



The Meadowlark

Volume 29, No. 7

October 2018

Residents Association Scholars

Nine Carolina Meadows employees have been awarded Residents Association Scholarships for study in 2018-19 in area colleges and programs. These student-employees are working toward an educational goal – a degree, certificate or special credential. Even as they give exceptional service to residents, they manage their time to take classes in a variety of subjects and study in off-hours.

The Scholarships are supported by the RA and the Gift and Remembrance Fund. Awards provide \$750 toward educational costs. The winners were selected by the RA Executive Committee after review of applications, recommendations, and interviews with the candidates. Some of the recipients are continuing students; others are beginning their programs of study.

Scholarship recipients were recognized at the September RA meeting and given certificates of award. The winners, their workplaces, and their schools or programs are:

- Jamaal Alston, Jr. - Fairways, Masters Degree in Psychology, NC Central University
- Diana Aryee – Fairways, Masters Degree in Public Administration, NC Central University
- James Henry Barkley – Fairways, Associate Degree in Science Engineering,

Wake Technical Community College

- Kierra Cheek - The Pines, Associate Degree in Nursing, Durham Technical Community College
- Jordan Davis - Dining Services, Associate in Arts Degree, Alamance Community College
- Whitney Harris – Marketing, Masters Degree in Health Administration, Queens University
- Bamaka Ouattara - The Pines, Degree in Architectural Engineering, NC A&T University
- Kiara Timmons - Dining Services, Degree in Social Work, NC Central University
- Rashead Yelverton – Dining Services, Degree in Physical Education, NC Central University

Carolina Meadows residents can be proud that with their contributions and support, these deserving employees will enhance their personal and professional lives through education.

- Eleanor Morris

Save the Date

Veterans Day Celebration at CM

11 am, Saturday, November 10

in the Auditorium

CM Certified Nursing Mentor Program

The Pines Health Center at Carolina Meadows is excited to announce the initiation of the Carolina Meadows Certified Nursing Assistant (CNA) Mentor Program.

The CNA Mentor Program will provide peer-mentoring to improve resident care, help reduce CNA turnover, and provide an avenue of growth and recognition for CNAs. Eligible CNAs meeting criteria may apply for acceptance into the program. Accepted CNAs will attend a 24-hour training program to learn the importance of the CM Mission and Values, effective communication and leadership skills, and best practices for teambuilding and providing constructive feedback. Once completing the program, CNA mentors will be assigned new employees to mentor and coach on providing quality, person-centered care.

Classes will begin in September, and a graduation ceremony is planned for **Friday, October 5, 2-3 pm, in the Club Center Auditorium**. All residents are invited.

- Kathy Norman

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President's Message

Creative Ideas and Random Thoughts

- Twenty-fifth Anniversary of the Gift Shop **October 29**. What a success! The Gift Shop has openings for new volunteers. Training is provided according to interests and skills. It is a great place to meet new residents and even pick up the latest campus news. Of course, it's a good place to shop. Amazon has nothing on the Gift Shop – instant delivery and with a smile! Did you know that 60% of the financial support of the Residents Association comes from the Gift Shop? The \$75,000 contributed over the last five years has kept RA dues unchanged. Thanks to all Gift Shop volunteers – past and present.
- Creative Touches on the Campus. Check out the lights at night at the Meadow Garden fishpond. Discover why there is a painted Mailbox at the end of the gravel path at The Park. Come to the October Festival **at The Park on October 21**. Last year over 120 residents attended.
- Employee Recognition Program. This new program is an easy and tangible way to say *thank you* to any employee who has provided you with exceptional service. It is thoughtful to express appreciation and exhilarating to be appreciated. Watch for more information on the program.
- United Way Drive. Let's all support this worthy cause that helps so many Chatham County children and social service agencies funded by the United Way. This is one of the four fundraisers that the RA sanctions each year. Please be generous with your donations.
- The Wellness Fair - Coming **October 3 in the auditorium**. Don't miss it. No free ice cream, but lots of information that can make a difference for you.



- Sam Ligon

Help for Those Who Mourn

Grief Oasis begins on October 9. Grief Oasis is a free, open, and confidential program sponsored by a coalition of area religious and civic organizations to provide support and comfort to those who mourn. We offer programs that include education, practical resources, community, and consistency.

Meetings are held year-round on Tuesdays at Mount Carmel Baptist Church (2016 Mt. Carmel Church Rd, Chapel Hill). We gather at 6 pm. Coffee will be sponsored

by Coco Bean of Chapel Hill and snacks are provided by Flair restaurant of Chapel Hill.

Following the gathering time, presentations and small groups begin promptly at 6:30 pm and conclude by 8 pm. Our first series will be a six-week introduction to grief provided by UNC Hospital. Come as often as you like.

For additional information, contact Emma Harrill at (919) 370-7299 or Robin McCoy at (919) 370-7177.

- Robin McCoy

THE MEADOWLARK

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President: Sam Ligon

Editor: Pat Mandell

Assistant Editors: Joanne Cotter
and Dorothy Samitz

Layout: Judith Pulley

Proofreaders for this issue:

Jody Hite, Eunice Kraybill, Roy

Milton, Rosalie Marcus

Photographer: John Haynes

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November Issue Deadline

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

Carolina Meadows Census As of August 31, 2018

Number of Residents	Occupancy Level
Independent Living:	
634	97%
Assisted Living	
65	78%
The Pines*:	
56	70%*
Total on campus:	
755	91%
EA Program:	
74	
Total Residents:	829
*Includes temporary admission of IL and AL residents.	

NEWS (continued)

A Bluebird Story

It was breeding season for bluebirds. In anticipation, Giles and Susan Gaca had put up three bluebird houses, including one at The Park. Susan made the rounds periodically to check them and report on any activity. At first there wasn't much to report. The bluebirds were house hunting, but would they stay?

Bluebirds, it seems, are a bit like Carolina Meadows residents—they know a good thing when they see it. The birds quickly occupied all three houses and began nest building. Not long after that, the report came back: five eggs in one nest, three eggs in another, and five eggs in The Park house. It looked like a banner year. The birds hatched, and all was well.



Until one day it wasn't. A check on The Park house brood found five healthy

babies with some feathers and eyes just beginning to open. But they were covered in ants. What to do? Susan hurried home for supplies. She got a nest she had collected to show grandchildren, a bucket, paper towels, rubber gloves and a sponge and was starting back just as a Carolina Meadows staff car drove by.

"Hey!" she waved urgently, and Art Diorio stopped. "We have to rescue these bluebirds—ants," she says. "Can you help?"

"I'm not afraid of ants," Art says, "I'm bigger than they are!" And off they went.

While the mother bluebird flew around watching, the rescue team put the birds on paper towels and scrubbed out the birdhouse. Art picked ants off the birds while he told about the time he once rescued a baby raccoon. When all was ready, they added the replacement nest and put the birds in, one by one. They closed the door, laid a trap for the ants, and hoped for the best.

What happened then, only the birds know for sure. But no more ants appeared in the birdhouse, the nest was soon empty, and the Gacas and their neighbors felt sure they were seeing more bluebirds at their backyard feeders.

- Beverly Patterson

MeadowLife: Did You Know...

- That the monthly *Meadowlark* can be viewed in glorious color on *MeadowLife*? Simply click on "The Meadowlark" tab on the right sidebar on the home page. In addition, you will have access to archived *Meadowlark* issues back to January 2011.
- That the Marketplace lunch specials (usually posted by 10 am) and the dinner Fresh Catch and Chef's Special (usually posted by 3 pm) can be found on the Dining page by clicking on "Dining Services Tweets" on the right sidebar?

MeadowLife Sessions

For Newcomers and Those Needing a Refresher

Whether you are just getting started on *MeadowLife* or need a refresher course, you are invited to attend a demonstration of the site and tips on how this resource can help you to make the most of all of Carolina Meadows' activities and services.

