



The Meadowlark

Volume 28, No. 6

September 2015

Behind the Wall

By John Haynes

After months of anticipation, we got our first peek behind the Wall in early July when the corridor of long blank walls leading to the Courtyard dining room were pierced with large windows offering a view into the almost finished Pub. A few days later, we got to celebrate July's birthday dinner seated in all new booths and tables in the Pub itself. Finally, a few weeks later, after okays from Building, Fire, and Health inspectors, the Pub was opened for regular lunch and dinner service.

Meanwhile, out front, Jack and Greg and crew clawed a monster opening in the upstairs offices and roof - to prepare for the "Men of Steel" - men who erected the skeleton for the massive new addition to house the Market Place. Once that was closed in, the struggling HVAC system could lower the humidity in the dining rooms where we were a bit chilly, "suffered"



with damp napkins and salt seized up in the shakers. One can only imagine what it was like for the steelworkers perched 30 feet in the air, to handle a heavy steel girder, with everything baked to 95 degrees.

Closing in the front will allow finishing the Market Place interiors - including the much needed

and anticipated roomy new bathrooms. New refrigerators and freezers are up and running ahead of schedule. The freezer trailer in the alley gave out one last time and was hauled away - the only loss was some ice cream.

Keep your fingers crossed - we may have Thanksgiving in the new Dining Rooms!

The Pub - The Latest from Brad Itzkowitz

By Edward Fuchs

By the time you read this, some of you will have experienced new foods, drinks, services and ambience in the long-awaited Pub.

The Pub menus are intriguing. Breakfast includes everything you could imagine: pancakes, waffles, eggs, omelets, coffees, juices, bagels and lox. For lunch and dinner,

the "Plain and Simple" and the vegetarian entrées will be served in both the Pub and in the Courtyard. For the two additional entrées - remember there have been four daily entrées on the Courtyard menu - one will be on the Pub menu and the other on the Courtyard menu. All of the menus will be listed on MeadowLife.

The Pub "Happy Hour" runs from 4:30 to 5:30 pm, replacing the hospitality wine and hors d'oeuvres in the Lobby. After regular service hours, there will be a limited menu until 9 pm. Seating is on a first come, first served basis.

The Pub venue includes the Bar. Sixteen Cruvinet wine dis-

(Continued on p. 3, "Pub")

President's Message

I hope everyone has had a great summer.

We have a lot to look forward to here at Carolina Meadows.

Sports Day will be next Monday. Fred Bowman and his committee will have something for most everyone. Come on out and give it a try. Who knows, you might be called up to the stage as a winner at the RA meeting on September 10. See you at the Bocce Court.

The winners of our annual scholarship contest for employees will be announced at the RA meeting. This year we had more contestants and more deserving contestants than I recall at any time in the past. Fortunately this year we were able to award more scholarships than usual. Come to the meeting and find out all about it.

We will also be welcoming our new residents at the RA meeting.

Our new dining facilities are all expected to be open about the end of November. Also October marks Carolina Meadows 30th anniversary. I'll bet Claude Drake and Sally Miller, co-chairs, and our Special Events Committee will come up with something special.

- Gordon Battle

Car Registration at CM

It is critical for your vehicle(s) information to be on file with Resident Services. In case of an accident, this information will enable police and security to identify you and inform family of your whereabouts. Also carry identification with you when you drive – even on nearby errands.

June RA Meeting

Gordon Battle, presiding, called the meeting to order at 1:30 pm in the Auditorium.

Treasurer's Report:

George Evans, the outgoing Treasurer, gave an end-of-year report on RA finances.

Checking Account balance:

\$43,058

Contingency Checking balance:

\$20,009

Medical Expense Tax Deduction:

Judith Pulley introduced Sindy Barker, a resident of Carol Woods, who has taken a leadership role in a grassroots effort to restore the North Carolina tax deduction for medical expenses of elderly residents and perhaps all residents of the state. Ms. Barker discussed the current status of this effort.

President's Report:

Kevin informed the residents that he is continuing his discussions with Time Warner Cable, which has offered both TV and internet along with a much shorter contract at much better speeds than currently provided. He will keep us posted.

Introduction of Melissa Hogan:

Kevin introduced Melissa Hogan, the newly appointed Director of Finance. Melissa has worked in this industry for 19 years, previously at Carol Woods, The Cypress in Raleigh and Galloway Ridge. Her husband recently retired, and she wanted to be closer to their home in Mebane to shorten her commute. She is in Gary Levine's former office.

Golf Cart Security: Joe Zannini explained that all golf carts use the same key. If residents wish, they can request that Physical Plant provide a different key at a cost of \$60.

THE MEADOWLARK

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October Issue Deadline

Copy for the October *Meadowlark* must be submitted by **Tuesday, Sept. 15** to Mary Jo Doherty at maryjodoherty38@gmail.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 July 31, 2015

| Number of Residents | Occupancy Level |
|----------------------------|-----------------|
| Independent Living: | |
| 603 | 94% |
| Assisted Living | |
| 66 | 78% |
| The Pines*: | |
| 52 | 65%* |
| Total: | |
| 721 | 88% |

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

Our New Look – A Work in Progress

By Beverly Patterson

What are the plans for art in the new dining areas? For sound reduction? How will the Lobby look? Naturally curious, we keep asking questions. As we see the results of interior design choices made early in the project, we know that the new furniture, fabrics and colors in the dining areas hint at things to come.

According to Kevin McLeod, we can expect big changes in the Lobby and the halls of the Club Center. Although we will keep the carpet in the Auditorium, elsewhere the red and gold carpet and creamy yellow wall colors will be replaced by new carpet and new furniture and wall colors in softer blues and grays. The goal is to create a welcoming and attractive gathering space—very nice without being overly formal—and feature inviting conversational areas.

In the Lobby, we can also expect to see a new entrance, new reception desk, electronic bulletin boards and a built-in display case. Do not expect it right away though. Remodeling the Lobby will be the last phase of the building expansion. The projected schedule for completion is the end of November 2015.

The original interior design sample boards, once on display in the Lobby, are now in the offices of Kevin McLeod and Brad Itzkowitz. Do those boards represent the final word? Kevin and Brad both say: "Yes and No." Most of the furniture and carpeting is already on order, but decisions about some things, including plans for sound reduction in dining areas, are on hold until all dining areas are open and the needs become clearer. Decisions about artwork and interior accents will be made in consultation with a new interior

designer, who will be hired when construction is completed.

In the meantime, monthly meetings at Carolina Meadows continue to bring together members of our staff team—including Kevin and Brad, Elsie Norton and Joe Zannini—with our architect from Tipton Associates and our Weaver Cooke construction crew. They review building plans and make changes as needed. Even architectural plans are subject to modifications. We have noticed the addition of the half-wall and glass panels (to be given a frosted look) surrounding the Pub area. "That wall," Brad points out, "was not in the original plan."

Speaking on behalf of our community, Kevin alludes to the close monitoring that sometimes prompts such changes. "After all," he says, "we're the ones who live here, and we want it to work for us."

(Continued from p. 1, "Pub")

pensers and three beer taps are visible. The Cruvinets hold eight red wines and eight white wines, all held at proper temperature. When a glass of wine is poured, nitrogen backfills the bottle to preserve freshness for five to six weeks. Rob, the wine expert, makes the selections. The beer taps will pour three local microbrews, selected on a rotating basis. Additionally, 10 bottled beers should accommodate every taste.

Adjacent to the Pub is the Bake Shop, opening September 3. Bakery goods will include pastries, muffins, gelatos and cappuccinos. There will be seating in the vicinity of the Bakery with table tents indicating whether each table is a

serve-yourself table or a wait-staff table.

The dining venue days and hours should suit every lifestyle. The Pub will be open for breakfast Monday through Saturday 7:30 to 10:30 am. For lunch, it will be open every day from 10:30 am to 8:00 pm. And, as above, it will be open for late dinner from 8 to 9 pm. The Bake Shop will be open every day from 7:30 am until 7 pm.

When asked about the future of the Café, Brad replied that the expectation is that the Café will never close; will always be a venue for dining of some sort; will evolve, depending on sales, into something that will present additional options and choices for residents.

MeadowSingers

Here's something pleasant to think about on these hot summer days: WINTER! That's the theme of this fall's MeadowSingers concert. Save the concert date, Wednesday, December 9, at 4 pm.

