



The Meadowlark

Volume 30, No. 6

September 2018

From the 2001 Archives

Dining Minimum Increases (But Don't Panic!). On January 1, the dining minimum increased from \$100 to \$110. That's not a typo, but it is a sign of inflation. The \$10 increase took effect in 2001, long before many of us had even heard of Carolina Meadows. A review of the 2001 issues of *The Meadowlark* in the Carolina Meadows' archives uncovered numerous items that illustrate both the continuity and change that characterize a dynamic community in an ever-changing world. What follows are examples.

First of all, it was reported in January that the November 2000 presidential election marked the first time that Carolina Meadows was a voting precinct. Bush/Cheney received 215 votes; Gore/Lieberman 280. This did not include 42 residents who used absentee ballots or voted early.

At the March RA meeting, then CEO, Rob Boening, reported that there were 656 residents: 553 (98%) in Independent Living; 36 (90%) in the Fairways, and 67 (79%) in the Health Center. Note: This was before the Fairways was expanded.

In the campus area that a decade later would become Phase Five, North Chatham children continued to play soccer on the field that Carolina Meadows, as a sign of community involvement, had permitted to be constructed. Residents were invited to "watch the

practices or share the excitement of the Saturday games." To show its appreciation, the soccer league sponsored a free car wash. "Have your car washed by sporting little hands."

In April, five-member "brain trusts" from Carolina Meadows and Carol Woods held a Trivia Bowl. A busload of residents from Carol Woods helped to fill the Auditorium for the contest, which was won by the home team 42-27. During the intermission, team members "wolfed down chocolate cookies – lots of caffeine to keep them hyped up."

It was determined that 19 couples had married while living at Carolina Meadows. A group called the "Meadow Weds" was formed and a white "wedding book" placed on display in the Library.

At an RA meeting, a question was raised about establishing a dog park, then called "a dog run." The RA president advised that the process of discussing and approving the dog park would be "slow." (As we know, it took 16 years.)

The musical world of the Meadows included "The Elder Statesmen," resident barbershop singers who performed at Carol Woods and at the Senior Games in Pittsboro.

The Community Outreach Committee sponsored a two-week Summer Camp for "special children." Resident volunteers provid-

ed entertainment and helped with sports and games. Dining services supplied "a healthy lunch." Headquartered in the Health Center, the program provided residents there with the rare joy of having children around. (The following year, the camp was called Camp Meadowood, in recognition of Carolina Meadows' and Carol Woods' joint sponsorship and venues for the program.)

Residents had to adjust to the local ZIP code being changed from 27514 to 27517 and to the emerging consciousness of the need to Reduce - Reuse - Recycle, the slogan already being used by the Recycling Committee. Residents born in 1921 held an 80th birthday party in the Private Dining Room.

After the 9/11 attack on the World Trade Center, residents gathered in the Auditorium "to grieve, to pray, and to support one another."

(Continued on p. 2, "Archives")

Contents

News	Page 1
Talk	Page 6
Arts	Page 10
Activities	Page 14
Calendar	Page 19

President's Message

It's All About Choice

The Residents Association totally supports Carolina Meadows' philosophy to provide a variety of choices to our community.

Residents can enjoy different dining venues with weekly menu changes, eat in or take out, plus special dining events to celebrate holidays.

Person-centered care is available in the Pines, Assisted Living and Independent Living. The new Home Care program brings services to residents desiring to remain at home longer. Early Advantage residents can live in their off-campus homes with the assurance of higher levels of care if needed, yet still participate in the many activities on campus and access our in-house medical practice.

The Residents Association of-

fers over 30 activities from sports, games, lectures, movies, art and more. Music at the Meadows has planned musical events throughout the year. We have an outstanding library, a well-stocked gift shop, scenic walking trails and beautiful gardens, and a golf course. The Activities Staff offers both on and off campus activities. Residents have opportunities to be involved at all levels of planning, from advisory committees to seats on the Boards.

We can feel proud about choosing CM as our retirement community where we can make new friends, remain physically active and involved, help each other in times of need, and participate in our wide range of opportunities. Let's keep creating choices.

- Sam Ligon

(Continued from p. 1, "Archives")

Finally, toward year's end, 21 residents submitted entries for a "Philosophy of Life" competition. Several entries were published in *The Meadowlark*, including:

Reflect on the bright side and the beautiful.

Encourage, support, help, and love others.

Forgive and forget what I cannot change.

Keep active, involved, and strive to expand horizons.

Think ahead, plan, and be eternally grateful.

- Bill Powers

New Medicare Cards Coming Soon to North Carolinians

North Carolinians with Medicare can expect to receive their new Medicare cards beginning after July 2018. We know that some of you have already received yours. Unfortunately, there has been an increase in scams targeting Medicare beneficiaries as the new cards are rolling out. Please be aware that Medicare does not initiate calls. Therefore, if you are contacted by somebody claiming to be from Medicare who is asking for personal information, hang up and contact the Medicare Fraud Hotline at 1-800-MEDICARE (1-800-633-4227).

- Kristen Ferriter

THE MEADOWLARK

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

—

President: Sam Ligon

Editor: Pat Mandell

Assistant Editors: Joanne Cotter
and Dorothy Samitz

Layout: Judith Pulley

Proofreaders for this issue:
Jody Hite, Nan Melcher, Roy Milton,
Martha Hutt

Photographer: John Haynes

Distribution: Roy and Bev Milton

October Issue Deadline

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

Carolina Meadows Census

As of July 31, 2018

Number of Residents	Occupancy Level
Independent Living:	
628	98%
Assisted Living	
68	82%
The Pines*:	
54	71%*
Total on campus:	
750	91%
EA Program:	
70	
Total Residents: 820	
*Includes temporary admission of IL and AL residents.	

NEWS (continued)

Meadows in Motion

Greetings—I hope everyone has had a safe and fulfilling summer. My family and I enjoyed our vacation. It is great to be back on campus and approaching the fall. Carolina Meadows has remained busy throughout the summer, including some of the following areas:

- Carolina Meadows Home Care continues to be quite busy—providing care and companionship to nearly 50 residents (approximately 400 hours weekly). The home care agency got off to a fast start and now has added nearly 20 caregivers as part of the team. Please take a moment to say hello and welcome our newest team members wearing the purple polo shirts!
- Dining Services continues providing great meals with Melissa Ferguson as the Interim VP of Dining Services, with Executive Chef Jody McLeod leading the team of cooks. Interviews for the permanent VP of Dining Services began in August — I look forward to hiring a successful candidate very soon.
- Work on the Birchtree project continues with multiple iterations of the proposed floor plans underway. Simultaneously, work has begun to modify the Conditional Use Permit as part of the formal approval process with Chatham County. We are excited about this new project of 40 new apartment homes that will range in size of 1,700 square feet to 2,000 square feet. We anticipate the

design refinement to continue through the end of the year, with each iteration getting closer to the final design and closer to knowing the key details related to the anticipated cost of construction and pricing for the new units. You may have noticed that the old SunTrust bank location will be used as a welcome center for the sale of Birchtree. We will continue to keep you abreast of details through Town Hall meetings and updates at the Residents Association meetings.

- Ben Cornthwaite

First in Flight



Who hasn't wished for a car that could FLY! One resident recently took matters into her own hands and attempted such a feat. It was admittedly a rather short flight that landed in garden plot 4, crashing through the fence.

Happily, the pilot and crew survived with minimal injuries. The only casualties appeared to be a couple of worms that were lounging on top of the soil.

Orville and Wilbur said after their initial flight, "Next time we plan to serve coffee and peanuts." Our pilot was heard mumbling something about the need for a longer runway...

- A Witness

CM's New Home Care

The new CM Home Care began operation in mid-June. Its primary objective is to support residents in their own homes so that they may maintain their independence as safely as possible. Services are available to all residents of Independent Living, The Fairways, The Green and The Pines. Lauren Workman RN, BSN is the Director and acting Nurse Supervisor. Home Care is staffed by Carolina Meadows with State Certified Nursing Assistants, supported and supervised by Registered Nurses who conduct evaluations and create personalized care plans. In addition, registered nurses will continue to visit with each patient at least once every three months (or more frequently on request) as long as services are continued.

