive: Those who wish to talk about the movie they have just seen, come down front during the credits and we'll talk about it.

YOU are choosing the movie. There is a box on the table in back into which you can put your recommendations. However, be advised that if it not available on Netflix or in our library, or does not have subtitles, or if it has been shown recently, we will not show it.

Caveat: Occasionally the scheduled movie does not arrive or there is something wrong with the DVD, so it is always wise to check *MeadowLife* or the bulletin board on Friday or Saturday.

### December 2 *Show Boat (1951)*

107 minutes – Not Rated

Married entertainers (Ava Gardner and Robert Sterling) are forced to leave the showboat Cotton Blossom because of the wife's mixed blood. The captain's daughter (Kathryn Grayson) and gambler Gaylord Ravenal (Howard Keel) take over the act, fall in love, marry and leave the boat for Chicago. There, they live off his gambling earnings, which dry up fast. Jerome Kern and Oscar Hammerstein provide the score for this adaptation of the Broadway hit.

Film chosen by Anonymous

### December 9 *The World's Fastest Indian (2005)*

126 minutes – Rated PG13

This fact-based drama stars Anthony Hopkins as quirky New Zealander Burt Munro, a 67-year-old grandfather who flies across Utah's Bonneville Salt Flats and attempts



to break into the record books on his customized Indian Scout motorcycle.

Film chosen by Carol Coile

**December 16 *A Christmas Story* (1983)**

93 minutes – Rated PG

Melinda Dillon, Darrin McGavin, Peter Billingsly

In this nostalgic look at Christmas in 1940s Indiana, 9-year-old Ralphie Parker desperately wants a "Red Ryder carbine-action, 200-shot Range Model air rifle." But first he'll have to wage an all-out campaign to convince his parents the toy is safe.

Film chosen by Tony Armer

**December 23 *Love, Actually* (2003)**

135 minutes – Rated R

Hugh Grant, Emma Thompson, Colin Firth

Writer-director Richard Curtis's charming treatise on romance and relationships is an all-star ensemble comedy that tells 10 separate (but intertwining) London love stories, leading up to a spirited climax on Christmas Eve.

Film chosen by Tony Armer

**December 30 *Waking Ned Devine* (1998)**

91 minutes – Rated PG

Ian Bannen, David Kelly, Fionnula Flanagan

After discovering that lucky local Ned Devine croaked from the shock of hitting the jackpot in the national lottery, two men mastermind a scheme to impersonate him and collect his prize money.

Film chosen by Chuck Giardino

**January 6 *To Rome With Love* (2012)**

112 minutes – Rated R

Woody Allen, Alec Baldwin, Roberto Benigni

In this Woody Allen-directed romp through Rome, an opera director discovers a potential new star in an unexpected place, a young architect battles feelings for his girlfriend's gal-pal, and an average guy suddenly finds himself hounded by paparazzi.

Film chosen by Max Crohn

**January 13 *The Lost City of Z* (2017)**

141 minutes – Rated PG13

Charlie Hunnam, Robert Pattinson, Sienna Miller

The Lost City of Z tells the incredible true story of British explorer Percy Fawcett, who journeys into the Amazon at the dawn of the 20th century and discovers evidence of a previously unknown, advanced civilization that may have once inhabited the region. Despite being ridiculed by the scientific establishment who regard indigenous populations as "savages," the determined Fawcett, supported by his devoted wife, son and aide de camp, returns time and again to his beloved jungle in an attempt to prove his case, culminating in his mysterious disappearance in 1925.

Film chosen by Emilia DeCroix

**January 20 *Hush...Hush, Sweet Charlotte* (1964)**

133 minutes – Not Rated

After her betrothed died from multiple ax wounds 40 years ago, everyone in town thought Charlotte Hollis (Bette Davis) was guilty. But with no evidence to convict her, she walked. Since that time, holed up in a crumbling Southern mansion with her devoted servant (Agnes Moorehead), Charlotte's been a recluse. But when an ambitious cousin (Olivia de Havilland) comes along to get her hands on the plantation, Charlotte has to defend herself.

