

Current Affairs Highlighted at Annual Meeting

THE 2010 ANNUAL MEETING of the Continuing Care Community Residents of North Carolina was held October 7 at Christ United Methodist Church in Greensboro. In the absence of President Bill Pearce, Vice President Clint Willis presided. The attendance was 180.

Vice President Willis introduced the other officers, as well as Jack Mathison, president of our national affiliate, NaCCRA (the National Continuing Care Residents Association), who was here from Washington, DC. Harold Stierhoff, the community resident member of the board of NCANPHA (North Carolina Association of Nonprofit Homes for the Aging), spoke briefly and favorably of that organization and of his experience on its board.

The principal speaker was Bill Wilson, associate state director of the AARP in North Carolina, who gave an update on the recently passed national Health Reform Bill. After noting that we have been treated to considerable misinformation about the bill in this campaign season, he summarized its major provisions in a positive fashion, particularly those relating to Medicare. Although the bill conveys many benefits through Medicare and otherwise, Wilson said, it still leaves many matters undone, including adequate treatment of long-term health care and economical access to prescription drugs. His talk stimulated many comments and questions, most of which had to be put off until the



Top, pre-meeting refreshments.
Bottom, John T. Mathison, NaCCRA president, offers handouts about his organization and AAHSA.

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<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 Clinton V. Willis, Jr., 3 Kintyer Court, 2200 Elm Ave., Laurinburg, NC 28352; (910) 276-2739; genclint@bellsouth.net. 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 2010 2011

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

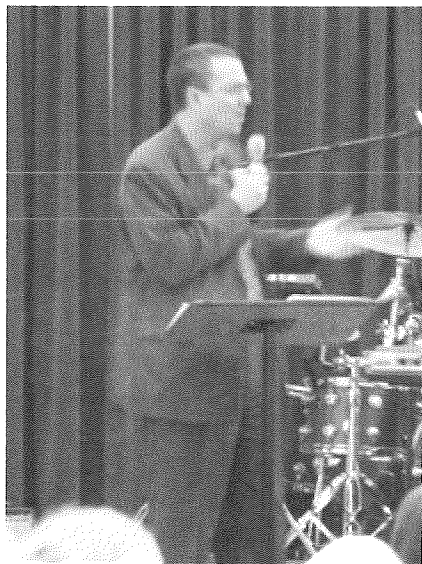
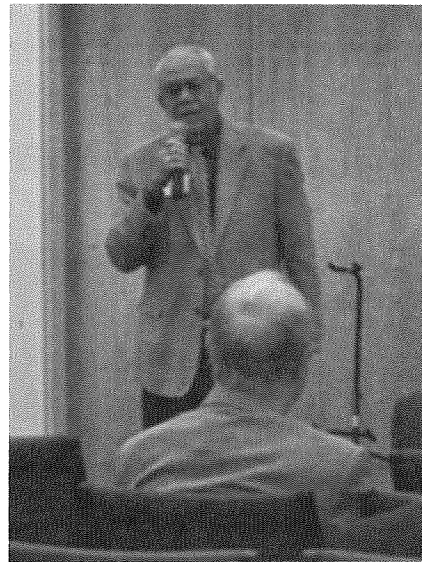
Community _____

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



Top row, left to right, Past President Bob Wyatt; Harold Stierhoff; Bill Wilson. Bottom row, Tom Akins and an appreciative audience.

lunch hour when members could talk to him individually.

The next speaker was Tom Akins, the new executive director of NCANPHA, who has recently come here from Kansas. He spoke of his own background, his impressions of NCANPHA, and the great importance of its

working cooperatively with CCCR of NC. We have many interests in common, he said, and very few differences.

These talks were followed by three break-out discussion sessions, each lasting 45 minutes. The first, coordinated by Bill Wilson and Tom Akins, addressed the emerging issue of

Memories at a Corn Planting Meeting

Of the North Carolina Association of Work Horses and Mules, Outside Linden, April 2010

IT'S BEEN A LONG TIME, but us old guys remember; remember when we were kids, and you and your droppings were everywhere. Back when half our population lived on farms, and you did most of the hard, boring work: dragging plows, harrows, cultivators, planters, harvesters, and vehicles of every kind.