CM staff can also aid with daily personal care (bathing, dressing, medication reminders); help with mobility or exercise tasks, incidental household services or management of daily routines; or simply provide companionship and socialization. Currently, Home Care is available seven days a week from 8 am to 10 pm but the Unit plans to offer 24/7 services as soon as possible. Complimentary evaluations may be requested by phone (919) 370-7447 or by e-mail <lworkman@carolinameadows.net>.

There will not be any "minimum" hourly charges. Fees will be for as little as 15 minutes; they will be competitive with other local Home Care organizations and hourly rates will be based upon the amount of care a person receives.

- Webb Morrison

Results of Movie Survey

Remember the Movie Survey many of you filled out a couple of months ago? Many thanks to the 152 residents who completed the survey. The results encourage us to believe we are pretty much satisfying you. Here's what you told us about your likes and dislikes:

59% of you don't go to the Saturday night movies, or only go rarely. The main reason (43% of those people) is that you would rather watch elsewhere – 33% at home and 10% in a movie theater. No surprise there. Additionally, 21% don't like the choices and 14% find the seats uncomfortable.

We asked why you go to the Saturday night movies. Among those who go rarely or more frequently, more than half (59%) go because they missed a particular movie in theaters. 38% say they

just love movies, while 35% find the mix of movies interesting. 36% say it's something to do on Saturday night. Convenience is important to many. 27% appreciate subtitles and 9% say they can hear better (see article on t-coil below). 24% like the fact they can be home by 9:15 or 9:30. And 20% like the free popcorn. One person suggested free wine & beer! That's impractical, but you are free to bring your own drinks.

How can we make the movies more pleasurable for more folks? Clearly you want more recent movies (42%). On the other hand, 23% would like more "golden oldies." 12% would like more serious material (5% want lighter material). Timing matters to some. 2% do not want movies to go over 2 hours. Only a few would like the

movies to start earlier (9%) or later (5%), suggesting that the current 7:15 pm timing is right.

We asked what types of movies you prefer. Answers were widely scattered, with the most frequent answers, in order of mentions, being comedies, foreign films, musicals, historical, mysteries and Oscar nominees (5%-9% each).

Finally, we asked how interested you would be in experimenting for a few months with either a theme a month or four themes a month, one for each week. 53% and 41% respectively said it was a great idea/interesting. Based on these results, we will try the theme idea.

Of course an even better way to have your movie suggestions known is to drop a note in the box on the popcorn table, or contact Tony Armer or Jody Hite.

- Tony Armer

T-Coil

Are you having trouble hearing at Resident Association meetings? At programs in the Lecture Hall? Are you using t-coil? If you use a hearing device, you may not be getting the best from it if you are not using the t-coil setting.

Most hearing aids today, that are equipped with more than one, have, or can have, a t-coil setting which will improve hearing immeasurably in any room equipped with an "induction loop." The loop

is basically a wire around the baseboard of a room, which broadcasts electromagnetically directly to the t-coil in your hearing aid. That means that, for most of us, we can usually understand the voices in movies without the help of subtitles, and we can even understand speakers who use the mic properly.

T-coil works in the Auditorium, the Lecture Hall, Fairways Gallery and the Board Room. Additionally, there are headphones in

the Auditorium and the Lecture Hall equipped with t-coil. Try one and see (correction: hear) the amazing difference. If you don't know if your hearing aid has a t-coil setting, check with your audiologist, and by all means, be sure that your next hearing aid has one. Also, Kris Snyder or Jody Hite can provide you with more information on t-coil.

I guarantee it will make movies and lectures more enjoyable.

- Tony Armer

Residents Featured in Fall-Prevention Videos

Earlier this year UNC exercise and sports science students, working with CM Wellness staff, partnered with CM residents to create two very clever short videos about fall prevention. CM strives to be

injury free and since falls are the main source of serious injuries to residents, CM invests resources on learning how we can reduce falls and fall-related injuries. The videos will debut at the Resident Asso-

ciation meeting on **Thursday, September 13, at 1:30 in the Auditorium**. You don't want to miss them!

- Kristen Ferriter

Mindfulness: September Theme of Well Being and Engagement Committee

What exactly is mindfulness? Mindfulness is the act of being aware of what you're sensing and feeling at every moment — without interpretation or judgment.

Spending too much time planning, problem-solving, daydreaming, or thinking negative or random thoughts can be draining. It can also make you more likely to experience stress, anxiety and symptoms of depression. Practicing mindfulness exercises, on the other hand, can help you direct your attention away from this kind of thinking and engage with the world around you.

Practicing mindfulness exercises can have many possible benefits, including reduced stress, anxiety and depression; less negative thinking and distraction; and improved mood.

There are many ways to practice mindfulness. For example:

- **Pay attention.** The next time you meet someone, listen closely to his or her words.

Think about their meaning and uniqueness. Aim to develop a habit of understanding others and delaying your own judgments and criticisms.

- **Make the familiar new again.** Find a few small, familiar objects — such as a toothbrush, apple or cellphone — in your home or office. Look at the objects with fresh eyes. Identify one new detail about each object that you didn't see before. As you become more aware of your world, you might become fonder of the things around you.
- **Focus on your breathing.** Sit in a quiet place with your back straight, but relaxed. Feel your breath move in and out of your body. Let your awareness of everything else fall away. When your mind wanders, gently redirect your attention to your breath. Don't judge yourself.

- **Awaken your senses.** Get a raisin. Sit in a quiet place with your back straight, but relaxed. Look at the raisin. Smell it, feel it and anticipate eating it. Taste the raisin, and slowly and deliberately chew it. Paying close attention to your senses and your body's reaction to the raisin might reveal insight into your relationship with eating and food.

Source: www.mayoclinic.org

Offerings at CM that focus on Mindfulness include: Yoga and Tai Chi classes, and a weekly resident led Meditation group. (Please check fitness calendar for days and times.) A monthly mandala is available at the counter between the Exercise Room and Café. Calm your mind and boost your creativity by coloring! Statistically proven to lower anxiety levels, coloring gives a stress relieving mini-meditative experience.

- Michelle Marino

United Way Campaign Begins

September is the month designated for the United Way Campaign at Carolina Meadows. Letters will be placed in your mailboxes with important information about the many social service agencies and organizations in Chatham County that depend on the United Way. Our donations help provide funding for the programs that deliver much needed help to families, children and individuals who are unable to help themselves.

We are privileged to live in the part of the county that is much better off than most, so we do not



see much of the problem. In some Chatham County schools, 55% of the children are from families that are at or below the poverty level and receive assistance with their meals. Our donations will go to helping these children and others who are in need.

I ask that you read the material about the Campaign and become informed about the needs of the community and how the United

Way agencies address these needs. Please give it as much support as you possibly can. Donations can be placed in the box in the Club Center Mailroom, at the Reception Desk in the Fairways or sent by mail to United Way.

- George Evans, United Way Campaign Chairman

Travel Adventures

Visit "Fascinating Bhutan" with Dona Fountoukidis at
**7:30 pm on Friday,
 September 28,
 in the Auditorium**

Welcome New Residents

Brigitte Abrams, EA

Last Residence: Chapel Hill, NC

Interests: Travel, hiking, gardening, grandchildren

Natalie Ammarell, EA

Last Residence: Chapel Hill, NC

Interests: Photography, library volunteer, travel

Patricia (Pat) Chappell, EA

Last Residence: Chapel Hill, NC

Interests: Country Oaks Garden Club, gardening, UUMC-UMW Circle, shopping, day trips

Robert Chappell, EA

Last Residence: Chapel Hill, NC

Interests: Exercising, travel, gardening, billiards

Donald Frazer, EA

Last Residence: Chapel Hill, NC

Interests: Travel, golf, science

Elizabeth (Betsy) Frazer, EA

Last Residence: Chapel Hill, NC

Interests: Travel, reading, bridge, ikebana

Glenn Lazarus, 5-301

Last Residence: Chapel Hill, NC

Interests: Genealogy, canasta, golf

Monica Lazarus, 5-301

Last Residence: Chapel Hill, NC

Interests: Reading, genealogy, canasta, mahjong, church volunteer

Francis Lethem, EA

Last Residence: Chapel Hill, NC

Interests: Hiking, biking, travel

Frannie Lyon, 5-204

Last Residence: North Carolina

Interests: Tour de France and worldwide road cycling fan; languages; Holocaust studies; discoveries on eBay, Betsy and audible; documentaries

