



## Exploring Chatham County

*The Community Outreach Volunteers Committee (COVC) wants you to learn more about our county. We asked Neha Shah, Chatham County's Director of Travel and Tourism for the Pittsboro-Siler City Convention and Visitors Bureau, to share information and tips about all that the county has to offer.*

"What is there to see in Chatham County? I like the question. I get to list the features that make our area worth a visit. We're fortunate, too, that we do not have just one claim to fame, but many." Our locale is a gold mine for nature lovers, photographers, just about everyone. Outdoor lovers can participate in birding, sailing, hot air ballooning, cycling, picnicking, hiking and paddling. Events take place year-round to celebrate local food, craft beer, wine, art, music and history. Check our calendar frequently or email us: [info@VisitPittsboro.com](mailto:info@VisitPittsboro.com).

Two downtowns, Pittsboro and Siler City, are filled with shops, cafés and galleries. Both cater to visitors wanting to browse, buy, have coffee, eat and explore. Six challenging golf courses, spas, small farms and gardens are also part of our 707 square mile county. Overnighters can select from a five-star, five-diamond hotel, hotels with pools, charming cottages, historic homes, working farms or one of our seven bed-and-breakfast inns.

If food is your goal, there is barbecue, local food with a Greek twist, southern-inspired small plates, local bison burgers, pastries and breads with local honey, craft beers, wine or specialty non-alcoholic beverages.

### Explore Chatham County West

Take a drive to Siler City. The historic downtown district and some WPA buildings are listed on the National Register of Historic Places. Take a walk to explore shops and galleries. Enjoy lunch at Succotashed, Siler City's first farm-to-fork eatery. If you visit on a Saturday, there is brunch and the Siler City farmers' market. (Pittsboro markets are Tuesday, Thursday and Saturday. Chapel Hill/North Chatham offers LoMo Market in Governors Village.)

Other options for Siler City include a trip to Celebrity Dairy (reservations required) to milk goats or see the goats at milking times (6am, 6pm) or schedule a lunch (the food is reportedly very good) and tour. Take the drive from Siler City to Bear Creek to visit Berta Scott's Southern Supreme. Nutty fruitcake is the signature item but chocolates, jams, jellies, cookies, cakes, relish, peanuts, brittle and pickles are available. Wrap up the day with a visit to Horizon Cellars Winery in a beautiful setting with award-winning N.C. wines before dinner at Chatham Italian Kitchen.



### Just Down the Road

Or...if you wish to remain closer to home, Jordan Lake is ideal for a picnic or better yet, schedule a boat tour (some include lunch). Head on south to Pittsboro's shops and the new courthouse. Then treat yourselves to dinner at one of Pittsboro's fine eateries. (See Dorothy Mahan's review of four favorites.)

When planning an excursion, check out <http://visitpittsboro.com>. You will find links to maps, brochures, monthly events and more. You can also email me with specific questions at [neha@visitpittsboro.com](mailto:neha@visitpittsboro.com). Think about making this summer a time to really get to know the Chatham County where you live.

- Neha Shah



## President's Message

June marks the beginning of a new term for the Residents Association's 23 committees. A few will welcome new chairs and all will welcome some new members. These committees perform invaluable services for our community, their chairs and members often working in semi-obscurity without recognition for their hard work.

I'd like to take this opportunity to extend to these committees and their chairs well-deserved thanks for their efforts throughout the past year. Four chairs will be retiring: Dick Leach, leader of the Meadows Assistance Program (MAP); Hal Myers, co-chair of the Recycling and Conservation Committee; Betty Lindsay, chair of the Remembrance Committee; and Phyllis Sickmond, chair of the Welcoming Committee. We wish them well as they take a break or move on to other challenges in service of our community.

Welcome and best wishes to those new chairs who will be picking up the torch from their predecessors: Barbara Walburn (Remembrance Committee), Annette Kahn (Welcoming Committee) and Ernie and Eunice Kraybill (MAP).

Finally, an expression of appreciation is due to those chairs who are continuing for a second (or third, fourth, etc. in a few hard-to-fill slots) term: George Evans (Budget & Finance); Bob Rich and John Modisett (co-chairs of Building, Grounds & Safety); Bill Delanty (Bylaws); Sue Anderson (Candidates Forum); Marie Lauria (Community Outreach Volunteers); Barbara Hardin (Dining Services Committee); Peter Baer (Gift Shop); Mary Joy Keane

(Health & Wellness); Don Hamm (Health Center Auxiliary); Ann Kline (History & Archives); June Clendenin, (Library); Mary Jo Doherty (*The Meadowlark*); Donna Maroni and Judith Pulley (MeadowLife); John Gabor (Music @ Meadows); Bill Powers (Public Relations); Gordon Light (Recycling & Conservation); Sallie Comey (Gift & Remembrance); Bob Kent (Residents Business Center); Barbara Rich (Residents Directory); and Judy Tilson (Special Events).

The contributions of some of these committees are quite visible – for example, the musical events sponsored by Music @ Meadows, the tempting items and pleasant sales assistants at the Gift Shop, the wonderful array of books and DVDs at the Library, the monthly *Meadowlark*, our fun-filled Special Events, the constantly-in-demand Residents Directory, and the services of the Residents Business Center – to name just a few. But do we really understand what goes on behind the scenes to bring these events and services to us?

Then there are those committees whose work is less visible – for example, Budget & Finance, Buildings, Grounds & Safety, Community Outreach Volunteers, Public Relations, Gift & Remembrance – again, to name just a few.

To better acquaint us with the work of all of these committees, *The Meadowlark* will begin in September a monthly feature on the responsibilities and activities of one of our committees. We hope this feature will raise awareness of the important role of these committees in our self-governance and the life of our community and inspire residents to seek a place on one or more of them in future years.

**THE MEADOWLARK**  
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**of Carolina Meadows,**  
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—  
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## September Issue Deadline

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

## Carolina Meadows Census As of April 30, 2014

Number of Residents	Occupancy Level
<b>Independent Living:</b>	
603	93%
<b>The Fairways:</b>	
65	81%
<b>The Pines*:</b>	
57	74%*
<b>Total:</b>	
725	89%

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

# You've Got (Junk) Mail!

By Bill Powers

It's wonderful how many people write to me and let me send them money. Some are so thoughtful that they include a postage stamp. Since I don't write many letters any more, I never can find a stamp and have no idea how much one costs anyway. Yes, I know that they're "forever," but at my age I'm not stocking up on stamps.

One recent appeal included a nickel. You could see it through the glassine envelope. I guess they figured that I'd open the envelope to retrieve the nickel since you're not supposed to put it in the recycle bin. I did open the envelope but soon lost the nickel; what good is it anyway? When I offered my grandson a quarter recently, he just looked at it and laughed. When I was his age I could go to the movies with that and have enough left over for a candy bar.

But I digress. Above my name and address, one envelope had the words "Handle with care. 2014 Membership Card." Through a window on the right side of the envelope I could see the picture of two politicians. They will go unnamed, but one has an African-sounding name and the other is a woman from California with an Italian name. Beneath the picture were my name and a long number. Then I realized that it was the afore-mentioned membership card. I was ordered: "Detach this card and carry it with pride." Years ago, I should say decades ago, I scrupulously carried my draft card at all times, fearful that at some unexpected moment FBI agents would appear out of the mist and order me to produce it.

Was it safe now to throw away my membership card with a picture of the president on it? I decided to take the chance.

Actually, my mail tells me that I'm a member of many organizations, from the local TV station to Save the Dolphins, Inc. I don't remember joining the Dolphin savers, but there it is: "Membership Renewal Enclosed." Stamped next to that message are the words "Last Chance to Renew." My name is underlined in bright yellow. From the upper left hand corner a dolphin looks at me, his eyes pleading. Hard to resist, but I've developed a thick skin and can stand there by the mailboxes casually tossing such appeals into the overflowing plastic recycling bin with nary a qualm.

But wait! I turned the envelope over and saw that I could get a FREE Thank-You gift for my contribution. (How is that 'free,' I asked myself?) My choices were: a zippered cooler bag with water bottle, a reusable to-go cup or a zippered bag with pouch. All were "Limited Edition." I couldn't resist and tore open the envelope. There was that dolphin again, almost swimming off the page toward me. A box labeled "YES" was already checked. All I had to do was enter the amount I would send to renew my "membership" and get my "free" gift. The choices began with \$1,000 and worked their way progressively down to what seemed like a miserly \$15.

Now, I'm sure this is a worthy cause. That dolphin looks oh so sincere. But I didn't renew my membership. I was overwhelmed with animals reaching into my wallet: there are baby whales,



monkeys, cats, dogs, and horses. The world was full of animals begging for assistance.

Religious groups, having gotten wind of the fact that I'm a churchgoer, deluge my mailbox with heartbreaking appeals. To lure me to the cause, there might be a medal of St. Philomena in the envelope instead of a nickel, or a picture of an angel or of an emaciated Third World child rather than address labels. Frankly, I've been known to pull out the checkbook. The voice of Sister James Marie, my seventh grade teacher in parochial school, echoes in my conscience across the years: "William, God is never outdone in generosity." Sister was right. Sister was always right. I don't know if God can take the credit, but I have been blessed in life.

By the way, some years after I left school, the sisters returned to their given names. Sister James Marie became Sister Susan Breen. That doesn't sound as mysterious or holy as James Marie, but the old lady, no longer dressed in a flowing habit, remains dear to me and to my memories. When I sent a check for the support of the retired sisters of the community, Sister Susan wrote me a personal thank you note. Such beautiful penmanship, and there was a picture included with her note. It was of LeBron James, her favorite basketball player.

## CM Board Profile: Robin McDuffie

Any non-profit organization, like Carolina Meadows, is only as effective as its governing board's finance committee and managing staff. Certainly, good strategic planning, program management and marketing activities are essential, but unless the organization is financially sound, things can go south.

So it is that the Carolina Meadows Board includes members who bring financial management skills to the table and provide an important source of external advice on financial policy and business affairs. CPA Robin McDuffie, a shareholder of Blackman and Sloop, CPAs, P.A. has filled this role for Carolina Meadows since 2008.