Film chosen by Anonymous

**January 27 *The Bingo Long Traveling All-Stars and Motor Kings* (1976)**

111 minutes – Rated PG

Billy Dee Williams, James Earl Jones, Richard Pryor

In director John Badham's congenial comedy, baseballers Bingo Long (Billy Dee Williams) and Leon Carter (James Earl Jones) lead a group of fellow black players who defected from the Negro League in 1939 thanks to their unethical, tightfisted team owners. The two soon strike out on their own, forming a barnstorming squad that squares off against their white counterparts in pickup games. Richard Pryor is among the familiar faces in the topnotch cast.

Film chosen by Anonymous

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**Tuesday at the Movies**

**2:00 pm Lecture Hall**

**Tuesday, December 12** *It's a Wonderful Life*

1946 – Not Rated – 126 minutes  
James Stewart, Donna Reed, Lionel Barrymore

Frank Capra's inverted take on *A Christmas Carol* stars Jimmy Stewart as George Bailey, a good man who's spent a lifetime giving up on his dreams in order to keep life in his small town humming. Guardian angel Clarence shows a despondent George what life would've been like had he never been born.

**2:00 pm AUDITORIUM**

**Tuesday, January 9** *Royal Wedding*

1951 – Not Rated – 93 minutes

Brother-sister dance duo Tom and Ellen Bowen (Fred Astaire and Jane Powell) get the chance of a lifetime when they're booked for a London performance on the eve of Elizabeth II's nuptials. They both find romance. Will love break up the act?

## Musical Events

### Piano Recital featuring students of Connie Yee

3:00 pm Auditorium  
Saturday, December 2, & Sunday, December 3

### Piano & Voice Recital featuring students of Elena Marinina

3:00 pm Auditorium  
Saturday, December 9

### Flute Recital featuring students of Lindsay Leach

6:30 pm Auditorium  
Sunday, December 10

### The Village Band

7:30 pm Auditorium  
Monday, December 11

The Village Band of Chapel Hill / Carrboro, North Carolina is a non-profit community concert band committed to providing our members an opportunity for life-long musical expression, promoting music in the lives of all we meet, and providing cultural enrichment in our community. The Village

Band was organized in 1974 by Dan Margoni, a music instructor in the Chapel Hill/Carrboro school system. We are currently comprised of about 60 members from their teens to their 90s, including high school and university students, professionals, and retirees. Our Director is Dr. John Fuller of NC State University's Department of Music.

The band has a long history of providing musical entertainment at such venues as the Carrboro Town Center, University Mall, Southern Village, and retirement communities such as Carolina Meadows and Carol Woods. Its repertoire ranges from classic community band music (marches and military/patriotic music, classic and contemporary pieces), reductions of orchestral and opera pieces, and show tunes and holiday music.

### Violin & Drum Recital featuring students from da Capo al Coda

3:00 pm Auditorium

### Saturday, December 16, & Sunday, December 17

### Holiday Sing Along with Annette Kahn

2:00 pm Auditorium  
Tuesday, December 19

Join us for an afternoon of holiday songs with Annette Kahn. We'll have hot cocoa, lemonade and cookies to help "wet our whistles." A great time to be had by all and a great way to kick off the holidays!

## Remember...

Saturday, November 4, found many residents gathered in the auditorium for the annual Service of Remembrance of those who have died in the past year. We were welcomed with beautiful harp music by Amy Kortus and later by the Meadowsingers. As Bill Lehrburger read the 54 names, a bell was tolled and a carnation was placed in a vase for each one. A moving poem, "The Train of Life" (author unknown), was read by Barbara Hardin. (See p. 16.)

## ACTIVITIES

### MAP Says: "We're Here for You"

The Meadows Assistance Program (MAP), now in its second decade, wants you to know we're ready and waiting to escort you to medical or dental appointments with our in-house transportation volunteers on weekdays. Our volunteers will stay with you as long as you need and will wait while you visit your professional caregiver in private.

On weekends and holidays, when our in-house Transportation Department is unavailable, our volunteers, available from 11:30 am to 6:30 pm, are happy to deliver you (with pick-up afterward) to

events on campus, to the Pub or Courtyard, or even to visit with a friend. How cool is that?