For those who like to sing, rehearsals begin Monday, September 14, from 3 to 4:30 pm in the Auditorium and continue every Monday thereafter until concert time.

The chorus is open to all who like to sing – no auditions. Just come to the Auditorium Monday afternoon, September 14.

- Rex Tucker

Residents Honored with President's Awards

As her last official act at the June meeting, outgoing RA President Judith Pulley honored five residents for their record of service to Carolina Meadows. Those honored were:

Jim Borden: For his service as Chair of the Budget and Finance Committee, Co-chair of the Marketing Ambassadors and Co-chair of the United Way Campaign, as well as acting as a Precinct Representative, a member of the Candidates Forum Committee and the Dining Services Committee, as a volunteer in the Residents Business Center and a leader of Travel Adventures.

Roy Carroll: For his service as Vice President and then President of the Residents Association, while also representing residents on the Board of Directors, as well as serv-

ing as Chair of the University Speakers, and for sharing his wit and wisdom with residents as a storyteller, entertaining the entire community with "Laugh and Learn" performances as the Southern Gentleman with his Cousin Beauregard.

Howard and Marion Diamond: For their work with the Community Outreach Volunteers Committee, coordinating the Schools Supplies Drive and the Book Harvest Drive, volunteering at CORA, and organizing the Council on Aging's Friendly Telephone Calls program.

Jim Seitzer: For his service as Secretary of the Residents Association, Chair of the Gifts and Remembrance Committee and Chair of the RA Nominating Committee, as well as his participation in PlayReaders productions and his work as a vol-

unteer for the Library Book Sales and Silent Auction.

In addition, Pulley created a new award called "The Community Spirit Award," given to the **"Downton Meadows" Cast and Crew** for their creativity, talent and energy in bringing to life the memorable characters of Downton Abbey and engaging the entire community in celebration of a favorite TV drama, while simultaneously enhancing CM's fundraising for UNC-TV.

Couture Night with Lucie Johnson's Collection

Your chance for a dressy evening is coming up. The Birthday Dinner on September 21 will be the occasion of a special exhibit of Lucie Johnson's collection of fancy dresses, hats and scarves. Why not be inspired by it and join the fun? If you have vintage or couture clothing in your closet, this evening will be the perfect time to wear it.

When Lucie invited Candace Owens and Susan Gaca to take a look at some of the clothing she had collected over the years, they were bowled over. "Everyone should see this," they thought. After consultations with the Activities and Dining staff, Breakfront Exhibit, Special Events and Gift Shop committees, Candace, Susan and Lucie have made a plan to show off this remarkable collection in the Carolina Meadows Lobby for one special evening. Don't miss it!

- Beverly Patterson

Consuming Passions: Dulce Café in Durham

By Dorothy Mahan

It's a short hop from South Point Mall to Dulce Café on Fayetteville Road and worth the trip. The fresh, homey cafe, open daily from breakfast to dinner, offers soups, salads and sandwiches that are delicious and desserts that are exceptional. The owners Chad and Carlos have enjoyed a loyal following since their 2011 opening.

"Dulce" is the Latin word for "sweet," and once you taste the Dulce Café offerings you'll know where its heart lies.

While the salads (try their Cobb sensation), panini and plain sandwiches (Turkey, Brie, and Green Apple Panini or a knockout BLT) are fresh and flavorful, you'll

ultimately succumb to the pastry case and gelato selections.

The gelato and pastries are house-made and both areas change frequently with fun flavors like chocolate peanut butter, bananas foster or mango gelato (with a kiss of heat). Chocolate mousse cake with strawberry filling is there with popular carrot cake and blueberry lemon tart or peach sriracha macaroon.

The food is fresh and creative with entrees under \$10 and the noise level is hushed conversation. There is limited seating indoors so go off hours or dine al fresco at their outdoor seating. What are you waiting for?



Gift Shop SALE

50% off selected (Red Dot) merchandise

September 14-18, 2015

In addition, we have new merchandise from a recent buying trip. It pays to stop by weekly to review the latest stylish apparel, fashionable jewelry and other "must have" items such as cards for every occasion, stamps, candy bars, large print playing cards, hearing aid batteries, and so on.

The Gift Shop is run by CM resident volunteers (more volunteers are needed) and all profits go to the Residents Association to support YOUR programs. In recent years the Gift Shop has contributed nearly half of the total RA budget.

NCCCRA News: NC General Assembly: A Waiting Game

As of the deadline for inclusion in the September *Meadowlark*, the hot button issue of restoring the medical deduction on our NC state taxes is still in limbo in the Senate.

Sindy Barker has done a magnificent job of keeping us all informed as things progress (or stall) in the legislature and encouraging folks to keep on writing and calling to voice our concerns.

The most recent figures indicate that over 4,000 letters have been sent, and their impact appears to have been significant. Let's all keep up the good work.

For residents who currently are NCCCRA annual members and wish to renew their annual memberships or wish to switch to a Life membership at the 2015 rates, there are only a few weeks remaining to do so.

New Life memberships will

also be accepted at the 2015 rate (\$50 per person) for both current and new members for a very limited time. The deadline is September 20 for all of the foregoing. Thereafter, the cost of an annual membership will be at the new 2016 rate, as will the Life membership (\$80 per person).

For non-member residents wishing to start an NCCCRA membership, but wanting to do it only on an annual basis, the new 2016 rates (\$12 for a single, \$20 for a couple) will apply and the time to sign up will be after October 1.

Please contact either one of your NCCCRA reps for more information and details.

- Laura Kahn (919) 932-3913
<kahnellen1@yahoo.com>

- Margaret Zircher (919) 967-1102 <zircher@me.com >

Music at the Meadows From Dixieland to Chamber Music

Decatur Street Beat has played foot stomping, toe tapping, New Orleans style Dixieland music since 2004 at venues ranging from 4th of July picnics to a Virginia jazz festival. Come and enjoy on **Wednesday, September 16, 7:30 pm.**

Aurora Musicalis will thrill us



once again. Jimmy Gilmore, retired Principal Clarinetist of the NC Symphony, Elizabeth Beilman, Associate Principal Cellist, and Dr. Kent Lyman, pianist and Meredith College Music Professor will play music by Beethoven, Max Bruch and Mendelssohn. **Sunday, September 20, 2 pm.**

- Anne Bodner

Sports & Games Day

Sports & Games Day will again be held on Labor Day, September 7 from 9:30 11:30 am. Come join the fun! You don't have to be a "jock" to enjoy our fun and games: Bean Bag Toss, Bocce, Croquet, Darts, Golf (Pitching and Putting), Horse-shoes, Ladder Ball, Table Tennis, and Tennis.

Be sure to make a reservation for the picnic following the games.

- Fred Bowman

Travel Adventures

Subhash Batra in Chile
Friday, September 25, 7:30 pm,
Auditorium

Announcing Carolina Meadows University Fall Semester Mondays from 1-2:30 pm

CMU is pleased to launch yet another exciting semester of three-week short courses for Fall 2015. All will be held in the Lecture Hall.

Raymond Dawson will launch the semester on Monday, September 28, with a course on "The Nuclear Arms Race: Then and Now." Dr. Dawson received his Ph.D. from UNC, joined the faculty at Ohio State University and then returned to UNC as Professor of Political Science until his retirement. He served as Dean of the College of Arts and Sciences and was Vice President for Academic Affairs of the UNC System.

He was Fulbright Lecturer in the Department of War Studies at Kings College in the University of London. He also served as visiting professor in the Institute for War

and Peace Studies at Columbia University and was named as a member of the International Institute for Strategic Studies.

In his three sessions, Professor Dawson will trace the history of nuclear arms from the development and use of nuclear weapons during World War II through the dangerous Cold War years and to the post-Cold War era. The series concludes with an assessment of the current problems: what is the role of nuclear weapons in the present international environment and what is to be done about the aging American nuclear arsenal?

For the one or two of you who may not yet have experienced a lecture from Ray Dawson, don't take our word for it. Just ask your friends and neighbors. You don't

want to miss this.

There will be two more courses for the fall: "Honoring our Veterans," looking at key issues facing today's veterans with a special final session, "Looking Forward," during Veterans' Day week (November 7); and "Celebrating a Thousand Years: History and Literature from Medieval England." Watch the *Meadowlark* for details of both of these exciting courses in the coming months.

