



The Meadowlark

Volume 30, No. 4

May 2018

New Master Plan for Carolina Meadows: The Birchtree

The CM Board of Directors has approved a concept plan to build 40-50 new Independent Living homes at the corner of Whippoorwill Lane and Mount Carmel Church Road. The apartments, which will be known as The Birchtree, will range from 1600-1800

square feet each. There will be exterior storage units and it is hoped that there will also be underground parking. This will help address the loss of parking space due to the construction of the new buildings on current parking areas. After addressing zoning ap-

proval, it is expected that construction will begin in the spring of 2019, with new residents moving in during the spring of 2020.

In the upcoming months, this concept plan will be refined and adjusted as needed. The current plan is to begin construction on a new Pines building once the construction of the new Independent Living apartments is completed. The new Pines, with an anticipated three stories plus underground parking, will remain in the center of the campus, where it is now.

The Board of Directors would like to thank all of the residents who provided essential input for the planning of this new phase of our development. We are a vital community that can take pride in how we all work together to enrich our lives.

Please note that the drawing is a concept rendering. As planning progresses, details will certainly change! - Pat Mandell



Carolina Meadows Offers New Service: In-Home Care

Carolina Meadows is inaugurating a new in-home care unit, which will further integrate the overall care program here. It is expected to be in operation by summer, 2018. Initially, it will provide nursing, in-home aide, companion, sitter and respite services to all residents in Independent Living, The Fairways and the Pines. Lauren Workman RN, has been appointed Director of Home Care and will also, temporarily, act as Nursing Supervisor. Lauren has been Nursing Supervisor at The Fairways for several years

and is already known to many residents. Her staff will all be employed directly by Carolina Meadows and will be Certified Nursing Assistants.

At present, residents seek the above-mentioned services (estimated to total about 1500 hours a week) off campus. Staff members of the new unit will be immediately available 24/7 and will have no "minimum" hourly charge. Thus, a patient who needs a nurse, help in donning compression stockings or even walking the dog, will only be charged for the time of the actual event.

- Webb Morrison

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President's Message

It is with great pleasure that I write my final President's message. Writing this message each month has been the most difficult part of being president of the Residents Association. That said, it is also hard to believe that the second year of my presidency is coming to a close. The time has really flown. It has been a very rewarding two years and I thank each of you who worked to make them so successful. A special thanks to the Executive Committee: Sam Ligon, Eleanor Morris, Paul Carew and Gordon Battle for their hard work and support,

The main area we have tried to improve on this year is Transparency and Communications, so that residents are aware of what the CM Departments are doing. To achieve this, the RA Advisory Committees have given updates at the RA Meeting each month, as well as written a follow-up column in the Meadowlark: Your RA at Work. In addition, we have allotted 10-20 minutes to Ben Cornthwaite to update us on the latest happenings on campus. He also writes a monthly

column in the Meadowlark: Meadows in Motion.

At the May RA Meeting, the officers for 2018-19 will be elected. The Nominating Committee will present its slate. Prior to voting, nominations from the floor will be accepted. Please remember that you must have prior permission from the resident you are nominating.

This month (May 4-13) is also the fund raising drive for the CORA (Chatham Outreach Alliance) Food Pantry, one of the four fund raisers sanctioned by the RA each year. There are over 5,000 needy families in our county that utilize this service. I encourage each of you to support this drive by contributing money to this worthy cause. This is a wonderful way to help our less fortunate neighbors.

The RA has grown in complexity over the years. The Precinct Officers, the Standing Committees, the Library and the Gift Shop all require a lot of time and energy. And then there are the RA Activities that keep us relaxed, educated and having fun. I thank each of you for your hard work this past year.

- Betsy Ahern

RA Officers for 2018-19 Nominated

At the April meeting of the Residents Association, Nominations Committee Chair Helen Stedman announced the nominees for RA officers for 2018-19:

- President – Sam Ligon
- Vice President – Chris Kesner
- Secretary – Eleanor Morris
- Treasurer – Dorothy Samitz

The election will be held at the May 10 meeting of the Residents Association.

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

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President: Betsy Ahern
Editor: Pat Mandell
Assistant Editors: Joanne Cotter
and Dorothy Samitz
Layout: Judith Pulley
Proofreaders for this issue:
Jody Hite, Eunice Kraybill, Nan
Melcher, Roy Milton
Photographer: John Haynes
Distribution: Roy and Bev Milton

June, July, August Issue Deadline

Copy for the June, July, August *Meadowlark* must be submitted by **Saturday, May 12**, to Pat Mandell <phbmandell@me.com>, Joanne Cotter <the cotters@me.com> and Dorothy Samitz <dj@samitz.com>. Articles should be submitted as email attachments in MS Word format. Images should be sent in JPG format. Please call Pat at (919) 240-4864 if you have any questions.

Carolina Meadows Census As of March 31, 2018

Number of Residents	Occupancy Level
Independent Living:	
636	97%
Assisted Living	
70	68%
The Pines*:	
53	59%*
Total on campus:	
759	92%
EA Program:	
53	
Total Residents:	812
<i>*Includes temporary admission of IL and AL residents.</i>	

NEWS (continued)

Jay Nygren Dining Room Manager

Jay Nygren has been working very hard to train our dining room wait staff to be the best in town. In 2014 he moved to Durham, NC, and took the position of Events Manager to help open the 21c Hotel. During construction, he hired and trained a food services staff of 67. He created the training tools, including manuals needed to roll out a training program that is now in use at all of the affiliated hotels.

In 2015 Jay was hired as the Director of Individual and Corporate Relations for the American Dance Festival (ADF, Inc.), designing, creating and overseeing all the fundraising events for the 2015/2016 season, for promoting the Durham Performing Arts Center's donors' lounge and assisting in securing locations for the school's many celebration parties and end of festival/school events. He shepherded ADF's in-kind donations to record levels for the season and oversaw ADF's high-end donor parties and events for scholarship fund contributors.

In 2017 he moved to Chapel Hill to begin working for Carolina Meadows. He brought with him his wealth of knowledge about training food service personnel. His training manuals for Food and Beverage Service Workers, modified for CM, are now provided to all newly hired food services personnel at CM.

