



The Hotline is published periodically by Abel Publication Services, Inc., 284 Dryman Road, Franklin, NC 28734, 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 Franklin address above, e-mailed to sandabel@aol.com, or faxed to (828) 349-9826.

<CCCRofNC.org>
The CCCR of NC HomePage is your source for information—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>. If your community does not have a representative, mail checks to: CCCR of NC, c/o Susan Rhyne, 3913 Muhlenberg Court, Burlington, NC 27215. 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

Enjoy Good Fellowship, a Good Talk, and Good Food at the Annual Meeting

JOIN THE FUN and increase your knowledge at the same time at the CCCR of NC statewide annual meeting! The date is Thursday, October 18, and the location is Christ United Methodist Church in Greensboro. Registration, refreshments, and fellowship will be enjoyed from 9:30 to 10:30, after which featured speaker David M. Klein, MD, will address "Ethical Issues at the End of Life: What's Old? What's New?" and answer questions.

Dr. Klein, an accomplished speaker, lives at Carolina Meadows with his wife, Carol. A native of Washington, DC, he received his MD degree from George Washington University School of Medicine there. After residency in neurosurgery at Massachusetts General Hospital, he joined the faculty at State University of New York at Buffalo, where he practiced and taught pediatric neurosurgery for 35 years. Day-to-day problems in caring for patients led to his strong interest in clinical ethics. Dave and Carol retired to North Carolina in 1993, and he has been a volunteer member of the UNC faculty since that time.

He is currently Clinical Professor of Neurosurgery at the UNC School of Medicine, Chapel Hill, and a member and past chair of the Ethics Committee of the UNC Hospitals. At Carolina Meadows, he chairs the Health Committee of the Board of Directors.

The afternoon session will be a time of reflection and dialogue about our organization, what its goal should be in this 21st century, why it is important for residents to be members of CCCR of NC, why we maintain so much money in the treasury, and other concerns that residents have.

Reservation Information

The reservation form and a check for \$7.50 made out to CCCR of NC (to cover the cost of refreshments and box lunch) should be mailed to: Susan Rhyne, 3913 Muhlenberg Court, Burlington, NC 27215. Deadline date for reservations is October 13, 2007.

Willie Johnson
President

Join us on October 18—
Registration form on page 2

HOW TO GET TO THE MEETING

From the east, northeast, and southeast, enter Greensboro on I 40/BUS I 85, follow BUS I 85, turn off at Exit 121 B to Holden Road. Turn right and follow Holden Road north to the church, on the right between Market Street and Friendly Avenue.

From the north on US 220, Pass Lowe's, then turn right at the sign "To Holden Road." Follow Holden Road South past the intersection with Friendly Avenue. The church will be on your left.

From the south on US 220, turn left (toward Charlotte) on BUS I 85. Turn off at exit 121B to Holden Road. Turn right and follow Holden

Road north past the intersection with Market Street. The church will be on your left.

From the southwest, take BUS I 85 to turn off at exit 121B to Holden Road. Turn left (north) and follow Holden Road north past the intersection with Market Street. The church will be on your right.

From the west on I 40, turn off at Exit 218, follow Patterson Street (NC 6) to the intersection with Holden Road. Turn left and follow Holden Road north past the intersection with Friendly Avenue. The church will be on your right.

A map is provided on the next page. Groups are encouraged to take advantage of their communities' buses, to avoid parking congestion.

CCCR of NC Annual Meeting
Christ United Methodist Church, Greensboro, NC
Thursday, October 18, 2007
9:30 AM—Registration, food, and fellowship
10:30 AM—Meeting

REGISTRATION FORM (OPTIONAL)

You may use this form to register:

Please register me (us) for the CCCR of NC Annual Meeting, October 18, 2006.

Name(s) (please print): _____

Address _____

Community _____ E-mail or phone _____

Amount of check enclosed \$ _____

Mail check for \$7.50 for each person **made payable to CCCR of NC.** Send the check to Susan Rhyne at 3913 Muhlenberg Court, Burlington, NC 27215.

I (we) have the following dietary restrictions:

include interior and exterior maintenance, housekeeping, wellness and fitness programs, transportation, and 24-hour security. In addition to a community dining room, the Overlook offers residents a first-floor "arcade," for social activities, which includes a concierge desk, game and billiards room, library, chapel, theater, pub dining, and original fireplaces.