Of course, CMU will also be sponsoring special Serendipitous Saturday sessions in the fall, starting with our own Ann Branden on Saturday, September 26. Saturday sessions are held in the Lecture Hall at 10 am. Watch this space for the serendipitous announcements.

- CMU Steering Committee

Carolina Meadows University Announces Another Serendipitous Saturday

September 26, Lecture Hall, 10 am-noon

CMU will present the film *Emigration, NY—The Story of an Expulsion*. This film, by the renowned Austrian director and filmmaker Egon Humer, tells the story of 12 Austrians who fled from Vienna to escape the Nazis and settled in New York after the Anschluss of 1938 when Hitler annexed Austria and made it a part of the "Deutsche Reich."

We will see the first part of the two-part series in which five men and seven women, most of whom were children at the time, recount their memories of humiliations and aggressions experienced by the Jewish population of Vienna. The film skillfully interweaves the memories with powerful historical footage.

Although the film was originally intended for television, it was so successful that it has been shown at numerous film festivals in the US and throughout the world.

The film will be introduced, shown and then discussed by one of those 12 children, now quite fully grown and happily among us here at Carolina Meadows, our own Ann Branden.

The film is in German with English subtitles. We have watched it and find the subtitles large enough for our CMU classes. We have opted to show the film in its entirety — all 90 minutes — so we hope you will plan to stay for the full two hours to have the chance to "de-brief" with Ann.

- CMU Steering Committee

Thoughtful People

We are in need of someone to run "Thoughtful People" starting in September of this year. Historically this program has been run by residents who find speakers once a month, usually the third Tuesday. The Activities Department is temporarily hosting this event until we find a replacement.

If you are interested in helping out and know lots of people, we need you. Please contact Suzanne Calcutt (919) 370-7152 to volunteer. Thank you for your help.

We do have a speaker for Tuesday, September 15 at 3 pm in the Gallery. Ann Powers will be talking on "Reaching Out," so come and join us to learn more on this topic.

- Sam Baron

World Affairs

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

September 4: Ian Bremmer, "Superpower: Three Choices for America's Role in the World"

In this video, Ian Bremmer, political scientist and President of the Eurasia Group, discusses his recent book. For a preview of the three choices and to enhance post-viewing discussion, visit the World Affairs webpage under the Activities tab on MeadowLife.

September 11: Tim Smith and Julian Rawl, "Chatham Park – A Game Changer for Chatham County?"

Chatham Park is a controversial development that promises to transform the character of the Pittsboro region. Whether you support or oppose the development or are neutral or uninformed, as a resident of Chatham County you will want to know more.

September 18: Raymond Pulley, "Foreign Policy and Politics: An ISIS Update"

September 25: Edwin Speas, "Reapportionment and Redistricting: The North Carolina Case" Edwin Speas served for over 30 years in the Office of the NC Attorney General, as Head of the Special Litigation Division for eight years and then as Chief Deputy Attorney General for five years. After retiring from government service, he joined the Poyner Spruill law practice, taking a two-year leave to serve as General Counsel to Governor Bev Perdue. Most recently he has represented challengers to the state's voter rights legislation.

- Judith Pulley

Open Forum on Pope Francis's Encyclical Letter "On Care for Our Common Home"

Pope Francis has published an encyclical letter that for the first time not only addresses Catholics but all humanity. It is also a first for a pope to integrate both a social and ecological vision for the care for our common home.

Never before has the US Congress invited a pope to address its joint bodies. This will occur on September 24. He will also address the United Nations General Assembly on September 25, the U.N.'s 50th anniversary.

Given the importance of the encyclical message in light of the UN Conferences on Development and Climate, MeadowLiving and its Environmental Wellness Team have organized an open forum on September 29 at 2 pm in the Board Room. Frans C. Verhagen will facilitate the discussion in terms of international, national, state and CM dimensions.

- Nancy S. Hudspeth and Frans C. Verhagen

The Unity Group to Show Honor Diaries September 24 at 10 am, Lecture Hall

Nine Muslim women from the Middle East, Canada and the United States recount their stories of the dangers and constraints that exist for women living in several Islamic societies. Issues discussed include the role of women in maintaining family honor, the threat of danger and death if even slight suspicion falls on a woman, forced marriages, child marriages, female genital mutilation and restrictions of education, movement, employment and work opportunities.

At the time of this submission to the *Meadowlark*, legislation was pending in the NC Legislature to prevent female genital mutilation in North Carolina.

This four part award-winning documentary was originally shown on CNN in 2013. Following the DVD presentation, there will be opportunity for audience comments and discussion. Join us for a timely and informative program.

- Beverly Inchalik, Secretary

Saturday Golf Questions Answered

To clarify the meaning of "winter rules," the Carolina Meadows "winter rules" are posted on the Golf Bulletin Board at the Club Center.

In case of questionable weather or course conditions, the Saturday Manager will make the decision regarding play. If the day's play is canceled, each team captain will be notified. The team captain will then call the team's members at least one half hour before the tee time on the day play is canceled. Should you elect not to play on any Saturday, please notify the Saturday Manager as soon as possible so that those on the alternate list may play.

The Championship Tournament is scheduled for October 28 and 29 with the 30th as a potential rain day. The two-person tournament will be on Saturday, October 31, with the yearly golf luncheon to follow at 12:30 pm. Sign up sheets will be posted in early October.

- Golf Committee

Something for Everyone - *MeadowLife*

MeadowLife is a website for the convenience and enjoyment of Carolina Meadows residents, with daily menus and events calendars and access to much, much more. You can also use it to read the *Meadowlark* with photos in vibrant color and with larger, bolder print. To obtain a *MeadowLife* account, send an email requesting a username and password to <meadowlife100@gmail.com>. You will receive login instructions in a return email. Then log into: [meadowlife.org].

For Movers and Shakers

All Residents Association Committee chairs, Activity leaders and Precinct representatives and secretaries are urged to attend a demonstration to learn how *MeadowLife* can help organize, present, and promote the group's undertakings. Sessions will be held in the Board Room on:

Wednesday, September 2
2:00 pm – 3:30 pm

Thursday, September 10
9:30 am – 11:00 am

For the Uninitiated & the Curious

All who wish to familiarize themselves with *MeadowLife* are invited to attend a demonstration of the site and learn how this resource can help them make the most of all of Carolina Meadows activities and services. Sessions will be held in the Lecture Hall on:

Monday, September 14
2:00 pm – 3:30 pm

Thursday, September 17
9:30 am – 11:00 am

- Donna Maroni and Judith Pulley
Website Committee Co-chairs

In the News Starting September 9 Lecture Hall at 10:30 am

John Geis and Jules Samitz facilitate weekly one-hour open discussions on international, national and local news. Emphasis is on news residents bring to the session. Politics, sex and religious topics are discouraged.

Attendees are encouraged to bring materials to support their comments. The pros and cons make for some great discussions. We look forward to seeing regular participants return and encourage all residents interested in current events to join us.

- John Geis

Men's Breakfast

On September 16 the Men's Breakfast will resume at 8:30 am in the Private Dining Room.

Our speaker will be Sheriff Richard Webster, and his topic will be "Through the Looking Glass: An Inside View of the Chatham County Sheriff's Office."

It should be an interesting opportunity to find out more about our county from the viewpoint of our chief law enforcement officer.

Please sign up by Thursday, September 10. Also, please wear your nametags.

- Fred Bowman

Women's Luncheon Group Honoring Women with Unique Careers



Join Jill McCorkle, highly recognized North Carolina author, at our first lunch of the 2015-2016 season on Tues-

day, September 8 in the Private Dining Room.

McCorkle has received the North Carolina Award for Literature and is a member of the Fellowship of Southern Writers. Five of her works have been named *New York Times* notable books. Several of her short stories are collected in *New Stories from the South*. Her essays and reviews have appeared in *The Washington Post*, *The New York Times Book Review* and *Southern Living*.

She has taught at UNC Chapel Hill, Tufts University, Brandeis University and Harvard University. McCorkle currently teaches Creative Writing in the MFA Program at NC State University.

Her books, including *Going Away Shoes* and *Life after Life*, are available in the CM Library.

All women are welcome to attend our luncheons. Reservations are required and are limited to the first 50 women who call or email Jody Hite. Signups begin on September 1.

