



## The Snowman

By Chris Schmidt

Every year, at our Club Center,  
a looming snowman greets all who enter.

His fans, with eyes near tearing,  
find him merry and endearing.  
They note, among his many charms,  
his jolly smile and outstretched arms.  
And when it's dark, he's all aglow.  
(Quite a feat for a man of snow.)

For others he's not one to cherish;  
he strikes them as lamentably garish:  
clad in stripes and overfed  
with a wire basket on his head.  
They think he belongs in another spot:  
a McDonald's or a used car lot.

Although he can both appeal and appall,  
he brings the Season's joys to one and all:  
his arrival gladdens many hearts;  
others applaud when he departs.

But... he's been showing signs of wear  
(which are not covered by Medicare).  
So, as the Holidays draw near,  
the question is: "Will he appear?"



Snowman Photo by R. Pulley; Tree Photo by J. Mengel.



*Happy Holidays!*  
*From*  
*The Meadowlark Staff*



## President's Message

WHEW! Let us breathe a collective sign of relief – the 2014 mid-term elections, with all of their vicious attack ads, are finally over. We at Carolina Meadows pride ourselves on being a civilized community where reasoned discourse can flourish. So this seems like a good time to reflect on how well we maintained our values this year.

For the most part, we managed to tolerate the “warped logic” that led some of our friends and neighbors to support a party or candidate other than ours. Many of us sought to broaden our understanding of opposing points of view by attending the events sponsored by the Candidates Forum Committee. This bipartisan committee hosted three forums at which we heard from candidates for the State House and Senate, County Commissioners and School Board, and the Judiciary. Although we may feel as though we heard more than we wanted to know from the ads supporting candidates for federal office, the forums gave us the opportunity to hear from candidates whose campaign budgets were often minimal.

American politics at all levels have become so polarized that it is often difficult for partisans from opposite sides to engage in a civilized conversation. With this in mind, the Residents Association adopted *Guidelines Regarding Political Activity*.

The *Guidelines* preamble states: *The residents of Carolina Meadows have long manifested a genuine interest in public affairs. Active involvement in political activity and discourse has always been encouraged and welcomed. A*

*variety of programs and meetings are conducted in a spirit of civility, and in an atmosphere of goodwill and openness. The planning, the scheduling, and the promotion, as well as the discussions, speeches, debates, and question and answer sessions, should all display and further a sense of fairness and a spirit of mutual respect.*

The *Guidelines* also address the establishment of advocacy groups to study or promote party positions. They remind their sponsors that meetings should be conducted “in a way that helps maintain an atmosphere of goodwill in Carolina Meadows.” Our *Operations Manual* reminds us that “the injection of political activities in Precinct meetings is neither appropriate nor helpful in pursuing the common good.”

Although we can now look forward to a 2015 without elections (except for the 2016 presidential candidate frenzy that will begin immediately), it is well for us to remember that, in these politically fraught times, almost no public policy or foreign policy issue (not even diseases) can escape politicization. Inevitably our lecture series may cover terrain that some will regard as political or ideological. In these cases, I would urge the sponsors of these events to conduct them in such a way as to enlighten the community while adhering to the values stated in our *Guidelines* – civility, goodwill, mutual respect, and fairness.

As a student of Thomas Jefferson and a graduate of his university, I am reminded of one of his famous statements: “We are not afraid to follow truth wherever it may lead, nor to tolerate any error so long as reason is left free to combat it.” In this spirit, let us support reasoned discourse and

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—  
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## February Issue Deadline

Copy for the February *Meadowlark* must be submitted by **Thursday, January 15, 2015**, to Mary Jo Doherty at bandmj@mindspring.com. Email attachments in MS Word format are preferred over regular emails or hard copy, but are not required. Please call Mary Jo at (919) 932-9932 if you have any questions or problems.

## Carolina Meadows Census As of October 31, 2014

Number of Residents	Occupancy Level
<b>Independent Living:</b>	
608	94%
<b>The Fairways:</b>	
73	86%
<b>The Pines*:</b>	
55	73%*
<b>Total:</b>	
736	90%

*\*Includes temporary admission of IL and AL residents.*

mutual respect as we continue to try to understand the many challenging issues facing our nation.



## Jules and His Memory Box Elves

The generosity and spirit of this community amaze all – all the time.

Recently Kim Broucksou, Cognitive Care Director, issued an SOS requesting a large number of small audio equipment storage boxes for the Pines and Green. If you've been following this topic in the Meadowlark, you may recall Kim's article about the benefits of music for the cognitively impaired.

Phase Five residents, led by Jules Samitz, answered the call. It happens that Jules, a former Industrial Arts teacher, has a state of

the art "workshop" right in his garage. He supplied leadership and the rough cutting of parts. For several days his Precinct 15 neighbors joined an impressive assembly line operation to complete the project – all documented by John Haynes and his trusty (and occasionally impish) camera.

Job complete, elves resting, holiday spirit has arrived!

- Mary Jo Doherty

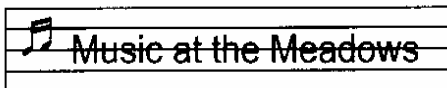


*Memory Box. Photo by J. Haynes.*



Jules Samitz Claus surrounded by his industrious elves (beginning top right and ending at top left): Ed Fuchs, Peter Baer, Fred Mueller, Mimi Smelzer, Bob Guthrie, Chris Schmidt, Jim Ward, Sue Gaca, Bob Siler, Sue Cavenar, Tim Smelzer and 13 others not pictured. Photos by John Haynes. Collage by Donna Maroni.

This issue really must be viewed in color. Check it out on *MeadowLife!*



## Hot Music for Cold Winter Times

**Holiday Brass:** festive holiday music by two—**yes TWO**—brass quintets brought to us by our good friend Kathy Silbiger. The Trinity Brass Quintet and A Touch of Brass Quintet will both move your hearts and tickle your funny bones in this varied holiday program.

**Friday, December 19 at 7:30 pm.**

**Flying Dutchman:** well, his fingers fly anyway. Vincent VanGelder, virtuoso pianist, has performed here twice before.

**Thursday, January 8 at 7:30 pm.**

**Hound Dog:** Elvis will enter our house on **Sunday, January 18 at 2 pm.** Yes, that Elvis. Don't believe it? Come and see for yourself how he'll love you tender and leave you all shook up.

- John Gabor

## MeadowSingers Holiday Concert December 3

The MeadowSingers are looking forward to presenting their annual holiday concert under new director Rebecca Dyck, with accompanist Meghan Cox, on **Wednesday December 3 at 4 pm** in the Auditorium.

This year it will be all holiday music, including such favorites as "I'll be Home for Christmas" and "White Christmas," as well as beloved Christmas carols including "Good King Wenceslas" and "Joy to the World." We will also sing a lovely Hanukkah song, "Ma'oz Tzur." Come and join in. We'll be doing some sing-alongs too!

- Rex Tucker

## The Farringingtons to Sing at Carolina Meadows!

The Farringingtons will perform holiday and seasonal music for Carolina Meadows residents and guests on **Friday, December 12 at 7:30 pm** in the Auditorium.

This select group of 16 singers is drawn from the larger Farringington Village Singers. Their repertoire includes show tunes and standards, as well as other songs in appealing, often jazzy, arrangements.

Since the group's founding in 2007, appreciative audiences have applauded Farringingtons performances throughout the Triangle area. Talented pianist Vera Graye accompanies them.

## Glenn Mehrbach and Alice Tien, pianists

**Sunday, January 4, 2 pm, Auditorium**

Glenn Mehrbach (Pianist, Conductor, Composer, Music Director) is currently Music Director at the Community Church of Chapel Hill, Unitarian Universalist, Staff Associate in the music and theater departments at Duke University and Music Performance Instructor at Camelot Academy in Durham. As a composer, he's released a songbook entitled *Fragile Heart*. Glenn has been musical director and pianist for Ellen Ciompi since 2005.

Pianist Alice Tien majored in piano at the Oberlin Conservatory of Music, earning special recognition in collaborative-playing. Alice's solo and ensemble performances were praised in the *Triangle's Spectator Magazine* (January 1996 and circa 1999) and in *Classical Voices of North Carolina* (October 2007). She has played in master classes given by Menaham Pressler, Yo-Yo Ma and

## Invitation: Open House at the Green



We would like to invite the residents of Carolina Meadows to an Open House on **December 12 from 2:30-4 pm.** There will be hot chocolate, hot tea, and dessert. This is an opportunity to see the Green and visit with the residents for the holidays.

James Galway. Alice has taught her studio of 25-30 private students for over twelve years and has served as a pianist and instructor in the music departments of North Carolina Central University and the University of North Carolina - Chapel Hill. Alice co-established a program for children who otherwise could not take individual piano lessons.

## Men's Breakfast

Our speaker for **Wednesday, January 21**, will be Barry Jacobs, well-known sports writer for *The News & Observer*. He will entertain us with his extensive knowledge of ACC Basketball.

Sign up by Thursday, January 15, and please wear your name-tag.

- Fred Bowman



## Attention Procrastinators!

The deadline for making your contributions to the Employees Appreciation Fund is almost upon us. The contributions box is on the Receptionist's Desk, at the entry to the Library. The deadline is Monday, December 8. Let's blow the top off of the chart!

## Youth Choir



Sunday, December 21, at 4 pm, in the Auditorium, the University Methodist Youth Choir (about 50 voices) will give a program of Christmas music and lead folks in singing carols. Everyone is invited.

**Dawn Michelle Williams,**  
piano  
**Tuesday, December 9**  
**4:00 pm Auditorium**

Dawn Michelle Williams is a pianist, composer and teacher from Durham. She has recorded numerous albums and will feature her creative and inspiring arrangements from her Christmas album *Wonder: Songs for the Season*. To read more about Dawn and hear her music, visit [www.DawnMichelleWilliams.com](http://www.DawnMichelleWilliams.com).  
- Jody Hite, Activities

## Activities at the Fairways

### Music Appreciation (Fairways Gallery)

**Dec. 5** – Sibelius Symphony 5

**Dec. 12** – Tchaikovsky Nutcracker

**Dec. 19** – Beethoven Symphony 9  
No Music Appreciation on the 26th

**Bingo:** Every Friday at 3 pm in the Fairways Living Room (bring your dollar)

## Art Guild

The next Art Guild Gallery change of resident's artwork in the Club Center will be **Saturday, February 7**. We welcome anyone who wants to exhibit her/his original work – no matter when it was done.

