



The hotline

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 Bob Wyatt, 109 Owens Lane, Southern Pines, NC 28387. 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 Bob Wyatt, 109 Owens Lane, Southern Pines, NC 28387; e-mail <owens109@nc.rr.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) For membership year 2008 2009

(Your name) (Spouse's name, if applicable)

Community _____

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

One to Go!—Central Region Meeting Is June 12

TWO OF THE THREE REGIONS of the CCCR of NC (Continuing Care Community Residents of North Carolina) met on Tuesday, April 8 (see reports in this issue). The Central Region will hold its meeting Thursday, June 12, beginning at 10 AM, at Friends Homes West in Greensboro.

Mel and Priscilla Zuck of Friends Homes at Guilford have arranged a special program featuring the founders of "The People's Pharmacy," Joe and Terry Graedon (see next page). The popular Graedons are expected to attract an audience both from the Central Region and from the other two regions. Attendance is limited to 200, so early registration is advised (use registration form on page 3).

To Reach Friends Homes West
6100 West Friendly Avenue, Greensboro

From the West via I-40: At the Gallimore Dairy Road exit, move to the right lane in order to exit at #212, which is marked I-40 Business and Bryan Blvd. You continue to exit at # 24 marked Bryan Blvd. Shortly you will see a notice for the Friendly Road exit (#2). Turn right (east) on Friendly and proceed about a mile to the fourth light at the entrance of Friends Homes West. After entry just beyond the sign, turn right to reach the Administration entrance opposite the pond to unload passengers.

From the East via I-40 Business: It is important that you take I-40 Business into Greensboro and follow it through town toward Winston-Salem. Immediately past the Wendover Ave. exit, be sure you get in the right lane for the Guilford College Road exit. Turn right and proceed north past Market Street to Friendly Ave., where you will turn left at the light. In less than half a mile, at the first light, is the entrance to Friends Homes West. Turn right on the circle drive and proceed to the Administration entrance opposite the pond to unload passengers.

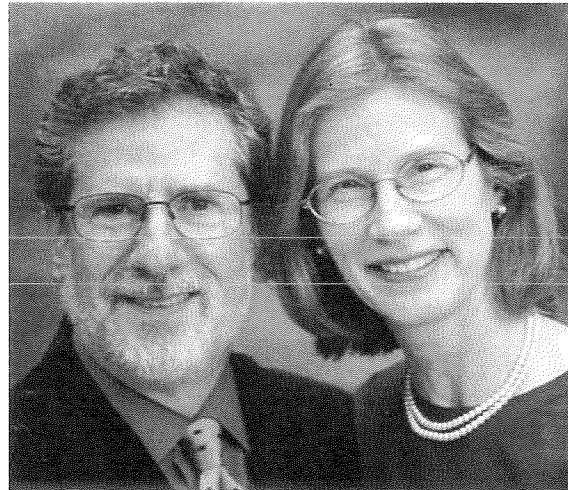
From the West via I-85: The latest configurations completed recently show that when you reach the area of Groomtown Road you are still about ten miles from Friends Homes West. You need at this time to get in a left lane as confusion mounts as you approach exit 120B toward PTI Airport. (Do not take 120A.) You will find that Bryan Blvd. is added to the sign, so you take the 120B exit. On this section it is a rather lengthy drive to find exit 2 for Friendly Ave. You select the right lane and turn east on Friendly. A mile or more later at the fourth light, the entrance to Friends Homes West is on the left. After entry turn right to reach the Administration entrance opposite the pond to unload passengers.

Note: There will be parking volunteers to tell you where you can find parking. Car pooling or the use of busses is encouraged.

Not in the Central Region? Come anyway

Graedons to Speak in Greensboro June 12

Joe Graedon, pharmacist, and Theresa Graedon, PhD, are among America's most trusted healthcare authorities. Their nine books, including the bestseller, *The People's Pharmacy*, have combined sales of more than 3 million copies. Their thrice-weekly newspaper column appears in more than 100 newspapers and their weekly radio talk show is heard on more than 500 stations worldwide. They live in Durham. On June 12 they will speak at the meeting of the Central Region of the Continuing Care Community Residents of North Carolina, at Friends Homes West, 6100 West Friendly Avenue in Greensboro. After their presentation they will answer questions from the audience, and their books will be available.



