



## 2017 Employee Scholarship Awards

At the September 14 Residents Association meeting, seven Carolina Meadows employees were presented with scholarships from the Residents Association and from the Gift and Remembrance Fund to help further their education. Diana Aryee, James Barkley, Karina Gaona, Yolanda Mora, Grant Shillingsford, Mark Vickers, and Nicole Hellams were each given a certificate acknowledging their scholarship award. Below is a chart showing where each employee works at Carolina Meadows, what their job title is and what their educational goal is.



*Pictured, from left to right, Mark Vickers, Diana Aryee, James Barkley, Yolanda Mora, Grant Shillingsford. Not pictured: Nicole Hellams and Karina Gaona. (Photo by John Haynes)*

Name	Job at Carolina Meadows	Educational Goal
Diana Aryee	Medtech (Fairways)	Master of Public Admin.
James Barkley	Chef (Fairways)	Biomedical Engineer
Karina Gaona	CNA/Medtech (Fairways)	Nursing
Yolanda Mora	Café Manager	Management & Leadership
Grant Shillingsford	Senior Line Cook (Fairways)	Web Development
Mark Vickers	Mechanic & golf course mgmt.	BA Ed/secondary science
Nicole Hellams	Nursing Shift Sup. (Fairways)	Registered Nurse

## Where Were You? Where Did You Go? Who Was With You?

Eclipse fever gripped many Carolina Meadows residents on August 21. They found each other eagerly awaiting the event in various locations. John and Alice Hayne traveled with Sam Ligon to South Carolina to experience the totality of the eclipse. This included a monumental traffic jam on their return home via I-95, which took ten hours. Other residents gathered in the Board Room for video-watching, the Club Center parking lot, CM golf course, and other sites. The event was notable for the spirit of sharing, especially of the special eclipse-viewing glasses.

(Continued on p. 3, "Eclipse." For more photos of the eclipse, see p. 14.)

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## President's Message

Last October was designated "MeadowLife Month." In addition to the classes Judith Pulley held, a concentrated effort was made to bring awareness to the website and its benefits; a support person was designated in every precinct to offer assistance. Allan and Naomi Eckhaus have been following up with new residents. Now, a year later, I asked the Pulleys whether these efforts had paid off. Currently, there are at least 565 accounts; often couples share an account so the number of users is even higher. After the Home Page, it is not surprising that Dining gets the most hits, followed by the Resident Directory and CM Administrative Notices. One day in August there were 140 logins in a 24 hour period. We are pleased with these results. The MeadowLife committee members do a fantastic job maintaining this website with the most current information.

The Canvas Wall Art Activity has been busy once again collecting photographs from our residents. Soon the walls in the hallways leading to the dining rooms,

as well those in the private dining room, will be adorned with new photographs. What a talented group of residents we have living at CM. Most of the financing for this exhibit came from donations made from individuals wanting to own a canvas photo from the first exhibit.

Last month the United Way Fund Drive was kicked off. Our goal this year is to raise \$72,000. This is one of the four fundraisers that the Resident Association sanctions each year. The funds raised support many of the endeavors in Chatham County that are so desperately needed. Many of you volunteer in these organizations. The residents of CM are always very generous with their support. With your help we will reach or surpass this goal. Many thanks to George Evans for running the drive once again.

The month will end with Halloween and the pumpkin-judging contest. Can't wait to see all the creative ideas this year. You all are amazing!

- Betsy Ahern

## Thanks to Mary Jo Doherty

Mary Jo Doherty is retiring from the *Meadowlark* staff after eight years as a writer, assistant editor and editor for two years.

During that time she enlivened our reading pleasure with such non-meetings announcements as a column on residents' pets, on local restaurants for off-campus dining, and on fool-proof April Fool issues, her "favorite each year."

When necessary, she was

known to get on hands and knees to extricate jammed papers under the Business Office printer and then negotiate prices for professional printing with our current *Meadowlark* print shop.

She enjoyed it all because "It is a great staff with a good sense of humor." It has been a busy, fun ride for Mary Jo and for her staff as well.

- Dorothy Mahan

### THE MEADOWLARK

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—  
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## November Issue Deadline

Copy for the November *Meadowlark* must be submitted by **Sunday, October 15**, to Pat Mandell <phbmandell@me.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 or problems.

### Census Information as of August 31, 2017

Number of Residents	Occupancy Level
<b>Independent Living:</b>	
616	94%
<b>Assisted Living:</b>	
79	91%
<b>The Pines*:</b>	
54	69%*
<b>Total on campus:</b>	
749	90%
<b>EA Program: 25</b>	
	25%
<b>Total Residents: 774</b>	
<i>*Includes temporary admission of IL and AL residents.</i>	

## NEWS (continued)

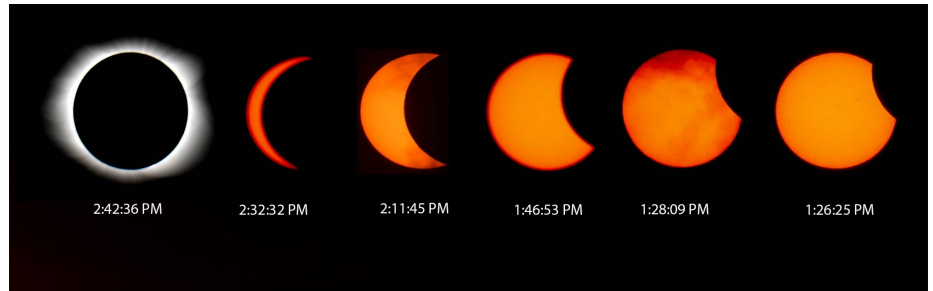
(Continued from p. 1, "Eclipse")

The sight of the slow movement of the image was awe-inspiring—a once-in-a-lifetime experience for many of us. Now some of us can anticipate viewing another eclipse, which is forecast for 2024!

- Eunice Kraybill



**Ernie and Eunice Kraybill gaze at the sun from the Golf Course.**  
(Photo by Margaret Wainwright)



**Eclipse Sequence (Photos above and below by John Haynes)**



## 2017 Resident Engagement and Satisfaction Report

Residents were informed of the results of the Resident Engagement and Satisfaction Report at a series of meetings conducted by Chief Operating Officer and Executive Vice President Ben Cornthwaite. The survey, administered by Holleran Community Engagement Research & Consulting, is used by 299 continuing care communities in 36 states.