And in the cities, you pulled the wagons for all kinds of delivery men: the bread man, the postman, the iceman, and men who sharpened knives, ground horseradish, or bought old bottles, rags or almost anything.

When I was three, four or five, taking my nap, I'd hear your hooves clip-clopping up Pine Street pulling your cart through the traffic, the butt of curses from trucks and street car drivers. There was even a blacksmith around the corner on South Street who we could watch, fitting the red-hot shoes on your feet.

Also I remember a whole cohort of men with pushcarts, brooms and shovels who spent their lives cleaning up after you; a most scatological and unmentionable job in an oh, so properly genteel society.

They say that no one has ever tamed a zebra. Yet somewhere in central Asia, maybe six thousand years ago, someone got the idea of putting a rope on you and then they tried climbing on your back. In no time you were everywhere; farm horses, war horses, race horses. Even way before that we knew you; remember the Lascaux cave paintings!

Now you're almost gone; Dobbin, Dickie, and Dolly. On just a few old-order Mennonite farms you can still make up an eight horse span for plowing. You are still the centerpiece Budweiser ads for White Christmases, Superbowls, or frat parties; you giant Belgians, Clydesdales, Percherons, your hoofprints big as tennis rackets, your magnificent harnesses a-jingle with bells. We're the last generation that will remember you in your prime, Goodbye.

Ned Arnett
The Forest at Duke

Review

A People's History of the United States. By Howard Zinn. New York, Harper and Row, 1980.

Historian Howard Zinn recently died, leaving behind a legacy of enlightening records of the history of the United States from the point of view of ordinary people who have been exploited politically and economically and whose plight has been largely omitted by most histories. This lively book, beginning with a description of the exploits of Columbus (who was after gold and slaves) and extending through the Vietnam war, is highly recommended.

The Editor

Reminder to meeting planners: The deadline for receipt of material for the January-March issue of the *Hotline* is February 15. If your region's meeting is planned for April, it is important to get the pre-meeting program and registration information to the *Hotline* in time for publication in this issue.

In Remembrance— Huey of Carol Woods

HUEY, a handsome white duck, presided over the Carol Woods pond from 1996 until his death in early December 2002, at the age of 13.

Huey was Asian-American, a flightless Pekin Duck born in the United States. In 1989, Sam and Elizabeth Fudge bought him at a local garden center and took him to their rural home pond to be a pet for their grandson Jacob. He was a sensitive boy embarrassed by dyslexia and in need of a pet's emotional support. Jacob chose the name Huey.

After an intruder applied a toxic fluid to Huey's body, burning it severely, the family took him to a veterinarian. Watching Huey's appreciative response to the veterinarian's treatment, Jacob suddenly dropped his guard. "Do you know any veterinarians who are dyslexic?" he asked. Amazed, Sam and Elizabeth concluded that in some mystical way, Huey had encouraged Jacob to be open about his disability and was thereby "paying back" the Fudge's kindness to him.

Huey recovered, but the Fudges moved into a house without a pond and a new home had to be found for



him. Sam called Carol Woods, which he knew to have an unoccupied pond, and was referred to Director of Security Art Southard, who agreed to adopt Huey for the community.

Sam supplied Huey with corn for two years and visited him regularly. Thereafter Grounds Supervisor Tony Bayless assumed responsibility for Huey's care, and shared the feeding with Helen Martikainen, who was in turn assisted by Lew Woodham. Huey soon learned Helen's schedule and often came to meet her as she walked to the pond. Wild Mallards discovered the free lunch at Carol Woods and flocked to Huey's side. From time to time he led his favorites on walks about the residences to pick up seeds fallen from bird feeders.

Steadfastly Huey asserted his dominance on and about the pond. Often there was

what appeared to be a playfulness; at other times he would select a Mallard and, with a furious flapping of wings, drive it from the pond for no reason discernible to anyone other than a duck.

Huey-watching was a frequent diversion for residents moving along the glassed-in corridor between the main building and the dining area. He stimulated minds, inspired conversation, and lifted morale. Elizabeth Fudge would have seen him as again "paying back" for kindness.