Joe and Theresa Graedon

The program begins at 10:30 AM, after a half-hour period for coffee and refreshments. The Graedon's presentation will be followed by a short business meeting, with a box lunch provided at 12:30. For further information contact Kitty Wilson, chair, FHW

Steering Committee, (336) 852-4042, or Sterling Whitener, shrlin@bellsouth.net; (336) 297-9688.

All CCCR of NC members statewide and interested others in the Central Region are invited to attend and meet these distinguished speakers. You may use the registration form (*Hotline*, page 3) to register. Mem-

bers should send a check for \$10 (no cash). Any interested friend or non-member from a Central Region community may attend by sending a check for \$15.00. Of this amount, \$5.00 can be allocated for a 2008 membership in CCCR of NC by checking the space indicated on the form. Registrations must be *received* by Saturday, June 7. Registrations will be accepted according to the postmarked dates on the envelopes on a first-come, first-

served basis. Payments will not be accepted at the meeting on June 12. Questions about registration may be directed to Robert Whitener, bobwhitnr@peoplepc.com; phone (336) 202-4015.

F.Y.I.

Morale Boost for Our Soldiers

IN EXCHANGE for your old cell phones, chargers, and batteries, free prepaid calling cards for use of our soldiers overseas can be obtained. The program is called Cell Phones for Soldiers (a 501c nonprofit organization). Thousands of calling cards have been sent to troops in the last four years. Items are sent to a recycling center that provides the funds for the calling card program. Each cell phone is good for a card of one hour of free calling time for the military overseas. Minutes can be added to the cards at a small charge.

There is no charge for sending in the items, as prepaid shipping labels for FedEx (over 3-pound boxes) and UPS (under 3-pound boxes) are sent to the sender via e-mail or regular mail.

The Cell Phones for Soldiers program welcomes names of those individuals or units

you would like the cards sent to. If there is a contact person for a specific unit, they will send one for each person in the unit. Families in the United States can also request cards to send to overseas family members.

All the information about this program is available at the web site <[www. Cellphonesforsoldiers.com](http://www.Cellphonesforsoldiers.com)>.

Carol Clise

Abernethy Laurels

Lose Unwanted Catalogs

TO GET RID OF CATALOGS you don't want, join Catalog Choice. The service is free—just input your name and a password at <[www. catalogchoice.org/signup](http://www.catalogchoice.org/signup)>. Then sit down with the catalogs you don't want and enter their names in the web site.

Peg Macdonald

Carolina Meadows

Acronyms Spelled Out

AAHSA	American Association of Homes and Services for the Aging
AARP	American Association of Retired Persons
AL	Assisted living
CCAC	Continuing Care Accreditation Commission
CCCR of NC	Continuing Care Community Residents of North Carolina
CCRC	Continuing care retirement community
DOI	Department of Insurance
HCFA	Health Care Financing Administration
IL	Independent living
LTC	Long-term care
NaCCRA	National Continuing Care Residents Association
NCANPHA	North Carolina Association of Not for Profit Homes for the Aging
NCCA	North Carolina Coalition on Aging
NCSCA	North Carolina Senior Citizens Association

From Our Communities

Abernethy Laurels Offers Wii Technology

VIDEO GAMES are relaxing and enjoyable. According to the Entertainment Software Association, 24% of Americans 50 years old or older played video games in 2007. Abernethy Laurels has added Nintendo's Wii technology to activities and rehabilitation therapy. A motion-sensitive controller allows participants to engage in virtual activities such as bowling, golf, and boxing. The technology requires body movements similar to traditional therapy exercises, often allowing participants to become so engrossed mentally that they forget the repetitive and boring nature of traditional exercises. The technology offers low-impact exercise with a full range of motions that is similar to chair aerobics or tai chi, only more fun. Participants move their arms in imitation of actually doing an activity, such as rolling a bowling ball.