Because of limited space, please submit no more than two pieces of your work. Bring your contributions to the Board Room between 1 and 5 pm on February 7. Call me, Bev Milton, 919/967-1254, if you have any questions.

**Apple Users Group**  
**December 8 & January 12**  
**10 am, Lecture Hall**



The Apple Users Group meets the second Monday of every month at 10 am in the Lecture

Hall. Apple devices, including iMacs, MacBooks, iPads, iPhones and Apple TV, are open for consideration. Participants are encouraged to bring questions, problems, and topics for discussion. From time to time special programs are presented by one of the Apple Group discussants.

Questions and comments concerning the use of Apple devices may be directed to John Haynes at [john@haynesfamily.com](mailto:john@haynesfamily.com) or to Raymond Pulley at [rhp66@earthlink.net](mailto:rhp66@earthlink.net).

## Activities Fair

It's time again for our every-three-years Activities Fair! Set up very much like our very popular Wellness Fair, the Activities Fair 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 Special Events committee is up to, or would like

to know what "Needles" is all about, come by on **Tuesday, January 20 from 10 am-noon in the Auditorium**.

Some groups, like the Saturday Night Movie group, may be looking for a new leader. Others will 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

**DON'T FORGET: It's not too late to join the North Carolina Continuing Care Residents Association**

**Contact Betty Hummelbrunner or Laura Kahn**

## Gift Shop Thoughts

Dear Residents of Carolina Meadows, **The Gift Shop still needs you!** It's got to be a satisfying feeling to be wanted so much! Give me a call at 240-4230 or email me at Panda@Baer-Cave.net if you want to join the best team of volunteers.

The holidays are upon us with a vengeance and to successfully navigate this period, you need a Gift Shop schedule of events.

**Friday, 12/5** 10 am -2:30 pm  
– selected products in the hall at a discount.

**Sunday, 12/7** 1-3 pm only

**Friday, 12/12** 10 am- 2:30 pm  
– selected products in the hall at a discount.

**Sunday, 12/14** 1-3 pm only

**Sunday, 12/21** 1-3 pm only

**Christmas Eve** 10 am-noon – morning for the slowpokes.

**New Year's Eve** 10 am-noon – morning only.

**The Gift Shop will be closed on Christmas and on New Year's Day.**

**Sunday, May 31, 2015, I am**

**demoting myself to cashier**, and ready or not, a new Gift Shop manager will step into the position. The sooner you decide that you are interested in the job, the more time we'll have transferring that entire, accumulated Gift Shop trivia from my brain to yours. Having some digestion time will make it a lot easier for you. My learning period was close to two years. How long will yours be?

Oh, by the way, you all know that we are selling soooo many hip things in the Gift Shop; you won't have any problems finding stocking stuffers, toys, or major Christmas gifts for your Honey Bunny.

There are still copies of *VOICES* available. They make the best presents at a reasonable price, particularly for friends and family. Instead of bringing a box of candy or a bottle of wine to a holiday party, a copy of *VOICES* is a healthier option. We'll sweeten the deal with a free magnetic bookmark until we run out. How cool and magical is that?

A Merry Christmas and Happy Chanukah to all, from the best team of volunteers at Carolina Meadows!

- Peter Baer, Mgr. Gift Shop

## Got Gifts? We Wrap



The Green's gift-wrapping station will be open at the Club Center on December 11, 10:30-noon; December 18, 2:30-4 pm; December 19, 10:30-noon. Bring your gifts. We'll wrap them! There will be a donation box for residents and staff to donate to the Music and Memory Program here at Carolina Meadows.

- Cari Owens, Green's Recreational Therapist

## News about the News

The weekly Wednesday morning "In the News" is taking on a new face. Unfortunately, Arvin Kramish, leader for years, is now a resident in the Pines. Hal Myers has successfully assumed the leadership.

The weekly meeting is an 'open discussion' forum about the news – local, national and international. All topics are brought up and discussed by the attendees. There is no pre-set or prepared 'course of study'. It's a good opportunity to express your opinions, get some answers and listen to the thoughts of others. It's a great way to spend an hour each week.

We meet in the Lecture Hall **each Wednesday at 10:30 am.** Please join us.

- Dorothy Samitz

## Holiday Book Sale – Four Sale Days Left!

The 2014 Holiday Book Sale is continuing! We have four shopping days left before the Lobby "stalls" close on Monday, December 15, "Birthday Dinner" evening. Many of the books that will be available have not been on display prior to that evening, so be sure to check us out to complete your holiday gift shopping for those you love who love to read!

Books will be on sale from **5 to 8 pm on Monday, December 1, Tuesday, December 9, Friday, December 12 and Monday, December 15.** To honor our employees, a Holiday Sale will be set up outside the Book Sale Room in the Club Center Basement on Wednesday, December 3 from 11 am to 2 pm.

Thanks to all for your generous participation in the sale during November. You are true friends of your library!

- Ann Powers

## Behind The Wall

By John Haynes



**Jack Coleman. Photo by John Haynes.**

While work proceeds apace in the new Kitchen and Dining space behind the wall, it's likely that our first meal in the new space will not be until next January. There is a faint hope that we might have Christmas meal there, but Mark Maxwell is wisely planning alternatives for the Holiday meals. Even if Jack Coleman meets his optimistic mid-December target, the Health Department approval may be difficult to schedule as the holidays approach.

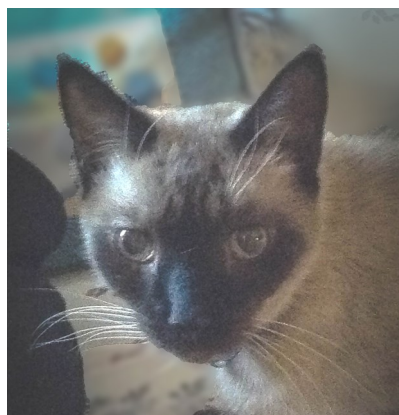
As of this mid-November writing, the exterior siding is in place, awaiting paint to match existing exterior walls. Inside, sheetrock has transformed most of the thick-  
et of studs into a maze of rooms and halls. Dining room walls are rough finished – the Pub and its fireplace are still just unfinished studs (peek out the private Dining Room window to see its status). Kitchen walls gleam with a special sleek white finish for easy cleaning; floor tiles and drains are in.

A massive power generator was lifted in place on a crisp au-

turn morning in early November by a powerful crane, as carefully as one would set down fine crystal. The snakes of electrical wiring are painstakingly being allocated to the proper circuit breakers – then connected to their corresponding light fixtures, equipment boxes, exhaust fans, alarm circuits, power outlets etc. However, they are yet to hiss with any electricity. Duke Power

has missed several promised dates to move a critical power transformer, thus causing a cascading set of delays. Until we switch from temporary power, the county will not inspect the building. That keeps our new kitchen equipment sitting in a warehouse in Charlotte. It also keeps the ceiling tiles from being installed.

As always, the Dining Staff somehow remains upbeat, continues to keep us all fed and with cheery service. Mark Maxwell will keep us posted on late news with a large poster in or near the Dining Room Lobby.



**Pepper. Photo by John Haynes.**

## Pepper

By John Haynes

This month's Pet is Pepper, one of the 40 cats registered at CM. He lives with Jeanne and Howard Harper, just a few doors down from October's pet poodle Chez-Chez. Pepper's mother was pure white, as were four of his siblings in the litter. But Pepper has the demeanor, coloring and voice of his father – apparently a roving, amorous Sealpoint Siamese.

Pepper joined the Harper household 13 years ago as a kitten, moving from the Orange County Shelter in 2001. When Jeanne and Howard moved to CM in 2006, Pepper was apparently reluctant to join a CCRC at the young age of 5 – so he eloped to parts unknown. CM was papered with Pepper's picture with no results for six weeks, until a chance encounter between a resident and a lady from across the street who "had a stray Siamese on her porch." Pepper never offered an explanation for his 50-day holiday.

His daily routine is to follow Jeanne out in the morning to get the paper; then nap on the living room couch; perhaps then stretch and go perch on the window stool in the front bedroom to check out any bird activity out front; then see if the food being offered today meets his standards – hopefully its from PetSmart - the pampered pet's version of Whole Foods.

Like most Siamese, Pepper talks quite a bit, (apparently in Siamese, of course), and also recognizes quite a bit of English. When Jeanne says, "Wanna get brushed?" he comes running. He likes to be brushed!

Pepper is an example of the adage: While dogs enjoy serving Masters, cats enjoy being served by Staff.



## Blog? What's that?

We're glad you asked. This is a blog. It's a short article, somewhat casual and personal, about happenings at Carolina Meadows. Our bloggers work alongside the Marketing Department to show events in our community from the resident's perspective. Our reviews cover a range of interests from lectures to transportation services to holiday parties and more, reflecting the vitality of life at the Meadows.

The blogs are posted on the Carolina Meadows website, which is attracting increasing attention from people interested in retirement communities. As they explore our offerings to new residents, they will also discover the

voices and personal experiences of our residents and staff.

To read our blogs, go to [carolinameadows.org](http://carolinameadows.org). Scroll to the bottom of the Home page. Click on the word Blogs and you'll arrive at the site with current blogs and an attractive accompanying picture. You'll be delighted with the presentation of our CM lifestyle. Do explore our outstanding CM website; you'll learn a lot and experience its appeal to visitors to the site.

Are you a potential blogger? Go for it. Write about a current event or observation. Keep it crisp and short, under 300 words. You can contact me for further information: Dorothy Mahan (919) 929-5974 or email me at [dnmah@earthlink.net](mailto:dnmah@earthlink.net).

