



The *Hotline* is published periodically by Abel Publication Services, Inc., 1611 Aquinas Court, Burlington, NC 27215, for the Continuing Care Community Residents of North Carolina, Inc., c/o CCCR of NC President Willie Johnson, 2600 Croasdaile Farm Parkway, #A-328, Durham, NC 27705. Submissions to the *Hotline* and other *Hotline*-related communications should be addressed to the *Hotline* editor, Sandra Lovegrove, at the Burlington address above, e-mailed to [sandabel@aol.com](mailto:sandabel@aol.com), or faxed to (336) 585-1851.

<[CCCRofNC.org](http://CCCRofNC.org)>

**The CCCR of NC HomePage has been redesigned and revitalized—check it out!**

### Membership Application

One-year membership is \$5 for an individual, \$10 for a couple. Life membership is \$50 for an individual, \$100 for a couple. **Checks should be made payable to CCCR of NC and given to your community's CCCR of NC representative**, so he or she can keep an accurate tally of members. Please indicate whether you are a renewing or new member. If you are not sure who your community's CCCR of NC representative is, you may find out by contacting CCCR of NC President Willie Johnson, 2600 Croasdaile Farm Parkway, #A-328, Durham, NC 27705; e-mail <[williedjohnson@aol.com](mailto:williedjohnson@aol.com)>. If your community does not have a representative, mail checks to: Management Services for Organizations, P.O. Box 1783, Salisbury, NC 28145-1783. The form below is provided for your convenience.

APPLICATION FORM (please print or type)

\_\_\_\_\_  
(Your name)

\_\_\_\_\_  
(Spouse's name, if applicable)

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Status (please check one):  Renewal  New member

Enclosed is payment for (please check one):

One year:  \$5 single  \$10 couple      Life:  \$50 single  \$100 couple

### CCCR of NC Anti-Smoking Resolution Proposed

SVEA SAUER, a resident at Friends Home Guilford, is proposing an anti-smoking resolution for adoption by the CCCR of NC this year. If passed, it would ask the legislature to ban smoking in all retirement homes, except for single detached units.

Ms. Sauer argues that since most retirement homes in North Carolina allow residents to smoke, the state has an obligation to step in to protect seniors from a public health hazard that almost everyone recognizes. She cites a dozen national and worldwide health organizations, public and private, to the effect that secondhand smoke is injurious to the health of all who inhale it. In addition, smoking creates a fire hazard that increases with age. According to the National Fire Protection

Association, people aged 75 and older have nearly four times the death rate from fire as the population at large. In such fires the smokers are not always the only ones killed.

The local steering committee at Friends Home Guilford endorsed the resolution, following which the Residents Board endorsed it for its own facility, even expanding it to include detached houses, but with a proviso exempting smokers already in residence. Power to enact the resolution locally lies with the Friends Homes Board of Trustees, which is expected to act in April.

*Allen Trelease*

Friends Home Guilford

CCCR of NC Central Region Representative

### Deerfield Says No More Smokers Admitted

Can residents make a difference with admission policy? In February 2005 the Deerfield Council Committee on Building Maintenance recommended that no more smokers be admitted. The Council adopted the ban by unanimous vote, and the resolution came before the Board of Directors. After due consideration and a survey of resident applications showed that few people would be affected, an ad hoc committee was established, consisting of two directors, two residents, and two staff members. The committee discovered not only the growing evidence of the insidious damage from inhaling secondhand smoke, but also that the cost of removing the stench from a smoker's quarters was shocking.

The few remaining residents who smoke are of course "grandfathered." The no-more-smokers policy went into effect March 10, 2006. While this policy does not apply to employees and staff, current employees are encouraged to enroll in smoking-cessation programs. The administration expects Deerfield to be smoke-free in two years.

The initiative for this reform came from several life members of CCCR of NC. All of the current members of the Council are CCCR of NC members.

*Mason Bell  
Buzz Lee*  
Deerfield

## From the President

SPRINGTIME is a time of renewal. As we experience the renewal of life through the beauty of nature, so can we renew our support of the organization that supports us, CCCR of NC. Opportunities arise each day when we, with enthusiasm, can share the importance of membership in our great state organization. Many community representatives are already energetically promoting membership, but think how great the growth would be if each of us recruited one new member. Why not try it?

