



## The Mask Makers of Carolina Meadows

Once the shock of our COVID-19 situation abated a bit, many of our neighbors asked, "What can we do to help?"

The answer? "Not much." Stay six to eight feet away from anyone you don't live with. Wash your hands when you touch something that doesn't live in your house. Wipe off everything that comes into your house like mail, packages, groceries, etc. with some sort of disinfecting wipe.

And, if you go out, take a lesson from all the places that have "been there already" and WEAR A MASK!! Even a home-made one. Especially if you plan to breathe.

So, in true Carolina Meadows spirit, Barbara Rich and Naomi Eckhaus got together, marshalled their own skills, researched home-made masks on YouTube and asked Dr. Donna Miller if these masks would be helpful.

With a resounding "Yes" from Dr. Miller, Barbara and Naomi put the word out that anyone who could sew and had a stash of useable fabric was welcome to contribute time and effort.

Naomi was even able to score an impressive number of yards of elastic when it was absolutely not available from Michael's, AC-Moore, or JoAnn's. Even Amazon gave a May 1 shipping date. She refuses to divulge her source.

The response was impressive to say the least. We'd like to give a

shout-out to the following women who answered the call: Judy Jones, Peg Richardson, Pat Merriman, Geraldine King, Nell Laton, Eunice Kraybill, Carol Lehman, Betty Renier, Diana Lafferty, Betsy Bowman, Betty Hummelbrunner and Irma Stein. If anyone got left out, my bad! I apologize.

The effort produced well over 100 masks. However, as we learned more about this virus, it became clear that our health care staff needed clinical grade masks. Ours are far from that standard. However, they are just perfect for our residents as an extra layer of protection when leaving their homes.

Then Peg Richardson encouraged us all to make masks with a pocket to put a filter in. As the importance of the efficacy of masks became clearer and more of our staff was required to wear them, we realized that the early double or triple layer masks would not be enough protection.

Now, as if she didn't have enough to do, our indomitable Judy Jones is the point person for masks. She's collecting them and



sending them on up the chain to the clinic. The count is well over 200 by now and growing.

Anyone who goes to the clinic is offered a mask. Some of our sewers (That's sew-ers, Y'all!) are making the fruits of their labors available to neighbors.

If you want a mask, you could try calling the clinic and make an appointment to pick one up at the screening station right inside the door up the hill at the Pines. They need to know to expect you so they will have a mask waiting.

Are we a really great community – or what!!!

- Naomi Eckhaus

## President's Message

It has been an honor and a privilege to serve as president of the Residents Association (RA) these past two years. I knew no one at Carolina Meadows when I moved here but was warmly welcomed and provided opportunities to get involved. This helped me to meet many residents and make new friends. We have such a diverse, engaging, interesting and caring group of residents in our community; and I am fortunate to have made so many friends and grateful for your support.

In case we are not able to have a May RA meeting, I want to take this opportunity to thank all who have contributed in so many ways to our community during my tenure as your president. It has been a joy to work with Chris Kesner, your capable, incoming president, and the other hardworking members of the Executive Committee: Dorothy Samitz, Mike Cotter and Betsy Ahern. In addition, I want to thank the 50+ of you who have filled important leadership roles in the Precincts, Standing Committees, Library, Gift Shop and Activities and residents who have volunteered in other ways. There are many residents who also contribute by a smile and friendly greeting to help brighten the day.

A large thank you goes to Kevin for his steady, compassionate leadership over many years and to Ben, Dr. Miller, Todd and the entire staff. Kevin has fostered a culture of appropriate transparency and good communication among the CM Board, management and residents. Such a culture has been a key to our being a great community. Let me also give a

special thanks to Kris and Jody who have worked unceasingly to bring us joy in so many ways, to Adele Dowell and Kathy Norman who do such a good job in the Fairways and the Pines, to the Wellness staff who have worked to keep us fit and to Dan Camara and his team who attend so ably to our campus and facilities.

The COVID-19 pandemic with its horrendous ramifications and so much uncertainty has made us doubly appreciate our wonderful staff, our beautiful campus and our good fortune in having chosen to live at Carolina Meadows. We have many excellent amenities and most importantly a community of caring friends and caring employees!

During the pandemic, the importance of our ability to connect and communicate using digital tools has become even more evident with our use and reliance on email, MeadowTalk, Zoom connections and the digital edition of the *Meadowlark*. A special thanks and acknowledgement goes to Judith Pulley for her efforts starting nine years ago in developing the MeadowLife website, which has become so important to our daily lives! Under the leadership of Margaret Lospinuso, we will begin a nine-month project in May to upgrade the MeadowLife website to provide enhanced features and interactive capabilities.

We are a generous community that also supports our employees and the needs of our community outside Carolina Meadows.

(Continued on p. 3, "President")

### THE MEADOWLARK

Published nine times a year  
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—

**President: Sam Ligon**

**Co-Editors: Mary Jo Doherty and  
Judith Pulley**

**Layout: Judith Pulley**

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### June-July-August Issue Deadline

Copy for the June-July-August *Meadowlark* must be submitted by **Tuesday, May 12**, to Judith Pulley <yellup310@gmail.com>. If CM remains closed at that time, the deadline will be extended to May 22 for a digital edition. Articles should be submitted as email attachments in MS Word format. Images should be sent in JPG format and should not be embedded in articles. Please call Judith at (919) 967-5487 if you have any questions.