Jay feels strongly that his staff should feel valued and appreciated. He has supported the staff on learning how to work as a team. In this interview, he proudly reported that our staff now easily pitch in to



Jay Nygren (far right, first row) with Dining Room staff.

help each other without being asked to do so.

Our dining room staff meets daily with Jay and he makes it a point to read to them the comment cards that we write. It is also during this time that Jay makes a point to praise and encourage the staff. He has divided the staff into three teams. These teams compete to see

which team can collect the most positive comment cards. All of the staff find this a great way to encourage each other.

We are fortunate to have Jay here at CM. Thanks to Jay, and to his staff, for taking such good care of all of us and for doing it with a smile!

- Pat Mandell

Board Listening Post

Here is a special opportunity for residents who have a suggestion, concern or question to bring to the attention of the CM Board of Directors. We would like to hear what you have to say. Come and meet with us privately.

Just you and two resident directors at a time.

Ten-minute sessions.

You talk and we'll listen.

Friday, May 18, 2018

10:30 to noon

The Board Room, Club Center

To participate, contact Pat Mandell at (919) 240-4864 to set up your visit.

Help CORA Feed Our Neighbors

Despite some improvement in the Triangle's economy, the food pantry of the Chatham Outreach Alliance (CORA) continues to need help from Carolina Meadows residents. We may not see the poverty that exists in the county, but it's real, hidden away in trailer parks and out-of-the-way neighborhoods. Half the school children in Chatham County qualify for free or reduced lunch. Many go to school without breakfast and have little to look forward to at dinner. Each year, CORA provides a family with a week's supply of meals on over 5,000 occasions.

In two Carolina Meadows' sponsored bus trips during April, a number of residents had an opportunity to tour the CORA Food Pantry in Pittsboro and to speak with the director. The mood on the bus returning to Carolina Meadows was sobered by the realization that while we dine in style, many others go hungry. If you have not been to CORA, why not do so some time? Give them a call at (919) 542-5020 to let them know when you are coming. You might even decide to become a CORA volunteer!

Although some residents assist CORA throughout the year, some on a monthly basis, the entire community is called upon once each year to assist this essential service. The 2018 drive will be conducted from **May 4 to May 13**. You will receive further information in your in-house mailbox, together with a donation form and envelope. The envelope, with your donation, can be placed in the CORA box in the mail room. If you prefer, you may mail your check directly; Carolina Meadows will

get credit for your contribution.

"How much should I give?" Let your heart be your guide but why not look up what you gave last year and double it!

One change: In past years, we collected canned goods and paper products for CORA at a table in the Club Center lobby. Although CORA welcomes such contributions, it is much more efficient for them to buy in bulk from food banks and other suppliers. So, this year, it's money only. We'll report in June how much was donated by residents. There is no set financial goal; the goal is generosity. That's a goal we are sure to meet!

For more information:

<corafoodpantry.org>

- Bill Powers

Keep Recycling Clean

You may have heard that China has decided to limit the importation of recyclable materials, one of the reasons being that too much dirty or even hazardous wastes are included. NC and the Southeast in general are less affected by the ban than other areas of the country. These states are less dependent on exporting recyclables because they have a number of manufacturing facilities that actually use these materials (60 in NC).

The problem of contamination, however, complicates US recycling efforts. Locally, approximately 13% of material collected for recycling is unsuitable. For example, plastic bags and recording tapes gum up the machinery used for sorting. Removing such items makes the final product more expensive, which in turn makes it

difficult for the manufacturers to stay in business.

Following are some guidelines: plastic bags should be kept out of recycling bins; they should not even be used to collect smaller articles (leave everything loose). Other items that cause problems are plastic air pillows and bubble wrap (recycle these with plastic bags at supermarkets), *Styro-foam*™ (including packing peanuts), spray cans (full or empty), photographs, envelopes in which paper is fused with plastic bubbles and clothing of any kind. Clothes can be donated. Dispose all of the other items with trash. The phrase "it is a shame to put it in the trash" is not a reason for something to go into the recycling bin.

We stay in touch with a representative from SONOCO, the local recycler, who confirmed that contamination affects us as well. Check our web page in Meadow-Life for any updates. The following article from the N&O is very informative: <<http://www.newsobserver.com/news/business/article205296704.html>>

- The Recycling and Conservation Committee

IN MEMORIAM

Lilian Mae Heath	F-119
03-18-2018	
Eugene Hilker	F-209
04-05-2018	
Helen Goodman	P-249
04-10-2018	
Jean Waldner	F-216
04-15-2018	

Welcome New Residents

On-Campus Residents

Elizabeth (Betsy) Ballard, 5-202

Last Residence: Gaithersburg, MD

Interests: Bridge

Ronald (Ron) Ballard, 5-202

Last Residence: Gaithersburg, MD

Interests: Boating, computer assessments, fishing, hiking

Viola (Vidy) Johnson, 4-207

Last Residence: Chapel Hill, NC

Interests: Art, yoga, UNC Humanities, Playmakers, current affairs, politics

Early Advantage Residents

Robert Chapman

Jay and Mary Ann Klompmaker

Frank and Lillian Stallone

James Beckwith

Gun Violence Prevention

Come hear Becky Ceartas speak about Gun Violence Prevention in the **Auditorium on Monday, May 14, at 4 pm.** Becky is the Executive Director of North Carolinians Against Gun Violence. She recently wrote an article on Gun Violence for NC Policy Watch (a project of the NC Justice Center).

Becky will be introduced by Lisa Price. Lisa, along with two friends, formed North Carolinians Against Gun Violence about 25 years ago and Lisa led the organization for 17 years. NCGV remains one of the few southern gun violence prevention groups active statewide and nationally.

This event is open to all residents and is sponsored by the Carolina Meadows Democrats.

- Judy Jones

TALK

CMU

CMU Spring 2018 Semester will wrap up with the finale to Course IV: "Lessons from the 'Twilight Zone': Let's Talk about Aging."

Last month, in the first two "Twilight Zone" sessions, course leader Alan Tom invited us to revisit the landmark and memorable television series hosted by Rod Serling in the 1960s. The curriculum offered the opportunity to view the original television broadcast and then break into small discussion groups to draw each other out and help to find meaning.