Martin (Marty) Lyon, 5-204

Last Residence: North Carolina

Interests: Computers; electronics; 3D printing; photography; black-

smithing

John Marsh, 6-308

Last Residence: Walnut Creek, CA

Interests: Birding, travel, family

Joan Marsh, 6-308

Last Residence: Walnut Creek, CA

Interests: Family, painting, reading, music

Edward (Ted) Salmon, EA

Last Residence: Chapel Hill, NC

Interests: Cell biology, microscopy, mechanisms of mitosis, microtubule cytoskeleton, RC model airplanes, HAM radio, electronics

Nancy Salmon, EA

Last Residence: Chapel Hill, NC

Interests: Tennis, reading

Mary Sugioka, 6-208

Last Residence: Chapel Hill, NC

Interests: Bridge, cooking, reading/book discussions

IN MEMORIAM

Kathleen Shea	F-118
06-03-2018	
Rita Slotnick	2-104
06-12-2018	
Deanna Green	V-393
6-15-2018	
Thelma (Flip) Brokaw	P-109
06-21-2018	
Johannes Wetzel	P-226
06-28-2018	
Robert Leopold	P-107
07-05-2018	
Terry Delanty	V-324
07-06-2018	
Fred Meier	P-110
07-14-2018	
Rose Azar	3-210
07-18-2018	
Pat Ballard	P-109
07-18-2018	
Frances Keigley	P-220
07-21-2018	

TALK

Josh Stein To Speak on "Protecting North Carolinians"

Josh Stein will be speaking on **Thursday, September 6 at 3 pm in the Auditorium**. Josh is an accomplished lawyer and politician. He spent eight years as NC's Deputy Attorney General for Consumer Protection. He also served as a lawyer with Smith Moore Leatherwood.

Josh was a North Carolina Senator for District Six, beginning in 2009. He left that position to campaign for his successful 2017 bid to become the fiftieth and current Attorney General of North Carolina.

He has won many awards. Among them are:

- 2009 Environmental Champion of the NC General Assembly (from the Sierra Club)
- Rising Star award (from the NC Association of Educators)
- AARP Outstanding Legislator Award for Consumer Protection (2009)
- 2011 "Defender of Justice" for dedication to expanding opportunity and prosperity for North Carolinians (NC Justice Center)

This meeting is open to all Carolina Meadows Residents. Refreshments will be served.

(Sponsored by CM Democrats)

- Judy Jones

Carolina Meadows University Launches Fall Semester

CMU is pleased to announce the launch of our Fall 2018 Semester with a three session short course on "The Ackland Collection." In this course, members of the leadership team at UNC Chapel Hill's Ackland Museum of Art will explore the art of Art, from curating an individual painting, to managing an exhibition, to advancing the programs of the museum.

The course will start on **Monday, September 24**, with a presentation from Chief Curator Peter Nesbitt. Peter is already known to our CMU audience for his prior lecture in CMU's "Behind the Scenes" series. In this talk, Peter will review in detail what it takes to be curator of a single true masterpiece. We bet you can't wait to see which one he chooses as his example!

Appointed Chief Curator of the Ackland Art Museum effective October 1, 2009, Peter brought a rich and diverse background to the role. He holds a BA and MA from Cambridge University and a PhD in the History of Art from Yale University. Before joining the Ackland, Peter led programs and projects at Harvard Art Museum following assistantships at the Metropolitan Museum of Art and at Yale University Art Gallery.

The course will continue in October with broader examinations of the work and works of the Ackland. Watch this space for the CMU announcement in the October Meadowlark.

All CMU Courses are presented in the **Auditorium (unless announced otherwise) on Mondays from 1:00 to 2:30 pm.**

- CMU Steering Committee

Carolina Meadows University (CMU) Serendipitous Saturday: Advance Directives and End of Life Ethics: Review and Update

CMU will kick off this year's Serendipitous Saturdays with David M. Klein, MD, who will give a reprise and update of an earlier talk on "Advanced Directives and End of Life Ethics." The discussion will include the use of the living will, the health care power of attorney, the Do Not Resuscitate order, and the MOST form. We will also consider dying as a process rather than an event, how this idea impacts our view of "cerebral death" pronouncement, and why this is important to community, as well as individual ethics. Case illustrations will be presented and discussion will be encouraged. Dr. Klein's talk will be held in the **Lecture Hall at 10 am on Saturday**,

September 22.

Dave and his wife Carol retired to North Carolina in 1993, and he was Clinical Professor of Neurosurgery on the UNC Medical faculty from that time until retiring completely about six years ago. During his years at UNC he also served as a member and then Chair of the Ethics Committee of the UNC Hospitals, and he has served on the Ethics Committee of the North Carolina Medical Society. Dave and Carol are residents of Carolina Meadows, where he has been a member of the Board of Directors and continues to serve on our Health and Wellness Committee and, most recently, the Board of our new Home Care enterprise. He is the author of multiple papers in the field of neurosurgery. He enjoys baking bread, some of which, he claims, is actually edible.

- CMU Steering Committee



You are invited to a

Resident Town Hall Meeting

Presenters:

Kevin McLeod, President and CEO
Ben Cornthwaite, COO

Tuesday, September 18

11 am

Auditorium

Wednesday, September 19

11 am

Auditorium

Two meetings have been scheduled in order to accommodate all residents. Please do not attend both meetings as the same items will be covered at each meeting.

The meeting will be **simulcast on September 18 at 11 am to the Fairways in the Gallery** and to the **Pines in the Activities room.**

World Affairs

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

The programs for September are:

September 7: Shane Stansbury, "Prosecution of Terrorism and International Crime"

Shane Stansbury is a Senior Lecturing Fellow at Duke University School of Law. He served for more than eight years as Assistant United States Attorney in the Southern District of New York, where he led some of the office's most sensitive and noteworthy prosecutions in the areas of terrorism, cybercrime, espionage, money laundering, international public corruption and global weapons trafficking.

September 14: Niall Ferguson, "The Square and the Tower" (video)

Best selling author Niall Ferguson's latest book has been described as a brilliant recasting of the turning points in history, including the one we're living through, as a collision between old power hierarchies and new social networks. He shows how network theory concepts such as clustering, degrees of separation, weak ties, contagions and phase transitions, can transform our understanding of both the past and the present. He also offers a prediction about which hierarchies will withstand this latest wave of network disruption and which will be toppled

September 21: Niklaus Steiner, "Migration and Citizenship Today"

Professor Steiner is the director of the UNC Center for Global Initiatives. His research and teaching interests are immigration, refu-

gees, nationalism and citizenship, all matters of extreme interest today. He is the author of five books, one of which is a textbook entitled *International Migration and Citizenship Today*.

September 28: Keith Payne, "The Broken Ladder: How Inequality Affects the Way We Think, Live and Die"

Dr. Payne is a Professor of Psychology and Neuroscience at UNC. He will be discussing his recent book with the above title, which examines the physical, psychological and moral effects of inequality. More specifically, he contends that inequality has profound consequences for how we think, how we respond to stress, how our immune systems function, and how we view moral concepts such as justice and fairness.

- Dorothy Samitz

Women's Luncheon

George Lankevich, historian and expert on New York City, will speak about the Statue of Liberty at the **Tuesday, September 11, Women's Luncheon**.

Prof. Lankevich is a historian specializing in modern history and urban politics (Professor Emeritus, City Univ. of New York). He is the author of more than 35 books, including the well-reviewed *New York City: A Short History*, along with *Postcards from Manhattan*, *Postcards from Times Square*, *River of Dreams: The Hudson Valley in Historic Postcards*, and *The United Nations Under Javier Pérez de Cuéllar 1982-1991*, along with numerous articles and other publications.

His presentation on the Statue of Liberty looks to be both interesting and well informed. You won't want to miss it! Lunch is

served at **noon in the Private Dining Room**. For reservations, contact Jody Hite (919) 370-7171, or <jody@carolinameadows.net> after September 1. Space is limited; early reservations are recommended. If you have dietary restrictions or need to cancel a reservation, notify Jody by September 7 to avoid a meal charge to your account.

