



## Dr. Donna Miller – New CM Physician and Medical Director

To paraphrase: It is a truth universally acknowledged, that having to get used to a new doctor is the pits. With the loss of Drs. Coward and Daley-Placide, that is what we will have to do. But you don't have to worry. Dr. Donna Miller is here and licensed to practice in North Carolina. She is warm, easy to talk to, and a good listener.



Dr. Miller has also accepted the role of Medical Director at Carolina Meadows.

According to Kevin McLeod, "In this role, in addition to providing direct Geriatric Primary Care to her patients in our Medical Clinic, Dr. Miller will oversee the professional aspects of the medical practice for all residents, ensure complete compliance with all medical regulations for the Pines and Fairways, and advise me and all senior

staff on medical considerations of our policies and practices. She will truly be 'the Carolina Meadows Doctor' and will report directly to me."

Dr. Miller grew up in the Lehigh Valley of Pennsylvania. She attended Muhlenberg College, a private liberal arts school in Allentown, Pennsylvania. She then earned her medical degree at the Philadelphia College of Osteopathic Medicine.\* Her residency in internal medicine was at the teaching hospital associated with the College. Following that, she did a two-year fellowship in geriatrics at the Cleveland Clinic, the first DO to do so, and continued to work there for a number of years.

Wanting to be closer to her family, she returned to Pennsylvania as the director of geriatrics at the St. Luke's University Health Network until the department was closed in 2005.

She then opened her private practice specializing in geriatric medicine and long-term care and served as medical director in two continuing care retirement communities.

During her annual vacation at one of New York's Finger Lakes, she happened upon an advertisement in the *New England Journal of Medicine* for a geriatrician at

Carolina Meadows. She looked into our community and was very impressed, so she applied.

\*According to Dr. Miller, DOs complete the same curriculum as do MDs. DOs are on the faculty at the medical school at UNC and at many other medical facilities.

Following is a statement from the American Osteopathic Association:

"DOs believe there is more to good health than the absence of pain or disease. As guardians of wellness, DOs focus on prevention by gaining a deeper understanding of your lifestyle and environment, rather than just treating your symptoms. We practice according to the latest science and use the latest technology. But we also consider options to complement pharmaceuticals and surgery."

- Fran Sherwin

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## President's Message

Resident involvement is an integral part of the Carolina Meadows DNA. We have many activities, interesting programs, a library, a gift shop and 20 advisory committees. All of these are designed to make our lives during these important years enjoyable and fulfilling. That said, we still have residents who feel left out for a variety of reasons.

An important effort is underway that may have a very positive impact on the lives of many residents. A resident task force, **Connect and Engage**, was formed last September by the Health and Wellness Committee. Its charge is to identify ways to minimize loneliness and isolation for Independent Living residents. Through a series of group meetings over the last six months plus four resident focus groups in January, the task force has identified over 100 *good ideas* on how to help connect and engage residents. New residents and residents who have lived here for years may find themselves lonely and feeling isolated for a variety of reasons such as health issues, the loss of a spouse or restricted mobility.

These *good ideas* have been grouped into four areas to help

address them. Precincts, committees, activities, along with CM Staff will work together to begin the implementation process. There is an opportunity for all.

You will hear more about this important program as it is rolled out across the campus through the various organizations. Hugh Tilson headed up the Task Force and over 50 residents were involved. Some of the ideas are already being discussed in the Dining, Welcome, and Map Committees. I am also sure that we can enhance the role of the precincts.

March will be an important time to support Public Television as we wrap up the UNC-TV fundraising campaign. This is one of the four fundraisers sanctioned by the RA. Follow the map outside the Pub as we sail from port to port toward our goal of \$40,000 for UNC-TV.

Be sure to complete the RA Survey of Interest Form to identify one or more ways you would like to become involved in a Standing Committee and/or the Gift Shop and Library. Forms are due back **March 15** to Chris Kesner. Volunteering is a great way to meet residents and form new friendships.

- Sam Ligon

**THE MEADOWLARK**  
Published nine times a year  
by the Residents Association  
of Carolina Meadows,  
Chapel Hill, NC

—  
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### April Issue Deadline

Copy for the April *Meadowlark* must be submitted by **Tuesday, March 12**, to Pat Mandell <phbmandell@me.com>, Joanne Cotter <thecotters@me.com> and Dorothy Samitz <dj@samitz.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.

### Carolina Meadows Census As of January 31, 2019

| Number of Residents         | Occupancy Level |
|-----------------------------|-----------------|
| <b>Independent Living:</b>  |                 |
| 623                         | 96%             |
| <b>Assisted Living</b>      |                 |
| 69                          | 85%             |
| <b>The Pines*:</b>          |                 |
| 54                          | 66%*            |
| <b>Total on campus:</b>     |                 |
| 746                         | 91%             |
| <b>EA Program:</b>          |                 |
| 83                          |                 |
| <b>Total Residents: 829</b> |                 |

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

### IN MEMORIAM

Virginia (Ginny) Lansing  
P-206 01-22-2019

Elouise Bray  
G-142 01-26-2019

### New Residents

**Marie McDonald, 3-203**  
**Last Residence:** Chapel Hill, NC  
**Interests:** Cards, bridge, swimming,

## NEWS (continued from page 1)

### The Armchair Traveler

The Armchair Traveler is the theme for Carolina Meadows 2019 UNC-TV fundraising drive. We have set sail! Will you join us on our journey? Your contributions to UNC-TV provide the fuel for our trip. The maps on the wall outside the Pub and in the Fairways are our guides as we sail from port to port.

Sally Hubby, a resident artist, has designed and painted a chair celebrating the Armchair Traveler's journey. There will be a silent auction to determine the winner of this spectacular prize. Look for the bid sheet in the Club Center lobby.

**On Wednesday, March 6** Chef Jody will present a "Taste of Asia" cooking demonstration in the **Marketplace at 2 pm and again at 3 pm**. Chef will be mak-



ing Shrimp Fried Rice and Thai Crab Salad Rolls. There is no charge for this event and no reservations are needed. What a treat for the Armchair Traveler!

While you are traveling, you

will need some reading material. Check out our Library's display of some of the books from The Great American Read's list of America's 100 best-loved novels. The Great American Read was an eight-part series on PBS that celebrated the power of reading. The donations that you make to UNC-TV help to support programs such as this.

When our ship docks at our home port on **March 13**, we will celebrate Carolina Meadows Night at the UNC-TV Studios and officially present a check on behalf of Carolina Meadows. Our goal is \$40,000. Please dig deep into your pockets to support this annual RA event to keep quality public TV in our community.

Thank you.

- The UNC-TV Steering Committee

### Meadows in Motion

I hope you share my anticipation for the spring season when the campus grounds yield so much beauty. Take a moment to enjoy the blooms, the walking trails, the Park and all of the outdoor wonders that we have right in our backyard. We are fortunate to have such a committed team that maintains our living canvas!

I would like to provide clarification regarding an employee policy that was announced to employees in November 2018 that became effective on December 1, 2018, regarding direct employment for services by Carolina Meadows residents.

Very simply, the policy states that employees may not work di-

rectly for residents or accept payment for services rendered directly. As part of the employee code of conduct, employees are prohibited from soliciting residents for direct work or to use the services of businesses in which the employees or their family member has a vested interest.

This policy has been in existence for many years, though it seems to have been inconsistently managed in the past. The intent of this policy is to avoid the inherent conflict of interest that may exist in negotiating compensation, covering work-related injuries, addressing equipment/supply utilization, legal issues, etc.

Please be aware that we fully desire to help provide support. We just ask that it go through Carolina Meadows. We want to be sure that our willingness to help does not create unnecessary exposure and risk to the entire community. Given that the risks are high, the consequences for employees who fail to comply with any part of this policy will result in corrective action up to and including termination of employment.