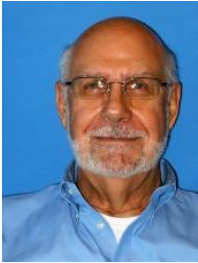
### Carolina Meadows Census As of March 31, 2020

Number of Residents	Occupancy Level
<b>Independent Living:</b>	
610	96%
<b>Assisted Living</b>	
68	82%
<b>The Pines*:</b>	
62	84%*
<b>Total on campus:</b>	
740	93%
<b>EA Program:</b>	
114	
<b>Total Residents: 854</b>	
<i>*Includes temporary admission of IL and AL residents.</i>	



## 2019-2020 President's Awards

RA President Sam Ligon has announced the resident recipients of the 2019-2020 President's Awards. They are Mike Cotter, Judy Jones and Margaret Lospinuso.



The award certificate for Mike Cotter highlights his service as Precinct Representative, Co-Chair of the Gift & Remembrance Committee and as

Secretary of the Residents Association. In addition, the certificate cites his many interesting presentations at CM University (CMU), World Affairs and the Men's Breakfast Group. Mike has also served as a Gift Shop volunteer, a Weekend Ambassador and a MAP driver. Other service included being Chair of the Early Advantage Task Force, service on the Dining Services Committee and the Steering Committee for the Men's Breakfast Group. In addition, he

(Continued from p. 2, "President")

On May 1 our last, official fundraising drive of the fiscal year begins. It will benefit the Chatham Outreach Alliance (CORA), which provides food to individuals and families in need. **Our neighbors in Chatham County need our support! Many are out of jobs and out of school and are afraid. Never before has CORA needed us so much. Our donations to CORA will help children and families have food on the table. Please give generously.**

Thank you again for your support during the past two years.

- Sam Ligon

has participated in Travel Adventures and the Photo Art Program. All of this and Mike and his wife Joanne just arrived at CM in 2016!



The award for Judy Jones recognizes her outstanding leadership as the moderator/manager of MeadowTalk, noting her "communication skills and gentle but effective ways" of encouraging resident compliance with MeadowTalk guidelines and initiating important communications to members when needed. Upon arriving in 2017, Judy immediately became involved as Precinct Secretary, then served as Alternate Precinct Representative and in June will become Precinct Representative. Her service to the Gift Shop has included her "pleasant way of greeting residents" and accepting the responsibility as its Assistant Operations Manager. She has also participated in the Photo Art program, chaired the Community Outreach Committee, served on the Early Advantage Task Force and as a liaison assisting groups in maintaining the MeadowLife websites.



Upon arriving at CM in 2017, Margaret Lospinuso lost no time in applying her IT expertise to managing and enhancing the MeadowLife web-

site. She rapidly implemented improvements to the website in all areas affecting campus life, from important communications about the COVID-19 pandemic, to dining support, to online exercise videos – always in a positive and cheerful manner. Margaret has outlined a major upgrade of the MeadowLife software to provide interactive capabilities and enhanced features. She has taken the initiative with the IT Department in finding a way to remove the Library system from the CM network with minimal impact on its volunteers. In addition to her IT contributions, Margaret has served on the Estate/Tag Sale Steering Committee, the Welcome Committee and the Women's Luncheon Group Committee and participated in the Travel Adventures program and the Photo Art program.

- Judith Pulley





## Easter Parade Features Latest Head Fashions For Men and Women

This reporter recently received a call from Dixie Spiegel, Secretary of Precinct 8 at Carolina Meadows. She asked if I would be willing to come to the precinct on Saturday, April 11 at 4:45 pm. The precinct was going to hold an Easter Hat Parade/Competition and wanted me to review it. I thought there might be an interesting story for me and happily accepted the invitation.



***The parade begins to form***

When I arrived at the designated time and place, I found a good-sized group of men and women, all between 75 and 95 years of age, in head coverings of every sort. There were very few rules for them to follow. Each contestant was to select some type of head cover and decorate it with items from home. The group began their walk by singing "Easter Parade." More contestants joined as the group strolled around the precinct. They were cheerfully welcomed by other residents along the route.



I was impressed by the creativity displayed on each hat. One person placed a pop-up card that had lovely green leaves with a vibrant rosy pink flower on top of her hat. A couple of others had found bright colored scarves that they wound around the brims of their chapeaus with the ends draping down their backs. One couple wore matching hats and their decorations also blended in color and design. Another wore a bright pink hat and with live flowers – all in beautiful spring colors from her

garden – around the rim. Her matching shawl was quite the fashion statement. I also noted that the residents' masks complemented their decorated chapeaus, adding a bit of "je ne sais quoi" to their attire.

The blue-ribbon winner was a gentleman wearing a very bright, very bushy, hat-like golden wig that greatly resembled a well-coiffed political leader. Residents and parade participants enjoyed it all.

*- Essie Dior, Reporter  
Current Fashions Magazine*



***Some participants wore masks. But even a mask could not disguise the blue-ribbon winner, Allan Eckhaus. And who might be that masked woman standing behind him?***



## How Far IS 6 Feet?

"I picture myself lying down between us and add a few inches." "I go by the cracks in the gutter; they are six feet apart.\*"

Those are some of the answers I got to my question as I wandered Carolina Meadows, talking with residents and noting their distancing. In too many cases, six feet has shrunk to about four feet. A common way of estimating is using the distance fingertip to fingertip with arms outstretched, again adding a few inches. Gardeners in the community gardens can use the plot size to estimate – plots are 16 feet by 5 ½ feet.