Jennifer Bunting

Marketing & Sales Coordinator
St. Joseph of the Pines Health System

**Tryon Estates Walking Team—
Today America,
Tomorrow the World!**

UNDER THE LEADERSHIP of resident Hal Bright the Tryon Estates Walking Team (TEWT) walked the United States. The idea was generated by Hal to focus upon fitness and help keep residents active. Members are all volunteers and 55 folks did the walking either indoors, outdoors, or on treadmills, logging more that 22,000 miles. Progress was tracked on a large map, with comments appropriate to the locales of the walkers as they did the walk. A great deal of local interest was generated as the progress was monitored on a weekly basis. Several of the walkers logged over 1,000 miles, and several more logged more than 750 miles and 500 miles, respectively. The "walk" was so popular that the next challenge is to walk the world. Perhaps your community may be interested in doing such a walk!

Paul Sutherland
Tryon Estates

Same Time, Same Place

Relaxed at last in my favorite chair,
reliving a post-traumatic nightmare;
Paying the price for cost-cut tourist class,
I sit, shrink-wrapped in a center seat;
Designed ergonomically by latter-day
Disciples of "one-size-fits-all" Procrustes.

As I compete for room on either side,
for a modicum of space to eat
my tiny ration of pretzels or peanuts
I contemplate my self-inflicted hours
of squirming in the transatlantic stocks
and dream of my forsaken Comfort Zone.

As everything has gotten twice as hard:
seeing, hearing, buttoning, tying,
I've learned to curse the non-arthritis,
non-carpal-tunneled striplings
who gleefully design the many kinds
of "EZ-open" tops and caps
that stand between me and my favorite foods
or life-preserving medications,
while I retreat to my beloved Comfort Zone.

As everything takes twice as long:
to dress, to walk, to call up names
or read the morning paper.
I realize an immediate fact
of space-time relativity:
"If everything takes twice as long for me,
then time must seem to go by
twice as fast for everything else"
the hours, weeks, and years
outside my existential Comfort Zone.

It's taken so much discipline and planning
To organize my daily routines one by one,
Forgive me if I sometimes seem alone
When I defend my hard-won Comfort Zone.

Ned Arnett
The Forest at Duke

From Our Communities

St. Joseph of the Pines Welcomes New Residents to The Overlook at Pine Knoll

ST. JOSEPH OF THE PINES recently welcomed its first residents to The Overlook at Pine Knoll, the organization's newest senior living community, in February. Located on Central Drive in Southern Pines, The Overlook, built in 1928, is the former Pine Needles Inn and Resort, which has been renovated into 24 senior living residences. At an official grand opening in May, more than 300 residents and

guests enjoyed tours of the first floor arcade and available apartments, as well as hors d'oeuvres prepared by the chefs of St. Joseph of the Pines.

