



# The Meadowlark

Volume 30, No. 3

April 2017

## Bliss Comes to Carolina Meadows

A recent *New York Times* report noted "From retirement communities to nursing homes, older Americans are increasingly turning to marijuana for relief from aches and pains." For Carolina Meadows, this was an Epiphany. The news sent several CM horticulturists scurrying to the lower depths of the Club Center where they discovered a space originally intended for a bowling alley but long neglected. It was promptly converted to a subterranean Cannabis greenhouse. (See photo). And, lo, a new CM Activity has sprung to life.

Word of the project immediately spread throughout the campus and beyond. The CM Ready List ballooned to over 1,000, and the Early Advantage Program maxed out. To accommodate the sudden surge of residents complaining of aches and pains, the Rec Room has been repurposed as "The Bong Room." Furniture has been added for lounging, and the ventilation system has been up-



graded to process the air more efficiently. (Birds have been reported to congregate outside the exhaust ducts.) A tattoo artist is on call from 9 am to 5 pm. The facility is a "joint" venture between Health and Wellness and the Gift Shop, which has been selling pot holders at a clip.

An elevator operator has been engaged to assist confused residents in getting back up to the Lob-

by. Dining Service comment cards praise the new brownies that have been added to dessert menus. Residents - pain free, worry free, spaced out - proclaim that their best days have arrived.

CM management remains mum though it allows that "We want our residents to be happy, and residents are becoming happier every day."

- Mary Wanaugh

## Did You Know...?

Recently, in the middle-of-the night, a resident choked on a cough drop. Very fast response to a SARA pendant alarm by CM Security members Carl Carver and Boyd Byrd literally saved her life. Carl performed a Heimlich maneuver, which Security is trained to do. **Lessons for everyone:** a) have a SARA pendant available for immediate use and use it when needed, and b) do not have a cough drop, pill, hard candy, etc. in your mouth when sleeping or in a prone position.

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## President's Message

A big thank you to the UNC-TV team who once again ran a very successful campaign. Many contributed to this wonderful outcome: Hugh and Judy Tilson, who led the effort; the over 50 volunteers who worked with them developing clever ideas and planning fun-filled events; the other Standing Committees that coordinated events to tie to this campaign; and, most importantly, all of you who made monetary contributions.

Plans are now underway for the next fiscal year. Residents have completed their Survey of Interest forms, and the Standing Committee Chairs are forming their groups for the coming year. The Treasurer is finalizing the proposed budget to take to Council. The slate of officers for 2017-18 will be presented at the Residents Association Meeting.

Every two years the Residents Association Picture Directory is

printed. This month Barbara Rich and her committee will be offering this hard-copy directory to residents for a donation of \$5 to offset a portion of the printing cost. An up-to-date directory can always be found on *MeadowLife*.

A few months ago each precinct sent a representative to a focus group to discuss the questions being considered for the resident satisfaction survey conducted by Holleran Consulting. During April you will have a chance to participate in this survey. I encourage each of you to do so. Your feedback is important.

This year Carolina Meadows included new shelving for the library in their Capital Budget. For months the Library Management Team and I have been working on a new design to accommodate the book and DVD collections. The Library should have a brand new look in the near future.

- Betsy Ahern

## The Mobility Team

Residents who are just beginning to use a walker or cane might have questions or concerns about living at Carolina Meadows while using these aides. Prospective residents might have similar concerns. For example, a person might have questions about using a walker from the locker room to the swimming pool and where to park the walker while in the pool.

These concerns are sometimes not expressed, as this can be a sensitive issue for some people. To address them we now have a Mobility Team, which is part of the

Ambassador programs. The Mobility Team is made up of volunteer residents in Independent Living who use canes and/or walkers. They are available to answer questions either on the phone or while meeting face-to-face.

To set up a time to meet with someone on the Mobility Team, please email me at <jeanneboeh@gmail.com>. If not available, contact the Information Desk for the name and number of another person on the Team.

- Jeanne Boehlecke

### THE MEADOWLARK

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—

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## May Issue Deadline

Copy for the May *Meadowlark* must be submitted by **Saturday, April 15**, to Chris Schmidt at <schmisty2u@gmail.com>. Articles should be submitted as email attachments in MS Word format. Images should be sent in JPG format. Please call Chris at (919) 904-7488 if you have any questions or problems.

### Carolina Meadows Census As of February 28, 2017

Number of Residents	Occupancy Level
<b>Independent Living:</b>	
598	93%
<b>Assisted Living</b>	
84	95%
<b>The Pines*:</b>	
51	63%*
<b>Total:</b>	
733	89%

\*Includes temporary admission of IL and AL residents.

# NEWS (continued)

## Dan Camara Vice President of Plant Operations

I wanted to update you on a new face that you will begin seeing on campus in the beginning of April. Dan Camara will be joining Carolina Meadows on April 3 to serve as the new VP of Plant Operations for Carolina Meadows following the retirement of Joe Zanni on April 28. Dan comes to Carolina Meadows with more than 18 years of senior-level experience in Continuing Care Retirement Communities, most recently serving as the Director of Facilities Operations at Galloway Ridge at Fearrington. Dan has extensive experience with property and project management as well as systems analysis and strategic planning in



hospitality and healthcare settings. Dan also believes heavily in building lasting relationships and maintains a spirit of building trust through collaboration and transparency. Please help join me in welcoming Dan Camara in April. We will host a reception for residents and staff to meet Dan on April 20 from 3-4:30 pm in the Auditorium.

We will also have a retirement celebration to honor Joe Zannini in recognition of his 21+ years of service the week of April 24 (details to be announced via intra-campus mail).