- Margaret Lospinuso

Candidate Forums

**Federal and State offices:
September 24, 7:30 pm,
Auditorium
County Commissioners:
October 1, 7:30 pm,
Auditorium**

Medical insurance, taxes, infrastructure, immigration, Russia, education, guns, redistricting,

poverty, environment, tariffs, and impartial judicial reviews. Some of these topics will be discussed in two upcoming Candidate Forums. All major party candidates in all contested races were invited. Four Republican and four Democratic candidates will attend the first forum, to discuss their races for Congress, NC Senate, NC House, and NC Appellate Court. Two Democrats and one Republican will attend the second forum for County Commissioners.

The candidates will give opening statements and then answer questions prepared by the Candidates Forum Committee. If there are questions you would like to propose, please put them in Karl Bauman's mail slot, villa 549, by September 15.

- Steve Bodner

September Activities

Sign up in the sign-up book:

Peach Farms – Johnson's Peaches and Kalawi Farm

Monday, September 10

Deadline: **Wednesday, September 5**

Cost: \$30 per person + lunch on your own

Load: **9 am**

Hayrides - \$5 per person

NC Library for the Blind 60th Anniversary Open House

Thursday, September 13

Deadline: **Monday, September 10**

Cost: \$18 per person

Load: **10:15 am**

Funky Lunch Bus!

To Mebane Downtown Table

Wednesday, September 19

Deadline: **Monday, September 17**

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

Load: **11 am**

Shopping to follow!

Moscow Ballet's Great Russian Nutcracker

Thursday, December 13

Deadline: **Wed., September 5**

Cost: \$73 per person

Load: **5:45 pm**

Chatham Senior Education Conference in Pittsboro

Wednesday, November 7

Deadline: **Wed., September 12**

Cost: \$27 per person

Load: **8:15 am**

Jewelry Design and Repair

1 pm – 4 pm Art Studio

Monday, September 10, and

Tuesday, September 25

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

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

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

Medical Update: Have a Heart

The next Medical Update lecture will take place on **Thursday, September 20, at 2-3 pm in the Lecture Hall**. The lecture will be titled, "Have a Heart." It will concern Interventional Procedures in the management of heart disease. In addition to the medicinal management and the more publicized open-heart surgery, there is increasing use of these interventional procedures which are done percutaneously (through the groin). These include: angioplasties, in-

cluding stent insertion, for coronary artery disease; replacement of cardiac valves; and repair of heart structures following myocardial infarct. Implantable devices, pacemakers and defibrillators are being used for the management of severe cardiac arrhythmias.

Our speaker will be Dr. Michael Yeung, Assistant Professor of Medicine, Interventional Cardiology, and Structural Interventions at the UNC Center for Heart and Vascular Care.

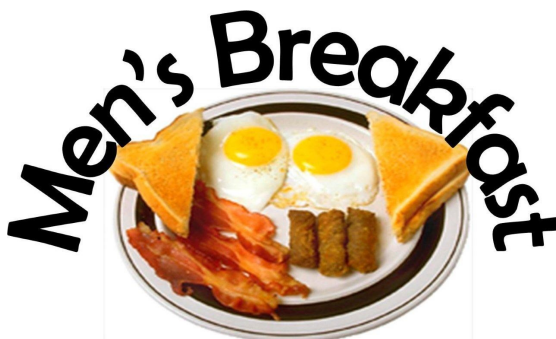
Dr. Yeung is Board Certified in Internal Medicine and Cardiovascular Medicine. In addition to his

active clinical practice, he has done significant clinical research and published numerous peer-reviewed articles and abstracts in the medical literature. He received a Knowlton Incentive for Excellence Award from the Washington University/Barnes Jewish Hospital and has received research grants. His professional activities have included numerous presentations at national cardiology meetings.

This will be a very revealing lecture on an important component of current cardiac medical care.

- Leonard Cutler

Men's Breakfast



Our speaker for **Wednesday, September 19** is a new resident of Carolina Meadows, the Rev. Dr. William Thompson, who has published several Confederate-based Civil War books and who is currently working on a manuscript biography of the last surviving member of Stonewall Jackson's staff. His topic is, "History and Hysterics over Confederate Symbols: Can Inclusive Replace Exclusive?" We meet at **8:30 am in the Private Dining Room**. Sign up by September 13 and please wear your nametag.

- Mike Cotter

UNITY Group

Mainstream media. Lame-stream media. Ever wonder about the people who provide the news you read, listen to, watch or access? Our September speaker, Harry Dunphy, worked in the trenches of daily news reporting for more than 50 years with The Associated Press, the world's largest news agency. He reported from capitals as varied as Beirut, Cairo, Moscow, Paris and Washington, DC. Have you ever had to wonder about the KGB as you went to bed?

UNITY invites you to hear Harry Dunphy at **10 am** in the **Lecture Hall on Thursday, September 27**. Come and join us.

- Joe Danos

Carolina Capital Partners

The Carolina Capital Partners will meet on the **first Wednesday of each month from 7-9 pm in the Board Room**. The primary mission of the Carolina Capital Partners is to provide education for its partners for investing in the stock market. Fundamental to this mission, each partner actively evaluates stocks and, with National Association of Investment Clubs' software and other tools, shares their findings with the membership. Using the basic principles recommended by the NAIC and the Partnership's own investment philosophy, the partners invest the modest monthly contribution of each individual collectively for profit and fun. New members are welcome to attend the meeting.

- Ron Kudla

ARTS

Music at the Meadows

Hooverville Country Band

On **September 17 at 7:30 pm**, in the **Auditorium**, Music at the Meadows will present the Hooverville Country Band. This Triangle-based group blends bold vocal harmonies with original songwriting and a variety of traditional American music sounds to create a distinctive, toe-tapping experience. Founded 20 years ago by John Bemis and Greg Hanson as a bluegrass duo, the band soon added drummer Nathan Logan and bassist Zack Mondry, along with an electrified sound and eclectic instrumentation. They have performed locally to enthusiastic audiences at Cat's Cradle, The Art's Center, Local 506, and Festival for the Eno.

Nicholas DiEugenio, Violinist

On **September 27 at 7:30 pm**, in the **Auditorium**, Nicholas DiEugenio, violinist, will be performing. His work as a performer, teacher, recording artist, and writer has been guided by the conviction that music is a central experience in the expression of humanity. He strives to create and participate in musical programs that invite and challenge the listener all at once. He leads a versatile performing life as a chamber musician, leader, and soloist in music ranging from Early Baroque to current commissions at a wide variety of national and international venues. He is Assistant Professor of Violin at UNC at Chapel Hill and lives in Chapel Hill with his wife, pianist and frequent co-performer Mimi Solomon.

- Norm Miller

MeadowSingers

Come, "wet your whistle" and sing a song on **Wednesday, September 5, at 4 pm in the Marketplace!** The MeadowSingers director, Rebecca, Dyck, will be leading the singing and Tim Baker will be playing his keyboard. Beer, soft drinks, water, and wine will be available for purchase. We had a fantastic crowd last year! Come out again and enjoy choosing your favorite songs and singing before you go on to dinner!

If you love to sing, join the MeadowSingers on **Monday, September 10** for our first rehearsal, in the **Auditorium at 3 pm**. There are no auditions, just the love of singing, along, with the commitment to practice for an hour and a half on most Monday afternoons. We have both an excellent director and accompanist who make it fun to sing. Come and be rewarded!

- Rex Tucker

Bill Cunningham New York 2 pm, Auditorium Tuesday, September 25

Living simply and using a bicycle to get around New York, 80-year-old photographer Bill Cunningham tirelessly records what people are wearing in the city -- both out on the sidewalk and in the salons of the wealthy. CM resident Bert Geiger was a friend of Cunningham, having met him at stores where they were buying supplies for the hats they were both making. They remained friends until Cunningham's death from a stroke in 2016.

MET Opera on Demand *Madame Butterfly*

(from April 2016)

1 pm, Auditorium

Wednesday, September 26

Anthony Minghella's beautiful, atmospheric production enhances Puccini's drama of unfortunate, doomed love. Soprano Kristine Opolais brings all of her passionate commitment to her portrayal of Cio-Cio-San, the teenage geisha who gives up everything for Lt. Pinkerton. Roberto Alagna is the American naval officer who does not understand the depth of Cio-Cio-San's love, and whose subsequent marriage to an American woman precipitates Butterfly's suicide. Maria Zifchak is Suzuki, Cio-Cio-San's faithful servant, and Dwayne Croft plays the American consul Sharpless, who tries to avert the tragedy. Karel Mark Chichon conducts.