One morning a trail of white feathers led from the pond into the grass. A great horned owl, perhaps, or a gray fox, had apparently subdued Huey and taken his body for sustenance. All the Mallards were gone. Huey had performed a final act of "paying back," this time to the stream of life of which we are all a part.

He had lived well. He had met his responsibilities. He had been a supremely good duck. Without Huey and his Mallard friends, the pond is a different place.

Oliver Orr
Carol Woods

Helen Martikainen, Huey's best friend, persuaded me to write this story and introduced me to the Fudges.

"CCRCs Without Walls," i.e., continuing care occurring within people's homes rather than in communities or institutions. Such care is now permitted by law and will be subject in each case to state quality control. Any CCRCs providing such care will probably need to hire additional staff. They may also gain an advantage in recruiting patients who later desire or require institutional care.

The second session, chaired by past President Bob Wyatt, dealt with "How CCRCs from across the State Operate." Members from the organized CCCR of NC chapters at Friends Homes in Greensboro spoke very favorably of their activities, but most of the discussion centered on residents' representation on community governing bodies, or boards of trustees. There was a clear consensus that residents are entitled to full participation in such bodies, ideally for three-year terms with carefully planned rotation. There was also discussion of how best to recruit new CCCR of NC members, ranging from contacting individuals to a policy of signing up all residents as CCCR of NC members.



Participants in the breakout session about how CCRCs operate.

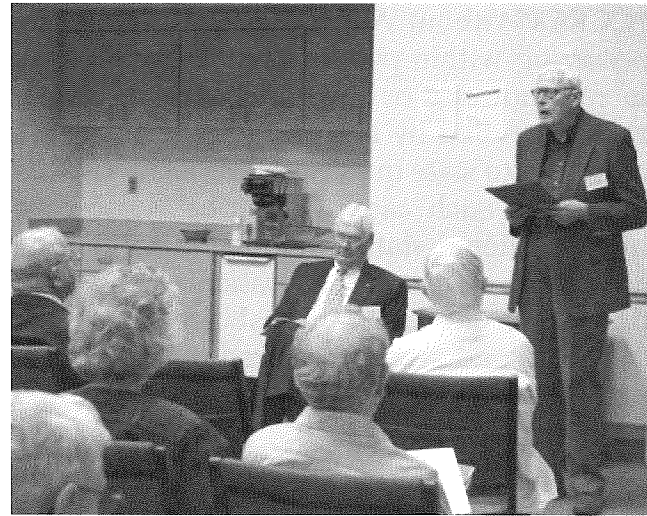


Vice President Clint Willis presides at the breakout session about endorsing activities in the future.

The third session, chaired by Vice President Clint Willis, was devoted to "What Activities Should Our CCCR of NC Endorse as an Organization in the Future?" Allen Trelease called for a more active advocacy role than in the past, pushing for legislative activity if necessary in behalf of such issues as resident membership on community boards of trustees and resident participation in long-range planning and the selection of community CEOs. Clint Willis suggested that the North Carolina Coalition on Aging might serve as an effective lobbyist in behalf of our issues. Others emphasized the importance of prioritizing our issues and of better communication within communities and around the state. Gordon Forrester noted that the Well-Spring CEO holds monthly give-and-take discussions with residents there.

The breakout discussions were followed by a box lunch at noon and the business meeting at 1:00 pm.

At the business meeting, the minutes of the 2009 meeting were approved. Treasurer Bill Gentry reported on the past year's income



Audience listens (left) as Allen Trelease (right) speaks.

and expenses. Income in fiscal 2010 reached \$20,001 compared with \$21,241 in 2009. Total expenses this year were \$21,260 compared with \$28,094 last year. And total assets as of September 30 this year were \$43,816, compared with \$44,489 last year. No vote was required on this report. Gentry next presented his budget for the coming 2011 fiscal



Lunch outside on a sunny day.

year, projecting a total income of \$20,690 and expenses of \$24,800. On his motion, this budget was approved.

Then Bill Gentry, as chair of the Bylaws Committee, presented a number of proposed Bylaw amendments, most of them editorial in nature. It was objected from the floor that they had not been circulated to the membership 30 days before the meeting, as the Bylaws require. On motion of Sterling Whitener, the amendments were therefore tabled until our next annual meeting.