The survey covered four domains: Voice (communications); Connection (with others); Fulfillment (life goals); and Well-Being (health and wellness). On a scale of one to five, Carolina Meadows aims to achieve scores between four and five. CM met that goal for three of the four domains, but achieved an average of 3.97 on

Voice. On three of the four questions related to Voice, the ratings were above four, but on the question "Carolina Meadows is transparent in its decision making," the score was 3.55.

CM's highest satisfaction scores were on the "friendliness and courtesy of staff" (4.79); "quality of transportation services" (4.59); and "safety and security of apartments, buildings, and grounds" (4.58). Dining services in Independent Living scored below four on two questions. Over 90% of residents rated their overall satisfaction with Carolina Meadows as good or excellent.

Carolina Meadows asked the Chair of the Dining Committee, Ray Williams, and resident Charlie Leh-

mann to moderate six focus groups of 10 residents each to collect resident concerns and recommendations. Participation was open to all IL residents, signing up on a first-come, first-served basis.

To strengthen communications, Ben will report regularly to residents through an expanded time slot at the monthly Residents Association meeting, Council meetings and through his monthly column in the *Meadowlark*. This biennial full survey will be followed next year by a "pulse survey" intended to ask five to seven questions to gauge the general direction of key drivers of satisfaction.

- Judith Pulley

## “Meadows in Motion”

**From Ben Cornthwaite, Chief Operating Officer and Executive Vice President**

Hurricane season has already been quite active for the United States and outlying territories. Each storm has proven to be powerful and capable of meaningful destruction. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies, from fires and floods to a potential event at Harris Nuclear Plant. By evaluating your own personal needs and making an emergency plan that fits those needs, you and our community can be better prepared. The American Red Cross and FEMA provide a guide that outlines common-sense

measures that can be taken to start preparing for emergencies before they happen.

One step we are asking all residents to initiate immediately is to ensure your self-preparedness for dealing with weather-related emergencies and other disasters. Do not wait until a later date—please take immediate action now. For your help, we have recommended using the American Red Cross' *Disaster Preparedness* Guide that lists detailed instructions that all residents should adhere to. The guide can be found at <http://www.redcross.org/prepare/location/home-family/seniors>.

The guide calls for three easy steps:

1. Get a kit
2. Make a plan
3. Be informed

As always, the Carolina Meadows team will be here to provide support. We also have a robust plan for overall readiness and emergency supplies in an effort to ensure the campus' safety and comfort. Please take a moment to ensure your personal readiness and verify that of your neighbor too! Stay safe...your Carolina Meadows team is prepared to shine!

### Your RA at Work: Dining Committee

Twelve dedicated, capable residents serve on your Dining Services Committee, committed to a close collaboration between residents and Dining Services.

The five meetings since June have considered:

- The psychology of CCRC dining
  - A wine and cheese hour
  - Handling resident rudeness to dining staff
  - Making the Marketplace more user-friendly and the chairs safer
  - Modifications to Diner and Trattoria nights
  - This year's holiday dinners, both on a Sunday
  - Food selection, quality, consistency and service
- Facts residents should know:
- Chef Jody changes menus based on residents' feedback.
  - A recent review of the Cardinal CCRC in Raleigh showed only

eight entrees that had not changed in two months.

•Jay Nygren, Dining Co-Manager, is busily training all staff to provide ever-improving service.

•The committee will assist Charlie Lehmann in conducting focus groups for increased resident input.

The new dining venues have been an issue from day one: for example, the loss of dining intimacy, cost overruns to build the new venues and the subsequent impact on CM's finances. Resident satisfaction is not just about food and service.

Your Dining Services Committee is dedicated to making CM dining a very special experience.

- Ray Williams, Chair  
Dining Services Committee

### Fall Hazardous Waste Collection

**Monday, Oct. 9-Friday Oct.13**

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 if you need help with transporting any items: (919) 370-7301

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; large batteries (small ones go into a labeled box on recycling shelves in the Residents Business Center); partly-full spray cans (empty ones go into trash) ;used cooking oil.

- Judith Ferster



## **The Meadowlark on MeadowLife**

*The Meadowlark* staff seeks to have the newsletter in residents' mailboxes a few days in advance of the first of the month so that all can be aware of, and plan for, events in the first few days. However, our printer is not always able to get the final copies to us as soon as we would like.

Therefore, as of this month, we will place the *Meadowlark* on *MeadowLife* five days before the end of the month to ensure that there is timely access in case the printed copies do not arrive in time. The *Meadowlark* tab is in plain view on the home page of *MeadowLife* on the second line of the right sidebar. Just click to go to the *Meadowlark* page and then click on the most recent month.

- Judith Pulley

## **Brenda Martin Receives Service Award**

Brenda Martin, who is a CNA (Certified Nursing Assistant) in the Pines, was given a service award on September 14 in acknowledgement of the exemplary job that she does at Carolina Meadows.

When asked about Brenda, one resident's response was, "Brenda is thoughtful, caring and responsible. My husband has been in the Pines since March 18, 2016, and I have witnessed Brenda's compassion for her job with many patients, including my husband. She works and stays until the job is done and she is always offering to help out when extra help is needed. AND she always smiles!"

Congratulations, Brenda, on a job well done!

## **Carolina Meadows AlzNC Campaign – A Community that Cares!**

Carolina Meadows recently celebrated its fifth campaign to raise awareness and funds for Alzheimer's NC. This is a cause that is near and dear to all of our hearts. The calendar of events spanned five weeks and included an ice cream kick-off, bake sale, cookout, karaoke night, carwash benefit, silent auction and wacky water wars. The campaign was a collaborative event involving 30 community partners donating goods and services. Residents also participated in the campaign through many of the events, including joyfully throwing water balloons at man-

agement for a price during wacky water wars.

For the first time, we held our own AlzNC walk on campus and 40 residents and staff participated. More than 50 Carolina Meadows staff, family and residents attended the AlzNC 5k/Walk on September 9. Bill Powers ran in the 5k and finished first place in his group – again!