Art Room Enters the Digital Age

Thanks to the Gift and Remembrance Fund, the Art Room is the recipient of a grant that allowed the purchase of a large screen "Smart" TV, DVD player, Apple TV, and iPad with tripod. Some of the things that can now take place in the art room for classes and interest groups include 1) showing painting or needlework demonstration on the large TV screen; 2) viewing instructional DVDs on a large screen; 3) online instructional videos, such as those on YouTube; 4) demos, art, etc. brought from home, either by email or resident's laptop, to show to the group on the large screen TV. For access and/or instructions on how to use this equipment, contact Margaret Zircher (919) 967-1102 or <zircher@me.com>.

AIM Art In the Meadows

Artist of the Month for September: Don't miss the exhibit of oil paintings by Tom McCarty in the Art Room, second floor of Activities Building.

Classes: Watch instructional YouTube programs on Watercolor while sipping champagne to celebrate and enjoy the art room's new digital equipment. **Wednesday, September 12, 3 pm.** All skill levels. Bring materials if you want to paint along. For more information, contact Margaret Zircher (919) 967-1102 or <zircher@me.com>.

Basic Jewelry Making in Copper, 2 Mondays, September 17 and 24, 2-4 pm in the Art Room. Cost of class \$20 (payable to instructor first day of class) includes all equipment and wire. Learn about different types of wire, tools, techniques, resources, and then finish class with a copper necklace you've made. Class size limited. Sign up (and more information) in Activities book. For questions, contact Chris Forte, instructor, (919) 454-5255 or <chrisdforte@gmail.com>.

DVD: Top 10 Composition Secrets, Wednesday, September 26, 2 pm in the Art Room. Suitable for all media and all skill levels.

Tinsel Painting Workshop, October 3, 10 & 17, 1:30 - 3:30 in the Art Room.

By popular demand, this class is being offered again for new and former students. \$10 workshop fee (payable to instructor the first day of class) will cover most materials to design and produce a tinsel painting. Class size is limited. Sign up (and more information) in the Activities Book in

the Lobby by September 30. For questions, call Ralph Wileman, instructor (919) 717-0723 or Margaret Zircher, organizing assistant, (919) 967-1102 or <zircher@me.com>.

Art Room Schedule:

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

December Artists of the Month: Start Planning! The Art Guild would like to have a show in the Art Room with paintings (or any art form that can be hung) featuring both residents' art and that of family member(s) – e.g. son or daughter, grandchild, brother or sister, etc. If not already in your possession, start collecting! For space planning purposes, please send Margaret Zircher an email <zircher@me.com> as soon as you know you plan to exhibit. Anticipated hanging date is mid November so the show will be available throughout the holidays.

Artist of the Month Sign-Up:

All Carolina Meadows residents are encouraged to share their art, framed or unframed, for other residents to enjoy by being an Artist of the Month. A sign-up sheet is on the bulletin board in the art room. Put your name on one of the months for 2019! Receptions, organized by the artist, are optional. We help you hang! Contact Margaret Zircher (919) 967-1102 for more information. Remember: "A painting is not finished until it is exhibited." – *anonymous*.

– Margaret Zircher

Art Gallery Exchange

The Art Guild's Gallery Exchange of residents' artwork in the Club Center is **Saturday, October 6**. We welcome anyone who wishes to exhibit her/his original work – no matter when it was created. Bring your art pieces to the **Board Room between 10 am and 2 pm on October 6**. Call Bev Milton at (919) 967-1254, or Susan Durfee at (919) 942-6655 if you have any questions.

- Bev Milton

Got "Clingitis"? Donate Books and DVDs

Are you currently suffering from this affliction? It's characterized by an inability to let go of any of the books currently cramming your bookcases. You find yourself looking at shelves sagging under the weight of volume after volume and you think, "I'm going to hang on to that copy of *Moby Dick*. I might read it again someday."

Well, here's a summary of *Moby Dick* to save you some time, and a suggestion for freeing up space. First, Ahab's a jerk and the whale wins. Second, donate your copy and all the books you'll never read again to the Carolina Meadows Library for its twice-yearly book sales. All proceeds from the sale go to buy new books and DVDs, which you can then borrow and read at your leisure.

Simply bring your donations to the Library and place them on the designated shelves. If you have scads of books to donate, call Mike Pacilio at (919) 240-5604 and he'll have them picked up.

Don't wait until your living space resembles that of the Collyer brothers (**serious** hoarders in the 1930s-1940s). Free yourself of "clingitis" now.

- Ruth Leopold

Book Group *Eleanor Oliphant is Completely Fine* by Gail Honeyman

While the title of this month's selection announces that Eleanor Oliphant is completely fine, the reader can't help but wonder, "Oh, is she?" That tension between what Eleanor, as narrator, claims about herself and what the reader understands is part of the charm of the novel. The description of *Eleanor Oliphant* on *The NY Times* best seller list said it is about "a young woman's well-ordered life ... disrupted by the IT guy from her office." Not an apt description and hardly likely to inspire readership. It is so much more than that. Reese Witherspoon has bought the rights to the novel and plans to play Eleanor in the movie she is producing. She called it "beautifully written and incredibly funny as it shows the importance of friendship."

When you read *Eleanor Oliphant* you may laugh out loud at times and feel like crying at others because the book is both hilarious and tragic. While exploring the toll that loneliness can take on a person and the scars left by parental abuse, it also pokes fun at some social conventions like bikini waxing.

We hope you will read it and come to the Book Group when we meet to discuss it **Wednesday, September 19, at 2 pm in the Lecture Hall**. Several copies are available in the Book Club case in the Carolina Meadows Library and may be borrowed for two weeks. Everyone is welcome to attend the discussion even if you have not read the book. Christine Flora will be the facilitator.

- Christine Flora

New DVDs for the Library

Red Sparrow, R, 2018

Jennifer Lawrence stars as a former Prima Ballerina, who, after a career-ending injury, is trained in the "Sparrow School" and becomes a ruthless secret intelligence officer in this thriller set in Russia.

The Leisure Seeker, R, 2018

Helen Mirren and Donald Sutherland play a long-married couple who decide to take one last road trip from Boston to Key West in their old RV they call "The Leisure Seeker" in hopes of rekindling their love for life and each other.

Tully, R, 2018

Charlize Theron is hilarious in a comedy that delves into the modern parenthood experience with an admirably deft blend of humor and raw honesty.

A New Leaf, G, 1971

In this classic comedy (rated a rare 100% by Rotten Tomatoes critics), Walter Matthau stars as an indigent playboy who tries to woo and marry a wealthy wallflower (Elaine May), and then plans to dispose of her so he can inherit her wealth. Of course, his plans go awry.

I, Tonya, R, 2018

This dark comedy was based on the real-life story of Olympic Ice Skater Tonya Harding and her purported attack on fellow figure skater Nancy Kerrigan. Margo Robie and Allison Janey were each nominated for Academy Awards, with the latter winning best-supporting actress for her fierce portrayal of Tonya's mother.

The Bucket List, PG 13, 2007

Jack Nicholson and Morgan Freeman star, in this action-adventure-comedy-drama, as two terminally

(Continued on p. 13, "DVDs")

(Continued from p. 12, "DVDs")

ill patients who share a hospital room and then decide to pursue their "bucket lists" together. In their efforts to live life to the fullest before they kick the bucket, these two very different men (a corporate billionaire and a blue-collar worker) become fast friends. **Frantz**, PG 13, 2017 (Subtitles) In the aftermath of WW I, the "mourning" period is told through the eyes of young French and German survivors, whose lives become intertwined, in this moving, well-acted, critically-acclaimed French film.

-Andrea Miller

Films for September 2018

Shows start at 7:15 pm in the Auditorium

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

YOU are choosing the movie.

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

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

September 1 *Lady Bird* (2017)

93 minutes – Rated R

Saoirse Ronan, Laurie Metcalf

In her senior year of high school in Sacramento, teenage Lady Bird is set on making her way east to at-

tend college in New York City. With help from her adopted brother, Mi-guel, she begins putting together a plan for her great escape.