The committee also proposed three amendments to the Standing Rules, which were not subject to the 30-day requirement. The first amendment, to Rule 6 regarding provision of meals to Executive Committee members, is purely editorial. The second, to Rule 7, provides that the President or his alternate shall represent CCCR of NC at the annual meeting of NaCCRA, that the Executive Committee may designate additional delegates, and that the CCCR of NC treasury shall reimburse their reasonable expenses. The third amendment, to Rule 8, permits

closing ceremony, in which the Olympic flame was extinguished and the torch passed on, the sun peeked out of the clouds, almost as though a Divine Power were saying, "Well done, my children." While participants were conscious of their chronological ages, it was nice, just for a short time, to show off our stuff and to be youngsters again.

Clint Willis
Scotia Village

Bridal Displays at Belle Meade



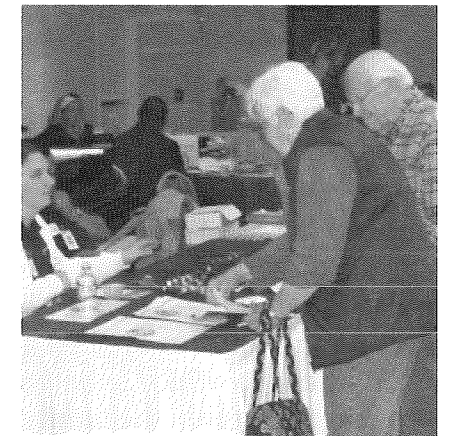
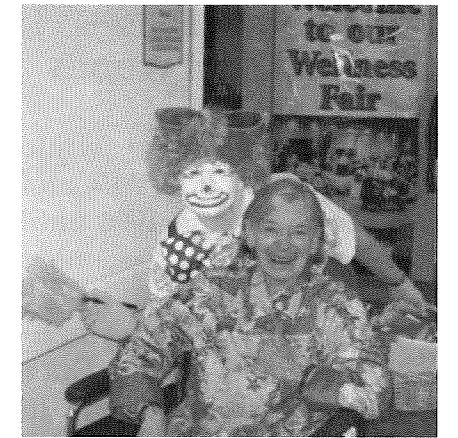
In June, following the successful display of military photographs, Belle Meade presented a display of wedding photos of residents.

Croasdaile Wellness Fair

ON NOVEMBER 11, Croasdaile Village employees, residents, family members and prospective residents participated in an all-day wellness fair. The "Passport to Healthy Living Fair" was planned and sponsored by Administration's Wellness, Home Health Care, Life Enrichment, and Marketing teams plus the resident Wellness Committee.

Participants were given a "passport" to be stamped at up to eight different sites and then turned in for a drawing for door prizes. This was an easy task because close to 50 vendors participated. Attendees could visit booths manned by such diverse groups as Curves, TOPS, and Weight Watchers, Whole Foods, Walgreen's, Healthy Chocolate, and the Duke Center for Living. They could have a massage, get their bone density checked (by prior appointment), taste two different smoothies, and use "glitter glow" to check how well they washed their hands.

Some of the classes with interactive demonstrations were music therapy, acupuncture, breathing, stretch therapy, yoga, self-defense, and belly dancing. Dining Ser-



vices gave a Mediterranean diet cooking demonstration. Participants could also try Nordic Fitness Poles to see how they turn walking into a total body workout.

Even if they didn't win a door prize, most participants came away with a bag full of give-away items and increased knowledge about improving their own wellness on a number of different dimensions!

Judith Moore
Croasdaile Village

From Our Communities

10/10/10— A Day to Remember

"I HAVE A MISSION," Margaret Heyboer said during the hand bells class, responding to music therapist Laura DeLoye's "What's on your minds?" "I want people to plant nut trees," she continued. Her inspiration came from Wangari Maathai, 2004 recipient of the Nobel Peace Prize for founding the Green Belt Movement urging women to plant trees in Kenya. Additionally, Margaret knew nuts to be a good source of protein. For her, it was not enough to plant trees; they should be trees that could improve nutrition, especially for people with precarious food supplies.