We ascribe to the philosophy of "friends helping friends" with our volunteers giving in the spirit of community that pervades Carolina Meadows. Ours is a caring, generous environment that attracts lively, interesting people who make time to reach out to others. We find it's a two-way pleasure, escorting visitors in need safely to their destination and, sometimes, sharing our experience living in this stimulating environment.

Next time you need someone to escort you, weekdays and holi-

days, to a medical appointment, call for a MAP volunteer. Because of insurance restraints, our weekend volunteer drivers are limited to driving you to your destination only on campus. In any case, we're here for you; just give us a call.

For weekday appointments, call Doris Bowles at (919) 942-2772 if you live in Precincts 1-7. Call Fran Alderman at (919) 967-0765 if you live in Precincts 8-12 and 15. On weekends, call the Center Receptionist at (919) 942-2411 to request a MAP driver. Fairways residents should call their in-house receptionist.

## Adopt-A-Dog?

The Activities Department is partnering with community volunteers to bring in a variety of dogs, some seniors, and primarily smaller dogs for possible adoption. Most pet owners know the many benefits of pet ownership, including companionship, emotional connection and physical exercise, but you may not have known that loneliness has been linked with negative health effects. Research shows older adults who feel lonely are at greater risk of memory loss, strokes, heart disease and high blood pressure. The health threat is similar to that of smoking 15 cigarettes a day, according to

AARP. Researchers say that loneliness and isolation are linked to physical inactivity and poor sleep, as well as high blood pressure and poor immune functioning.

### Tips to Prevent Loneliness

- Recognize that loneliness is a sign that something needs to change.
- Understand the effects that loneliness has on your life, both physically and mentally.
- Consider doing community service or another activity that you enjoy. These situations present great opportunities to meet people and cultivate new friendships and social interactions.

- Focus on developing quality relationships with people who share similar attitudes, interests, and values with you.
- Expect the best. Lonely people often expect rejection. So instead focus on positive thoughts and attitudes in your social relationships.
- And, of course, get a pet. Whether it be a dog, cat, or bird, pets bring an unconditional love and speak the language of love. Please keep a lookout for our adoptable dog visits, as they are not on set dates and times. We will announce them through *Meadow-Life*, emails and posters.

- Kris Snyder

## Birders @ CM

Birders @ CM would like to share the results of the Spring Bird Count (May 13, 2017, International Migratory Bird Day) because we are keeping track of how our campus is doing as a wildlife habitat and birds are, as it were, the canaries in the environmental coal mine. The total species count of 69 was above last year's number (67), with notable species including Yellow-billed Cuckoo, Northern Parula, Chestnut-sided Warbler, Orchard Oriole, Wood Thrush, and Louisiana Waterthrush. The number of individuals—681—was below last year (697). One reason for the decline in individuals may be the reduction of habitat in our area or their winter habitats in the Central and South America. Decline in habitat includes 1) changes in temperature which impacts the available food or 2) reduction in type of acreage (old growth forest, meadows, riparian buffers, etc.) needed to support the species.

(Continued on p. 12, "Birders")



### 10% Off Holiday Sales at the Gift Shop

Sales on Select Items on December 1 & 8 (10am-2pm)

AND, we will be open Sundays December 10, 17 & 24 for your holiday shopping convenience.

We have wonderful things specially chosen for Carolina Meadows people

Seasonal: Holiday cards, Christmas t-shirts, Holiday jewelry

Elegant and flattering: blouses — sweaters — shirts

Jazzy scarves: warm, cozy and splashy

The "usefuls" — flashlights, batteries, stamps, envelopes, gift bags

The "smalls" — golf tees, place cards, jewelry cords, leather wallets

The "luxury" — custom jewelry, vintage evening bags, sterling pins

Hostess items — champagne flutes, coasters, cheese knives

Exciting jewelry: necklaces — pendants — bracelets — pins & men's watches — note the green watch bands

Floral travel canes, big umbrellas & LED desk lamps

Plus Carolina Meadows All Things North Carolina puzzles and new note cards featuring the Carolina Meadows Park as well as our NC Puzzle

NEW FLEXIBLE GIFT CARD program — cards never expire and are good for multiple purchases — a perfect gift for those that are "hard-to-buy-for"

(Continued from p. 11, "Birders")

There are several ways you can help the birds: 1) when you plant something in your own yard, choose native species that provide shelter and food for birds; 2) provide fresh food and water for the birds that pass through or live in our area. Join us in December for a chance to see the birds of winter led by two local bird experts. Gather at the **Club Center Lobby at 8 am on December 2**. Tom Driscoll will lead a winter bird walk and Steve Graves will lead the Christmas Bird Count (CBC) on **December 24**.