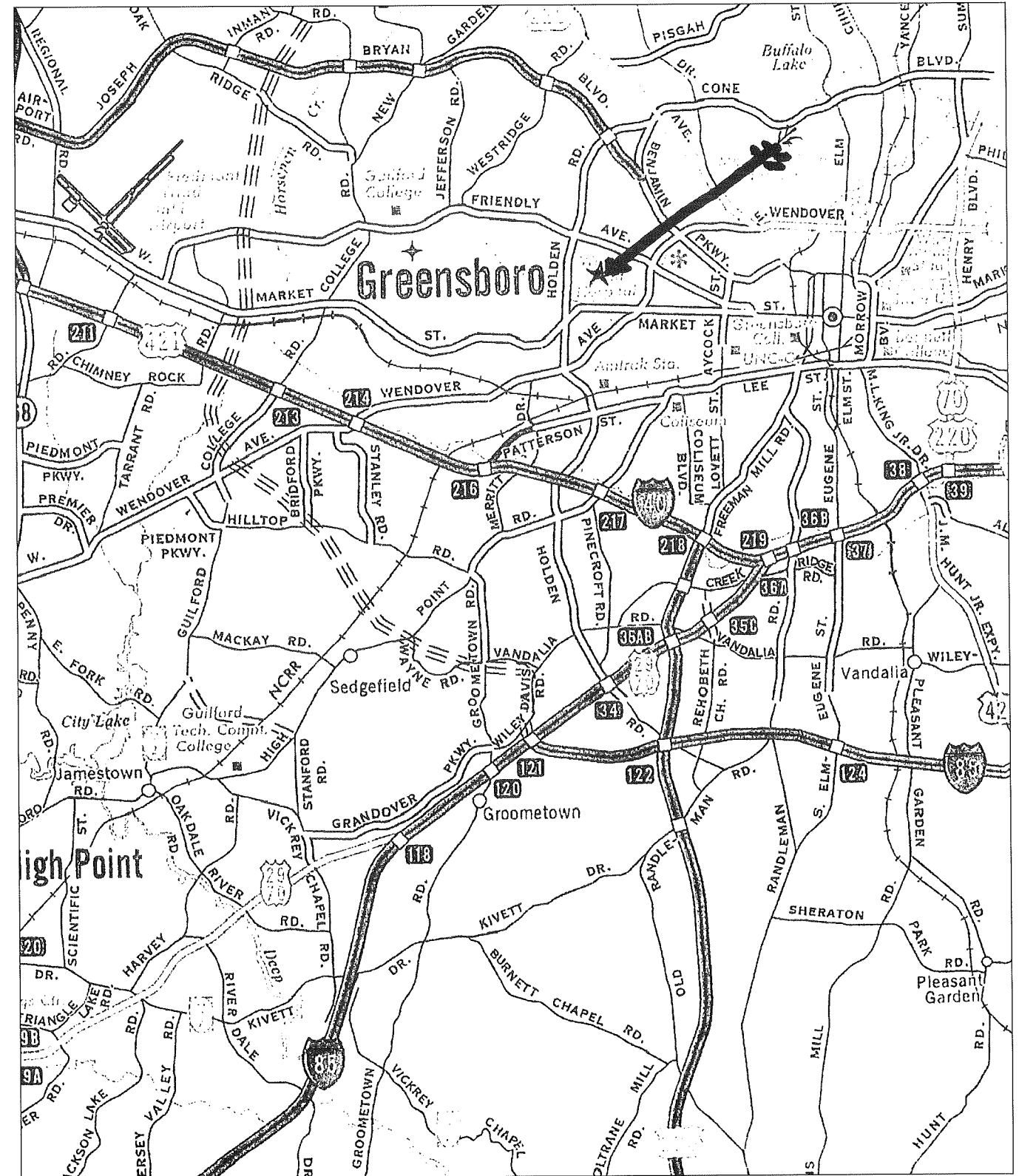
Each apartment is individually climate-controlled and is furnished with high-tech fire and smoke detection systems, personal emergency response devices, cablevision, and high-speed Internet capabilities. Services



Grand opening at The Overlook at Pine Knoll.



Tryon Estates residents (from left) Sylvia Creasy, Hal Bright, Jeanne Van Deusen and Corky Van Deusen walk around Laurel Lake. The Tryon Estates Walking Team logged a total of 22,210 miles on a virtual walk around the United States.



Small Groups at Central Meeting Generate Big Ideas

AT THE GENERAL MEETING of the Central Region on June 7, attendees split into discussion groups to consider issues facing residents of our communities. The following is a summary of points made in these small-group sessions.

There is a sense in which CCCR of NC takes the place of a "union" in dealing with human rights. "Connectedness" is one of the main things CCCRC can provide at many levels—between residents, between residents and administration, between residents and the wider community, and between residents and law-making bodies. One group also mentioned the opportunity for continued learning through first-class speakers at special CCCR of NC events. Fellowship, communication, and continuing education, therefore, were seen as basic ingredients of CCCR of NC, along with advocacy of resident rights. There appears to be a consensus that small-group opportunities such as these at major meetings would be welcome and beneficial.

There is also a sense that CCCR of NC should cooperate with North Carolina Not-for-Profit Homes for the Aging (NCANPHA), the organization of administrators, where there is mutual concern, but that CCCR of NC should have a part-time lobbyist of its own where this is indicated, as there can sometimes be a need to lobby NCANPHA itself. The non-smoking issue and resident board representation are cases in point. Achieving this would require an active Legislative Committee. It was suggested that Susan Williamson, Executive Director of NCANPHA, speak to a future group of CCCR of NC.