With more than thirty years of experience working with individuals, businesses and non-profits, she provides strength to our business and finance staff and the overall Board. Robin's major interests are audit, review and com-



pilation of financial statements with a strong emphasis in the not-for-profit sector. She is a UNC Chapel Hill grad in Business Administration and a member of the American Institute of Certified Public Accountants and the NC Association of Certified Public Accountants.

Robin is an active volunteer in her community. She serves as the Chair of the Professional Women in Building Council of the Home Builders Association of Durham, Orange and Chatham Counties. As a part of that Council she works to raise scholarship funds for area high school students entering higher education. In addition, she enjoys volunteering with Habitat for Humanity on building sites. She is currently treasurer on the Board of Directors of First in Families of North Carolina, an organization providing family support to people with developmental disabilities and traumatic brain injuries.

She reports, "I enjoy being a part of the Board of this growing and ever changing organization. It has given me the opportunity to work with and learn from the fascinating people who live here."

- Don Stedman

## Employee Profile: Kris Snyder

Kris Snyder, our Activities Director, is a busy woman. Almost no function involving either social or intellectual activity for residents takes place at CM without her help. The calendar of events for folks in villas, the Fairways, Pines or the Green is posted on her office wall and a look at it makes you wonder if there are enough hours in the day for either her or us to do half of it.

Kris supervises 11 people who work either full or halftime in all the living spaces at CM. Everything from music to projects that stimulate folks in the Pines, to pic-



Photo by Joe Mengel

nic, trips to Jordan Lake or organized social activities for the more mobile of us start from her desk. Recent trips have included the Duke Gardens for folks in the Green, an ice cream outing for the Pines and a picnic to Jordan Lake for Fairways residents.

Born near Rochester, NY, she majored in human services in col-

lege. After working in the book business (she supervised the opening of Barnes and Noble at the New Hope Commons Mall) for a few years, she came to CM 14 years ago.

In her spare time, Kris is practicing her stand-up comedy routine and is taking improv acting classes. No, no, she is not planning to leave us for the "bright lights." It's just a hobby.

Kris lives in Chapel Hill, is married and is the proud "parent" of Rico, her miniature Dachshund.

She thoroughly enjoys working with all of us and her overriding goal is to improve our quality of life. We are lucky to have her.

- Paul Richardson

## Behind the Wall

By John Haynes

Before outlining the activities hidden behind the temporary Dining Room wall, it's worth taking stock of the amazing activity happening in plain view. Dining Services, recognized by the Resident's Council for outstanding performance during the transition, has served as many meals this year - in half the space - as they did last year in the whole Dining Room. In fact, said Mark Maxwell, "...in April, we served about 250 more meals than last year."

Creative use of the Auditorium allowed outstanding meals from Dining Services for Easter and Mother's Day; their use of the Café for extra seating for the Memorial Day picnic and 20-30 daily dinner deliveries are examples of the miracle in plain view.

Returning to the behind-the-wall scene, we find Jack Coleman and his Weaver Cooke crew continuing to grind out solutions to unexpected construction issues. After slicing trenches in the concrete for the new kitchen plumbing, they discovered some of the kitchen equipment and sinks weren't on the plumbing plans so

more cutting was needed. After looking at the slab with Kevin and Rick, they made a decision to remove the entire floor. That racket in the upstairs meeting rooms wasn't a woodpecker on steroids. It was jackhammers. The new kitchen will start with a fresh new slab. All of this work has been completed and they are moving full speed ahead with the plumbing.



**Laying pipe under the new floor.**  
*Photo courtesy of Jack Coleman.*

After pushing in the Library walls just enough to tie in support columns for the new building, they found the existing columns were not as shown on the building plans. So, to their chagrin and that

of the Library staff, they had to move the walls in further. The Library walls will be moved back out somewhat, but not as far as all would like.

Then there was the coffee machine issue. Working nights, subcontractor Johnson Electric relocated some more electrical panels, finishing just in time for the morning. All was fine except the coffee machine needed a different breaker. The discovery was made after Jack and Greg had left for the weekend. Phil Binkley and A. J. Locklear from CM Maintenance smoothly stepped in to fix the problem so we residents could have our weekend caffeine fixes.

All that prep work has set the stage for the exciting and visible work of an overhead crane setting the steel skeleton for the addition on new footings. This summer the skeleton will be fleshed out with new exterior walls and interior furnishings. Phase 1 of the renovation is scheduled for completion by the time the September *Meadowlark* is published. Following that, we and Weaver Cooke will switch sides of the wall and we will occupy half the new dining facilities.

### North Carolina Sustainable Energy Association June 13 at 2 pm in the Lecture Hall

Please join with us to hear a NC Sustainable Energy Association representative discuss sustainable energy. Carolina Meadows Recycling and Conservation Committee will sponsor the event.

Have you been wondering what sustainable energy is? Is it really practical and cost-effective? Do you have questions you would like answered by knowledgeable professionals? Then you definitely want to attend this presentation. You'll learn about the state of clean energy in North Carolina in 2014, the promotion of renewable energy through NC public policy and the attack on clean energy in our state.

- Gordon Light

#### New Members Wanted for Recycling and Conservation Committee

The R & C Committee is recruiting a few new members with HVAC and/or electrical construction experience. If you have that experience, please call Gordon Light at 919-929-6713.

## Consuming Passions: Eating Out in Pittsboro

By Dorothy Mahan

Pittsboro's prime dining spots are the Granary in Fearington Village and Oakleaf down the road. **The Granary** with its perennially happy buzz is filled for lunch and dinner, so it's noisy. Jean Harned and I had lunch there and awaited her favorite oyster salad. The generously plated oysters arrived, succulent and tender in a light crisp batter. My mussels, served with the Granary's Parmesan French fries, are the best in the area. The breads come fresh from the celebrated Fearington Inn and the menus at lunch and dinner feature both small and large plates. Grade "A" for ambience and quality food that's reliable and reasonable.

The upscale **Oakleaf** restaurant is consistent in its inconsistency. A soup one day is delicious, while the gnocchi disappoints with its thimbleful of spinach and mushroom. Nevertheless, Jean and I took dinner there in hopes of being happily surprised, and we were. Except for the bland buttermilk dressing on the salads, Jean's pan-roasted monkfish with hazelnut-asparagus purée and my duck with a rhubarb-pomegranate juice reduction were successful. For lunch and brunch Oakleaf has the best hamburgers and the most leaden biscuits in town.

Jerry and Barbara Berke, Pittsboro homeowners and CM residents-in-waiting, often go to **Greek Kouzina** for a light lunch after the gym. Barbara comments, "It wasn't easy to turn a Nascar-themed steak house into a Mediterranean restaurant but the owner, Mohammed Matarieye, has succeeded." The Berkes like the casual ambience in the 107 seat

diner and the cool Mediterranean decor. Barbara notes the range of freshly made Greek cuisine.

"From chicken and lamb kebabs to Greek salad, gyros, pita sandwiches and desserts, almost everyone can find a satisfying platter."

The Italian restaurant **Bella Donna** was originally a Pizza Hut before its inviting transformation. The real Donna, a cheerful woman with long grey hair, works the tables, recounting those changes and explaining the process of making their house-made pasta. The pleasantries ended there when our chicken orders arrived burnt on the bottom and in hum-drum toppings while Jerry's lasagna, filled only with cheese, held a mere speck of meat in its sauce. Such a nice lady, such a woeful supper.

The allure of foodstuffs from sources other than Harris Teeter has become restaurant "come-ons." "Farm to table," "locally sourced," and a list of friendly farmers suggest that quality and skill have gone into your order. **Angelina's Kitchen**, a modest venue with limited seating, appeals to our higher expectations with that very advertising. The results are mixed. Barbara's paprika lemon chicken over lentils didn't fulfill its promise. Jerry's beef brisket over brown rice needed more gravy. My classic Greek avgolemono (egg-lemon soup) and Greek salad with a piquant dressing were admired all around as were the flaky, tender spinach spanakopitas.

To placate any dining disappointments, there's the **S&T Soda Shoppe** in the center of town for your indulgence. Don't even try to resist. (More on that later.)

## See an Old "Old Glory" on the Fourth



John and Lou Ann Geis, new residents at 371 Elmwood, have an unusual American flag that they hope residents will be able to see on the Fourth of July. The flag is very large, approximately 7 x 12 feet, and contains just 45 stars.

The flag was given to John by his father who received it from his father. Otherwise, John does not know the flag's history. However he notes that Utah, the 45th state, was admitted into the Union on January 4, 1896 and Oklahoma, the 46th state, was admitted November 16, 1907. Thus it is at least 107 years old and maybe 114.

John believes the flag is made of linen but thinks the stars are cotton. He and Lou Ann keep it folded and hung on an oversized hanger and stored in a garment bag. Laundries cringe when the Geises bring it in for cleaning. In fact, they do it free!

John and Lou Ann have been displaying their flag on the Fourth of July and sometimes Memorial and Labor Days since 1962 at six homes before moving to Carolina Meadows. Drive by 371 Elmwood to view this treasure.

### ICE CREAM SOCIALS!!

- Wednesday, June 25 with The Bloomsbury Boys!!
- Thursday, July 24
- Thursday, August 21  
2-3:30 pm. Auditorium

## World Affairs

World Affairs meets on Fridays at 10:30 am in the Lecture Hall unless otherwise noted. The programs for June are:

**June 6:** Dr. Joseph Caddell, "D-Day." June 6 is the 70th anniversary of D-Day. Our speaker, military historian Joe Caddell, is a retired Lieutenant Colonel of the U.S. Air Force Reserve. He spent over 22 years teaching courses in the Department of Defense and as an adjunct faculty member at the Air War College. He completed his Ph.D. in military history at Duke University and teaches courses at both UNC-CH and NCSU. **In the Auditorium.**

**June 13:** Bruce Ladd, "The White House, Lobbying and Sex." A relative newcomer to CM, Bruce started out as a journalist in Chicago, becoming the first suburban journalist to be awarded the Congressional Fellowship in Washington,

D.C. In 1965 he became the U.S. House legislative director for then-Congressman Donald Rumsfeld. In 1969 he went to work in the Nixon White House and then assumed the position of deputy assistant secretary at the U.S. State Department. He later became a partner in a public policy consulting firm and then vice president of government affairs for Motorola, Inc.