- Ben Cornthwaite

### Board Listening Post

The Board Listening Post presents an opportunity for residents to meet individually and privately with resident members of the Carolina Meadows Board of Directors. The next meeting will be held on **Wednesday, April 26, from 10:30 am until noon in the Board Room.**

The purpose is to enable residents to bring their suggestions, concerns or questions to the attention of the Board. You talk, and the Directors will listen. Each participating resident will have ten minutes to spend privately with two resident Directors. If you wish to participate, please phone one of the following Directors: Pat Mandell (919) 240-4864, John Gabor (919) 240-7132, or John Modisett (919) 942-9466 to be placed on the schedule.



In May, Dining Services will begin a two-month pilot program renting "Robbie" (see photo) to deliver food trays in the Marketplace. Tables will each have an Amazon Echo device, enabling residents to place an order by speaking to a computer. Robbie's internal GPS and software will guide him to their table.



### Correction

The February *Meadowlark* erred in its directions for reading issues in bold print and with photos in color. The correct procedure is to go to [meadowlife.org] and click in the right-hand side bar on your screen.



## Master Plan for Carolina Meadows

**What is it?** A collaborative effort of CM Management, the Vision/Strategy committee of the Board, and SFCS architects to develop a path and vision that could be used by the Board to guide major capital building projects over the next 7-10 years, to comprehensively consider the needs and wants of current and future residents, to consider our current and future market needs, to understand existing physical spaces, and to consider fiscal realities.

**Why do it?** It is better to plan for the overall appearance and

functionality of our campus than for separate individual projects like the new health center. Planning becomes strategic and the individual parts fit into a well-designed whole that considers appearance, functionality, comfort and cost. It helps maintain our competitive position in a marketplace that will see many new entrants in the coming years. We must keep improving.

We will keep you, our residents, regularly informed about progress toward our November deadline.

*- John Gabor and JB Culpepper for  
The Vision/Strategy Committee*



To complete the redecoration of the Club Center Lobby, the walls will be repainted Carolina Blue.

## New Residents Directory

Editing has begun for the 2017 issue of the Carolina Meadows Resident Directory. If all goes well with the printing, the books should be ready for distribution during the last week of April. The Residents Association Executive Committee has decided to reduce the requested donation to \$5.

## IN MEMORIAM

Genevieve Cotter	P-243	02-16-2017
Arvin Kramish	P-225	02-27-2017
Margaret Nugent	P-219	02-27-2017
Richard King	V-125	03-03-2017
James Scatliff	V-372	03-04-2017
Donald Berg	V-322	03-06-2017
Paul Bunce	V-378	03-18-2017

## New Resident

**Carolyn Goldfinch, 6-208**

**Last Residence:** Chapel Hill, NC

**Interests:** Gardening; reading; flower arranging; volunteering; walking; bridge; music; Mah Jongg.

## TALK

## Travel Adventures: The Five 'Stans

In September 2016, Judy and Hugh Tilson and Marge Yanker joined a Road Scholar three week tour of five countries in Central Asia, collectively known as "the 'Stans:" Kyrgyzstan, Kazakhstan, Tajikistan, Uzbekistan, and Turkmenistan. The tour was packed with memorable sights: thousand-year-old (and older) antiquities, glacier-capped mountains, cotton fields, and impressive 21st century architecture.

The cultures showed them school kids in uniform, peasant farmers in donkey-led carts, open markets, and modern subways and malls. And then, there were the people, the wonderful colorful costumes, the lively dancers and the proud grandmothers. Ah, yes, and the food and fun. Enjoy their presentation **in the Auditorium at 7:30 pm on Friday, April 28.**



*Ferris Wheel*

# Carolina Meadows University

CMU will continue Course III of its Spring 2017 Semester: "George Gershwin: His Life and Music". This course, launched last month with Kathryn Moss's review of Gershwin's early work, will continue to explore the life and work of this amazing composer/performer.

The **April 3** session will investigate Gershwin's middle years. It will take its focus and form from the significant events following the first performance of *Rhapsody in Blue* in 1924. It will look at Gershwin's work in American popular theater music, in Hollywood talking pictures, and in such classic forms as the piano prelude, the concerto, and the tone-poem. It also will examine his charmed collaboration with his lyricist brother Ira.

The final session, on **April 10**, will consider Gershwin's *Porgy and Bess*, the pathbreaking opera he composed in 1934, and some of Gershwin's songs. The discussion of songs will present information using both a lecture and performance format. Kathryn will play each of the songs on the piano.

After our customary one-week hiatus, CMU will resume on **April 24** with its annual review of American History, presented by CMU regular, Professor Raymond Pulley. This year's course will feature an exploration of "Good Cop, Bad Cop: The United States Enters the World Stage as a Global Power, 1890 - 1920."

"Good Cop, Bad Cop" will examine the circumstances that led the United States into a period of competition with the old imperial powers of Europe. By the 1890s

many Americans concluded that the expansion of the country abroad would assure continued prosperity of the new industrial system and open new markets for agricultural products. An unprecedented interest in the world developed among Americans that led to the annexation of the Hawaiian Islands and a challenge to Spain that resulted in the Spanish-American War. Consequently the United States established a virtual protectorate over the Caribbean area and engaged in a vigorous competition for trade with the European powers. Finally, with the participation of the United States in World War I, the country arrived as a major world power. This short course will examine the personalities and events that led to this remarkable new turn in American development.

**April 24** – Session 1: "The Causes and Consequences of a Splendid Little War" will discuss the Spanish-American War in 1898 and the arrival of the United States on the world stage as a major player.

**May 1** - Session 2: "Chronic Wrongdoing: The balance of Power Begins to Shift" will consider Theodore Roosevelt as a major architect of American foreign policy.