Everyone agreed that we must get new members, and each group spent considerable time in addressing this issue. The most dominant response to this was to organize local chapters or units. Where these are in place "there is more unity of purpose, more facility in getting things done, and a structure through which there is an orderly election of representatives and officers." Local units also help to promote interest and can help to provide the socialization mentioned above. Other suggested avenues for recruitment included: agreement with local management that all residents are "automatically" enrolled with the choice of opting out if desired; distribution of the *Hotline* to all residents; individual recruitment of members, i.e., each member take responsibility for recruiting one other person; keeping a supply of membership blanks available in busy areas; meeting with residents as they enter in much the same way as a "welcome wagon."

Willie Johnson, President of CCCR of NC, participated in one of the groups. She pointed out that members can especially assist in planning annual meetings by suggesting subject topics for small-group breakout sessions. In doing this she suggested we think about "what do we need to know more about, who can help, what others have done, how to define and begin a new important project, etc." We can do this individually by contacting her at <williejohnson@aol.com>, telephone (919) 384-2189, through local representatives, or through meetings such as this one.

Hope Davis

Trinity Oaks
Central Region Coordinator

Don't Be a Victim!

DON'T BE A VICTIM! That's the mantra chanted by Dan Starks, a specialist in self-protection. We heard it numerous times during a two-hour presentation by Dan and his wife, Connie.

Dan introduced the three Rs of personal safety: **Recognize!** **Respond!** and **Resolve!** If you become the target of opportunity for a predator, you have 3–5 seconds to *recognize* the threat and determine the best way to *respond* to the threat. What about resolve? You must *resolve* never to let yourself be unprepared for the threat.

Crime is random and senseless. Criminals look for targets of opportunity. They are predators looking for easy targets! A Charlotte police officer, addressing a group of residents engaged in the AARP Safe Driving Course, referred to the participants as the "earlier born generations." And as members of the earlier born generations, we are often targets of opportunity if we are not prepared to recognize the threat and respond in an appropriate manner.

Why do criminals look for targets of opportunity? Starks said that statistics indicate that criminals have an 80% chance of not getting caught! However, if they are unlucky and get caught, they often may serve only 16% of the time given them as punishment for the crime. Our criminal justice system, Starks said, is extremely lax in dealing with predators.

People are most vulnerable when getting out of or into cars. Your vulnerability increases whenever you have groceries or packages in your hands, or a cell phone at your ear. Your vulnerability also increases if you drive with a Handicap placard hanging

from your rear-view mirror (a violation of the law, since it hinders the line of sight of the driver) or a Handicap license plate on your car. Another factor that increases the danger of becoming a target is the need to use a cane, a walker, or a rollator.

- Be alert at all times, especially when parking or returning to a parked car. Do not park near bushes or shrubs. Don't fumble in your pocket or purse for your keys; have your keys out and ready to open the door when you reach the car; get in and lock the doors immediately.

- Secure and carry an aerosol spray that is effective. Your local police department can recommend a product to you. And don't be timid about using it when you feel threatened.

- As you drive, try to leave space around you that will allow you to turn right or left from the line of traffic. Avoid getting too close to the car in front of you. You should be able to see the back tires on the pavement of the car in front of you when you have to stop at a traffic light.

- Never roll down your window to talk with a stranger! Avoid eye contact and drive away as quickly as possible.

Remember, don't be a victim!

William Pearce
Aldersgate

Dan Starks runs a personal safety training program and works with local, state, and federal law-enforcement agencies. He also appears on local TV and weekly in the *Charlotte Observer* with a column.

and such an organization does not have to file a report if the income is less than \$25,000. (A C-3 organization can solicit funds but is not allowed to lobby; a C-4 organization can lobby but can not solicit funds.) If all of the money for our annual meeting were counted as income we might reach the \$25,000 level, but since this money is sent to Susan Rhyne it is considered a pass-through and not income.

Susan has not yet been able to activate all of the computer necessary to carry out her work, so Matt Page has agreed to help her in August until she is ready for the full responsibility.