- Dorothy Mahan

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## What to do in a Medical Emergency

**By Fran Sherwin**

Last month I wrote about what to do in a medical emergency - immediately - how to alert Carolina Meadows staff for help, the decision to summon an ambulance to take you to the ER or, if that is not necessary, whether to go to Urgent Care. Generally, if you need sutures to close a wound, you must go to the ER or Urgent Care. One caution: Medicare will not cover the cost of an ambulance if it is deemed unnecessary. Typically the ambulance will take you to UNC Hospital unless you have had a recent cardiac intervention at Duke.

If you don't want a long wait in the ER, your primary care provider may direct you to Urgent Care and tell you where to find it. These facilities can be found online, some operated by UNC and some by Duke.

A spouse, friend or neighbor is not permitted to ride in the ambulance with the patient. If you are the patient or family member needing an automobile ride to the ER or Urgent Care, you have several options:

- You can call transportation, which may require a wait.
- If it is evening or a weekend, the community response on-call nurse can contact a person on the on-call list to take you to and from the hospital or Urgent Care for a charge of \$25.
- A few MAP volunteers will take you even in an off-hour.

If you are accompanying your spouse, partner or friend to the ER, assume you will be there for an extended time. Take your own meds, a snack, a sweater (the ER can be chilly even in summer), your cell phone and a card with

## Golf Report

Although we will continue with Saturday play, weather permitting, our "End of Year" golf luncheon to acknowledge this year's tournament winners was held on October 11. Winners in the two day Low Gross category were Jackie Heywood for the women and Gus Conley for the men. Overall Low Net for the two days, in a scorecard playoff, was John Latimer over Jim Ward. Barbara Hardin won women's low net.

Preceding the luncheon was a better ball low net for teams of two people. Winners, again in a scorecard playoff, were Shirley Baerman and Gus Conley over Sue and Gene Guido. Carol and Don Hierman were in third place.

Sam Ligon has recorded the only hole-in-one this year. By next spring we hope to have a practice mat and net installed between holes number seven and nine.

- Gus Conley, Chair Golf Committee

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## Laugh and Learn, or a Southern Gentleman, Part Two

Share a hearty dose of laughter with that Southern Gentleman, Roy Carroll, and his Cousin Beauregard in the **Auditorium at 2 pm on Wednesday, Jan. 28**. Everyone who remembers Laughing Matters, or missed it, will want to be there.

With jokes and stories, Roy will revisit the years from the Jazz Age to the Spock Generation and beyond, noting things that are getting better for the fastest growing age group in our population. Please join us! - Your Activities Staff

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important phone numbers: children, social worker or confidant. The hospital will inform Carolina Meadows that you are at UNC hospital if you are admitted.



## Board Profile - Dr. Philip Sloane

By Don Stedman

If you are going to have a strong Board of Directors for a Retirement Community, you had better have members of the Board who are experts on aging, retirement and retirement communities. Well we have that in spades with the presence of Dr. Phil Sloane, long time Carolina Meadows advisor and Board member.

Phil is the Elizabeth and Oscar Goodwin Distinguished Professor of Family Medicine at UNC Chapel Hill. He holds both an MD and a Masters in Public Health degree and has published many research articles and papers on aging, geriatrics and has conducted more than 40 studies of long-term care settings. His current and regular work both inspires and informs the work of the Board and its strategic planning efforts.

He is a recent recipient of the Pioneer Award from the Alzheimer's Association and a National Institute on Aging Leadership Award. He is currently a member of the Board of the American Geriatrics Society and Advisor to the US Congress on Special Care Units.



Since 1996, he has co-directed the Collaborative Studies of Long Term Care at UNCCH.

Dr. Sloane is always available, very much "into" Carolina Meadows and its future and one of our best friends in the long term care community field. He says he "loves the atmosphere, the quality of care provided, and the supportive and active attitudes of Meadows' residents. Great place to live and learn".

We are glad he is on our side.

Note: This is the final profile of the series on non-resident CM Board members. Three new members will be elected next spring to replace outgoing members who have completed their terms of office. They will be profiled in the April or May issues of the *Meadowlark*.

## Environmental Wellness (EW)

Join us in the  
Lecture Hall on December 4,  
2-3:30 pm.



Further exploring the notion of Environmental Wellness, as measured by the impact of climate disruption on humans and all other members of the Earth Community, the EW team offers the second documentary film in its series on Earth Matters, *A sea change: Imagine a world without fish*.

*A sea change* looks at how the burning of fossil fuel is changing the chemistry of the oceans. Through a series of delightful exchanges between a grandfather, the film's protagonist, and his grandson, the film raises questions about this generation's responsibility to future generations.

"The feeling that we have stolen something from our children falls heavy on the old, who wonder whether they have done right by themselves, their family and their society. Sven Huseby feels this deeply as he discovers that his generation has profoundly changed the atmosphere by adding carbon dioxide..." Jeffrey Levinton, Distinguished Professor, Stony Brook University

- Anita Wenden, EWT



**You are invited to a  
Town Hall Meeting with Kevin  
McLeod**

**Monday, December 15, 11 am, Auditorium**

**and  
Tuesday, December 16, 11 am, Auditorium**

Two meetings have been scheduled in order to accommodate all residents. Please do not attend both meetings as the same items will be covered at each meeting.

### Alterations by Zar Zar (by appointment only)

Carolina Meadows welcomes Zar Zar on Wednesdays, beginning at 9 am for alterations. Please call Jody at 919-370-7171 to make an appointment. Price list available in the Activities Office.

## Travel Adventures – December 2014 & January 2015

Ordinarily, Travel Adventures does not make a presentation in December in order to avoid any conflict with Christmas. This December will be an exception. John Haynes will repeat "From Arches to Zion" for Fairway residents and others on **December 15 at 3 pm** in the Fairways Gallery.

Our regular meetings will resume on **Friday, January 23, at 7:30 pm** in the Auditorium. Our presenter that evening will be our friend, Jim Borden who will speak about his multiple visits to Iceland.

While both were working and living in Geneva, Switzerland, in the mid-1970s, Rita and Jim Borden met an Icelandic couple who had been posted to Geneva as part of the Icelandic diplomatic service there. This friendship led to six trips to Iceland before Rita's untimely death in 2013. Last summer Jim made a seventh trip by himself.

Adventures abound in this western-most European land where the Atlantic tectonic plates are slowly separating under the island itself. Jim will present his photos showing the changes that have taken place since his first trip

in the eighties through this past summer, changes mixed with attempts to preserve the best of Iceland's historic past.

About two-thirds of Iceland's citizens live in Reykjavik and the surrounding area. Glaciers cover one-sixth of the country and volcanic eruptions occur every three to five years. The geothermal energy in this environment has been harnessed by the Icelanders to produce electric power in abundance.

Last summer's trip included a trip around the glacier where a volcano erupted under the ice in 2010 spewing so much volcanic ash into the atmosphere that air traffic between the US and Northern Europe was shut down for several days. A dramatic 20-minute video of the eruption will focus on the effect of the eruption on a farm family that lives just below the glacier.

Jim's visit ended with a spectacular adventure down 430 feet to the caldera floor of a volcano, the only one in the world where the lava drained away leaving a dome over the top.

Please join us to travel in this unique and wonderful country.

*- Charlie Kahn and Jim Borden*

### Garden Talk---for Home and Community Gardens

Please clean out dead plant material as well as grass and weeds from your raised bed garden. Dropped seeds will be next summer's weeds in your raised bed and the aisles. If you want volunteer plants, keep these well within your bed.

Some gardeners consider hardwood mulch best for winter, as this deteriorates slowly. Some people prefer fine pine bark

mulch because it deteriorates more quickly allowing the soil to hold moisture next season. Two or three bags of Black Cow (composted manure) well worked into fallow soil are reported to make summer plants really produce. Southern States has a similar product under their brand name. Remember they have a "senior discount" on Tuesdays.

For the adventuresome, buy starts of winter plantings such as spinach, beets, collards, kale, and pansies. Bulbs of garlic and saffron crocus can also be planted in the fall as well as other flowering bulbs. Remember that deer and squirrels like tulip bulbs but shy away from narcissus and daffodils. For ideas on how to protect winter plants check out the beds of some of your garden colleagues or consult your garden store. Some use a canopy, others protect with cut out gallon plastic bottles.

Sign up forms for 2015 garden beds will be available on the counter across from Jody Hite's office. If you had only one bed in 2014, it is expected you will be able to keep the same bed in 2015. If you had more than one bed then indicate your preference(s) on the form.

On a positive note, it was wonderful to see all the colorful flowers flourishing in the beds during the summer and fall.

A GardenTalk group similar to MeadowTalk will be available soon. ALL gardeners at CM are welcome to join this group. This will make it easier to communicate with those who have Community Gardens and to send out seasonal information to all interested gardeners. GardenTalk sign-up information will be placed in all CM mailboxes.

*- Pat Merriman and Margy King*



**Hallgríms Kirkja Church, Reykjavik. Photo by Jim Borden.**

## Security Update

**By Joe Zannini, VP of Plant Operations**

Plant Operations is in the process of installing an intrusion alarm system in all Carolina Meadows Villas. There were two major criteria used in the selection of the system. One requirement was that the system needed to have a key fob activation device. The key fob allows residents to remotely activate and deactivate the system without entering a code at the keypad. The second requirement was that the system needed to be able to communicate to SARA. This means that if an intrusion alarm is activated, our Security team will be able to receive the alarm on their pagers and quickly respond.

Security will have an override code that will allow them to silence, deactivate or activate the system. In order to keep any mistrust at bay, it is important to note that there are two audit trails for security. The first is the electronic Medeco key. The Medeco system allows Plant to track the last 1,000 times that a door has been unlocked or locked. The system records date, time and key identification number. Plant is also able to track the last 1,000 times that a master key has been used.