Regional gatherings provide a time for the renewal of friendships, as well as the sharing of ideas and concerns and the opportunity to hear speakers present infor-



Willie Johnson

mation of particular interest to our generation.

Speaking of renewals, we are happy to have the opportunity to renew an old friendship. CCCR of NC founder Harry Groves and his wife, Evelyn, are returning to the fold. Had it not been for his tireless efforts, along with those of other residents in 1988, our state organization would not exist. Welcome back, Harry and Evelyn, to Carolina Meadows and CCCR of NC!

### BOARD BROCHURE

An informational brochure for CCCR of NC Representatives and/or Board Members is now available, thanks to Myles Walburn, Carolina Meadows, immediate Past President of CCCR of NC, who had the idea, Sterling Whitener, Friends Home West, who prepared the information, Nancy Darter, Croasdaile Village, who provided the cover page, and Sandy Lovegrove, Twin Lakes, editor and publisher. Every board member should now have received a copy of this useful brochure. (If not, contact me to update your mailing information.) Sandy Lovegrove not only edited this brochure, but she is the able editor of the *Hotline*, a very important

means of communication for CCCR of NC. However, she can publish only if residents submit the news. Surely all of our communities have something significant to report.

### MEETINGS COMING UP

News of importance to all residents is that of two future CCCR of NC meetings. Aldersgate, Charlotte, will host the Board meeting on May 9. Though this meeting is open to all residents, it is imperative that all officers and a representative of every community attend. A reservation form is located on page 9 of this issue. CCCR of NC defrays the costs of lunch for the officers and for a representative from each community. **Reservations must be made by May 1**, however.

The annual statewide general meeting will take place at Christ United Methodist Church, in Greensboro, on October 26. More information will be forthcoming later, but **MARK YOUR CALENDAR NOW** to save the date!

With renewed faith in the mission of CCCR, may we continue "to serve the interests of residents to live secure, useful, and creative lives." We desire a high quality of life, and we have earned it.

*Willie Johnson*  
Croasdaile Village

## To Your Good Health

### Achoo! It's Seasonal Allergy Time Again!

SEASONAL ALLERGIC RHINITIS was originally named "hay fever" because ragweed pollinates during the haying season, and a connection between its effects and haying was mistakenly assumed to exist. The name has stuck, however, and the condition has spread, so that it affects at least one of every 20 Americans. It is still hay fever even when it occurs in the spring, and even though it has nothing to do with hay. It is caused by wind-blown pollens in the spring, grass and weed pollens in the summer, and weed pollens, especially ragweed, in the fall. Unusually dry weather in North Carolina has kept the spring pollens free-floating and up everybody's nose this year, so hay fever is rife.

An allergy results when a person's immune system mistakes a substance that is usually harmless, called an allergen, for an enemy, and produces antibodies against it. Cells in the affected areas produce chemicals that cause sneezing, runny nose, sore throat, headaches, itchy eyes, earaches, and other unpleasant symptoms. The major offender is histamine, normally a protective agent, which, among other nuisances, dilates small blood vessels in the nose, causing them to swell.

If you are a hay fever sufferer, the logical preventive step is to stay indoors as much as possible during high-pollen periods. Close the windows and turn on the air conditioner, which will filter out pollens. If you must be outside for a long period in a pollen-infested area, a face mask will provide some protection.