One problem with keeping the distance is ambient noise outdoors, since many of us have some hearing loss and lip-reading is impossible with masks. Another is that when one person walks on the

edge of the road and the other the middle, a common practice, a passing car or golf cart forces the middle-of-the-roader to move and too often the instinct is to join the other person rather than heading for the other side.

Residents have developed gathering places that follow the rules. There are often up to ten chairs on the grassy circle at the end of Hawthorne, carefully six feet apart. Mail kiosks are another source of camaraderie; however, those locations seem to lead to folks edging closer.

Indoors is another issue. Residents of apartments tell me that in general folks are good about one person in the elevator at a time and only one person getting mail at a time. However, the hallways are only about six feet wide,

so one must hug the wall to pass safely.

In the Fairways and the Pines, the effect of the six-foot rule is minimal. Since most of the residents stay in their apartments most of the time anyway, the major effect of the lockdown is the absence of visitors. "If we couldn't talk to our children daily and actually see them via Skype or Facebook or whatever, we might go stir-crazy."

Most residents overall appreciate the precautions management is taking and feel the rule is only a minor annoyance. While some feel it is overkill and that some restrictions could be relaxed by now for mental health reasons, the consensus is that, because of the rules, we all feel very safe.

- Tony Armer

\*Gutter cracks actually vary from 4 to 16 feet.

## Keeping Busy... or Not

When I haul myself out of bed each day – make that midday – the first thing I notice is the parade of earnest walkers striding by the house. No matter the hour, no matter the weather, most are covered as if the sun will sear their skin within five minutes. Big hats, long sleeves, maybe even an umbrella as a further protection and these days a mask, they are walking hard, no ambling allowed. I observe in amazement while opting for a hot cup of coffee or an early afternoon nap.

So what does one accomplish in a day during this prolonged period of isolation? I expect the avid walkers have every moment mapped out. Tidy up a bit à la Marie Kondo, develop that grocery list for Instacart, go through some

junk in the garage or under the bed. By all means, be resourceful. Take pleasure when crossing off all those to-do list items.

Not I! Read the three papers, clip financial articles that need saving. Exhausting! Maybe turn the trusty Roomba loose. Throw in a load of laundry. Tedious. Walk to the mailbox? But Kleenex is scarce and pollen lurks. Join the day's Zoom meeting. Wears me out. Flop on the bed with a book.

Dang! Phone interruption. Everyone knows I'm up and at it by now. Nearly 5 pm already? Hop to it. A couple of neighbors will meander over for a "byoeverything" gathering in the driveway.

We'll move our chairs – good exercise – following the sun's warmth until we shiver, signaling the end of the chat.

Where has this day gone? Doing nothing is a lot of work!

- Mary Jo Doherty





## Getting Through the Rough Times

During the best of times, separate worlds exist here at Carolina Meadows. There is Independent Living, Assisted Living, the Pines and the Green. Most residents spend most of their time in his or her bailiwick.

Now with restrictions on face-to-face group interactions, the gap becomes more poignant. Activity Specialists Erika Hamlett, Diane Archer, Nancy Alton from the Wellness Department, and volunteer coordinator Kris O'Keefe are tasked with bridging the gap to care for all residents who can no longer socialize with families and residents in independent living.

The Pines staff follows the CDC and Carolina Meadows guide-

lines. Activity staff Vickie Mitchell and Dawn Johnson also work several evenings and weekends visiting and engaging Pines residents.

This is what they do:

- Engage daily with each resident with one-to-one visits.
- Provide one-on-one walking and stretching exercises.
- Coordinate and manage weekly Facetime or Zoom visits with families.
- A recent resident birthday was celebrated with an entire family via computer. Activities coordinated balloons and cake.
- Provide entertainment using computer tablets. They recently shared a musical performance from "The Young Musicians," a group of young children who have performed in the Pines many times. The group prepared a concert from their home. Staff brought the live music to individual residents who were thrilled to see the children play violin and guitar.

• Activity staff sing with residents in their rooms. They walk through hallways ringing hand chimes, providing a soft wind chime effect for meditation and conversation.

• Make available art materials such as adult coloring pages and other



***Pat Runyan listens to Eli McDowell play the viola while Diane Archer holds a tablet.***

visual art for residents who enjoy the activity.

- When the weather is nice, residents are able to sit outside and enjoy fresh air in one of two courtyards.
- Partner with one resident at a time for ongoing preparation for planting vegetables and flowers in designated garden beds.
- Read to residents, distribute the mail and bring smiles.

Pre-coronavirus, Pines residents, who are able, enjoyed daily group activities. Suddenly the same number of employees must spread themselves among each resident – no groups. Think about it. They have so many patients, how do they do it? Thank them for their dedicated service.

- Mary Jo Doherty



***Dottie Barron listens to Alexander McDowell play the violin while Erika Hamlett holds a tablet.***

## Looking Out for CM Staff

Many of us have mentioned how very fortunate we are to have such caring and self-sacrificing staff to look out for us at a time when people in our age group are especially at risk with COVID-19. Although management is doing everything possible to reduce contact between residents and staff and among staff, they place themselves at risk every day.