The units that are being installed have a traditional keypad control module. One may use the keypad instead of the key fob. Residents may select their own code to be programmed into the system. They may either use the code themselves or give the code to a friend or relative who may need to enter the villa when the resident is away. A different code can be created for a Carolina Meadows or private housekeepers

if a resident wishes.

Those little white stickers on villa garage windows are intended for alarm system battery changes. Intrusion sensors (consisting of door monitors, motion sensors, and window glass break sensors for residents with pets) all need batteries. When batteries need to be changed, Plant wants to ensure that every villa is attended to. The stickers get scanned when batteries are changed and the work order cannot be marked complete until every villa is scanned.

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## World Affairs

World Affairs meets on **Fridays at 10:30 am in the Auditorium** (unless otherwise noted). The programs for December-January are:

**December 5:** Ferrel Guillory, "North Carolina: Colored in Red and Purple"

Ferrel Guillory is the founder and Director of the UNC Program on Public Life. He is a senior fellow at MDC Inc., a workforce and economic development nonprofit research firm in Chapel Hill.

Through MDC, he has co-authored *The State of the South*, a series of biennial reports to the region and its leadership. Before academia, Guillory spent more than 20 years as a reporter, editorial page editor and columnist for *The News & Observer* in Raleigh, N.C. He last shared with us his "reflections on the recent elections" in November 2012.

**December 12:** No program (holiday brunch)

**December 19:** Judith Pulley, "The Persistence of Inequality in America: Should We Care?"

**December 26:** No program (day after Christmas)

**January 2:** Simon Sinek, "Why

**Leaders Eat Last"** (video)

Expanding on a theme raised by Lieutenant General John Moeller in his Veterans' Day address "Why Soldiers Fight," ethnographer Simon Sinek uses biological factors to examine the nature of leadership. His TED talk on leadership is the second most-watched talk on TED.com. At a time when we are desperate for effective leaders, don't miss this inspiring talk.

**January 9:** Stanley Black, "Piketty's Capital in the Twenty-First Century"

French economist Thomas Piketty's 2014 book uses massive data sets to argue that return on capital is generally higher than economic growth and that economic inequality is an inevitable outcome of free market capitalism. Praised for casting a fresh light on inequality, Piketty's findings soon generated a backlash from those questioning his data and/or his methodology. Professor Stanley Black, Georges Lurcy Distinguished Professor of Economics at UNC-CH, will take a critical look at the work, explaining its theory and assessing its claims.

**January 16:** Raymond Pulley "Understanding American Foreign Policy, Part I"

**January 23:** Carl Ernst, "Islamophobia in America"

Professor Ernst is William R. Keenan, Jr., Distinguished Professor and Co-Director of the Carolina Center for the Study of the Middle East and Muslim Civilizations. He has written numerous books on Islam, including *Islamophobia in America: The Anatomy of Intolerance* (2013)

**January 30:** Raymond Pulley "Understanding American Foreign Policy, Part II"

- Judith Pulley



## CMU Short-Course: “Problems and Controversies in College Athletics”

Following a very successful launch of this series last month, with Barbara Osborne’s important “Women and Sport,” Carolina Meadows University completes its final fall course with two more outstanding thought leaders in American athletics policy.

Richard Southall, PhD, the second speaker of this series, will make his presentation on **December 1**. Richard teaches and researches in the area of sport ethics and is the Director of the College Sport Research Institute in the Department of Hospitality, Retail and Sport Management at the University of South Carolina, Columbia. When controversies arise in college athletics, the media, including national TV stations like ESPN, call on Richard for his comments. He has been critical of the NCAA, so expect his presentation at Carolina Meadows to be thought provoking.

The final presenter for the col-

lege athletics course on **December 8** is Larry Gallo, Executive Associate Athletic Director at UNC-CH. Larry was the head baseball coach at Notre Dame University from 1979 through 1987, and Associate Athletic Director and assistant baseball coach at Wake Forest University from 1987 to 1995. Larry came to Chapel Hill in 1995 and his duties at UNC-CH include compliance/eligibility issues in regard to the NCAA and ACC guidelines, the department’s substance abuse program and the daily administration of the men’s basketball and football programs. Larry has a wealth of experience in college athletic administration and has been actively involved in the recent problems in UNC-CH’s athletic programs.

Hosting and moderating the sessions will be our own CMU Steering Committee Chair, Dr. Fred Mueller, Professor of Exercise Science at UNC from 1968-2013. Thanks, Fred, for lining up this terrific program.

All presentations will be in the Lecture Hall from 1 to 2:30 p.m.

- CMU Steering Committee

## CMU Announces the Spring 2015 Semester

Carolina Meadows University (CMU) will launch 2015 with another “Serendipitous Saturday” session. Reminder: these “classes” are scheduled from time to time when we can land an extraordinary speaker for a longer-than-usual (two hours) delve into a subject of interest to our student body (that’d be you CM residents). Dr. David Mandell fills that bill perfectly. He is Associate Professor of Psychiatry and Pediatrics and Associate Director of the Center for Mental Health Policy and Services Research at the University of Pennsylvania. On **Saturday, January 24**, in the Lecture Hall, at 10 am, Dr. Mandell will share his life research and practice passion: “Autism Policy and Practice in the US.”

On **Monday, January 26**, in the Lecture Hall, at 1 pm, CMU will present the first class of a remarkable three session short course (1/26, 2/2, 2/9), “Crises and Social Change in 20th Century America.” The course instructor is Dr. Bill Chafe. Many of us met Bill when he presented a World Affairs session here on his new book, *Hillary and Bill*. His distinguished career at Duke included roles as Dean of the Arts and Sciences Faculty and Vice-Provost of Undergraduate Education. He continues as Alice Mary Baldwin Distinguished Professor of History. For this new course, Professor Chafe will review several of the major crises in the recent history of our nation and consider their impact – the “what if” scenarios had they not happened.

Thanks to you all for another highly successful Fall Semester 2014.

- The CMU Steering Committee

## Thoughtful People

Though there will be no December session, the January session is sponsored jointly by Thoughtful People and World Affairs. The scheduled speaker is Carl Ernst, Distinguished Professor of Religious Studies at UNC.

Dr. Ernst is the author of *Following Mohammed: Rethinking Islam in the Contemporary World* (2003). He favored us with a discussion of that book some time ago, as well as another of his works: *How to Read the Koran*. He will focus on a collection of essays that he has recently edited, entitled

*Islamophobia in America: The Anatomy of Intolerance.*

We’re all aware, of course, that Islam is a major issue in the world today. This is an opportunity to hear and question a nationally recognized authority whose most recent publication has been hailed by the Director of Islamic Studies at the US Naval Academy as “a book that should be required reading for local, state and national policy makers.” Professor Ernst will hold forth on “Islamophobia in America” in the Auditorium on **Friday, January 23 at 10:30 am.**

- Sam Baron

## Women's Luncheon Group "Crafting a Work of Art from Concept to Finished Piece"



Join Chapel Hill textile artist, Nancy Whittington, for lunch on **Tuesday, January 13** in the Private Dining Room.

All women are welcome! Reservations are required and space is limited to the first 50 women that call or email Jody Hite. Jody will begin accepting reservations on January 1. This is a perfect venue for meeting new residents and visiting with old friends, while learning of the imagery and processes that go into creating a large-scale textile work of art.

Nancy's silk textile works have been exhibited in museums in the U.S. and abroad. She also has public commissions hanging in corporate, university and religious institutions. She works in a textile medium because of the sheer beauty of colors on silk. She dyes her own colors and sews the silk into pieced compositions by hand. She learned the art of sewing from her mother. Come, sit back and take delight in the enchantment of color and pattern as we await a season of new growth.

Doors open at 11:45 am and lunch is served at noon. If you have dietary restrictions or you should need to cancel your reservation, please call the Women's Luncheon Group's Chairman, Pat De Titta (919-929-2129).

This is a speaker you won't want to miss! Don't forget your nametag.

- Betsy Ahern

## Appealing Images: Posters of the Great War

Friday, December 5, 3 pm

As we end the centennial of the First World War, it may be a time to reflect on the visual media that carried the news of war both across the Atlantic and the United States. The posters of World War I not only conveyed information about recruiting and rationing as well as appeals to service, but were the first wide scale use of graphic images as vehicles of propaganda in the era that predated public broadcasting. Here a picture really is worth more than a thousand words and these images deliver their message not solely to the brain but to the emotions and instincts that are at the core of our very being. Together we will revisit the Great War using the images that appealed to our predecessors.

Dr. Libby Chenault, West European Librarian and Head of the Global Resources and Area Studies Section, is a highly respected scholar at the UNC-Chapel Hill Library. Libby has made a special study of WWI posters and will make her interesting presentation in the Lecture Hall at 3 pm on December 5.

- Mary Morrow

## Breakfront Display



The display for January will be "Owls." If you have owls you wish to have in the breakfront, please call Bev Milton, 919-967-1254, or Pepita Huddleston at 919-933-9482.

- Bev Milton, Chair

## The Unity Group

In Pursuit Of Truth

The Unity Group is pleased to announce that public education in North Carolina will be front and center at its January program.

The speaker will be Dr. Terry Stoops who is Director of Research and Education Studies for The John Locke Foundation. Dr. Stoops will talk about the major issues that will be confronting our schools in the future. He will also give us a brief history of the controversial Common Core Curriculum Standards and the recent revisions to the Math and Science Standards.

All are invited to attend. The program will be held in the Lecture Hall on **January 22 at 10 am.**

- Betsy Nininger

## Predicting Global Warming

There will be a repeat performance of Steve Bodner's talk on "Predicting Global Warming" on **Saturday, December 13, at 9:30 am in the Lecture Hall.**

## Philosophy Discussion Group

**Second and Fourth Wednesday at 2 pm, Lecture Hall**

**December 10:** "Aesthetic Experiences and Natural Beauty"

**December 24:** No meeting

**January 14:** "Personal Identity - what makes me, me?"

**January 28:** "Personal Identity" continued

Relevant readings and questions will be distributed to the members a week before the session. Please join us.