The course this month will close with another thought provoking session of interest to our Carolina Meadows community. "Long Live Walter Jameson" is an episode of true science fiction, yet one which also reflects our human interest in longevity. Walter Jameson is a man who more than 2000 years ago paid an alchemist for the gift of immortality. But this extended life has led him to outlive friends and families over the years. Not surprisingly, he has developed a great sense of sadness, desirous of taking his own life but unable to do so. Ultimately, he is confronted by a wife whom he had earlier abandoned, and she plans to shoot him. If you want to see how this drama ends, and have the chance to dig into what it might mean for us living in a 21st century CCRC, join us on **May 7**. CM resident Alan Tom has conceived, constructed, and now convened this course. Alas, Alan declares that he himself is aging. In addition to drawing from this expertise, Alan is also building on his prior successes us-

ing Rod Serling's TV dramas as the basis for an adult education course. CMU Courses are offered in the **Auditorium on Mondays from 1 to 2 pm.**

- CMU Steering Committee

CMU Serendipitous Saturday

"Current Issues in Mental Health Policy"

Serendipitous Saturday on **May 5, from 10-11:30 am**, will feature Carolina Meadows Resident, Dr. Virginia ("Ginny") Aldige. Ginny brings her long standing leadership in the intersection between mental health services and forensic sciences, to understanding such issues as Mental Health considerations in violence prevention.

She will discuss what is known about the relationship between people with serious mental illness and varying levels of violence. Based on this evidence, her presentation will then focus on why only a small number of persons with serious mental illness engage in violent behavior, and why most of it is minor.

Currently a distinguished professor emerita of North Carolina State University, Dr. Aldige received her doctoral training at UNC-CH in Sociology. She has earned a well-deserved reputation as a researcher and lecturer, both nationally and internationally, for her work in this area and she has won numerous awards recognizing her many contributions to knowledge and policy.

Unless otherwise noted, Serendipitous Saturday Sessions are held in the Lecture Hall.

World Affairs

World Affairs meets on **Fridays at 10:30 am in the Auditorium**. There will be no program on May 11.

May 4: "How I Became Putin's #1 Enemy" (video)

Bill Browder's presentation at the Aspen Institute of his experiences in and with Russia, as told in the highly-acclaimed book *Red Notice: A True Story of High Finance, Murder, and One Man's Fight for Justice*.

This is a fascinating account of how to take on Putin—and win. You will hear about Browder's roller-coaster ride to wealth in Russia and his compassion for Sergei Magnitsky, his murdered lawyer, which inspired his memorable struggle against the venal apparatchiks of a corrupt state and the passage of the Magnitsky Law. This is an indispensable look at the brutal realities of the Putin regime.

May 18: Lloyd Kramer, "The Meaning and Inevitability of Failure of Human History"

Lloyd Kramer is a Professor of History at UNC-Chapel Hill. His talk will examine how people in different historical eras have faced great failures, which every civilization has experienced.

In American society we celebrate success, which may undermine our ability to deal realistically with our own historical challenges. This talk will explain how Americans can understand the meaning of failure and why we need history to make sense of our defeats.

May 25: Military Historian Victor Davis Hanson, talking about World War I and the lessons for today. (video)

One hundred years ago World War I began. What lessons have we learned since then? How has the Great War affected our government's policies, and how has the outcome affected how we plan and budget for future conflicts?

American leadership in the world today is seen as waning and ideologies based on isolation are growing. We should not forget that a strong U.S. presence abroad ensures safety and prosperity for all. Join us as we examine how these important lessons can inform today's foreign U.S. policy and military engagement around the world.

- Dorothy Samitz

Memorial Day at The Meadows

Please join us in the **Auditorium at 11 am on Monday, May 28**, as we honor those residents of Carolina Meadows who were members of our armed forces. Wearing the forget-me-not is our way to express our thanks for their service.

The program will also include the Pledge of Allegiance to our American flag, the remembrance of our veterans who have passed away since last year's Memorial Day program, and Taps. A special Memorial Day picnic lunch will follow in the Pub and Courtyard. Tables can be reserved. Keep in your thoughts America's service members presently deployed in places of danger overseas.

- John Haynes

Women's Luncheon

The Women's Luncheon will be **Tuesday, May 8 at noon in the Private Dining Room**. Our speaker will be Ray Dooley, Professor of Dramatic Art at UNC Chapel Hill and a favorite actor in the Play-Makers Repertory Company.

Ray has more than 40 years of professional acting experience in film, television, and on stages across the United States and abroad. He has performed at the Circle in the Square and CSC Repertory in New York; Yale Repertory Theatre; Hartford Stage Company; Seattle Repertory Theatre; and theaters in Boston, Cincinnati, Atlanta, and Edmonton, Alberta, Canada, among many others. He received the Village Voice Obie award for Distinguished Performance at CSC Repertory. He played Father Flynn in the European premiere of, "Doubt" at Vienna's English Theatre. He is Head of the Master of Fine Arts in Acting at UNC and is the recipient of the C. Knox Massey Award for Unusual, Meritorious, and Superior Service to the University.

Reservations for the luncheon may be made by calling or emailing Jody Hite at (919) 370-7171 or <jody@carolinameadows.net> starting on May 1. If you need to cancel, call Joan Kastel at (919) 933-3181 by Sunday, May 6 or you will be charged for the luncheon. Please wear your name tags.

- Christine Flora

Men's Breakfast

Our speaker on **May 16 at 8:30 in the Private Dining Room** will be Dr. William Holden, a retired physicist and CM resident. His topic is "Zero to One - 3D Printing." Please sign up by Thursday, May 10 and wear your name tag.

- Fred Bowman

Constitutional Constraints on Presidential Power

When Congress refuses to enact the President's policy agenda, what can he/she do? What have presidents done? Have their actions always fallen within the power granted to the chief executive by the Constitution? What have the courts had to say about these presidential solutions?

UNITY invites you to hear Kevin McGuire, Professor of Political Science at UNC-Chapel Hill, whose main research interest is the U.S. Supreme Court and the Constitution. Author of *Understanding the U.S. Supreme Court: Cases and Controversies* and *The Supreme Court Bar: Legal Elites in the Washington Community*, as well as numerous articles in scholarly journals, Dr. McGuire will discuss "The Constitution as a Constraint on Presidential Power" at **10 am in the Lecture Hall on Thursday, May 24**. Come and join us.