And there is another risk that they face – a financial risk. Fortunately, no Carolina Meadows staff have been laid off. Nevertheless, many are dealing with challenges in locating and paying for child-care and other extraordinary expenses.

In response, the Carolina Meadows Foundation Employee Emergency Assistance Fund has been established. Residents can contribute by writing a check to the “Carolina Meadows Foundation” with a memo note of “Employee Emergency Assistance Fund.”

As of this writing, \$61,000 have been collected. Almost \$9,000 have been distributed to staff in assistance funds. Just contact Kevin’s Executive Assistant Patsy Hancock for pick up or deliver it yourself to the dropbox outside the Club Center entrance.

If you have not yet done so, please consider contributing to this opportunity to demonstrate your appreciation and support for our incomparable staff.

- Judith Pulley

## IN MEMORIAM

Geoffrey Wainwright, P-251

03-17-2020

Ralph Anderson, V-202

03-23-2020

Morton Green, P-209

03-25-2020

Mary Ann Buck, G-137

03-30-2020

Linda Medure-Ritter, EA

04-03-2020

Anita Wenden, V-327

04-04-2020

Rachel (Linda) Hill, V-218

04-07-2020

## Girl Scout Cookies To Our Wonderful Staff

The residents of Carolina Meadows gifted Girl Scout cookies to Todd Ohle’s terrific Dining Services staff and to Dr. Miller and the CM Health Clinic staff. What a wonderful job they are all doing during this time of stress!

Did you know that Dining Services is adding a cupcake to each meal when a resident has a birthday? I didn’t. It’s hard to believe that they are checking the list of monthly birthdays in order to accomplish this. They are always polite and courteous when calling us daily for our food order. How do they do it?

Did you know that the Health Clinic will also conduct a ‘virtual’ examination when called for? I didn’t. Did you know that Dr. Miller and our nurses and PAs are working daily to keep us healthy? They’re available for exams, tests, prescription renewals and all the other daily responsibilities of managing a fully functioning health service.

Kudos to our entire Carolina Meadows staff and management team.

- Dorothy Samitz

## Celebration of Life and Work of Harry Groves Set for October 19

*Did you know....* the late Harry Groves, resident of Carolina Meadows and Residents’ Association President? Because of him, you are legally guaranteed by the state to have certain rights that protect your investment and quality of life.

Harry Groves’ work had a direct effect on every resident of a CCRC in North Carolina. The former Chancellor of UNC, the late Dr. Paul Hardin, praised Groves as

“North Carolina’s most prominent legal expert” on continuing care.

Dr. Groves was a legal scholar and prolific writer. The University of North Carolina has received and catalogued some 2,500 items of Harry Groves’ papers. Assuming the COVID crisis has ended, a Celebration of the Life and Work of Harry Groves will be October 19, 2020. *Save the date!* Read more about this Celebration and Harry Groves in the coming months.

- Margaret Zircher



**Harry Groves being interviewed by Paul Hardin**

## Corona and Community

Every hip fracture begins with a microscopic crack that exploded in microseconds, yet hip fractures don't often occur in younger people because of the protective factors of youthful bone. Researchers studying fracture resistance concluded that "damage control" is in place in the form of collagen molecules on the microscopic scale to the grand scale of society itself, which aims to minimize trauma. Likewise, there is a great deal that comes in to play between the spectrum of individual and community risk management.

Do you plan on falling today? Probably not. Naturally, fall risk and prevention are given great attention at Carolina Meadows. A great deal of forethought, protocol and procedures are in place to protect residents, but prevention

starts with you. Frailty develops gradually over time. Becoming compromised influences susceptibility to falls. Physical, psychological and social dimensions of frailty overlap and the resulting vulnerabilities aren't often apparent until the injury occurs.

Similarly, during this pandemic and recovery, Carolina Meadows needs you to continue to take care of yourself and your community. Don't let your guard down. Observe and maintain the precautions in place to protect yourselves and everyone on campus. Minimizing the importance of maintaining fitness of body, mind and spirit are similar to the microscopic breakdown that can lead to devastation.

At this writing, Carolina Meadows has managed to keep the virus at bay by caring for each other. This is analogous to Ira Byock's

summary of anthropologist Margaret Mead's definition of civilization, evidenced by a healed femur bone. Mead surmised that in the animal kingdom, a broken leg meant death due to the inability to hunt for survival and flee from danger. A broken femur that healed demonstrated someone had protected and provided care for the injured person, allowing time to heal. We have been given time. The femur is the longest and strongest bone of the human body; it isn't easily broken. United in community we are strong. In the words of Coretta Scott King, "The greatness of a community is most accurately measured by the compassionate actions of its members." May your steadfast commitment to community prevail until we are on the other side of this unprecedented event.

*- Laura Begin, Social Work*

## Buy Your Copy of VOICES

Copies of the 30<sup>th</sup> anniversary issue of VOICES are still available for purchase through the Gift Shop for \$5.00 each. You may charge the purchase to your resident account with the Gift Shop and your book or books will be delivered to the door of your apartment or villa as soon as possible after the order has been received and processed. A receipt for your purchase will be provided.

To place an order, you should send an email to the Gift Shop at [<cmgscal@gmail.com>](mailto:cmgscal@gmail.com), specify the number of copies you wish to purchase and provide your name and villa or apartment address. If you do not have access to email, please

ask a friend or neighbor to make the request for you.