**May 8** - Session 3: "A World Safe for Democracy: The Legacy of Woodrow Wilson" will be an analysis of Woodrow Wilson as a major figure in the development of twentieth century American foreign policy. What did Wilson intend with his statement upon entry into World War I that the

world should "be made safe for democracy"?

Note: All CMU Lectures are presented **in the Auditorium, on Mondays from 1 - 2:30 pm.**

- The CMU Steering Committee



Beginning April 15, chairs in the dining venues will be equipped with timers to administer a mild electric shock to diners who linger too long or fall asleep.

## Unity Group Castro's Cuba

Fidel is dead. Raul promises to retire.

Will the party loosen its grip or expire?

What should the US do? What will transpire?

Author of eleven books on Cuba and a plethora of academic articles about the island, Professor Louis A. Perez, Jr., has some well-seasoned thoughts to share with us. He is the J. Carlyle Sitterson Professor of History and Director of the Institute for the Study of the Americas at UNC. Professor Perez will consider the larger context of relations between the US and Cuba in his presentation, "Making Sense of US-Cuba Relations," at **10 am in the Lecture Hall on Thursday, April 27**. Come and join us. There is more than *Moros y Cristianos* bubbling on this Caribbean burner.

- Joe Danos



To reduce noise on campus, sheep will replace mowing machines on the campus. Volunteer shepherds will be provided with crooks, and mutton will be added to the menu.

## Bird Talk

**On Tuesday, April 18, at 10 am in the Lecture Hall** Tom Driscoll, a seasoned bird watcher and immediate past President of New Hope Audubon Society, will present a lecture entitled "Everything You Ever Wanted to Know About Bluebirds and Nuthatches." (The lecture had been scheduled for March, but was cancelled.)

There will be a handout containing information about their care, nest box location and installation. Nest boxes will be available for sale (\$15 cash or check payable to New Hope Audubon Society). Tom will assist residents in locating the nest box in their yard or installing the nest box on a tree. Information about installation on a pole will also be provided at the meeting.

Sponsors: The Park, a resident conceived, supported, and maintained multi-purpose natural area near the Community Gardens, and Birders@CM, a new group of residents working on providing bird-related outings, speakers, and citizen science activities.

Please join us to learn about birds and these sponsors.

-Betsy Bowman and Margaret Scott

## World Affairs

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

**April 7:** Michael Hunt, "General H. R. McMaster's *Dereliction of Duty*"

Michael Hunt, Everett H. Emerson Professor Emeritus at UNC-CH and a specialist in US involvement in eastern Asia and US foreign relations, will discuss General H.R. McMaster's book *Dereliction of Duty: Lyndon Johnson, Robert McNamara, the Joint Chiefs of Staff, and the Lies That Led to Vietnam*. The book has risen to the best-seller list since General McMaster was named President Trump's National Security Advisor. Of special interest to North Carolinians, the book arose out of a doctoral dissertation written at UNC under the direction of Professor Richard Kohn (an occasional speaker for World Affairs). Our speaker, Professor Hunt, served on General McMaster's MA and PhD committees. In preparation for this talk, attendees are urged to read the Epilogue of the book, to which a link can be found on the World Affairs webpage on *MeadowLife*.

**April 14:** Raymond Dawson, "The Intermediate-Range Nuclear

Forces Treaty (INF) and New Start Treaties: What Next?"

Raymond Dawson will discuss the current nuclear arms reduction agreements with Russia and prospects for further agreements.

**April 21:** Don Lauria, "Transitioning to Self-Rule: The Case of Kazakhstan"

Carolina Meadows resident Don Lauria will discuss his experience in working with the newly independent government of Kazakhstan on developing a water pricing policy and the challenges he experienced in working with a government knowing little of democratic principles, free markets or economic pricing policies.

**April 28:** Hugh and Judy Tilson and Marge Yanker, "Iran, 2016"

Following up on their popular presentation in January on "The Five Stans," the Tilsons and Marge Yanker return to share their impressions of Iran, which they also visited. As Iran has ceased issuing visas to Americans, they are among the few Americans to have had the opportunity to tour this fascinating country.

- Judith Pulley

## Philosophy Group

The topics proposed by Daniel B. Kokotajlo, Outreach Professor of the UNC Philosophy Department, for **Wednesdays at 2 pm in the Lecture Hall** are:

April 12 - "What Confers Moral Status? What is it that Makes Humans Morally Speaking, Special?"

April 26 - "Is Contemptuous Discourse Ever Justified? If so, When?"

Relevant readings and questions will be distributed to members a week before the session. Please contact me to be placed on our mailing list and plan to join us.

- Marlene Appley



## Medical Update

Our next lecture will take place on **Thursday, April 20, at 2 pm in the Lecture Hall**. The topic and title will be Aging and Nutrition. Our speaker will be Amanda Holliday, Clinical Assistant Professor and Program Director of the Master's Program in Public Health Nutrition at the University of North Carolina in Chapel Hill.

The US Department of Agriculture has recently replaced its Food Pyramid with a series of Dietary Guidelines. These guidelines are being used as a basis for nutrition services for the elderly.

A study published in the current issue of the Journal of the American Medical Association concluded that dietary factors were

associated with a significant proportion of deaths from heart disease, stroke and type 2 diabetes.

Mrs. Holliday's areas of expertise include nutrition and aging, and medical nutrition therapy. She teaches courses in several aspects of nutrition. Amanda is also past President of the North Carolina Dietetic Association.

She graduated from Appalachian State University with a degree in nutrition and geriatrics, received her master's degree in clinical nutrition from Rush University and has been honored with several Dietetic Teaching awards.

This promises to be a very pragmatic and fruitful lecture.

- Leonard Cutler



Instead of remodeling the Pines, residents will be issued virtual reality goggles.