Please help to avoid these situations by going through the appropriate channels to request these services through Carolina Meadows.

- Ben Cornthwaite, COO and Executive Vice President

## Accreditation Survey

Carolina Meadows recently participated in a re-accreditation survey from January 16-18 with the Commission on Accreditation of Rehabilitation Facilities (CARF). The CARF organization has a specific process for CCRCs that is driven to develop and maintain current standards and best practices that improve the value and responsiveness of the program

and services delivered to our residents. At the time of the exit conference on the last day of the survey, the surveyors cited two recommendations, one for not offering competency-based training for all volunteers and one for not conducting tests of our emergency procedures for bomb threats. While CARF could add additional recommendations in the final report based on suggestions the surveyors incorporate into their written report, we anticipate a strong

outcome from the survey that will recognize our community's commitment to the continuous improvement of our program and services with a focus on the needs and outcomes of the persons served. The final report is expected to be received by the end of February. We look forward to sharing the results with residents, staff, and Board members. The re-accreditation will be good for another five years.

- Ben Cornthwaite, COO

## Gift and Remembrance Fund

The Gift and Remembrance Fund may be used to honor a loved one who has passed away, and also to honor a friend on a birthday, anniversary, or to celebrate a noteworthy accomplishment!

The donation process is easy. The donor form and check or cash are placed in the Gift and Remembrance bin in the mailroom. The recipient or his or her family receives an acknowledgement letter from the committee and from Kevin McLeod.

Donations from \$25 to several thousand dollars have been given to support the Meadow Garden, the Library, Music at the Meadows, Employee Scholarships, The Park, and undesignated projects, among many other needs. Some interesting gifts were designated for a projector for The Green, a defibrillator for the Wellness Center, Steinway piano repairs, equipment for the croquet court, microphones for apartment precinct meetings, and chairs and tables outside the Gift Shop.

An opportunity to honor an employee who has gone "above and beyond" in service is now available through the fund. Imagine the excitement an employee would feel upon receiving a surprise letter of acknowledgement from Kevin.

Gift and Remembrance Fund brochures can be found at the Memorial Table in the Club Center, in all apartment building lobbies, as well as in the Pines and the Fairways.

- Barbara Hardin

## TALK

### Men's Breakfast

The Men's Breakfast Group meets at **8:30 am** on the third Wednesday of each month (except July, August and December) in the **Private Dining Room**. Following a buffet breakfast, a speaker, either a Carolina Meadows resident or an outside expert, speaks for about 45 minutes followed by questions. Please wear your nametag.

The speaker for our **Wednesday, March 20** meeting will be Tom Black, Assistant Vice Provost and University Registrar at Johns Hopkins University in Baltimore. Prior to taking on the Johns Hopkins positions, he was Stanford University's Registrar for 10 years. His topic is "Who are we educating; why is that a significant challenge; and what else is happening behind the scenes?"

- Mike Cotter

### Philosophy Group

The topics proposed by Daniel B. Kokotajlo and Michael Prinzing, Outreach Professors of the UNC Philosophy Department, for March meetings at **11 am in the Lecture Hall** are as follows:

**March 5:** Personal Identity

**March 19:** Consciousness

Relevant readings and pertinent questions will be distributed to members before the sessions. Please contact Marlene Appley <Marlenebappley@gmail.com> to be placed on our mailing list.



## Carolina Meadows University (CMU) First, The Global Challenge of Early Childhood Education Then, Biblical Text in History

On **Monday, March 4**, CMU will present Session Two with more on the ground-breaking educational effort, the “Abecedarian Approach.” We will learn details of the “simple but deep” program that produced the positive child development results of Session One. This session will be presented by a father and daughter team, CM’s own Joseph Sparling and Kimberly Meunier, and will show through photos and short videos how the positive developmental results were achieved.

As fellow “Armchair Travelers” (to celebrate our UNC-TV fundraising theme), we will join Kimberly on the consulting and training she has conducted on the Abecedarian Approach in Australia, Canada, Denmark, France, Jordan, Mexico, and Singapore. This session will conclude with new international research on the Abecedarian Approach, some of it not yet published.

In Session Three (**Monday, March 11**) Don Stedman, founding

Director of the Abecedarian Education Foundation, will focus on the concept of choosing and constructing the right organizational vehicles for moving the “products” of a longtime, gold-standard research activity successfully into use on a global basis. He will discuss why they have chosen a non-profit vehicle, and how they are going about it, including the opportunities and challenges. There will be opportunities for the CM audience to provide responses and input. Joseph Sparling will conclude with the results of a new research study (published in December 2018) revealing positive social outcomes at age 45 for adults who received the Abecedarian Approach intervention as young children. To quote Joe: “Children are our link to the future.”

Following our usual one week hiatus, CMU will return on **Monday, March 25** with the third course of the semester, “Biblical Text in History: Clues for Reading the Biblical Library.”

The Bible is the ancient foundational library of Hebrew and Christian origins. It is very complicated. The keystone to understanding it is to take a first step by learning more about the historical and literary context of each of its books: when, where, why, its author, and its complicated languages—Hebrew, Aramaic, and Greek. In Sessions One and Two, **March 25 and April 1**, our own Manuel Wortman, a United Methodist Chaplain, will explore some of the highlights of the historical roots of the Hebrew and Christian Bible (Old and New Testaments). Manuel describes himself as a “non-exclusivist and non-literalist.” During the third session, **April 8**, a study of a selected passages will be led by Janet Danforth, the Jewish Chaplain at Carol Woods. The April *Meadowlark* will have more details. All CMU Courses are presented in the **Auditorium (unless announced otherwise) on Mondays from 1 to 2:30 pm.**

- CMU Steering Committee

### Women’s Luncheon

Nanci Ballantyne, the Senior Directory of Philanthropy for Planned Parenthood South Atlantic, will give a talk on “Planned Parenthood Today – Reproductive Health in 2019” at the **Tuesday, March 12** gathering of the CM Women’s Luncheon Group.

Ms. Ballantyne is a development professional committed to linking individuals with their desire to make a difference in the world. She has worked with Planned Parenthood for 14 years,

having come to the organization with substantial experience in development with Make-a-Wish (Michigan), Common Ground, The Children’s Center of Wayne County (Detroit) and the Cleveland Hearing and Speech Center. She is the Co-founder of Arts & Scraps, a Detroit non-profit that uses recycled industrial materials to help people of all ages and abilities think, create and learn. At the luncheon she will talk about her work with Planned Parenthood, and how

technology has transformed reproductive health care.

Lunch is served at **noon in the Private Dining Room**. For reservations contact Jody Hite (919) 370-7171, or <jody@carolinameadows.net> after March 4. Space is limited; early reservations are recommended. If you have dietary restrictions or need to cancel a reservation, notify Jody by March 8 to avoid a meal charge to your account.

- Margaret Lospinuso

## Two CMU Serendipitous Saturdays “Linking Hip Hop and Diplomacy” and “Lethal State”

“Linking Hip Hop and Diplomacy” On **Saturday, March 2**, we will discover that hip hop and diplomacy are unlikely partners. Since 2001 the U.S. Department of State has been sending hip hop artists to perform and teach abroad as goodwill ambassadors. There are good reasons for this: hip hop is known and loved around the globe and is readily acknowledged and appreciated as a product of American culture. More fundamentally, hip hop has from the beginning been a means of creating community through artistic collaboration. This lecture explores the complex partnership between hip hop and the State Department. On the one hand, hip hop diplomacy can bridge cultural divides, facilitate understanding, and express, and ultimately heal, trauma. Yet power is never single-edged, and the story of hip hop diplomacy reveals the inescapable tensions and ambiguities in the relationship between art and the state, uncovering the

ethical complexities that lurk behind what might seem mere goodwill tours. In the end, Prof. Katz makes the case that hip hop can be a valuable, positive, and effective means to promote meaningful and productive international relations between people and nations.