Tuesday, October 23

2 pm

Lecture Hall

If you can't make the workshop or need reminders in the future, just go to the *MeadowLife* home page and select "How to Use the *MeadowLife* Website," located at the top of the right sidebar. There you will find a *MeadowLife* FAQ (Frequently Asked Questions), "Searching *MeadowLife*," and "The *MeadowLife* Site Map—Illustrated."

For Activity, Committee and Precinct Leaders

You are invited to a session especially for leaders to help you understand how to use *MeadowLife* to communicate with your participants. This session is not suitable for newcomers as it is not a tutorial on how to use *MeadowLife*.

Tuesday, October 30

2 pm

Lecture Hall

- Judith Pulley

Early Advantage Residents Now in All Directories

Resident Directories exist in three formats:

- **Electronic on *MeadowLife***
- **Printed book**
- **Printed handout**
- **The Electronic *MeadowLife***

format includes the online versions of the Residents Association (RA) Pictorial Directory and the Resident and Staff Telephone Directories. All EA residents' biographies are included in the online photo directory. EA residents must request a *MeadowLife* account to have access to the online *MeadowLife* directories.

The printed book version includes the RA Pictorial Directory in hard copy format. EA residents' addresses, designated as "(EA),"

will be integrated with campus residents.

The printed handout format includes the Resident Phone Directory and updates prepared by Resident Services. Addresses of EA residents will be designated as "(EA)."

EA residents and on-campus residents are now integrated in each of the three directory versions. The RA Pictorial Directory, in its print and online versions, is the only directory that EA residents have not had access to (and been included in) before now. Campus residents' addresses appear in all directories, the phone and photo and the print and online.

At closing, EAs have always received print copies of the Resident Phone Directory handout. They also received directions about accessing the Resident and Staff Telephone Directories online. Their names and contact information are incorporated into that directory and its updates as soon as possible after closing.

Greeters from the Welcome Committee distribute directories throughout the year on their initial visit to new on-campus residents. These are provided by Marie Lauria (Chairperson of the Welcome Committee) to Greeters, as needed.

- Chris Kesner

Mary Saved \$500. How Much Can You Save? Time for Your Annual Medicare Plan Review: October 15-December 7

Mary is like many seniors, living on a fixed income and watching her medical costs increase each year. Last November, she spent an hour with a SHIIP Counselor and walked out enrolled in a new Medicare drug plan that would save her \$600 in the coming year. Mary isn't unusual. In fact, SHIIP counselors across North Carolina helped seniors save over \$6 million last year.

SHIIP stands for Senior Health Insurance Information Program. Sponsored by the NC Department of Insurance, the program has local volunteers who are trained to assist with all types of questions about Medicare. **SHIIP services are free and unbiased.** Counselors provide information and assistance only; they don't sell any specific products.

All Medicare beneficiaries should give their Medicare

choices an annual check-up between October 15 and December 7. As Mary found, the most common savings are from switching drug plans. Even though there hadn't been any change in the medications she was taking, Mary discovered that the drug plan she used last year had removed one of her medications from their formulary and while her premium stayed at less than \$20 per month, the cost of her medications each month had skyrocketed. If she hadn't checked into it during the Open Enrollment Period, she wouldn't have known about the price increase until she got her first refill in January – and by then it's too late to change plans.

If you are enrolled in a Medicare Advantage Plan (also called Part C), you should also review your plan during Open Enrollment. You might find that your

premium will increase in January, that your co-pays for doctor visits or medications will increase, or that your providers are no longer "in-network."

Here at Carolina Meadows we will be offering appointments with certified SHIIP Counselors from surrounding counties. Appointments will be available October 15 through December 7. To make an appointment, call Farrah Anderson (919) 370-7168. You can also ask the NC SHIIP Program in Raleigh for assistance via phone (800) 448-1212, or take the do-it-yourself approach at [www.medicare.gov] (select Find Health and Drug Plans). Counselors will also be available to answer questions regarding the State Health Plan (SHP). **If you have SHIIP questions, schedule your appointment before October 31.**

- Farrah Anderson & Joe Norwood

Gold Medal Winner, Ralph Heinz, MD

Each year the American Society of Pediatric Neuroradiologists awards a single gold medal. This year the award was given to Ralph Heinz MD, one of our residents. This is Ralph's second gold medal as he was awarded a gold medal in 2004 from another society. Heinz is the first to receive a gold medal award in the history of Duke radiology.

Dr. Heinz grew up in Charleston, W. Va., was designated the American Legion outstanding high school graduate, and was All-State in basketball. He later played at West Virginia University, and semi-professionally while in medical school at the University of Pennsylvania. Heinz was named the representative of his medical specialty at the NIH in 1966 at age 36 and was the youngest chair of a major university (University of Pittsburgh) at age 39.

Ralph's son, Chris, has created a movie that can be viewed on YouTube that portrays the award being presented in Vancouver. The link to the film is <https://youtube.com/SYFRjIXSdYU>.

- Ralph Heinz

Fall Hazardous Waste Collection Monday, October 8 – Friday, October 12

Apartment dwellers should deposit items in red bins in the trash/recycling rooms. Villa dwellers should take items to a truck that will be near the bocce court. Call the Physical Plant at (919) 370-7301 if you need help with transporting any item.

Hazardous Waste Items Accepted: Paint, paint-type products; long fluorescent bulbs, compact fluorescent lamps (CFLs); sealants; automobile oil cans, antifreeze and other car chemical containers; pesticides, weed killers, and other garden chemicals; dry cleaning fluids, household cleaners; sterno fuel cans; nail polish and nail polish removers; propane gas canisters; aerosol cans; large and small alkaline batteries.

For further information, go to the Chatham County website: <http://www.chathamnc.org/services/solid-waste-recycling/household-hazardous-waste>

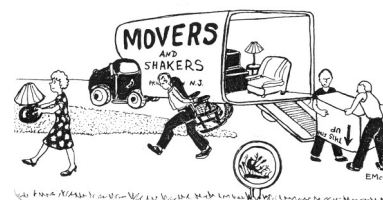
Restaurant Review: Elaine's on Franklin Street

Elaine's is our go-to home when our five long-term music friends celebrate the start of the Duke chamber music series in October. We feel the same comfort every year sitting at "our" big round table with its crisp white cover, fresh little floral arrangement and our center stage seat.

We always choose the three-course tasting menu available from 5:30-6:30 pm. At \$35 per person it's a considerable saving over the regular menu where appetizers can run up to \$15 and entrees cost in the \$30 range. The menu offers four choices for ap-

(Continued on p. 9, "Elaine's")

New Residents



Karen Fink, V-204

Last Residence: Chapel Hill, NC

Interests: Travelling, and summers in Berkshires, attending concerts and events there

Arnold Gelderman, V-362

Last Residence: Fearington Village, NC

Interests: Reading, gym, tennis

Carolyn Gelderman, V-362

Last Residence: Fearington Village, NC

Interests: Painting, walking, gym, reading, singing

Pamela (Pam) Rademacher, 2-205

Last Residence: Pittsboro, NC

Interests: Music, learning, tennis, golf, reading, politics, spending time with family and friends

Joel Stewart, 5-207

Last Residence: Timberlake, NC

Interests: Photography

Patricia Stewart, 5-207

Last Residence: Timberlake, NC

Interests: Speaking Spanish

Gerald (Jerry) Wehmueller, EA

Last Residence: Chapel Hill, NC

Interests: Tennis, golf

Sally Wehmueller, EA

Last Residence: Chapel Hill, NC

Interests: Golf, aqua aerobics, exercising, cooking – when in the mood

IN MEMORIAM

Steele Rogers P-102
08-30-2018

Mary L. Danielewicz F-214
09-04-2018

Edward Ludwig V-119
09-07-2018

Mabel Koontz P-111
09-12-2018

TALK

World Affairs

World Affairs meets on **Fri-days at 10:30 am in the Auditorium** (unless otherwise noted). The programs for October are:

October 5: "Making Sense of U.S. - Cuban Relations"

Professor Louis Perez is the J. Carlyle Sitterson Professor of History at UNC and the Director of the Institute for the Study of the Americas. His career has been focused on the Caribbean, with a particular emphasis on Cuba. He is the author of many books, most of which have been prizewinners in their field.