## Thoughtful People "The Rise of the Robots"

Robots are already playing a role in our daily lives, even though we may not recognize them. Advances in robotics are coming so quickly that in less than a decade they will be a common part of the workplace, our healthcare, and even our transportation. **On Tuesday, April 18, at 3 pm in the Fairways Gallery** Judith Pulley will examine, and illustrate with video clips, the many ways in which robots will affect the quality of our lives.

## Men's Breakfast

Our speaker for the breakfast on **Wednesday, April 19, at 8:30 am in the Private Dining Room** is Raymond Pulley, who will discuss "1968 - The Year That Changed Everything." Please sign up by Thursday, April 13, and please wear your name-tag.

- Fred Bowman

## ARTS

### Welcome VOICES 2017!

This year's edition of the Carolina Meadows literary publication will be introduced at the annual "Authors Reading" **at 4 pm on Wednesday, April 26, in the Lecture Hall**. At the event, several authors will read their work. Your attendance is an opportunity to honor the more than two dozen residents whose poems, stories, and memoirs are included in this year's VOICES.

In addition, we are privileged this year to include two poems by Shelby Stephenson, the North Carolina poet laureate. Some of us attended Mr. Stephenson's engaging program last month in the Auditorium.

Really good news is that, thanks to rearranged financing of the publication by the Residents Association, the price of VOICES will be substantially lower than last year's edition. The lower price might encourage residents to buy multiple copies! VOICES is the ideal gift to showcase Carolina Meadows' literary talent to family and friends.

Copies of VOICES can be bought at the Authors Reading, in the Club Center Lobby for several evenings thereafter, and in the Gift Shop. Your purchase may be charged to your CM account.

Oh, yes. Stay around after the April 26 program to socialize and to enjoy complimentary refreshments.

- Bill Powers, Editor

## Cheers to Our Artists!

They've done it again! Thanks to a talented team of resident artists, another colorful and engaging mural has appeared on the Club Center wall at Carolina Meadows. In conjunction with the theme "All Things North Carolina," Susan Gaca, Margaret Zircher and Bill Davis have created a painting that offers a sampling of North Carolina cultures, sites and attractions as part of our annual fund-raising drive to support UNC-TV.

Carolina Meadows provided workspace for the mural project in a basement recreation room where the artists could store their materials and have easy access to water and a sink. They had enough wall space to mount their blank canvas, but just barely. The surface to be painted stretched from the ceiling to the floor.

Taking inspiration from the folk-art style of 19<sup>th</sup>-century New England muralist Rufus Porter, Susan Gaca developed the concept for the mural. Margaret Zircher researched a multitude of possibilities that evolved into the final 53 images representing various regions in the state. They recruited fellow artist and native North Carolinian, Bill Davis, to add some no-

table wildlife images to the mix. When you see the charming lighthouses with ducks and geese flying past at the bottom of the canvas, and the marlin hanging on the pier, imagine Bill lying on the floor, on a bit of padding from Margaret's dog's bed, in order to get those details just right.

Margaret has written a descriptive key for the painting. In it, she provides background information for images that run the gamut from a tribal member of the Eastern Band of Cherokee Indians, mountain waterfalls, and musical instruments at the top left to the Bodie Lighthouse, a reminder of the Lost Colony, and the Wright Brothers' airplane at the lower right. Themes include agriculture, wildlife, education, arts, literature, architecture, history, business, sports and much more.

How did they do it! We can only imagine the hours and days of planning, sketching, painting - and sometimes repainting - that it took to complete their mural. A labor of love, it is yet another sign of the vitality and creativity we enjoy as a community.

- Beverly Patterson



*Susan Gaca, at work on the mural. See page 9 for a photograph of the mural in black and white. Or, even better, go to the MeadowLife home page and click on The Meadowlark on the right-hand sidebar and view the mural as it should be seen – in color!*

### Puzzled?

At the suggestion of residents, the mural will be made into a jigsaw puzzle, complete with the historical key, and will arrive in time for you to take it on vacation to the beach or mountain cabin to solve with grandchildren and/or friends. Or, maybe you want to shop a little early for Christmas.

You can obtain a copy of this unique puzzle by placing an order through the Gift Shop. The puzzle will be 18" x 24," 500 pieces in a cardboard box. Cost is \$23.42 plus 6.75% sales tax (total \$25.00). Orders will be accepted until April 18 for delivery before the end of April. For questions, contact Margaret Zircher.



To wring more revenue from large villas, they will be converted into multi-family units. This will more than double the number of residents in the 500s, which will be renamed the "The Suburb."





"All Things Carolina" mural.



In response to general confusion and complaints, the Carolina Meadows Wait List will be replaced by a lottery. Applicants may purchase extra tickets to improve their chances.

## Display Cabinet

Irma Stein with her friend Shirley McConahay visited Native American reservations for over 20 years, a month at a time, and taught the Indians to create soft sculpture of the area flora and fauna. Enjoy the display of her collection of hand-sewn sculptures.

- Betty Lindsay



## Music at the Meadows Concert Series

### In the Auditorium

**Deborah Coclanis, piano**  
**Deborah Davis, cello**  
**Friday, April 7, 7:30 pm**

Both of these musicians are very active and popular participants in the Triangle's musical scene. Their program will include sonatas by Boccherini and Poulenc and music by an Argentinean composer, Astor Piazzolla. This will be an evening to anticipate with pleasure.

**Matthew Kiefer, violin**  
**Timothy Holley, cello**  
**Derison Duarte, piano**  
**Wednesday, April 19, 7:30 pm**

Tim Holley, cellist extraordinaire and Music Professor at North Carolina Central University, has assembled this impressive group of musicians for our listening enjoyment.