Mark Katz is Ruel W. Tyson, Jr. Distinguished Professor of Humanities and Director, Institute for the Arts and Humanities at UNC. He is the author of three books, including *Capturing Sound: How Technology has Changed Music* and *Groove Music: The Art and Culture of the Hip Hop DJ*. His fourth book, *Build: The Power of Hip Hop Diplomacy in a Divided World*, will be published by Oxford University Press in the fall of 2019.

“Lethal State” On **Saturday, March 23**, we will host Dr. Seth Kotch, assistant professor in the Department of American Studies at the University of North Carolina at Chapel Hill. He works on the history of the twentieth century

American South with a focus on crime and punishment. His already rich career has included serving as Principal Investigator and Project Supervisor on the Civil Rights History Project, a nationwide oral history research endeavor administered by the Smithsonian’s National Museum of African American History and Culture and the American Folklife Center in the Library of Congress.

He will discuss his first book, *Lethal State*, which was just published by UNC Press last month. *Lethal State* explores the history of the death penalty in North Carolina, from its use during Reconstruction, Redemption, and Jim Crow; to its relationship to lynching; to its decline in the 1940s and 1950s; and to its resurgence in the 1970s as part of the backlash against the civil rights movement.

CMU Serendipitous Saturday lectures are presented in the **Lecture Hall, 10-11:30 am.**

- CMU Steering Committee

## Travel Adventure “Voyages to Antiquity” Ancient Isles of the Mediterranean

Join Judy and Hugh Tilson, Anne Scaff, and Ray Williams to re-visit some of their wonderful experiences on a October/November 2018 Road Scholar cruise on the *Aegean Odyssey*. The odyssey took them from Athens, Greece to Malaga, Spain, with memorable stops in Santorini, Heraklion and Chania, Crete, Malta, three ports of call in Sicily, and ending in Malaga, Spain with a three-day land extension to the Alhambra and Madrid.

The beautifully preserved temple at Segesta (shown at right) ought to give you an idea of some of the wonders of this trip.

But of course, the travelers will plan to bring you up to date a bit about the state of the politics, economies and some of the national dishes along the way.

In the **Auditorium on Friday, March 22, at 7:30 pm.**

- Hugh Tilson



## World Affairs

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

**March 1:** Raymond Pulley, "China and Latin America: A New Belt and Road?"

Much attention has been given to China's advance into Central Asia, known as the Belt and Road Initiative (BRI). Far less notice has been taken of Chinese efforts in Latin America. This talk will review the developing relationship between China and certain Latin American countries and assess the consequences to historic interests of the United States among its southern neighbors.

**March 8:** William Boettcher, "Negotiating Denuclearization

with North Korea"

What are the prospects for peace on the Peninsula? This is a question of great geopolitical importance. Dr. Boettcher is an Associate Professor in the Department of Political Science at North Carolina State University.

**March 15:** Robert Sapolsky: *The Biology of Humans at Our Best and Worst* (video)

A celebrated neurobiologist and primatologist, Robert Sapolsky is a compelling speaker. He provides an examination of human behavior, both good and bad, and an answer to the question: Why do we do the things we do?

**March 22:** Jonathan Davidson, "Mental States of Presidents and Prime Ministers"

Dr. Davidson, a CM resident, is Professor Emeritus of Psychiatry

and Behavioral Sciences at the Duke University School of Medicine. He has earned an international reputation for his pioneering work in anxiety and traumatic stress research. As a sideline, he has delved into the psychological profile of several prominent U.S. presidents and British prime ministers.

**March 29:** Konrad Jarausch, "Broken Lives: How Ordinary Germans Experience the 20<sup>th</sup> Century"

Dr. Jarausch, professor of European Civilization at UNC, will be discussing his latest book, which is a gripping account of the 20<sup>th</sup> century, as seen through the eyes of ordinary Germans who came of age under Hitler and whose lives were scarred and sometimes destroyed by what they saw and did.

- Dorothy Samitz

## Medical Update Lecture

The next Medical Update lecture will take place on **Thursday, March 21, at 2 pm in the Auditorium**. The subject and title will be, "The Gut Microbiome and Systemic Disease." An alternative title could be "Probiotics, Prebiotics and the Microbiome."

Our speaker will be Andrea Azcarate-Peril, PhD, Associate Professor of Medicine, G.I. Division in the School of Medicine at UNC - Chapel Hill. She is also the founding and current Director of the UNC Microbiome Core which provides support to investigators interested in addressing the role of the microbiome in health and disease.

There are trillions of microbes, mostly bacteria, in the human gut. This results in humans having two genomes: human genes

and the collective genes (the microbiome), of the trillions of microbes that coexist in the human body.

Research has revealed that the microbiome contains more than 100 times as many genes as there are human genes. Thus, the microbiome can have a profound influence on health and disease. It has been associated with atherosclerosis, brain function, obesity control, and possibly autoimmune disease. Also, the gut microbiome can interact with the immune system and affect immunotherapy in cancer treatment.

The role of probiotics and prebiotics in management of the microbiome will be discussed.

Dr. Azcarate-Peril received a PhD in Microbiology at the Reference Center for Lactobacilli in Ar-

gentina, and did postdoctoral fellowships in Fungal Microbiology in Spain and Molecular Biology at North Carolina State University.

She joined the faculty of UNC in 2008 as an Assistant Professor in the Department of Cell Biology and Physiology.

Dr. Azcarate-Peril has produced an extensive bibliography, which includes co-authorship of four books and book chapters and 66 peer-reviewed articles in professional journals. She has frequently given presentations at professional conferences. She is also an editor and reviewer for several professional journals.

In summary, this will be a presentation on an entirely new approach to studying human metabolism and pathophysiology by a true expert.

- Leonard Cutler

## Finding Meaning in Aging Workshop

This is a four-meeting workshop based on the work of CCRC Chaplain Bruce Marshall's book, *In Later Years*. The workshop will take place on **Wednesdays, March 20, 27 and April 3 and 10, from 1:30-3 pm in the Conference Room above the Café.**

Marshall interviewed older seniors about their joys, regrets, accomplishments and things left unfinished. This confidential discussion-based workshop is an opportunity to reflect on the challenges and blessings of aging. The cost for this workshop is \$25 charged to your CM account and includes Marshall's book. Facilitators are Jeanne Boehlecke and Karen Monaco, residents who held this same workshop in January of this year.

## ARTS

### Music at the Meadows

The Gregg Gelb Band Jazz Group will perform on **Friday, March 15, 7:30 pm** in the **Auditorium**.

Saxophonist Gregg Gelb is one of central North Carolina's premier jazz musicians. He is the recipient of a Jazz Composers Award from the North Carolina Arts Council and four regional arts grants from the Fayetteville/Cumberland Arts Council. In addition to leading his jazz quartet, 8-piece swing band, big band, and Latin jazz band, he is founder and director of the Heart of Carolina Jazz Orchestra and Jazz Society and co-founder of the North Carolina Jazz Repertory Orchestra. In 2018, the City of Raleigh Arts Commission honored him with a Medal of Arts for extraordinary achievement.

Gregg Gelb will bring to Carolina Meadows a four-piece band and his wife Kathy, the band's vocalist. Their several previous performances at Carolina Meadows have all been warmly received.

Aurora Musicalis, Classical Strings will perform on **Monday, March 25, 7:30 pm** in the **Auditorium**. They will be playing works of Mozart, Puccini, and Beethoven.