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

McCorkle, a humorous writer, is a speaker you won't want to miss. Please wear your nametag!
- Onnie Gitelman

Financing the Solarization of the O&M Building September 10, 10:30-noon in the Lecture Hall

The Solar Task Force (STF) of the Energy and Environment Working Group has scheduled Hank Rodenburg to discuss solarization of non-profits, particularly financing. Hank led the effort to put a 15 kw solar system on one of the Chapel Hill UU Community Church buildings [www.c3huu.org/solar-panels.html]. He used financing from the Legal Liability Corporation (LLC), which was briefly discussed by Kevin McLeod during the July 6 Town Hall Meeting.

The September 10 discussion

will address the what, why and how of solarizing the Operations and Maintenance Building. The main focus will be on financing options, particularly how to use the State 35% solar tax credits before they are modified or removed. It will include the donation option whereby residents are able to take those tax credits.

Those interested in the technical details of the proposal of solarizing the O&M building by Yes! Solar Solutions, a premier solar installer from Raleigh, may contact me to receive an electronic copy together with my short explanatory guide to the system.

- Frans Verhagen

Art Guild

The Art Guild Gallery change of residents' artwork in the Club Center will be Saturday, October 3. We welcome anyone who wishes to exhibit her/his original work – no matter when it was done. Again, we request no more than two pieces of your work. Bring your contributions to the Board Room between 1 and 5 pm on October 3rd.

Call Bev Milton (919) 967-1254 or Susan Durfee (919) 942-6658 if you have questions.

Environmental Wellness

By Carolyn Holt

A busload of Carolina Meadows residents recently enjoyed an outing, organized by Wellness Program Manager Nancy Hudspeth, to check out the biodiesel plant near Pittsboro.

In 2005 Lyle Estill, author and entrepreneur, established Piedmont BioFuels in an abandoned alloys factory in Chatham County. The plant takes a waste product, used cooking oil, and converts it into fuel for cars and trucks.

The vibe of this decrepit industrial park is all about sustainability, small scale and local focus. All the enterprises housed there are activist, idealistic and staffed by people hopeful we can change behaviors that harm our vulnerable planet.

Lyle told us his story while we sipped wine made in an adjacent building from grapes grown near-

by. If you'd like to know more, you will enjoy the stories in his recent book, *Small is Possible: Life in a Local Economy*, a fascinating portrait of Chatham County.

I asked Brad Itzkowitz, our Director of Dining Services, to tell me about how much used cooking oil we contribute to Piedmont BioFuels and why.

Brad ushered me into our kitchen to show me the machinery in which we fry foods. The oil in them is filtered daily. Once a week the fryer oil is replaced and 20 gallons of used oil are set aside for pick-up — so Carolina Meadows recycles over a thousand gallons a year.

"We do it," Brad said, "for the same reason we buy local fruits and vegetables: sustainability and respect for the environment." His words made me proud to live here.

Calling All Gardeners and Landscaping Enthusiasts!

Please come join us in the Lecture Hall September 24 from 1- 3 pm. Keith Shaljian from Bountiful Backyards, an edible landscaping firm in Durham, will talk about gardening options from pots on our decks to cultivating flowers, fruits and vegetables in our gardens. His talk is titled "Edible Landscaping For Everyone."

In this workshop we'll explore:

- How to grow more vegetables,
- Best low maintenance edibles for containers and small spaces,
- The vital role of pollinators and other beneficial insects in edible landscapes,
- Growing fruit trees and berry bushes, and
- Basics of soil and composting!

Keith will be bringing a slide show presentation for his talk and will answer questions following his presentation.

- Community Garden Plots and
The Orchard Park Group

Welcome New Residents

Naomi Berman, 6-103

Last Residence: New York City
Interests: Classes in literature and film at New School's Institute for Retired Professionals; book club; movies; theatre; dance; travel.

Lydia Berrong, V-139

Last Residence: Chapel Hill, NC
Interests: Hiking; reading; traveling; Mah Jongg.

Tom Berrong, V-139

Last Residence: Chapel Hill, NC
Interests: Hunting; hiking.

Allan Eckhaus, V-249

Last Residence: Chapel Hill, NC
Interests: Abstract art; gardening; classical music; antique autos.

Naomi Eckhaus, V-249

Last Residence: Chapel Hill, NC
Interests: Skiing; tennis; New Horizons Band – flute (thru OLLI).

Floyd Fried (Weissman), V-242

Last Residence: Chapel Hill, NC
Interests: Opera; writing fiction; exercise; fishing; bird watching; reading; current events; bridge.

JoAnn (Bubbles) Weissman (Fried), V-242

Last Residence: Chapel Hill, NC
Interests: Needlepoint; knitting; tennis; golf; reading; current events; antique collecting; Mah Jongg; canasta; bridge.

Deanna Green (Lupton), V-393

Last Residence: Chapel Hill, NC
Interests: Traveled world over; reading; sports; crafts; knitting; current events.

Rufus Hector (Hector) Lupton (Greene), V-393

Last Residence: Chapel Hill, NC
Interests: Traveled world over; model railroading; UNC sports; history; current events; politics.

Edward (Ed) Ludwig, V-119

Last Residence: Chapel Hill, NC
Interests: Gardening, tennis; golf; reading.

Helen Ludwig, V-119

Last Residence: Chapel Hill, NC
Interests: Gardening; genealogy; reading; art.

Andrea Miller, V-320

Last Residence: Carrboro, NC
Interests: Reading; travel; theater; fine arts; public policy; water aerobics.

Norman (Norm) Miller, V-320

Last Residence: Carrboro, NC
Interests: Wrote 2 books on Environmental Politics; play piano; racquetball; environment and energy politics; live theater.

Anthony (Tony) Oberschall, V-254

Last Residence: Chapel Hill, NC
Interests: Writing; lecturing; reading; golf; classical music.

Aida Zukowski, V-254

Last Residence: Chapel Hill, NC
Interests: Culinary activities; reading fiction, esp. mysteries; walking; exercising.

Madelon (Maddy) Sheff, V-127

Last Residence: Chapel Hill, NC
Interests: Bridge; art; music; Mah Jongg; tennis; exercise; dance; triv-

ia; reading; Jewish culture; volunteering (Scroggs Elem. School).

Geoffrey Wainwright, 2-107

Last Residence: Durham, NC
Interests: Cricket; theatre; photography; visual arts; Duke Basketball.

Margaret Wainwright, 2-107

Last Residence: Durham, NC
Interests: Hiking; gardening; bird watching; reading; theatre; travel; volunteer at IFC; tennis.

Elizabeth (Joan) White, V-279

Last Residence: Chapel Hill, NC
Interests: Writing; reading; some crafts; travel; entertaining family and friends.

Kinnard (Kin) White, V-279

Last Residence: Chapel Hill, NC
Interests: Reading; film; cooking.

Ray Williams, V-117

Last Residence: Stony Brook, NY
Interests: Photography; travel; music; New York City

Leon Yates, 3-201

Last Residence: Chapel Hill, NC
Interests: Fishing; reading; walking.

Peggy Yates, 3-201

Last Residence: Chapel Hill, NC
Interests: Quilting; music.

Annual Craft Show/Sale

If you are interested in displaying/selling at our annual Craft Show/Sale, please let Jody know. The Craft Show/Sale is scheduled for Thursday, November 12, 10 am-3 pm.

New Book Acquisitions

Here are some of the new books added to the Library over the summer.

Fiction

Circling the Sun by Paula McLain

The Little Paris Bookshop by Nina George

A Man Called Ove by Fredrik Bachman

Go Set a Watchman by Harper Lee

Disclaimer by Renee Knight

All the Single Ladies by Dorothea Benton Frank

Blueprints by Barbara Belinsky

Mysteries

The English Spy by Daniel Silva

The Melody Lingers On: A Novel by Mary Higgins Clark

Speaking in Bones by Kathy Reichs

Badlands: A Novel by C. J. Box

Biography

Being Nixon; A Man Divided by Evan Thomas

Non-Fiction

The Residence: the Private World of the White House by Kate Anderson Brower

Gumption: Relighting the Torch of Freedom with American's Gutsiest Troublemakers by Nick Offerman

The Oregon Trail: A New American Journey by Rinker Buck

Large Print

The Vacationers by Emma Straub

The English Spy by Daniel Silva

Wicked Charms: A Lizzy & Diesel Novel by Janet Evanovich

Then We Take Berlin by John Lawton

- Mary Jean Lowrie

Library Update

Did you know that CM residents took out 8,952 books and 2,499 DVDs in 2014? Did you know that at the end of July this year, residents have taken out 4,680 books and 1,771 DVDs?