Joy Cline

Development & PR
Abernethy Laurels

Southminster Goes Green

IN THE SUMMER of 2007, Southminster decided to "go green." A chance remark by a resident who said "What if everybody here bought one of those funny light bulbs" was the catalyst that started the project. A committee to make residents and staff aware of conserving, recycling, and managing our natural resources kicked off the program with a week of highly publicized activities, including sell-

ing CFLs, showing the movie "An Inconvenient Truth," and holding a Going Green party, where prizes (wrapped in recycled newspaper) were awarded to residents who contributed their own energy-saving ideas. Special tee shirts, tote bags, and a large banner in the lobby proclaim "Southminster is Going Green."

The committee meets monthly to increase awareness of Reduce, Reuse, and Recycle. As one resident says, "There are all kinds of little things everyone can do to conserve resources if we just think about it. Whether it's getting dripping faucets fixed or doing only full loads of laundry, we all can take responsibility."

Marilyn Johnson

Southminster

Tryon Estates Skilled Care Facility Recognized

WILLOWBROOKE COURT, the skilled care facility at Tryon Estates, has been listed by *Consumer Reports* as being among the top 10% of the 400 skilled nursing homes in the state. The facility also has the distinction of receiving a rating of no deficiencies as a result of the annual non-scheduled survey by the Division of Facility Services of the North Carolina Department of Health and Human Services.

Rae Glover

Tryon Estates

Hotline address change: Contributors please note that the Hotline's address has changed to: Sandra Lovegrove, 284 Dryman Road, Franklin, NC 28734.



Friends Home West

CENTRAL REGION REGISTRATION

Mail to Robert W. Whitener, 6100 W. Friendly Ave., Apt. 1108, Greensboro, NC 27410

NAME/NAMES _____

CCCR of NC member(s)? Yes _____ No _____

COMMUNITY or address _____

COST: CCCR of NC MEMBER \$10.00

NON-MEMBER VISITOR \$15.00 (includes membership fee if desired:

If currently a non-member(s), I (we) agree to become a member(s) _____)

CHECK ATTACHED \$_____. Make your check out to "CCCR of NC Central"

(Reservations must be received no later than June 7)

From the East:

Meeting Focused on People Who Represent Seniors

CCCR OF NC MEMBERS in the Eastern Region held their Annual Spring Meeting at the Belle Meade Retirement Resort in Southern Pines on April 8, with 167 in attendance. Thirteen of the 14 communities in the region were represented.

An official welcome and introductions were given by CCCR of NC State President Robert Wyatt, a resident of Belle Meade, Ken Cormier, President and CEO of Pine Knoll, Tony Paz, Director of Resident Services, and Bill Mastrolia, President of the Belle Meade Residents Association. Eastern Region President Ned Arnett introduced the first speaker, Attorney David Barnes, of the Poyner and Spruill law firm in Raleigh.

Mr. Barnes is a full-time lobbyist in the North Carolina General Assembly, under contract to represent 15 organizations, of which about half are business clients and half in health care. NCANPHA (North Carolina Association of Not for Profit Homes for the Aging) is one of his clients, and he also represents other organizations concerned with North Carolina's aging population, specializing in looking out for the interests of the elderly in the North Carolina Legislature. His presentation was entitled "Adding to Our Power Base." Mr. Barnes explained how the North Carolina General Assembly is set up, how it functions, when



David Barnes



Jill Passmore

it meets, and how he maintains good relationships with all 50 of the state senators and the 120 representatives and makes them aware of issues concerning his clients. He stays aware of the docket of every committee and follows the development of over 3,000 different bills each year.