The campaign ended with a check presentation to Alzheimer's NC announcing our total of \$11,000 - exceeding our previous year's donations by 733%! We are growing the planning team to include more staff and residents to make next year even more successful. Thanks to all who made this year's efforts a success!

- Amy Gorely

## **To Your Health Fibromyalgia**

Fibromyalgia (FM) is complex and often misunderstood. Many providers label it a musculoskeletal condition, but recent research points to changes in the central nervous system. Its prevalence is estimated to be 3-4% of the general population. FM presents as chronic widespread pain of at least three months' duration. Symptoms include achy, flu-like pain or stiffness in the muscles and joints, fatigue, insomnia, gastrointestinal symptoms such as constipation or bloating, dysphagia, concentration deficits, anxiety, and restless legs.

The cause of FM is still unknown, but currently researchers think it's a process where there is super sensitization of pain-related neurotransmitters. Risk factors include adverse life events, chronic stress, physical trauma- especially neck and upper back,

insomnia, inflammatory disorders like rheumatoid arthritis, anxiety, and infections like hepatitis. There seems to be an increased prevalence in families suggesting a genetic component.

Diagnosis of FM includes a complete physical examination with a manual tender point survey in the context of an appropriate history. Other possible diagnoses also need to be excluded. There are no confirmatory laboratory studies yet. A workup must include tests to evaluate for the presence of illnesses that could contribute to the symptom constellation. Treatment of FM includes medications that target the central nervous system. Other non-pharmacological interventions have been useful, including light exercise and behavior therapy.

For more information, contact the National Fibromyalgia Association (fibromyalgiaHCP.org).

## Welcome New Residents

### On-Campus Residents

#### CL Kendall, V-404

**Last Residence:** Chapel Hill, NC

**Interests:** Tennis; economics; politics.

#### Mary Anne Kendall, V-404

**Last Residence:** Chapel Hill, NC

**Interests:** Tennis, table tennis; gardening; Yoke Fellows (Orange Cty Correctional).

#### David (Dave) Moreau, V-372

**Last Residence:** Chapel Hill, NC

**Interests:** Fishing; woodworking; travel.

#### Pauline (Polly) Moreau, V-372

**Last Residence:** Chapel Hill, NC

**Interests:** Gardening; cooking; flower arranging.

#### Virginia Swayne, V-527

**Last Residence:** Pinehurst, NC

**Interests:** Painting; gardening.

#### William (Bill) Swayne, V-527

**Last Residence:** Pinehurst, NC

**Interests:** Bridge; golf; computers; gardening; hiking; shooting long gun targets.

#### John Sylvester, V-215

**Last Residence:** Durham, NC

**Interests:** Golf; reading; hiking.

#### Elliott Vines, 2-305

**Last Residence:** Stockbridge, MA

**Interests:** Sports; theatre; politics; education.

#### Harriet Vines, 2-305

**Last Residence:** Stockbridge, MA

**Interests:** Theatre, politics; reading; writing; knitting.

#### Johannes (John) Wetzel, 2-203

**Last Residence:** Florida

**Interests:** Political and economic affairs; history; chess; stamp collecting; bridge.

#### Patricia (Patti) Wetzel, 2-203

**Last Residence:** North Carolina

**Interests:** Oil painting; reading; bridge; needle point; Mah Jongg.

### Early Advantage Residents

John and Gail King

Francis and Patti Meyer

Robert and Barbara More

Stella Suberman

John and Dorothy Swartz

Edward and Gale Unterberg

## Resident, at 105 Years, Still in His Villa

If you travel down Peartree and stop at Villa 282, you will encounter Kurt Low, the oldest resident of Carolina Meadows. Although he has help, Kurt lives by himself, reads the *News and Observer* every day, *The Economist* every week, and is not in favor of our current president.

Kurt was born in Mannheim, Germany in 1912 before the First World War. Given the political climate in Germany, he rode his bike to Hamburg and joined the Merchant Marine. When he hit Great Britain, he jumped ship. He came to this country in the mid-thirties and also got his parents and a brother out of Germany before the start of WW II. He served in the US Army and ran an enlisted men's club in Berlin after the war.

As an electronic technician, Kurt worked for several tech companies before retiring from IBM. He took care of his wife, Trudy, in their villa for eight years before her death.

Last July 5, thirteen of Kurt's friends and neighbors had a 105<sup>th</sup> year birthday party for Kurt. Nobody enjoyed it more than Kurt.

- Jim Seitzer

## The Kents Celebrate 75th Anniversary

A very long time ago, a handsome boy asked a very young girl for her hand in marriage. She was a student in college and reluctant because she was only 18. But the boy wished to have this beautiful girl for a wife before entering the service. The girl relented and on the 10th of October, Betty and Bob Kent were married—the year was 1942. Congratulations on your 75th wedding anniversary!



## John Geis Brings Home the Medals

Carolina Meadows' premier swimmer, John Geis, swam his way to two gold, one silver, and one bronze medal in the 2017 National Senior Games, which took place in June in Birmingham, Alabama. John is the only known Carolina Meadows resident to participate in the National Senior Games, the world's largest senior athletic event.

In preparation for the competition, John trained rigorously. After the Games, John said, "My greatest accomplishment is just that I did it." He hopes other residents will follow his lead -- that they will take advantage of the wellness facilities and staff expertise to reach their personal goals.

## IN MEMORIAM

<b>Lucille McKinney</b>	P-243
08-14-2017	
<b>George Girton</b>	P-224
08-23-2017	
<b>Betty Smith</b>	P-245
08-23-2017	
<b>Myles Walburn</b>	V-247
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<b>Ed Hardman</b>	P-105
09-02-2017	
<b>Kay Martin</b>	G-136
09-07-2017	

# TALK

## CMU

Carolina Meadows University (CMU) launched our Fall semester on the last Monday of September with a three-session course entitled "Some Current Issues in Medical Ethics." The course organizer and chief presenter is CMU's own Dr. David Klein. Session Two (**October 2**) will cover "Some Ethics Issues in Mental Health." Session Three (**October 9**) will examine "The Drug Scene: We're All Players."