**WCPE String Quartet**  
**Sunday, April 23, 2 pm**

These high school musicians have been awarded scholarships by WCPE, the Classical Station. The scholarships are used for coaching in chamber music performance at the North Carolina Chamber Music Institute, run by NC Symphony members.

- Anne Bodner

## Music Appreciation Friday, 11am in the Gallery

April 7 Dvorak Symphony No. 9  
 April 14 Bartok Concerto for Orchestra  
 April 21 Beethoven Violin Concerto  
 April 28 Prokofiev Violin Concerto

- Suzanne Calcutt

## Attention NC Symphony Lovers!

A representative from the North Carolina Symphony will visit Carolina Meadows at **2 pm on Wednesday, April 5, in the Board Room** to discuss the upcoming 2017-18 Chapel Hill concert series. Information will be available for those interested in attending the series. You may renew your subscription or purchase new tickets on this date. The representative will also visit Carolina Meadows at **10 am on Tuesday, April 11, in the Board Room** for ticket purchases and to sign up for Carolina Meadows transportation.

- Activities Department

## Book Donations

Why not begin your Spring cleaning by focusing on your bookshelves? They could probably use a good dusting, and shelves may be sagging under the weight of books you enjoyed but are never going to read again. (Who reads the same thriller or mystery several times?)

When you've weeded out the books you no longer want, please donate them to the Carolina Meadows Library. Donated books are sorted, and many of them go to the Book Sales. The May sale will be the biggest of the year, filling the whole Auditorium and (hopefully) generating big profits. The Library depends on such sales to buy the new books you enjoy.

Simply drop your gently used books on the donation shelves in the Library office. If you've come up with a whopping number of books to give away, call Amelia Carew or Mike Pacilio. They will arrange to have the books picked up.

The Book Sale and Library Committee will be grateful. Then,

## Musical Events In the Auditorium

### Strings Recital

Featuring students of Katherine Serber

**6 pm Sunday, April 23**

### Sisters Voices

**2 pm Sunday, April 30**

Sisters' Voices is a choral community of girls that make up two ensembles which rehearse in Pittsboro and two that rehearse in Chapel Hill. Singers are in 2nd through 8th grades, coming from Chapel Hill, Carrboro, Hillsborough, Durham, and all over Chatham County. Sisters Voices sing music in classical and world folk traditions, practicing each week throughout the academic year and performing two main concerts, one in January and one in May. They also sing for community events and to support other local organizations.

be sure to mark May 15, 16 and 17 on your calendar. Those are the days you can browse the sale and pick up some choice selections donated by your fellow residents.

- Ruth Leopold



To save the cost of new shelving in the Library, all books will be removed and replaced with e-books. The newly available space will be converted into a petting zoo.

## From the Library

Our Neighbor, Lee Smith

Some fortunate residents had the opportunity last month to meet author Lee Smith at the Women's Luncheon. The rest of us can meet her through her books, eleven of which are in the Carolina Meadows library.

In her most recent book, the memoir *Dimestore*, Lee captures the feel and spirit of Chapel Hill. You can walk with her up and down Franklin Street and through the UNC campus. Although not born in North Carolina, Smith, like many of us, has made it her home for many years. She lives now in Hillsborough.

More than a travel guide, *Dimestore* is a witty and poetic collage of her life. While that life has had many successes, it also has experienced heart breaks and tragedies. Few of us would dare reveal what Smith relates about the mental illness of her parents, the troubled life and early death of one of her sons, and her own divorce.

Smith's Grundy, Virginia, the coalmining town in which she grew up, is a metaphor for what has been happening all over the south, including Chapel Hill. The "dimestore" of the book's title refers to the Ben Franklin store that her father owned and operated in Grundy. The store was a meeting place for town residents, a sort of community center, and a critical strand in the fabric of a community. When Smith visited Grundy a few years ago, she discovered that her father's dimstore had been replaced by an enormous, anonymous Walmart.

What makes Smith such an engaging writer is the ability to put words together in a way that fashions images that we can all but

see, hear and touch. Through the lens of her genius we smell the flowers in her garden, hear the birds singing outside her bedroom window, and see her busily writing stories longhand.

- Bill Powers

### Saturday Night Movies 7:15 pm in the Auditorium

April 1

#### *A Separation* (2011)

Persian W/ English Subtitles  
An Iranian husband and wife split up over his decision to stay and care for his aging father instead of leaving the country with his family. But his fateful choice to hire a stranger to do most of the caretaking breeds unexpected consequences.

April 8

#### *Race* (2016)

Stephen James, Jason Sudeikis, Jeremy Irons  
While Hitler saw the 1936 Berlin Olympics as an opportunity to demonstrate Aryan supremacy, one African-American man - Jesse Owens - shattered that dream with a display of athleticism that resulted in four gold medals. This film tells his story.

April 15

#### *Citizen Kane* (1941)

Orson Welles, Joseph Cotten, Dorothy Comingore  
Still considered one of the greatest films ever made, Orson Welles's complex and technically stunning film chronicles newspaper baron Charles Foster Kane's rise from poverty to become one of America's most influential men.

April 22

#### *Captain Fantastic* (2016)

Viggo Mortenson, Frank Langella, Kathryn Hahn  
Having raised his six children in the wooded isolation of the Pacific Northwest, Ben Cash is suddenly drawn back into civilization by a shocking tragedy. As the kids face an unfamiliar world, Ben begins to reexamine his approach to parenting.

April 29

#### *The Treasure of the Sierra Madre* (1948)

Humphrey Bogart, Walter Huston  
Wrapped in a classic tale of adventure, this Academy Award winner helmed by John Huston follows a trio of gold prospectors who set out to strike it rich and agree to split the take until paranoia and greed consume one of them. Delivering superb performances as the three miners are Humphrey Bogart, Tim Holt and Walter Huston, who copped a Best Supporting Actor Oscar while son John scored statuettes for his direction and screenplay.