Philosophy Group

The Philosophy Group will meet on **Tuesday, May 1, at 1:30 pm**. The topic will be "Are Chimpanzees Persons?" On **Tuesday, May 15 at 1:30 pm**, the topic will be "The Moral Hazards of Drones." Relevant readings and pertinent questions are distributed to members a week before sessions and are also available on MeadowLife. Please contact Marlene Appley at (919) 967-5005 to be placed on our reading list. Please plan to join us. **All meetings are in the Lecture Hall.**

- Marlene Appley

Medical Update

The next Medical Update Lecture will take place on **Thursday, May 17 from 2-3 pm in the Auditorium**. This will be a Comprehensive Review of Medicare.

The original Medicare was created in July 1965. This consisted of parts A and B and included Medicaid as part of the bill. Since then, there has been an extensive expansion of the Medicare program to include Parts A-D and a myriad of regulations. The most prominent include: admission vs. observation from the E.R. and the limitations on skilled nursing care.

Our speaker will be Dr. Jonathan Oberlander. Dr. Oberlander holds a PhD and MA in political science from Yale University. He is Professor and Chair of the Department of Social Medicine and Professor, Department of Health Policy and Management at the University of North Carolina.

His research activities include: Medicare, health politics and policy, health care reform, and health care cost control. He has published a book titled *The Political Life of Medicare* and edited six other books concerning social medicine. His articles have appeared in numerous health policy and health affairs journals, the prestigious *New England Journal of Medicine* and the *Annals of Internal Medicine*.

He has commented on health reform for a number of media outlets, including newspapers, NPR, BBC, CBS News, and PBS. His outstanding activities have earned him a number of honors, including teaching excellence awards.

This will be a highly informative lecture on a very important but frequently confusing subject.

- Leonard Cutler

Travel Adventures Australia: The Land Down Under



Sydney Opera House

Come along with Marilyn and Joe Sparling as they explore all the states and territories of this amazing continent and country. Having lived in Australia for 1.5 years and having traveled there 8 times, they look forward to sharing some of their special memories of places, indigenous people, native flora and fauna, and remarkable landscapes. The presentation will take place on **Friday, May 18 at 7:30 pm in the Auditorium**.

ARTS

Art Gallery Exchange

The Art Guild Gallery exchange of resident's artwork in the Club Center is **Saturday, June 2**. We welcome anyone who wishes to exhibit her/his original work, no matter when it was created. Bring your art pieces to the Board Room between **10 am and 2 pm on June 2**. Call me, Bev Milton, (919) 967-1254 or Susan Duffee (919) 942-6655 if you have any questions.

Please note the time change.

- Bev Milton

Music at the Meadows In the Auditorium

Bennett Quartet, with Guest Violist Eric Zehngut

Tuesday, May 22 at 7:30 pm

The Bennett Quartet features North Carolina Symphony Violinists Erin Zehngut and Maria Meyer, Violist Sam Gold, and Cellist David Meyer. They will be joined by Minnesota Orchestra Violist Eric Zehngut, Erin's brother, who is visiting in the area. This is a first-time visit to Carolina Meadows by this group, but we have heard excellent reviews of their performances elsewhere.

Aurora Musicalis Quartet

Thursday, May 31 at 7:30 pm

Completing our 2017-18 season will be a performance by the distinguished chamber music ensemble known as the Aurora Musicalis (Musical Lights). The group comprises members of the North Carolina Symphony: Rebekah Binford, Assistant Concert Master; So Yun Kim, Violin; Amy Mason, Viola; and Elizabeth Beilman, Associate Principal Cellist. The group was founded by the Symphony's long-time Principal Clarinetist, Jimmy Gilmore and his wife, Elizabeth Beilman. This versatile and talented group plays a wide variety of music for all occasions. Their several previous performances at Carolina Meadows have all been very warmly received.

- Norm Miller

Meadowsingers Spring Concert Anything Goes

From "Anything Goes" to "Let's Call the Whole Thing Off" may seem a strange way to plan a performance. But that's what the Meadowsingers will do for its concert on **Wednesday, May 9, at 4 pm in the Auditorium**. We will sing, among others, the standard "As Time Goes By," "The Lion Sleeps Tonight," a folk song, a poignant number by Eric Clapton, and two fun songs, one by the women and the other by the men. And, of course, those numbers mentioned above from Gershwin and Cole Porter will be included.

So, come to an afternoon for your listening pleasure given by your friends in the chorus. That's Wednesday, **May 9 at 4 pm in the Auditorium**.

- Rex Tucker

AIM Art In the Meadows

Artist of the Month for May:

Photo exhibit by Joe Mengel – in the Art Room, second floor of Activities Building

**Plein Air Painting: 2
Wednesdays, May 2 and 9 —
weather permitting**

Any media, any skill level.
Contact Margaret Zircher (919) 967-1102 for time & location.

Musical Events

Piano Recital featuring students of Kim Philpott

**Saturday, May 5, 10 am
Auditorium**

Piano Recital featuring students of Christene Vaughan

**Friday, May 11, 6 pm
Auditorium**

Piano and Voice Recital featuring students of Elena Marinina

**Saturday, May 19, 2:30 pm
Auditorium**

Piano Recital featuring students from Harmony Music Studio

**Sunday, May 20, 1 pm
Auditorium**

Display Cabinet

Many thanks again to Theresa MacMillan for the exhibit of her beautiful samplers in April. They are extraordinary!

May is featuring Harriet Herring's fascinating display of early high-tech plastics manufactured into beautiful jewelry and vanity items. If interested in showing your work, or collections, please call Betty Lindsay at (919) 942-4479.

- Betty Lindsay

MET Opera on Demand: *The Enchanted Island* (from January 2012)

Wednesday, May 23, 1 pm Auditorium

A contemporary take on the 17th-century genre of the pastiche, this delightful Baroque fantasy brings together some of the greatest arias and ensembles by Handel, Vivaldi, Rameau, Purcell, and other composers with a new English libretto by Jeremy Sams, inspired by Shakespeare's *The Tempest* and *A Midsummer Night's Dream*. The all-star cast is headed by David Daniels as Prospero, Joyce DiDonato as Sycorax, Danielle de Niese as Ariel, Luca Pisoni as Caliban, and the legendary Plácido Domingo as Neptune. Early music specialist William Christie conducts this dazzling world-premiere production, designed and directed by Phelim McDermott and Julian Crouch.