The 2020 edition of VOICES celebrates three decades of the Carolina Meadows literary journal. Featured are several stories and poems from early years of the publication, as well as references to residents who have been involved in the development of the journal. There are also more than 50 memoirs and works of poetry from current residents and soon-to-be residents who have shared their words for the reading pleasure of friends and neighbors.

*- Eleanor Morris*

## New Residents

**Sandra (Sandy) Funk, 3-308**

**Previous Residence:** Chapel Hill, NC

**Charles Lowry, EA**

**Current Residence:** Chapel Hill, NC

**Interests:** Golf, walking, reading, bonsai, visual art, symphony, travel

**Marcia Lowry, EA**

**Current Residence:** Chapel Hill, NC

**Interests:** Visual arts, symphony, theater, drawing, rug hooking, golf, reading, walking, Mahjongg, travel



# Annual CORA Drive: May 1-15

As this is being written in late April, no end is in sight to the coronavirus pandemic. Day-by-day, cases mount. The curve has not been flattened. Carolina Meadows remains in lockdown. This is a uniquely stressful time for all of us, but especially for less fortunate families. Thousands of them live right here in Chatham County. Many turn to the Chatham Outreach Alliance (CORA) for assistance – for food.

We have a drive at Carolina Meadows for CORA every year. This year, the need is especially great.

A recent update from CORA describes the situation:

*We realize these are trying times. As countless businesses have been forced to close their doors in response to COVID-19, many more people have been forced to rely on our emergency food for the first time. The need for our services has increased drastically. On a typical day, we serve between 45 and 50 individuals, representing 160-200*



*family members. Last week that number jumped to over 350 daily. The reality that CORA faces today is that on top of the estimated 20,000 individuals in Chatham County who were facing hunger long before this crisis, we are on track to serve an additional 15,000 -20,000 individuals who will either require additional food or need to access our food pantry for the first time because they are facing both hunger and food insecurity.*

In light of the urgency of the need, Carolina Meadows President and CEO Kevin McLeod has announced that Carolina Meadows will contribute \$5,000 to CORA. In addition, the Residents Association Council voted unanimously to contribute \$2,500 from RA funds.

Please let YOUR gift to CORA this year during the first two weeks of May be equally generous, an expression of your gratitude for having been spared during this most trying public health crisis of our lifetime.

How can you help?

- Mail a check to CORA, P.O. Box 1326, Pittsboro, NC 27312.
- Go to the CORA website and donate online.  
<[Corafoodpantry.org](http://Corafoodpantry.org).>
- Place a check in an envelope and drop it in the collection box inside the Club Center sliding door (in the airlock).
- Call Resident Services at (919) 370-7315 and they will schedule a time to pick up your donation.
- Make a contribution directly from an IRA.

\*\*\* In addition: once again this year, we can contribute up to \$50/ household from our dining account. To authorize such a donation, send an email to:

<[coradonations@carolinameadows.net](mailto:coradonations@carolinameadows.net)>

- Bill Powers

## Genealogy Group

We were scheduled for a presentation by Lisa Lisson illustrating her popular and accessible Web Page. Her references and illustrations are the easiest and best to understand. Click on <[www.LisallLisson.com](http://www.LisallLisson.com)> for the many topics she clarifies and illustrates for ancestry searches. Perhaps we will see her in June.

Twenty-twenty is the year for recording census information. It is a reminder that census figures and information are available in coun-

ties and states and the data will help prove the location, work and family members at that time. Census records in 1790 recorded only the head of household; 1850 recorded all members; and 1880 recorded the relationships of all members. The Census rule releases the figures only after 72 years have passed. Thus, in April 2022, the 1950 census figures will be released.

- Ruth Muller

## This just in from a Resident's Dog!



**Have you considered taking him for longer walks? Tossing a frisbee?**

## Volunteer Facilitator

Do you want to be more involved in the Carolina Meadows community but don't quite know how? Do you want to meet more people or get out of the house (assuming we EVER can do that!)? We have a plan for that.

On the other hand, are you a bit too busy as an activity or committee leader, handling lots of tasks that could be delegated to someone else, if only you knew how to find the right person? Help is on the way!

The Residents Association has created the position of Volunteer Facilitator. The Facilitator's job is to match tasks with interested volunteers in order to involve more residents in the life of Carolina Meadows and to prevent burnout among the volunteers who are already fully involved. For example, if Carolina Meadows had a Kumquat Festival every fall (we don't, and won't), the festival organizer would need volunteers to plan the event, create publicity, disseminate that information, secure a venue, arrange for entertainment, get 1,000 kumquats, gather and post online kumquat recipes and so on. That's lots of jobs for lots of people!

Here's how it all will work. First the Facilitator will ask the activity and committee leaders to identify tasks that need to be completed but do not yet have an assigned volunteer. The leaders will be encouraged to split some tasks between people and to delegate jobs in order to involve more residents. Leaders will also be asked to identify tasks that could be completed at home, therefore providing opportunities for folks who are homebound.



At the same time, Carolina Meadows residents will have the opportunity to fill out a questionnaire to create a database of interests and talents. Residents can indicate their goals for volunteering and their availability. They can provide information about their computer skills, their artistic talents, their writing ability, and so on.