Aurora Musicalis (Musical Lights) is a chamber music ensemble

comprising members of the North Carolina Symphony and other distinguished artists. The quartet's musicians make up one of the most exciting and dynamic chamber ensembles in the Triangle area. They are dedicated to all facets of music education and are associated with organizations such as the North Carolina Chamber Music Institute, the Triangle Youth Philharmonic, and the Lamar Stringfield Music Camp. Each member also maintains an active teaching studio. The quartet will be playing works by Mozart, Puccini and Beethoven.

### Music Appreciation at the Fairways

Music Appreciation programs are held in the **Fairways Gallery on Fridays at 11 am**. Scheduled for March:

**March 1** – Chopin piano

**March 8** – continuation of Magic Flute, Mozart

**March 15** – continuation of Mendelssohn *Midsummer Night's Dream* ballet

**March 22** – Life and works of JS Bach (birthday March 21, 1685)

**March 29** – no class

- Suzanne Calcutt

### Raleigh Flute Choir

**7:30 pm Auditorium  
Thursday, March 7**

Please join us in welcoming back the Raleigh Flute Choir, a chamber ensemble of professional flutists from central North Carolina, which distinguished itself as a leading flute choir in the nation. Utilizing all members of the flute family, from the tiny piccolo to the eight-foot contrabass flute, the ensemble entertains and educates by performing transcriptions of beloved classical works and traditional folk tunes, as well as creative, original compositions. Performance highlights include concerts at Biltmore Estate, Colonial Williamsburg, Piccolo Spoleto, Duke Chapel, and several appearances at The White House and the National Flute Association's annual convention.

### St. Patrick's Day Concert

**2 pm Auditorium  
Friday, March 15**

Celebrate St. Paddy's Day with an entertaining concert of Irish music from The Nee Ningy Band. The band will present a fun mix of rollicking pub songs through Irish jigs and reels. Stick around after the show for green punch and cookies.

And don't forget to wear green!



## Films for March Shows start at 7:15 pm in the Auditorium

Besides free popcorn, we are offering another incentive: If you wish to talk about the movie you 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 is not available on Netflix or in our library, 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.

### March 2 *The Greatest Showman* (2017)

1 hour, 45 minutes – Rated PG  
Hugh Jackman, Zac Efron, Michelle Williams  
Behind "The Greatest Show on Earth" was one of history's greatest showmen, P.T. Barnum. This musical biopic centers on Barnum's creation of the three-ring circus and his infatuation with Swedish songbird Jenny Lind.

### March 9 *Puzzle* (2018)

1 hour, 43 minutes – Rated R  
While leading an empty suburban existence, Agnes discovers the pleasure of solving jigsaw puzzles and finds she has a rare talent for it. Before long, her hobby provides an entrée into a new life through the world of competitive puzzling.

### March 16 *A Man Called Ove* (2016)

Swedish w/ English Subtitles  
1 hour, 56 minutes – Rated PG13

Despite being deposed as president of his condo's resident association, 59-year-old misanthrope Ove continues to plague his neighbors with dictatorial demands. But when Ove's new neighbor runs over his mailbox, the old crank finds he's met his match.

### March 23 *African Queen* (1951)

1 hour, 45 minutes – Not Rated  
Charlie Allnut (Humphrey Bogart), the booze-guzzling, rough-hewn captain of a broken-down East African riverboat, teams with a straitlaced, iron-willed missionary (Katharine Hepburn) to take on a menacing German gunboat during World War I.

### March 30 *A Mighty Wind* (2003)

1 hour, 32 minutes – Rated PG  
Satirist in extremis Christopher Guest aims his "mockumentary" lens at 1960s folk musicians -- specifically, the earnest Folksmen (portrayed by erstwhile Spinal Tappers Guest, Michael McKean and Harry Shearer), the too-perky New Main Street Singers and former lovebirds Mitch & Mickey. As the three acts prepare to reunite for a tribute concert, music and emotions run high. This Grammy winner is a parody in the tradition of Best in Show and Waiting for Guffman.

## Tuesday at the Movies

2 pm Auditorium

Tuesday, March 12

### *Fried Green Tomatoes*

1991 – Not Rated – 2 hours, 16 minutes

In this adaptation of Fanny Flagg's novel, flashbacks reveal the remarkable and mysterious story of soul mates Idgie (Mary Stuart Masterson) and Ruth (Mary-Louise Parker), whose antics cause an uproar in their rural Southern town.

## Met Opera on Demand

*Rigoletto* (from Feb 2013)

1 pm Auditorium

Wednesday, March 27

2 hours, 31 minutes

Michael Mayer's acclaimed production, first seen in the 2012-13 season, sets the action of Verdi's masterpiece in 1960 Las Vegas—a neon-lit world ruled by money and ruthless, powerful men. Piotr Beczala is the Duke, a popular entertainer and casino owner who will stop at nothing to get what he wants. Željko Lučić sings Rigoletto, his sidekick and comedian, and Diana Damrau is Rigoletto's innocent daughter, Gilda. When she is seduced by the Duke, Rigoletto sets out on a tragic course of murderous revenge. Štefan Kocán is the assassin Sparafucile. Michele Mariotti conducts.

## AIM

### Art in the Meadows

February Artist of the Month – Tinsel Art by Ralph Wileman and his Tinsel Art Classes. Reception **Sunday, March 10, 2-4 pm in the Art Studio.** Everyone invited.

NEW! Sketch Book "Critique" – **March 13 at 10 am in the Art Studio.** This group will meet every second Wednesday to share and discuss sketchbook entries and project ideas. Theme for March is "Nature," but come even if you do something different and want the input of other artists. No sign up required – just show up with sketchbook in hand. For more information, contact Margaret Zircher, (919) 967-1102, <zircher@me.com>

The Art Studio Schedule can be found on the art studio bulletin board calendar, and on <<https://meadowlife.org/activities/art-guild-gallery-exhibit>>. Come paint when the room is not in use.

## Book Group: *The Last Castle* by Denise Kiernan

With the subtitle of "*The Epic Story of Love, Loss and American Royalty in the Nation's Largest Home*," you can easily surmise that this nonfiction selection is about the history of the Biltmore Estate at Asheville, NC.

The story begins in 1888 at the height of the Gilded Age. The Biltmore House is the largest and grandest home ever built in the United States, with over 175,000 square feet. At one time George Vanderbilt owned in the vicinity of 25,000 acres around Asheville. This is larger than Washington, DC.

The author attempts to reveal the answer to a great mystery: WHO exactly conceived such a huge undertaking and WHAT type of bachelor really wanted to inhabit a 250-room house, replete with an indoor swimming pool and bowling alley?

Come to Book Group on **Wednesday, March 20 at 2 pm in the Lecture Hall** to discuss George Vanderbilt's impossible dream, the impact this dream had on the surrounding area, including the forest industry, and how his wife Edith saved the Biltmore House to preserve his legacy.

- Betsy Ahern

## New Books Added to the Library Collection

Check the New Book Acquisitions on a Library sidebar on Meadow-Life for a complete listing of new books added to the Library each week.