Short Stories

Love to read but the sight of a 400-page book makes you groan? Need something to fill in the waiting time in the doctor's office? Or do you just want to pick up and put down a book without feeling that you have to rush back or you will forget the details?

Short stories are for you. Actually, they are for everyone who believes the drama and comedy of life can be conveyed in fewer than 100,000 words. Many outstanding authors agree with you; the short story form gives them the opportunity to experiment, try new characters.

Nobel Laureate Alice Munro achieved fame with her stories, a number of which are collected in *Dear Life* and *Too Much Happiness*. Chance encounters and actions not taken alter the lives of her characters. One can go from Munro's mostly Canadian settings to John Updike's New England, New York City and small town Pennsylvania in *Licks of Love*. In the title story an American banjo virtuoso demonstrates his "licks" to a captivated Soviet audience in the midst of the Cold War. The book also contains a novella length sequel to the "Rabbit" quartet about Harry Angstrom, my Updike favorites. Travel farther south and you will

encounter Eudora Welty's *Golden Apples* set in Mississippi. The variety of voices, young and old, black and white, that we hear in that collection of interrelated stories show that, as Katherine Anne Porter once wrote of Welty, she "had an ear sharp, shrewd and true as a tuning fork." Another Southern author, Flannery O'Connor, scrutinizes territory familiar to her readers: race, faith, and morality in *The Complete Stories*.

Our library has stories that will satisfy every reader. Richard Russo's people in *Trajectory* are quite different from those blue-collar residents of upstate New York working and playing in his novels. In "Horseman," a professor confronts a young plagiarist; in "Milton and Marcus," a lapsed novelist struggles with his wife's illness and tries to rekindle his career. Chatham County prize winning author Marjorie Hudson writes of people in transition in *Accidental Birds of the Carolinas*. For our residents who like to dip into classics from time to time, Kafka's *Metamorphosis and Other Stories*, the *Complete Shorter Fiction* of Virginia Woolf, and Edith Wharton's *Roman Fever and Other Stories* will bring reading satisfaction.

- Myrna Merron

Films for May 2018 Shows start at 7:15 pm in the Auditorium

Besides free popcorn, we are offering another incentive: Those who wish to talk about the movie they have just seen, come down front during the credits and we'll talk about it.

YOU are choosing the movie. There is a box on the table in back into which you can put your recommendations. However, be advised that if it is not available on Netflix or in our library, does not have subtitles, or if it has been shown recently, we will not show it.

Caveat: Occasionally the scheduled movie does not arrive or there is something wrong with the DVD, so it is always wise to check Meadowlife or the bulletin board on Friday or Saturday.

May 5 *The Post* (2017)

115 minutes – Rated PG 13

Tom Hanks, Meryl Streep, Alison Brie

When the *Washington Post* agrees to publish the leaked Pentagon Papers -- which point to a secret escalation of the Vietnam War -- the Nixon Administration tries to block publication, setting off an epic legal and political battle.

(Continued on p. 10, "Films")

Carolina Meadows Book Group

Small Great Things, written in 2016 by Jodi Picoult, is a well-researched novel with the theme of racism. The nexus is a discrimination lawsuit against a black nurse from Michigan. The woman "had worked in labor and delivery for over 20 years, and then one day a baby's dad asked to see her su-

pervisor. He requested that this nurse and others who looked like her, not touch his infant." He was a white supremacist. The novel's chapters are from the perspectives of the black nurse, the white woman public defense attorney and the white supremacist. The title, *Small Great Things*, is a biblical quote and used by Martin Luther King in one of his speeches. "If I cannot do

great things, I can do small things in a great way." The author's stated goal is racial self-awareness. The Carolina Meadows Book Group will meet on **May 16 at 2 pm in the Lecture Hall**. All are welcome. Books reviewed by members are on a special shelf in the Carolina Meadows Library.

- Pat Merriam

(Continued from p. 9 "Films")

Film chosen by Judith Ferster

May 12 *The Secret Garden* (1993)

101 minutes – Rated G

Kate Maberly, Maggie Smith, Heydon Prowse

Strong-willed English girl Mary is orphaned during an earthquake in India and must move into her unfeeling uncle's oppressive mansion. But the girl's mood lightens when she finds the key to a neglected garden that brings the entire house to life.

Film chosen by Garden Tour Group

May 19 *Darkest Hour* (2017)

125 minutes – Rated PG 13

Gary Oldman, Kristen Scott Thomas, Ben Mendelsohn

Winston Churchill's stirring defiance of the Nazi threat is the focus of this historical drama, that depicts his fearless refusal to surrender Britain to Adolf Hitler and the relentless German army.

Film chosen by Judith Ferster

May 26 *Alive Inside: A Story of Music & Memory* (2014)

78 minutes – Documentary – Not Rated

This moving documentary follows social worker Dan Cohen as he uses music to unlock memory in nursing-home patients with Alzheimer's disease.

Film chosen by Jeanne Boehlecke

Tuesday at the Movies

2 pm Lecture Hall

Tuesday, May 8 *The Bishop's Wife*

1947– Not Rated – 109 minutes

Cary Grant, Loretta Young

An angel arrives to help a bishop with the building of a new cathedral, but his advice has more to do with fixing the clergyman's strained marriage. As the angel intervenes, the jealous bishop begins to see him as a rival for his job and his wife.

New DVDs for the Library

Goodbye Christopher Robin

A behind-the-scenes look at the life of author A.A. Milne and the creation of the Winnie the Pooh stories inspired by his son C.R. Milne.

Call Me by Your Name

In 1980s Italy, a romance blossoms between a 17-year-old student and the older man hired as his father's research assistant. The storytelling is rich, with every scene seamlessly leading into the next.

Mudbound

Two men return home from World War II to work on a farm in rural Mississippi, where they struggle to deal with racism and adjusting to life after war.

The Shape of Water

At a top secret research facility in the 1960s, a lonely, mute janitor forms a unique relationship with an amphibious creature that is being held in captivity.