**June 20:** Judith Pulley, "Peering into Vladimir Putin's Soul."

**June 27:** Ari Shavit discusses his book *My Promised Land: The Triumph and Tragedy of Israel*. This talk was sponsored by the Institute for Israel Studies at the University of Maryland and made available to interested viewers through YouTube. The *New York Times* reviewer of this book called it one of the "least tendentious books about Israel I have ever read. It is a Zionist book unblinkered by Zionism. It is about the entirety of the Israeli experience."

- Judith Pulley

## Summer Music at the Meadows

### June 30 at 11 AM

82nd All American Airborne Chorus...songs of the services and patriotic music for the 4th of July

### July 20 at 2 PM

Danny Gotham - easy summer listening with a top-notch guitarist/banjoist

### August 17 at 2 PM

Anita Burroughs-Price and Ray Dooley. Anita is the guitarist for the NC Symphony; Ray acts and teaches acting at UNC. They have put together a program you won't want to miss.

We have been asked: what's the difference between musical programs presented by Activities vs. Music @ Meadows. The programs aren't competing, but complementary. On the whole Music @ Meadows programs involve professional musicians, whereas the performances sponsored by Activities feature more amateur talent. There is, however, some overlap. Whichever way you look at it, the benefit for CM residents is more enjoyment. So, please attend and enjoy both!

- John Gabor

## Democrats of Carolina Meadows Summer Programs

The Democrats of Carolina Meadows will continue to meet on the first Tuesday of each month during June, July and August. We will be showing some excellent films on important issues, including *Move to Amend* (June 3), on action to reverse the impact of Citizens United, and a film on fracking. We will also share information about the fall election plans as information becomes available.

If you are in town, please join us for first Tuesday meetings on June 3, July 1 and August 5 at 4 pm in the Lecture Hall. Have a great summer! - Gayle Reudi

## Fairways Programs

### Music Appreciation

#### Fairways Gallery, 11 am

June 6 - Elgar Cello Concerto

June 13 - Schumann Symphony No. 4

June 20 - Grieg Piano Concerto

June 27 - Mahler Symphony No. 5

***Sense and Sensibility*** by Jane Austen - Discussion led by UNC Graduate Student in the English Department

Monday, June 2 at 3 pm in the Gallery (PowerPoint Presentation)

**Current Affairs**, Arvin Kramish  
Thursday, June 5 at 3:30 pm in the Fairways Living Room

## Art Guild

The next Art Guild Gallery change of resident's artwork in the Club Center will be Saturday, June 7. We welcome anyone who wants to exhibit her/his work - no matter when it was done. Because of limited space, please submit no more than two pieces of your work. Bring your contributions to the Board Room between 1 and 5 pm on June 7. Call me, Betty Kent, at 919-932-7162 if the time or date is not good for you. - Betty Kent

## Gift Shop Thoughts

During the April RA Meeting, Michelle Marino and Kris Snyder demonstrated new tricycles that I hope all of you are anxious to test drive. With the cooperation of the CM Gift Shop those trikes were adorned with Carolina Meadows license plates. These were designed to make it easier to pedal those bulky trikes. It is my suspicion, but don't hold me to it, that you could possibly improve your gas mileage if you mounted a **Carolina Meadows license plate** on the front of your car. We have a large inventory of these plates and in June we'll sell them for 50% off. I really want to improve your gas mileage while raising my bottom line. But come to think of it, the plates might only improve your gas mileage in reverse gear. Try it

out and let me know what happened.

It's June. Thoughts of mountain breezes, relaxing on the Outer Banks or airing out vacation homes in Maine may well take precedence over shopping. So I am tempting you with some highly useful **tools and gadgets** to improve your lives, both at Carolina Meadows as well as on vacation. We now carry really high-powered 16 LED flashlights, the best ever. Also there are a number of interesting **key chain items**: a folding tool kit like a miniature Swiss Army knife, a small, but powerful 3 LED mini flashlight to help you read a black ink on brown paper menu in a dimly lit restaurant. For those who are into gardening, I have a phenomenal **Folding Multi Gardening Tool**. You must come in and inspect it.

You'll love it at first sight.

Also, for \$9.00 you can get an **"Erase-a-Scratch"** to spruce up your beloved car. This repair tool allows you to wipe out any scratch on the surface of your car, making it disappear – the scratch, not the car. It will not, however, straighten out your fender.

I cannot tell you how happy I am with the **gorgeous and breezy scarves** that are on display, just waiting to find a good home. The **purses** are not too shabby either and, finally, please **buy a copy of VOICES to read on the beach or on a breezy porch somewhere**.

Let's also make a bargain: I promise to spare you silly Gift Shop Thoughts in July and August if you promise to come in and shop til you drop. Unfortunately you'll hear from me again in September.

- Peter Baer, Mgr., Gift Shop

## Community Gardens are Flourishing



Warm weather and abundant rain (with some help from the conveniently located water stations) have resulted in lush growth of early vegetables and a healthy start for hot weather plants such as tomatoes, eggplants and peppers. Gardeners are harvesting lettuce, radishes, and broccoli; carrots, beets, peas and beans are well on their

way. All 72 plots have been assigned; several residents are sharing plots.

**Identification of plots:** It will soon be possible to learn who is gardening in plots near your own without consulting the directories that are posted in the garden shed and in the Club Center. John Leasure has offered to make small labels with plot holders' names and attach them at the end of each plot. To see what these will look like, walk by John's plot # 3, which is already identified with his name. We will place in each plot holder's mailbox a slip describing this, with an "opt out" provision for those who don't wish to have their plots identified. The labels will be applied in batches throughout the summer as John makes them.

**Be a good neighbor:** If you

plan to be out of town, please consider asking a friend to tend your plot and harvest the vegetables. If you are unable to tend your plot due to an unexpected change in your health or circumstances, please notify one of the coordinators so that other arrangements can be made. If you have excess produce, share with neighbors rather than allowing it to go to waste. Gardeners are reminded to keep the paths free of cages, stakes and overhanging objects. Plots must be kept free of weeds to avoid their spreading to adjacent plots. It is each plot holder's responsibility to keep the paths around his/her plot free of weeds.

**Hand rails:** Thanks to the Maintenance Department for making and installing hand rails at the entrances to the gardens.

- Ernie Kraybill and Margy King, Coordinators

# Library News

For Thomas Hardy "War makes rattling good history, but Peace is poor reading." World War I began 100 years ago; Hardy would find "rattling good history" related to this war in the CM Library in *Catastrophe: 1914: Europe Goes to War* by Max Hastings; *The Assassination of the Archduke: Sarajevo 1914* by Greg King and Sue Woolmans; and *George, Nicholas and Wilhelm: Three Royal Cousins and the Road to World War I* by Miranda Carter.

Long associated with the history of that war is the German writer Erich Maria Remarque's work, *All Quiet on the Western Front*. Life in the trenches for the British soldier is vividly described in Chapter 8 of *The World of Downton Abbey*. And *Horses Don't Fly* tells of the exploits of Captain Frederick Libby, an American cowboy turned soldier who "downed twenty-four confirmed enemy aircraft as a gunner and pilot."

Time dulls the sharp edges of reality, which for today's young authors becomes inspiration and atmosphere. Recently published examples are two novels about the Germans who were interred in North Carolina during World War I: *A Short Time to Stay Here* by Terry Roberts and *The Cove* by Ron Rash. Four of Anne Perry's World War I novels are in the CM Library collection: *No Graves as Yet*, *Angels in the Gloom*, *Shoulder the Sky* and *At Some Disputed Barricade*. Our large-print collection includes Charles Todd's novels about the World War I nurse Bess Crawford.

The Library contains several other fiction and nonfiction books

related to WWI; these can be located by doing a 'World War I' SUBJECT search using the online card catalog.

Below are titles of some recent acquisitions. Those marked with an asterisk involve WWI. A complete list is in the blue notebook in the bookcase of new books and also on the MeadowLife website.

## Regular Print

### Fiction

*All I Have in This World* – Michael Parker  
*The Longest Ride* – Nicholas Sparks  
 \**Birdsong* – Sebastian Faulks  
 \**A Star for Mrs. Blake* – April Smith  
*Balancing Act* – Joanna Trollope  
*The Accident* – Chris Pavone  
*The Counterfeit Agent* – Alex Berenson  
*The Storied Life of A. J. Fikry* – Gabrielle Zevin  
*The Other Story* – Tatianna de Rosnay

### Mystery

*Stone Cold* – C. J. Box  
*The Chase* – Jane Evanovich  
*Cockroaches* – Jo Nesbø  
*The St. Zita Society* – Ruth Rendell  
*By Its Cover* – Donna Leon  
*I've Got You Under My Skin* – Mary Higgins Clark

### Nonfiction

*The Making of a Southern Democracy* – Tom Eamon  
*The Sixth Extinction* – Elizabeth Kolbert  
*Strangers at My Door* – Jonathan Wilson-Hartgrove  
*Let's Explore Diabetes with Owls* – David Sedaris  
*Cronkite's War* – Walter Cronkite  
*The Hotel on Place Vendome: Life, Death and Betrayal at the Hotel Ritz in Paris* – Tilar J. Mazzeo

### Biography

*Updike* - Adam Begley

## Large Print

### Fiction

*Tuesday's Child* – Fern Michaels  
*Power Play* – Danielle Steel  
*Transatlantic* – Colum McCann  
*The Target* – David Baldacci  
*The Orphan Master* – Jean Zimmerman  
*The Yellow Birds* – Kevin Powers

### Mystery

*The Chase* – Janet Evanovich  
*Killer* – Jonathan Kellerman  
*Private L.A.* – James Patterson and Mark Sullivan

### Biography

*The Immortal Life of Henrietta Lacks* – Rebecca Skloot

- Elizabeth Tate, with many thanks to Betsy Ahern for a very helpful bibliography of World War I books and to Martha Hutt, the scribe, who brings my typewritten manuscripts into the digital age for *The Meadowlark*.

## Breakfront Display for July and August

The display for July and August will be "Treasures from the Oceans." If you have unusual shells, coral, fish sculptures, etc. that fit this theme, call Dot O'Connell at 919-968-4799 or Pepita Huddleston at 919-933-9482.

- Pepita Huddleston, Chair

## Book Group: *The Light Between Oceans*

June 18 at 2 pm, Lecture Hall

*The Light Between Oceans* by M. L. Stedman is about the moral dilemmas of Tom, the lighthouse keeper, and his family. They live on Janus Island, 100 miles from the Australian small town of Partaguese and are visited only quarterly by a provision boat.