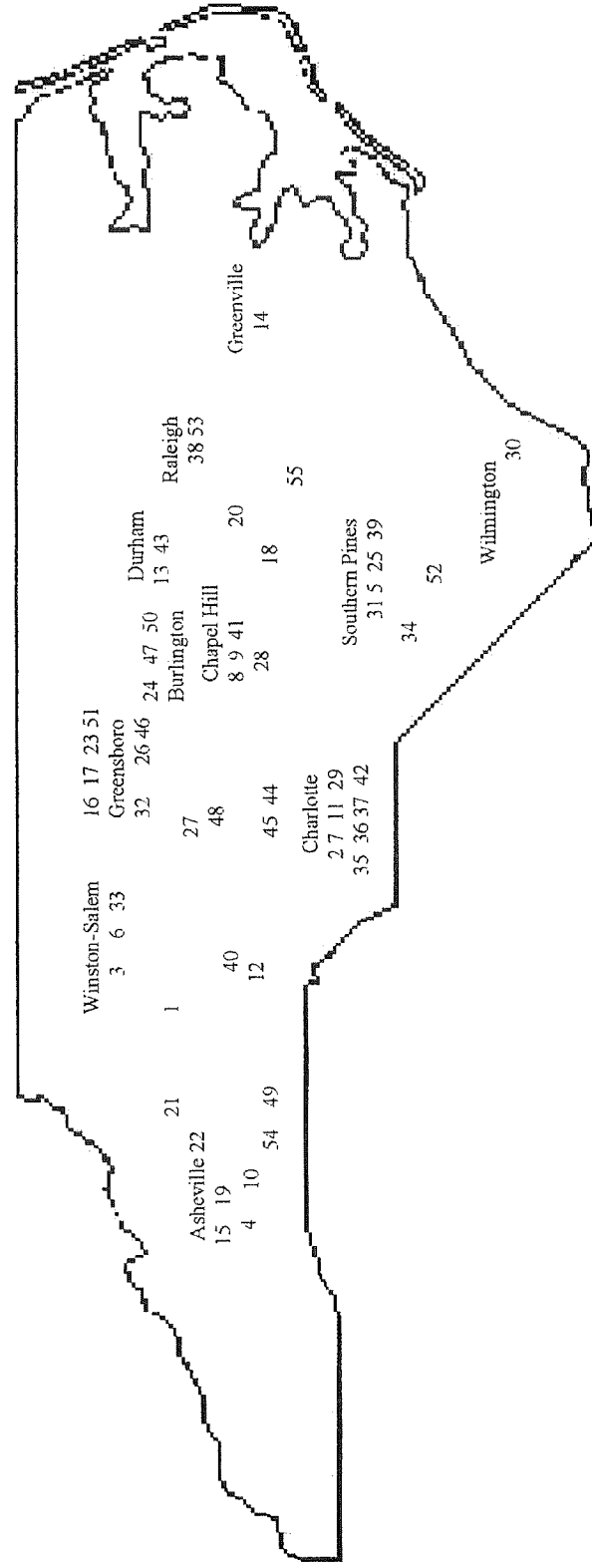
If it's too late for prevention, there are some non-pharmaceutical steps you can take to alleviate the symptoms.

- Vitamin C is a safe natural antihistamine when taken in large doses. Take the vitamin (preferably the buffered variety) several times a day to a total of 3,000 to 4,000 milligrams (mg) per day.
- Fish oil can reduce susceptibility to allergens (follow bottle instructions).
- The herb ephedra may be effective (follow label directions).

Over-the-counter antihistamines such as diphenhydramine (Benadryl) and chlorpheniramine (Chlor-Trimeton) may help clear nasal passages and help you get to sleep, but use them with caution. They are likely to cause drowsiness or, especially in older people, nervousness and irritability instead. Commercial nasal sprays should be used sparingly if at all. If you use them for more than three days, your condition will be worse when you stop.

**Dues Due:** CCCR of NC's 2004-05 fiscal year ended September 20. If you have not already paid your dues for 2005-2006, please do so now. CCCR of NC supports you, and needs member support to make it happen! Checks should be made out to CCCR of NC and given to your local CCCR of NC representative.