The Big Sick

Pakistan-born comedian Kumail Nanjiani and graduate student Emily Gardner fall in love but struggle as their cultures clash. When Emily contracts a mysterious illness, Kumail finds himself forced to face her feisty parents, his family's expectations, and his true feelings.

Murder on the Orient Express

When a murder occurs on the train he's traveling on, celebrated detective Hercule Poirot is recruited to solve the case.

The Florida Project

Set over one summer, the film follows precocious six-year-old Moonee as she courts mischief and adventure with her ragtag playmates and bonds with her rebellious but caring mother, all while living in the shadows of Walt Disney World.

New Books Added to the Library Collection

Fiction

Sirens by Joseph Knox

Girls Burn Brighter by Shobha Rao

Auntie Poldi and the Sicilian Lions

by Mario Giordano

Winter Sisters by Robin Oliveira

Sometimes I Lie by Alice Feeney

The House of Broken Angels by Luis

Alberto Urrea

Submission by Michel Houellebecq

The Rising Sea by Clive Cussler

Accidental Heroes by Danielle Steel

The Undertaker's Daughter by Sara Blaedel

Only Killers and Thieves by Paul Howarth

A Long Way from Home by Peter Carey

Large Print

The Dry by Jane Harper

Shoot First by Stuart Woods

Miss Julia Raises the Roof by Ann B. Ross

Echoes in Death by J. D. Robb

Mystery

The Temptation of Forgiveness by Donna Leon

The Punishment She Deserves by Elizabeth George

Too Close to Breathe by Olivia Kiernan

To Die but Once by Jacqueline Winspear

The Woman in the Water by Charles Finch

Biography/Biography Collection

Educated by Tara Westover

ACTIVITIES

Meet the Author

Come Celebrate the 75th anniversary of Red Sox hitter Ted Williams' debut in Chapel Hill, on **Thursday, May 10, 10:30 am in the Board Room.**

NC-born author Anne Raugh Keene tells untold stories of the "Cloudbuster Nine" baseball team with Ted Williams, Johnny Pesky, Johnny Sain and nearly two dozen major-league baseball players who trained at the Chapel Hill Navy Base during WWII. Journey back to 1943 to learn how sports and baseball were used to train fighter pilots and to boost morale across the state of North Carolina. Hear about when the Busters played the Durham Bulls, colleges, factory teams like Burlington Mills, military squads and even a War Bond team at Yankee Stadium with Babe Ruth.

Bring your baseball memorabilia and answer author's trivia to win a book.

May Activities

Dinner Night Out to The Melting Pot

Wednesday, May 9

Load - 5:30 pm

Sign up deadline: Friday, May 4

Durham Bulls vs. Rochester Red Wings

Tuesday, May 29 Load: 6 pm

Deadline: Wednesday, May 2

Cost: \$27 per person

Funky Lunch Bus! Harvest 18

Wednesday, May 16

Load: 11 am

Deadline: Monday, May 14

Cost: \$8.00 per person + lunch on your own

Shopping To Follow

Community Garden

If you are a new gardener, you may wonder what to plant. Gardening information is available in books as well as online, and from our own listserv "garden talk." Consider spending time checking out what other gardeners are planting at the raised beds in the Community Garden plots. Most gardeners are quite willing to talk about their own gardens and are happy to give suggestions.

You can visit local farmers' markets and see what is available. The largest nearby farmers' market is adjacent to the Carrboro Town Hall and is open on Saturday mornings this time of year. Nearby is the Southern States gardening store. If plants look cared for, they likely will thrive for you. Do not plant tender plants too early, if frost is still looming.

Increasingly, our Carolina Meadows gardeners are getting small plants rather than packs of seeds, as the small plants help you get an early start on vegetables or flowers. On the other hand, many plants grown from seed can be started several days apart, so that you can pick green beans, for example, over a longer period.

Remember to enrich the soil with amendments to help hold moisture in sandy soil. Mulching roots will help plants thrive during hot weather and reduce the need for frequent watering. It is better to water the root area and avoid watering leaves. This minimizes fungus diseases and keeps water droplets from acting like miniature magnifying glasses by stressing the plants whose leaves get wet, especially when the day is sunny.

- Margy King and Alan Tom

Spring Bird Count

Join Steve Graves and Birders @ CM to walk the Carolina Meadows campus and count birds on International Migratory Bird Day. We'll meet on **Saturday, May 12, in the Club Center Lobby at 8 am.**

Since 1900, the National Audubon Society has been counting birds and keeping the records of this large citizen science project all over North America. Steve began counting birds on this property before Carolina Meadows was built. The spring visitors pass through or nest on our campus. Past counts have included such species as warblers, tanagers, orioles, hummingbirds, etc.

Bring binoculars, if you have them, and a hat for sun protection. No experience is required. Participate as long as you can. Golf carts are welcome. For more information, visit Birders @ CM in the Hobbies section of the Activities Tab on MeadowLife.

Contact: Margaret Scott at (919) 929-1281 or <mt_scott@mindspring.com> to sign up for this activity.

- Margaret Scott and Margaret Wainwright

Jewelry Design & Repair

Monday, May 7 and Tuesday, May 15

1-4 pm

Art Studio

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

Jewelry repairs may be dropped off at any time between 1 and 3 pm on the scheduled monthly open classes.

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

Restaurant Review

Bin 54-Chapel Hill

It's an austere, unadorned dining room that signals "Our steaks are serious business; we don't need a fancy interior to please you." Bin 54, still half-full late one night, demonstrates that simplicity wins. Big generous booths outline the room, simple cloth-laden tables fill the interior while red and white plastic lampshades loom overhead. That's all you get of "style" while you focus on your dinner in what is arguably one the best steak houses in the area.

The menu offers nine cuts of meat, from filet mignon or New York strip to NC Cheshire pork chop. Along the way there's wood grilled duck breast and tuna, salmon, or lobster tail to suit lighter tastes. The chef understands the nuances of medium-well or medium-rare so you get precisely what you ordered; slow grilled over a hickory wood fire, deeply seared on the outside, meltingly tender inside.

There are over a dozen vege-

table offerings (each large enough to share) along with almost as many condiment choices, from béarnaise and horseradish to red wine demi-glace or chimichurri with garlic, parsley and lemon zest. Light or loaded, you have plenty of choices to top your steak. But who needs it with high quality meat.