September 8 *Ruthless People* (1986)

93 minutes – Rated R

Bette Midler, Danny DeVito, Judge Reinhold

A millionaire planning to murder his shrewish wife thinks his prayers have been answered when she's abducted: He simply refuses to pay the ransom. Appalled, the kidnappers and scorned wife team up to retaliate, setting off a string of mishaps.

September 15 *Z* (1969)

127 minutes – Not Rated

FRENCH w/ ENGLISH SUBTITLES

Based on true events, director Costa-Gavras's Oscar-winning film closely parallels the real-life assassination of a Greek doctor and humanist whose 1963 murder led to public scandal and eventual overthrow of the democratic government in Greece. Part mystery and part thriller, the film made its mark as a groundbreaking political roman à clef, and its edge-of-your-seat plot, vérité photography and driving score resonate even today.

September 22 *Sweeney Todd: The Demon Barber of Fleet Street* (1982)

142 minutes – Not Rated

Angela Lansbury, George Hearn Wrongly imprisoned (but insane) barber Benjamin Barker is released from prison only to find that a corrupt judge is tormenting his daughter. Assuming the name Sweeney Todd, Barker decides it's time to cut more than just the judge's hair. Angela Lansbury co-stars as the equally warped Mrs. Lovett, who sells meat pies made from the corpses of Sweeney's victims. This filmed staging of Stephen Sondheim's musical won three Emmys.

September 29 *I, Tonya* (2017)

120 minutes – Rated R

Margot Robbie, Allison Janney, Sebastian Stan

This wickedly entertaining biopic looks at the life and doomed career of ice skater Tonya Harding and her connection to one of the most infamous sports scandals in American history: the assault on rival Nancy Kerrigan before the 1994 Winter Olympics.

A Special Viewing of *Gen Silent* 2 pm Auditorium

Friday, September 28

Join the Diversity & Inclusion Committee, along with SAGE Raleigh through the LGBT Center of Raleigh, for a viewing of the film documentary, *Gen Silent*. The 63-minute film shines a light on the struggles of aging LGBTQ+ folks as they navigate healthcare, long-term care, family, and caregiving. "The generation that fought the hardest to come out is going back in...to survive." Special speakers to lead discussion and answer questions afterward. **Refreshments will be served.**

Tuesday at the Movies

2 pm Auditorium

Tuesday, September 11

For Me and My Gal

1942 – Not Rated – 104 minutes

Judy Garland puts Gene Kelly (in his MGM debut) through his musical paces in this tuneful delight about a couple of vaudeville hoofers on the rise. But things go inconveniently dark when America enters World War I and Kelly gets his draft notice to report for duty. Will he dodge the draft now that stardom is just within reach? Includes the title tune (a great duet for Judy and Gene) and "Ballin' the Jack." Busby Berkeley directs.

VOICES 2019 Wants You

The languid days of summer are fading. When we turn our calendars to September and activities on campus are suddenly in full swing, it's time again to stir creative juices, and share prose and poetry with neighbors through the pages of VOICES, the literary journal of Carolina Meadows.

The editors of VOICES are already preparing for the 2019 edition. But we need YOU to make this happen, to ensure we continue our successful tradition.

Residents, future residents on the waiting lists, and Early Advantage residents are encouraged to submit stories, memoirs, essays, and poems for the 2019 issue. Be clever, thoughtful, challenging, reminiscent, futuristic, and more. The guidelines for submission are easy and manuscripts may be submitted from **September 1 through December 31**.

Please make two double-spaced copies of your submission. Do not put your name on the document, which will be evaluated anonymously throughout the process. Prepare a separate cover sheet with your name, address, telephone number, and the title of the story or poem, clip it to your document, and **place both copies in the VOICES box in the Club Center Mailroom**. Your manuscript will be reviewed by two Readers and by the VOICES Editorial Board. Evaluation criteria include quality of writing, potential interest to residents, and compatibility with other items in the forthcoming edition. Previously published stories and poems are not accepted, and each manuscript is limited to no more than 3000 words.

If you are not familiar with VOICES, you may find past copies in the Library, shelved behind the main desk. We hope that you, as an author, will become part of the literary tradition at Carolina Meadows.

Members of the 2019 Editorial Board of VOICES are Myrna Merron, Ernest Kraybill, Eleanor Morris, Dick Richardson, Fran Sherwin and Kin White. Please contact any of these editors if you have questions.

- Myrna Merron, Editor VOICES
2019

Display Cabinet

We are delighted to have Ralph Wileman continue his display of needlepoint in September. The forms and colors that evolve on his brightly colored canvases and his abstract designs are amazing. He is a fiber artist. Do contact Betty Lindsay (919) 942-4479 if you would like to exhibit your work or collections in future months.

- Betty Lindsay

PIANO RECITAL featuring students of Carolyn Barry

**2 pm, Auditorium
Sunday, September 16**

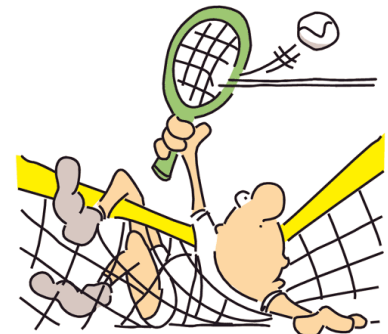
ACTIVITIES

MeadowMinds

This **brain fitness class** is interactive and fun! It is for those who have a pretty good mind and want to keep it that way. We do activities that exercise different parts of your brain such as language, problem solving, logic, attention and visual spatial skills. There are five areas of total brain health. This class addresses Mental Stimulation, and we will discuss the others, which are Nutrition, Physical Activity, Spirituality and Socialization. Class meets on **Tuesdays from 11:00 am-noon in the Activities Building Conference Room, September 4 through October 23**, a total of 8 weeks. Your facilitator is resident, and author of *Age Smart*, Harriet Vines, PhD. Space is limited to seven participants. Please sign up in the Activities Sign-Up Book.

- Kris Snyder

Sports & Games Day



Sports & Games Day will be held again on Labor Day, **Monday, September 3, from 9:30 to 11 am**. Come one, come all and have fun. You do not have to be an athlete to shoot darts or throw bean bags, horseshoes, or ladder ball. There are 11 games, and a map in the Club Center Lobby will show their locations around campus. A shuttle will be available for those in need. Just call (919) 414-6096. If you haven't participated before, ask around and you will learn how much fun it is.

- Fred Bowman

Restaurant Review: Fusion Fish

Fusion Fish has arrived to fill the spot formerly occupied by One restaurant in Meadowmont Village. The restaurant presents a generous menu ranging from brunch, lunch, and dinner, to vegetarian dishes, and even to a fulsome sushi bar.

You won't get bored reading the menu with food titles like The Lion King, Kani Lovers, Pineapple Express, or Sin City. And there are no less than five chefs available to meet your culinary passions with lunch entrees like portabella salmon served on a bed of spiced cabbage with sautéed portabella mushrooms. There's also a Fusion Taco that fills the plate with white

fish, lettuce and fried avocado with spicy mayo. The Bento Box comes with the flavorful daily specials of meat or poultry, rice, and hoisin salad.

At dinner we succumbed to the lavish mix in a Seafood Clay Pot entree serving a heady blend of scallops, shrimp, tofu, calamari and vegetables in seafood broth. Vegetarians will like the hash of sweet and white potato, mushrooms, kale, and sliced asparagus with a balsamic drizzle. A wide range of choices range from Ribs and Pineapple Fried Rice to Maple Soy Glazed Salmon.

Don't ignore the sushi bar

with ample samplings of raw fish, each fresh and flavorful. You may return for several visits to this world of culinary exotica that encompasses eel, sea urchin, white tuna or yellowtail fish. You could happily try the Flaming Escorial (a species of fish) with blue crab, avocado and mango kicked up with the accents of tobiko (fish roe), cilantro and wasabi. Even if you know the taste of shrimp tempura, you will be surprised by its newest incarnation with avocado, seared scallops, and a spicy mayo with a sweet glaze and tobiko.

Whether you prefer traditional or whiz-bang new flavors, both tastes are accommodated at this welcoming new restaurant.