## North Carolina Continuing Care Retirement Communities



1. Abernethy Laurels
2. Aldersgate
3. Arbor Acres
4. Ardenwoods
5. Belle Meade Retirement Resort
6. Brookridge Retirement Community
7. Camel Hills
8. Carol Woods
9. Carolina Meadows
10. Carolina Village
11. Carriage Club of Charlotte
12. Covenant Village
13. Crossdaile Village
14. Cypress Glen Retirement Community
15. Deerfield
16. Friends Homes at Guilford
17. Friends Homes West
18. Galloway Ridge
19. Givens Estates
20. Glenaire
21. Grace Ridge
22. Highland Farms
23. Masonic and Eastern Star Home
24. Oak Creek Apartments
25. Penick Village
26. Pennybryn at Maryfield
27. Piedmont Crossing
28. Pitsboro Christian Village
29. Plantation Estates
30. Plantation Village
31. Quail Haven Village
32. River Landing at Sandy Ridge
33. Saletowne
34. Sootia Village
35. Sharon Towers
36. Sharon Village Apartments
37. Southminster
38. Springmoor
39. St. Joseph of the Pines Villas
40. Stanley Total Living Center
41. The Cedars of Chapel Hill
42. The Cypress of Charlotte
43. The Forest at Duke
44. The Gardens of Taylor Glen
45. The Pines at Davidson
46. The Presbyterian Home of High Point
47. The Village at Brookwood
48. Trinity Oaks
49. Tryon Estates
50. Twin Lakes Community
51. Well-Spring
52. Wesley Pines
53. Whitaker Glen Retirement Community
54. White Oak Village Apartments
55. Windsor Point

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## Regional Reports

### From the East

THE EASTERN REGION CCCR of NC Representatives and their alternates met January 24 at Belle Meade in Southern Pines. President Bob Wyatt, of Belle Meade, presided. The 20 attendees represented ten of the 13 eligible retirement facilities in the Eastern Region. Vice President Jim Pope, Carolina Meadows, announced that he was resigning both from the vice presidency and as the representative from Carolina Meadows due to demands on his time. Replacing Jim as the representative will be Allen Evans. President Wyatt passed out proposed bylaws for the Eastern Region, following closely those of our parent organization, CCCR of NC. One difference was the recommendation to make our fiscal year coincide with the calendar year. The recommendation was agreed to with the stipulation that our parent organization would do the same.

Plans were made to hold a meeting for the entire Region on Tuesday, April 25, at Belle Meade. The theme for this meeting will be "Living to the Max." The featured

speakers will be David C. Steffens, MD, Professor of Psychiatry and Medicine at Duke University Medical School, and Denise Waters, Life Enrichment Director at Crossdaile Village.

Officers nominated for the 2006-07 year were: President: Bob Wyatt, Belle Meade; Vice President: Ned Arnett, The Forest at Duke; Secretary: Al Duprey, St. Joseph of the Pines; and Treasurer: Gloria Wyatt, Belle Meade.

*Bob Wyatt*  
Belle Meade

### From the Center

RESIDENTS LIVING IN THE Central Region met Thursday, March 23, in Winston-Salem. The first speaker was Dr. James Toole, Professor of Neurology at Wake Forest Medical School, who talked on instances of mental incompetence and dementia of several world leaders, from Winston Churchill to Ronald Reagan, who were affected while they were in leadership roles. Dr. Lawrence Basirico, Professor of Sociology from Elon University spoke on family relationships and

family reunions, how to plan so that relatives of all ages have fun in renewing long-time relationships. A receptive audience responded and participated.

Don Hasty, Moderator of the Central Region, was present but unable to preside. Sterling Whitener graciously presided over the business meeting. Subjects that were discussed: 1) Our current membership is 745 but is down from last year, and it was suggested that greater effort be exerted at each facility. 2) The amounts of monthly fees considered tax-deductible ranged widely for the various facilities and it was suggested that we try to establish a uniform formula for all CCRCs. 3) Since all facilities do not have residents on their boards of directors, there was concern



Dr. James Toole

about the lack of information about those CCRCs and a desire to allow residents to be on the boards of all facilities.

Willie Johnson, state CCCR of NC President, greeted old friends and announced that the annual statewide meeting will be held October 26 at Christ United Methodist Church in Greensboro, and that the state Board of Directors and representatives will meet May 9 at Aldersgate in Charlotte.