Tom, after several years of isolation on Janus Island recovering from active service in WW I, marries Isabel who is delighted with the island flora and fauna, but sinks into depression after two miscarriages and one stillbirth. One day she hears a baby's cry. She and Tom find a boat washed ashore with a dead man and a live baby.

The ensuing novel captures the inner reflections of the couple as they struggle with the dilemma of reporting the death and child to the authorities or seeing the child as a "gift from God." That decision is the nexus of the book.

Over the years the town becomes involved. In these sequences one experiences small town gossip, topics avoided and conflicts of conscience. A significant sentence summarizing this book is: "History is that which is agreed upon by mutual consent."

This debut novel is a fascinating and compelling read. The author's juxtaposition of characters' choices that often become impossible, as well as their reflections on their own and others' choices, make this a "can't put it down" read for the June 18 Carolina Meadows Book Club.

- Pat Merriman

## 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.

### *France Ha*

A story that follows a New York woman (who doesn't really have an apartment) apprenticing for a dance company (though she's not a dancer). She throws herself headlong into her dreams, even as their possibility dwindles.

### *Her*

A lonely writer develops an unlikely relationship with his newly purchased operating system that's designed to meet his every need.

### *August: Osage County*

A look at the lives of the strong-willed women of the Weston family as they return to the Oklahoma house they grew up in and to the dysfunctional woman who raised them.

### *Gloria*

A story set in Santiago and centered on Gloria, a free-spirited older woman, and the realities of her whirlwind relationship with a former naval officer whom she meets in the clubs.

### *Oh Brother, Where Art Thou?*

In the Deep South during the 1930's, three escaped convicts search for hidden treasure while a relentless lawman pursues them.

### *Life Aquatic*

An oceanographer and his estranged wife and crew embark on a wild expedition.

-The DVD Acquisition Committee

## The Writers' Group

The Writers' Group expects to meet most Tuesdays during the summer from 10 am until after 11 in the second floor conference room, Building Four. We are learning to write better. Each reads his or her recent work, the group then discusses the writing style and content of the item, offering suggestions for improvement. Our writings include poems, memoirs, essays, history, etc. We welcome visitors, whether or not they plan to join. We also welcome professional writers who may help us improve our skills.

- David Freeman

## Needed: Readers for *Voices 2015*

After taking a few deep breaths, the editors of *Voices 2014* are beginning to plan for next year's edition.

We need the help of residents interested in reading and critiquing articles that begin arriving in September and continue until the end of December. As an anonymous reader, you will offer observations and comments about manuscripts assigned to you. Depending on the number of submissions and readers, each reader will evaluate about 10 manuscripts including fiction, non-fiction, essay, memoir, and creative non-fiction. Poetry submissions are generally given to readers with some expertise in, or affinity for, that genre.

Readers play a vital role in the selection process for inclusion in *VOICES*. If you would like to participate in our literary journal as a reader, please contact me via email: myrnamerron@aol.com or by placing a note in my mailbox: Villa 319. Note if poetry is an area of special interest.

- Myrna Merron

## CM Book Group Meetings and Selections 2014-2015

**Third Wednesdays, 2 pm in the  
Lecture Hall**

A delectable selection of good reads for summer and later will be available on the Book Group shelf in a few weeks. Here are the book selections for next year:

September 17: ***Orphan Train*** by Christina Baker Kline  
Facilitator: Betsy Ahern

October 15: ***Horses Don't Fly*** by Fred Libby  
Facilitator: Bob Huddleston

November 19: ***Twelve by Twelve: A One-room Cabin off the Grid & Beyond the American Dream*** by William Powers  
Facilitator: Ann Powers

January 17: ***A Land More Kind Than Home*** by Wiley Cash  
Facilitator: Beverly Milton

February 18: ***Behind the Beautiful Forevers*** by Katherine Boo  
Facilitator: needed

March 18: ***The Roundhouse*** by Louise Erdrich  
Facilitator: needed

April 15: ***Flight Behavior*** by Barbara Kingsolver  
Facilitator: Pauly Dodd

May 20: ***The Invention of Wings*** by Sue Monk Kidd  
Facilitator: needed

As you can see, we are looking for facilitators for the February, March and May books. We hope that some of you voracious readers

will feel drawn to a particular book and be eager to lead the discussion next spring. Please consider doing so and call Ann Powers at 919-942-2919 or email dannpowers@gmail.com – now! As a gift to would-be facilitators, Vivienne Jacobson will lead another Facilitators' Workshop in the fall. A perceptive reader and skilled leader herself, Vivienne creates an eagerness to engage other readers to reflect on characters, plot and the author's writing style.

We have one more group meeting scheduled for Wednesday, June 18 when Jackie Heywood will lead the discussion of *Light Between Oceans* by M.L. Stedman. Not to be missed!

This past season has been exciting. We thank all of you who gave the discussions light and energy with your presence and participation. Please keep those gifts alive as you read through the summer and join us in September for ***Orphan Train!***

- Ann Powers

### ***A Win-Win Situation for Our Library***

After a very successful holiday book sale that netted over \$2,000 for our Library, the May sale netted an additional \$2,180 for a total of \$4,189 for Library purchases of books and DVDs. Carolina Meadows residents, the staff and guests were able to buy books at a great price and everybody benefited.

The Book Sale Committee wishes to thank the many residents who donated very salable books, tapes and DVDs. We also commend the residents who worked preparing for the sale and those, often the same, who worked on the day of the sale.

- Jim Seitzer

## **Kevin McLeod - NC Leading Age Board of Directors Chairman**



Carolina Meadows was well represented at the spring conference of Carolina Leading Age at Myrtle Beach on May 12 and 13.

Amy Gorely, Kevin McLeod and Don Stedman conducted a panel presentation on the role of residents in Continuing Care Retirement Community governance. Later at the conference Kevin assumed chairmanship of the NC Leading Age Board of Directors for a one-year term.

Over 400 attended the meeting, the largest group ever for the 57 CCRCs in North Carolina.

- Don Stedman

### **The "ABCs of Relaxation"**

Do you find yourself feeling geared-up, on-edge, carrying stress? Do you find it difficult to relax or unwind? Or maybe you just want to create more peace, relaxation and awareness in your life. Then the ABCs of Relaxation may be for you!"

Join Karen Hurka-Richardson, NP and Nancy Hudspeth, LPCA for a six-week workshop. Class will run from July 15 - August 19 at 3:15 pm for one hour in the Lecture Hall for the first four sessions and the Board Room for the last two sessions.

Sign up by emailing Nancy at nancy@carolinameadows.net or call 919-370-7259.

- Nancy Hudspeth

## Welcome, New Residents

### David Duddles, V-124

**Last Residence:** Chapel Hill, NC.

**Education:** MA Secondary Admin, Curriculum, U of MN; Trinity Seminar; Ecole Colonial, Brussels, Belgium. Three credentials - Sonoma State; Socto State; UC Berkeley.

**Career:** Teacher, counselor, coach (soccer & track); Administrator, Territorial Schools, AL; Institut Crétien Congolais; Secondary, Napa Unified Schools.

**Interests:** Rock collecting, tennis, gardening, travel, making pear butter.

### Elizabeth (Beth) Duddles, V-124

**Last Residence:** Chapel Hill, NC.

**Education:** BS Elem Edu, U of MN; Trinity Seminary; Cours Colonial, Brussels, Belgium.

**Career:** Sixth grade, Kenai Territorial Schools, AL; Secondary, Institut Crétien Congolais; Kindergarten, Napa Unified Schools.

**Interests:** Harp playing; knitting; tôle painting.

### E. Ralph Heinz, V-116

**Last Residence:** Chapel Hill, NC.

**Education:** BA West VA U; MD; U of PA.

**Career:** Assoc Prof, Emory; Assoc Prof, Yale; Chair Radiology, U of Pittsburgh; Prof, Duke U; Chief Neuroradiology, Emeritus.

**Interests:** Croquet; stocks; exercise; history; science.

### John Latimer, V-234

**Last Residence:** Chapel Hill, NC.

**Education:** BS ME, Lehigh U.

**Career:** US Navy, Dravo Corp, WWII; US Army, Korean War; Dupont Corp, Plant Mgr - Manufacturing Dir.

**Interests:** Golf; bridge; investing; antiques; grandchildren (9).

### Dianne Weinress, 6-202

**Last Residence:** Fearington, NC.

**Education:** U of Colorado; BA, Adelphi; MSW, Adelphi U Sch of Social Work.

**Career:** Rotary International; Leo Burnett; Nassau County Dept of Drug & Alcohol.

**Interests:** Medieval history (English); reading; early music; Carolina Ballet; Playmakers.

### Ronald (Ron) Weinress, 6-202

**Last Residence:** Fearington, NC.

**Education:** BS, U of IL, Urbana-Champaign; Business Sales Mgmt.

**Career:** US Navy: Active duty,

Ready Reserve, Retired Commander. Fasron 821, NAAS Sanford, FL; Naval base, Norfolk, VA; Naval School, Bayonne, NJ; Newport, RI; Naval Supply Center, Oakland, CA. Investment Banker, NYC.

**Interests:** Attending classes & lectures; working out at Health Center; Carolina Ballet, Playmakers, Deep Dish Theater; member of Shared Learning.

### Sally Walker, 1-207

**Last Residence:** Chapel Hill, NC.

**Education:** BA, Eng, Hollins C.

**Career:** Partner in a real estate company; after retirement, worked part time as Program Asst for Guardian ad Litem Program.

**Interests:** Restaurants; performing arts; Indy movies; my Chapel Hill daughter-traveling companion; exercise classes; walking.

## Thank You from the Dining Committee

The Dining Services Committee would like to thank all the residents for their patience and understanding during the construction phase of the new dining rooms. Overall, the residents have embraced the hot hors d'oeuvres and the after dinner sweets and coffee in the Lobby. An unforeseen but delightful camaraderie has developed that makes waiting to be seated in the Dining Room a non-issue.

Mark Maxwell and his staff certainly have continued to tweak the dining experience to meet the needs and desires of the Meadow residents and will continue to do so until completion. We have so much to look forward to!!