For more information, visit **Birders @ CM** in the Hobbies section of the Activities Tab on *MeadowLife*. Contact Margaret Scott (919) 929-1281 or [<mt\\_scott@mindspring.com>](mailto:mt_scott@mindspring.com) to sign up for the bird walks.

- Margaret Scott

## December/January Activities

### Bob Huddleston - *Experiencing World War II*

**10:30 am Board Room  
Thursday, December 7**

The Millville, New Jersey airport, a World War II P-47 training base, presented an annual air show featuring WW II aircraft that included a P-47 Thunderbolt, a P-51 Mustang, and a British RAF Spitfire. When Pepita and Bob Huddleston attended, he was interviewed by two high school students as part of an ongoing program sponsored by the local high school. The interview was recorded and a copy received recently. We are proud to show this interview of one of our own CM residents.

**Activities Expo  
10:00 am - noon  
Auditorium**

## Provence in Carrboro

Don't despair. There is still one restaurant where you can enjoy food and conversation without the roar of noisy diners. Provence avoids the conversational "free-for-all" in its quiet, welcoming cocoon. Now in its 15th year, serving French cuisine, a smiling waiter will lead you into a comfortable room enveloped in civility and comfort.

We opted for the Prix Fixe menu, with its interesting choices that allowed for shared tastings. Starting with hors d'oeuvres, we sampled the classic onion soup topped with a thick, melted gruyere over a rich broth, and continued with escargots (snails) in a tastefully blended sauce of garlic, tomato and herbs, finishing that course with fromage de tete (head cheese) with the richness of port wine cut by pickled okra, "an interesting Southern note" as our fellow diner observed.

Our main courses arrived with a serving of duck confit (duck leg cooked in its own fat), tender and beautifully browned, with a welcome side of celery root puree and roasted Brussels sprouts. The salmon dish, served Spanish style,

topped with olives, capers and shallots, received the compatible servings of asparagus, squash, and rice pilaf. Grilled lobster tail, in a spectacular display, sitting on top of black sepia risotto with a finish of parmesan cheese, looked and tasted like expectations were rewarded.

Ice cream is, arguably, the most versatile dessert in itself and as an add-on to other desserts. It is house-made at Provence and the vanilla ice cream inside a large puff profiterole with its raspberry liqueur and chocolate topping clearly adds lift to the production. Another indestructible classic, pain perdue, a caramelized bread pudding, came appropriately, with creme anglaise. While flawless, it could have suffered a switch to the house ice cream without damage. A surprising fennel ice cream, offered with chocolate or berry sauce, was exciting on its own with its careful balance between the heavy cream and light licorice flavor. Fresh French pressed coffee, made at the table, and the remains of a fine pinot noir sent us home sated and ready for another 15 years for Provence.

- Dorothy Mahan

### Thursday, January 18

Every three years we hold an exciting and interesting Activities Expo. Set up very much like our very popular Wellness Fair, the Activities Expo gives everyone an opportunity to speak to a representative from each of our committee and activity groups. Resident Association groups as well as your Activities Department's class instructors will be in attendance. If you've been wondering what the Philosophy Group is up to, or would like to know what the Pines-Green Friends are all about, please come by on **Thursday, Jan-**

**uary 18 from 10:00 am to noon in the Auditorium.** Some groups, like Bocce and Pickle Ball, may invite you to join them. What a great time to fulfill that New Year's resolution to join in more fun and interesting endeavors.

- Kris Snyder, Activities Director

**Jewelry Design and Repair  
1:00 pm - 4:00 pm Art Studio  
Monday, December 4, and Tuesday, December 19  
Tuesday, January 9, and Tuesday, January 23**

(Continued on p. 13, "Activities")

(Continued from p. 12, "Activities")

For all experienced jewelry makers open classes are \$10 per afternoon.