Ethel Foote, CCCR of NC representative at The Forest at Duke, introduced the second speaker, Jill Passmore, Lead Regional Ombudsman for nursing and adult care homes in Orange and Durham Counties. Speaking of her role as advocate for residents' rights in such facilities, she gave a spirited presentation with Power Point visuals and distributed brochures. She explained that as ombudsman she is an advocate for residents' rights and is responsible for investigating complaints made by or on behalf of nursing and adult home care residents. The North Carolina Ombudsman Program, as established by the Older Americans Act, consists of individuals at both state and local levels. Ombudsman services are free and confidential. There are 1,100 ombudsmen in North Carolina, handling over 60 requests a day from the 13,500 North Carolina residents currently in long-term care.

In a business session, Eastern Region Treasurer Gloria Wyatt reported a balance of

Continuing Care Community Residents of North Carolina

STANDING RULES

1. Membership dues shall be of two classes. The dues for an annual membership shall be \$5.00, which provides membership in CCCR of NC for one year. Members may choose to pay dues for the current membership year only, or may prepay membership for a succeeding year. Pre-payments shall be recorded by CCCR of NC and credit given for membership for the individual when the prepaid year arrives. The dues for a life membership shall be \$50.00, which provides membership in CCCR of NC for the remaining life of the member.

2. The membership year for single-year memberships in CCCR of NC shall be the calendar year. If a payment for annual membership is received between the date of the annual meeting of CCCR of NC and the end of that current calendar year, it shall be considered to be payment for an extended annual membership that includes both the balance of the current year plus the full calendar year that follows.

3. The income from life memberships shall be handled separately from any privileges that result from the membership and shall be treated uniformly regardless of the lifespan of the member making the original payment. The funds provided by the membership payment shall be prorated by the treasurer over a ten-year period so that \$5.00 of the membership income is made available to the CCCR of NC treasury for current use for each year beginning with the year of receipt and continuing for an additional nine years until the dues balance has been exhausted.

4. Membership dues shall be shared with the several regions of CCCR of NC to assist each region in serving its own membership. The allocation of dues income to each region shall consist of a sum of one dollar (\$1.00) for each member of CCCR of NC residing in a region. This amount shall be reduced by the balance on hand in the region's treasury as of the record date. The net allocation shall be transmitted annually to the region's treasurer before or at the time of the annual meeting of CCCR of NC. The date of record for accounting for membership and allocating of dues shall be September 30th of each year.

5. A reimbursement for the cost of travel in a personal car incurred in the conduct of business on behalf of CCCR of NC may be claimed by officers or members of the Board of Directors of CCCR of NC. The reimbursement shall be based on the total number of miles driven in the course of said business, at the rate of thirty cents (30¢) per mile. A request for such reimbursement shall be submitted to the treasurer of CCCR of NC giving the name of the individual, the miles driven, and the nature of the business undertaken. Requests by representatives to the Board of Directors or by regional officers, other than that involved in direct travel to and from a meeting of the Executive Committee or the Board of Directors, shall first be sponsored by the individual responsible for the business involved. This may be the president, or the regional representative to the Executive Committee as appropriate. If a representative to the Board of Directors is unable to attend a meeting of the Board, the designated alternate from that retirement community may be reimbursed in the same manner as would the Board member. The treasurer shall transmit the mileage reimbursement directly to the individuals claiming such reimbursement.

6. The treasury of CCCR of NC will absorb the charge for reasonably priced meals for the Executive Committee, Past Presidents, and representatives and alternate representatives at the meetings of the Board of Directors and the Annual Meeting.

7. Any one or all of these standing rules may be amended or deleted, or new rules added, by a vote of the majority of members of the Board of Directors present and voting at any called meeting of the Board. No prior notice shall be required for such action.

[Rules 1-7 adopted 4/22/08]

Membership Coordinator

Vice-President Bill Pearce has been appointed to coordinate our Membership records and record keeping with Susan Rhyne, our Membership Services Provider. As the membership records are a vital part of our growing organization, Bill will be working with Susan to assure our Officers and Representatives will receive the records they need.