- Barbara Hardin

*You are invited to a*



### Town Hall Meeting with Kevin McLeod

Monday, June 16, 11 am, Auditorium

and

Tuesday, June 17, 11 am, Auditorium

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

## Community Outreach Corner

I suspect that, even though we are retired and our time is our own, most of us still look forward to the more carefree days of summer. We take a break from committee meetings and a faster pace of daily life, anticipate travel, plan trips to the beach or mountains, await visits from grandchildren or look forward to family reunions. Just settling down with a good book and glass of lemonade (or something stronger!) has appeal. If you want to be active closer to home, take time to do some fun things in Chatham County. See the article on exploring our county for lots of ideas.

Some volunteering, of course, will continue because the needs of many don't take a holiday. Residents will still be tutoring staff in **English as a Second Language (ESL)**. Those concerned about feeding the hungry will be bringing food and donations to **CORA**, or supporting the **Chatham schools backpack programs** that provide food for weekends and school breaks. Others will be discovering that they have items to donate to **Habitat Re-Stores, Second Bloom or the Family Violence/Rape Crisis Center**.

One new and easy thing to do is to meet the request we have for donations of recent magazines (past three months) to the **Piedmont Health Center in Siler City**. Those of general interest would be best. You will find a box where you can place them in the Club Center cloakroom. COVC members will deliver them.

With June comes the end of the 2013-2014 committees. It gives me the opportunity to thank the members of the Community Outreach Volunteers Committee



(COVC) who worked diligently, efficiently, and often behind the scenes, to address the needs of so many of our Chatham neighbors this past year. We all benefited from the hard work of Jim Abrahamson, Vickie Badrow, Marion & Howard Diamond, Pat Gardinier, Henry Landsberger, Carol Lehman, Anne Loeb, Romola Moshinsky, Lynn Ogden, Dick Richardson and Helen and Don Stedman. Special thanks to Amy Gorely, Director of Strategic Initiatives and Community Outreach for Carolina Meadows, who supported us in so many ways, and Hugh Tilson, liaison from the Health & Wellness Committee. Collectively, these volunteers ran food and fundraising and school supplies and clothing drives. They brought residents together to do Habitat mailings. They wrote articles to educate residents about local agencies. They volunteered in schools and tutored staff and others. They promoted residents' volunteering, involvement in, and support of numerous special Chatham County and nearby community activities and programs. They all should be proud and satisfied with what they accomplished!

Activities may be a little slower during the next few months, but we will be back with more to ask of you come September. Enjoy your summer!

- Marie Lauria

## CORA Pantry Drive Results

For the second year in a row, generous residents of Carolina Meadows contributed more than \$14,000 to the CORA Food Pantry during the March and April Million Dollar Challenge and the April drive held here.

One hundred and forty-four households took part, and the Meadows' cash total came to a never before matched \$14,640 plus 150 pounds of groceries. When added to Feinstein donations from elsewhere in Chatham County, the generosity of Meadows' residents will help CORA to a good share of Mr. Feinstein's Million Dollars.

If you would like to assist the CORA Pantry in other ways, e.g., helping clients select their groceries, stocking shelves, picking up food at grocery stores or the Durham Food Bank, contact Hilary Murray at 919-533-6010 or [hilarym.nc@gmail.com](mailto:hilarym.nc@gmail.com). If you want to work with clients, also let Henry Landsberger (4-302) know.

## Precincts 5 and 6 Parking Changes

Carolina Meadows residents and visitors should be aware that Precincts 5 and 6 recently voted to have an assigned parking space for each apartment in Buildings 5 and 6. Each space now has an apartment number on the bumper. Two spaces in each lot are marked for visitors to that building. All six apartment buildings now have designated one parking space for each apartment.

It appears that some residents are not aware of these changes and are still parking in spaces now reserved for the inhabitant of a specific apartment.

## Residents from The Green Give Back to the Community

The Ronald McDonald House of Chapel Hill is a special place for families of patients at UNC Hospitals. Their motto is "Hope, Healing, and Home Away from Home." Residents who live in The Green helped to support this motto by making in-room journals for the 29 guest rooms.

Residents worked on the project during May. The journals are to be used by families staying at the Ronald McDonald House to write about their experiences and personal journeys. The journals will also provide families with an opportunity to offer encouraging words and positive affirmations for the families that come after them.

Working on a project for the greater community provides Green residents a purposeful and meaningful activity that enhances self-



*Photo by Joe Mengel*

***Seated at the table, clockwise, starting with Mary Smith, top center [with pearls]; Betty Wiker; Gloria Robinson; Alshah Rauf, staff, Julie Rittersporn and Cari Owens, staff. LaWanda Young, staff, is standing.***

worth and improves their quality of life. Residents will deliver the journals to the Ronald McDonald House in June. In taking the journals personally, residents will see

where the journals are being placed, affirm that their hard work has paid off and is helping others in a time of need.

*- Cari Owens*

## Successful National HealthCare Decisions Day



On April 18 Carolina Meadows observed National HealthCare Decisions Day with a two-hour event enabling residents to ask a physician for advice on end-of-life medical interventions and to complete a Five Wishes form that functions both as a Health Care Proxy and as Advance Medical Directives. Carolina Meadows Social Workers were available to field questions. Witness and notary services were also available during the meeting.

Linda Zachary, Director of Res-

ident Services, was pleased with resident turnout and plans to schedule a similar event annually. In the meantime, if you need to update your Health Care Proxy and/or your Advance Medical Directives, be aware that Linda has provided our Library with a copy of the Five Wishes DVD that was shown on April 18, together with a supply of Five Wishes brochures. Look for the DVD on the Library bookshelf where videos of Carolina Meadows meetings are kept – just past the door to the workroom used by Library staff, under a wall clock.

Our Social Work Department

also has copies of Five Wishes. The Social Workers are well prepared to answer any questions you may have on choosing a proxy or on expressing your wishes for end-of-life care. Your Social Worker can also arrange witness and notary services, necessary if the Five Wishes form you fill out is to function as a legal document in North Carolina.

Remember to take a copy of a revised Health Care Proxy or revised Advance Medical Directives to Linda's office, so that records of your wishes kept by Carolina Meadows are up to date.

*- Carolyn Holt*

## Public Relations Committee Update: A Volunteer Opportunity

In an effort to assist the Marketing Department more effectively, the Carolina Meadows Public Relations Committee has been reorganized. Henceforth, the committee will consist of the coordinators or leaders of six marketing-related sub-committees.

All residents are invited to consider working with one or more of the subcommittees. Contact the appropriate coordinator for more information.

The sub-committees are:

1. **Weekend Ambassadors:** Volunteers take prospective residents on tours and provide literature and general residency information. Two hour shifts on weekends: 11-1 and 1-3. Coordinator: Chris Kesner (919-903-8617).
2. **Weekday Ambassadors:** Residents conduct tours and present an idea of what life is like at Carolina Meadows. They might escort visitors to villas and apartments; have a meal with them. Coordinator: Judy Tilson (919-240-4820).
3. **Website Bloggers:** Write articles about happenings on and off campus that reflect the vibrant lifestyle at Carolina Meadows. Coordinator: Dorothy Mahan (919-929-5974).
4. **Marketing Event Volunteers:** Assist at events held by the Marketing Department from time to time for waitlist members, OLLI classes and other prospects. Provide overall support for the day's event. Coordinator: Melissa Kass, VP for Sales & Marketing (919-370-7160).

5. **Marketing Office Assistance:** Assist with office tasks such as stuffing envelopes or creating stacks of brochures. Volunteers would be called on a project basis. Coordinator: Jeanine Rachor, Marketing Coordinator (919-370-7250).
6. **Resident Model Homes:** Volunteer to open one's villa or apartment to potential residents who would be escorted by a salesperson or resident ambassador. Homeowner would be called in advance to arrange the showing. Coordinator: Jeannine Rachor (919-370-7250).  
- Bill Powers, Committee Chair

## New Committee Comes to Carolina Meadows

A new Carolina Meadows residents' committee, the Buildings, Grounds & Safety Advisory Committee, was inaugurated on June 1, at the start of CM's 2014-2015 fiscal year. The new committee, a merger of the Buildings & Grounds Committee and the Safety Committee, was proposed to the Residents Council by the chairs of those two earlier committees, Bob Rich and John Modisett. The principal reason for the merger was the considerable overlap of committee responsibilities, as well as the duplication of membership and management involvement. For example, which of the two original committees should have the responsibility for dealing with a pothole in the road or poor lighting in an apartment building's parking lot?

### New Mission

Rich and Modisett will serve as co-chairs of the new committee for its first year. The new committee's charge is: "The Buildings,

Grounds & Safety Advisory Committee, with membership representing each Independent Living precinct, works closely with Carolina Meadows administration. It advises management of residents' concerns related to: 1- development; 2-construction; 3-physical plant repairs and replacements; 4-usage and care of campus grounds; and 5-roads and general appearance. It also assists management and residents in adhering to and promoting campus safety and security requirements, including: 1- fire prevention and evacuation; 2-severe weather preparation; and 3 - cautionary actions to avoid other dangerous conditions or situations."

Committee membership includes a non-voting management representative, Joe Zannini, VP Plant Operations. Committee members and their precincts are: Subhash Batra, 1; John Modisett, 2; Shirley Dewispelaere, 3; Henry Landsberger, 4; Gordon Light, 5; Bill Powers, 6; Erv Dedeker, 7; Jerry Hutt, 8; Norman Wells, 9; Margaret Siefert, 10; Bob Rich, 11; Sallie Comey, 12; and Eleanor Morris, 15.

### Achievements

Recent projects initiated or endorsed by one or both of the original committees include: addition of villa number locations on signage at entrances to neighborhoods; modification of the large directional sign at the main CM entrance; installation of exterior garage door handles on those villa garages without them; improved exterior lighting at numerous campus locations; a program to monitor and curb on-campus speeding; installation of speed-reducing tables; extension of the closing time

**(Continued on p.16, Committee)**

(Continued from p. 15, Comm.)

at the North and South Entrances; installation of reflectors surrounding the island at the main CM entrance; posting of the updated CM Residents Safety Manual on MeadowLife; locking apartment buildings at 11 pm and the Club Center at 9 pm; and, at the request of residents in Precinct 15, establishing a 15 MPH speed limit on the new section of Hawthorne Drive.