-Marlene Appley

## November RA Meeting

In President Judith Pulley's absence, Vice-President Gordon Battle presided.

Treasurer's Report – Treasurer George Evans reported our regular checking account balance on October 31, 2014, was \$36,230, along with \$20,005 in the contingency checking account. October Operating Budget expenses were \$2,655. Total Operating Income was \$320. All the income was from dues. We need an additional \$1,040 to reach our budgeted dues income. The Committed Fund was \$250 with \$100 for the Art Guild and \$150 for MeadowSingers.

New Residents – Annette Kahn, Chair of the Welcoming Committee, introduced six new residents: Amelia and Paul Carew, Nancy Miller, Linda Shea, Roberta (Pan) and Allan Vesley and Thomas Wilson.

President Kevin McLeod's Report Club Center Dining Renovation Construction continues on the renovations. We do believe that we will not be finished with the first phase of the construction by Thanksgiving as we had originally hoped. It is looking more like mid-December instead. We do plan to start work on the front of the building at the end of December, beginning with prepping for the construction. We will keep you posted on our progress.

### Conditional Use Permit

Our CUP revision request was tentatively approved subject to further study by the Planning Department, which held its meeting on November 3. The Planning Department imposed a deadline for the first building permit, which has to be filed within the next four years. The Planning Department

unanimously approved our request and will refer the request to the Commissioners for final approval in December or January at the latest.

We will begin to work with our architects on further schematic design of the new health center starting in mid-December. We believe we will be on track to possibly start construction by mid-2016 subject to an adequate plan for financing the construction costs. We also want to open up opportunities to contribute toward the construction of the new health center with the possibility of naming rights for parts of the new building.

### Investment Update

All of our investment funds have been transferred to the new investment firm of Brown Advisory in Chapel Hill. We are now working on a revised investment policy and should have that completed by mid-December, which will serve as the marching orders for the new advisor. We are excited about working with Brown Advisory and the fine folks who make up our investment team.

### Looking for a new CFO

We are currently recruiting for a new CFO. We will be looking for someone with strong financial skills, strategic foresight and exceptional leadership skills to lead our accounting and finance areas. This time represents an opportunity to add strength to our team and we will seek the best candidate to fill the position.

### Campus Wi Fi

I'd like a show of hands for those who are experiencing or have experienced difficulties with the campus Wi Fi. We will soon need to negotiate the contract and potential equipment upgrades, which we believe will add to the signal

strength. However, if it is not working, we need to look for another solution. We'll keep you posted on any changes or upgrades that need to be made.

## Oh Boy, A Pig Pickin'

Get ready to chase away any cold winter weather with a warm, down-home evening of traditional North Carolina food and music on **Wednesday, January 14, 2015.**

Dinner will be served, as usual, in the Dining Room, but the menu will be special. For starters, stop by the lobby snacking table for cheese straws, crab puffs, roasted pecans and sausage biscuit pinwheels.

The Carolina Meadows Dining staff is gearing up to roast a pig outside over wood in a rented smoker that night. Said pig will be featured for dinner in the Dining Room. Those who prefer fried chicken or a vegetarian option will find that on the menu too; also country ham biscuits, pickled okra, southern greens, coleslaw, hush-puppies, cornbread and sweet tea.

And there's more! After dinner, adjourn to the Auditorium to hear the Carolina Tradition Blue Grass Band and enjoy a dessert and coffee buffet. The band will play from 6:30 to 8:30 pm while you consider options such as banana pudding, lemon meringue pie, pecan bourbon cake, bourbon balls, buttermilk pie, and peach ice cream.

Reservations will follow birthday dinner procedure—fill out and return forms to the Dining staff. Our thanks to Carolina Meadows Dining and Activities staffs and the Special Events committee for teaming up to sponsor this event.

Y'all put on your "blue grass attire" and come on out!

- Beverly Patterson



# Library News

When you want to relax with a good movie, do you think of the Carolina Meadows Library? If you don't, you are making a big mistake. Lucky for us, the Carolina Meadows Library has a great collection of movies and television shows on DVD available for check-out. As noted in the recent September *Meadowlark* library article, our Library is beloved by many; approximately 92% of the resident population use it, lured there not only by the wide book selection but also by the DVDs. There are many choices available with new ones added monthly. Some 200 of them are circulated monthly. The genres include comedies, thrillers, romances and dramas.

With the approaching holiday season, even Scrooge, before he saw Marley, might have found to his taste DVDs like these: *All Is Lost*; *Into the Abyss*; and *Les Misérables*. But, having found empathy with the Cratchits, he would have enjoyed viewing DVDs like these: *In Good Company*, *As Good as It Gets* and *Bliss*.

Whether during the December holidays, the wintery days of January or throughout the year, the diversified DVD collection offers entertainment for all moods and interests. If you don't find what you are looking for, the DVD Acquisition Committee, chaired by Carol Lehmann, is always receptive to suggestions.

If, on the other hand, you enjoy reading, in addition to viewing, you will find below the titles of some recent book acquisitions. A complete list is in the blue notebook in the bookcase of new books and also on the *Library MeadowLife* website. A list of some of the

new DVDs can be found in the DVD article as well as on the *Library MeadowLife* website.

## Regular Print

### Fiction

*Somewhere Safe with Somebody Good* – Jan Karon  
*We Are Not Ourselves* – Matthew Thomas  
*The Garden of Letters* – Alyson Richman  
*Mean Streak* – Sandra Brown  
*The Story of Land and Sea* – Katy Simpson  
*Edge of Eternity* – Ken Follett  
*The Children Act* – Ian McEwan  
*Nicaraguan Gringa* – John M. Keith  
*Leaving Time* – Jodi Picoult  
*The Undertaking* – Audrey Magee  
*The Cairo Affair* – Olen Steinhauer

### Mystery

*Guardian of Lies* – Steve Martini  
*The Perfect Witness* – Iris Johansen  
*Practice to Deceive* – Ann Rule  
*Deadline* – John Sanford

### Nonfiction

*The Twilight of the American Enlightenment: 1950s* – George M. Marsden  
*World Order* – Henry Kissinger  
*One Nation: What We Can All Do to Save America's Future* – Ben Carson  
*Naked Statistics: Stripping the Dread from the Data* – Charles J. Wheelan  
*Factory Man* – Beth Macy  
*Monahan: A Life Discovered* – Di-anne Hales

### Biography

*Olivier* – Philip Ziegler  
*Redeemer: The Life of Jimmy Carter* – Randall Herbert Balmer  
*Gray Horse Troop: Forever Soldiers* – Charles Baker

## Large Print

### Fiction

*Sweet Salt Air* – Barbara Delinsky  
*Who Asked You?* – Terry McMillan  
*Gray Mountain* – John Gresham  
*Songs of Willow Frost* – Jamie Ford

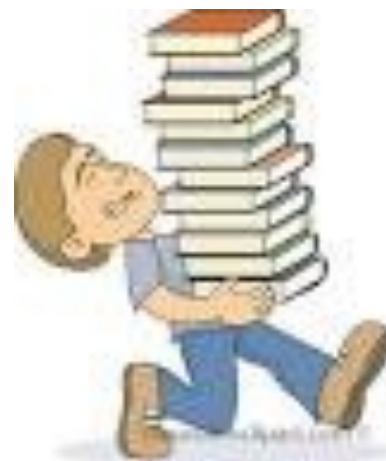
### Mystery

*Blind Justice* – Anne Perry  
*Red Velvet Cupcake Murder* – Joanne Fluke  
*A Man Without Breath* – Philip Kerr  
*The Ophelia Cut* – John T. Lescroart  
*Bones Never Lie* – Kathy Reichs

### Biography

*Proof of Heaven* – Eben Alexander  
 - Dianitia Hutcheson, Martha Hutt, Carol Lehmann and Elizabeth Tate

## HELP!



We need volunteers  
 in the library  
 to help shelve returned books.  
 Contact: june clendenin  
 jsc14@bellsouth.net  
 919-932-5888

## New Library DVDs

NOTE: A list of the most recently acquired DVDs can be found in a notebook on the first shelf of the library's circulation desk.

### ***The One Hundred Foot Journey***

2014 Helen Mirren

The Kadam family leaves India for France where they open a restaurant directly across the road from Madam Mullooy's Michelin-starred eatery.

### ***A Most Wanted Man***

2014 Philip Seymour Hoffman, Rachel McAdams

A Chechen Muslim illegally immigrates to Hamburg where he gets caught in the international war on terror.

### ***The One I Love***

2014 Elizabeth Moss, Ted Danson

Struggling with a marriage about to fall apart, a couple escapes for a weekend in pursuit of their better selves, only to discover an unusual dilemma that awaits them.

### ***A Winter's Tale***

2014 Colin Farrell, Jessica Brown Findlay

A burglar falls for an heiress as she dies in his arms. When he learns that he has the gift of reincarnation, he sets out to save her.

### ***Jersey Boys***

2014 Clint Eastwood, Director  
The story of four young men from the wrong side of the tracks in NJ who came together to form the iconic 1960's group - The Four Seasons.

### ***Magic in the Moonlight***

2014 Colin Firth, Woody Allen, Director

A romantic comedy about an Englishman brought in to help unmask a possible swindle. Personal and professional complications ensue.

### ***The Judge***

2014 Robert Downey Jr., Robert Duvall

Big city lawyer Hank Palmer returns to his childhood home where his father, the town judge, is suspected of murder.

### ***A Five Star Life***

2014 Margherita Buy

The story of one woman's quest for personal and professional fulfillment set against some of the most stunning cities and opulent hotels of the world.

### ***Chocolat***

2001 Juliette Binoche, Judi Dench

The arrival of Vianne, intent on opening a chocolate shop in a tranquil French town, changes her life and the life of the town.