- Dorothy Mahan

Wellness Corner

Nia Dance Eight-Week Series Sensory-based movement practice engages and integrates body, mind, emotions, and spirit with music and 52 moves inspired by martial arts, dance, and healing arts. Grounded, expressive movements deliver a cardiovascular, whole-body conditioning workout that is gentle on the joints and appropriate for all fitness levels. **Wednesdays, September 5-October 24 in the Exercise Studio 11:30 am to 12:15 pm.** Cost: \$35.

Tai Chi Traditional Chinese exercise with many health benefits including improved dynamic balance. Classes offered **Wednesdays 2:30-3:30pm in the Exercise Studio.** Beginners welcome. Led by Dr. Jay Dunbar.

Awareness Through Movement® Class Eight Essentials for Lifelong Vitality Neuroplasticity is the ability of the brain to change throughout an individual's life.

You experience changes in your brain even while your brain is creating your experience. Neuroscience has identified eight essential strategies that shift your brain and your experience toward greater vitality, ease, efficiency, creativity, comfort, and control. We will learn about a strategy for improving life-long vitality while exploring easy movement sequences illustrating the strategy. Each strategy can be applied to all aspects of life. How will you put neuroscience and neuroplasticity to work for you? You must be able to get down to, up from, and lie on the floor comfortably. **Eight Mondays, 10:45 – 11:45 am, September 10 – October 29 in the Exercise Studio.** Sign up in Wellness Book. Cost \$45 for series.

Take Control of Your Knee Arthritis presented by Brian G. Pietrosimone, PhD, UNC's Department of Exercise and Sport Science Associate Professor, **Wednesday, September 12 at 2 pm in the Au-**

ditorium. Knee osteoarthritis is the eleventh leading cause of disability worldwide. Knee osteoarthritis negatively impacts activities of daily living for many individuals – including walking up and down stairs, getting up from a chair, and getting in and out of a car. Many people mistakenly believe disability associated with knee osteoarthritis is just part of the aging process and feel there is little which can be done to alleviate symptoms and improve daily function. During this program we will discuss how knee osteoarthritis can impact your life and what you can do to improve your function. We will concentrate on how exercise can be used as a modality to improve pain and knee function.

Save the date: Our annual Wellness Fair, "Mapping a Positive Path" will be held **Wednesday, October 3, 9:30am-12 noon in the Auditorium.**

- Michelle Marino

Community Outreach Committee

The Community Outreach Committee (COC) was very successful last year and is looking forward to this fall when activities resume! We ended last year (June) with a very successful CORA drive where CM residents donated more than \$27,000, and with an event to support Rise Against Hunger. About 200 residents, staff and family members gathered in the auditorium and packaged over 16,000 meals. These meals will be sent to various areas of the world to fight hunger. Many thanks go to Amy Gorely who was the organizer of this effort. Staff and residents working together for a common cause was a great deal of fun. Participants agreed that we should do this again.



Residents and staff packaging meals.

Each month the COC will let you know about activities in Chatham County or other local areas that could use your volunteer help. Our committee is composed of residents who represent various agencies and organizations in the area. These resident liaisons keep us informed about the opportunities that arise and we will pass that information on to everyone at Carolina Meadows.

One of our first events this fall will be the **School Supplies Campaign for Chatham County**. Recent news reports have highlighted the need for donated school supplies (or cash) to defray the costs to teachers and to parents who are struggling to make ends meet. Our campaign will be **September 17-21** during which we will collect donated supplies and checks. A list of needed supplies will be available. We will need volunteers to "man" the tables in the Courtyard/Pub hall during lunch and dinner times each day. Last year we collected \$2,540 in cash and checks plus lots of supplies for the teachers. So the challenge is on! Can we beat those numbers this year?

There will also be a **Fall for Literacy Luncheon to benefit**

Chatham Literacy on October 20 from 11 am to 2 pm at the Siler City Country Club. Local authors of suspense/mystery, Nora Esthimer, Ruth Moose, and Karen Pullen will speak. Character costumes are encouraged; there will be a prize for the best costume! Tickets are \$60 and available at <chathamliteracy.org> or (919) 542-6424.

There is a need for donations to the **Chatham Cares Pharmacy in Siler City**. This pharmacy is a non-profit community-based organization that is committed to reducing health disparities by providing pharmacy services to Chatham residents who are low-income, uninsured and underinsured. They need crutches, ice-water coolers (for joint operations), unopened medications and vitamins, as well as toothbrushes, etc. We will provide a more complete list and information about how to make your donations, but you can begin collecting now.

The COC looks forward to working with CM this year as we reach out to make a difference in our surrounding community.

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

- Judy Jones, Chair

Golf Report

Joe Norwood has joined the golf committee. Rev Eller had a hole-in-one on Men's Monday on July 16.

The greens on numbers 3, 4, and 5 are having their usual summer problems, with number 4 being bad enough that we are playing maximum of two putts. It is planned to sod this green in the

fall with a different type of grass. Meanwhile, the Monday Men's group, the Tuesday Ladies group and the usual Saturday mixed tournaments have continued with good participation.

The year-end Championship is scheduled for **October 24 and 25** with a possible rain day on the **October 26**. There will be awards for first and second in three categories: Men's low gross, Ladies low

gross and low net. These will be awarded at the **Golf Luncheon in the Private Dining Room on Saturday, October 27**.

Preceding the luncheon, we will play our annual two-ball tournament. Signup sheets will be in the Club Center the first week in October.

- Gus Conley, Chairman

The Gift Shop has



First come, first served, but that is true also for

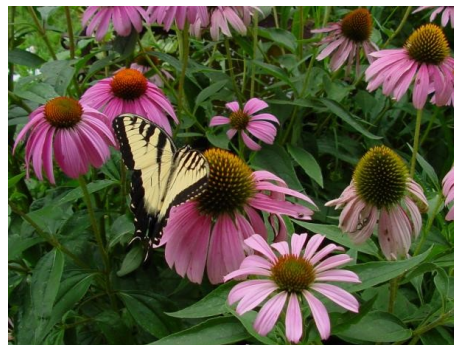
- NC and US laminated maps
- Newly arrived fall fashions
- Reader Glasses (strengths from 1.25 to 3.75)
- New shipment of Wild Hare bistro towels (with sassy sayings)
- "Gifts to Go" for hostess or birthday gifts
- New fall jewelry – our fashionable jewelry continues to fly out of the display case and onto necks and ears – so be sure to check in frequently as our stock changes.

Fall Bird Program

During this summer, The Park and Birders @ CM have been planning a fall program showcasing one of our spring/summer visitors. These birds travel from Brazil every year to return to their nesting houses on our campus. It is the largest of its species in North America. Do you know this species?

Look for more information in the October issue of *The Meadowlark* and on *MeadowLife*: Select the Activities tab, Hobbies section, then Birders @ CM to see the scheduled program about these birds.

- Margaret Scott & Betsy Bowman



Summer is Fleeting
Even in the Meadow Garden
Enjoy bursts of color by day,
Glistening falls and critter concerts
by night.

Bug free for your pleasure!

Community Gardening

July and August have been consistently hot, and such popular plants as tomatoes are way past their peak, if not burned up. Squash vines have long since been killed by squash borers. Cucumbers are no longer yielding. A few vegetables may have survived the summer heat or even prospered; Japanese eggplant often bear until the first frost. For some reason pole beans, especially if planted a bit late, can live through the summer and regenerate in the fall. On balance, however, most gardeners are cleaning out their summer plants.

Now is the time to start a fall garden of such cool season vegetables as lettuce, peas, spinach, carrots, beets, onions, and kale. Care much be taken to plant soon enough so the crop matures before the fall sun loses its generative power but not so early that cool season vegetables suffer from the occasional heat waves of September. Fall gardeners are unreconstructed gamblers.

It is not too early for residents who want to try raised-bed gardening next year to email Alan -- <alantom@mindspring.com> -- and request an application for a 2019 plot. Later in the fall those residents who currently have a raised bed garden space will be asked if they want to renew this space for next year. By late 2018 most of the gardening space will be allocated for next year.

Any resident is welcome to join the Carolina Meadows "garden_talk" listserv that provides general information on vegetable and flower gardening. Email Alan if interested.