The Buildings, Grounds & Safety Advisory Committee will meet the third Wednesday of each month, with the exception of July, August and December. Its first meeting will be held Wednesday, June 18, 2014.

- John Modisett

## Energy and Environment Working Group

The Carolina Meadows Meadow-Living program, to be introduced to residents this month, focuses on the seven dimensions of wellness. One of those dimensions is environmental wellness. The Energy and Environment Working Group (WG) has emerged from this initiative. The working group seeks to assist the physical plant and all residents in promoting energy efficiency campuswide by reducing the use of fossil fuels and increasing the use of renewable energy resources for both the public and private spaces on the campus. Members are Lynn Ogden, Ross Macdonald, Don Stedman, George Evans, Judith Ferster, Frans Verhagen and Anita Wenden, recording secretary.

### Activities

1. Explore ways our public and private buildings can be better insulated by examining thermal barriers for the roofs of the second phase of roof replacement in 300 villas, the

## Timely Weather Alerts

The snow and ice storms of last winter are faded memories. But spring and summer bring the potential for strong storms and even tornadoes, followed by the potential for hurricanes that lasts into the fall.

At the May meeting of the Residents Council, some residents asked how they could get timely weather alerts. Some had signed up for Chatham Emergency Management Agency Alerts, but were disappointed not to be informed when, one night, a potential tornado was spotted directly above our area. The weakness of the CEMA system is, of course, that it is an email alert system and thus dependent on recipients to be constantly checking their emails – something not easily done when the alert occurs overnight.

WRAL-TV provides two alert systems that provide audible warnings that target your exact location. WRAL WeatherCall is a

personalized severe weather warning service. When you sign up, you provide the address of your home. Whenever severe weather threatens that address, you receive a call from WRAL meteorologist Greg Fishel informing you of the threat and what to do to prepare. This is a subscription service that costs \$8 a year. The WRAL Weather Alert app uses your smart phone's GPS to track your location wherever you may be and gives you an audible alert when you are in the path of severe weather. Of course, you must keep your phone turned on and must not mute the audio! This app can be downloaded from the Apple iTunes store or the Google Play store for the Android app.

For more information or to subscribe to the WRAL Weather Call, put "WRAL weather alert center" in the search box of your preferred search engine (Google, Bing, Yahoo, etc.).

- Judith Pulley

- efficiency of soffits in roof ventilation, high performance windows, energy audits with recommendations.
2. Explore the feasibility of other rate schedules.
3. Explore the feasibility study of cogeneration for the Dining Room, swimming pool, the Pines, Fairways, the O&M building and CM water treatment system.
4. Explore the feasibility study of solar electric heating and domestic hot water in conjunction with the cogeneration study.
5. Explore the feasibility of an Energy Services Contracting Company doing the above en-

ergy efficiency measures and being paid out of savings and, possibly, tax credits.

6. Work towards the development of a CM Energy Master Plan 2040 – see below.
7. Future activities may focus on the handling of waste, water use, transportation policies and composting.

**Residents Can Join WG Sub-groups:** Energy Efficiency, Solarization and Cogeneration, Utilities, Education, Energy and Environment Resources Sub-group, CM Energy Master Plan 2040 or any other Energy and Environment Working Group Sub-group that a few residents may want to establish.

- Frans C. Verhagen

## MeadowLiving: A Culture of Wellness at Carolina Meadows

Over the past year, a group of residents and staff have been working together toward highlighting the richness of our Carolina Meadows culture of wellness. A wellness culture is as broad as life itself. A culture within a given community reflects the experience of its members.

When the members of the group make the investment to strive toward an optimal sense of well-being, a culture of wellness is born. The wellness culture is measured by the intention of leaders to provide, as well as the intention of participants to engage in, those experiences that enable all members to participate in life-affirming choices, programs and activities.

It is with excitement that we invite all residents to share in the understanding of a well culture here at Carolina Meadows.

Join your MeadowLiving team on Thursday, June 19 at 1:30 pm in the Auditorium for the presentation of "MeadowLiving: A Culture of Wellness." We will discuss programming, mission, goals and tasks. There will be door prizes and positive energy!

- Nancy Hudspeth

### IN MEMORIAM

<b>Anne Botto</b>	V-389
April 26, 2014	
<b>Leo Rycasky</b>	P-115
April 28, 2014	
<b>Wade Atkins</b>	F-241
May 5, 2014	
<b>Emily Newcity</b>	P-101
May 10, 2014	
<b>Sara Johnson</b>	V-283
May 11, 2014	
<b>Pauline McGirt</b>	P-250
05-16-2014	

## Philosophy Discussion Group

The Philosophy Discussion Group will meet under the guidance of Dr. Steven Swartzler of the UNC Philosophy Department on August 27 at 2 pm in the Lecture Hall. A reading, "Absurdity and the Meaning of Life" by Albert Camus, will be mailed to members a week before the meeting.

There will be a midsummer planning session with Dr. Swartzler. Send any suggestions to Marlene Appley at mappley@nc.rr.com.

- Marlene Appley

## Piano Performance by Katherine Barton

Wednesday, June 11, 2 pm  
Auditorium

Katherine Barton is a senior pursuing a B.M. in Piano Performance. She has won awards in the North Carolina MTNA Competition, Southeastern Community College's Piano Competition, and Old Dominion University's Classical Competition.

Katherine has also played in master classes with Victor Rosenbaum, Walter Hautzig, Sheila Paige, Richard Faith, and Jeremy Thompson. In both 2012 and 2014 she soloed with the Raleigh Symphony Orchestra as a winner in the Meredith College Concerto/Aria Competition.

She is a recipient of the Robert H. Lewis Music Scholarship, the Jane Wrenn Frazier Music Scholarship, the Virginia Branch Pope Music Scholarship and the Meredith College Honors Scholarship.

Katherine is also a student of Dr. Margaret Evans.

## Residents Association May Meeting

The **RA Budget for 2014-15** was approved in all precincts.

**Recognition of Dining Staff** - President Pulley called on members of the Dining Staff, which included Mark Maxwell, Rob Fleming, Deborah Glenn, Thom Cranna and Grey Bailey, to receive an expression of appreciation from the Residents Council, whose members enthusiastically supported a motion to recognize the Dining Services staff for their extra effort and long hours devoted to maintaining their high standard of service during the Dining Room construction. The Dining Staff received congratulations for transforming what could have been a terrible experience into an enjoyable transition serving the same number of residents in half the space.

The **ByLaws Revision** was approved by all precincts at April precinct meetings.

**New Residents** - Phyllis Sickmond, Chair of the Welcoming Committee, introduced five new residents: John Latimer (V-234), Rosalie Marcus (V-249), Mary Morris (3-306), and Diane and Ron Weinress (6-202).

**Report by CEO Kevin McLeod** CliftonLarsonAllen has been asked by the CM Board of Directors to begin a feasibility study on the availability and demand for home care for Carolina Meadows and the feasibility of developing a continuing care at home program that could benefit people who will never be able to move to a place like Carolina Meadows.

## Wellness Corner

### Guest policy reminders:

Be aware that you are responsible for your guests. No one under the age of 16 is permitted to use the Exercise Room equipment. Any guests using the Exercise Room or attending classes must complete a waiver located by the sign-in station. Ask them to sign in the log-book when they come to use the room. Remind your guests that residents are entitled to the equipment first.

**Pool Reminder:** There is a current pool calendar available next to the Women's Locker Room. Be sure your guests are aware that they may not swim alone at any time - no exceptions. No guests are permitted during pool watch hours daily: 3:30-4:30 pm; Mondays, 9-10 am; and Saturdays, 10-11 am. Ask your guests to sign in when using the pool and list the resident they are visiting. If you have any additional questions regarding guests using the recreational facilities, please call Michelle at 919-370-7114.

The pool locker rooms will be renovated over the next few weeks. Should a locker room be closed, the other will be designated for use by women only. Men should enter the pool through the main glass door and dress/undress in the hallway restroom. We apologize for any inconvenience.

### June is National Safety Month

To reduce the risk of falling:

- Exercise regularly to increase strength and improve balance.
- Have regular eye examinations at least once a year.
- Remove throw rugs or use non-slip rugs.
- Keep objects like books, tow-

els, shoes, magazines and blankets off the floor.

- Put overhead lights at the top and bottom of stairs.
- Fix any loose or uneven steps on the stairs.
- Add a non-slip rubber mat or self-stick strips to the bathtub or shower.

Thank you to everyone who participated in our Second Campus Arthritis Foundation Walk. We had 150 participants including staff and residents, surpassing last year's participation of 117. A check was donated through Community Outreach in the amount of \$300 on behalf of Carolina Meadows to the Arthritis Foundation research and programming. We look forward to making this an annual event

**"Mindful Eating"** sessions will be held Fridays, June 6 in the Conference Room (above the Café), July 25 and August 8 in the Board Room at 1:30 pm. Topics TBA - check the Fitness and Health page and Wellness Bulletins for more info. Call Nancy Hudspeth with questions, 919-370-7259. Open to staff and residents.

**Feldenkrais Method:** The next six-week series will begin Monday, June 2. This series, entitled "Back to the Basics: Ease and comfort in Everyday Movements," will be held Mondays 10:45-11:45 am in the Exercise Studio, taught by Paul McAndrew, PT, Certified. Cost for the series is \$42 payable to the instructor. Please contact Paul at 919-489-8809 to register.

### Summer Specials:

**STAVE Steps Program**, a 20-week evaluation program of the progress of individuals who are regu-

larly attending a STAVE-Fit session twice a week. These assessments are performed, base, mid and final. Upon completion of the program you will receive a personalized package including a final detailed progress report. Cost for the program is \$50 and will be billed to your CM account. Register by signing up in the Wellness Book or by attending one of the introductory sessions on June 2 or 4, 1:30-2:30 pm in the Exercise Studio. Twenty weekly sessions will begin Mondays and Wednesdays June 9 through October 22.

### Intro to Golden Pilates Workshop: Where we age with Strength & Flexibility

Pilates is a fusion of the mind and body based on the reawakening of dormant muscle and brain cells. Pilates gives us the opportunity to live a life where the gap between functional motion and enlivened thought has been bridged. Enjoy the advantages of strengthening as well as lengthening for long-term benefits! Taught by Lauren McClerkin, Thursdays, June 5, July 17 and August 21, 1:30-2:30 pm, in the Exercise Studio. Space is limited. Pre-register by signing up in the Wellness Book today.