After class Laura spoke to Robin Holmes of the Carol Woods grounds department. Robin met with Margaret and, with the help of the internet, learned the Green Belt Movement was asking people the world over to plant trees on 10/10/10. Why not join in the movement with nut trees?

In our warm climate no local nurseries could provide nut trees for planting in October because they had not yet lost their leaves. Finally, Robin found a Minnesota nursery that could supply

bare-root black walnut trees. She and Margaret began organizing and managing the project: obtaining supplies, publicity, and a location.



The Life Enrichment Program bought the trees. Tony Bayless and the grounds crew provided soil and containers. Robin orchestrated the event. Laura and volunteers from the community (including three children) joined residents from the health center and independent living in the garden near the Health Center for a beautiful, warm, sunny afternoon of potting trees and conversation, ending in song. The end result? Satisfied planters and 100 saplings to be nurtured until November 2011 (11/11/11?) when some will be planted on our campus and the rest donated to the Durham City Arborist, who enthusiastically endorsed the project.

Mission accomplished? Not really. Margaret is busy researching varieties of nut trees and how to get them planted worldwide.

Nancy Martin
Carol Woods

Senior Olympics at Scotia Village

IT IS WITH A GREAT DEAL OF PRIDE that Scotia Village, smallest of the three CCRC's that compose the Presbyterian Homes Group in NC, announces that it came in first in total score in the Third Annual Senior Olympics, held at the Laurinburg campus on October 20. The day-long event had such wide ranging activities as chair volleyball, lap swim, bocce ball, table tennis, corn toss, billiards, duplicate bridge, even knitting, poetry, and flower arranging. "Our relative size understates the wide assortment of talent here at Scotia Hall," said one observer. With the date planned a year in advance, the chance of a rainout was omnipresent. Added to that, the forecast called for rain. But an overcast sky gave way to some slight drizzle, not slowing the events at all. Furthermore, during the



More attendees enjoying lunch.

future amendments to be adopted by the general membership at the Annual Meetings as well as by the Board of Directors as heretofore. All three amendments were approved by the Board members who were present.

Past President Bob Wyatt reported on the current status of the CCCR of NC's computer web page. It is always a work in progress. He indicated that the latest edition of our newsletter *Hotline* is now available on the web page.

Wyatt then reported as chair of the Nominating Committee. Its nominees for the following year are: President, Clinton V. Willis,

Jr., of Scotia Village; Vice President, Dale Stine of Pine Knoll; Secretary, Patricia Looper of Grace Ridge; and Treasurer, Walton Boyer of Deerfield. All were approved by acclamation and, in a departure from previous practice, were formally sworn in.

The meeting adjourned at 1:32 pm.

Allen W. Trelease
Secretary

The editor thanks John Roberts, Carolina Meadows, for providing the photographs on pages 1-5.



Past President Bob Wyatt (left) swears in the new officers (left to right): Clinton V. Willis, Jr., President; Dale Stine, Vice President; Patricia Looper, Secretary; Walton Boyer, Treasurer.

Meeting Reports

Friends Homes Guilford CCCR of NC Chapter Holds Annual Meeting

THE CHAPTER'S ANNUAL MEETING was held November 3, jointly with the resident Health Committee's Health Forum. Chapter chairman Mel Zuck presided over a capacity crowd. The featured speaker was Ann Daniel, a professor of gerontology at UNC Greensboro, who spoke on the Health Reform Act of 2010, especially as it impacts Medicare. Although her appraisal of the bill was positive, she said that it is capable of improvement and is sure to be modified, regardless of which party controls Congress.

A new feature of the meeting, for us, was a lottery in which five attendees not currently members of CCCR of NC won one-year memberships (of \$5 each) in the organization. A sixth winner received a \$50 life membership.

In the business meeting that followed, Mel Zuck announced that the current officers were elected last year for two-year terms, so there are no elections this year. Treasurer George White reported \$208.88 currently on hand.

Secretary Allen Trelease then reported on our chapter's accomplishments and aspirations during the past several years, citing a document recently circulated to all Friends Homes Guilford residents. The mission of our CCCR of NC chapter is to work with administrators and trustees to serve the interests of all residents. Our chapter asked for, and now supports, the Friends Homes' policy of not admitting new residents who smoke. Second-hand smoke is known to endanger all who are exposed to it. Similarly, we asked for the creation of a residents' Health Committee and, once it was established, fully support its activities.