For these courses, David will use a combination of formal presentation, clinical case examples, and panel discussion. There will be plenty of opportunity for all of us to actively participate. Those who attended his prior course – on several other challenges in medical ethics – know that this is guaranteed to be an immense pleasure as well as learning experience.

After the customary one-week hiatus, CMU will return on **October 23** with Course II of the Fall Semester, "Inside Chapel Hill – the history, culture, and politics of

our home town." Organized by CMU Steering Committee members Jay Klompaker and Joe Flora, this course will feature notable experts from around the town. The first session (**October 23**), "A history of UNC Chapel Hill," will be presented by beloved high school history teacher, and well-known speaker on the subject, Freddie Kiger.

Session II (**October 30**) will focus on: "The Music of Chapel Hill and the Red Clay Ramblers." This session will be presented by Bland Simpson, whom everyone apparently knows. You'll want to arrive early if you want to sit on the piano side of the auditorium; he will speak from the keyboard as he illustrates his points. Word has it, this will be great fun from any seat!

Session III (**November 6**) will focus on "The History of Race and Politics in Chapel Hill," and feature Howard Lee (our former mayor).

Session IV (**November 13**) will be presented by UNC Executive Vice Chancellor and Provost Jim Dean, on current issues con-

fronting UNC Chapel Hill. Watch this space in the November Meadowlark for further details.

All CMU Courses are offered in the **Auditorium on Monday from 1:00 to 2:30 pm.**

- CMU Steering Committee

## World Affairs

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

**October 6:** Judith Pulley, "What Does China Want?"

**October 13:** Graham Allison, "Destined for War: Can America and China Escape Thucydides' Trap?" (video)

Harvard Professor Graham Allison discusses his highly acclaimed new book, which looks at history to evaluate whether war between China and the United States is inevitable.

**October 20:** David Sokol, "Gerrymandering and Beyond – Suggestions for Improving the Election Process in the United States"

**October 27:** No program.

- Judith Pulley

## Unity Group

National Security – what a complex, gigantic, deadly important topic! And can we believe whatever we are told? As with all matters, the source of the information is the salient factor.

Unity is fortunate to have retired Army Lieutenant General Daniel Bolger share his thoughts with us. He had three tours of duty in Iraq and earned an MA and PhD in Russian History from the University of Chicago. He taught history at West Point and holds a current teaching post at NC State.

General Bolger's topic will be "Us and Them: Assessing American National Security." Come listen and learn with us in the **Lecture Hall at 10 am on Thursday, October 26.**

-Joe Danos

**Travel Adventures:  
Delhi, Agra and  
Kathmandu.  
Friday October 27, 2017  
7:30 pm, Auditorium**

Don Lauria started assisting Kathmandu in Nepal with development of a new water supply sys-

tem in 2003. Two years later, his son Stephen joined him as a tourist on one of his trips. Delhi, the gateway to Kathmandu, provided the opportunity to tour Agra, including the Taj Mahal and Fatehpur Sikri, a city founded in 1569 by an Emperor of the Mughal Dynasty. While Don was working in Kathmandu, Steve hired a car and driver to explore Kathmandu Valley. The presentation by Steve and Don includes slides of people and places off tourist routes that are seldom seen.

## Medical Update

The next Medical Update Lecture will take place on **Thursday, October 19 at 2 pm in the Lecture Hall**. As a corollary to the September lecture on foot health, the October lecture will be on "Arthritis in the Elderly." The most common and the most familiar form is osteoarthritis, which results in progressive degeneration of the joint structures. There are inflammatory forms of arthritis and joint symptoms, secondary to systemic disease. Management can range from simple Tylenol through the extreme of joint replacement.

Our speaker will be Dr. Beth Jonas, Professor of Medicine, In-

terim Chief of the Division of Rheumatology and Director of the Rheumatology Fellowship Training Program at the University of North Carolina, Chapel Hill.

Dr. Jonas is involved in teaching rheumatology to medical students through the level of rheumatology fellows. She also is active in the practice of clinical rheumatology.

Dr. Jonas is the recipient of an American College of Rheumatology award for developing a novel curriculum in rheumatology. She was the 2015 American College of Rheumatology Distinguished Rheumatology Program Director. She is also a member of the US FDA Arthritis Advisory Committee.

- Leonard Cutler

## Philosophy Group

The topics scheduled by Joanna R. Lawson, Outreach Professor of the UNC Philosophy Department, for the second and fourth Wednesdays in October at **2 pm in the Lecture Hall** are:

**October 11** - Free Speech

**October 25** - The Meaning of Monuments

Relevant readings and pertinent questions are distributed to members one week before each lecture. Information about the sessions is also available on *Meadow-Life*.

Please contact Marlene Appley at (919) 967-5005 to be placed on the reading list.

- Marlene Appley

## Annual Global Issues Forum

The Global Issues Forum will be held **in the Auditorium on Friday, October 27, 9 am**. The topic for this year's forum is "Soil: Soil Degradation and Sustainable Soil Management Globally and Locally." During the morning sessions, Dr. Daniel Richter, of Duke University's Nicholas School of the Envi-

ronment, and Dr. Deanna Osmond, from NC State's Department of Soil Science, will talk about the challenges in international and local soils, respectively.

In the afternoon, John Bonitz, Pittsboro Town Commissioner and biochar (charcoal used as a soil amendment) specialist, will conduct an event dealing with this rather unknown form of energy.

- Frans C. Verhagen

## Thoughtful People

**George Gershwin: The Man and His Music**

On **Tuesday, October 17, at 3 pm in the Fairways Gallery**, resident Kathryn Moss will give a presentation on George Gershwin under the joint auspices of the Fairways' "Thoughtful People" program and Carolina Meadows University. The presentation will condense Kathryn's recent three-session CMU course, entitled "George Gershwin: His Life and Music." Kathryn is a lifelong scholar with a Bachelor of Music degree, several masters' degrees, a PhD in Social Policy and 30 years of university teaching and research. Post-retirement, she has rediscovered her original passion – the piano and teaching about music and music-related topics.