### Classic Nia workshops

Enjoy modern, jazz, or Broadway style dance? Come shimmy, kick, laugh, and dance on select Sunday afternoons this summer. Classic Nia's sensory-based movement practice engages and integrates body, mind, emotions, and spirit with soul-stirring music and 52 moves inspired by Aikido, Tai Chi, Tai Kwan Do, dance, yoga and other healing arts. Grounded, expressive movements deliver a cardiovascular, whole-body conditioning workout that is gentle on the

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joints and adapted for all fitness levels. This practice is gentle and designed to be safe without shoes, but soft-soled shoes can also be worn. Taught by Robin Poer, Sundays, June 22, July 13 and August 24, 3-4 pm in the Exercise Studio.

**Please don't forget about the following special class offerings that will run through the summer months at no extra charge including:**

**TRY TAI CHI...**

For Breath, for Balance, for Confidence, Coordination, Mental Focus. Traditional Chinese exercise with many health benefits. Simple, fun, and invigorating!

Come join us on Wednesdays from 2:45 to 3:30 pm in the Exercise Studio with Dr. Jay Dunbar. No cost or registration required.

**Cardio Light**

Saturdays 1:30 -2:15 pm in the Exercise Studio, taught by Sue Wartek. This class includes a mix of low-impact aerobic and dance moves done to a variety of music, concluding with 10-15 minutes of stretching that promises to boost mood, burn fat, build stronger bones and improve stamina and brain health.

**Yoga Flow**

Mondays 12:00-12:45 pm in the exercise Studio. This is an expression of Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. You must be able to get up and down from the floor unassisted to fully participate in this class.

**Flexercise** will now be offered 10-10:25 am, followed by **Strength Training** at 10:30-11:00 am on Tuesdays and Thursdays. Flexercise consists of a low impact aero-

bic routine. Strength training is a class that uses free weights (1lb or higher) and resistance bands to help maintain and increase muscular strength.

**Tricycles** explore the outdoors! Your Medco keys have been activated to allow you access to unlock the bikes from the Storage Unit Four next to the tennis courts. Guests or residents who do not have a Medco key may sign one out from the CC receptionist. Please wear a helmet (one is provided in each tricycle basket) at all times while riding. The tricycles are for "on campus" use only. If you need help becoming acclimated to using the bikes, contact the Wellness Department at ext.114. Happy Riding!

This month **MeadowLiving** will be showcasing the "Physical Dimension of Wellness." The following books have been added to the library for your enjoyment: *Age of Defying Fitness: Making the Most of Your Body for the Rest of Your Life* by Marilyn Moffat and *Spark: The Revolutionary New Science of Exercise and the Brain* by John J. Raty, M.D.

We will also be sponsoring a lecture "**Exercise and Brain Health**," presented by Dr. Bonita L. Marks, PhD, FACSM, ACSM-CES, Professor, Department of Exercise and Sport Science Graduate Coordinator, Exercise Physiology Specialization, Director Exercise Science Teaching Laboratory. Dr. Marks has been at the University of North Carolina at Chapel Hill since 1996 within the specialization of Exercise Physiology.

Join us for this informative presentation Thursday, June 26 at 2 pm in the Lecture Hall.

## The 90+ Study - Attend a Viewing of This 60-Minutes Episode



So you've gotten this far, what does it take to get to 90 or beyond? Well, an interesting *60 Minutes* episode recently talked about just that.

Some very interesting groundbreaking research is now emerging on people who live to 90 and beyond.

Do you wonder what they drink? Do vitamins seem to help? What about exercise?

Researchers have uncovered a lot of interesting conclusions studying thousands of people and their medical records in a retirement community in California.

Come join us for a viewing of this episode followed by a discussion about dementia and what you can do here at Carolina Meadows to increase your odds to live long and healthy.

There will be two showings:

- Lecture Hall in the activities building on Tuesday, June 17 from 2-3 pm
- The Gallery at the Fairways on Thursday, June 26 from 1:15-2:15 pm

If you have questions, contact Kim Broucksou, Cognitive Care Director at 370-7112.

-Kim Broucksou

## Activities

### Sign up in the sign-up book

#### Thursday, June 5

##### Dinner Night Out - Merlion

Cost: \$8.50 per person + dinner on your own

Deadline: Wednesday, June 4

#### Thursday, July 10

##### Dinner Night Out - Tarantini

Cost: \$8.50 per person + dinner on your own

Deadline: Wednesday, July 9

#### Thursday, August 7

##### Dinner Night Out - TBA

Cost: \$8.50 per person + dinner on your own

Deadline: Wednesday, August 6

### Sign-up Book

#### Daytrippers

##### Jordan Lake Boat Tour, Friday, June 13

Cost: \$40 (includes boat tour and lunch)

Deadline: Monday, June 9

Learn the story of Jordan Lake: its wildlife ecology, history, environmental impact from humans, engineering aspects and the vital role the lake plays in the Triangle. "A thought-provoking, well researched, entertaining presentation..." from Capt. Don Watkins.

### Other Events

#### Wii Bowling

Wednesdays at 1 pm

Rec Room (Club Center Lower Level)

#### Tuesday at the Movies

Tuesday, June 10, 2 pm, Lecture Hall

##### *Steel Magnolias*, 1989 - Rated PG

Featuring a star-studded cast, this bittersweet drama follows the abiding friendship among five

tight-knit women who congregate at a beauty parlor in a small Louisiana town to laugh, cry and discuss their lives.

Tuesday, July 8

##### *The Sound of Music*, 1965 -

Rated G



In Rodgers and Hammerstein's greatest collaboration, a feisty postulant named Maria (Julia Andrews) is sent to care for the unruly, motherless Von Trapp children. She soon tames them - - and finds herself falling for their stern father (Christopher Plummer). Oscar-winning director Robert Wise used stunning Austrian locations to transform the popular stage musical into a cinema classic in which the hills truly seemed to come alive.

Tuesday, August 12

##### *The King and I*, 1956 - Rated G

This musical masterpiece tells the story of Englishwoman Anna Leonowens (Deborah Kerr), who comes to Siam as a teacher to the royal court in the 1860s and finds herself at odds with the stubborn monarch (Yul Brynner). Brynner's Academy Award-winning performance and the Rodgers and Hammerstein score, including songs *Hello, Young Lovers*, *Shall We Dance?* and *Getting to Know You*, give this film its enduring charm. Tues, June 3, 2 pm, Auditorium

**A Grand Time for Singing** presents *Opera to Broadway*

#### Piano Recital featuring students of Iowana Sherman

Sunday, June 1, 1 pm Auditorium

#### Big Band Dance, featuring The Ambassadors

Friday, June 6, 7:30 pm

Auditorium

The Ambassadors Big Band has been a popular fixture in swing-era dance music in the community and beyond for nearly a decade, entertaining all ages from youth to seniors with the classic big band music of Glenn Miller, Duke Ellington, Count Basie and other great bands of their era. The musicians of The Ambassadors represent a variety of age groups and professions.

#### A Special Piano Performance by recent Meredith graduate Katherine Barton

Wednesday, June 11, 2 pm

Auditorium (See page 17 for more information)

#### Piano Recital featuring students of Connie Yee

Saturday, June 14, 3 pm

Auditorium

#### Jewelry Design and Repair

##### Tuesdays, June 10 & 24

1:30 pm-4 pm Art Studio

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, please contact Eva directly at 919-797-0289.

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

Carolina Meadows welcomes Zar Zar on Wednesdays, 11 am-2 pm, for alterations. Please call Jody at 919-370-7171 to make an appointment. Price list available in the Activities Office.

### Ice Cream Socials!!

Wednesday, June 25

Thursday, July 24

Thursday, August 21,

2-3:30 pm, Auditorium

Join us for sundaes, cones, games and entertainment! A great way to spend a hot summer afternoon!

## Saturday Night Movies

June to August 2014 at 7:15 pm  
in the Auditorium

### June 7 *Facing Windows*

(Selected by Howard Diamond)

This is an Italian film made in 2004, runs for 107 minutes. Stuck in a dull marriage, Giovanna turns her attention to caring for the Jewish Holocaust survivor her husband brings home one day. However, the man who lives nearby, whose window faces hers, fascinates her. English subtitles.

### June 14 *First Position* (Selected by Howard Diamond)

Made in 2011, runs for 90 minutes. The film follows dancers training for the Youth America Grand Prix, one of the world's most prestigious ballet competitions. The stakes are high: their performances will determine the success or failure of their dreams. English subtitles (in **Lecture Hall**).

### June 21 *Chariots of Fire*

(Selected by Howard Diamond)

British film made in 1981, runs

for 124 minutes. Two very different runners, hotshot Jewish Cambridge scholar Harold Abrahams (Ben Cross) and rigid Presbyterian missionary Eric Liddell (Ian Charleson), compete for the 1924 British Olympic team, facing intense pressure and complex personal tests of faith. Hugh Hudson directs this edifying 1981 Best Picture Oscar winner, based on a true story. English subtitles.

### June 28 *Amélie* (Selected by Howard Diamond)

French-German movie made in 2001, runs for 122 minutes. Stars Audrey Tautou, who gives a star-making performance. When impish Amélie finds a long-hidden trove of toys behind a baseboard in her apartment, she's inspired to return the items to their original owner, an impulse of generosity that sparks more benevolent acts. English subtitles.

### July 5 *Silver Linings Playbook* (Selected by Norman Fieleke)

Made in 2012, runs for 122 minutes. After a stint in a psychiatric hospital, bipolar Pat has no choice but to move back in with his football-obsessed parents. While he tries in vain to reconcile with his wife, Pat meets a woman who's as unstable as he is, and she changes his life. English subtitles.

### July 12 *Philomena* (Selected by Walter L. Smith)

British film made in 2012, runs for 95 minutes, and stars Judi Dench. A world-weary BBC journalist picks up the story of a woman's search for her son, who was taken away from her decades ago after she became pregnant and was forced to live in a convent. He and this aging Irishwoman, Philomena Lee, form an unlikely bond

when they pair up to find the son she was forced to give up for adoption 50 years ago. English subtitles.