Jewelry repairs may be dropped off at any time between **1:00 and 3:00 pm** on the scheduled monthly open classes.

If you would like to have a beginner's session, please contact Eva directly at (919) 797-0289.

### **Cognitive Classes at CM**

#### **Boost your Brain and Memory**

**10:30 am – noon Pines Study Wednesdays, January 10 – February 28**

In this series of 8 classes you will learn not only what specific techniques and actions benefit your brain and memory, but the science and research supporting this. Through easy-to-understand videos and discussion, these classes will explain how you can increase your cognitive reserve and boost your brain and memory. This class is facilitated by Kim Brouckson, Cognitive Care Coordinator.

Please sign up in the Activities Sign Up Book.

### **MeadowMinds**

**11:00 am – 12:00 pm Conference Room, Tuesdays, January 9 – February 27**

This **brain fitness class** is ongoing and fun! It is for independent living residents who have pretty good minds and want to keep it that way. We do activities that exercise different parts of your brain such as language, problem solving, logic, attention and visual spatial skills. This class is facilitated by Kris Snyder, Activities Director. Come try a class and see if it makes you think! Space is limited to 8 participants. Please sign up in the Activities Sign Up Book.

### **Sign up in the sign-up book: Tour of the Executive Mansion to See Holiday Lights**

**Thursday, December 7**

Deadline: **Monday, December 4**

Cost: \$23 per person

Load: **5:30 pm**

### **Funky Lunch Bus! Parizade**

**Wednesday, December 20**

Deadline: **Monday, December 18**

Load: **11:00 am**

### **Pulcinella's**

**Wednesday, January 18**

Deadline: **Monday, January 16**

Cost: \$8.00 per person + lunch on your own Load: **11:00 am**

### **NC Museum of Art - Inspiring Beauty: 50 Years of Ebony Fashion Fair and Andrea Donnelly: We've Met Before**

**Wednesday, January 10**

Deadline: **Wednesday, December 20**

Cost: approx. \$26 per person

Load: **10:30 am**

### **A Tour and Shopping at Southern Supreme (lunch to follow)**

**Monday, December 4**

Deadline: **Friday, December 1**

Cost: \$15 per person + lunch on your own at Pittsboro Roadhouse.

Load: **11:15 am**

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### **Warm Clothing Drive**

Bulging closets? Give your unwanted, clean outerwear items to the Community Outreach Committee's annual **Warm Clothing Drive** for the Chatham Council on Aging. Collection **continues through January**. Please leave donated items in the marked container in the Residents Business Office.

Please donate to Habitat for Humanity any unused Christmas cards and 2018 calendars. Place them in Villa 270 mailbox.

Thanks for your generosity in helping others!

## **2017 Golf Championship**

The 2017 Golf Championship was conducted the first week of November in beautiful weather. Ladies winner was a repeat for Jackie Heywood, and runner-up was Karen Monaco. The Mens winner was James King with Rev Eller in second place. The Net winner, after a three-way score card playoff, was Gus Conley and in second place, John Latimer. Awards were presented at the annual golf luncheon November 4.

The 2-ball tournament was held prior to the luncheon. Results were Sue Padilla and John Latimer in first place, second place Barbara Hardin and Jackie Heywood. Third place, after a four-way score card playoff, were Shirley Baerman and Ed Kaiser.

Saturday play, December through March, will be weather dependent. Check the sign-up book, and, if the weather forecast looks OK, a sign-up sheet for that week will be present.

This year's golf committee of George Evans, Jackie Heywood, Jim Ward, Shirley Baerman, Paul Richardson, Sally Miller, Fred Bowman and Gus Conley thank all the participants of our 34 Saturday playdays. During this year, we had seven Ladies low gross winners, eight Mens low gross winners, and 17 low net winners divided almost equally.

- Gus Conley, Chairman

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### **Also in This Issue (but out of sequence)**

See page 15 for information on the Carolina Meadows Book Group and also for new DVDS in the Library.

See pages 15-16 for new Library books and page 16 for a book review.