October 12: "Europe and Germany"

Holger Moroff is an adjunct professor of political science at UNC and a lecturer at Leibniz University, Hanover, Germany. He had a prior stint as a senior research fellow at the Institute for European Politics in Berlin. His research focuses on security theories and Eu-

ropean integration. He is the editor of the Oxford Handbook on German Politics (forthcoming 2019) and has published numerous articles in scholarly journals and edited volumes.

October 26: Robert Kaplan, "A Tour of the World" (video)

In a keynote address to the Naval War College, Robert Kaplan provides what he called "a tour of the world." Kaplan is perhaps America's leading geopolitician (i.e., an emphasis on geography as a shaper of world affairs) and Thomas Friedman called him one of the "most widely read" authors defining the post-Cold War era. His most recent of seventeen books is *The Return of Marco Polo's World: War, Strategy and American Interests in the Twenty-first Century*.

- Dorothy Samitz

Two Speakers

Come hear two speakers sponsored by the Carolina Meadows Democrats and open to all residents.

First, Deborah Weissman will speak on "DACA: Pathways and Pitfalls to the Future." Deborah will review DACA, what it provides and how one qualifies as well as the current uneasy status. Deborah is the Reef C. Ivey II Distinguished Professor of Law at UNC-Chapel Hill and has extensive experience in all phases of legal advocacy, including immigration law. **Tuesday, October 23 at 2 pm in the Auditorium.**

Second, Josh Stein has been re-

scheduled. He will speak on "Protecting North Carolinians." Josh is an accomplished lawyer and politician. He spent eight years as NC's Deputy Attorney General for Consumer Protection. He was an NC Senator for District 6 beginning in 2009. He left that position to campaign for his successful bid to become the 50th and current Attorney General of NC in 2017. **Thursday, November 1 at 3 pm in the Auditorium.**

These meetings are open to all Carolina Meadows residents. Refreshments will be served. (Sponsored by CM Democrats)

Travel Adventures – Italy

Alice and I have had the good fortune to be able to travel to see the world quite a bit – more urgently when her eyesight began to fade in 2001. When she and I realized last year that our next trip abroad would probably be our last, she chose to go back to Italy for a final visit.

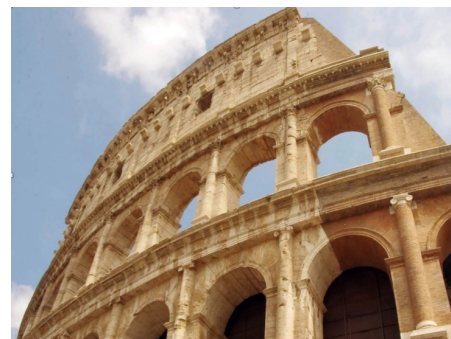
I will be presenting people, scenery, architecture, food, history, and 40-plus years of travels in Italy. Both programs will begin at **7:30 in the Auditorium.**

Friday, October 19 "Italy Part One – Venice to Tuscany"



Venice Gondola Bridge

Friday, October 26 "Italy Part Two – Rome to Sicily"



Colosseum Arch

- John Haynes

Carolina Meadows University (CMU) Continues Fall Semester

CMU launched the Fall 2018 Semester with a three-session short course on "The Ackland Collection." In this course, members of the leadership team at UNC Chapel Hill's Ackland Museum of Art are exploring the art of Art, from curating an individual painting, to managing an exhibition, to advancing the programs of the museum. The course began with an intriguing presentation by Chief Curator Peter Nesbitt on "what it takes to be curator of a single true masterpiece."

On **October 1**, we will build on these concepts by considering "the making of an exhibition from concept to installation." Nathan Marzen, our presenter, is Head of Exhibition Design and Installation for the Ackland. An alumnus of the Art Institute of Philadelphia, Philadelphia Academy of Fine Arts,

Academy of Art University, and UNC, Nathan brings a solid career of museum leadership, including Allentown Art Museum, Philadelphia Museum of Art, and Lehigh University.

On **October 8**, Katie Ziglar will tie things together with a talk entitled: "The Heart and Soul of the Ackland." Katie joined the Ackland Art Museum as Director in July 2016, after time at the Smithsonian American Art Museum, the Sterling and Francine Clark Art Institute, and the National Gallery of Art. She received a bachelor's degree in history from the University of North Carolina at Chapel Hill and a master's degree in Islamic art and architecture from American University in Cairo.

After the customary one-week hiatus, CMU will return on **Monday, October 22** with a three-part

course reviewing the "History, Culture, and Current Affairs of East Asia." The course will be taught by CM's own John Sylvester. John is a retired Foreign Service Officer with a long and distinguished career focused on East Asia. John will explore the complex interactions among the major nations of East Asia and, of course, their no less complex relationships with the US. The **October 22** lecture will explore these issues with a focus on Korea and Vietnam. On **October 29**, the emphasis will shift to China, and on **November 5**, John will tie things together with an examination of Japan.

All CMU Courses are presented in the **Auditorium (unless announced otherwise) on Mondays from 1 to 2:30 pm.**

- CMU Steering Committee

Medical Update

The next Medical Update lecture will take place on **Thursday, October 18 at 2 pm in the Lecture Hall.**

The title and subject of the lecture will be "The Future of the Brain: Maximizing Our Cognitive Powers." Our speaker will be Dr. Murali Doraiswamy, Professor of Psychiatry and Behavioral Sciences at Duke University. He directs a clinical trials unit developing technologies and treatments for enhancing brain health.

In this informative lecture, Dr. Doraiswamy will explore the most recent and exciting discoveries in the field of brain health and the promise they hold for us. He will discuss new insights into healthy brain aging, the pros and cons of

new diagnostic tests, such as brain scans that can detect diseases such as Alzheimer's years before they begin, and breakthrough technologies, such as brain stimulation and brain training that may enhance cognitive performance. Topics will also include why exercise and sleep are important for optimal brain fitness, the latest scientific studies for preventing memory loss, and the future prospects of rewiring our brains through smart drugs and devices.

Dr. Doraiswamy is co-author of a book, *The Alzheimer's Action Plan*. His research has produced numerous peer-reviewed articles in the medical literature. It also has been featured in numerous media outlets such as the *The New York Times*, Oprah, Dr. Oz show, CBS Morning, USA Today, NPR, and

BBC.

This lecture will reveal the best practices for maintaining and extending the vitality of the most important organ of the body.

- Leonard Cutler

UNITY Group

Do you think we are living through difficult times? Do you like the behavior of some of our current politicians? How about the atmosphere in DC?

To help us put things in perspective, a well-known and lively speaker (who is our neighbor), Freddie Kiger, will guide us through "Lee and Grant at Appomattox."

UNITY invites you to hear Fred Kiger at **10 am in the Lecture Hall on Thursday, October 25**. Come and join us.

- Joe Danos

Annual Global Issues Forum (GIF) on Friday, October 19

Sustaining forests for people and planet



Human society and the global economy are inextricably linked to forests. More than one billion people depend on forests for their livelihoods. Forest ecosystems play a critical role in stabilizing the climate by providing food, water, wood products, and vital medicines. They support much of the world's biodiversity.

Despite decreased deforestation rates in some regions, forest ecosystems are still under great threat. According to the outstanding World Resources Institute, 30 percent of global forest cover has been cleared, while another 20 percent has been degraded. Most of the rest has been fragmented, leaving only about 15 percent intact.

North Carolina's forestland is one of the greatest influences on the state, providing economic value and adding immeasurably to the quality of life for its residents. The forest products industry is the largest manufacturing business sector in the state, contributing approximately \$31.4 billion annually to the state's economy and

providing around 144,000 jobs for North Carolinians. The NC Forest Service's primary purpose is to ensure adequate and quality forest resources for the state to meet its present and future needs.