### Fiction

*No Sunscreen for the Dead* by Tim Dorsey

*The Weight of a Piano* by Chris Cander

*Late in the Day* by Tessa Hadley

*The Water Cure* by Sophie MacKintosh

*Mirror, Shoulder, Single* by Dortha Nors

*The Night Agent* by Matthew Quirk

*The Light over London* by Julia Kelly

*The Only Woman in the Room* by Marie Benedict

*The Widows* by Jess Montgomery

*The Au Pair* by Emma Rous

*The Paragon Hotel* by Lindsay Faye

*Daughter of War* by Brad Taylor

*The Age of Light* by Whitney Scharer

### Large Print

*Lab Girl* by Hope Jahren

*The Engagement Bargain* by Sherri Shakelford

*Forty Thieves* by Thomas Perry

*Ghost in the Guacamole* by Sue Ann Jaffarian

*Her Darkest Nightmare* by Brenda Novak

### Mystery

*The New Iberia Blues* by James Lee Burke

*She Lies in Wait* by Gytha Lodge

*The Smiling Man* by Joseph Knox

*The Rule of Law* by John Lescroart

*The Girl in the Glass Box* by James Grippando

*Connections in Death* by J.D. Robb

### Biography/Biography Collection

*Hunting the Truth* by Beate Klarsfeld and Serge Klarsfeld

### Non-Fiction

*Winners Take All* by Anand Giridharadas

*The First Conspiracy* by Brad Meltzer

## Meet the Author – Iris Yang

**10:30 am Board Room**

**Tuesday, March 12**

Please welcome back Iris Yang. Ms. Yang is the author of two historical novels—*Wings of a Flying Tiger* (June 2018), which she discussed here last year, and *Will of a Tiger* (Jan 2019). She will talk about the inspiration behind the books and her writing journey.

Iris was born and raised in China. At age 23, with poor English, little knowledge of the country, and 500 borrowed dollars, she came to the United States as a graduate student at the University of Rochester. Later, she received a PhD in molecular biology and worked at the University of North Carolina. Although she has published a number of scientific papers, she has a passion for creative writing.

*Wings of a Flying Tiger*: World War Two. Japanese occupied China. One cousin's courage, another's determination to help a wounded American pilot.

*Will of a Tiger*: Sworn brothers—one American, one Chinese—captured, imprisoned, tortured. Survival is just the beginning of the battle....

*Wings of a Flying Tiger* has been featured in a dozen periodicals including *The China Daily*. And on Monday, March 11, she will be a guest on WUNC's "The State of Things."

## Display Cabinet

Celebrating the theme for this year's Carolina Meadows UNC-TV fund drive "The Armchair Traveler," the March display cabinet will feature that favorite souvenir you have saved from one of your trips. We will be assembling the display on **Saturday, March 2 at 10 am** and request that you bring your souvenir to the display cabinet at that time. Please also bring a one-sentence written explanation or description of your item. If you have any questions, call Bev Milton at (919) 167-1254.

- Bev Milton

## New DVDs

### Purchased DVDs:

#### *Tea with the Dames*, NR

Dame Maggie Smith, Dame Judi Dench, Dame Eileen Atkins, and Dame Joan Plowright are filmed as these longtime friends get together for a weekend in the country. The film provides a rare opportunity to share in their delightful, witty, and candid conversation.

#### *The Hate U Give*, PG-13

This movie, which received high ratings from the critics (97 on Tomatometer), is about a young girl caught between the poor, mostly black, neighborhood where she lives and the rich, mostly white, prep school she attends. Things change when she witnesses the fatal shooting of her childhood best friend by a police officer.

#### *The Old Man & The Gun*, PG-13

The film is based on a true story of a 70-year-old man who escaped from San Quentin and went back to robbing banks. Robert Redford (in what is said to be his last film) plays the aging bank robber who still relishes the thrill of robbing banks, although he does not need the money. Casey Affleck is the detective who tries to capture him and Sissy Spacek is the woman who loves him.

#### *Widows*, R

Viola Davis, Liam Neeson, and Cynthia Erivo star in this "blistering, modern-day thriller set against the backdrop of crime, passion and corruption." The movie is the story of four women who turn to crime to address the debt left behind by their dead husbands' criminal activities.

(Continued on p. 16, "DVDs")

## ACTIVITIES

### Community Outreach Corner

A big "thank you" to all the people who donated warm clothing and children's books to our recent drives! Your generosity is deeply appreciated by the recipients.

We, at Carolina Meadows, are so fortunate to have access to an outstanding clinic and to have the comfortable knowledge that our medical needs will be met. Can you imagine not being able to afford assistive devices or other supplies to make one's aging body more comfortable? Chatham County has a great many of these needy people. There is a wonderful resource to help them, a resource that counts on our donations. That resource is the Chatham Cares Community Pharmacy in Siler City. It is a non-profit community-based organization that is committed to reducing health disparities by providing pharmacy services to low-income, uninsured and under-insured Chatham residents. They need crutches, canes, ice-water coolers (for surgically repaired joints), unopened medications and

vitamins, as well as toothbrushes, etc. So check out your storage areas, your closets and cabinets and please help out! You may take your donations to our Carolina Meadows Clinic. Please contact Lynn Ogden if you have questions.

Chatham County Literacy will hold their annual luncheon on **Wednesday, April 10 from 11 am to 2 pm at Governors Club Clubhouse**, 11000 Governors Drive. The speaker will be Frances Mayes, author of many books about Italy, including *Under the Tuscan Sun*. Tickets are \$100 (\$75 of which is tax deductible). Tables seat 8-10 people. Tickets are available from <vicki@chathamliteracy.org> or by calling (919) 214-1269 or (919) 542-6424. If interested, there is also a raffle involved. Details will be posted on Bulletin Boards.

And if you have any questions about the Community Outreach Committee and/or would like to volunteer, please contact chair, Judy Jones <jjonesae@gmail.com>.

- Judy Jones



**Happy Book Harvest coordinators Pickett Guthrie and Anna Marie Drake – over 700 books collected.**

## Well Being and Engagement: Connecting with Food and Nutrition

Nutrition is all around us. It provides energy for our day, brings us together at mealtimes, fuels our workouts, and helps us be strong and healthy. Celebrate how nutrition affects your life and connect with food by celebrating National Nutrition Month (NNM). NNM is a campaign that promotes healthy eating habits and nutrition education. Carolina Meadows understands the importance of nutrition and staffs a full-time dietitian to provide individual and group nutrition counseling and develop wellness events for all residents and employees.

Kick off National Nutrition Month on **Friday, March 1 from 11:30 am–1:30 pm in the Club Center Lobby** with Jillian, Carolina Meadows' Registered Dietitian Nutritionist (RDN). Meet her in the lobby to pick up some helpful brochures, answer a nutrition question to win a prize, and learn about the nutrition services avail-

able on campus. Then on **March 13 from 11 am–1 pm** sit down with Jillian to celebrate "RDN Day" in the Marketplace. Everyone who attends will be entered to win a Food Lion gift card. Continue connecting with nutrition at "Tea Thyme with Jill" on **March 22 at 3–4 pm in the Auditorium**. Sit down with friends and peers to enjoy delicious tea while listening to a brief nutrition presentation on tea. End National Nutrition Month strong by joining Jillian on **March 29 in the Exercise Equipment Room from 8:45–10:45 am**. She will share how to use "Food as Fuel" with pre and post workout recommendations and provide delicious post-workout snacks.

*- Jillian Schoening, Registered Dietitian Nutritionist*

The Well Being and Engagement and Cultural Diversity and Inclusion committees will be partnering to celebrate World Happiness Day on **March 20**. Stay tuned for details on upcoming special events.

## Rabbit Rabbit Day

Does the expression "Rabbit Rabbit" mean anything to you? According to English tradition, if you say Rabbit Rabbit the first thing in the morning on the first day of the month, you will receive a present. The American tradition simply says that you will have a good month.

A small cadre of fun-loving Carolina Meadows women have decided that it would be entertaining to assemble on every Rabbit Rabbit Day – that would be the **first day of every month – at 5 pm in the back of the Marketplace**, simply to share in conversation and laughter with friends. It is strictly BYOB – wine, juice, anything, or just buy something there.

This is a terrific opportunity to plan on meeting new friends and introducing them to your old friends.

Remember, **March 1, Rabbit Rabbit Day, in the Marketplace at 5 pm**. Sorry guys, this is just for the ladies.