## Community Garden

Who gardens at Carolina

Meadows? About 70 residents, not all in independent living, garden at the raised bed area, which has a deer fence around it. Almost 10 percent of all residents at Carolina Meadows are gardeners, and these gardeners, plus others who grow flowers around their residences, participate in the "garden talk" listserv (now over 80 members).

Why do residents garden?

Some have always been gardeners, but others just want to try something new. Some enjoy growing part of their food supply while others like bestowing produce on neighbors. Many appreciate beauty and grow a variety of annual flowers. All enjoy the open air and are willing to continue watering and weeding in the heat of the North Carolina summer.

What do gardeners grow?

Most gardeners focus on vegetables, including beans, peas, summer squash, banana and bell peppers, turnips, onions, eggplants, various herbs, and particularly tomatoes. There is increasing interest in fall gardening, often using starter plants of lettuce and other greens purchased locally. These greens typically live through our relatively mild winters.

Is gardening exciting? It was this year when we found a woodchuck in the garden area. Our woodchuck dug a major tunnel in two beds; it emerged in the early morning or at dusk to feast on our plants! With some persistence, someone caught the woodchuck in a Haveahart trap and gave this unwelcome animal a ride to another part of Chatham County.

Want to garden? Contact Margy King or me. Space often becomes available during the year.

- Alan Tom

## Gingerbread House Decorating Workshop

Are you looking for a fun event to celebrate the holiday season? On Wednesday, **December 6 at 2:00 pm in the Auditorium**, there will be a gingerbread house decorating workshop. The cost is \$10 per two-person group. Come join us for an afternoon of fun with your friends and family. We will have gingerbread house kits for groups of two to decorate while enjoying apple cider and gingerbread cookies and listening to holiday music. To sign up, please call the concierge line at (919) 370-7315 or sign up in the activities book. We hope to see you there.

## Mahjong Group

Based on the best time for most, the newly formed Mahjong group (Carolina Meadows and University Woman's Club) will take place on the **second and fourth Tuesdays from 1:00-3:00 in the game room**. We can already proudly boast of six new Mahjong players. We usually have between three and four games going and always welcome new members at any level of playing. FYI, we even have four men playing with the group. Dates for the immediate future are: **December 12 and 26, January 9 and 23**. See you in the game room. - Judy Tilson

## Carolina Meadows Democrats

On **January 29, in the Lecture Hall at 4:30 pm**, the Carolina Meadows Democrats will meet to vote on officers and discuss future plans. **On January 30 at 4 pm in the Auditorium**, Deborah Ross, who ran against Richard Burr in 2016, will speak on "Turning Things Around in 2018." All residents are welcome.

- Judy Jones

## Tai Chi for Balance and Ease in Movement

Tai Chi (Taiji, Taijiquan) is a traditional Chinese exercise and art of meditative movement used primarily for maintaining overall health and well-being. Classes at Carolina Meadows focus on exercises designed to improve balance, mobility, energy, mental acuity, and relaxation. Practiced as a series of slow, controlled, whole-body movements accompanied by deep breathing, the benefits of Tai Chi have been established by over 500 research studies.

Numerous studies have shown that Tai Chi is effective in reducing the number and severity of falls and knee and ankle function and in boosting confidence. A 2004 study by Emory University researchers reported: "The advantages of Tai Chi training in a study population defined as 'transitioning to frailty' [ages 70-97] became most apparent by the fourth month of the study, when risks of falling were reduced by 40 percent as participants became less dependent on walkers and wheelchairs and learned the movements of Tai Chi." Studies also show that Tai Chi improves balance and movement control for people with Parkinson's disease. In this course, we focus on aspects of Tai Chi practice that specifically promote better balance.

*Time Magazine* has called Tai Chi "The Perfect Exercise... especially for seniors" (Aug '02). Find out why on **Wednesdays from 2:45-3:30 in the Exercise Studio**. No sign up necessary. Class is taught by Jay Dunbar, PhD, a 40-year practitioner and director of the Magic Tortoise School. Beginners are welcome! Come join us on **December 6** and see if it might be the right exercise for you.