There was not an expressed consensus about the need for a Central Region meeting in the fall. Sterling asked that preferences be submitted to Don Hasty and that other issues and interests be submitted to the coordinating committee. Sandy Lovegrove, editor of the *Hotline*, asked for more news and information to be published, Charles Fitzpatrick, Central Region Treasurer, reported a balance of \$902

and gave a list of expenditures for 2005. After the business meeting there was a buffet luncheon and walking and motor tours of Arbor Acres were offered to the guests. Elizabeth Callari, the Arbor Acres representative for CCCR, was commended for the quality of all the detailed arrangements for the meeting.

*Charlotte Blount*  
Central Region Secretary



Central Region audience.

## CCCR of NC Board Meeting

Date: May 9, 2006

Place: Aldersgate, 3800 Shamrock Drive, Charlotte, NC

Time: 10:00 (refreshments), 10:30 (meeting)

Lunch cost: \$9.00

(checks payable to Aldersgate Residents' Association)

Reservations: Send to Ms. Jean Farris, 3800 Shamrock Drive, Charlotte, NC 28215; phone (704) 532-7279; e-mail <tmhres@mindspring.com>

Deadline for reservations: May 3, 2006

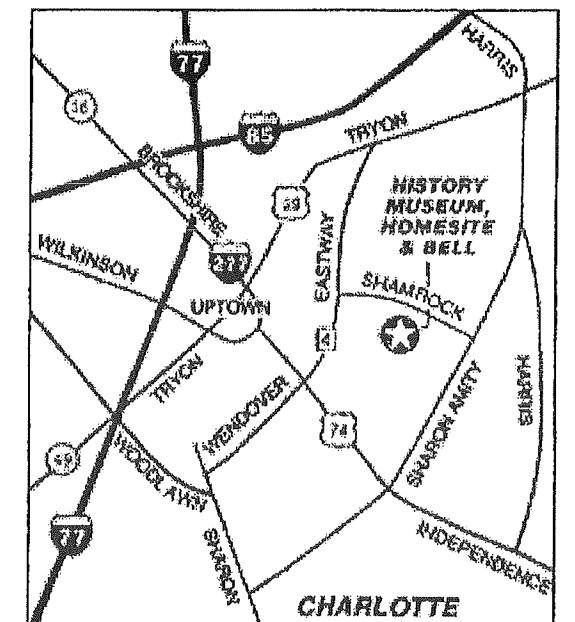
The map shows directions for reaching the Charlotte Museum of History. The easiest way to find Aldersgate is to follow the many signs for the museum.

**From I-77S**, take exit 18, make a left onto Harris Blvd east, go east for 13 miles to Sharon Amity Road, follow to Shamrock Drive.

**From I-77N**, bear right onto I-95 north, follow to exit 41, turn right onto Sugar Creek Road, 3 miles bear right onto Eastway Drive, follow to light, left on Shamrock.

**From I-85N**, take exit 41, turn right onto Sugar Creek Road, 3 miles bear right onto Eastway Drive, follow to light, turn left on Shamrock.

**From I-85S**, take exit 45A onto Harris Blvd east, follow to Sharon Amity Road and turn right, 1 mile, turn right onto Shamrock.



### Registration Form, May 9 Board Meeting

Name \_\_\_\_\_

Community \_\_\_\_\_

Board Member?  Yes  No

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## Letters

### A New Direction for the Hotline?

*To the Editor:*—I am the son of parents at Covenant Village in Gastonia. They received a copy of the November–December 2005 issue of the *Hotline*.

I'd like to make suggestions for the *Hotline*. I think it has too much news about who went to what meeting or conference. It would be a lot more interesting to give some of what was gained from the meetings and if necessary omit who went, where it was, etc. Have more articles like "Tips from Gina's Talk" or investment advice or health tips or reports about someone's visit to what seems to be an exemplary or a sub-standard facility. About visiting residents who are having difficulties or have few friends. About actions taken by state regulators. Perhaps statements by CCCR of NC officers and statements about the operation of the organization could be put on the website, saving the *Hotline* for practical advice about life for those in a CCRC.

I do like your openness about finances.

Best wishes to you and the organization!

*Terry Chambers*  
Durham, NC

*The Editor's reply:*—I thank Mr. Chambers for his thoughtful letter, which brings up a good point. As a resident of a CCRC in North Carolina, you the reader have a stake in the *Hotline*. What do you want it to do?