- Carol Lehmann

## **The Democrats of Carolina Meadows**

**Annual Business Meeting**  
**Tuesday, December 2 at 4 pm**  
**in the Lecture Hall**  
**A Holiday Social will follow.**

## **Book Group: *A Land More Kind Than Home***

By Wiley Cash

**January 21, 2 pm in Lecture Hall**

This mesmerizing literary thriller is about the bond between two brothers and the evil they face in a small North Carolina town dominated by a former convict who leads a feverish congregation of faith healers and snake handlers. Told by resonant and evocative characters, this book is a haunting tale of courage in the face of cruelty and the power of love to overcome the darkness that lives in us all.

- Bev Milton

## **A VOICES Shout-Out**

The sands of time are running out  
This will be our very last shout  
When the old year rings out, the new year in  
VOICES 2015 will remove its bin.

Yes, at the stroke of midnight December 31 the *VOICES* submission box will be whisked away from its perch across from the Auditorium to rest until next September. The last day of 2014 is also the last day to submit your manuscript for our literary journal that will appear next April. If you have begun a story or poem or essay and set it aside, we urge you to finish and submit.

It is time to get your manuscript to *VOICES*—two copies; double-spaced; maximum of 3000 words; name, address and telephone number on a separate cover sheet. Please no name on the manuscript. Authors remain anonymous to independent readers and editors who determine the suitability, topic interest and clarity of the submission.

Your family, friends and neighbors will enjoy hearing your voice.

- Myrna Merron

**Films for December 2014 & January 2015**  
**Shows Start at 7:15 pm**  
**(All films claim to have subtitles in English)**  
**December selections by Walter L. Smith**  
**January selections by Howard Diamond**

December 6 NO FILM: Residents' Holiday Party

December 13 ***Lust for Life***

This U.S. film, directed by Vincente Minnelli, was made in 1956 and runs for 122 minutes. It is a brilliant biographical film of the life of the painter Van Gogh, played by Kirk Douglas. Anthony Quinn won an Oscar for his portrayal. There are many brilliant displays of paintings by Van Gogh. This film avoids dramatic embellishments and adheres closely to the true life of the artist.

December 20 ***Joyeux Noel***

(Merry Christmas)

This French-German film was made in 2005; it runs for 116 minutes. Potent dramatization of a real-life incident in which French, German and Scottish soldiers on the front in WW I risk court-martial, or much worse, to call a truce and celebrate Christmas together in no-man's-land. This fraternization really happened, at a number of points, on the western front that 1914 Christmas.

December 27 ***Millions***

This British film was made in 1982; it runs for 98 minutes. This charming film about two small boys suddenly finding themselves in possession of a huge amount of money, which must be spent in a week or so, is based on the fiction that the U.K. is about to switch from the Pound to the Euro as its currency. Once you forget this

"make-believe", you watch with delight as these boys deal with the conflict of instant wealth and moral values.

January 3 ***The Vow***

This U.S. film, based on a true happening, was made in 2012; it runs for 104 minutes. A happily young married couple, that has been together for five years, is involved in a car crash that erases all her memory of the time they have been together. She remembers only the time before they met, when she was going to marry someone else. He has to woo her again. That is his wedding vow. As the closing credits roll, you see what has happened to each main character in real life.

January 10 ***Gene Kelly, Anatomy of a Dancer***

This is a U.S. TV documentary, made in 2002, running for 87 minutes. It is a look at the life and work of Gene Kelly and his discovering, with other noted dancers, an American style. The film covers his work as a dancer, choreographer and director. There is a very interesting interview with Cyd Cherisse, who explains the totally different dancing styles of Kelly and Astaire.

January 17 ***The Book Thief***

This U.S.-German film, made in 2013, runs for 131 minutes and features Geoffrey Rush and Emily Watson. While subjected to the horrors of WW II Germany, young Liesel finds solace by stealing

books and sharing them with others. She, a Jewish refugee, is being sheltered by her adoptive parents in the basement of their home. The look on Liesel's face at a Nazi book burning is indescribable.

January 24 ***The Other Son***

This is a French movie, made in 2012. Two women gave birth, each to a boy, in the same hospital on the same day: one was Israeli and the other Palestinian. The babies were accidentally given to the wrong parents and the mistake was not discovered until the boys were eighteen. The boys were separated by both their religions and the wall. The film shows how the families coped with the situation. Note: Subtitles are not given when, occasionally, the actors speak English.

January 31 ***About Time***

This is a British film, featuring Rachel McAdams and Bill Nighy, made in 2013. At the age of 21, Tim finds he can travel in time and change what happens and has happened in his own life. His decision to make the world a better place by getting a girlfriend turns out to be difficult. If you like *It's a Wonderful Life*, then you should see this! But some find this film has a more profound moral.

**IMPORTANT NOTICE: The present chairman of the "Saturday Night Movies" has announced his intention to resign as of June 1, 2015. Efforts to find a successor have so far failed. Unless someone steps forward in the next few months, the last Saturday Night Movie at Carolina Meadows in the current format will be projected on May 30, 2015.**

- Walter Smith



## Community Outreach Corner

Do friends and families despair over what to give you for the holidays? We have a great idea for what you might tell them is on your wish list this year. Ask to be given children's books for all ages, from infancy to adolescence! Then donate them to the Book Harvest ([www.bookharvestnc.org](http://www.bookharvestnc.org)) book collection drive we are planning at Carolina Meadows in February. You might even enjoy reading them and reliving a little of your past yourself before you pass them on. They don't even have to be new, just gently used. Family and friends can explore bookshelves and closets and "re-gift" books to you, or splurge for new ones. Or you can decide to buy some books yourself to donate. A bonus is that wrapping is not needed!

Community Outreach (COVC) is partnering with this nonprofit group that wants to expand into Chatham County. They hope to use Carolina Meadows as a model for how to involve other retirement communities. Book Harvest's purpose is give away books to children who might otherwise never own one. They have three programs: "Books for Free" that stocks shelves at agencies serving low income families; a "Book Babies" program for Medicaid newborns that provides books each six months until children start school; and a "Books on Break" program to give 10 books to eligible kids over the summer. For more information, talk with Howard Diamond (919-933-0641) or Anna Marie Drake (919-942-4432) who will be coordinating this project for the COVC.

While you are thinking about

gift giving, remember the many agencies that have wish lists and giving trees this time of year, or need items to sell- the Council on Aging ([www.chathamcouncilonaging.org](http://www.chathamcouncilonaging.org)), the Family Violence/Rape Crisis Center ([www.fvrc.org](http://www.fvrc.org)), Second Bloom ([www.fvrc.org/programs-services/second-bloom-thrift-boutique](http://www.fvrc.org/programs-services/second-bloom-thrift-boutique)), the Department of Social Service ([www.chathamnc.org/socialservices](http://www.chathamnc.org/socialservices)), Habitat ReStores ([www.chathamhabitat.org/restores/](http://www.chathamhabitat.org/restores/)), and CORA ([www.corafoodpantry.org](http://www.corafoodpantry.org)).

Remember to set aside any warm outerwear - coats, jackets, gloves, scarves, and hats - for giving to the Council on Aging. We will be collecting them in January and February. Watch for more information on MeadowTalk and on the COVC bulletin board (between the mailboxes) about where to bring these items.

As we think ahead to 2015, consider giving the gift of your time at Willow Oak Montessori Charter School ([www.willowoakmontessori.org](http://www.willowoakmontessori.org)) in nearby Governors Village. They're looking for volunteers who might be available between 9-11 am to listen to children read for 30 minutes each week. The children are in grades 1 to 3. Vickie Badrow (919-942-0497) can provide additional details.

Also in 2015, you can give the gift of your expertise by volunteering to serve on one of Chatham County's many boards, commissions and committees or by serving on panels as reviewers of the county's grants to nonprofit agencies. More information is available from Anne Loeb (919-929-4564).

As you celebrate the holidays, remember that an important gift you can give is the gift of yourself through volunteering to help make the world a better place.

- Marie Lauria

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### A Kind and Caring Opportunity

Before we can provide any more friendly visitors for our shut-ins, we need a new chairperson to lead our CARE TEAMS (Friends Helping Friends) for MAP. I, the current chair, will be stepping down on January 1, 2015.

After three years as chair, I am ready to turn this opportunity over to a new volunteer. However, I will sit, stand or walk beside whoever volunteers to replace me. Trust me - this is a very rewarding volunteer service!! It will bring sunshine into your life as well as the lives of others.

We currently have nine volunteers visiting four residents in the Pines. They will stay in place throughout 2015. A new chair will not be starting from scratch.

Please give me a call or email. If more than one of you contacts me, we can all meet together. I will define how I have chaired this program, but you are free to make it your own. When I took over three years ago, the CARE TEAMS were "dead in the water." I was advised to make it my own and I did. I will advise you to make it your own as well.

Let's get together and talk and...I am thanking you in advance.

- Joanne Roberts, Villa 223  
919-960-2639

## Wellness Corner

Classes cancelled December 25 and 26

Guest policy reminders: You are responsible for your guests. No one under the age of 16 is permitted to use the exercise room equipment. Guests must complete a waiver located by the sign in station and sign in the log when they arrive. Residents are entitled to the equipment first.

Pool Reminder: The current pool calendar is next to the Women's locker room. Guests may not swim alone – no exceptions. No guests are permitted during pool watch hours, daily 3:30-4:30 pm, Mondays 9-10 am and Saturdays 10-11 am. Guests must sign in when using the pool and list the resident they are visiting. For additional questions, call Michelle at 919-370-7114.

**Gift ideas-** How about a massage? Contact our on site massage therapist Mary Rothfuss at 919-593-4325 for gift certificate information. Or how about a pair of good shoes! **Fleet Feet Carrboro** will be onsite providing proper foot screenings from 1-3 pm in the Exercise Studio on Friday, December 12. Register for an appointment by signing up in the Wellness Book.

**Environmental Wellness Presents: Thursday, Dec. 4, Lecture Hall, 2-3:30 pm,** film and discussion, Tea and cookies provided.

**Spiritual Wellness Presents:** Joy-The emotion of great delight or happiness caused by something exceptionally good or satisfying; keen pleasure; elation, state of happiness or felicity. What brings you joy? Join MeadowLiving and the Spiritual Wellness team on

**Monday, December 8, at 10 am** in the Board Room for a discussion about "Joy".

### **Grief Support Group**

**Wednesdays, 2 pm,**

Pines Study through December.