Global Issues Forum, Friday, October 19. As in the earlier annual forums, we have a couple of videos, starting at **9 am in the Auditorium**. During the **9:30-noon sessions**, two forest specialists from NC State University will speak about the challenges in international and local forests. In the afternoon, participants from the morning session will carpool to the forest around Jordan Lake where Brian Yeick, of the NC Forestry Service, will enlighten us about the past and present condition of this local ecosystem. More details can be found at the GIF webpage on *MeadowLife* under Activities/Lectures/Discussions, including summaries of the five earlier annual fora on soils, water, climate, energy, and food.

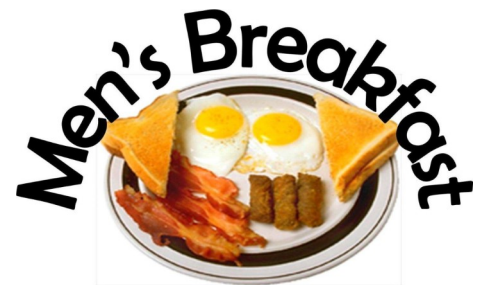
- Frans C Verhagen

Nurses Luncheon II

October 25 will be the second get-together of Carolina Meadows' nurses. Come join us in the **Private Dining Room at 11:30 am** and meet Meg Zomorodi, who is the Assistant Provost and Director for the Office of Interprofessional Education at UNC. She will speak to us about Creating Educational Opportunities for Nurses to Lead in Team-based Care.

For reservations please call Phyllis Kantra (919) 942-4642 or Mary Joy Keane (919) 929-9352 by October 16.

- Phyllis Kantra



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

The speaker for our **October 17** meeting will be Dr. Sylvia Hoffert, professor of history, emerita at UNC Chapel Hill. Dr. Hoffert's field is women's history and she has written extensively about women in nineteenth century America. Her topic is: "American Women Misbehaving."

- Mike Cotter

Philosophy Discussion Group

The Philosophy Discussion Group meets at a new time and day, on the **first and third Tuesdays at 11 am in the Lecture Hall**. Come and stretch your mind discussing the BIG questions.

Topic for **October 2** is "Superintelligence" – explore such questions as could AI robots be built with superintelligence? And would that speed up progress?

Topic for **October 16** is "Happiness" – can it be defined?

Readings will be available on *MeadowLife*. They will also be emailed to current members at least a week in advance. Please contact me to be added to the member list and plan to join us.

- Marlene Appley

Music at the Meadows (in the Auditorium)

Symphony Winds Classical Quintet October 9, 7:30 pm

Symphony Winds is a quintet ensemble comprising members of the North Carolina Symphony. Praised as a "hidden treasure" by *Indy Week*, their musicianship has captured audiences across the state. Sandra Posch (oboe), Michael Cyzewski (clarinet), Victor Benedict (bassoon), Rachel Niketopoulos (horn), and Mary Boone (flute) individually and collectively embody an incredible range of performance with other symphonies and musical groups around the country. Local audiences have enjoyed their concerts as part of the *Sights and Sounds* series sponsored by Chamber Music Raleigh. The reviewer of these performances said that, "these five played together like friends:

(Continued from p. 5, Elaine's")

petizers, entrees, and desserts, each equally fulsome and equally tempting.

Some of us chose the green tomato-avocado gazpacho with roasted chiles, corn, tomatoes and crispy tortilla strips, noting the tangy tomato counterpoint to the rich avocado. Others of us enjoyed the organic arugula salad with curried watermelon accented with basil, feta and pine nuts. It was a fish day for some of us going for the grilled scallops and Spanish rice given a vigorous lift with a rich sauce of tomato, roasted garlic, pine nuts, and almonds. The chicken breast with

truffled cream corn, fresh mushrooms and arugula salad was another hit, thanks to its thoughtfully blended flavors.

Elaine's dessert menu brought a final gasp with her warm chocolate cake and pistachio ice cream that begged for and received proper attention. It was rich enough and yet not more exciting than the buttermilk panna cotta bedecked with a blackberry and blueberry compote. The three-cheese sampler with homemade crackers and its fruit and nut compote was also well received and added to the fun of shared tastings.

- Dorothy Mahan

ARTS

comfortable, relaxed, and simply enjoying themselves. It is a testament not only to their individual abilities but also to the years of symphony experience under their belts. Their unique relationship, having played together under the same conductors, make them play almost as if with one mind."

Steve Anderson Trio October 25, 7:30 pm

Steve Anderson is a highly regarded jazz composer, pianist, and educator. His performances have been published on more than a dozen compact discs, several of which have been acclaimed as among the best Latin/Brazilian works at Grammy competitions. The reviewer of the iconic Dominican Jazz Project praised it as "full of creative energy and the joy of musical discovery."

As a pianist, he has collaborated with major jazz artists from the Caribbean in the Dominican Republic and Puerto Rico. He won the Lionel Hampton Jazz Festival piano competition. As a composer,

his works have been performed by ensembles throughout the US, including the North Carolina Central Percussion Ensemble, the UNC Symphony Orchestra, and the UNC Wind Ensemble. He was awarded the Faculty Development Award-UNC, the United Arts Council of Greater Greensboro Award, and the "Village Pride, Hometown Hero Award" from WCHL Chapel Hill Radio.

Dr. Anderson is Professor of Composition and Jazz Studies at UNC and Director of the UNC Summer Jazz Workshop. His previous performances at Carolina Meadows have been enthusiastically received.

- Norm Miller

Display Cabinet

The month of October will feature just a small group of the 600 turtles collected by Frans Verhagen during his many travels and his interest in the meaning of turtles in different cultures. In fact you can see at least two dozen turtles visible in his garden at 327 Magnolia!

- Betty Lindsay

AIM

Art in the Meadows

Artist of the Month for October– Anne Eller's pen and ink drawings

Tinsel Painting Workshop, October 3, 10 & 17, 1:30 – 3:30 pm in the Art Studio

\$10 workshop fee (payable to instructor the first day of class) will cover most materials to design and produce a tinsel painting. Class size is limited. Sign up (and more information) in the Activities Book in the lobby by September 30. For questions, call Ralph Wileman, instructor (919) 717-0723 or Margaret Zircher, organizing assistant, (919) 967-1102 or <zircher@me.com>.

Class in Origami Paper Flowers – October 24, 2 – 4 pm in the Art Studio

Create beautiful multicolor flowers by folding origami paper. \$2 payable to instructor first day of class covers all materials. All skill levels. Sign up in the Activities Book. For more information, contact Bev Milton, instructor, (919) 967-1254, or <miltrobe@gmail.com>.

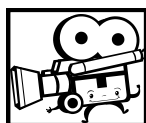
December Artists of the Month Don't forget the Family/Resident Art Show planned for **mid-November through December in the Art Studio** – e.g. son or daughter, grandchild, brother or sister, parent – hanging alongside your artwork. If not already in

your possession, start collecting! For space planning purposes, please send Margaret Zircher an email <zircher@me.com> as soon as you know you plan to exhibit. Artwork does not have to be framed or even matted to show in the Artist of the Month shows.

Art Studio Schedule If you want to use the art room for painting or a project, you can now view times when the art room is vacant. Classes and groups occupying the art room are now listed each month on the art room bulletin board calendar, and on [meadowlife.org/activities/art-guildgallery-exhibit]

- Margaret Zircher

Films for October 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.

October 6 *Cabaret* (1972)

128 minutes-Rated PG
British scribe (Michael York) and his comrades-including a flamboyant American nightclub entertainer named Sally Bowles (Liza Minnelli)-chronicle the debauchery and turbulence of prewar Berlin in director Bob Fosse's big-screen adaptation of a musical classic. Existing in a morally ambiguous void, the characters doggedly maintain their facades as the world outside the cabaret gears for war.