Once the volunteer database is created, the Volunteer Facilitator will provide the activity leaders with the names and contact information of individuals who have the skills and interests that match their unfilled tasks. The activity leaders will take it from there, but they will be encouraged to select residents who are not already heavily involved in the community.

This will be an ongoing process, with new volunteers submitting questionnaires and new tasks being identified throughout the year. It will take time to get this going. But right now, most of us unfortunately, have a lot of time on our hands! If we can begin to gather the information now, we can be ready to roll once we are safely released from social distancing.

Soon there will be a webpage on the MeadowLife website detailing how this will happen and providing a link to the questionnaire. Activity leaders are working on their task lists. Once we have enough information, we will begin the matching. Onward!

- Your Volunteer Facilitator,  
Dixie Spiegel, and the lovely Caroline



## MeadowLife Rises to the COVID-19 Challenge

When MeadowLife was launched in March 2011, its creators hoped that it would eventually serve as the go-to site for all pertinent Carolina Meadows information. Its charge was “to develop, maintain, and enhance as necessary a website for Carolina Meadows residents that will serve as a single point of access to information of interest and importance to them.”

It was generally greeted with enthusiasm, since a resident website had been promised, but not delivered, in previous years. However, there were some who weren't sure what a website was and, confusing it with a listserv, were disappointed when they couldn't exchange emails with their fellow residents. (MeadowTalk was ultimately developed to meet that need).

Others, uncomfortable with computers, were fearful that the website would presage the disappearance of bulletin boards and paper communications. Nevertheless approximately 200 residents had opened accounts by the time of the first Annual Report in June.

By the next year, MeadowLife had become more “interactive,” with an online dining reservation system. As time passed, other enhancements followed: a dining pickup and take-out form; a Dining Services comment form; a Resident Absence form; Confidant Program forms; Our Library Online; and many other features. MeadowLife was becoming increasingly integral to life at the Meadows.



***The MeadowLife planning committee: Raymond Pulley, John Gabor, Bob Comey, Bill Benedict, Donna Maroni and Judith Pulley***

It was hoped that MeadowLife could be a valuable resource in the event of an emergency. To that end, the website featured a red “Alert” splash that could be activated as necessary, for example in case of dangerous icy roads and sidewalks, closure of dining facilities during hazardous conditions and provisions for food delivery, restrictions on visits to the Pines during flu outbreaks, etc. But it was expected that such situations would be short-lived.

The unprecedented complete closure of the CM campus for an indeterminate period of time presented a communications challenge that went far beyond the capabilities of an alert on MeadowLife.

Undaunted, the MeadowLife team sprang into action. In little time, a new tab, **COVID-19 UPDATES**, appeared on the home page, distinguished from the normal green tabs by a gray tab with red letters.

The first entries were messages and directives from Kevin McLeod and Ben Cornthwaite, arranged in chronological order, putting this critical information in one easy-to-find location. Did you miss a Zoomed Town Hall Meeting? No problem, as video links to each of the meetings were inserted.

Addressing the challenges of life under near quarantine conditions, a “How to Flourish on Campus” section sprang up. “Cabin Fe-

(Continued on p. 12, “MeadowLife”)

(Continued from p. 11, "MeadowLife")

ver Remedies," featuring recommendations from residents and staff, provided links to Music, Performances, On-Line Learning, Museums, Travel, Reading/Writing, Puzzles, Nature, Health and Well-being and more.

For those missing their daily workouts, links to virtual fitness classes also were posted. MeadowLife now has embedded videos, a whole new dimension of communicating with residents.

As dining shifted to dinners delivered to residents' doors, Dining Services posted a weekly menu on the home page. The greatly expanded Home Shopping list also appeared on the home page, enabling residents to place their orders online and have them delivered in 48 hours. For the present, the only scheduled events are the twice-weekly virtual Town Hall Meetings, each provided with a link to enable residents to join them using Zoom.

MeadowLife also added a page for the Zoom Coordinator, a resident with Zoom and online conferencing experience who could help residents get connected and work with Activities and Committees to hold virtual meetings.

Since the first year of MeadowLife's existence, the number of resident accounts has grown from about 200 to 456 households.

The number of "page views" has increased significantly as residents turn to MeadowLife for essential information and opportunities to ease their boredom. Between January 12 and February 11, there were 38,000 page views, with the top pages being Dining, Resident and Staff Directories, Administration Notices and Daily Spe-

cials. Between March 12 and April 11, page views grew to 50,400, with the top pages being COVID-19, Home Shopping, Fitness & Health and Cabin Fever.

In the two days after the contacts of residents were given access to the COVID-19 page, the number of different states from which users view MeadowLife went from an average of six to 24 states. Opening the COVID-19 page to those without a MeadowLife account made

MeadowLife part of the CM corporate strategy for keeping the wider community connected to information being given to CM residents.

In other words, MeadowLife has truly risen to the occasion and far surpassed the dreams of its founders.

- Judith Pulley

## **The Gift Shop is STILL here for you**

**We have stamps, envelopes and hearing aid batteries. Plus batteries that do not fit in your ear (9-volt, D & C cells, AA and AAA).**

**Now that you are fully powered, how about a copy of Voices 2020 (\$5 including tax) to catch up on your neighbors' literary skills?**

The preferred way to order is to email us at [cmgscal@gmail.com](mailto:cmgscal@gmail.com), but calling Mike Kesner, Susan Durfee or Judy Jones will also work.