- Suzanne Calcutt



Our speaker for **Wednesday, October 18 at 8:30 am in the Private Dining Room** is Peter Morris. Peter has many years of business experience and is an executive coach. His topic is "Listen to Understand, Speak to be Understood." Sign up by October 12 and please wear your name tag.

- Fred Bowman



## Nurses Lunch

Are you a nurse, or former nurse? There are over 30 of us here at Carolina Meadows. Come join us for our first get-together on **Thursday, October 26, at noon in the Private Dining Room**. Please call Phyllis Kantra (919) 942-4642 or Mary Joy Keane (919) 929-9352 by October 17.

- Phyllis Kantra

## World Affairs Recorded

Most programs are recorded each Friday and played the following Tuesday in the Fairways at 10:30 am. If you missed it on Friday, you can catch it on Tuesday.





The Vision Information Program  
presents

## ALL ABOUT TALKING BOOKS



**Tuesday, October 10**  
**1:30 pm**  
**Board Room**

Gina Powell comes to CM to tell us all about the many free services available to us from The NC State Library for the Blind and Physically Handicapped.

There will be a demonstration of the Digital Talking Book Player and a discussion of the wide variety of books, both talking and large print, available to patrons of the NC State Library.

### Jacobowitz Larkin Duo

**Thursday, October 26 at**  
**7:30 pm Auditorium**

Clarinetist Fred Jacobowitz and Pianist Anatoly Larkin have performed together around the Triangle since 2014. Their repertoire ranges from the early romantics to contemporary masters.

### Art Gallery Exchange

The Art Guild Gallery exchange of resident's artwork in the Club Center is **Saturday, October 7**. We welcome anyone who wishes to exhibit her/his original work – no matter when it was created. Bring your art pieces to the Board Room between **noon and 4 pm on October 7th**. Call me, Bev Milton, (919) 967-1254 or Susan Durfee (919) 942-6655 if you have any questions.

- Bev Milton

## ARTS

### Music at the Meadows Concert Series

#### Dimitri Shteinberg, Piano

**Thursday, October 12, 7:30 pm**

Moscow native Dimitri Shteinberg teaches at the NC School of the Arts. He has been a soloist with orchestras in Israel and Portugal, played at music festivals worldwide and has made chamber music appearances at New York's Carnegie and Avery Fisher Halls, Washington's Kennedy Center, and Philadelphia's Kimmel Center. Our audience enjoyed his concert in September of last year so much that we invited him to return.

#### Steve Anderson, Jazz Piano Trio

**Thursday, October 19, 7:30 pm**

Steve Anderson is Professor of Jazz Studies at UNC and a critically acclaimed composer and pianist. His keyboard skill entranced the audience when he was here last year as part of the Gregg Gelb Quintet, and there were many requests for him to return. Appearing this year as part of his own trio, he will provide us with an evening of entertainment to remember.

- Anne Bodner

### Art In the Meadows (AIM)

Class : Tinsel Painting Workshop,  
**October 11, 18 & 25, 1:30-3:30**  
**in the Art Room**

Workshop participants will learn about this reverse painting on glass that was popular in the late 1800s. A \$5 workshop fee (payable to instructor first day of class) will cover most materials to design and produce a tinsel painting. Class size is limited. To enroll, sign up in the Activities Book in the lobby by October 8. For more

information, call Ralph Wileman (instructor) (919) 717-0723 or Margaret Zircher (organizer) (919) 967-1102.

Artist of the Month: October – Anne Eller

To exhibit your art in this informal setting, sign up on the sheet in the art room's bulletin board.

Don't forget that the art room is reserved for painters and other artists every Wednesday. See you there!

- Margaret Zircher

### Music Appreciation

**Friday, 11 am in the Fairways Gallery**

October 6	Beethoven Symphony No. 9
October 13	Verdi Requiem
October 20	No Music Appreciation
October 27	Strauss Jr. New Year's Day Concert 1999

- Suzanne Calcutt

## Art Gallery Opening

Residents are invited to the Gallery opening on **Sunday, October 15** from **2 pm to 4 pm**. Come view the art and meet the artists.

- Bev Milton

## Chapel Hill on Display

The exhibit for the Display Cabinet will change on October 15. The new display will celebrate the upcoming CMU Four-Part Course: "Inside Chapel Hill ... the history, culture, and politics of our home town" (described elsewhere in this issue). To make the display interesting and personal, we are requesting that you allow us to put your treasures on show. Your loaned items might include UNC memorabilia and/or samples of items typical of Chapel Hill either from yesteryear or today.

If you have something to put on display, please contact Judy Tilson, (919) 240-4820. We promise you that we will take good care of what you share with us and will return it to you safely on December 1. Thanks so much for making the display cabinet so interesting and having it an integral part of the lecture series.

- Bev Milton

## New DVDs for the Library

***The Red Turtle*** – Animated

***Our Little Sister*** – Sub-titled

***Life Animated*** – Documentary

***Intouchables*** – Sub-titled  
***The Big Sick***

***A Quiet Passion*** – Emily Dickinson

***A Will for the Woods*** – Documentary

## Have a Little Faith

In his lyrical book, *Have a Little Faith* (2009), Mitch Albom says that he never rejected the Jewish faith in which he had been raised; he just drifted away. He moved from the New Jersey neighborhood where attending services in the temple with family and neighbors was part of the fabric of life. Education, friends, and work associates further distanced him from his heritage. To top it all off, he married a woman who was not Jewish. Albom, not unlike millions of Americans, left religion behind with the toys and fairy tales of childhood.

Then something happened....

What drew Albom to revisit the issue of faith was the surprise invitation from the rabbi of his childhood to give the eulogy at the aged man's funeral. During multiple visits over the course of the remaining years of the rabbi's life, Albom discovered, in the down-to-earth wisdom of his old mentor, that faith not only can enrich life but can bring peace and joy.

Albom was further challenged by meeting and befriending a man who, on the surface, was totally different from the rabbi. Pastor Henry was a black minister in the slums of Detroit. He had been a drug user and dealer, a thief, a convict, and a man of violence. Now, impelled by faith, Pastor Henry dedicated his life to feeding the hungry, clothing the naked, and sheltering the homeless.