October 13 *Queen of Katwe* (2016)

124 minutes-Rated PG
David Oyelowo, Lupita Nyong'o
Disney presents *Queen of Katwe*, a movie based on a vibrant true story starring Lupita Nyong'o and David Oyelowo, and directed by Mira Nair. A Ugandan girl's life changes forever when she discovers she has an amazing talent for chess, in this celebration of the human spirit.

October 20 *Mozart's Sister* (2011)

120minutes-Not Rated
FRENCH w/ ENGLISH SUBTITLES
This film dramatizes the frustrating early life of Maria Anna "Nannerl" Mozart, a gifted musician in her own right, who finds her musical career cut short by her father's conventional view of gender roles and her younger brother Wolfgang's talent.

October 27 *2001: A Space Odyssey* (1968)

148 minutes-Rated G
Keir Dullea, Gary Lockwood, William Sylvester
Stanley Kubrick's sci-fi classic probes the mysteries of space and human destiny. While investigating the appearance of mysterious monoliths throughout the universe, astronauts David and Frank battle their ship's intelligent computer, HAL-9000.

Book Group

Sharp by Michelle Dean (2018)



The intriguing subtitle of the non-fiction book chosen for October is *The Women Who Made an Art of Having an Opinion*.

It tells the stories of ten brilliant writers of the twentieth century. Their names are familiar: Dorothy Parker ("Men don't make passes at girls who wear glasses"), Pauline Kael of the movie reviews, Nora Ephron, Mary McCarthy and more, all of whom were writing in New York for prestigious periodicals such as *The New York Review of Books*, the *Partisan Review*, *The New Yorker* and more. They were opinionated women, informed, diverse, and they wrote with wit and precision. Yes, they were sharp.

They were all primarily intellectuals who were battling for recognition in a man's world, and they made a real contribution to the cultural history of America. *Sharp* received high marks for its writing, its intriguing subjects and its importance.

Did these writers "change the course of the twentieth century" as the flyleaf claims? Let's talk about it. Please join us at **2 pm on Wednesday, October 17** in the **Lecture Hall**. Pat Merriman and I will moderate a lively discussion.

- Vivienne Jacobson

Meet the Author – Susan Schild

2 pm Board Room

Thursday, October 25

Susan Schild writes heart-warming and funny contemporary Southern fiction. Her stories feature adventuresome women, good men, blended families, sweet dogs, friends and family who see you through, and happily-ever-afters at any age.

Susan is a wife and stepmother. She enjoys weekend getaways with friends, reading fiction, and rummaging through thrift stores for finds like four dollar cashmere sweaters. A dog lover, Susan has a special fondness for Lab mix rescue dogs. She and her family live in North Carolina. Susan graduated from James Madison University in Virginia, and holds a master's degree from The University of North Carolina at Chapel Hill. She has used her professional background as a psychotherapist and management trainer to add authenticity to her characters.

Susan's trilogy will be available for purchase (books \$15 each).

Meet the Author – Iris Yang

10:30 am Board Room

Tuesday, October 30

Guest speaker Iris Yang will introduce her work of fiction, *Wings of a Flying Tiger*. Her novel follows ordinary Chinese as they risk their lives to rescue a downed American pilot in WWII in China. Since its publication in June, it has received all 5-star reviews, and it has been featured in a dozen newspapers. Iris, a scientist born and raised in China, will talk about the inspiration behind the book, her love for the Flying Tigers, and her writing journey.

Signed copies are available for purchase at \$18.95, cash or check.

Met Opera on Demand

La Traviata (from March 2017)

1 pm Auditorium

Wednesday, October 24

2 hours, 21 minutes

La Traviata's sumptuous melodies and timeless depiction of doomed love have made the work a favorite of generations of operagoers. In his approach to this classic drama, director Willy Deckert sets the action on a nearly bare stage, focusing the audience's full attention on the three main characters. As Violetta, the ailing courtesan desperate to escape her past, soprano Sonya Yoncheva offers a fearless and sympathetic performance from beginning to end. American tenor Michael Fabiano sings with ardent longing as her devoted lover Alfredo, delivering emotionally wrought phrases and ringing top notes. Thomas Hampson brings a burnished baritone to Germont, Alfredo's protective father whose stern demands spell disaster for the young couple. On the podium, maestro Nicola Luisotti leads an electric performance of Verdi's unforgettable score.

Tuesday at the Movies

2 pm Auditorium

Tuesday, October 9

My Dream is Yours

1949 – Not Rated – 101 minutes

Fed up with the arrogant antics of his best singer (Lee Bowman), desperate talent agent (Jack Carson) looks for a fresh face, only to find star quality in chanteuse Martha Gibson (Doris Day) in this 1950s musical that features a cameo by Bugs Bunny, who "dances" with Carson and Day in a memorable number that mixes animation and live action.

David McCullough, Popular Author in the Library

David McCullough's day job was not writing books about American history, Presidents Adams and Truman, or the construction of the Brooklyn Bridge and the Panama Canal. His job was writing for *American Heritage*, headquartered in Washington, D.C.

In 1955, McCullough graduated from Yale, where Thornton Wilder inspired him to become a writer. During his undergraduate years he met his future wife, Rosalee, a student at Vassar.

By the time they were living in D.C., he and Rosalee had a family that would eventually include five children. While working long hours at *American Heritage*, McCullough devoted three years of evenings and weekends to writing *The Johnstown Flood*. The book came out in 1968, was a success and allowed McCullough to become a full-time author.

Both the story and the region were familiar to McCullough, who was born and raised in nearby Pittsburgh. On May 31, 1889, a dam burst above Johnstown and destroyed the town of coal and steel workers and their families. The death toll of 2,000 people was the greatest one-day tragedy in the United States until September 11, 2001 when 2,297 perished.

There are numerous books by David McCullough in our library for your reading pleasure. He is not finished writing. McCullough spends hours every day in his writer's studio behind his home in Massachusetts. When asked if he will ever retire, his answer is, "I would pay to do what I do. How could I have a better time than doing what I am doing?"

- Peg Richardson

New Books Added to Library Collection

Fiction

Three Things about Elsie by Joanna Cannon

Red, White, Blue by Lea Carpenter

The Shakespeare Requirement by Julie Schumacher

Feared by Lisa Scottoline

The Passage of Love by Alex Miller

Meet Me at the Museum by Anne Youngson

Pieces of Her by Karen Slaughter

Four Funerals and Maybe a Wedding by Rhys Bowen

The Air You Breathe by Frances de Pontes Peebles

A Place for Us by Fatima Farheen Mirza

Safe Houses by Dan Fesperman

Snap by Belinda Bauer

Give Me Your Hand by Megan Abbott

If You Leave Me by Crystal Hana Kim

The Middleman by Olen Steinhauer

The Immortalists by Chloe Benjamin

Believe Me by J. P. Delaney

The Secrets Between Us by Thrity Umrigar

The Third Hotel by Laura van den Berg

Love and Ruin by Paula McLain

An Act of Villainy by Ashley Weaver

Large Print

In the Name of the Family by Sarah Dunant

A Banquet of Consequences by Elizabeth George

No Easy Target by Iris Johansen

The Cutthroat by Clive Cussler

Ginny Moon by Benjamin Ludwig

Mystery

Swift Vengeance by T. Jefferson Parker

Texas Rangers by James Patterson
A Measure of Darkness by Jonathan Kellerman

Sweet Little Lies by Caz Frear

Wild Fire by Ann Cleves

Biography/Biography Collection

Calypso by David Sedaris

Non-Fiction

The Feather Thief by Kirk Wallace Johnson

VOICES Is Heard Beyond CM Campus

Writers whose work is between the pages of *VOICES*, our literary journal, are having their stories and poems recognized beyond the Carolina Meadows campus.

We all know that residents purchase copies for gifts that fly off to other parts of the country. But do you know that the Wilson Library on the UNC campus includes *VOICES* as part of its North Carolina collection? Imagine our writers sharing space with Thomas Wolfe and Doris Betts. The copies are housed in the climate/light-controlled stacks of the Wilson Special Collections Library. The public has access to the journal by registering as a user and requesting an issue to be consulted on site. Access to the materials in the collection is available in person through the Research Center during open hours. For information about using the special collections materials use the following link: [library.unc.edu.wilson].