### Tuesday at the Movies

2:00 pm in the Lecture Hall

#### April 11 *Harvey* (1950)

Affable tippler Elwood P. Dowd (James Stewart) lives with his sister, Veta (Josephine Hull), and her bashful daughter. They hate his drinking, but what rankles them more is his faithful companion: a 6-foot-tall invisible rabbit named Harvey. Elwood's embarrassing flight of fancy is foiling Veta's plans to marry off her daughter, so Veta decides to commit Elwood. But when she confesses she's seen Harvey, the doctor institutionalizes Veta instead!



# ACTIVITIES

## Chef McCleod's Roadkill Menu Wows CM Residents and International Elite

The prestigious James Beard Society has named CM Executive Chef Jody McCleod "Most Original Outrageous Chef of 2017" noting, "McCleod's new punk aesthetic scores with its tastefully revolting Roadkill concept."

With the distinguished award and residents' enthusiasm, the McCleod innovation went viral. *Gourmet* magazine declared, "Chef Jody's daring plunge into Roadkill raises Southern cuisine to new heights." *Paris Match* cried, "*Le tout Paris* hearts *La Nouvelle Cuisine de Roadkill!*" At-home cooks raised two forks and "liked" him on Facebook. Our modest Chef observes, "It's low-cal, high protein and may help with your arthritis. What's not to like?"

Astonished residents tasting their first bite of Rodent Ravioli appeared to swoon under the tantalizing tang of critter pasta smothered in Redeye gravy. Pimento cheese Fritos come with it.

Gopher Gumbo, a Pub favorite, departs from traditional gumbo recipes. Chef McCleod makes the

flavors sing with gopher nuggets, grits, turnips, and mustard greens in tasty swamp broth.

A perfumed aroma wafts from Skunk Stew in Potlikker with an exotic blend of curry, cumin, coriander and Miracle Whip. Chef's toothsome side dishes are classic sweet potato fries and his new Kool-Aid pickles.

Chef Jody's "Ode to Spring" features his Possum Pate with Goober Pea Salad. Tender possum innards are minced and marinated in RC Cola and Texas Pete sauce. The goober pea salad gets a lift with a toasted beetle *garni*.

Residents claim the *piece de resistance* is a jaw-dropping, delectable Squirrel Supreme in a *me-lange* of savory herbs, butterbean mash, swamp cabbage and a generous sprinkling of cannabis. Add Moon Pie for an exciting dessert.

Chef suggests a drink of White Lightning (in Mason jars) for the above entrees. Let's show him some love with a toast of the same to our Alpha Chef, Jody McCleod!

- Dotty Mayhem

## Vision Information Program

The VIP program will present "A Display of Adaptive Devices" on **Tuesday, April 11, from 2:30 pm to 4 pm in the Fairways Gallery**. Come and see all the devices that are available from the vendors who are making the presentations.

- Sallie Comey

## Recycling

Many Food Containers - paper and clear plastic beverage cups and milk and juice cartons - can be recycled, as long as they are clean. Rinse first. Some take-out clam shell boxes with a number can be recycled (should be washed; otherwise they go in the trash), but note that **nothing that looks like styrofoam, even with a recycling triangle, can be recycled.**

- The Recycling and Conservation Committee

## UNC-TV's "Festival 2017" The Best Ever

On March 15, twenty Carolina Meadows volunteers - residents and staff - assembled in the Research Triangle Park facilities of our North Carolina PBS Affiliate, UNC-TV, to appear on a live telecast, each at our own computer-assisted telephone setup (headphones and all). The finger food was great, the camaraderie even greater, but the chance to present the "biggest ever" check to UNC-TV from CM was the greatest: \$37,566 ... FAR exceeding our goal of \$26,000.

The Steering Committee for this year's fundraiser included Judith Pulley, Anne and Steve Bodner, Ray Williams, Anne Scaff, Martha Hutt, Nancy Lederer, Sam Ligon and Judy and Hugh Tilson (co-chairs).

We were quick to acknowledge and thank the extraordinary group of over 60 CM volunteers who contributed time, energy, and, of course, their finances to make this effort such a success. Congratulations to the over 276 CM individuals and households who made a donation, more than a dozen of you as "new" donors or sustainers. Special thanks to the very generous benefactors of our first-ever CM Matching Fund. We even received an automobile as a donation!

Watch this space for news of "Festival 2018" in about 11 months. Our sustained support is a tribute to our leadership in the Carolina Community.

- The "Festival 2017" Steering Committee

## Book Group

*The Japanese Lover* by Isabelle Allende takes the reader from 1939 Poland through the U.S. Japanese Internment camps to the 1990's in San Francisco. Alma, the main character, is from a wealthy Jewish family. By contrast, her very close friend, Ichimei, is a second generation Japanese man working hard to make a living. Her trusted assistant, Irina, is a struggling immigrant from post-Soviet Moldova. How their lives intertwine over so many years is a fascinating tale.

Isabelle Allende is a well-known author of many novels and the winner of many prestigious awards. The best reason to read her is to experience her characters and their time periods coming alive. All the complicated, small details have a place in her account and will be understood by the story's end.

Come to **the Board Room On Wednesday, April 19, at 2 pm.**

Everyone is welcome, even if you have not read the book. The Library has five copies to borrow.

- Sue Brewer

## Bocce Schedule

Warm spring weather has bocce players switching from afternoon to morning. The new schedule, which began on Monday, March 13, will continue the weekly games on Mondays, Wednesdays and Fridays at 9 am.

No previous bocce experience is necessary; current players are happy to teach the simple rules. We are hoping that more residents will come out and join the fun.