August 29

Present were Willie Johnson, Bob Wyatt, Ted Blount, Paul Sutherland, Hope Davis (Trinity Oaks) and Myrtice Alexander (Twin Lakes), representing the Central Region, and Myles Walburn.

Walt Boyer sent word that we have \$49,263.17, of which \$30,482.77 is in CDs,

\$17,569.94 in a money market savings account, and the rest in a checking account.

Myrtice and Hope and Paul gave regional reports.

The Nominating Committee—Myles Walburn, Paul Sutherland, and Priscilla and Mel Zuck—offered the following nominations for the next fiscal year:

President: Bob Wyatt, Belle Meade
Vice President: William Pierce, Aldersgate
Treasurer: Bill Gentry, Croasdaile Village
Candidate(s) for Secretary yet to be selected

New officers will be voted on at the annual meeting in October.

It was announced that NCCANPHA is willing to have a representative from CCCR of NC on its Board of Directors.

Respectfully submitted

Ted Blount
Secretary

North Carolina Coalition on Aging

Notice of Annual Meeting

All CCCR of NC members and their friends are invited to attend this meeting. CCCR of NC is a dues-paying member of this coalition, which includes over 40 organizations actively involved in aging issues: AARP, NC Mental Health Association, DAV, League of Women Voters, Senior Citizens Association, etc.

The meeting will be held September 28, 3007, from noon to 2 pm, at the North Carolina State University Club, 4200 Hillsborough Street, Raleigh, NC. Keynote speaker will be Dr. J. Steven Fulks, Dean, School of Behavioral Sciences, Barton College, Wilson, NC.

The cost of the lunch (chicken Caesar salad, dessert, coffee or tea) is \$10. Registration materials are available from Ivor Collins, CCCR of NC Representative to the Coalition, telephone (919) 918-3556; e-mail: <shirleyrhea@hotmail.com>.

Ivor Collins
Carol Woods

The Organization That Represents Us— Fiction and Fact

WE ALL KNOW (or should know) what the CCCR of NC (Continuing Care Community Residents of North Carolina) is. It is the organization that represents the residents of continuing care communities in our state. As such, your individual membership is important, since a strong, healthy, and large membership puts the organization in a good position to further the interests of its members. In numbers there is strength, and we need that strength to be heard both in Raleigh and on the national scene when required. There is a misconception that there is another organization—CCRC, but that is just not so. CCRC is the acronym for Continuing Care Resident Community. Your community is a CCRC. Everyone's individual community is a CCRC!

This misconception, perhaps, persists because the title of the North Carolina

Department of Insurance publication that lists all of the continuing care communities in the state is "Continuing Care Resident Communities—Reference Guide." There is no associated organization.

This misunderstanding may have inhibited membership in CCCR of NC. It has been stated by some that "there is no need to belong to CCCR of NC as I already belong to CCRC." Those who are under this impression misunderstand the situation. CCRC as an organization does not exist. CCCR of NC is the *only* organization. It is your organization, and membership is in your best interest.

Paul Sutherland
Tryon Estates

New Membership Services Provider

A change has been made in CCCR of NC's membership services provider. All membership information and dues should be mailed to:

Susan Rhyne
3913 Muhlenberg Court
Burlington, NC 27215

Note: If you choose to become a life member, include your apartment number (if applicable) in your mailing address.

Western Meeting Report

ABOUT 100 MEMBERS attended the annual meeting of the Western Region of CCCR of NC, held May 24 at Tryon Estates. Dick Nielsen, Region Chairman, presided. Paul Sutherland, Meeting Chairman, introduced Tryon Estates Executive Director Tom Strader, who welcomed the attendees. Kaye Steele, President of the Tryon Estates Resident Association, greeted the crowd and announced that tours would be available after the meeting.

The first speaker, J. Ronald Ennis, from the North Carolina Department of Insurance, is Manager of Licensing and Regulation of all CCRCs in the state. His topic was "CCCR of NC, A Look at Today and the Future." After his presentation, he provided the following information in response to questions:

- Continuing care and life care are interrelated terms.
- A community must request to expand and the expansion must be approved by the Department of Insurance before building commences.
- <www.ncdoi.com> provides answers to questions related to licensing and regulations.
- Currently, CCRCs in North Carolina average 90% occupancy.