A set of *VOICES* journals also resides on the shelves of the Chapel Hill Historical Society, which is located on the ground floor of the Chapel Hill Public Library. The public often comes in to use reference materials, and they can peruse our journals on site.

(Continued on p. 13, "Voices")

(Continued from p. 12, "Voices")

With *VOICES* in these two collections, our literary journal is available to both town and gown.

So, writers of fiction, non-fiction and poetry—begin your stories and poems and place them in the **VOICES mailbox by December 31**. Guidelines are on *MeadowLife* and on fliers outside the mailroom.

- Myrna Merron, Editor *VOICES* 2019; Eleanor Morris, Editor *VOICES* 2018

New DVDs for the Library**Book Club**, PG-13, 2018

Diane Keaton, Jane Fonda, Candice Bergen, and Mary Steenburgen star in this comedy-romance as four life-long friends who have their lives forever changed after reading *50 Shades of Grey* in their monthly book club.

Faces Places, PG, 2018

In this documentary French film, the Director Agnes Varda (89 years old) and the photographer/muralist JR (34 years old) team up to create a portrait of France and its people through a series of larger-than-life photographs and murals of the people they meet. In the process, these two artists become friends.

Finding Vivian Maier, NR, 2013

Now considered one of the 20th century's greatest street photographers, Vivian Maier was a mysterious nanny who secretly took over 100,000 photographs that went unseen during her lifetime. Maier's strange and riveting life and art are revealed in this highly rated documentary.

Love, Simon, PG-13, 2018

In this "tender, sweet, and affecting" film, seventeen-year-old Simon hasn't told his family or

friends he's gay, but now he's fallen in love online and doesn't know how to proceed. This "hilarious" and "highly infectious" film received many favorable reviews, including a rare 99% rating on Rotten Tomatoes.

RBG, PG, 2018

This documentary about Supreme Court Justice Ruth Bader Ginsburg is "an uplifting, spirited, and affectionate look at the life and accomplishments" of this remarkable 85-year-old woman.

Won't You Be My Neighbor, PG-13, 2018

This documentary takes an inti-

mate look at Fred Rogers, "a creative genius who inspired generations of children on TV with compassion and limitless imagination." This beautifully made film delighted audiences and critics alike and also received a 99% rating on Rotten Tomatoes.

Foyle's War, Set 4, NR, 2002

Foyle's investigations explore the changes in a once-quiet coastal community at the height of World War II. The CM Library has the rest of this award-winning PBS series, but our previous "Set 4" was damaged, so this will once again complete our set.

ACTIVITIES**Planting Bulbs in the Fall**

Last fall, I never got my 15 hyacinth bulbs planted. They are still sitting in a dark box in the bedroom. Most look healthy. Maybe I can try planting them again this fall. I decided to do a little research on when and how to plant flowering bulbs.

I found that bulbs perform best when planted in soils that have cooled to 55 degrees or lower. "The more chilling they get," according to Tim Schipper, owner of bulb-wholesaler Colorblends, "the better the quality of the bloom and the longer the stem length." For the South, Schipper recommends refrigerating bulbs for a while before planting. (This likely to be better received in the Tom household than when I stored catfish bait in the refrigerator.)

While many flowering bulbs can adapt to a wide range of soil types, none can tolerate poorly drained soil. No North Carolina clay for my hyacinths! I'll need to prepare the planting bed by adding organic matter such as peat moss,

well-rotted manure, or compost. Adequate fertility can be achieved by adding a balanced fertilizer such as 5-10-5 or 6-10-4 at the rate of two to three pounds per 100 square feet. I'll need to mix all amendments thoroughly with the soil before planting my hyacinths this fall.

In addition to hyacinths, popular bulbs for fall planting include daffodils, crocuses, snowdrops, and tulips. Horticulturists recommend that you plant them in holes three times the size of the bulbs. Whatever bulb you chose, be sure not to leave any bulb scraps on the surface to help the squirrels locate your tasty bulbs.

- Alan Tom

Celebration of Life

Our Annual Celebration of Life will be held on **Saturday, November 3, at 3 pm in the Auditorium**. Please join us as we remember those residents we have lost in the past year.

- The Remembrance Committee

Community Outreach Committee (COC)

The Community Outreach Committee has several volunteer opportunities to announce:

1. On **October 9**, the Habitat for Humanity truck will be at the **parking lot across the street from the tennis courts from 9-11 am**. Donated household items of furniture, kitchen ware, decorations, rugs, dishes, linens, towels, etc. in good, unstained condition, will be taken for the Pittsboro Restore whose sales support construction projects. If your items for donation are too big or heavy to carry to the collection point, call (919) 548-6910 for pick-up.
2. Construction volunteers are needed in house construction for Habitat on **Wednesdays, Thursdays and Saturdays from 8:30 am - 3:30 pm**. Tools are supplied. In addition, volunteers are often needed in various jobs in and around the Pittsboro office. Questions? Call Bob Merriam at (919) 942-3363.
3. The Chatham County Literacy Council will sponsor a "Fall for Literacy Luncheon" on **October 20 from 11 am - 2 pm at the Siler City Country Club**. Tickets

are \$60 and tables for 4, 6, or 8 people can be set up. Nora Esthimer, Karen Pullen, and Ruth Moose, local authors, will speak about some mysteries they have written - just in time for Halloween!

4. Chatham County Literacy Council will sponsor "Literacy Swings" on **November 19 from 7 to 9 pm at the Pittsboro Roadhouse**.

Tickets are \$20. Dance to the Triangle Jazz Orchestra and the Roadhouse will donate 10% of all food and drink sales to Chatham Literacy as well!

5. The CORA food pantry always welcomes volunteers. Contact Bill Powers for more information.
6. Plans are underway for another Rise for Hunger event in November!! So watch for announcements.
7. Don't forget the Chatham Cares Pharmacy. They depend on donations so they can meet the needs of low-income, uninsured and underinsured county residents. Contact Lynn Ogden for more information.

Please feel free to contact me if you have questions.
<jjonesae@gmail.com>

- Judy Jones, Chair

Fall Festival in The Park



**Sunday, October 21, 2018
3 - 5:00 pm
Light refreshments**

Please join us to celebrate The Park, aka the Carolina Meadows Park. The first year it slept, the second it crept, the third it truly leapt - multiple trees, shrubs and perennials, along with our new screech owl, a welcoming sitting area among wild flowers, plus our enchanted mailbox. Come visit and pen us a note.

Golf Championships

The Carolina Meadows Golf Championships will be held **Wednesday, October 24 and Thursday, October 25**. There is no entry fee. Prizes will be awarded for Ladies Low Gross, Men's Low Gross, and overall Low Net.

The two-ball tournament will be held **Saturday, October 27**. Entry fee \$2/person. All entry fees will be divided among the winners. **All events begin at 10 am.**

The season ending luncheon will be held at **12:30 pm on Saturday, October 27 in the Private Dining Room**.

Wine is provided by the Golf Committee. Awards for the tournaments will be given out during the luncheon.

Signup sheets will be posted in the club center **October 3**.

- Libby Conley

CORA Needs Volunteers

Carolina Meadows residents continue to be exceptionally generous in their financial support of the CORA Food Pantry. However, some residents also serve as volunteers at the pantry. If you would consider volunteering a few hours a month, please contact one of the Carolina Meadows current volunteers for more information: Judy Tilson, Martha Hutt, or Kathryn Moss.

- Bill Powers

Jewelry Design & Repair

**1 - 4:00 pm Art Studio
Monday, October 1, and
Tuesday, October 16**

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

Jewelry repairs may be dropped off at any time between 1-3 pm on the scheduled monthly open classes. If you would like to have a beginner's session, please contact Eva directly at (919) 797-0289.



Ceramic Studio Open House

Friday, October 12, 1-3 pm

Are you curious about clay?