Many people use the library and support it by volunteering, donating books for library use or the Book Sales and by buying books at the Book Sales. We have over 84 volunteers, some with more than one job, to keep it running smoothly.

In August we put the Accession # 9,044 on a book which means that is the number of large and regular print books in our favorite categories of Fiction, Mystery, Biography, Short Stories, Classics and Non-Fiction plus DVDs of movies and audio books that have joined the collection. From time to time, we weed out books that are no longer being read so our collection now runs to over 6,800 pieces.

I succeed June Clendenin who served from June 2013-May 2015. As Library Manager, I work with the Aides Coordinators, Sue Guido and Barbara Swartz; the Circulation Coordinator, Margaret Siefert; Donations Coordinator, Peg Richardson; and the Fairways and Health Center Liaison, Anne Moore.

Four additional managers with volunteers handle their areas independently. They are the Book Collection Manager, Dianitia Hutcheson; Book Sale Co-Managers, Betsey Cutler and Amelia Carew; the Computer and Data Base Manager, Bernard Bryant; and DVD Collection Manager, Carol Lehmann.

I hope you had a pleasant summer and are ready to enjoy our library. There is always something new to read or watch as we add about 40 books and five DVDs a month.

- Mary Jean Lowrie, Library Operations Manager

New DVDs for the Library

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.

Far From the Madding Crowd

In Victorian England, an independent and headstrong woman attracts three very different suitors. The resulting story explores the nature of relationships and love.

Red Army

This documentary is about the Soviet Union and the most successful dynasty in sports history, the Red Army hockey team.

Woman in Gold

Sixty years after she fled Vienna during World War II, an elderly Jewish woman starts her journey to retrieve family possessions seized by the Nazis.

The Third Man

A pulp fiction novelist travels to shadowy, postwar Vienna, only to find himself investigating the mysterious death of an old friend.

The Water Diviner

In 1919, an Australian farmer goes in search of his three missing sons, last known to have fought against the Turks in the Battle of Gallipoli.

- The DVD Collection Committee

It's Never Too Late

Have you updated your resume recently? Probably not, but maybe you should. After reading David Brooks' *Road to Character*, I've been working on mine.

Brooks suggests that we should have two different resumes – one for getting a job or a promotion and one for our memorial service. In retirement we no longer need the first resume. That's the one that lists the prestigious degrees we have received, our awesome ascent of the corporate or academic ladder, the books we have written, the awards, the inventions, the mountains we have climbed. Let's admit it. That resume is of little value any more.

What is still needed, and can be updated and polished, is the resume that contains our "eulogy virtues." What do we want people to say about us at our memorial service? Don't we want them to say that we were kind and generous, warm and flexible, that we didn't take ourselves too seriously, that we had a passion for the less fortunate?

Brooks uses another image to get readers thinking about "character." It is that of the biblical Adam or rather the two Adams who are presented in the first chapters of the Book of Genesis. Adam I is the external, resume Adam. He wants to climb the ladder, be recognized and be productive. Adam II, on the other hand, is the internal, reflective Adam. He focuses on developing moral characteristics. He's more humble, modest, self-effacing. As Brooks puts it, "While Adam I wants to conquer the world, Adam II wants to obey a calling to serve the world."

After examining the lives of a disparate group of individuals,

including Dwight Eisenhower, Dorothy Day, A. Philip Randolph, George Marshall and St. Augustine, Brooks sums up his ideas on character in what he calls "The Humility Code." There may be Ten Commandments in the Bible, but Brooks has 16 propositions in his code. The first is: "We don't live for happiness, we live for holiness." Another is: "Pride is the central vice."

In some respects, Brooks is hankering for those mythical "good old days," when, as in Garrison Keillor's *Lake Wobegon*, "all the women are strong; all the men are good-looking, and all the children above average." However, as I read the book, I felt that the author was challenging me – today.

Read this deep but accessible book. Then come to the Book Group's discussion on Wednesday, September 16 at 1:30 pm in the Board Room. Vivienne Jacobson will facilitate.

- Bill Powers

Philosophy Discussion Group

**Second and Fourth Wednesdays
2 pm in the Lecture Hall**

After a successful planning meeting with six members and Dr. Steve Swartz of the UNC Philosophy Department, we set the agenda for the fall semester.

September 9: "What is Tolerance?"

September 23: "Knowledge and Uncertainty"

Relevant readings and questions will be distributed to members a week before the sessions. Please contact me for more information and plan to join us.

- Marlene Appley

Let Your Voice Be Heard!

A few years back, a story that I submitted to *Voices*, the Carolina Meadows literary magazine, was rejected.

But that setback didn't deter me. After sulking for a time, I went back to work and learned what *Voices* wanted. How? By reading back issues carefully, by imagining the audience – Carolina Meadows residents – and by asking someone to read and comment on my work before submitting it. Since then – no rejections!

So, it's time now to create and to submit your stories, poems, and memories for the 2016 edition of *Voices*. The Rules for Submission can be found in the back of the 2015 issue, on *MeadowLife*, and on the box in the Club Center Lobby where submissions are to be deposited.

Although the deadline is December 31, please try to get your work in as early as possible.

- Bill Powers, Editor

Save the Date

Were you born in 1935?

80th Birthday Dinner
Wednesday, October 7

Contact Marilyn Jonas or
Mary Jean Lowrie

DON'T FORGET!!

Born in 1925?

90th Birthday Celebration
Luncheon
Noon on Wednesday, Sept. 23

Contact Ginny Jobe

Community Outreach Corner

With the promise of fall's cooler weather, our energies seem to rise, and many Carolina Meadows activities resume or pick up their pace. The Community Outreach Volunteers Committee (COVC) gets underway later this month. We'll try to keep you informed about agencies, programs, fundraising efforts and events in Chatham County and locally that need your time or financial support.

We do this in a variety of ways. Committee members serve as liaisons to many established county agencies and institutions – **CORA, Habitat, the Literacy Council, the Family Violence/Rape Crisis Center**, area schools, etc.

COVC publicizes where volunteer needs exist through the *Meadowlark*, MeadowTalk and the COVC bulletin board. We also respond to requests for Carolina Meadows residents to partner with groups in their efforts.

Last year, for example, we held a children's book drive with **Book Harvest**, and joined the UNCPAWS program to help socialize puppies that will be trained as service dogs. Twenty five residents "told their stories" to Willow Oak Montessori fourth graders.

We coordinate the Carolina Meadows annual **CORA** Food Drive and support the **United Way** and **UNC-TV's** fundraisers. In addition, we collaborate with Carolina Meadows corporate efforts headed by Amy Gorely and her Strategic and Community Outreach Department. There really are volunteer opportunities for everyone. If you know, or learn of, new groups with volunteer needs, please contact me, Marie Lauria (919) 942-4612, <mmlauria@juno.com> or Pat

Mandell (91) 240-7020
<pmandell@artifex.org>.

Things may have slowed over the summer, but they didn't stop.

- Kudos to Lynn Ogden for mobilizing 23 residents to get together for dinner July 29 to support Bean & Barrel's fundraising for the Chatham **Literacy Council**! They donated 10% of the evening's receipts to this important cause.
- ESL tutoring of staff continued.
- Residents took their turns staffing the **Family Violence/Rape Crisis Center** (FV/RC) Hotline.
- **CORA** volunteers worked with clients and donated food.
- Thanks to Bruce Ladd, we met with Jamie Detzi, the new Executive Director of **Chatham Education Foundation** to explore how residents could support their work.
- The puppies kept coming!

Coming attractions:

Carolina Meadows residents are invited to participate again in the **Alzheimer's NC Walk** on September 12 at Galloway Ridge. Staff has formed a team to join the walk and have a fundraising goal of \$1,000. Residents may also walk or give donations to meet the team goal to Susan at the reception desk. Check the COVC bulletin board for more details.

Our annual Schools Supplies Drive to benefit **Chatham Communities in Schools** (CIS) will take place in October. This year, Carolina Meadows staff plans to join our efforts. We will be posting a date, the names of coordinators

and a list of suggested supplies on the bulletin board. We will welcome volunteers (former school teachers?) to staff the Lobby table for the two days of the drive.