**AND doorstep delivery  
is FREE for all items!**



## Staying in Touch: The Indispensable Internet

On August 6, 1991, the World Wide Web became publicly available. A game-changer arrived in 1993 with the launch of the browser Mosaic. It inspired the birth of the first commercial browser, Netscape Navigator, while Mosaic's technology went on to form the basis of Microsoft's Internet Explorer. Many other browsers and search engines have appeared since.

The Web or public Internet soon became a part of our everyday lives, changing the way we communicate and do business via computers, tablets and smart phones. Recognizing its utility, many adopted it, some enthusiastically and some holdouts reluctantly.

If it once seemed just a convenience, the COVID-19 pandemic and the subsequent quarantine of Carolina Meadows residents has made it indispensable with respect to communications from the CM administration and public officials.

This raised the question of how many residents living on the Carolina Meadows campus lack an email address and hence, presumably, access to the Internet. The April Resident Directory, in which some email addresses may be omitted at the request of a resident, yielded the following figures on digital connectivity for the 744 residents of CM:

100 residents do not have an email account associated with their listing in the directory. Of those:

- 30 reside in Independent Living
- 22 reside in the Fairways
- 36 reside in the Pines
- 12 reside in the Green

Clearly many in the Fairways, Pines and Green may lack access owing to age and disabilities. Moreover, being concentrated in specific facilities makes it possible for staff to keep them informed during this extraordinary time.

Some of the 30 residents in Independent Living may also have disabilities that prevent them from availing themselves of the Internet. For the remainder, the cause may be lack of opportunity or desire to get to know this "new" media (about to celebrate its 30<sup>th</sup> birthday).

Drilling down further, the next question is how many have MeadowLife accounts, providing ready access to all relevant COVID-19 information (the COVID-19 page on MeadowLife is available without a MeadowLife account, but pages linked from it are not).

The number of on-campus households with MeadowLife accounts is 458 (423 in Independent Living, 24 in the Fairways and 11 in the Pines). That would suggest a very broad penetration within Carolina Meadows.

However, these numbers should be viewed with caution, because not everyone with a MeadowLife account actually uses it regularly. (We often get requests for an account from residents who are unaware that they already have one!) As one progresses from IL to the Fairways or Pines, utilization may decrease or cease.

MeadowTalk, the CM listserv, provides yet another means for residents using email to communicate with one another, exchanging information, advice, experiences, and sharing (plants, dishwasher

capsules, whatever one needs). It has proven to be especially helpful as residents learn how to use the Internet to order necessities from local food stores, pharmacies, etc.

MeadowTalk currently has about 340 members, with 26 joining since the outbreak of the virus.

The CM administration has provided support for the new Zoom Coordinator position, filled by resident Marty Lyon, to enable virtual Town Hall Meetings and face-to-face gatherings with family and friends.

Zoom is also being used for daily workouts led by Michelle Marino's Wellness staff (see page 14 for the May schedule). Anyone feeling technologically challenged should tune in to a Zoom Town Hall Meeting and watch all of us struggling to conquer this new experience.

Management has worked diligently to reach all residents, including those without email, placing announcements in the apartments and in kiosks, inserting weekly menus in take-out bags, and occasionally using phone calls for brief messages.

It is, however, more challenging to distribute complex directions using these means. One precinct noted, at the April Council meeting, that its members were printing out messages and carrying them to precinct members who lacked email.

Such acts of neighborliness are characteristic of our community, as are the extraordinary adaptations management has made to care for us.

*- Judith Pulley*



## A Tribute to Our CM Heroes



*Brought to you by Dan Camara and Robert Poteet.*

*Pay tribute to our wonderful staff by contributing to the Carolina Meadows Foundation Employee Emergency Assistance Fund.*



## The Wellness Corner: May Fitness Classes via Zoom

**Please use the following Zoom link to access the below classes:**

Join Zoom Meeting

<<https://zoom.us/j/3386967211?pwd=OWdGS1UyWFhmUmhlcFBYZUMzQ0xDUT09>>

Meeting ID: 338 696 7211

Password: 20204

### **Body Movements, Monday-Friday, 9-9:30 am**

This class will incorporate basic body movements to help build strength, balance and flexibility. The workout includes both standing and seated exercises. You will need at least 6 feet of space around you and a sturdy chair to fully participate. We also recommend clothing you can move in, closed toed athletic shoes and please remember to stay hydrated.

### **Sit and Be Fit, Monday, Wednesday, Friday, 10-10:30 am**

These classes incorporate standing but mostly seated exercises designed to strengthen and tone the whole body. Please have light weights (water bottles or soup cans may be used) and a sturdy chair with a back for support.

### **New class! Cardio Fit, Mondays, 2-2:30 pm**

Join Kim Conway as she leads you through easy-to-follow, low-impact dance routines sure to get your heart pumping and your toes tapping. All fitness levels welcome.

### **Mindful Yoga, Tuesdays, 11:30 am-12:30 pm**

This class is intentionally designed to be an easeful transition into the online experience of yoga. We will move slowly and breathe deeply using a wide range of gentle postures to keep us supple, flexible, strong and present in our bodies. You will need a yoga mat, a sturdy chair and a pillow. We will also use straps (a belt or a tie are all acceptable in place of a strap).