In this brief but fast paced book, Albom moves back and forth between the worlds of these two men. As he journeys, he transitions from skepticism to respect, from respect to insight, and from insight to love.

Many of us were introduced to Albom through his 1997 classic, *Tuesdays with Morrie*, which was followed by *The Five People You Meet in Heaven* (2003) and *For One More Day* (2006). All are available in the Residents Library. All are worth a read, or perhaps a revisit.

- Bill Powers

## Donations for Book Sale

The Carolina Meadows Library requests donations for upcoming book sales (**November 13, 14, and 15; December 5-6**).

- Please cull your unwanted books and bring them to the Club Center.

- Place the books on the donation shelves in the Library office (right side).

- Too many to carry? Call Mike Pacilio at (919) 240-5604.

- Proceeds from the sales go to purchase new books and DVDs for the Library.

Thank you!

For a list of newly purchased Library books, see p. 14.

## Tuesday at the Movies

**2:00 pm AUDITORIUM**  
(PLEASE NOTE CHANGE IN VENUE)

**Tuesday, October 10** *Going My Way*

1944 – Not Rated – 130 minutes

In one of cinema's most charming pairings, Bing Crosby and Barry Fitzgerald star in this classic musical drama that tells the tale of singing Father O'Malley (Crosby), sent to take over the aging and cantankerous Father Fitzgibbon's (Fitzgerald) parish. Winner of seven Oscars, including Best Picture, the film features one of Crosby's best-loved tunes, "Swinging on a Star."

## Saturday Night Movies

### 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 may 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, or 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 7 *The Russians Are Coming, The Russians Are Coming* (1964)

126 minutes – Not Rated

Carl Reiner, Eva Marie Saint, Alan Arkin

A Russian submarine runs aground near a small New England town, and it's up to Lt. Rozanov (Alan Arkin) as the Russians' second-in-command to covertly secure a towboat to avoid an international confrontation. When he hooks up with residents such as Walt Whittaker (Carl Reiner) and the police chief (Brian Keith), all hell breaks loose. This classic comedy earned three Oscar nominations, including one for Best Picture.

Film chosen by Tony Armer

#### October 14 *The Secret of Roan Inish* (1993)

102 minutes – Rated PG

When 10-year-old Fiona (Jeni Courtney) learns how her ancestors came to leave the island of the seals, Roan Inish, she discovers there may be magic afoot in her family tree, in writer-director John Sayles' (Limbo, Lone Star) fable for all ages. This Celtic fairy tale – about folkloric, aquatic creatures

that are half human and half seal – includes breathtaking images of Ireland's coastline and full commentary by Sayles.

Film chosen by Laura Baron

#### October 21 *Manchester by the Sea* (2016)

135 minutes – Rated R

Casey Affleck, Michelle Williams While working as a handyman in Boston, taciturn loner Lee Chandler gets word that his brother Joe has died of a coronary. After returning to the siblings' hometown, Lee receives another shock: he's been named legal guardian of Joe's 16-year-old son.

Film chosen by Anonymous

#### October 28 *The Big Sick* (2017)

119 minutes – Rated PG

After meeting at a stand-up comedy show, funnyman Kumail and graduate student Emily embark on a romance. But as the expectations of his strict Muslim family create conflict between the couple, their relationship begins to crumble.

Film chosen by Judith Ferster

## ACTIVITIES

### Gardening with Pots

I love to garden with pots – those brightly colored, ceramic pots which started appearing at Southern States, Lowe's, and other stores some 20-25 years ago.

These pots can hold tomatoes, as it is easy to replace the soil each year and thereby minimize the various diseases which attack tomatoes when grown in the same place year after year. I prefer sun golds, but many kinds of cherry tomatoes can be grown in a pot on a back deck or patio, as long as there is adequate sun and the squirrels do not intrude. As sum-

mer progresses, I move a pot of tomatoes around to catch the most sunlight. Lettuce is also well-suited to pot culture.

But flower gardening in pots is my first love. The challenge is to select plants of varying colors, heights, textures, and shapes. Many of my pots start out with a fern, some ivy draping over the side, and a caladium or two. To that, I might add begonias or impatiens, even salvia if lots of sun is available, and perhaps a liriop. When fall comes, I dig up the caladium bulbs, while the ferns, ivy, and liriop can winter over – ready

for next spring.

Several considerations are important when buying pots. Ceramic, glazed pots are desirable in our hot summers because they hold water better than do traditional terracotta pots (however, cactus are best adapted to porous clay pots which drain quickly). Pot size is also important. The smaller the pots, the more often one will have to water during our hot summer. Yet small pots are easy to move around. Pick your trade-off. And keep in mind that fall is a good time to shop for ceramic pots, as sales are common. - Alan Tom

## Vin Rouge 2010 Hillsborough Road, Durham

It was time for a return visit to Vin Rouge to see if the happy memories of several years ago are still justified. The restaurant is one of four others partnered or co-owned by Matt Kelly, who began his career at Vin Rouge as a chef in 2003. Kelly now oversees operations here and at his other restaurants serving Spanish tapas, Italian trattoria food, deli, and seafood, all grouped on Chapel Hill Street.

At Vin Rouge, you will want to avoid the main dining area and request a room in the rear; it's a declaration of your interest in conversation as well as food. The main dining area guarantees an evening of lively noise as the young "30-somethings" arrive to dine among those who wonder "How can they afford it?"

The rooms are dark and well-occupied so that the non-distinguished decor hardly matters; you can get serious about the food, which is largely French bis-

tro selections. Fresh raw oysters from at least six areas were available, and the North Carolina oysters hit the right notes for freshness and flavors. One diner chose a rib-eye steak that met expectations for "rare," but arrived thin and stringy while a large pork chop came plopped over mashed potatoes and diced beets vinaigrette. Bouillabaisse, the typical bistro dish, arrived with shrimp and mussels. While the fish was plump and tasty, the broth needed a kick of flavor from saffron or fennel, and the thin French bread should have been thick garlic bread with plenty of rouille, the red pepper-garlic sauce essential to the dish. At least the roast chicken turned out well with a rich bronze glaze covering flavorful meat inside. While our disinterested waitress didn't improve the experience, we ended on a sweet note sharing the bright flavors of a lemon tart.