If you are new to Carolina Meadows and would like to know more about the COVC, or even join us, please contact Marie or Pat.

- Marie Lauria & Pat Mandell



September Is United Way Month

The United Way Campaign kicks off in September. On September 10 you will receive a letter from the campaign chairs in your Carolina Meadows mailbox.

Please take time to look at the brochure that describes the 21 social service organizations that depend upon funds from United Way to deliver the services that the less fortunate population in our county need and depend upon.

By organizing volunteer reviews of these organizations, United Way is able to do an effective job of insuring that your contribution will be well spent to deliver the services needed.

Last year our community was very generous. We hope that we will be able to do even better this year.

- Jim Borden, George Evans, Sam Ligon, Co-chairs

Everything You Wanted to Know about MAP

What is MAP?

MAP is Meadows Assistance Program – neighbors helping neighbors, an army of more than 100 volunteers who provide services to other residents. The program operates as a committee of the Residents Association and is overseen by a Steering Committee of nine members. The Carolina Meadows liaison is Linda Zachary, Resident Services.

What does MAP do?

Medical escort: Volunteers accompany residents to medical, dental and hospital clinic appointments. Transportation is provided by Carolina Meadows Transportation except in the rare case of very early morning appointments before CM Transportation is open, when certain volunteers drive their own cars to take residents to the appointments.

Transportation: MAP volunteers use their personal vehicles to:

- Provide on-campus transportation on weekends and holidays, when Carolina Meadows transportation services are unavailable;
- Provide round-trip transportation to early morning medical or dental appointments, before Carolina Meadows Transportation is open;
- Run errands such as picking up prescriptions and delivering packages to the Post Office for other residents. Such trips do not include transporting the resident for whom the errand is being run. NOTE: MAP volunteers are not available for routine errands (grocery shopping, laundromat, etc.)

The Driver Assessment Program

screens MAP drivers who use their own cars to provide services to other residents.

Companionship:

Men's Lunch Group: Male volunteers offer on-campus lunch outings to other male residents who may not get out of their homes frequently or have other opportunities for socialization on their own. This may also be helpful to caregiving wives. Referrals usually come from the Social Work team.

Cross Campus Connection: Although this service is still under development, this group of volunteers will look at a variety of ways we may be able to strengthen the community at Carolina Meadows, for instance by helping residents in The Pines and The Fairways maintain existing connections with community members and build new ones.

How do I access MAP services?

- For weekend on-campus transportation: call the Reception Desk at (919) 942-2411
- For Men's Lunch Group: call Social Service
- For all other services:
 - ◊ If you live in The Pines or The Fairways: speak with your unit secretary;
 - ◊ If you live in Independent Living, call your precinct coordinator, whose name and phone number are posted in the mail kiosks, on page 23 of the Resident Handbook and in MeadowLife under the Resident Services tab. If unable to reach your precinct coordinator, call any precinct coordinator.

How can I become a MAP volunteer?

Call Bob Weston (919) 548-2440 or

Call Ernie Kraybill (919) 929-8816 or

Call Linda Zachary (919) 370-7132

Why is volunteering important?

MAP depends on a continuing supply of new volunteers to replace those who drop out of the program due to age and/or disability.

- Ernest Kraybill

Residents Business Center

Please use the copier or other business machines between 9:30 and 11 am weekdays. A trained volunteer will help you with special needs such as enlarging or reducing size, two-sided choices, collating and stapling multiple sheets and printing multiple copies. For more information and special needs, call the front desk or look for Residents Business Center in the Residents Services Tab at the MeadowLife home page.

- Bob Lackey

Breakfront Displays for Fall

The breakfront display for October will be "Unusual Masks." If you have interesting, unusual masks that you wish to be displayed in the breakfront for the month of October, please call Dorothy O'Connell (919) 968-4799 or Pepita Huddleston (919) 955-9482.

- Dot O'Connell, Chair

September Medical Update: Of Sight and Mind The Links Between Age- Related Changes in Eye and Brain

Dr. Heather E. Whitson is an Associate Professor of Geriatrics and Ophthalmology and clinical investigator at the Aging Center of Duke University Medical Center.

Her current research focuses on improving the health of older adults with multiple chronic conditions such as late-life vision loss and cognitive decline with the goal of improving their quality of life and increasing their independence.

On Thursday, September 17, at 2 pm in the Lecture Hall, she will discuss her current studies and give us ideas on how to reduce the consequences of disease accumulation as we age - a timely topic for us!

- Mary Joy Keane, HWC member

"Let's Go Steady" AGAIN!

**Wednesday, September 23
1-3 pm in the Auditorium**

"Going steady" once meant a commitment to your girl or guy. Oh how times change. Now going steady means stabilizing your body and staying vertical!

We ask all residents and staff to go steady with us again and join our cause to prevent falls at Carolina Meadows!

The interactive session will include presentations to share Carolina Meadows' falls data, what causes falls, how to prevent falls, and demonstrations for strength, awareness and flexibility. It is co-sponsored by the Health and Wellness Committee and your Carolina Meadows MeadowLiving program.

You Don't Have to Grieve Alone

**Join us for a time of learning
and sharing**

An eight-session small group continuing study and discussion meeting to increase understanding of the bereavement experience has been designed for community residents who are grieving the death of a loved one.

Participants will read selections from psychological and sociological scientific literature that review current findings of the impact of the death of a loved one on their survivors. Participants will discuss the relevance of the selections they have read in the light of their own experiences.

Monday afternoons, 3:15-4:15 pm
Pines Study, September 21, 2015 –
November 9, 2015

Facilitated by Wallace Mandell,
PhD, and Nancy Hudspeth

Sponsored by the Carolina Meadows
Wellness Program

***Prior Registration is required.
Group Size is Limited to 12 participants.***

Dr. Mandell earned a PhD from New York University in 1954. As a community service, he facilitated bereavement support groups in Baltimore.

When he moved to the Triangle area in 2011, he continued that activity in Chapel Hill and Durham.

Nancy Hudspeth earned a Master's degree in Mental Health Counseling from Capella University.

IN MEMORIAM

Nancy Rocamora P-223
May 26, 2015

Louis Martyn 5-204
June 4, 2015

Ruth Penberthy V-140
June 11, 2015

William Aycock P-115
June 20, 2015

Phil Penberthy P-211
June 23, 2015

Norm Fieleke V-213
July 4, 2015

George Summer P-225
July 8, 2015

Bill Jones V-381
July 23, 2015

C. Arden Miller P-257
July 26, 2015

Dick Ballard P-225
August 12, 2015

Janet Welanetz P-116
August 20, 2015

Meditation & Relaxation Series at Carolina Meadows

4-week session

**Beginning September 8 at 4 pm
for one hour in the
Exercise Studio**

We will be stretching, breathing and meditating, so dress comfortably.

Please sign up by emailing
Nancy Hudspeth
<nancyh@carolinameadows.net >
or call (919) 370-7259.

Three Discussions on Cognitive Health and Services

All the lectures will be in the Lecture Hall, 10:30-Noon

Kim Broucksou, the Cognitive Care Specialist at Carolina Meadows, will present a series of lectures on Cognitive Health, Brain Fitness and Cognitive Care at Carolina Meadows.

Thursday, October 1 Brain Health

Review of the latest research on good brain health and ways to stave off diseases like Alzheimer's and other forms of dementia. There will be some video and some discussion on an eight-week series, "Boost Your Brain and Memory," that is being offered at Carolina Meadows.

Thursday October 8 Cognitive Stimulation and Brain Fitness

Focuses on intellectual stimulation and its benefits to the brain. There is conflicting research about brain training exercises and evidence regarding their benefit. We will

sift through the research and learn about brain-stimulating opportunities here at Carolina Meadows.

Thursday October 15 Cognitive Care at Carolina Meadows

This lecture will focus on the services here at Carolina Meadows that address not only the prevention of cognitive decline, but also the support services we have. We will briefly review the brain health and brain stimulation programs and touch on the support provided by the living environments of The Fairways, The Green and The Pines. We will discuss new efforts here to provide better care coordination around not only cognitive issues, but also all health issues. We will also talk about Adult Day services and volunteer programs here at Carolina Meadows that support residents with cognitive challenges.

Community Garden Plots

Gardeners who kept their plots well watered are still picking flowers, herbs and vegetables. Please trim and/or support plants as necessary to keep plants from being too crowded and to keep aisle paths clear.