Visit us in the studio

Unleash your creativity

Make a Seasonal Ornament

Experience the clay between your fingers

Take a wild spin on the pottery wheel

Ceramics/Pottery Monthly Classes, 1-3:30 pm on Fridays in Ceramic Studio located in the basement of the Club Center. Tuition is \$125.00 monthly (4 or 5 sessions depending on the month) or \$125 bimonthly for 5 sessions. Tuition includes everything necessary to complete pieces: instruction, tools, clay, glazes and firings, plus open access to studio. You will learn the basics of hand-building. No experience is required. All skill levels are welcome. Residents with experience are also welcome to use the studio independently, taking advantage of the glazes and kiln as well as Debbie's expertise as a professional potter and instructor. Challenge yourself, try something new, and go home with something great. Find us on *Meadowlife* Activities TAB, click ceramics/pottery. Instructor Debbie Englund is a hands on instructor. Debbie has been living and working in North Carolina for more than 30 years. As an artist, she creates work referencing forms in the natural world using materials of the earth including clay and metal. [debbieenglundart.com]

- Diana Lafferty, Barbara Rich, Nora Myers, Frans Verhagen

Changes in the Residence Business Center (RBC)

At present, the few residents who need help rarely show up when the volunteers are on duty. Therefore, beginning **October 1**, the RBC will follow a method similar to that used to get assistance from Phil Binkley, "Resident IT Support Specialist." There will be a sign-up book in the RBC to schedule assistance appointments with an RBC volunteer. The hours for the appointments will be 9:30 - 10:30 am, Monday through Friday. A resident may sign up for a time slot and know that there will be a volunteer there to help them. Volunteers will be there only if an appointment has been scheduled.

- Bob Rich, Chair, Residence Business Center Committee

Annual Halloween Party!

2:30 - 3:30 pm Auditorium

Wednesday, October 31

On Halloween this year the Auditorium will be transformed into a haunted ghost town from the wild, wild west. Both residents and staff are encouraged to join in the frightening festivities. We all love the opportunity to laugh and party together as a community. There will be creepy concoctions, scary snacks and a ghoulish good time for all. Costumes are highly encouraged! Pumpkin decorating contest winners will be announced at **2:45 pm**, resident costume judging at **3 pm** and employee costume judging at **3:15 pm**. The Costume Parade will be at noon through all of the dining venues on campus (meet in the lobby at noon if you would like to join the parade).

Carolina Meadows's Purple Martins

On Thursday, October 18 at

10 am in the **Lecture Hall**, The Park and Birders @ CM will sponsor a lecture by Courtney Rousseau, president of the NC Purple Martin Society. Courtney has a degree in Animal Sciences from NC State University. In 2010, Courtney and a fellow martineer, Tom Francis, started the NC Purple Martin Society, an affiliate of the Purple Martin Conservation Association.

The program will introduce us to our annual visitors from Brazil, the largest member of the swallow species in North America. It will cover their history, migration, how to support these wonderful birds and more. Their main food source is insects "on the wing" so no feeders needed - just access to fresh water and a home for breeding. In 2012, 41 purple martins were counted in the annual Spring Bird Count and 39 in 2013. There were five purple martins houses on our campus until the largest house on top of a 30 ft. flagpole had to be removed for the dining renovations and another house was damaged. Today, the most active house of the remaining three houses is on the Golf Course across from Building 3.

The Park is having a Fall Festival on **Sunday, October 21, from 3 - 5:00 pm**. See p. 14 for details. The Park is a resident conceived, supported, and maintained multi-purpose natural area near the Community Gardens.

Birders @ CM is a group of residents working on providing bird related outings, speakers, and citizen science activities.

Please join us to learn about our purple martins and try to win a door prize!!

- Margaret Scott & Betsy Bowman

October Activities

**Sign up in the sign-up book:
Chamber Orchestra of the Tri-
angle**

Sunday, October 7

Deadline: **Monday, October 1**

Cost: \$44 per person Load: **2 pm**

Funky Lunch Bus! to TBD

Wednesday, October 17

Deadline: **Monday, October 15**

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

Jordan Lake Boat Trip

Friday, October 26

Deadline: **Monday, October 22**

Cost: \$40 per person

Load: **10:30 am**

Classes

**TechTeam Computer Classes
Introduction to Apple MacBook
Workshop (must bring Apple
MacBook Pro or Air)**

Monday, October 8

2 pm Board Room

\$15 per person

**Sign up in the signup book by
Friday, October 5 (limited
space)**

In this workshop we will go through the basics of using your MacBook. You will learn how to set up your computer, whether it is new or just needs some updates. You will learn the basic operations and functions. We will also show you some tricks and tips to make your MacBook easier to use. We can't wait to see what you will be able to create with the things you learn!

**Introduction to Windows Oper-
ating System (Must bring a lap-
top running Windows 8 or 10)**

Thursday, October 11

10:30 am Board Room

\$15 per person

**Sign up in signup book by Mon-
day, October 8 (limited space)**

In this workshop we will go through the basics of using the newest Windows operating system. If you need help determining whether you are running this system please call or email us at the options below. You will learn how to set up your computer, whether it is new or just needs some updates. You will learn the basic operations and functions. We will also show you some tricks and tips to make your computer easier to use. We can't wait to see what you will be able to create with the things you learn

If you would like to ask us some questions about either class, feel free to email us at <techteamnc@gmail.com> or call at (919) 903-7060. **Tech Team** specializes in making technology work for older generations, through patience, knowledge, and affordability. We offer one-on-one lessons and also group classes at select retirement communities.

Special Events

Dusty Donuts Truck

8 -10 am

Club Center Parking Lot

Thursday, October 25



Come and enjoy a bag of fresh made mini-donuts. \$5 per dozen, covered with powdered sugar or cinnamon (or even plain!)

Wellness Corner

31 Day Walking Challenge

October 1-31. The goal is to walk a minimum of 10 minutes each day. Walking logs will be available on *MeadowLife* Fitness and Health page and at the Fitness Center. Turn in your log to the Wellness Department **by November 5** to earn a long sleeved Carolina Meadows shirt.

Our Seventeenth Annual Wellness Fair "Paving a Positive Path" will be held **Wednesday, October 3, 9:30 am - noon in the Auditorium.** There will be a variety of local vendors that will supply healthy food samples, information about their services, smoothies, raffles, free hearing screenings, chair massages and more! Hope to see you there!

Sharing Stories from Our Lives, Tuesday, October 2, at 3 pm in the Marketplace The Wellness Team at Carolina Meadows is starting a new storytelling group. On the first Tuesday of each month, you will have an opportunity to share stories on a particular topic, which will be announced in advance. Our topic for October 2 is: Lessons I learned from my parents. Join us for coffee and some interesting stories. Storytelling circles are a great opportunity to get to know people and to make connections. Contact Vivienne Jacobson, the group's facilitator, if you have any questions.

In Later Years A four-meeting workshop based on work by UU Minister and CCRC Chaplain Bruce Marshall. **Wednesdays, October 17, 24, 31 and November 7, 10-11:30 am in the Game**

(Continued on p. 17, "Wellness")

(Continued from p. 16, "Wellness")

Room. Facilitated by Carolyn Holt. This discussion-based workshop is an opportunity to reflect on the challenges and blessings of aging. Marshall interviewed older seniors about their joys, regrets, accomplishments and things left unfinished, all in the context of diminishing physical and mental abilities. The cost for this workshop is \$25 charged to your CM account and includes Marshall's book. Space is limited. Register in the Activities book.

Off Campus Walk Friday, October 19 to the River Walk in Hillsborough followed by lunch on your own. **Depart at 10 am.** Sign up in Wellness Book.

Writing for Resiliency workshop Sarah Blake, social worker, will facilitate a half-hour workshop on Writing for Resilience on **October 25 at 10:30 am in the Board Room.** Writing can be a powerful tool that encourages us to practice reflection, honesty, and self-compassion. Especially when we struggle with speaking

about our emotions with others, putting pen to paper can help us elucidate our feelings in a safe, judgment-free environment. All are encouraged to attend, whether you write regularly or haven't written a thing since school. Nothing you write at this event will be shared, and no writing experience is necessary.