David Fox, from the North Carolina Department of Justice, spoke about "Frauds, Scams, and Questionable Business Activities Targeting Our Seniors," focusing on how easy it is to con vulnerable lonely people. He gave examples of how clever-talking scam artists gain their victims' confidence by posing as interested in lonely souls and get them to send money for taxes or to receive a big prize (which never comes). Mr. Fox emphasized that you never have to pay anything in advance for a prize.

After lunch, Dick Nielsen reconvened the group for the business meeting and read the slate of nominees for officers for the coming year: Chairman, Paul Sutherland, Tryon Estates; Vice Chairman, Jean Farris, Aldersgate; Secretary, Pat Looper, Grace Ridge; Treasurer, Wendell Swift, Abernethy Laurels; Program Chair, Betsy Beam, Aldersgate.

Paul Sutherland presented to Dick a framed letter of appreciation from Willie Johnson, CCCR of NC, President, for his service to the Western Region. As incoming Chairman, Paul emphasized that increasing membership would be a primary goal of the region in the coming year.

Pat Looper

Western Region Secretary

Hotline Contact Information Has Changed

Sandy Lovegrove is no longer a resident at Twin Lakes, but she will continue as editor and publisher of the *Hotline*. Her new mailing address is: 284 Dryman Road, Franklin, NC 28734; phone and fax, (828) 349-9826; e-mail <sandabel@aol.com>. She is waiting to receive articles and pictures from you. She can only publish what we contribute!

Executive Committee Meeting Highlights

THE EXECUTIVE COMMITTEE of CCCR of NC met on three occasions over the summer. All meetings were held at Friends Home West in Greensboro, and all convened at 10:30 AM.

June 6

Present at this meeting were CCCR of NC President Willie Johnson, Croasdaile Village; Bob Wyatt, Belle Meade, Vice President; Ted Blount, Arbor Acres, Secretary; Ned Arnett, The Forest at Duke, Eastern Region Representative; Allen Trelease Friends Guilford, Central Region Representative; Paul Sutherland, Tryon Estates, Western Region Representative; Myles Walburn, Carolina Meadows, past President; and Sandy Lovegrove, editor of the *Hotline*.

Willie introduced Paul and Ned as new members of the executive committee. Ned, Allen, and Paul briefly discussed events in the three regions. Allen announced that a questionnaire had gone out to 30 or more recipients about residents being on the various boards of directors. Bob asked for clarification regarding dues paid at various times of the year and the year for which credit would be given. The consensus seemed to be that each facility could make its own decisions and see that the provider of membership services, Susan Rhyne, Twin Lakes, gets the information. The committee voted to reimburse Susan for the software that will be necessary for her work.

Myles brought up the tax status of CCCR of NC and the changes of reporting requirements recently enacted by the legislature. Tax-free organizations with an income of more than \$25,000 must submit form 990 and we may reach that level soon. We qualify for

being a 501 C 4 organization but we must apply on form 1023. The committee asked Myles to continue to pursue the matter.

A study committee on the use of the reserve funds is being formed and the recommendation was made that the regional treasurers be included.

July 25

Present were Willie Johnson, Bob Wyatt, Walton Boyer, Treasurer, Ted Blount, Ned Arnett, Paul Sutherland, Allen Trelease, and Myles Walburn.

Walt Boyer reported that expenses presently exceeded income, a normal circumstance for this time of the year. We have purchased two more CDs of \$500 so that we now have a CD for every month that can be drawn down at that time with no penalty. Interest rates range from 4.25% to 5%. Walt's summary was "things look good."

Paul, Allen, and Ned gave regional reports. Ned brought up the question whether we need a legislative committee. The Executive Committee agreed that we should continue to respond on an *ad hoc* basis with intercommunication and information from NCAN-PHA and its lobbyist. Alan reported the results of a questionnaire regarding residents on the boards of directors of the various CCRCs. The answers were divided into those from independent facilities and those that were one of a group of facilities. Of the respondents, 18 were part of a group of facilities and 12 were autonomous. Independent facilities were much more likely to have residents on their boards.

Walt is concerned about our relationship with the IRS. We are a 501-C-4 organization