Pick produce when ready—Please do not let it get over-ripe and wasted. Any extra produce can be shared with friends or donated to residents and staff by leaving it at the Front Desk in the Club Center. Donation arrangements to the CORA Food Pantry in Pittsboro are announced from time to time on MeadowTalk.

NOTE: Hoses need to be turned OFF at the main handle every time water is used. Do not rely on turning water off at the nozzle end, as this leaves water in the hose with full water pressure—leading to split hoses and water leaks.

Begin to think about a Fall Garden. Many different greens and herbs grow well all winter and last well into spring. Even if you have not tried a fall or winter garden before, consider planting lettuces, spinach, kale, arugula, green onions and herbs. Find out how much you enjoy eating and sharing what you produce in your own garden during cooler months.

Pat Merriman has given us a delicious recipe for spaghetti sauce that appeared previously in the N & O. She used local veggies and some of the spaghetti sauce to create an unusual and delicious gazpacho. These recipes are posted on the Community Garden Plots Bulletin Board in the Club Center. If you wish to make a copy, please return the recipe page where you found it.

Boost your Brain and Memory!

There has been a lot of talk about taking care of not only your body, but also your brain. Research is now showing that if we adjust our living habits, we can actually improve our brain health and stave off diseases such as Alzheimer's. Sifting through all the research and information can be confusing.

Kim Broucksou, Cognitive Care Specialist at Carolina Meadows, is offering a series of educational workshops to help residents understand the research and what can be done to improve brain health. She will facilitate the series, created by Mather Lifeways Institute on Aging, called Boost

your Brain and Memory. This eight-week series will explore the six dimensions of wellness and consolidate the research in each domain to increase understanding about what actions will benefit us and how they impact the brain. The information is easy to understand and has been proven to motivate people. Eighty-six percent of people who have completed the course say they have changed their habits to better their brain health. Some participant comments have been: "The science gave me hope!" "The program 'demystifies' dementia and cognitive decline."

The small group sessions will start September 1. If you are interested, contact Kim Broucksou at x112.

- Margy King

Wellness Corner

Welcome back from summer break! If you need a refresher on how to use the exercise equipment or are interested in starting to use the Exercise Room, we strongly encourage you to attend one of our free equipment orientations offered weekly on Tuesdays from 4-5 pm with James Ruffin. Additional orientations will be offered the week of September 28th in honor of Active Aging Week. Pre-registration is required. Sign up for an appointment in the Wellness Book in the Exercise Room sign-in desk or call Michelle at (919) 370-7114.

Please note: It is a Carolina Meadows policy that resident companions are not permitted to use the Exercise Room equipment. Please contact Michelle at (919) 370-7114 with questions and concerns.

Thank you to those who participated in the August 30 Hydration Challenge. Please turn in your completed logs to the Wellness Department by September 4.

In September we are promoting National Yoga Awareness Month. Yoga helps with disruptive sleep, improves flexibility, builds strength and decreases stress levels. We currently offer five yoga classes weekly to meet the needs of our residents. Pre-registration is not required. Bring your own mat or use ours.

Chair Yoga - for all levels of yoga and focuses on poses in a seated or standing position with support of a chair, breath work and guided relaxation. Beginners welcome! Tuesdays, 11:15 am-noon, Fairways Gallery.

Level II Yoga - for experienced students who are comfortable ly-

ing down on the floor. You must also be able to stand and balance unassisted to fully participate in this class. Tuesdays and Thursdays 11:30 am-12:30 pm, Exercise Studio.

Gentle Yoga - for beginners or continuing yoga students. Includes warm-ups, asanas, or poses, breath work and guided relaxation. Combines still poses with flowing (or dynamic) poses. Fridays 10:45-11:45 am, Exercise Studio.

Yoga Flow - An expression of Yoga, Tai Chi, Pilates workout that builds flexibility, strength and leaves you feeling centered and calm. Must be able to get up and down from the floor unassisted in order to fully participate. Mondays, 12-1 pm, Exercise Studio.

Special Cardio Pool Series Hybrid - Friday mornings, 7:30-8 am throughout September. Taught by Michelle Marino. Moderate to intense interval training drills in the pool, guaranteed to give you a great cardio workout! *Please note this is not a beginner level class. Open to staff and residents.

Functional Balance Classes Four-week series - Monday afternoons September 28-October 19, 2:45-3:30 pm. Cost for series is \$12 to be billed to your CM account. Sign up in the Wellness Book today! Please note this class is not designed for participants with walking assistance devices such as walkers, canes and wheelchairs. We will be utilizing the "The Otago Exercise Program (OEP)" that was designed by the Falls Prevention Research Group at the University of Otago Medical School in New Zealand. The OEP is

a series of progressive leg-strengthening and balance-retraining exercises.

Fall Into Fitness: On-campus walking group - Walks, Thursday afternoons, 3 pm, September 10-November 12. Please meet promptly in the Club Center lobby. If you attend six out of the 10 walks, you will earn a MeadowLiving travel mug and sweet treats! All levels of walkers are invited for on-campus walks ranging up to two miles. For more information, please call Michelle at (919) 370-7114. Cancelled in inclement weather.

Off-Campus walks - scheduled for Fridays, September 11th and 18th. Check Wellness sign-up book for locations and to register. Bus will load at 9 am and lunch will be on your own following the walk at a location TBA.

Tai Chi resumes September 9. Learn a traditional set of Chinese Qigong (qi=energy;gong=exercise). Excellent for stress relief, balance, stretching, toning and overall well-being. Taught by Dr. Jay Dunbar, Wednesday afternoons 2:45-3:30 pm, Exercise Studio.

Cardio Light resumes September 19. This is a low impact mix of aerobic and dance moves with music, concluding with 10-15 minutes of stretching that promises to boost mood, burn fat, build stronger bones and improve stamina and heart and brain health. Saturdays 1:30-2:15 pm, Exercise Studio.

Upcoming Blood Drive - Wednesday, September 30 from 1-4 pm. Contact Michelle Marino to register.

Our 14th Annual Wellness Fair, "Discover the Seven Pearls of Wellness" will be held Wednesday, October 7, 9:30 am-noon in the Auditorium. Save the date.

- Michelle Marino

Films for September 2015 Shows start at 7:15 pm in the Auditorium

Besides free popcorn, starting in September we are offering another incentive: Those who wish to talk about the movie they have just seen are invited to 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, or does not have subtitles, or if it has been shown recently, we will not show it.

September 5 *To Kill a Mockingbird* (1962)

130 minutes – Not Rated

Southern comforts abound in this big-screen adaptation of Harper

Lee's novel as lawyer Atticus Finch (Gregory Peck, in an Oscar-winning role) defends an innocent black man (Brock Peters) against rape charges but ends up in a maelstrom of hate and prejudice. Meanwhile, with help from a friend (John Megna), Finch's children, Jem (Phillip Alford) and Scout (Mary Badham), set their sights on making contact with a reclusive neighbor (Robert Duvall).

Film chosen by Jim Johnson

September 12 *Mandela: Long Walk to Freedom* (2013)

139 minutes – Rated PG-13

Golden Globe-winner Idris Elba stars as Nelson Mandela in this in-depth biopic that portrays the groundbreaking South African leader from his rural childhood through his long imprisonment to his election as the country's first

black president.

Film chosen by Anonymous

September 19 *Big Night* (1996)

109 minutes – Rated R

Despite its superb cuisine, an Italian restaurant run by immigrant brothers verges on bankruptcy. But the siblings risk it all to save their bistro when they get the chance to cook up a feast for bandleader Louis Prima.

Film chosen by Sally Walker

September 26 *The King's Speech* (2010)

119 minutes – Rated PG-13

In this biographical drama that garnered multiple Academy Awards, Britain's King George VI struggles with an embarrassing stutter until he seeks help from unorthodox Australian speech therapist Lionel Logue.

Film chosen by JoAnne Roberts,

SEPTEMBER ACTIVITIES

Sign up in the sign-up book

Lunch Bus!

Pittsboro Roadhouse

Wednesday, September 16

Cost: \$8 per person + lunch on your own

Deadline: Friday, September 11

North Carolina Farmer's Market for shopping and brunch/lunch

Tuesday, September 22

Cost: \$15 per person + lunch on your own

Deadline: Thursday, Sept. 17

Join Kris and Jody for a trip to the NC Farmer's Market. While there, pick up some fresh fruits and vegetables and enjoy brunch or lunch in the Farmer's Market Restaurant or Seafood Restaurant!