Susan Williamson, President and CEO of NCANPHA (North Carolina Association of Not for Profit Homes for the Aging) gave an explanation of the goals and plans of the organization. Foremost is the

struggle to keep the CCRCs nonprofit entities. All 51 of the nonprofit CCRCs in the state belong to NCANPHA. She explained that CCCR of NC members represent a potent force and may be called upon

at times to be heard by the North Carolina legislators.

The meeting adjourned at 12:20 and a lunch was served.

Allen Evans
Secretary

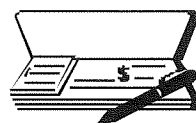
Treasury Notes

Your CCCR of NC Treasurer reported at the April 22nd Board Meeting that all is well with our finances. As of April 15th, our **balance statement** read:

Cash and Bank Accounts	\$23,448.01
Certificates of Deposit	31,328.16
Total Assets	54,776.17
Dues held for later use	18,055.00
For current use	36,721.17

Our **income and expenses** since Oct. 1st can be summarized:

Income	
Membership dues	\$20,290.00
Interest income	779.71
Gift	100.00
Total	21,169.71
Expenses	
Annual & Board Meetings	606.00
Hotline	8,301.40
Website	182.85
Membership Services	3,115.00
Officers Expense	1,535.45
Other Organizations (Dues & Representation)	1,406.21
Allocated to Regions	487.00
Miscellaneous	7.50
Total	15,641.41
Gain	\$5,528.30



Dues Allocation

Members may wonder how the treasurer allocates the various types of dues income. We have three types of membership income:

Current annual dues at	5.00
Lifetime memberships at	50.00
Pre-payment of dues for a future time period	5.00

The current dues, of course, are all earmarked for unrestricted use for this year. Pre-paid dues for any particular year, on the other hand, need to be set aside for use when that year comes (for example if someone pays 2009 dues this year it is saved until 2009).

Lifetime membership dues are spread out over a ten-year period. Once paid, the money is no longer associated with a specific person. Regardless if a member lives for fifteen years longer, or dies at an earlier age, the membership itself is terminated when the member dies, but the money is spread evenly. We allocate \$5 a year towards current expenses for a period of ten years, so that after that time, nothing is left.

Bill Gentry
Treasurer



Attendees at the Eastern Region's meeting

\$985.40 in the region's treasury. The slate of officers nominated to serve through the spring meeting in 2009 was elected: President, Ned Arnett, The Forest at Duke; Vice President, Heather Rodin, Galloway Ridge;

Secretary, Nancy Darter, Croasdaile Village; Treasurer, Patricia Duprey, Pine Knoll.

Nancy Darter
Croasdaile Village

From the West:

Creativity, Financial Planning Featured at Meeting

MORE THAN 120 PERSONS attended the Spring Meeting of the Western Region of CCCR of NC at Givens Estates on April 8. Chairman Paul Sutherland introduced Ken Partin, Executive Director of Givens Estates and immediate Past President of NCANPHA (North Carolina Association of Not for Profit Homes for the Aging), who highlighted the outstanding cooperation between CCCR of NC and NCANPHA. After introducing Bill Pearce, statewide CCCR of NC Vice President, Mr. Sutherland reviewed the membership numbers. In 2007, CCCR of NC statewide had 4,023 members. Western Region members to date in 2008 total 1,505. Increases in membership were

noted for Aldersgate, Covenant Village, Givens Estates, Southminster, and Tryon Estates. Mr. Sutherland expressed the idea that membership in CCCR of NC can be compared to an insurance policy to protect the residents of continuing care communities in North Carolina.

Betsy Beam, Program Chairperson, introduced the first speaker, Amy Forte, of St. Petersburg, Florida. Ms. Forte, Senior Vice President of Morgan Stanley, is on LeBarron's list of the top 100 financial advisors. She is Ms. Beam's daughter. Her topic was financial planning updates for seniors. She described 529 and charitable remainder trust funds; the current market situation; considerations for



Left to right, Amy Forte, Ron Sistrunk, Paul Sutherland, Betsy Beam, and (speaking) Dr. Ronald Manheimer

choosing a financial advisor; and investment choices to consider if the next U.S. president is a Democrat and those to choose if a Republican is elected.