- Alan Tom and Margy King

New Books Added to Library Collection

Fiction

It All Falls Down by Sheena Kamal
Peculiar Ground by Lucy Hughes-Hallett
Winter by Ali Smith
The Bookshop of Yesterdays by Amy Meyerson
The Reservoir Tapes by Jon McGregor
The Disappearing by Lori Roy
The Summer Wives by Beatriz Williams
Cottage by the Sea by Debbie Macomber
All We Ever Wanted by Emily Giffin
Spymaster by Brad Thor
Asymmetry by Lisa Halliday
Something in the Water by Catherine Steadman
The Removes by Tatjana Soli
Clock Dance by Anne Tyler
Widows by Lynda LaPlante
How to Walk Away by Katherine Center
The Magnificent Esme Wells by Adrienne Sharp
Still Lives by Maria Hummel
The Perfect Couple by Elin Hilderbrand
Shelter in Place by Nora Roberts
Alternate Side by Anna Quindlen
By Invitation Only by Dorothea Benton Frank

Large Print

Man Overboard by J.A. Jance
The Stranger in the Woods by Michael Finkel
An Echo of Murder by Anne Perry
Hello Stranger by Lisa Kleypas
White Houses by Amy Bloom
Scones and Scoundrels by Molly MacRae
Golden Prey by John Sandford
The Italian Teacher by Tom Rachman
The Disappeared by C. J. Box

Sometimes I Lie by Alice Feeney
To Die but Once by Jacqueline Winspear
Red Clover Inn by Carla Neggers

Mystery

The Pharaoh Key by Preston & Child
The Other Woman by Daniel Silva
White River Burning by John Verdon
Stay Hidden by Paul Doiron
A Taste for Vengeance by Martin Walker
The Word Is Murder by Anthony Horowitz
The President Is Missing by James Patterson & Bill Clinton
The Body in the Ballroom by R. J. Koreto
How It Happened by Michael Koryta
Macbeth by Jo Nesbo
Cave of Bones by Anne Hillerman
The Dark Angel by Elly Griffiths
Robert B. Parker's Old Black Magic by Ace Atkins

Biography/Biography Collection

Reporter by Seymour M. Hersh
The Monk of Mokha by Dave Eggers
Sharp by Michelle Dean
God Save Texas by Lawrence Wright
Time Pieces by John Banville
The Gospel of Trees by Apricot Irving

Non-Fiction

The Future Is History by Masha Gessen
Apostles of the Revolution by John Ferling
War on Peace by Ronan Farrow
The Woman's Hour by Elaine Weiss
On Grand Strategy by John Lewis Gaddis
The Triumph of Christianity by Bart D. Ehrman
The Cloudbuster Nine by Anne R. Keene

Fun at Work

Imagine eight-year-old Kris Snyder organizing kids' games in her neighborhood. A little assertive and perhaps a bit bossy?! Anything to liven up the place! Whatever it took, from costumes to scripts were no prob for this little dynamo.



Fast-forward a few years and we have an older Kris in charge of making our lives at CM more stimulating. Her complete title is Activities Director of CM with 14 folks reporting to her. In addition to having charge of activities for Independent Living, she is also responsible for the Activities Staff in the Fairways, the Pines and the Green. She seems to have a genius for getting volunteers to assist in these activities. Kris is the proud holder of certification from the National Certification Council for Activities Professionals. Most of us know Kris from the many hats and costumes she wears on appropriate occasions, including Uncle Sam, the Elf-on-a shelf, and Valentino. Perhaps her most recognizable and famous character is the dancing, leaping Leprechaun she rolls out on St. Paddy's Day!

In her "spare" time she likes to listen to 70s music and hang out with her dog Opie. She has been happily married for thirteen years and plans to remain at CM until she is no longer "young at heart!"

- Paul Richardson

SEPTEMBER 2018

DAY	DATE	TIME	EVENT	LOC	PAGE
Sat	1	7:15 PM	Saturday Movie: <i>Lady Bird</i>	AUD	13
Mon	3	9:30 AM	Sports and Games Day, to 11 am	CCL	14
Tues	4	11:00 AM	Brain Fitness	CRAC	14
Wed	5	11:30 AM	Nia Dance	ES	15
		2:30 PM	Tai Chi	ES	15
		4:00 PM	MeadowSingers singing & refreshments	MP	10
		7:00 PM	Carolina Capital Partners	BR	10
Thurs	6	1:30 PM	Residents Council Meeting	BR	NA
		3:00 PM	Josh Stein: "Protecting North Carolinians"	AUD	6
Fri	7	10:30 AM	World Affairs: "Prosecution of Terrorism"	AUD	8
Sat	8	7:15 PM	Saturday Movie: <i>Ruthless People</i>	AUD	13
Mon	10	9:00 AM	*Trip to Peach Farms	CCL	9
		10:45 AM	*Awareness through Movement	ES	15
		1:00 PM	Jewelry Design and Repair	AS	9
		3:00 PM	MeadowSingers first rehearsal	AUD	10
Tues	11	11:00 AM	Brain Fitness	CRAC	14
		12:00 PM	*Women's Luncheon	PDR	8
		2:00 PM	Tuesday Movie: <i>For Me and My Gal</i>	AUD	13
Wed	12	11:30 AM	Nia Dance	ES	15
		2:00 PM	Take Control of Your Knee Arthritis	AUD	15
		2:30 PM	Tai Chi	ES	15
		3:00 PM	YouTube Program on Watercolors	AS	11
Thurs	13	10:15 AM	*North Carolina Library for the Blind Anniversary	CCL	9
		1:30 PM	Residents Association Meeting	AUD	NA
Fri	14	10:30 AM	World Affairs: "The Square & the Tower" (video)	AUD	8
Sat	15	7:15 PM	Saturday Movie: <i>Z</i>	AUD	13
Sun	16	2:00 PM	Piano students of Carolyn Barry	AUD	14
Mon	17	10:45 AM	*Awareness through Movement	ES	15
		2:00 PM	*Basic Jewelry Making	AS	11
		7:30 PM	Hooverville Country Band	AUD	10
Tues	18	11:00 AM	Residents Town Hall	AUD	7
		11:00 AM	Brain Fitness	CRAC	14
Wed	19	8:30 AM	*Men's Breakfast: "Confederate Symbols"	PDR	9
		11:00 AM	Residents Town Hall	AUD	7
		11:00 AM	*Funky Lunch Bus to Mebane Downtown Table	CCL	9
		11:30 AM	Nia Dance	ES	15
		2:00 PM	Book Group: <i>Eleanor Oliphant</i>	LH	12
		2:30 PM	Tai Chi	ES	15
Thurs	20	2:00 PM	Medical Update: "Have a Heart"	LH	9
Fri	21	10:30 AM	World Affairs: "Migration & Citizenship Today"	AUD	8

SEPTEMBER 2018

Sat	22	10:00 AM	"Advanced Directives & End of Life Ethics"	LH	7
		7:15 PM	Saturday Movie: <i>Sweeney Todd</i>	AUD	13
Mon	24	10:45 AM	*Awareness through Movement	ES	15
		1:00 PM	CMU: "The Ackland Collection"	AUD	7
		2:00 PM	*Basic Jewelry Making	AS	11
		7:30 PM	Candidate Forum: Federal and State Offices	AUD	8
Tues	25	11:00 AM	Brain Fitness	CRAC	14
		1:00 PM	Jewelry Design and Repair	AS	9
		2:00 PM	Bill Cunningham New York	AUD	10
Wed	26	11:30 AM	Nia Dance	ES	15
		1:00 PM	MET Opera: <i>Madame Butterfly</i>	AUD	11
		2:00 PM	<i>Top 10 Composition Secrets</i> (DVD)	AS	11
		2:30 PM	Tai Chi	ES	15
Thurs	27	10:00 AM	UNITY Group: Harry Dunphy, "Media"	LH	10
		7:30 PM	Nicholas DiEugenio, Violinist	AUD	10
Fri	28	10:30 AM	World Affairs: "How Inequality Affects How We Think"	AUD	8
		2:00 PM	<i>Gen Silent</i>	AUD	13
		7:30 PM	Travel Adventures: "Fascinating Bhutan"	AUD	5
Sat	29	7:15 PM	Saturday Movie: <i>I, Tonya</i>	AUD	13

*Requires sign-up

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