- Michelle Marino

## Wellness Corner

Reindeer Romp! Community walks with a holiday twist! Join us for either a one-half mile or one mile walk around campus! Meet in **Club Center Lobby Wednesday, December 20 at 3pm**. Cider and cookies to follow walk.

The 12 Days of Fitness Challenge **December 1-12- Journal logs available on MeadowLife Fitness and Health page and in Exercise Room**. Please complete tasks in order beginning with Day 1 going to Day 12. Each day you will add in an additional task. Pictures are on back to display each exercise. Turn in completed logs to the Wellness Department mail kiosk no later than **December 15** to be entered in our Holiday Drawing.

**Register in the Wellness Book for the following:**

**Yoga Nidra** session offered **Wednesday, December 20 at 4:45 pm** Settle into a state of consciousness between wakefulness and sleep. The practice is done lying down while listening to the teacher's instructions. Yoga Nidra can help decrease stress and sleep disturbances, and can increase energy and bring about a sense of peace and well-being.

**NIA Dance:** Like to dance? Enjoy fun music? Come shimmy, kick, laugh, and dance to fun music that ranges from Broadway tunes to jazz, blues, and more! Nia's sensory-based movement practice engages and integrates body, mind, emotions, and spirit with soul-stirring music and 52 moves inspired by martial arts, dance, and healing arts. Grounded, expressive movements deliver a cardiovascular, whole-body conditioning workout that is gentle on the joints and appropriate for all fitness levels. This is a barefoot practice but soft-soled shoes can

be worn as well. Demo class: **Wednesday, January 17, 11:30 to 12:15. Series: Jan 24 – Feb. 28** Cost: \$30 for series.

**Saturday Line Dance Series** Want to boost your brainpower, improve memory, strengthen your bones and develop better balance? From Latin to country and disco to rock and roll, come enjoy a fabulous cardio workout and dance your way to better health! No partner needed or dance experience necessary. Demo class: **January 13, 2:00-2:45 pm. Series: Jan 20-Feb 24** Cost: \$30 for series.

**Next Matter of Balance** Eight Week Series will be held **Tuesdays Jan 9-Feb 27 10-11:30 am in the Auditorium**. Register by contacting Michelle at (919) 370-7114.

**First Tuesday of each month (1:30-3 PM)** Seymour Center Parkinson's Disease Support Group. Transportation can be arranged 48 hours in advance at no trip charge. To arrange this service contact Transportation at (919) 370-7121.

- Michelle Marino

## New DVDs for the Library

*Wonder Woman – superhero*  
*The Immortal Life of Henrietta Lacks – nonfiction*  
*The Bird Cage - comedy*  
*Sense of an Ending – drama, mystery*  
*Fatal Attraction – drama, thriller*  
*Grandma – comedy, drama*  
*Pretty Woman – comedy, romance*  
*Harold and Lillian – documentary, biography*  
*Four Weddings and a Funeral – comedy, drama, romance*

## Carolina Meadows Book Group

*Small Great Things*, written in 2016 by Jodi Picoult, is a well-researched novel with the theme of racism. The nexus was a discrimination lawsuit against a black nurse from Michigan. The woman "had worked in labor and delivery for over 20 years, and then one day a baby's dad asked to see her supervisor. He requested that this nurse and others who looked like her, not touch his infant." He was a white supremacist.

The novel's chapters are from the perspectives of the black nurse, the white woman public defense attorney and the white supremacist. The title, *Small Great Things*, is a biblical quote and used by Martin Luther King in one of his speeches. "If I cannot do great things, I can do small things in a great way." The author's stated goal is racial self-awareness.

The Carolina Meadows Book Group will meet on **Wednesday, January 17, at 2 pm in the Lecture Hall**. All are welcome. Books reviewed by members are on a special shelf in the Carolina Meadows library.