At present, the *Hotline's* mission, as reflected in what I receive to publish, appears to be primarily to provide a vehicle for meeting information and statements from officers and statements about CCCR of NC organization. We do need to publish these reports, so our members will know what is going on within their organization, but can the *Hotline* be made more interesting and useful to readers by diversifying? Do you want it to place more emphasis on practical advice to residents in their daily lives? If so, it is up to you as a potential contributor to make it happen. Have your residents or managers come

up with an improvement that could be a model for other communities? Can some event or procedure that has added to residents' satisfaction or enhanced life personally or in the community be adopted by others? Let us know about it. (Don't worry if you think you can't write—I can polish up anything.)

As suggested in Mr. Chambers' letter, it would be helpful if, during every regional or statewide meeting, residents took detailed notes of the gists of the principal speakers' talks and submitted reports, and/or sent any handouts, as well as pictures. Community newsletters are the place for reporting local personal celebrations and events, but they also may contain pieces with universal applicability, so please send them. Photos of community scenes and events are welcome, too.

The direction of the *Hotline* is up to you, as reader and potential contributor. If you are satisfied with the status quo, so be it. Otherwise, let me hear from you!

*Sandy Lovegrove*  
Twin Lakes

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## Executive Committee Report

THE CCCR OF NC Executive Committee met at Friends Home West in Greensboro on February 16. Attending were President Willie Johnson, of Croasdaile Village; Myles Walburn, Carolina Meadows, immediate Past President; Dick Neilson, Covenant Village, Western Region representative; Ted Blount, Arbor Acres, Secretary; Sterling Whitener, Friends Home West, former Treasurer; Alan Trelease, Friends Home Guilford, Central Region representative, and Sandra Lovegrove, Twin Lakes, editor of the *Hotline*.

Minutes of the previous meeting of the Executive Committee were approved. The next order of business was consideration of the management contract with the Matt and Ruth Page. CCCR had asked that some actions, such as depositing of checks, be done within a week's time, but the Pages asked for a two-week time allowance. With an approval of that request the contract was approved. The Pages noted that both of them have busy lives besides their business but they are anxious to continue their service. They gave their cell phone num-

bers as (336) 909-4582 for Matt and (336) 909-4581 for Ruth and asked that there be no calls between 8 AM and 4 PM. Their home number is (336) 284-6860.

Sterling Whitener read the Treasurer's report for Treasurer Walton Boyer, who was unable to be present: Budget for the year, \$30,320; spent so far, \$12,842; underspent for the year, \$17,478. The organization is in good financial health. This month a CD at Lexington Bank will mature and the treasury will receive \$10,327, which will be added to the Lifetime Membership Fund.

Sterling announced that we have 791 life members statewide and that our total membership is about 3,800. Sandra Lovegrove reported that while she produces the *Hotline* she needs material for publication. The suggestion has been made that information vital to our residents be presented instead of only that concerning various meetings. Sandy will publish any such information she receives. After much discussion the committee decided to ask the general meeting in October to approve a change in the bylaws that would

make our fiscal year correspond to the calendar year.

Alan Trelease reported that the Central Region was going to have its annual meeting March 23 at Arbor Acres. Dr. James Toole, Professor of Neurology at Wake Forest Medical Center will talk about the health problems of various office holders and their consequences, and Dr. Lawrence Basirico, Professor of Sociology at Elon University, will talk about family relations and the problems involved, especially as manifest at family reunions. A buffet lunch will be offered after the meeting and a tour of the facilities will be offered to all interested. Dick Neilson reported that the Western Region was to have an executive committee meeting February 27, at which time he hoped to decide issues such as how various officers are chosen, and the lengths of their terms. Also, the planning for the April regional meeting, including the themes to be presented, would be addressed. The Eastern Region's meeting will be held April 25 at Belle Meade with the theme "Live Life to the Max," presented by Dr. David Steffens, a psychiatrist from Duke Medical Center.