Vin Rouge, now merely one among Kelly's restaurant empire, inspires the useful phrase: "Less is More."

- Dorothy Mahan

## Upcoming Golf Events

The annual Carolina Meadows golf championships will be played on **November 1 and 2** with a rain day of **November 3**. There is no entry fee. Categories are Ladies' gross winner and second place, Men's gross winner and second place, and Low Net winner and second place. Awards will be presented at the annual golf luncheon at **12:30 pm on Saturday, November 4**. All starting times will be at 10:00 am. The luncheon is open to all.

The annual two ball, low net, tournament will be played on **Saturday, November 4 at 10:00 am**. Entry fee is \$2.00 per person with all entry fees distributed to the winners at the 12:30 pm luncheon. Entry signup sheets for the championship tournaments, the two ball tournament and the luncheon will be posted October 16 in the Club Center.

- Gus Conley

## Bird Walk

The birds are beginning their fall migration. They are moving here from further north or passing through to their southern wintering grounds. Tom Driscoll, past president of New Hope Audubon Society, will lead a bird walk on the CM campus on **Saturday, October 7**. Gather at the **Club Center at 8 am**. No experience required. Bring binoculars if you have them. Golf carts are welcome. Tom will help us learn about the birds in our neighborhood at this interesting time of transition. - *Coordinators for Birders@CM: Margaret Scott and Margaret Wainwright*

## Mahjong

Several Carolina Meadows Residents are working with the University Woman's Club to arrange to play Mahjong on Tuesday afternoons at Carolina Meadows. Both beginners and more experienced players are welcome to join the group. Specific details are yet to be determined.

If you are interested in playing, call Judy Tilson, at (919) 240-4820 or send an email to judytilson1@gmail.com.

## Jewelry Design and Repair

**1:00 pm – 4:00 pm**

**Art Studio**

**Tuesday, October 17**

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

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

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



## Sports and Games Day

The 2017 Sport & Games Day was held on Labor Day, September 4, a beautiful day for outdoor activities. There were 10 events in which 69 residents played a total of 300 games. The Precinct winners were: Games played/Precinct--- 12 1<sup>st</sup>, 15 2<sup>nd</sup> and 8 3<sup>rd</sup>.

The winners of the 10 events were:

EVENT	1st Place Winners	Games Played
Basketball Men	Manuel Wortman	23
Women	Karen Wortman	
Bean bag toss	Irwin Kahn	41
Bocce ball	Wayne Jones	35
Croquet	(canceled)	
Darts	Alan Tom	35
Horseshoes	Bill Powers	31
Pitching Men	Sam Ligon	29
Women	Shirley De Wispelae-re	
Putting Men	James King	41
Women	Karen Monaco	
Table tennis	John Haynes	17
Tennis Men	Elliot Vines	15
Women	Karen Monaco	

## ANNUAL RESIDENT AND STAFF HALLOWEEN PARTY

**2:30 - 3:30 pm Auditorium  
Tuesday, October 31**

The annual Halloween party in the Auditorium is one of the fun events on campus that encourages residents and staff to participate together. We all love the opportunity to laugh and party together. Please join us in **the Auditorium on Tuesday, October 31 from 2:30-3:30**. 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 3:00 pm and employee costume judging at 3:15 pm. As always, the Costume Parade will be at noon through all of the dining rooms on campus (meet in the lobby at noon).

## FUNKY LUNCH BUS! Sign up in the sign-up book

**Amedeo's Italian Restaurant (in Raleigh)**

**Wednesday, October 18**

**Deadline: Monday, October 16**

Cost: \$8.00 per person + lunch on your own Load: **10:445 am**

## Carolina Meadows Annual Pumpkin Decorating/Carving Contest

Entries will be on display in the Auditorium beginning **12 noon Monday, October 30 through October 31**. Please stop by and admire the creativity! Contest winners will be announced at the **Halloween Party, which begins at 2:30 pm**.

## Wellness Corner

**Chapel Hill Parkinson's Disease Support Group First Tuesday of each month, 1:30 - 3:00 pm at the Seymour Center in Chapel Hill. Transportation provided at no cost!** Register in the Activities Book today! **Bus will load at 12:45 pm**. Upcoming Topics: October 3 -- What is Neuro-

genic Orthostatic Hypotension with Parkinson's? *Kenneth Jackson, Lundbeck*

**Walktober Challenge** Join us for on-campus walks **Tuesdays at 2 pm. Meet in the Club Center lobby October 3 - November 7**. Attend four out of six sessions and earn a Carolina Meadows T-shirt! Walks are appropriate for all levels.

**DoTERRA Oils Informational Session Wednesday, October 18, at 10:30 am in the Board Room**. Learn how to incorporate natural solutions and essential oils into a wellness routine.

**Monthly Dance workshop** led by Sue Wartell. The next session will be held on **Saturday, October 14**. (Continued on p. 14, "Wellness")

## Celebrate Autumn in the Park

**Sunday, October 22**

**3-5 pm**

Cider and donuts

Door prizes

Entertainment--Margaret Zircher playing the dulcimer.

Transportation to and from the garden plots parking lot.

(Continued from p. 13, "Wellness")

**tober 21, from 2 to 2:45 pm.** NO dance experience is needed to swing your hips and move your feet to the Cha-cha, Merengue, Salsa and other delightful Latin dances. Don't be shy, give it a try!

**Our 16<sup>th</sup> Annual Wellness Fair, "Roads to Wellness"** will be held **Wednesday, October 4, from 9:30 am to 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! Stop by our themed "selfie station." Hope to see you there!

**Register in the Wellness book for the following: Off-Campus Walk** to the River in Hillsborough, **Friday, October 20. Bus will load at 10 am.** Following the walk, lunch will be on your

own at a venue to be determined.

**Monthly Mandala** Exercise, calm your mind and boost your creativity by coloring! Statistically proven to lower anxiety levels, coloring gives you a stress relieving mini-meditative experience. Want to give it a try? A blank Mandala is provided each month located in the corridor between the Exercise Room and café –enjoy!