We attract speakers of note to our general membership meetings and invite the attendance of all Friends Homes Guilford residents. Some years ago we compiled and published a survey of local funeral homes with their comparative services and charges. More recently, we have affiliated with an outside organization that is providing the same service on a larger scale. We compiled and published two booklets containing the wartime experiences of 28 of our residents. We have established a quarterly newsletter going to all residents, covering CCCR of NC and other local news as well as biographies of residents and staff. We established a notebook, prominently located, in which residents share medical news of other residents (with the latter's permission), as legal constraints now prevent our administration from providing this information.

We seek greater resident representation and continuity on our community's governing board. At present, one resident attends three meetings a year then is replaced by a new representative. Currently, the Friends Homes Board of Trustees plans to include resident participation in its long-range planning and its upcoming searches for senior management. We fully support this overture and plan to cooperate in every way we can. Finally, we are creating a residents' Legislative Committee to meet with local and regional public officials and to lobby them in behalf of issues that are of concern to continuing care community residents.

Chairman Mel Zuck closed the meeting by comparing our organization to volunteer firemen who are always on hand to help put out fires. The meeting adjourned at 11:02 am.

Mel Zuck

Friends Homes Guilford

From the President

WHAT A GREAT Annual Meeting in Los Angeles. What a wonderful opportunity to network with other organizations who share our interest. In addition to NaCCRA'S Annual Meeting, I had the pleasure of attending several workshops sponsored by AAHSA. This gave me the opportunity to reflect on our history and to look toward the future. The theme this year was "Who Decides" and that is a very powerful statement. For many decades Continuing Care Retirement Communities (CCRCs) have offered older adults an innovative and independent lifestyle. During this time we have fewer than 1900 CCRCs across the country. This means to me that this concept of care is still in its infancy. This was demon-

strated by the number of vendors who participated in the meeting. What an outpouring of goods and services which are changing the way we accommodate our residents.

I also had the opportunity to meet and begin a program of working together with Tom Akins, the President of the North Carolina Association of Non-Profit Homes for the Aging. (NCANPHA) They are our principal partner on legislative matters and I have been invited to attend their Legislative Committee meetings. I look forward to an excellent association.

The major legislative effort this year by NaCCRA is to work toward a National Bill of Rights. You will hear more about this in the next issue of NaCCRA *LifeLine*. We had an

excellent speaker in Edward C. Merrigan, Managing Director & Director of Research, B. C. Ziegler & Company. His topic was "CCRC Residents and the Community's Municipal Bond Investors: Friend or Foe." I look forward to getting a copy of his message. The NaCCRA meeting completed its agenda with a report of the Nominating Committee. Elected to serve as President is Ruby H. Walsh of Stonebridge in Mystic, Connecticut. Joseph H. Walton of Seabury Retirement Community in Bloomfield, Connecticut, was elected Treasurer.

I look forward to talking with many of you during the coming months as we plan our journey for the future.

Clint Willis

Help Fight for Therapy Caps Extension

Unless Congress extends the exceptions process, the annual therapy caps once again will limit Medicare coverage of medically necessary therapy services. For 2010, the caps were \$1,860 for physical and speech therapy combined and another \$1,860 for occupational therapy; the caps will be adjusted for inflation for 2011. If the exceptions process is not renewed, beneficiaries whose therapy costs approach or exceed the cap will have three choices: 1) Obtain therapy in a hospital outpatient department, where therapy is not subject to the annual caps. 2) Pay out of pocket for therapy services. 3) Delay further therapy until the exceptions process is restored. Please send a letter urging your legislator to pass legislation before the end of this year to keep the exceptions process in effect and ensure Medicare beneficiaries will have coverage for the therapy services they need. At: <http://capwiz.com/aaahsa/issues/alert/?alertid=18745666> a sample letter is available. —*Marleen A. Varner*, Editor, National Continuing Care Residents Association *LifeLine*; 16 Salisbury Dr., Apt. 7205, Asheville NC 28803; 828-274-4267; <naccra.com>.