The president announced that a meeting of the Board

(representatives from each of our facilities) was being planned for May, probably the 9th, possibly at Aldersgate in Charlotte. The committee agreed that each CCRC could list a representative of that facility and an alternate. She announced also that the annual meeting will be in Greensboro at the same location as in previous years on Thursday, October 19. Elizabeth Callari and Chap-

lain Doug Suggs, of Arbor Acres, have offered a program on the "Value of Touch in the Elderly" and their offer was gladly accepted. Other programs were mentioned. A brochure for Board Members is being put together and will be sent out in the near future.

Meetings of NCANPHA were announced, and all members of CCCR are invited. There will be a meeting in Cary February 27 and a

meeting at Newton February 28. A major effort to change the statutes concerning imputed interest is to be made, and CCCR members are being asked to help in the effort.

The meeting adjourned for lunch at 12:15, after which the group left for their respective facilities with a sense of accomplishment.

*Ted Blount*  
Secretary

## Membership Totals Report—January 2006

The CCCR of NC membership totals below were provided by Matt and Ruth Page.

	2003 DUES	2004 DUES	2005 DUES	2006 DUES	LIFE DUES
<b>CENTRAL</b>					
ARBOR ACRES	14	26	69	63	4
FRIENDS HOMES GUILFORD	40	51	75	85	21
FRIENDS HOMES WEST	143	161	165	172	84
PENNYBYRN AT MARYFIELD	26	26	27	27	0
PIEDMONT CROSSING	71	63	78	98	14
PRESBYTERIAN HOME	46	63	72	49	3
RIVER LANDING AT SANDY RIDGE	23	8	4	1	1
SALEMTOWNE	17	26	48	20	1
THE VILLAGE AT BROOKWOOD	0	27	60	36	4
TRINITY OAKS	93	112	88	25	11
TWIN LAKES	102	122	98	82	29
WELL SPRING	142	116	133	111	26
	<b>717</b>	<b>801</b>	<b>917</b>	<b>769</b>	<b>198</b>

	2003 DUES	2004 DUES	2005 DUES	2006 DUES	LIFE DUES
<b>EASTERN</b>					
BELLE MEADE	182	223	240	261	12
CAROL WOODS	134	142	157	157	27
CAROLINA MEADOWS	379	237	305	307	68
CROASDAILE VILLAGE	150	113	116	169	48
CYPRESS GLEN	66	77	68	58	12
FOREST AT DUKE	206	99	190	207	53
GLENAIRE	163	190	133	169	23
PENICK VILLAGE	26	25	11	58	8
QUAIL HAVEN VILLAGE	3	3	4	7	0
SCOTIA VILLAGE	77	101	116	116	13
SPRINGMOOR	6	6	6	6	6
ST. JOSEPH	30	34	55	70	0
WESLEY PINES	23	33	50	51	0
WINDSOR POINT	6	3	5	3	2
	<b>1451</b>	<b>1286</b>	<b>1456</b>	<b>1639</b>	<b>272</b>
<b>WESTERN</b>					
ABERNETHY LAURELS	30	40	59	41	6
ALDERSGATE	84	134	158	229	12
CAROLINA VILLAGE	0	6	0	0	0
COVENANT VILLAGE	202	203	205	202	1
CRESCENT VIEW	1	0	0	0	0
DEERFIELD	267	260	279	251	141
GIVENS ESTATES	1	2	3	4	0
GRACE RIDGE	97	64	85	63	20
HIGHLAND FARMS	0	0	9	0	0
PINES AT DAVIDSON	43	36	14	9	8
PLANTATION ESTATES	233	208	173	76	71
SHARON TOWERS	0	0	0	0	0
SOUTHMINSTER	110	107	86	74	3
THE CYPRESS OF CHARLOTTE	7	0	0	0	0
TRYON ESTATES	203	218	235	324	33
	<b>1278</b>	<b>1278</b>	<b>1306</b>	<b>1273</b>	<b>295</b>
<b>Grand Total</b>	<b>3446</b>	<b>3365</b>	<b>3679</b>	<b>3681</b>	<b>765</b>
Life Members are included in all figures.					

Monday, April 03, 2006