The second speaker was Dr. Ronald Manheimer, Executive Director of the North Carolina Center for Creative Retirement. To enhance their lives, he recommended five assignments each person should do in the coming weeks: find a different way to perform a routine activity; 2) seek intellectually stimulating society and activity; 3) ask questions you were reluctant to ask someone; 4) turn a possession, knowledge, or skill into a

gift; 5) contact someone you haven't connected with in years.

A brief business meeting followed a buffet luncheon. Wendell Swift, the region's Treasurer, has had to resign. Dan Looper, from Grace Ridge, will finish out Wendell's term. In view of the change in the CCCR of NC membership year to the calendar year, dues for the following year will now be collected in December. Regional bylaws were changed so that officers will serve two-year terms.

Patricia B. Looper
Grace Ridge



Attendees at the Western Region's meeting

Meeting Notes

Executive Board

PRESENT AT THE CCCR of NC Executive Board meeting April 9 at Friends Homes West in Greensboro were President Bob Wyatt, Vice President Bill Pearce, Secretary Allen Evans, Treasurer Bill Gentry, Past President Willie Johnson, Jean Farris, representing the Western Region for Paul Sutherland, Mel Zuck, representing the Central Region for Allen Trelease, and Ned Arnett, representing the Eastern Region.

Routine matters and regional reports mainly dealing with meeting arrangements having been taken care of, Bill gave the Treasurer's report, which appears below. Bill Pearce will maintain a directory of CCCR of NC and a personnel directory of regional officers, representatives, and alternates, which will be issued quarterly. The first of these is now complete.

Bob Wyatt, Bill Pearce, and Sandy Lovegrove are keeping the Web page up-to-date. Web Master David Maddox is providing technical help at \$30/hour. The web page is <www.cccrofnc.org>.

Plans for the April 22 meeting of the Board of Directors (which includes all represen-

tatives and alternates) were discussed. The costs of meals will be paid for all members of the Board.

Willie Johnson and Bob Wyatt had prepared an organization chart and will work on a further revision.

Standing rules for consideration at the Board meeting were approved by motion. [These rules as amended and approved by the Board appear on page 9.]

Allen Evans
Secretary

Board of Directors

DANISH, COFFEE, AND FRUIT were provided to welcome the attendees at the April 22 Board of Directors meeting at Carolina Meadows on April 22. Carolina Meadows representative Rowie Sampson, alternate Betty Kent, and Allen Evans, state CCCR of NC Secretary, had made the arrangements for the meeting, which was opened by state President Bob Wyatt.

After welcoming remarks by Kevin McLeod, CEO of Carolina Meadows, and William Delaney, President of the Carolina Meadows Residents Association, President Wyatt introduced the officers: Bill Pearce, Vice

President, Allen Evans, Secretary, Bill Gentry, Treasurer, Willie Johnson, immediate Past President, and Susan Rhyne, contractor for membership records; as well as new Board members.

Bill Gentry provided a detailed report showing a year-to-date income of \$21,170 and expenses of \$15,641, with a balance of \$36,721 available for current use. The report was filed for audit. [A synopsis appears on page 8.]

Regional reports were presented for the Eastern Region by Ned Arnett, for the Central Region by Allen Trelease, and for the Western Region by Paul Sutherland.

A motion to approve the revised Standing Rules, dated 4/22/08, which had been prepared by Bill Gentry, was passed following some discussion. The discussion resulted in a separate vote on Rule 2; the vote was 19 to 7 to approve and retain Rule 2. [See Standing Rules on p. 9.]

The report of the Committee to Recommend the Allocation of CCCR of NC Reserve Funds was approved by motion. [This report appears in the January-March *Hotline*.]

It was announced that the statewide Annual Meeting will be held October 23 at Christ United Methodist Church in Greensboro.