Chamber Orchestra of the Triangle

Sunday, October 11

Cost: \$36 per person

Deadline: Friday, October 2

Other Events

Wii Bowling

Wednesdays at 1 pm

Rec Room (Club Center Lower Level)

Carté Mobile Clothing Boutique

Tuesday, September 8

11 am-3 pm Auditorium

Tuesday at the Movies

2 pm Lecture Hall

Tuesday, September 8

Murphy's Romance

1985 – Rated PG – 107 minutes -

Comedy

Starring Sally Field and James Garner

Emma is a divorced woman with a teen-aged boy who moves into a small town and tries to make a go of a horse ranch. Murphy is the town druggist who steers business

her way. Things are going along predictably until her ex-husband shows up, needing a place to stay. The three of them form an intricate circle, Emma's son liking Murphy, but desperately wanting his father back.

The Heirs of Song

2:00 pm Auditorium

Sunday, September 27

A VALENTINE IN SEPTEMBER?

Absolutely! 'The Heirs of Song' (3 singers, 5 instruments) are bringing you "LOVE SONGS ANCIENT AND NEW", the sweetest and oldest love songs we can find to sweeten up your Sunday afternoon. Everything from "Greensleeves" and Stephen Foster, to jazz classics and Rock and Roll faves. Many of these songs will spark some of your loving memories as well. Join us for a listen or sing along to them all!

(Continued on p. 19, "Activities")

A Golf Course Makes CM Unique

There are 57 CCRCs in North Carolina but only one has a 9-hole golf course. Golfer or not, many come to Carolina Meadows because of it.

Non-golfing residents are free to walk the course with no fear of flying golf balls. Pedestrians have the right-of-way 100 per cent of the time. Colorful flowers and tree-lined fairways create the idyllic setting for all to enjoy.

Though most CM golfers have played before, this par 3-course is perfect for newcomers as well as aging golfers who want to play in a less challenging environment. The course is not crowded. There are no green fees, no tee times and no pressure to play quickly. Best of all, CM golfers are good-natured and very tolerant of errant shots – even their own.

So far this season two resident golfers, Fred Bowman and Jackie Heywood, have distinguished themselves by making a hole in one. Other current residents who have achieved this goal are Alice Lash, Ginnie Jobe, Marion Peterson, Helen Wilson, Terry Delanty, Paul Richardson, Shirley Baerman and Sam Ligon.

Fall is on the way. Come on out and have some fun.

- Mary Jo Doherty



Fred Bowman (above) and Jackie Heywood (below).



The Pub bar is now open for business! Photo by Raymond Pulley

(Cont. from p.18, "Activities")

Jewelry Design and Repair

1-4 pm Art Studio

Monday, September 14

Tuesday, September 29

If you would like to learn how to design your own jewelry, or need jewelry repaired, Eva Mogensen would be happy to help! Classes run \$5-\$20 a person per session (payable to Eva).

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

Alterations by Zar Zar (by appointment only)

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.

T-Coil Camp

Friday, September 18 2-4 pm Auditorium

Join Stephanie Sjoblad from UNC Hearing and Communication for a brief presentation to educate about hearing/t-coil use, followed by stations with her audiology team to assess if you have the T-coil in your hearing aid or not. Having a T-coil in your hearing aid can be very beneficial at CM, as we have the LOOP system in our Auditorium, Lecture Hall, Board Room and Gallery to help with sound. The LOOP System allows you to hear everything that is spoken into the microphones, or comes out of the speakers, as it goes directly into your hearing aid via the T-Coil. Learn more about how to maximize your hearing experience and enhance your participation and life at CM.

September 2015 Calendar

| DAY | DATE | TIME | EVENT | LOC | PAGE |
|------------------------------|------|----------------|--|-------------|------|
| Wed. | 2 | 2-3:30 pm | <i>MeadowLife</i> for Movers and Shakers | BR | 8 |
| Fri. | 4 | 10:30 AM | World Affairs: Ian Bremmer, "Superpower: Three Choices...." | AUD | 7 |
| Sat. | 5 | 7:15 PM | Film: <i>To Kill a Mockingbird</i> | AUD | 18 |
| Mon. | 7 | 9:30-11:30 AM | Sports & Games Day, Campuswide | | 5 |
| Tues. | 8 | 11:45 AM | *Women's Luncheon Group: Jill McCorkle | PD | 8 |
| | | 4-5 PM | Meditation and Relaxatino: 4 week series | ES | 15 |
| Wed. | 9 | 10:30-11:30 AM | In The News: weekly | LH | 8 |
| | | 2:00 PM | Philosophy Group: What is Tolerance? | LH | 12 |
| Thurs. | 10 | 9:30-11 AM | <i>MeadowLife</i> for Movers and Shakers | BR | 8 |
| | | 10:30-Noon | Financing the Solarizing of O&M: Hank Rodenburg | LH | 9 |
| Fri. | 11 | 10:30 AM | World Affairs: Tim Smith and Julian Rawl, "Chatham Park" | AUD | 7 |
| | | 7:15 PM | Film: <i>Mandela: Long Walk to Freedom</i> | AUD | 18 |
| Mon. | 14 | 2-3:30 PM | <i>MeadowLife</i> for the Uninitiated and the Curious | LH | 8 |
| | | 3-4:30 PM | First MeadowSingers Practice | AUD | 3 |
| Tues. | 15 | 3:00 PM | Thoughtful People: Ann Powers, "Reaching Out" | FG | 6 |
| Wed. | 16 | 8:30 AM | *Men's Breakfast: Sheriff Richard Webster of Chatham County | PD | 8 |
| | | 1:30 PM | Book Group: <i>Road to Character</i> by David Brooks | BR | 12 |
| | | 7:30 PM | Music at the Meadows: Decatur Street Beat-Dixieland | AUD | 5 |
| Thur. | 17 | 9:30-11 AM | <i>MeadowLife</i> for the Uninitiated and the Curious | LH | 8 |
| | | 2:00 PM | Medical Update: Of Sight and Mind | LH | 15 |
| Fri. | 18 | 10:30 AM | World Affairs: Raymond Pulley, "Foreign Policy and Politics: ISIS" | AUD | 7 |
| Sat. | 19 | 7:15 PM | Film: <i>Big Night</i> | AUD | 18 |
| Sun. | 20 | 2:00 PM | Music at the Meadows: Aurora Musicalis Concert | AUD | 5 |
| Mon. | 21 | 3:15-4:15 PM | *Bereavement Group: 8 sessions | Pines Study | 15 |
| | | 5:30-Closing | Couture Night with Lucie Johnson's Collection | CCL | 4 |
| Wed. | 23 | Noon | *90th Birthday Luncheon | PD | 12 |
| | | 1-3 PM | Fall Prevention: "Let's Go Steady Again" | AUD | 15 |
| | | 2:00 PM | Philosophy Group: Knowledge and Uncertainty | LH | 12 |
| Thur. | 24 | 10:00 AM | Unity Group: <i>Honor Diaries</i> | LH | 7 |
| | | 1-3 PM | Edible Landscaping for Everyone: Keith Shaljian | LH | 9 |
| Fri. | 25 | 10:30 AM | World Affairs: Edwin Speas, "Reapportionment and Redistricting" | AUD | 7 |
| Sat. | 26 | 10AM-Noon | CM: <i>Emigration, NY - The Story of an Expulsion</i> | LH | 6 |
| | | 7:15 PM | Film: <i>The King's Speech</i> | AUD | 18 |
| Mon. | 28 | 1-2:30 PM | CMU: Raymond Dawson, "The Nuclear Arms Race:Then and Now" | LH | 6 |
| Tues. | 29 | 2:00 PM | Forum: "On Care for Our Common Home" | BR | 7 |
| October 2015 Calendar | | | | | |
| Thur. | 1 | 10:30 AM-Noon | Brain Health-also on 10/8 and 10/15 | LH | 16 |
| Sat. | 3 | 1-5 PM | Art Guild Gallery Change | BR | 9 |

***Requires Prior sign up.**

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: Roard Room
 CYD: Courtyard
 FG: Fairways Gallery
 PS: Pines Study

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