Annual Pumpkin Decorating/Carving display will be in the Lobby **Monday, October 29- 31.** Enjoy!

- Michelle Marino

Time to Celebrate!



The Gift Shop will be 25 years old on October 29, 2018

- Celebrate at the RA meeting, Oct 11
- We ask all current AND FORMER Gift Shop Volunteers attend to be acknowledged
- To thank Carolina Meadows staff we offer 20% off any single item of clothing, jewelry or a handbag, Oct 11 - 31
- We especially want to thank YOU our loyal customers for 25 years of support

And urge you to peruse our New Items including:

- Travelsmith travel vests
- Cedar hang-ups to freshen your closet
- Body scrub and hand soap to freshen you
- Scented gift soap
- Handicap placard holders
- Protective sleeves for the new Medicare cards

Thank You, Carolina Meadows Staff! Hurricane Florence, 2018

As Florence approached us, our staff was hard at work to keep us safe and comfortable. During the week, we had help bringing inside the various items that usually live outside. If you asked for something that you didn't have in your "emergency kit," it was delivered promptly. Over 100 employees signed up to stay on campus around the clock. Ben's updates on the storm, and his continued notices of campus services, reassured all of us.

I sent a message to my family members outlining what CM has done to care for all of us. The family responded that they were relieved that we live here and don't need to worry about us. This was indeed a time to count our blessings!

Thank you CM staff!

-Pat Mandell, Meadowlark Editor



Our incomparable staff prepares for Hurricane Florence.



Chef Jody and his staff get ready with lots of water bottles!

OCTOBER 2018

DAY	DATE	TIME	EVENT	LOC	PAGE
Mon.	1	1:00 PM	CMU: Nathan Marzen, "The Making of an Exhibition"	AUD	7
		1:00 PM	Jewelry Design and Repair	AS	14
Tues.	2	11:00 AM	Philosophy Group: "Super Intelligence"	LH	9
		3:00 PM	Sharing Stories from Our Lives	MP	16
Wed.	3	9:30 AM	Wellness Fair: "Paving a Positive Path" ('til noon)	AUD	16
		1:30 PM	*Tinsel Painting Workshop	AS	10
Thurs.	4	1:30 PM	Residents Council Meeting	BR	NA
Fri.	5	10:30 AM	World Affairs: Louis Perez, "US-Cuba Relations"	AUD	6
		1:00 PM	*Ceramics/Pottery Class	CS	15
		2:00 PM	CNA Mentor Graduation	AUD	1
Sat.	6	7:15 PM	Film: <i>Cabaret</i>	AUD	10
Sun.	7	2:00 PM	*Chamber Orchestra of the Triangle (Durham)		16
Mon.	8	All day	Hazardous Waste Collection (Oct. 8-12)		5
		1:00 PM	CMU, Katie Ziglar, "The Heart and Soul of the Ackland"	AUD	7
		2:00 PM	*Apple MacBook Workshop	BR	16
Tues.	9	9:00 AM	Habitat for Humanity Truck (parking lot)		14
		2:00 PM	Tuesday Movie: <i>My Dream is Yours</i>	AUD	11
		7:30 PM	Music@Meadows: Symphony Winds Classical Quintet	AUD	9
Wed.	10	1:30 PM	*Tinsel Painting Workshop	AS	10
Thurs.	11	10:30 AM	*Windows Operating System Workshop	BR	16
		1:30 PM	Residents Association Meeting	AUD	NA
Fri.	12	10:30 AM	World Affairs: Holger Moroff, "Europe and Germany"	AUD	6
		1:00 PM	Ceramics Studio Open House	CS	15
Sat.	13	7:15 PM	Film: <i>Queen of Katwe</i>	AUD	10
Tues.	16	11:00 AM	Philosophy Group: "Happiness"	LH	9
		1:00 PM	Jewelry Design and Repair	AS	14
Wed.	17	8:30 AM	*Men's Breakfast: "American Women Misbehaving"	PDR	8
		10:00 AM	*In Later Years	GR	16
		11:00 AM	*Funky Lunch Bus to ?????	CCL	16
		1:30 PM	*Tinsel Painting Workshop	AS	10
		2:00 PM	Book Group: <i>Sharp</i>	LH	11
Thurs.	18	10:00 AM	Birders@CM: "Purple Martins"	LH	15
		2:00 PM	Medical Update: "Future of the Brain"	LH	7
Fri.	19	9:30 AM	Global Issues Forum: "Sustaining Forests"	AUD	8
		10:00 AM	*Off-campus Walk to the River Walk in Hillsborough	CCL	17
		1:00 PM	*Ceramics/Pottery Class	CS	15
		7:30 PM	Travel Adventures: John Haynes, "Venice to Tuscany"	AUD	6
Sat.	20	11:00 AM	*Chatham County Literacy Council lunch; Siler City CC		14
		7:15 PM	Film: <i>Mozart's Sister</i>	AUD	10
Sun.	21	3:00 PM	Fall Festival in the Park	Park	14

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Mon.	22	1:00 PM	CMU: John Sylvester, "East Asia" (Korea & Vietnam)	AUD	7
Tues.	23	2:00 PM	<i>MeadowLife</i> Presentation for Newcomers to ML	LH	3
		2:00 PM	Deborah Weissman: "DACA: Pathways & Pitfalls"	AUD	6
Wed.	24	10:00 AM	*Golf Championships	GC	14
		10:00 AM	*In Later Years	GR	16
		1:00 PM	Met on Demand: <i>La Traviata</i>	AUD	11
		2:00 PM	*Origami Paper Flowers	AS	10
Thurs.	25	8:00 AM	Dusty Donuts (CC parking lot)		16
		10:00 AM	*Golf Championships	GC	14
		10:00 AM	Unity Group: Fred Kiger, "Lee & Grant at Appomattox"	LH	7
		10:30 AM	Writing for Resiliency Workshop	BR	17
		11:30 AM	*Nurses Luncheon II: "Educational Opportunities..."	PDR	8
		2:00 PM	Meet the Author: Susan Schild	BR	11
		7:30 PM	Music@Meadows: Steve Anderson Trio	AUD	9
Fri.	26	10:30 AM	*Jordan Lake Boat Trip	CCL	16
		10:30 AM	World Affairs: Robert Kaplan, "A Tour of the World" (vid.)	AUD	6
		1:00 PM	*Ceramics/Pottery Class	CS	15
		7:30 PM	Travel Adventures: John Haynes, "Rome to Sicily"	AUD	6
Sat.	27	10:00 AM	*Golf Two-Ball Tournament	GC	14
		12:30 PM	*Golf Luncheon	PDR	14
		7:15 PM	Film: <i>2001: A Space Odyssey</i>	AUD	10
Mon.	29	All day	Pumpkin Decorating/Carving Display	CCL	17
		1:00 PM	CMU: John Sylvester, "East Asia" (China)	AUD	7
Tues.	30	All day	Pumpkin Decorating/Carving Display	CCL	17
		10:30 AM	Meet the Author: Iris Yang	BR	11
		2:00 PM	<i>MeadowLife</i> Presentation for Leaders	LH	3
Wed.	31	All day	Pumpkin Decorating/Carving Display	CCL	17
		10:00 AM	*In Later Years	GR	16
		2:30 PM	Halloween Party	AUD	15

*Requires sign-up

AS: Art Studio	AUD: Auditorium	BR: Board Room	CCL: Club Center Lobby
CCRR: Club Center Rec. Room		CRAC: Conf. Rm., Activity Ctr.	CS: Ceramics Studio
CYD: Courtyard	DR: Dining Room	ES: Exercise Studio	FC: Fitness Center
FG: Fairways Gallery	FLR: Fairways Living Room	GC: Golf Course	GR: Game Room
MP: Marketplace			