### July 19 *The Straight Story* (Selected by Walter L. Smith)

Made in 1999, runs for 112 minutes. Chronicles a trip really made by 73-year-old Alvin Straight from Laurens, Iowa, to Mt. Zion, Wis., in 1994 while riding a lawn mower. The man undertook his strange journey to mend his relationship with his ill, estranged, 75-year-old brother Lyle. The Chicago Tribune says this is "a sweetest and most compassionate movie." Cast includes Sissy Spacek. English subtitles.

### July 26 *Nobody's Fool* (Selected by Walter L. Smith)

Made in 1994, runs for 110 minutes. Stars Paul Newman and Jessica Tandy in one of her last films. In a small upstate town in New York, Sully (Newman) is a ne'er-do-well approaching retirement when his long-forgotten son and family move back to town. So Sully faces unfamiliar responsibilities. Meanwhile, Sully's landlady's son, a banker, plots to push through a new development and evict Sully from that lady's life. English subtitles.

### August 2 *A Passage to India* (Selected by Sam Baron)

British film made in 1984, runs for 164 minutes. Directed by David Lean and starring Peggy Ashcroft and Alec Guinness. Based on E.M. Forster novel set in the 1920s about an East/West culture clash as a young British woman goes to India for the first time. Oscars for Miss Ashcroft and Mau-

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rice Jarre for the music. English subtitles.

August 9 ***Adam's Rib*** (Selected by Sam Baron)

Made in 1949, runs for 100 minutes. Directed by George Cukor and stars Katharine Hepburn and Spencer Tracy. Smart, sophisticated comedy about husband and wife lawyers on opposing sides of the same attempted-murder case. One of Hollywood's best treatments of the "battle of the sexes." English subtitles.

August 16 ***Sunset Boulevard*** (Selected by Sam Baron)

Made in 1950, runs for 110 minutes. Directed by Billy Wilder and starring Gloria Swanson and William Holden. Legendary Hollywood black comedy about silent film star, with sinister butler (von Stroheim) who protects her, and Holden as the "boy-friend." Gloria's tour-de-force. English subtitles.

August 23 ***Mrs. Palfrey at the Claremont*** (Selected by Sam Baron)

British film made in 2005, runs for 108 minutes, and stars Joan Plowright. An elderly woman moves into a small hotel, The Claremont, to live out her days. There she meets a charming young writer and thus becomes the most envied resident of The Claremont. This film deepens and becomes more satisfying as it progresses. English subtitles.

August 30 ***Shine*** (Selected by Sam Baron)

Australian film made in 1996, runs for 105 minutes, starring Geoffrey Rush. Sir John Gielgud has an important, if small, role. A

young piano prodigy is pushed to the breaking point by a smothering father and finally finds peace in his music, which originally drove him to the edge. Based on the true story of David Helfgott, with a great cast and an astonishing Rush who won an Oscar for this performance. English subtitles.

## Let's Talk about Speech Therapy!

### ***What exactly does a Speech Therapist do?***

A speech-language pathologist can help with speech, language (oral and written), cognitive-communication, voice and swallowing disorders. Older adults may experience difficulty in any of these areas for a variety of reasons including stroke, brain injury or deterioration, medical procedures/surgeries, dementia and neurological disorders.

- Speech disorders include difficulty producing speech sounds correctly or fluently.
- Language disorders include difficulty with understanding language (including difficulty caused by hearing loss) and producing language (including naming/word-finding and sharing thoughts/ideas/feelings).
- Cognitive-communication disorders include difficulty with memory, concentration, organization, problem-solving and planning that may result in difficulty with everyday tasks such as scheduling, finance management and medication management.
- Voice disorders include difficulty with vocal quality or volume.

### ***What does treatment with a speech therapist involve?***

Treatment with a speech therapist is individualized to meet each resident's needs. Treatment may include participating in stimulation exercises, designing home exercise programs and learning and using strategies and tools to compensate for difficulties. The goal of therapy is to maximize each resident's function, quality of life and independence.

### ***How can I get in touch with the speech therapist at Carolina Meadows?***

The speech therapist, Jackie Kilgore, works with all of Carolina Meadows residents. Jackie's office is located on-campus as a part of the Genesis Rehab department, which also includes physical therapy and occupational therapy. The rehab department office is located in The Pines near the community health clinic. If you think that you or a loved one may need or benefit from speech therapy services or if you have questions, contact the Genesis Rehab Department (919-904-7059). Early intervention is always best and Jackie would love to hear from you!

### ***How can I help keep my brain healthy?***

- Exercise
- Healthy diet
- Keep your brain active. Do puzzles (including crosswords, word searches, Sudoku), read and keep up with current events.
- Stay socially active – attend meetings, groups, and activities in the community.

- Jackie Kilgore, MA, CCC-SLP

## June 2014 Calendar

DAY	DATE	TIME	EVENT	LOC	PAGE
Sun.	1	1:00 PM	Piano Recital: Students of Iowana Sherman	AUD	20
Mon.	2	1:00 PM	CMU: John Shelton Reed, "Getting Photographs for <i>Dixie Bohemia</i> "	LH	NA
		3:00 PM	Discussion: <i>Sense and Sensibility</i>	FG	7
Tues.	3	10-11 AM	Writers' Group-most Tuesdays through summer (Building 4, 2nd Fl)	Conf. Rm.	10
		2:00 PM	A Grand Time for Singing: <i>Opera to Broadway</i>	AUD	20
		4:00 PM	Democrats of CM: Video <i>Move to Amend</i>	LH	7
Thur.	5	1:30 PM	Residents Council	BR	NA
		3:30 PM	Current Affairs-Arvin Kramish	FLR	7
Fri.	6	10:30 AM	World Affairs: Dr. Joseph Caddell, "D-Day"	AUD	7
		11:00 AM	Music Appreciation: Elgar Cello Concerto	FG	7
		7:30 PM	Big Band Dance: the Ambassadors	AUD	20
Sat.	7	1-5 PM	Bring Artwork for Gallery Exhibit	BR	7
		7:15 PM	Saturday Movies: <i>Facing Windows</i>	AUD	21
Mon.	9	10:00 AM	Macintosh-iPad Users Group	LH	NA
Tues.	10	2:00 PM	Tuesday Movie: <i>Steel Magnolias</i>	LH	20
Wed.	11	2:00 PM	Piano Performance: Katherine Barton	AUD	17
Thur.	12	1:30 PM	Residents Association	AUD	NA
Fri.	13	10:30 AM	World Affairs: Bruce Ladd, "The White House, Lobbying, and Sex"	LH	7
		11:00 AM	Music Appreciation: Schumann Symphony No. 4	FG	7
		2:00 PM	NC Sustainable Energy Assoc. Speaker	LH	5
Sat.	14	3:00 PM	Piano Recital: Students of Connie Yee	AUD	20
		7:15 PM	Saturday Movie: <i>First Position</i>	LH	21
Mon.	16	11:00 AM	Town Hall Meeting	AUD	12
Tues.	17	11:00 AM	Town Hall Meeting	AUD	12
		2:00 PM	"The 90+ Study" (60-Minutes Episode)	LH	19
Wed.	18	2:00 PM	Book Group: <i>The Light Between Oceans</i>	LH	10
Thur.	19	1:30 PM	MeadowLiving: A Culture of Wellness at Carolina Meadows	AUD	17
Fri.	20	10:30 AM	World Affairs: Judith Pulley, "Peering into Putin's Soul"	LH	7
		11:00 AM	Music Appreciation: Grieg Piano Concerto	FG	7
Sat.	21	7:15 PM	Saturday Movies: <i>Chariots of Fire</i>	AUD	21
Wed.	25	2-3:30 PM	Ice Cream Social: The Bloomsbury Boys	AUD	6
Thur.	26	1:15 PM	"The 90+ Study" (60-Minutes Episode)	FG	19
Fri.	27	10:30 AM	World Affairs: Ari Shavit, <i>My Promised Land</i> (video)	LH	7
		11:00 AM	Music Appreciation: Mahler Symphony No.5	FG	7
Sat.	28	7:15 PM	Saturday Movies: <i>Amelie</i>	AUD	21
Mon.	30	11:00 AM	82nd All American Airborne Chorus-patriotic music	AUD	7

## July

Tues.	1	4:00 PM	Democrats of CM	LH	7
Sat.	5	7:15 PM	Saturday Movies: <i>Silver Linings Playbook</i>	AUD	21

Tues.	8	2:00 PM	Tuesday Movies: <i>The Sound of Music</i>	LH	20
Sat.	12	7:15 PM	Saturday Movies: <i>Philomena</i>	AUD	21
Tues.	15	3:15 PM	ABCs of Relaxation: Each week through August 19	LH	11
Sat.	19	7:15 PM	Saturday Movies: <i>The Straight Story</i>	AUD	21
Sun.	20	2:00 PM	Music @ Meadows: Danny Gotham (guitar), easy listening	AUD	7
Thurs.	24	2-3:30 PM	Ice Cream Social	AUD	6
Sat.	26	7:15 PM	Saturday Movies: <i>Nobody's Fool</i>	AUD	21

## August

Sat.	2	7:15 PM	Saturday Movies: <i>A Passage to India</i>	AUD	21
Tues.	5	4:00 PM	Democrats of CM	LH	7
Sat.	9	7:15 PM	Saturday Movies: <i>Adam's Rib</i>	AUD	22
Tues.	12	2:00 PM	Tuesday Movies: <i>The King and I</i>	LH	20
Sat.	16	7:15 PM	Saturday Movies: <i>Sunset Boulevard</i>	AUD	22
Sun.	17	2:00 PM	Music @ Meadows: Anita Burroughs-Price and Ray Dooley	AUD	7
Sat.	23	7:15 PM	Saturday Movies: <i>Mrs. Palfrey at the Claremont</i>	AUD	22
Thurs.	21	2-3:30 PM	Ice Cream Social	AUD	6
Wed.	27	2:00 PM	Philosophy Discussion Group: Albert Camus	LH	17
Sat.	30	7:15 PM	Saturday Movies: <i>Shine</i>	AUD	22

**\*Requires prior sign up.**

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

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

BR: Board Room  
 CYD: Courtyard  
 FG: Fairways Gallery

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



**CM Residents enjoy instruction by Chapel Hill Golf Pro Instructor, arranged by Betsy Bowman. Photo by Don Stedman.**