*- Judy Tilson*

## The Challenge of Irish Genealogy or Irish Genealogy: The Treasure Hunt

Irish genealogy is no different than doing any genealogy in many respects. You start from where you are and work backwards. There are a lot of reasons for doing this but the main reason is that to ensure that you know the identity of the previous generation, you must work from what you know. So, you collect, analyze and ruminate over all the documentation and family information you have. If all you can find is that they "came from Ireland," what does a good laddie

or lassie do next? How do you "jump the pond?"

On **Tuesday, March 5 at 2 pm in the Board Room**, come and join CM resident and genealogist, Monica Lazarus, as she explains some of the resources available to search your Irish ancestors. (Don't let her name fool you – she's 94% Irish, and has been doing Irish genealogy since her college days!)

Using her own family search as a case study, she will provide numerous suggestions to assist you in the search for your Irish ancestors. What better month to get started on your Irish family search! Erin go Bragh!

## Don't Go Alone!

Resident volunteers are available to accompany you to medical and dental appointments when you use Carolina Meadows transportation. It's a MAP service. See the phone number to call that's listed on the MAP notice on the mail kiosk bulletin boards.

Another MAP service is on campus rides when CM transportation is not available – weekends and evenings. Call the front desk: (919) 942-2411. A neighborly MAP driver will be at your door in no time. Better than Uber!

*- Bill Powers*



## Restaurant Review: Crook's Corner, Chapel Hill

Crook's Corner has been in business in its same location for over 25 years and shows no signs of slowing down. A cheery pink pig sculpture soaring above the restaurant's roof is the familiar landmark that draws a smile even in passing. It's like a beacon that urges you to think "I've got to check out this place." Finally, after saying that long enough, that's just what we did.

The interior is stripped and simple with a changing collection of paintings on the walls that lend the only color to an otherwise colorless room. The message is: "You've come for the food, not the decor. And you won't be disappointed."

The menu offers plenty of choices but the focus is on a few well tested dishes, specifically the iconic shrimp and grits and the green tabasco chicken.

You can count on full flavor satisfaction with the choice of Shrimp and Grits. The shrimp, sautéed in bacon grease with

mushrooms, green onions and lemon juice, is poured over cheese grits. Yes, your stomach will curdle at the thought of unhealthy fat clinging to your innards, but the image disappears with the first bite.

Instead of the popular chicken dish, we opted for the Carolina Sampler with chopped pork barbecue and Hoppin' John (black-eyed peas and rice) along with collard greens and cornbread. It's a soothing combo with pleasing flavor variations. Caution: The servings are generous so eat those green vegetables because you'll need to justify the tantalizing dessert choices.

The Atlantic Beach Pie is a classic choice consisting of a salty cracker crust in counterpoint to its rich lemon filling. We chose to share that dessert along with the Mount Airy Chocolate Souffle Cake with whipped cream, both desserts filled with fats, sugars, and other eyebrow-raising ingredients consumed in total satisfaction with neither guilt nor remorse.

In January, the kitchen was handed over from Chef Bill Smith to Chef Justin Burdett.

- Dorothy Mahan

## Eagles at Jordan Lake

On Tuesday, March 5 at 2 pm in the Lecture Hall, The Park and Birders @ CM are pleased to sponsor a lecture by Dr. Ellen Tinsley, DVM. Dr. Tinsley is a "mostly" retired equine veterinarian who became a wildlife photographer in 2010 after a serious car accident made it impossible for her to continue her practice with horses.

She has been studying the eagles and ospreys as well as their bird kin and other neighbors in Wake and Chatham counties for more than seven years. In 2012, "Doc Ellen" joined the Eagle Nest Monitoring Group as a volunteer for the Army Corps of Engineers, Jordan Lake Division, and soon became an active advocate for the raptors' welfare.

Doc Ellen will be sharing information on the eagle nest monitoring project, "eagle etiquette" and other interesting facts about these raptors. For more information, Doc Ellen's photography can be found at <<http://www.dreamingsongsphotos.com>> and <<https://www.facebook.com/docellen>> and her blog at <<http://www.docellensjourney.com>>.

Sponsors for this event are The Park, a resident conceived, supported, and maintained multipurpose natural area near the Community Gardens, and Birders @ CM, a group of residents working on providing bird related outings, speakers, and citizen science activities. For more information, see *MeadowLife* Activities.

Please join us to learn about the Eagles at Jordan Lake and try to win a Door Prize!

- Margaret Scott and Betsy  
Bowman

## Golf Report

Play days will resume as the weather allows. Men's Monday play day sign up deadline is 2 pm Sunday.

Team pairings will be on the golf website Sunday evening. Ladies Tuesday pairings will be in the sign up book by Monday morning. Saturday play day sign up is by 8 pm on Thursday. Pairings will be on the golf web site and in the sports sign up book on Friday morning.

New residents are encouraged to participate, and if there

are questions, please contact anyone on the golf committee. Their contact information is on *MeadowLife* in the sports section of the Activities page.

The hole-in-one club will operate again this year. Information concerning this is in the sports sign up book.

There will be a new event this May. It will be a two-person Member-Member team event and will replace one Saturday play day. Details will be forthcoming in April.

- Gus Conley



With Mardi Gras and St. Patrick's Day, March is a month for celebration, so prepare for the festivities by visiting the **Gift Shop**.

With seasonal change, you'll find fresh stock and more will be arriving late March from the Greensboro Gift Show. Some of our favorites are:

- A collection of vintage clip earrings.
- Greenwich Bay soap products (made in Raleigh). These high quality soaps are free from animal testing and shea butter is used. We stock items for men also.
- Great selection of Pop-up Cards for \$3 each.
- Wild-Hare Bistro Towels which make wonderful hostess gifts and we've sold close to 400! We buy these from a Charlotte company and sell them for \$8 (well below the price of other shops).
- A new version of the popular LED desk lamp with a round black base and black shade. The lamp works as a small table lamp or can be used up high.

As you may know the price of stamps has gone up to 55 cents each. For your convenience, we sell books of 20 Forever Stamps for \$11.40 each.

And remember, this is YOUR Gift Shop. Feel free to let our volunteers know of products you would like us to carry. We will research their feasibility and continue meeting your needs at reasonable prices.

## Mahjong Update Beginners Welcome!

An enthusiastic group of Mahjong players has been meeting in the Game Room every Tuesday at 1:15 pm for almost a year now. Several players who declared themselves "beginners" have now become "regulars." The sessions always include a "beginners table" for those who don't feel quite ready to play on their own. We have several volunteers who really enjoy teaching (and get great reviews). To put this differently, we welcome all Mahjong players new and continuing. Please come!

## Square Dance Classes

Interested in learning Western Square Dance? Mr. Hilbert McCombs will join us from Mebane, on the **first Monday of each month from 7 to 8 pm in the Exercise Studio**. Former construction crew foreman, McCombs has been calling since 1962. It is his passion and he is one of the best. For this session, he will offer what he calls his "fun level," which is for beginners, and his aim is for everyone to have a good time. All levels are welcome, no experience necessary. A \$5 drop in fee will be collected by the instructor. Come to the hoe-down on **Monday, March 4!** - Kris Snyder, Activities

## Sign up in the sign-up book:

**Funky Lunch Bus! to City Kitchen**

**Wednesday, March 20**

Deadline: **Monday, March 18**

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

Shopping to follow

**Art in Bloom - NC Museum of Art**

**Friday, March 22**

Deadline: **Friday, March 8**

Cost: \$33 for members; \$36 for non-members Load: **12:30 pm**

**Chamber Orchestra of the Triangle**

**Sunday, March 24**

Deadline: **Monday, March 18**

Cost: \$44 per person

Load: **2 pm**

## Special Events

**Monthly Dance Party**

**Noon - 1 pm Exercise Studio**

**Friday, March 15**

**Sharing Stories from Our Lives**  
**3 pm Lecture Hall**

**Tuesday, March 12**

Topic: "It was taken for granted (How were you expected to behave? How did that work out?)" Come share your story of the part luck played in your life. Everyone is welcome...you can just come and enjoy listening to your neighbors' stories and get to know them better. Or better yet, share one of your own.