We chose calamari for an appetizer, cooked light and tender, with a sweet chili sauce that added a bright punch to the dish. A Greek salad, without lettuce, but in a confetti of thinly sliced vegetables with feta, olives, and red onions, benefitted from its lemon vinaigrette dressing. Our filet mignon steaks, a generous six-ounce cut, arrived steaming hot from the grill, appropriately pink inside and crispy outside. Finally, a twice-baked potato with house cured bacon joined with crisp green beans in almond butter to complete the order.

Pricey? You bet; but you know you're worth it.

- Dorothy Mahan

Relax, We've Got Your Back

Sometimes you need a little help. That's where we come in. Just call the Meadows Assistance Program (MAP) volunteers. We're here to escort you to your medical appointments weekdays using our regular Carolina Meadows transportation. And on weekends, when that service is unavailable, we will get you to your destinations on-campus. We can take care of emergency off-campus errands. What's more, we can even provide you with a friendly companion when you'd just like a good chat over lunch. Here's how we can help.

For Medical Escort services weekdays:

Pines and Fairways residents speak to the receptionist at the front desk or nursing station.

Precincts 1-7: call Doris Bowles at (919)942-2772.

Precincts 8-12 and 15: call Fran Alderman at (919)967-0765.

If your coordinator doesn't answer, call the other coordinator.

(Continued on page 13, "MAP")

Community Outreach

This year, in addition to the CORA food drive, we are building on our successful local hunger relief efforts and holding an outreach project focused on world hunger.

On June 5 from 3-5 pm in the Auditorium, Carolina Meadows and the Community Outreach Committee are sponsoring an event to benefit Rise Against Hunger, whose vision is to have a world without hunger. We will be recruiting residents and staff volunteers to work side-by-side to package shelf-stable meals to fight world hunger.

Together, 40-50 volunteers can package 10,000 meals in two hours! There will be no cost to residents. More information will be coming in the Activities Sign-up Book!

If you are interested in making a difference, there are a multitude of meaningful volunteer opportunities with CORA, as well as weekly opportunities with Farmer Foodshare's Donation Stations at local farmers markets. Thank you!

Thank you also for bringing items to the Primary Care Medical Practice clinic for the Chatham Cares Community Pharmacy. A

trunk load of drug store items was delivered to the pharmacy this week. Please remember that this agency always has continuing needs. Pat Collins, in the Primary Care Medical Practice clinic, is the "receiving agent" for all your pharmacy items.



(Continued from page 12, "MAP")

For Weekends and Holidays On-Campus Transportation: Call the front desk at (919)942-2411 and a volunteer will take you in his/her own car to your destination.

For errands, our volunteers will make a special trip to get something you need in an emergency. Just call Doris Bowles or Fran Alderman at their Precinct and telephone number under Medical Escort, above.

Companionship: The Men's Lunch Group and the Women's Lunch Group arrange lunch with residents who may want a change from the everyday routine in their home. Pines, Fairways, and Independent Living residents can call their social worker.

NEW VOLUNTEERS ARE WELCOME. There's nothing quite as satisfying as worthwhile volunteer activity. Our Meadows Assistance Program offers you that rewarding experience. Come join us and see for yourself. For information call Bill Powers at (919)942-2919.

- Dorothy Mahan

Well Being and Engagement

This month's theme is Physical Activity. How active are you? What types of activities do you enjoy? Consistent physical activity is one of the most important things you can do for your health.

According to the American College of Sports Medicine, an overall recommendation is for most adults to engage in at least 150 minutes of moderate intensity exercise each week.

If you have chronic health conditions, discuss with your physician to find out if it will limit your ability to be active. Then consult with a fitness professional to work on a plan that matches your abilities. If your condition stops you from meeting the minimum guidelines, simply modify as needed.

Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better. Research shows that doing balance and muscle strengthening activities each week, along with moderate-intensity aerobic activi-

ty, like brisk walking, can help reduce your risk of falling.

Here at Carolina Meadows there are many opportunities to stay active including attending a variety of classes, access to the fitness center equipment and a 20-yard pool. Tennis, pickle ball courts, bocce, croquet, golf, personal training services and our beautiful campus, which is perfect for an outdoor walk. If you are interested in setting up a consultation with one of our trained fitness professionals contact the Wellness Department at (919) 370-7114.

To celebrate National Senior Health and Fitness Day, we will be sponsoring a Cornhole tournament on **Wednesday, May 30**. We will be playing on the **Bocce court**, or in the Auditorium in the event of inclement weather. Register for a time to play in the Activities Book located in the Club Center lobby. Prizes will be awarded to the winners of the contest. If you are not familiar with Cornhole, you can learn all about it at www.playcornhole.org/aca-official-rules-of-cornhole-corn-toss

Wellness Corner

Chatham County Senior Games Men's Bocce event will be held here at Carolina Meadows on **Thursday, May 3 (rain date May 4)** beginning at **9 am**. Please come out to enjoy the weather, and support and cheer on our CM players! Best of luck to our games participants: Abbie Tom, Karen Monaco, George Evans, William Powers, Michael Gates, Daniel Tunstall, Frans Verhagen, C.L. Kendall, and Mary Anne Kendall.

Campus Blood Drive: Tuesday, May 15, 1-4 pm. Contact Michelle at (919) 370-7114 to register.

Nia Eight-Week Series: Sensory-based movement practice engages and integrates body, mind, emotions, and spirit with music and 52 moves inspired by martial arts, dance, and healing arts. Grounded, expressive movements deliver a cardiovascular, whole-body conditioning workout that is gentle on the joints and ap-



propriate for all fitness levels. Next series **Wednesdays, May 9, 16, 23, 30 June 6, 13, 20, 27** in the **Exercise Studio, 11:30 am to 12:15 pm** Cost: \$40.

(Continued on page 14, "Wellness")

(Continued from page 13, "Wellness")

Meadows in Motion

Feldenkrais Method Awareness Through Movement® Class Better Breathing, Fuller Voice Three Mondays, 10:45 – 11:45 am, May 7, 14, and 21. We'll explore some intriguing, unusual and fun strategies that will help you to breathe more fully and deeply. You'll discover that, when your diaphragm and ribs move more freely, not only will you breathe more easily, you'll improve your posture, decrease your back pain, improve oxygen flow to your brain, and improve the power, sound, and clarity of your voice. These lessons are for everyone, including those who have compromised lung function, those who speak, and those who sing. You must be able to get down to, up from, and lie on the floor. Register in the Wellness book. Cost is \$20, billed to your CM account.