- Michelle Marino

## New Library Books

### Fiction

*The Locals* by Jonathan Dee

*After the Fire* by Lauren Belfer

*The Lying Game* by Ruth Ware

*Impossible Views of the World* by Lucy Ives

*The Necklace* by Claire McMillan

*Goodbye, Vitamin* by Rachel Khong

*Young Jane Young* by Gabrielle Zevin

*All We Shall Know* by Donal Ryan

*Quiet Until the Thaw* by Alexandra Fuller

### Large Print

*Cakewalk* by Rita Mae Brown

*Badlands* by C. J. Box

*The Right Time* by Danielle Steel

### Mystery

*Exposed* by Lisa Scotoline

*Down a Dark Road* by Linda Castillo

*Persons Unknown* by Susie Steiner

*Glass Houses* by Louise Penny

*Y Is for Yesterday* by Sue Grafton

### Biography/Biography Collection

*Family of Earth: A Southern Mountain Childhood* by Wilma Dykeman

*The Flight: Charles Lindbergh's 1927 Transatlantic Crossing* by Don Hampton

### Non-Fiction

*Spain in Our Hearts* by Adam Hochschild

*Putin: His Downfall & Russia's Coming Crash* by Richard Laurie

## More Eclipse Photos



**Diamond Burst** (Photo by John Haynes)



**Our "Staff Photographer" John Haynes with his tripod setup.** (Photo by Sam Ligon). **On the upper right, Sam Ligon & Alice Haynes; lower right, John & Alice Haynes.**



**OCTOBER 2017**

DAY	DATE	TIME	EVENT	LOC	PAGE
Mon	2	1:00 PM	CMU: "Some Ethics Issues in Mental Health"	AUD	7
		1:00 PM	Jewelry Design and Repair	AS	12
Tues	3	12:45 PM	*Chapel Hill Parkinson's Disease Support Group	CCL	13
		2:00 PM	Walktober Challenge <b>(every Tuesday)</b>	CCL	13
Wed	4	9:30 AM	Wellness Fair: "Roads to Wellness" (ends at noon)	AUD	13
Thurs	5	1:30 PM	Residents Council Meeting	BR	NA
Fri	6	10:30 AM	World Affairs: "What Does China Want?"	AUD	7
		11:00 AM	Music Appreciation: Beethoven Symphony No. 9	FG	9
Sat	7	8:00 AM	Bird Walk	CCL	12
		12:00 PM	Art Gallery Exchange (ends at 4 pm)	BR	9
		7:15 PM	Saturday Movie: <i>The Russians Are Coming</i>	AUD	11
Mon	9	1:00 PM	CMU: "The Drug Scene: We're All Players"	AUD	7
		All day	Fall Hazardous Waste Collection (Oct. 9-13)		4
Tues	10	1:30 PM	VIP: "All About Talking Books"	BR	9
		2:00 PM	Tuesday Movie: <i>Going My Way</i>	AUD	10
Wed	11	1:30 PM	*Tinsel Painting Workshop	AS	9
		2:00 PM	Philosophy Group: "Free Speech"	LH	8
Thurs	12	1:30 PM	Residents Association Meeting	AUD	NA
		7:30 PM	Music @ Meadows: Dimitri Shteinberg, Piano	AUD	9
Fri	13	10:30 AM	World Affairs: "Destined for War?" (video)	AUD	7
		11:00 AM	Music Appreciation: Verdi Requiem	FG	9
Sat	14	7:15 PM	Saturday Movie: <i>The Secret of Roan Inish</i>	AUD	11
Sun	15	2:00 PM	Art Gallery Opening	CC	10
Tues	17	1:00 PM	Jewelry Design and Repair	AS	12
		3:00 PM	Thoughtful People: "George Gershwin: Man & Music"	FG	8
Wed	18	8:30 AM	*Men's Breakfast: "Listen to Understand..."	PDR	8
		10:30 AM	DoTERRA Oils Informational Session	BR	13
		10:45 AM	*Lunch Bus: Amadeo's Italian Restaurant	CCL	13
		1:30 PM	*Tinsel Painting Workshop	AS	9
Thurs	19	2:00 PM	Medical Update: "Arthritis in the Elderly"	LH	8
		7:30 PM	Music @ Meadows: Steve Anderson, Jazz Piano Trio	AUD	9
Fri	20	10:00 AM	*Off-Campus Walk	CCL	14
		10:30 AM	World Affairs: "Gerrymandering and Beyond"	AUD	7
Sat	21	2:00 PM	Monthly Dance Workshop	ES	13
		7:15 PM	Saturday Movie: <i>Manchester by the Sea</i>	AUD	11
Sun	22	3:00 PM	Celebrate Autumn in the Park	Park	13
Mon	23	1:00 PM	CMU: "A History of Chapel Hill"	AUD	7
Wed	25	2:00 PM	Philosophy Group: "The Meaning of Monuments"	LH	8
		1:30 PM	*Tinsel Painting Workshop	AS	9
Thurs	26	10:00 AM	Unity Group: "Assessing American National Security"	LH	7

# OCTOBER 2017

		12:00 PM	*Nurses Lunch	PDR	8
		7:30 PM	Jacobowitz Larkin Duo	AUD	9
Fri	27	9:00 AM	Global Issues Forum: " Soil" (a day-long program)	AUD	8
		11:00 AM	Music Appreciation: Strauss Jr. New Year's Day Concert	FG	9
		7:30 PM	Travel Adventures: "Delhi, Agra, and Kathmandu"	AUD	7
Sat	28	7:15 PM	Saturday Movie: <i>The Big Sick</i>	AUD	11
Mon	30	12:00 PM	View Decorated Pumpkins (also on Oct. 31)	AUD	14
		1:00 PM	CMU: "The Music of Chapel Hill & the Red Clay Ramblers"	AUD	7
Tues	31	2:30 PM	Resident and Staff Halloween Party	AUD	13

\*Requires sign-up

AS: Art Studio      AUD: Auditorium

CCRR: Club Center Rec. Room

DR: Dining Room    ES: Exercise Studio

FLR: Fairways Living Room

BR: Board Roomm

CRAC: Conf. Rm., Activity Ctr.

FC: Fitness Center

CCL: Club Center Lobby

CYD: Courtyard

FG: Fairways Gallery