Contact Vivienne Jacobson, the group's facilitator, at (919) 968-9664, if you have any questions.

No registration required. Hope to see you there!

## Community Gardens: Rebuilding the Garden Beds

The current location for the community garden area was established in 2012, coinciding with the start of construction on the Precinct 15 villas. Though the 72 raised beds in the garden area are only seven years old, the timbers used for these beds have already started to rot and disintegrate. Why did this occur?

Pressure-treated timbers once contained chromated copper arsenate as a preservative. This substance protects wood by helping it resist damage caused by high

moisture. However, due to the presence of arsenic in chromated copper arsenate, the Environmental Protection Agency banned pressure-treated wood for residential use in 2004.

The 6-inch by 6-inch timbers being used in the rebuilt beds are substantially larger than the timbers used in the existing beds, and we are installing plastic liners inside each bed. These changes, plus sealing the top side of the timbers, should help the rebuilt raised beds last as much as three times longer than did the beds constructed in 2012. One other money-saving procedure is that we are using Carolina Meadows employees to re-

build the beds rather than the third-party contractor employed last year. As of mid-February, two plots have been finished and we hope to complete another four-six this spring. Five beds were rebuilt last year.

If you don't have a plot and want to try your hand at vegetable or flower gardening, contact Alan <alantom@mindspring.com> to see if some half plots are still available; there were a couple at the time we wrote this column. We do keep a waiting list of requests as garden space typically opens up during the growing season.

- Alan Tom and Margy King

## Wellness Corner

Please welcome our new team member, Fitness Associate Kim Conway. Kim has a strong background in health and fitness as well as over twenty years of Personal Training experience. Her approach to fitness emphasizes age-appropriate programming with a specific focus given to cardiovascular and strength training in combination with balance and flexibility training. In her spare time Kim enjoys browsing antique stores, Hula Hooping and bragging about her grandson. Kim will be leading a new class in **the Exercise Studio on Mondays at 4 pm beginning March 11** entitled, "Cardio Fit." This is a low impact class with easy to follow dance routines. You can also meet Kim on **Fridays at 3 pm** for a **one-mile group walk**. Please meet in the **CC lobby**.

**Campus Blood Drive: Tuesdays, March 12 from 12-5 pm.** Contact Michelle at (919) 370-7114 to schedule a time to donate.

Please sign up in the Wellness Book for the following special series classes. They are all located in the **Exercise Studio**. Charges will be billed to your CM account.

**Golf Conditioning Workshop: Monday, March 4 at 3:30 pm.** Led by certified Titleist Instructor, Nancy Alton. This class will help you prevent injury, improve swing mechanics and condition the body before hitting the links. Participants will need a 7 iron club for class. Space is limited. Cost is \$10 per person.

**Parkinson's Wellness Recovery Moves: 8-week series Tuesdays 1:30-2:30 pm.** This Parkinson-specific exercise class will teach you how to move bigger and faster in everyday life and counteract PD symptoms! As you learn these PD-specific skills you will be challenged physically and cognitively to do more than you think you can in a fun, supportive environment. Cost is \$50 and includes pre and post assessments.

**Feldenkrais Method Improve your Knee and Ankle Function: 8 Mondays, 10:45 – 11:45 am March 18 – May 6.** Your knee is the bridge between your feet and your pelvis with dual responsibility for transmitting the force from the ground to your pelvis and spine as well as for absorbing the same force. For your knee to maintain its health throughout your lifetime, it must work in conjunction with your ankle, your hip joint, and your spine. Cost is \$40 for series.

**Nia Moving to Heal:** A 45-minute group dance fitness class to fun music. It's ideal for people who are just getting going with exercise and want a fun, joyful way to get active. It's also good for those recovering from an illness or injury. We spend 30 minutes up dancing on the floor and 15 minutes moving in a chair, but a chair is always an option and some choose to spend the whole class moving in a chair. Next series (Continued on p. 16, "Nia")

(Continued from p. 15, "Nia")

**March 6 through April 24 11:30 am-12:15 pm.** Cost: \$30 for series.

### **31 Day Walking Challenge:**

**March 1-31.** The goal is to walk a minimum of 10 minutes each day. Walking logs will be available on *MeadowLife* Fitness and Health page and at the Fitness Center. Turn in your log to the Wellness department by **April 5** to earn a CM umbrella. - Michelle Marino

## **Speed Friending: A New Way to Meet People at Carolina Meadows**

**When: Friday, March 1,  
from 2-3 pm- Where: Game  
Room in Activities Building**

**Why:** Whether you've been at CM for many years or only a few months, it can be difficult to meet people unless someone introduces you. You may want to get to know someone better whom you have seen in one of your classes or volunteer activities, or find some folks with common interests.

Your Wellbeing & Engagement Committee is offering a guaranteed fun experience on **March 1 at 2 pm.** Come and spend a few minutes with each person and enjoy the opportunity to make some new connections in an open, friendly environment. Try it yourself or bring a friend or neighbor so you can both expand your connections here in our Carolina Meadows home.

Don't miss this great chance to enjoy some new people in your life.

- Karen Monaco and Kris Snyder, Wellbeing & Engagement Committee

## **Jewelry Design and Repair**

**1 - 4 pm Art Studio  
Monday, March 4, and Tuesday,  
March 19**

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

Jewelry repairs may be dropped off at any time between 1-3 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.

(Continued from p. 11, "DVDs")

### **Four Film Favorites:**

**Steve McQueen Collection, NR**



**Steve McQueen in Bullitt**

All four movies in this four-disc collection star Steve McQueen. **Bullitt** and **Cincinnati Kid** were released in the mid-to-late 60s, and **Papillon** and **The Getaway** were released in the 70s.

**The Fencer, NR, Foreign Language**

**The Fencer**, the Finnish entry for the Best Foreign Language Film at the 88th Academy Awards, is based on the true story of an Estonian fencer who escapes the 1950s Soviet Union by teaching fencing to children abroad. His life is complicated when he is asked to accompany his students to a Leningrad competition.

## **A Star is Born, R**

Nominated for 8 Academy Awards including Best Picture, this movie updates several movie classics of the same name. This time it is Lady Gaga who plays the young woman who falls in love with a world-famous star (Bradley Cooper) and then becomes a famous rock star under his tutelage.

## **The Overlord, R**

In this thriller/sci-fi film, a group of American paratroopers carry out a mission crucial to the D-Day invasion. But they soon realize, as they fight supernatural forces, that this is not a standard military operation.

## **The Favourite, R**

Olivia Colman plays a frail Queen Anne who is governing eighteenth century England with help from her close friend, Lady Sarah Churchill (Rachel Weisz). When a new servant (Emma Stone) arrives, she becomes the Queen's new companion while Lady Sarah is occupied with the War, causing conflict in the Palace.