### **First Reindeer Run/Walk**

**Thursday, December 18 --** flurries, rain or shine. Registration begins at 2:45 pm in the CC lobby. Register to run or walk a half-mile or mile loop on campus and pick up your antlers! Event will begin with runners in the front promptly at 3 pm, followed by cider, hot chocolate and cookies in the Lobby to get everyone in a merry mood!

### **New pool class! Aqua Moves**

**Mondays 11-11:45 am,** taught by Charlotte Koren, beginning January 5. Water exercise and relaxation combine Tai Chi concepts. Relieve chronic pain, arthritis, and neurological conditions and help balance deficits. No cost, no sign up required.

### **New Year's resolution!?! Free equipment orientations**

**Tuesdays from 4-5pm** with James Ruffin. Pre-registration is required; sign up for an appointment in the Wellness Book in exercise room or by calling Michelle at 919-370-7114.

**"Mindful Eating" Second Friday of each month,** Conference Room (above the café). Call Nancy Hudspeth with questions, 919-370-7259.

### **Next Feldenkrais Method Series:**

"The Big Three: Balance, Suppleness, and Posture", **Mondays 10:45-11:45 am, Jan. 5-Feb. 9.** Taught by Paul McAndrew, P.T. Cost is \$42. Contact Paul at 919-489-8809 to register.

### **Addition Level 2 Yoga Class!**

**Thursdays, January 8, 11:30 am-**

12:30 pm, Exercise Studio. Taught by Cheryl Diegel. For students experienced in yoga and are comfortable lying on the floor. You must also be able to stand and balance unassisted to fully participate in this class.

### **The Carolina Meadows Meditation Group** Silent Meditation Retreat, **Saturday, January 31, 2015, 9 am to 1pm.**

Between 9 and noon we will be in the Lecture Hall with sitting and walking meditation as well as teaching and guidance. At noon we will move to the Art Studio to share a silent, vegetarian meal. The retreat will end back in the Lecture Hall with a brief period of shared reflections. Led by Steve Seiberling, leader of the Eno River Buddhist Community. A sign up sheet will be available in the Wellness Book in January.

- Michelle Marino

## **December & January Highlight the Spiritual Wellness Dimension at CM**

Spiritual Wellness is the ability to establish peace and harmony in our lives. The ability to develop congruency between values and actions and to realize a common purpose that binds creation together contributes to our Spiritual Wellness.

The mission of the Spiritual Wellness committee is to provide opportunities and experiences for Carolina Meadows Residents to explore their inner self.

**To participate in these conversations with other residents, contact Nancy Hudspeth, nancyh@carolinameadows.net; 919-370-7259.**

## **Ebola: A Disease That Crosses Political, Economic, Medical and Humanitarian Boundaries**

**By Dr. Holly Jean Coward**

You may have only recently heard about Ebola, but this virus was first identified in 1976 when it infected people along the Ebola River in Zaire (modern day Democratic Republic of the Congo). Since then there have been 24 outbreaks. Each of these outbreaks occurred in remote areas of Africa with small populations and was extinguished with protocols created by the Centers for Disease Control (CDC) and others. The virus originates in fruit bats and circulates in wild animals including gorillas, monkeys and antelopes. The people of the area commonly eat many of these animals. If anyone handling infected meat has open cuts on his hands, he could become infected. The virus attacks within two to 21 days causing fever, muscle aches, vomiting and diarrhea. It is transmitted person to person by contact with infected bodily fluids. The virus cannot be transmitted through the air.

Several factors contributed to the current epidemic. First, it occurred in densely populated urban areas and quickly spread. Second, the scope of the problem overburdened the medical and public health infrastructures of these countries. Liberia, Guinea and Sierra Leone- the three most affected by the current outbreak are very poor and at the start of the crisis had only a few hundred doctors among them. Estimates put total deaths at around 5,000, but new cases are developing exponentially and the CDC suggests

that in the absence of intervention, there could be 1.4 million cases in West Africa in the next three months.

Treatment is mostly supportive with fluids, electrolytes and blood. There is hope that a vaccine could effectively stop the virus. Interestingly, because of worries that Ebola might be used as a biological weapon, such vaccines are close to final development. Blood serum from recovered patients contains antibodies that help fight the virus and development of this approach of treatment is being investigated.

In the United States we have little to fear about Ebola. We are likely to have sporadic cases but our public health experts are confident that it can be contained by our well-developed medical systems and our ability to trace contacts. But, spread from West Africa to other countries with poor health systems might allow the virus to move to new areas across the world. Speaking to the UN in September, President Barak Obama said that the Ebola outbreak "could cause a humanitarian catastrophe across the region. And in an era where regional crises can quickly become global threats, stopping Ebola is in the interest of all of us."

Countries with Ebola epidemics suffer long lasting effects. Patterns of work and food supplies are disrupted, economies fail, children are orphaned and millions of kids will not be educated as schools will be closed, routine health care is not available and poor economics may contribute to political unrest. Providing the infrastructure for a better response is up to and in the best interest of developed countries.

At Carolina Meadows we are following the direction of the CDC and the NC Health Department and have developed a policy to identify and contain a person potentially infected with Ebola. While we have gone through this exercise, we feel that it is highly unlikely that our policy will ever need to be implemented. Where we can be most helpful is in encouraging our politicians to understand fighting Ebola as a priority and to continue to offer support.

## **Safety Begins At Home!**

Surprisingly, safety hazards are often right before our eyes, but because they are so familiar we are too often oblivious to them. A good exercise for each of us is to take a close look at the way we live and determine the steps we can take to make risks less common and our lives safer.

Here, from the *Carolina Meadows Safety Manual*, are a few suggestions that might, if implemented, help make your life a little safer:

- Have a bedside flashlight and nightlights in hallways and baths.
- Use only non-skid rugs.
- Climb only if you are fit. When you do, use a sturdy ladder or step stool.
- Do not attempt to use pull-down stairs. Plant staff will put away and retrieve attic items free of charge.
- Call Maintenance (919-370-7302) for ceiling bulb replacement.
- Know the location of your emergency call buttons.
- Keep your current medical

**(Continued on p. 21 , "Safety")**



## Need a Health Care Advocate (HCA)?

**By Mary Joy Keane and Betty Mutran** (in response to residents' inquiries to Health & Wellness Committee members)

The medical system has become very complex. Your family may be far away. Who can we count on to help us navigate the system?

### A Health Care Advocate (HCA) Can Help!

New agencies specializing in health care management can furnish HCAs who will pull together various aspects of care. The decision to hire an agency HCA practitioner is usually made by the resident and family members. The HCA determines care needs and arranges for the appropriate care givers such as a:

- Nurse to manage medications, accompany the resident to medical appointments and report to the family and resident
- Certified nurse assistant to help with daily living
- Home helper to arrange meals, do household chores
- Helper for mail and bill payments

The HCA oversees the different caregivers. The HCA could accompany the resident to the emergency

room, visit a hospitalized resident, and represent the client in the discharge process. If resident is in a nursing home, the HCA will visit the resident, communicate with family members as the resident specifies, assist the resident with tasks he/she can no longer handle.

### Isn't a Health Care Power of Attorney the same as an HCA?

No, the Health Care Power of Attorney is a legal document in which the resident designates someone who will oversee that the resident's wishes for medical care are carried out if the resident can no longer act on his/her own behalf. In contrast, the HCA is a practitioner in a contractual relationship (temporary or long term) that specifies the rights and duties of the resident and the HCA. Notifying the agency can terminate the contract.

### Carolina Meadows is a CCRC.

#### Why might I need a HCA?

When a resident needs assistance not offered by CM, the HCA relieves the resident from arranging for and overseeing caregivers and can do more than a MAP escort at an appointment. By contractual arrangement, the HCA sits in on doctor appointments to clarify what the doctor says that may be misunderstood or easily

forgotten. The HCA can communicate medical matters to the family and help them accept their loved ones current health conditions.

### How to Hire a HCA

High on the list are experience, credentials and the HCA's or agency's affiliations. Professional Health Advocacy is a relatively new field so one with ten years of experience may be unrealistic. The resident should interview the agency representative to learn about its mission, code of ethics and qualifications of their personnel. Is the staff composed of licensed RNs? If not, what training do they have? How many clients does a single HCA serve? What are the hourly fees and other particulars of the contract? Fees vary depending on services rendered. The resident should interview the potential HCA to assess communication skills, relevant experience and knowledge about the local medical providers.

As a resident's needs increase, a HCA can become an increasingly valuable member of the health care team. If you think a Health Care Advocate may be beneficial, discuss this with your primary care doctor (whether at CM or elsewhere) and/or your social worker. The social worker will know of reputable agencies.

### (Continued from p. 20, "Safety")

information sheet in the sleeve on the back of your bedroom door.

- Maintain electric cords in good condition and out of harms way.
- Label storage containers specifically to avoid confusion of contents.

Copies of the *Safety Manual* are given to all new residents. Current residents are encouraged to check

out the complete manual on *MeadowLife*. To locate it, just click on the right side bar of the home page, selecting "Campus Map, Residents Handbook and Safety Manual." Then, click *Safety Manual* for access to its Table of Contents. It will provide you with 26 pages of helpful suggestions and recommendations for a safe and secure existence at Carolina Meadows.