- Pat Merriam

## New Books Added to the Library Collection

### Fiction

*A Legacy of Spies* by John LeCarre  
*Less* by Andrew Sean Greer  
*Body of Water* by Chris Dom-browski  
*Manhattan Beach* by Jennifer Egan  
*The Ninth Hour* by Alice McDermott  
*To Be Where You Are* by Jan Karon  
*All the Rivers* by Dorit Rabinyan

(Continued on p. 16, "Books")

(Continued from p. 15, "Books")

*Strangers in Budapest* by Jessica Keener

*The Blackbird Season* by Kate Moretti

*Midwinter Break* by Bernard MacLaverty

*The Cuban Affair* by Nelson DeMille

*Origin* by Dan Brown

*Savage Country* by Robert Olmstead

*Charlatans* by Robin Cook

*The Little French Bistro* by Nina George

*Sisters* by Lily Tuck

*The Lost Order* by Steve Barry

**Large Print**  
*The Stories We Tell* by Patti Callahan Henry

*Secret Sisters* by Jayne Ann Krentz

*Aunt Dimity's Good Deed* by Nancy Atherton

*Defectors* by Joseph Kanon

*Texas Tall* by Janet Dailey

**Mystery**  
*Proof of Life* by J.A. Jance

*Deep Freeze* by John Sanford

*Two Kinds of Truth* by Michael Connelly

*Nine Lessons* by Nicola Upson

*Haunted* by James Patterson and James O. Born

**Biography/Biography Collection**  
*Victoria & Abdul* by Shranani Basu

*My Own Words* by Ruth Bader Ginsburg

*Endurance: A Year in Space, A Lifetime of Discovery* by Scott Kelly

*Lioness: Golda Meir and the Nation of Israel* by Francine Klagsbrun

*Last Castle* by Denise Kierman

**Non-Fiction**  
*Tell Me How It Ends* by Valeria Luiselli

*The History of the Jews, Volume II* by Simon Schama

*What the Qur'an Meant and Why It Matters* by Gary Wills

*Becoming a Leader of Character* by General James L. Anderson and Dave Anderson

*We Were Eight Years in Power* by Ta-Nehisi Coates

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### The Spanish Civil War

Most Americans, if they give any thought to Spain's role in World War II, place Spain alongside Sweden and Switzerland as having stayed "neutral." Not so, as Adam Hochschild reveals in his excellent new history *Spain in our Hearts: Americans in the Spanish Civil War, 1936-1939*, now in the Carolina Meadows Library. Hochschild focuses on the Americans in Spain, either as journalists such as Ernest Hemingway and Martha Gelhorn, or as volunteers for the Republic forces opposing the Franco-led Nationalists. He also covers the Civil War, a conflict won by Franco's forces with considerable military support from both Germany and Italy. So much support that Franco proposed Spain entering the conflict only to be discouraged by Hitler, knowing that Germany would have to supply forces to defend Spain weakened by the three-year civil war. Franco did, however, send a Division of some 8,000

"volunteers" to join German forces on their Eastern front against Soviet forces. The American State Department labeled Spain a "Non-Belligerent" rather than "Neutral."

Generalissimo Franco, with gory details provided by Hochschild, was a brutal, bloody dictator. The atrocities of Franco's forces shocked foreign journalists, especially the Americans and British. It is not beyond reason to believe that, had Spain declared war on the side of the Axis, Franco would have been tried and executed at Nirenberg [Nuremberg] along with the German war criminals.

For readers interested in world affairs, *Spain in Our Hearts* is an excellent addition to the CM Library. - Bob Huddleston

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### The Train of Life

At birth, we boarded the train and met our parents, and we believe they will always travel on our side.

However, at some station, our parents will step down from the train, leaving us on this journey alone.

As time goes by, other people will board the train;

and they will be significant i.e., our siblings, friends, children, and even the love of your life.

Many will step down and leave a permanent vacuum.

Others will go so unnoticed that we don't realize

they vacated their seats.

This train ride will be full of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells.

Success consists of having a good relationship

with all passengers,

requiring that we give the best of ourselves.

The mystery to everyone is:

we do not know at which station we ourselves will step down.

So, we must live in the best way, love, forgive, and offer the best of who we are.

It is important to do this because when the time comes for us to step down and leave our seat empty

we should leave behind beautiful memories

for those who will continue to travel on the train of life.

I wish you a joyful journey on the train of life.

Reap success and give lots of love. More importantly, thank God for the journey.

Lastly, I thank you for being one of the passengers on my train.

- Anonymous