## **Donated DVDs:**

**Moon Over Miami:** 1941 Musical with Don Ameche, Betty Grable, and Robert Cummings

**The Polar Express:** Tom Hanks Christmas classic

**The War:** Ken Burns' PBS documentary film on World War II in a 6-disc Boxed Set

- Andrea Miller

## **Representative David Price**

**Monday, March 4  
Auditorium**

Sponsored by CM Democrats



## MARCH 2019 CALENDAR

| DAY   | DATE | TIME     | EVENT   | LOC | PAGE |
|-------|------|----------|---|-----|------|
| Fri   | 1    | 10:30 AM | World Affairs: "China and Latin America"                | AUD | 7    |
|       |      | 11:00 AM | Music Appreciation: Chopin piano                        | FG  | 8    |
|       |      | 11:30 AM | National Nutrition Month Kick-off                       | CCL | 12   |
|       |      | 2:00 PM  | Speed Friending   | GR  | 16   |
|       |      | 3:00 PM  | One-mile Group Walk (every Friday)                      | CCL | 15   |
|       |      | 5:00 PM  | Rabbit Rabbit Day                                       | MKT | 12   |
| Sat   | 2    | 10:00 AM | Serendipitous Saturday: "Linking Hip Hop and Diplomacy" | LH  | 6    |
|       |      | 10:00 AM | Display Cabinet Assembly                                | CCL | 10   |
|       |      | 7:15 PM  | Saturday Films: <i>The Greatest Showman</i>             | AUD | 9    |
| Mon   | 4    | 1:00 PM  | CMU: "The Abecedarian Approach"                         | AUD | 5    |
|       |      | 1:00 PM  | Jewelry Design and Repair                               | AS  | 16   |
|       |      | 3:30 PM  | Golf Conditioning Workshop                              | ES  | 15   |
|       |      | 7:00 PM  | Square Dance Classes                                    | ES  | 14   |
|       |      | 7:30 PM  | Representative David Price                              | AUD | 16   |
| Tues  | 5    | 11:00 AM | Philosophy Group: Personal Identity                     | LH  | 4    |
|       |      | 1:15 PM  | Mahjong (every Tuesday)                                 | GR  | 14   |
|       |      | 1:30 PM  | Parkinson's Wellness Recovery Moves (every Tuesday)     | ES  | 15   |
|       |      | 2:00 PM  | "The Challenge of Irish Genealogy"                      | BR  | 12   |
|       |      | 2:00 PM  | "Eagles at Jordan Lake"                                 | LH  | 13   |
| Wed   | 6    | 2:00 PM  | "A Taste of Asia" Cooking Demonstration                 | MKT | 3    |
|       |      | 3:00 PM  | "A Taste of Asia" Cooking Demonstration                 | MKT | 3    |
|       |      | 11:30 PM | Nia Moving to Heal                                      | ES  | 15   |
| Thurs | 7    | 1:30 PM  | Residents Council Meeting                               | BR  | NA   |
|       |      | 7:30 PM  | Raleigh Flute Choir                                     | AUD | 8    |
| Fri   | 8    | 10:30 AM | World Affairs: "Negotiating Denuclearization w/N.Korea" | AUD | 7    |
|       |      | 11:00 AM | Music Appreciation: continuation of <i>Magic Flute</i>  | FG  | 8    |
| Sat   | 9    | 7:15 PM  | Saturday Films: <i>Puzzle</i>                           | AUD | 9    |
| Sun   | 10   | 2:00 PM  | February Artist of the Month: Tinsel Art/ Ralph Wileman | AS  | 9    |
| Mon   | 11   | 1:00 PM  | CMU: "The Abecedarian Approach"                         | AUD | 5    |
|       |      | 4:00 PM  | "Cardio Fit" (every Monday)                             | ES  | 15   |
| Tues  | 12   | 10:30 AM | Meet the Author: Iris Yang                              | BR  | 10   |
|       |      | 12:00 PM | *Women's Luncheon: "Planned Parenthood Today"           | PDR | 5    |
|       |      | 12:00 PM | *Campus Blood Drive (12-5 PM)                           |     | 15   |
|       |      | 2:00 PM  | Tuesday Movie: <i>Fried Green Tomatoes</i>              | AUD | 9    |
|       |      | 3:00 PM  | Sharing Stories from Our Lives                          | LH  | 14   |
| Wed   | 13   | 10:00 AM | Sketch Book "Critique"                                  | AS  | 9    |
|       |      | 11:00 AM | "RDN" Day   | MKT | 12   |
| Thurs | 14   | 1:30 PM  | Residents Association Meeting                           | AUD | NA   |
| Fri   | 15   | 10:30 AM | World Affairs" " <i>The Biology of Humans</i> " (video) | AUD | 7    |
|       |      | 11:00 AM | Music Appreciation: <i>Midsummer Night's Dream</i>      | FG  | 8    |

## MARCH 2019 CALENDAR

|       |    |          |   |      |    |
|-------|----|----------|---|------|----|
|       |    | 12:00 PM | Monthly Dance Party                                       | ES   | 14 |
|       |    | 2:00 PM  | St. Patrick's Day Concert                                 | AUD  | 8  |
|       |    | 7:30 PM  | Music@Meadows: Greg Gelb Band Jazz Group                  | AUD  | 8  |
| Sat   | 16 | 7:15 PM  | Saturday Films: <i>A Man Called Ove</i>                   | AUD  | 9  |
| Mon.  | 18 | 10:45 PM | Feldenkrais Method Improve your Knee/Ankle Function       | ES   | 15 |
| Tues  | 19 | 11:00 AM | Philosophy Group: Consciousness                           | LH   | 4  |
|       |    | 1:00 PM  | Jewelry Design and Repair                                 | AS   | 16 |
| Wed   | 20 | 8:30 AM  | *Men's Breakfast: Tom Black                               | PDR  | 4  |
|       |    | 11:00 AM | *Funky Lunch Bus! To City Kitchen                         | CCL  | 14 |
|       |    | 1:30 PM  | "Finding Meaning in Aging" Workshop                       | CRAC | 8  |
|       |    | 2:00 PM  | Book Group: <i>The Last Castle</i>                        | LH   | 10 |
| Thurs | 21 | 2:00 PM  | Medical Update: "The Gut Microbiome/Systemic Disease"     | LH   | 7  |
| Fri   | 22 | 10:30 AM | World Affairs: "Mental States of Presidents & Prime Min." | AUD  | 7  |
|       |    | 11:00 AM | Music Appreciation: J. S. Bach                            | FG   | 8  |
|       |    | 12:30 PM | *NC Museum of Art: Art in Bloom                           | CCL  | 14 |
|       |    | 3:00 PM  | "Tea Thyme with Jill"                                     | AUD  | 12 |
|       |    | 7:30 PM  | Travel Adventure: "Voyages to Antiquity"                  | AUD  | 6  |
| Sat   | 23 | 10:00 AM | Serendipitous Saturday: <i>Lethal State</i>               | LH   | 6  |
|       |    | 7:15 PM  | Saturday Films: <i>African Queen</i>                      | AUD  | 9  |
| Sun   | 24 | 2:00 PM  | *Chamber Orchestra of the Triangle                        | CCL  | 14 |
| Mon   | 25 | 1:00 PM  | CMU: "Biblical Text in History"                           | AUD  | 5  |
|       |    | 7:30 PM  | Music@Meadows: Aurora Musicalis, Classical Strings        | AUD  | 8  |
| Wed   | 27 | 1:00 PM  | Met Opera on Demand: <i>Rigoletto</i>                     | AUD  | 9  |
|       |    | 1:30 PM  | "Finding Meaning in Aging" Workshop                       | CRAC | 8  |
| Fri   | 29 | 8:45 AM  | "Food as Fuel"  | ES   | 12 |
|       |    | 10:30 AM | World Affairs: "Broken Lives: Ordinary Germans"           | AUD  | 7  |
| Sat   | 30 | 7:15 PM  | Saturday Films: <i>A Mighty Wind</i>                      | AUD  | 9  |

\*Requires sign-up

AS: Art Studio      AUD: Auditorium  
 CCRR: Club Center Rec. Room  
 DR: Dining Room    ES: Exercise Studio  
 FLR: Fairways Living Room

BR: Board Room  
 CRAC: Conf. Rm., Activity Ctr.  
 FC: Fitness Center  
 GR: Game Room

CCL: Club Center Lobby  
 CYD: Courtyard  
 FG: Fairways Gallery  
 MKT: Marketplace