For additional information, contact me by phone (919) 240-4132 or email <newsynight@aol.com>.

- Tom Kelley

## Community Gardens

Early April is too soon to plant warm weather plants, but most herbs can be started now. Culinary herbs can thrive in pots that have the added advantage of being portable in case a sudden April cold streak threatens a tender herb such as basil. Using pots also makes it easier to place culinary herbs next to where one lives so that herbs can more easily be used for cooking.

While a full day of sun is best for vigorous growth, many herbs grow well with a half-day or even less of sunshine. Potted herbs can be easily moved around as the sunniest spots change over the summer and fall.

Among the herbs that can be readily grown in pots are rosemary, sage, oregano, chives and

parsley. While ordinary terra cotta pots work well with frequent watering in the heat of summer, a more colorful and decorative choice is provided by glazed pots. Care must be taken that glazed pots have rocks or pot fragments in the bottom to provide adequate drainage. To learn more about growing and using culinary herbs, see [chatham.ces.ncsu.edu/culinary-herbs/].

In recent months we were fortunate to have had several gardeners - Bill Powers, Karl Leinfelder, and Bev Milton - share their perspectives in the Community Garden column. Another guest column on fall gardening is planned for later in the year. Should other gardeners want to write brief essays for future issues of the *Meadowlark*, let one of us know.

- Alan Tom and Margy King

## Bus Trips

**Sign up in the sign-up book  
Funky Lunch Bus!**

TBD

**Wednesday, April 19**

Deadline: **Monday, April 17**

Cost: \$8 per person + lunch on your own      Load: 11 am

**NC Opera presents *The Pearl Fishers***

**Sunday, April 30**

Deadline: **Wednesday, April 5**

Cost: \$89 per person  
Load: 2 pm

**NC Museum Of Art - *Ansel Adams Masterworks and Glory of Venice: Renaissance Paintings***  
**Tuesday, May 2**

Deadline: **Friday, April 14**

Cost: \$18 per person for members, \$33 per person for non-members + lunch on your own at Iris.  
Load: 10:45 am

## Cora Fundraiser

CORA invites Carolina Meadows residents to the 8th Annual Chatham Empty Bowls Fundraiser on **Sunday, April 30, from 5 to 7:30 pm** at Hanks Chapel Fellowship Hall in Pittsboro. Your participation helps the Food Pantry feed hungry residents from all over Chatham County.

The event features: beautiful local pottery; light hors d'oeuvres; delicious soups from local restaurants; fresh baked breads; homemade desserts; selection of beverages; and live entertainment by the Bolin Creek String band. There will also be a raffle and a live auction for special pieces of pottery.

Event and raffle tickets can be purchased in advance online at [Eventbrite.com] or at CORA Food Pantry from 10 am to 2 pm, Monday through Friday.

**Note:** See page 16 for an article on preventing falls.

## Community Outreach

"I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back." - Maya Angelou

**Habitat for Humanity.** Some of our residents have certainly been throwing their talents and time back into our community! One new effort has been led by Bob Merriam who enlisted the talents of Bob Gardinier and Barbara Rich to add to his own as they made beautiful items to donate to the Habitat for Humanity ReStore in Pittsboro. (See photo for a sample of the extraordinary woodwork and pottery pieces that were donated.)



**Chatham County.** Mariechen Smith led a field trip to Chatham County for the COVC committee.

We all came back knowing much more about our home county as a result of the trip. Highlights included a fascinating history of Chatham County given by a docent at the courthouse, a visit to the new Agriculture and Conference Center and the new UNC Hospice.

**Chatham County Council on Aging.** Save the Date! The Council on Aging will be holding a fund-raising event at Carolina Meadows on May 21. The event will be open to the public, as well as to any interested CM residents. There will be an intimate dinner in the Private Dining Room with internationally renowned musician Tony Williamson at 5 pm, followed by a larger concert in the Auditorium at 6:30 pm with Tony and Gary Williamson, Nixon, Blevins and Gage and the North Carolina Youth Tap Ensemble. All proceeds will go to support Meals on Wheels that feeds elders throughout Chatham County. Tickets for the dinner will be \$50, which includes reserved seating at the larger concert. Tickets for the concert will be \$15.

More details will be provided soon!  
- Pat Mandell

## Healthcare Decisions

On **Wednesday, April 19**, the Care Coordination Team will be holding an event in recognition of National Healthcare Decisions Day. The Social Workers will be in the **Auditorium from 10 am to noon** and will be available for a 5 to 10 minute consultation to review your advanced directives that we have in our electronic medical record. The social workers will briefly answer questions about your documents, assure that we have the most current documents on file, and make an appointment for a more in-depth meeting if there is work that needs to be done to update them.

We will have information about health care power of attorney, durable power of attorney, do not resuscitate orders and MOST orders, as well as information on making funeral arrangements. Stop by any time between 10 am and noon. You can review our material, ask questions and sit down with your social worker to review your documents. Snacks will be provided! Hope to see you there!

- Kim Broucksou

## Wellness

Updated Exercise Room and pool rules can be found on the Fitness and Health page of *Meadow-life* and posted at the pool sign-in and main fitness center key tag check-in system. Please note we are asking guests to sign in daily when using the amenities. A guest section has been added to the pool sign-in.

**Off-Campus Walk** to Lake Pine in Apex on **Friday, April 7**, followed by lunch on your own at Perkins. **Bus will load at 10 am.** The walk is a two-mile paved loop that offers a chance to see wildlife

and is good for all levels of walkers. Sign up in the Wellness Book!