New Service!!! Golf Fitness

What is your golf ambition? To be introduced to the game? To get back to the game? To increase your frequency of play from an occasional round of golf? For more information, contact Nancy Alton, Titleist Performance Institute certified and Golf Wellness Specialist at (919) 370-7259.

Having just celebrated the 30th anniversary of the Carolina Meadows Residents Association, I wanted to take a brief moment to reflect on the importance of this relationship and the role it plays in the shared success of our community. In the limited time that I have had the fortune of being a part of Carolina Meadows, I remain in awe of the people who make our community so special. I must say, we have the best people! A large part of the people who make our community special are the residents and the Association that establishes a key function of our community's governance.

At the heart of the Association is a group of people whose dedication to serve and purpose is to enrich the lives of residents. Aligned in our purpose, the Management Team of Carolina Meadows finds

the Association to be a valuable resource and partnership to deliver the mission as a reality. We work closely with the Association through the Executive Committee, the Council (representing all 15 precincts) and the Standing Committees. Though each of these committees plays a different role, communication, collaboration, feedback, and advice are sought through all. Very few Continuing Care Retirement Communities embrace such involvement from residents—a key differentiator that we value as a component to our success. Thank you for playing such an active role in our community—together, we are making Carolina Meadows the very best place to live and work. Here's to the next 30 years of working together.

- Ben Cornthwaite

Voting

(May Democratic primary)

**Tuesday, May 8
6:30 am – 7:30 pm Auditorium**



D-Day Presentation

Save the Date!

John Haynes has agreed to an encore showing of his D-Day Presentation, **Friday June 1 at 10:30 am** in the **Auditorium**.

May 2018

Tues	1	1:30 PM	Philosophy Group: "Are Chimpanzees Persons?"	LH	7
Wed	2	TBD	Plein Air Painting (contact M. Zircher for time/location)	TBD	8
Thurs	3	9:00 AM 1:30 PM	Chatham County Senior Games Men's Bocce Residents Council	BC BR	13 NA
Fri	4	all day 10:30 AM	CORA Drive (from May 4-13) World Affairs: "How I Became Putin's #1 Enemy"	 AUD	 6
Sat	5	10:00 AM 10:00 AM 7:15 PM	Virginia Aldige, "Current Issues in Mental Health Policy" Piano Recital: Students of Kim Philpott Saturday Film: <i>The Post</i>	LH AUD AUD	5 8 9
Mon	7	10:45 AM 1:00 PM 1:00 PM	*Feldenkrais Method Awareness (May 7, 14, 21) CMU: "Lessons from the Twilight Zone" Jewelry Design and Repair	ES AUD AS	14 5 11
Tues	8	6:30 AM 12:00 PM 2:00 PM	May Democratic Primary (6 am - 7:30 pm) *Women's Luncheon: Ray Dooley Tuesday Movie: <i>The Bishop's Wife</i>	AUD PDR LH	14 6 10
Wed	9	AM TBD 4:00 PM 5:30 PM	*Nia 8-Week Series (May 9, 16, 23, 30; June 6, 13, 20, 17) Plein Air Painting (contact M. Zircher for time/location) Meadowsingers: "Anything Goes" *Dinner Night Out: The Melting Pot	ES TBD AUD CCL	13 8 8 11
Thurs	10	10:30 AM 1:30 PM	Meet the Author: Anne Raugh Keene Residents Association Meeting	BR AUD	11 NA
Fri	11	6:00 PM	Piano Recital: Students of Christene Vaughan	AUD	8
Sat	12	8:00 AM 7:15 PM	Spring Bird Count Saturday Film: <i>The Secret Garden</i>	CCL AUD	11 10
Mon	14	4:00 PM	CM Democrats: "Gun Violence Prevention"	AUD	5
Tues	15	1:00 PM 1:00 PM 1:30 PM	Jewelry Design and Repair *Campus Blood Drive (1-4 pm) Philosophy Group: "The Moral Hazards of Drones"	AS BR LH	11 13 7
Wed	16	8:30 AM 11:00 AM 2:00 PM	*Men's Breakfast: "Zero to One - 3D Printing" *Funky Lunch Bus: Harvest 18 Book Group: <i>Small Great Things</i>	PDR CCL LH	6 11 9
Thurs	17	2:00 PM	Medical Update: "Review of Medicare"	AUD	7
Fri	18	10:30 AM	World Affairs: "Meaning & Inevitability of Failure/History"	AUD	6
		7:30 PM	Travel Adventures: Australia	AUD	7
Sat	19	2:30 PM 7:15 PM	Piano and Voice Recital: Students of Elena Marinina Saturday Film: <i>Darkest Hour</i>	AUD AUD	8 10
Sun	20	1:00 PM	Piano Recital: Students from Harmony Music Studio	AUD	8
Tues	22	7:30 PM	Music@Meadows: Bennett Quartet	AUD	8
Wed	23	1:00 PM	MET Opera on Demand: <i>The Enchanted Forest</i>	AUD	8
Thurs	24	10:00 AM	Unity: "Constitutional Constraints on Presidential Power"	LH	7
Fri	25	10:30 AM	World Affairs: "World War I and Lessons for Today"	AUD	6
Sat	26	7:15 PM	Saturday Film: <i>Alive Inside</i>	AUD	10

May 2018

Mon	28	11:00 AM	Memorial Day Observance	AUD	6
Tues	29	6:00 PM	*Durham Bulls	CCL	11
Wed	30	TBD	*Cornhole Tournament	BC	13
Thurs	31	7:30 PM	Music@Meadows: Aurora Musicalis Quartet	AUD	8

*Requires sign-up

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

BR: Board Room
 CRAC: Conf. Rm., Activity Ctr.
 FC: Fitness Center
 PS: Pines Study
 MG: Meadow Garden

CCL: Club Center Lobby
 CYD: Courtyard
 FG: Fairways Gallery
 GR: Game Room
 BC: Bocce Court