### **Barre Workout, Thursdays, 11:30 am-12 noon**

An effective full-body workout set to music with simple, classic dance inspired exercises. You'll be guided through a series of low impact movements designed to strengthen and tone your body while improving balance and flexibility. In place of a Barre, we will be using a sturdy chair. Led by Kim Conway.

### **Feldenkrais Method, Fridays, 11 am-12 noon**

Rediscover your innate capacity for easy, graceful, efficient yet powerful movement using **The Feldenkrais Method®** of movement education. This revolutionary approach to skill development taps the power of the brain and central nervous system to create startling changes in your neuromuscular organization and coordination. Your involuntary limiting movement habits will dissolve and you will emerge from class more relaxed, grounded and powerful. You'll learn to move smarter, not harder. Results include tension and pain relief, increased flexibility and coordination, and improved breathing, alignment, posture, balance, strength and control. Simply put: when you move better, you feel better.

*PLEASE NOTE: This lesson will be verbally guided, not demonstrated. It will be easiest for you to do while lying on your back on the floor or on your bed. You can do it while sitting in a chair, if you prefer, though it will be a bit more challenging that way.*

(Continued on p. 16, "Fitness Classes")

(Continued from p. 15, "Fitness Classes")

### Use the following link to access Nia to Heal

Join Zoom Meeting

<<https://us02web.zoom.us/j/4180810947?pwd=SEVuTi9uWU1hODBHRjNVMGo0OURPQT09>>

Meeting ID: 418 081 0947

Password: 2468

### Nia to Heal, Wednesdays, 11:15 am - 12 noon

This is a group dance fitness class to fun music. It's ideal for people who are just getting going with exercise and want a fun, joyful way to get active. It's also good for those recovering from an illness or injury. We spend 30 minutes up dancing on the floor and 15 minutes moving in a chair, but a chair is always an option and some choose to spend the whole class moving in a chair.

### Walking Meditation, Wednesdays, 2-2:30 pm in the Meadow Garden

One of the basic methods for cultivating mindfulness is a "walking meditation," which involves focusing closely on the physical experience of walking, paying attention to the specific components of each step. We will meet at the Meadow Garden (behind Building 4) for a centering meditation.

## Head to the Meadow Garden

Tired of walking the same old Carolina Meadows path for your daily walking exercise? Well how about heading for the Meadow Garden behind Building 4 just off the Golf Course? Here you can stand or sit (6 feet apart) in the pergola with the raised herb garden. Or perhaps you wish to swing in the other pergola next to the small waterfall? It can be so peaceful sitting here and listening to the running water. You may wish to count the goldfish and admire the Japanese maple that shades the waterfall.

You'll spot a bonsai on a rock next to the running water and a small bed of five amaryllis blooming. Since it is now almost summer in North Carolina – very hot and humid – come to the garden early, 8 to 9 am or late afternoon, 4 to 5 pm, to relax and enjoy! No appointment necessary!

- Bob Gladfelter







**Are you suffering from Cabin Fever? If so, let CMU and World Affairs get you out of your comfort zone by taking you virtually to other times and other places.**

## CMU and World Affairs to Resume in May via Zoom and the Internet

### CMU: What If.....

Most of us grow up with the understanding that "history is history." It had to turn out the way it did. But by accepting this premise, we ignore the larger question of "what might have been" if the country had taken the "road not taken."

What might have happened, for example, if John F. Kennedy had not been assassinated and his plan to withdraw all American troops from Vietnam after the 1964 election had actually occurred? What might have happened if Martin Luther King, Jr. and Robert F. Kennedy had not been assassinated in 1968? "

What might have happened if the Clinton Health Care Plan of 1993 had been enacted? Would the rest of the Clinton administration have changed?

And what might have happened if Al Gore, with his 700,000-

vote national plurality, had been allowed to win the presidency in 2000? Would we have had 9/11; or the invasion of Iraq?

These are the questions we will be exploring in four **successive Mondays in May** as part of this spring's **Carolina Meadows University**. Join us starting this **Monday, May 4 at 1 pm**.

William (Bill) Chafe is an American historian from Duke University. The author of 13 books, he served as chair of the Duke History Department, Dean of the Faculty of Arts and Sciences, and president of the Organization of American Historians.

Here is Your Invitation **Join the CMU meeting by Zoom:**  
To join by computer, click on the link in column three:

<https://us02web.zoom.us/j/7419266950?pwd=bGVldUdtZF11emZ4V3F6L0xpUWtUQT09>

To join by smart phone or tablet: If you see this message by email, on that device, click on the link above. If not, launch the Zoom app and select "Join Meeting". Enter the meeting ID and password found below.

Meeting ID: 741 926 6950  
Password: 564139

To join by telephone or dumb cell phone, call one of the phone numbers below and enter the meeting ID and password, when asked:

+1 929 205 6099 US (New York)  
+1 301 715 8592 US (Germantown)  
+1 312 626 6799 US (Chicago)  
+1 669 900 6833 US (San Jose)  
+1 253 215 8782 US (Tacoma)

### World Affairs to Offer Weekly Videos

World Affairs will recommend a different video each week during the month of May. Residents will receive a description and the URL each Thursday. To preserve the World Affairs ambience, it is suggested that the videos be viewed at 10:30 am on each Friday.