**Wednesday, April 12**, we will host a **Community Walk** that will be the finale to our Walking Marathon challenge. Meet in the **Club Center Lobby at 11 am** to participate (rain or shine). Carolina Meadows Social Accountability department will donate \$2 per participant to the Arthritis Foundation. Staff are encouraged to participate. You will have the option to walk either a half or a one mile distance. Hope you can make it!

**Chatham County Senior Games** Carolina Meadows will be hosting the Men's Bocce event on

**Thursday, April 27, at 9 am.**

**Reminder: Tricycles are available for on-campus use.** They are adult height 26" bikes, perfect for exercise on campus or perhaps to run errands. Take your library books home or make a delivery since there are baskets located on the rear of the bikes. Your Medeco keys have been activated to allow you access to unlock the bikes from storage unit four (next to the tennis courts.) Please wear a helmet (one is in each tricycle basket) at all times while riding. If you need assistance or orientation to the bikes, please call me.

- Michelle Marino



## APRIL 2017 CALENDAR

DAY	DATE	TIME	EVENT	LOC	PAGE
Sat	1	7:15 PM	Movie: <i>A Separation</i>	AUD	11
Mon	3	1 - 2:30 PM	CMU: Gershwin	AUD	5
Wed	5	2:00 PM	NC Symphony representative	BR	10
Thurs	6	1:30 PM	Residents' Council	BR	NA
Fri	7	10:00 AM	* Off Campus Walk	CCL	14
		10:30 AM	World Affairs: <i>Derelection of Duty</i>	AUD	6
		11:00 AM	Music Appreciation: Dvorak	FG	10
		7:30 PM	Music at the Meadows: Piano and Cello	AUD	10
Sat	8	7:15 PM	Movie: <i>Race</i>	AUD	11
Mon	10	1 - 2:30 PM	CMU: Gershwin	AUD	5
Tues	11	10:00 AM	NC Symphony representative	BR	10
		2:00 PM	Movie: <i>Harvey</i>	LH	11
		2:30-4 PM	Vision Information Program: Adaptive Devices	FG	12
Wed	12	11:00 AM	Community Walk	CCL	14
		2:00 PM	Philosophy Group: Morality	LH	6
Thurs	13	1:30 PM	Residents' Association	AUD	NA
Fri	14	10:30 AM	World Affairs: Nuclear Arms Reduction	AUD	6
		11:00 AM	Music Appreciation: Bartok	FG	10
			* Sign-up deadline: NC Museum of Art	CCL	13
Sat	15	7:15 PM	Movie: <i>Citizen Kane</i>	AUD	11
Tues	18	10:00 AM	Bird Talk: Bluebirds and Nuthatches	LH	6
		3:00 PM	Thoughtful People: "The Rise of the Robots"	FG	7
		4:30 PM	A Conversation with David Price	AUD	
Wed	19	8:30 AM	*Men's Breakfast: "1968: The Year that Changed Everything"	PDR	7
		10 AM - Noon	Healthcare Decisions	AUD	14
		11:00 AM	* Lunch Bus: TBD	CCL	13
		2:00 PM	Book Group: <i>The Japanese Lover</i>	BR	13
		7:30 PM	Music at the Meadows: Violin, Cello and Piano	AUD	10
Thurs	20	2:00 PM	Medical Update: Aging and Nutrition	LH	7
Fri	21	10:30 AM	World Affairs: "Transitioning to Self-Rule: Kazakhstan"	AUD	6
		11:00 AM	Music Appreciation: Beethoven	FG	10
Sat	22	7:15 PM	Movie: <i>Captain Fantastic</i>	AUD	11
Sun	23	2:00 PM	Music at the Meadows: WCPE String Quartet	AUD	10
		6:00 PM	Strings Recital	AUD	10
Mon	24	1 - 2:30 PM	CMU: "Causes and Consequences of a Splended Little War"	AUD	5
Wed	26	10:30 AM-Noon	Board Listening Post	BR	3
		2:00 PM	Philosophy Group: Contemptuous Discourse	LH	6
		4:00 PM	VOICES: "Authors Reading"	LH	7
Thurs	27	9:00 AM	Chatham County Senior Games: Bocce		14
		10:00 AM	Unity Group: Castro's Cuba	LH	5

## APRIL 2017 CALENDAR

Fri	28	10:30 AM	World Affairs: "Iran, 2016"	AUD	6
		11:00 AM	Music Appreciation: Prokofiev	FG	10
		7:30 PM	Travel Adventures: The Five 'Stans	AUD	4
Sat	29	7:15 PM	Movie: <i>The Treasure of Sierra Madre</i>	AUD	11
Sun	30	2:00 PM	* Bus Trip: NC Opera <i>The Pearl Fishers</i>	CCL	13
		2:00 PM	Sisters Voices	AUD	10
		5:00 PM	CORA Fundraiser		13

\*Requires sign-up

AS: Art Studio

CCRR: Club Center Rec. Room

ES: Exercise Studio

LH: Lecture Hall

AUD: Auditorium

CRAC: Conf. Rm., Activity Ctr.

FC: Fitness Center

PDR: Private Dining Room

BR: Board Room

CYD: Courtyard

FG: Fairways Gallery

PS: Pines Study

CCL: Club Center Lobby

DR: Dining Room

FLR: Fairways Living Room

MP: Marketplace

## Tips for a Balanced Life

April Myth: "Taking medication doesn't increase my risk of falling." According to the National Council on Aging, taking medications may increase your risk of falling. Be careful when starting a new medication because medications affect people in different ways and might make you sleepy or dizzy, which are two symptoms that can affect your balance.

Tip: Ask your provider and pharmacist about potential side effects or interactions of your medications. Also be sure to report side effects to your provider immediately. Lastly, give your medicine cabinet a spring cleaning and discard out-of-date medications.

- The Resident Fall Prevention Task Force