- John Modisett

## IN MEMORIAM

Lou Gresham P-254  
October 27, 2014

John Cason P-220  
November 3, 2014

Charles Jones P-256  
November 11, 2014

Jerry Walecka P-227  
November 21, 2014

## December-January Activities

### Sign up in the sign-up book

#### Southern Supreme Fruitcake Company

**Monday, December 8**

Cost: \$15 includes transportation  
Deadline: Wednesday, December 3  
(Lunch on your own at The Roadhouse before touring and tasting at fruitcake factory and gift shop)

#### Nasher Museum of Art – Miro: the Experience of Seeing Wednesday, January 14

Cost: \$21.00 (\$11 for members) + lunch on your own at Elmo's Diner  
Deadline: Wed., January 7

#### Lunch Bus! To PF Chsng's Wednesday, January 21

Cost: \$8.00 per person + lunch on your own  
Deadline: Friday, January 16

#### Chamber Orchestra of the Triangle

**Sunday, January 18**

Total cost: \$34 per person  
Deadline: Monday, January 12

#### Other Events

##### Wii Bowling

Wednesdays at 1 pm  
Rec Room (Club Center Lower Level)

##### The Farringingtons

**7:30 pm Auditorium**  
**Friday, December 12**  
(See story of p. 4)

##### Pre-Dinner Violin Music

**5:15 pm – 6:00 pm**  
Club Center Lobby  
**Tuesday, December 16**

##### Tuesday at the Movies 2 pm Lecture Hall

##### Tuesday, December 9 *Elf*

2003 – Rated PG – 95 minutes  
Will Ferrell, James Caan, Bob Newhart, Ed Asner, Mary Steen-burgen  
Buddy the Elf doesn't feel like he fits in with the other elves of the North Pole. But this Christmas, when he learns that he's adopted, he journeys to New York to find his real father ... and maybe spread a little Christmas cheer.

##### Tuesday at the Movies

**2 pm Lecture Hall**

##### Tuesday, January 13 *Showboat*

1951 – Not Rated – 107 minutes  
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.

##### Piano Recital featuring students from Chapel Hill Music Teachers' Association

3 pm Auditorium  
Sunday, December 7

##### Flute Recital featuring students of Lindsay Leach-Sparks

4 pm Auditorium  
Wednesday, December 10

##### Piano, Voice, Guitar & Cello Recital featuring students Elena Marinina

10 am Auditorium  
Saturday, December 13

##### Violin & Cello Recital featuring students of Katherine Serber

2 pm Auditorium  
Saturday, December 13

##### Piano Recital featuring students of Connie Yee

3 pm Auditorium  
Saturday, December 20

##### Christmas Week Movie Bonanza!!

**10 am Auditorium**  
FREE POPCORN! (and cookies, punch and coffee!)

**Monday, December 22:** *White Christmas*

**Tuesday, December 23:** *Miracle on 34th Street*

**Wednesday, December 24:** *It's a Wonderful Life*

##### Glenn Mehrbach and Alice Tien, pianists

**Sunday, January 4**  
**2 pm Auditorium**  
France in the 1920s  
Featuring *Le Boeuf sur le Toit* ("The Ox on the Roof") by Milhaud and *An American in Paris* by Gershwin  
**See article on page 4 for more information**

##### Piano & Harp Recital featuring students of Nina Alperin

2 pm Auditorium  
Saturday, January 17

##### Jewelry Design and Repair

1:30 pm – 4 pm Art Studio  
December 8 and 22  
January 6 and 20

Learn how to design your own jewelry plus jewelry repair with Eva Mogensen! Classes run \$5 - \$20 a person per session (payable to Eva). If you would like to have a beginner's session, please contact Eva directly at 919-797-0289.

## December 2014 Calendar

DAY	DATE	TIME	EVENT	LOC	PAGE
Mon.	1	1-2:30 PM	CMU:Problems & Controversies in College Athletics	LH	12
		5-8 PM	Library Holiday Book Sale-also 12/9,12 and 15	CCL	6
Tues.	2	4:00 PM	Democrats Annual Business Meeting & Social	LH	16
Wed.	3	10:30 AM	In the News-every Wednesday	LH	6
		4:00 PM	Holiday Concert-MeadowSingers	AUD	4
Thur.	4	2-3:30 PM	Environmental Wellness: <i>A sea change: imagine a world without fish</i>	LH	9
Fri.	5	10:30 AM	World Affairs: Ferrel Guillory, "NC: Colored in Red & Purple"	AUD	11
		11:00 AM	Music Appreciation-Sibelius Symphony 5	FG	5
		3:00 PM	<i>Appealing Images: Posters of the Great War</i> -Dr. Libby Chenault	LH	13
		3:00 PM	Bingo-Every Friday	FLR	5
Mon.	8	10:00 AM	Apple Users Group	LH	5
		10:00 AM	Spiritual Wellness, "Joy"	BR	19
		1-2:30 PM	CMU: Problems & Controversies in College Athletics	LH	12
		Midnight	<b>Deadline for Employees Appreciation Fund Contributions</b>	CCL	5
Tues.	9	2:00 PM	Tuesday Movie: <i>Elf</i>	LH	22
		4:00 PM	Dawn Michelle Williams, pianist	AUD	5
Wed.	10	2:00 PM	Philosophy Group: "Aesthetic Experiences and Natural Beauty"	LH	13
Thur.	11	10:30-Noon	Gift Wrapping Station-also 12/18 (2:30-4) and 19 (10:30-Noon)	CC	6
Fri.	12	11:00 AM	Music Appreciation-Tchaikovsky Nutcracker	FG	5
		2:30-4 PM	Open House at the Green-Refreshments Served	Green	4
		7:30 PM	The Farringtines-seasonal music	AUD	4
Sat.	13	9:30 AM	Steve Bodner, "Predicting Global Warming" (Repeat performance)	LH	13
		7:15 PM	Saturday Movie: <i>Lust for Life</i>	AUD	17
Mon.	15	11:00 AM	Town Hall Meeting	AUD	9
		3:00 PM	Travel Adventures: John Haynes-From Arches to Zion	FG	10
Tues.	16	11:00 AM	Town Hall Meeting	AUD	9
Thur.	18	2:45 PM	Reindeer Run/Walk	CCL	19
Fri.	19	10:30 AM	World Affairs: Judith Pulley, "Persistence of Inequality in Ameritca"	AUD	11
		11:00 AM	Music Appreciation-Beethoven Symphony 9	FG	5
		7:30 PM	Music@Meadows: Holiday Brass - Trinity Brass and A Touch of Brass	AUD	4
Sat.	20	7:15 PM	Saturday Movie: <i>Joyeux Noel</i>	AUD	17
Sun.	21	4:00 PM	Christmas Concert-University Methodist Youth Choir	AUD	5
Sat.	27	7:15 PM	Saturday Movie: <i>Millions</i>	AUD	17

## January 2015 Calendar

Fri.	2	10:30 AM	World Affairs: Simon Sinek, "Why Leaders Eat Last" (video)	AUD	11
Sat.	3	7:15 PM	Saturday Movie: <i>The Vow</i>	AUD	17
Sun.	4	2:00 PM	Glenn Mehrbach and Alice Tien, pianists	AUD	4
Thur.	8	7:30 PM	Music@Meadows: Vincent VanGelder at the piano	AUD	4
Fri.	9	10:30 AM	World Affairs: Stanley Black, "Piketty's <i>Capital</i> "	AUD	11
Sat.	10	7:15 PM	Saturday Movie: <i>Gene Kelly, Anatomy of a Dancer</i>	AUD	17

Mon.	12	10:00 AM	Apple Users Group	LH	5
Tues.	13	11:45 AM	*Women's Luncheon Group: Crafting a Work of Art-Concept to Finish	PD	13
		2:00 PM	Tuesday Movie: <i>Showboat</i>	LH	22
Wed.	14	2:00 PM	Philosophy Group: Personal Identity I	LH	13
			*Special Events: Pig Pickin'	DR/AUD	14
Thur.	15	2:00 PM	Medical Update:Topic TBA	LH	NA
Fri.	16	10:30 AM	World Affairs: Raymond Pulley, "Understanding Am. Foreign Policy, I"	AUD	11
Sat.	17	7:15 PM	Saturday Movie: <i>The Book Thief</i>	AUD	17
Sun.	18	2:00 PM	Music@Meadows: Elvis Himself	AUD	4
Tues.	20	10 AM-Noon	Activities Fair	AUD	5
Wed.	21	8:30 AM	*Men's Breakfast: Barry Jacobs	PD	4
		2:00 PM	Book Group: <i>A Land More Kind Than Home</i>	LH	16
Thur.	22	10:00 AM	Unity Group: Issues for Future Schools	LH	13
Fri.	23	10:30 AM	Thoughtful People/World Affairs : "Islamophobia in America"	AUD	11
		7:30 PM	Travel Adventures-Iceland with Jim Borden	AUD	10
Sat.	24	10 AM-Noon	Serendipitous Saturday: Autism Policy and Practice in the US	LH	12
		7:15 PM	Saturday Movie: <i>The Other Son</i>	AUD	17
Mon.	26	1:00 PM	CMU: Crises & Social Change in 20th Century America (also 2/2, 2/9)	LH	12
Wed.	28	2:00 PM	Philosophy Group: Personal Identity Continued	LH	13
		2:00 PM	Laugh and Learn: Roy Carroll	AUD	8
Fri.	30	10:30 AM	World Affairs:Raymond Pulley, "Understanding Am. Foreign Policy, II"	AUD	11
Sat.	31	9:00 AM	Meditation Group	LH	19
		7:15 PM	Saturday Movie: <i>About Time</i>	AUD	17

**\*Requires prior sign up.**

**NA\*\* Covered in October Meadowlark**

AS: Art Studio  
CCRR-Club Ctr. Rec. Room  
ES: Exercise Studio  
LH: Lecture Hall

AUD: Auditorium  
CRAC: Conf. Rm, Activ. Ctr.  
FC: Fitness Center  
PDR: Private Dining Room

BR: Board Room  
CYD: Courtyard  
FG: Fairways Gallery

CCL: Club Center Lobby  
DR: Dining Room  
FLR: Fairways Living Room



*We're hoping that this homeless puppy, offered to our residents by the talented Dining Services staff as their entry in our pumpkin decorating contest, has by now found a home on our campus. Photo by John Haynes.*

*We regret that our publications deadline prevented us from displaying all of the splendid entries. However, all of them could be viewed in brilliant color in the Happenings section of MeadowLife, where you can also view all of the photos from the Memory Box project.*