



The hotline

NCCCRA ANNUAL MEETING — October 6, 2015

HIGHLIGHTS

The 2015 NCCCRA Annual Meeting held October 6 at Christ United Methodist Church in Greensboro highlighted the successful leadership of outgoing President Walton Boyer.



Highlights included keynote speech by the NC Commissioner of Insurance Wayne Goodwin, significant reports from both the Legislative and Bylaws Committees and election of an outstanding slate of officers for the coming biennium. Insurance Commissioner Goodwin acknowledged the tremendous impact of the work of Dr. Harry Groves in giving NC CCRC

residents strong protections under legislation enacted in 1989 that gave the oversight to his department. He reported the industry is in a robust position with 58 CCRCs licensed in the state and six licenses pending for a total of 2104 new units. He acknowledged the work of the CCRC Advisory Committee that is comprised of at least two CCRC residents, two representatives of Leading Age NC, one CPA, one architect or engineer and one health care professional.



Tom Akins, CEO of LeadingAge NC gave an update on the work of the state legislature that affects CCRCs. Success was achieved in defeating a change in the cap for sales tax refunds, but including CCRCs in Medicare Certified Home Health Slots lost at the last minute. It will be sought again in the next session.

He applauded the work of *Sindy Barker* who heads of Legislative Committee in successfully spearheading the reinstatement of the medical expense deduction on the state income tax.



Vice President Heather Rodin presented proclamations of appreciation to *Sindy Barker* for the outstanding work of her Legislative Committee in achieving reinstatement of the medical expenses deduction on the state income tax without any cap.



Bill Gentry explained that Bylaws proposals to allow for Co-Presidents instead of President and Vice President, authorizes teleconferencing for Executive Committee meetings and eliminates the category of associate member. These changes were accepted unanimously.

Clint Willis reported for the Nominating Committee the slate of officers as follows: President, *Brenda Tremoulet* (Deerfield), *Margaret Zircher* (Carolina Meadows), *Sue Hendricks* (Salem towne) and *Barbara Pray* (Croasdaile Village). They were elected by acclamation after which we conducted their installation



Vice President Heather Rodin, presiding in the absence of President Walton Boyer, then turned the meeting over to new President *Brenda Tremoulet*. She concluded her remarks by reading the certificate of appreciation for Walton Boyer's leadership.

NCCCRA OFFICERS 2015-1-2016**President: Brenda Tremoulet, Deerfield**

Brenda, a native of Connecticut is an adjunct instructor for Certified Nurses Aide Program at AB Tech in Asheville. She is a registered nurse with current licenses in North Carolina and New Jersey, and is a NJ Certified Social Worker. For 35 years Brenda practiced nursing and social work. She developed and administrated a hospital-based geriatric case management program in New Jersey. She testified for an Ombudsman hearing in New Jersey on elder abuse, neglect and exploitation.

Brenda earned a B.A. from Connecticut College, an A.A.S. degree from Brookdale Community College, an M.B.A. from Fairleigh Dickinson University, and an M.S.N. from the University of St. Francis, Fort Wayne, IN. Her MBA thesis was a study of CCRCs in Central New Jersey. Brenda lived in Michigan and New Jersey for 25 years, then in Fort Wayne, IN for 15 years. While in Fort Wayne, she was a Social Work Instructor, a mission outreach RN for an inner-city free medical clinic, and a certified diabetes educator. She served as WNC NCCCRA chair 2013-2015 and is currently on the Resident Council at Deerfield where she moved in 2010.

Vice President: Margaret Zircher, Carolina Meadows

Margaret has been Carolina Meadows Co-Rep to NCCCRA, bringing with her CCRC experience as a former resident of a Florida CCRC. While in Florida, she co-founded its resident art league, served on the Resident Council and chaired its Long Range Plan Committee. She is a life member of NCCCRA, NaCCRA and FLiCRA.

A native of Alcoa TN, she lived in 6 other states before moving to Carolina Meadows in January this year. A former marketing executive, she held sales and management positions with Union Carbide Corporation. Before that she was chairman of the science department and high school biology teacher in Chamblee, GA. Her interests include painting and drawing, flute, biking, hiking, gardening and Sogetsu Ikebana.

Her educational background includes BS in Psychology from University of Tennessee, MAT in Biology from Georgia State, and MBA study in Finance at Pace University in NYC.

Secretary: Sue James Hendricks, Salemtowne

Sue became a Life Member of NCCCRA immediately upon moving to Salemtowne in mid-2013. She is well credentialed with Bachelor of Music from Furman, MBA from Wake Forest University and AA in computer skills from Forsyth Community College. In addition, she has certificates in hospital counseling and pastoral care. Her work experience has been in health care, management consulting and journalism.

Sue has served on several non-profit boards including Hospice, Arts Council, and Symphony and served two terms as Carolinas District Kiwanis trustee. She has been active in church affairs as well. She looks forward to helping our organization continue to protect and improve the quality of lives of seniors citizens in North Carolina, especially those of us living in CCRCs.

Her hobbies include music, reading, travel and community service. A native Virginian and Wake Forest faculty widow, she has three children and two teenage grandsons.

Treasurer: Barbara Pray, Croasdaile Village

Barbara Pray, a Life Member of both NCCCRA and NaCCRA, serves currently as NCCCRA Treasurer. Previously she served as NCCCRA Secretary and Croasdaile Village's elected NCCCRA representative. Other resident association positions she has held since moving to Croasdaile Village in 2006 include Chair of the Disability Access Committee, Chair of the Finance Committee, member of the Life Enrichment Committee, Neighborhood Representative and auditor of the Residents Association financial books.

Barbara attended San Diego State University and graduated from Indiana University with a B.S. in Business. She is enrolled to practice before the Internal Revenue Service and has just recently retired from working over 33 years in H&R Block's Premium offices in Durham and Raleigh

Barbara, a native Californian, is a widow with two daughters, five grandchildren and a great-grandson.

**NORTH CAROLINA CONTINUING CARE RESIDENTS ASSOCIATION
ANNUAL MEETING OCTOBER 6, 2015
CHRIST UNITED METHODIST CHURCH, GREENSBORO NC**

Vice President Heather Rodin, standing in for President Walt Boyer, convened the NCCCRA Annual Meeting at 10:30 am. Registration for the meeting totaled 190 members and guests. Treasurer Barbara Pray announced circulation of the draft of the Directory for accuracy verification and corrections.

Tom Akins, LeadingAge North Carolina CEO, gave a Legislative Update, deferring the medical deduction item for the later report of Sindy Barker, Chairman of the association's Legislative Committee. The sales tax cap remains at \$45 million, and we were unsuccessful in obtaining eligibility of CCRCs for Medicare certified home health. In the past seven years, only seven slots have opened and one was for a Russian-speaking unit in Charlotte. It is his feeling that only about 200 CCRC residents would qualify and that would have little impact on the industry as a whole since it would only benefit residents living in CCRCs. It is likely this will be addressed again in the short session. In response to a question, he indicated LeadingAge NC has not yet included energy in its public policy issues.

He then reported on the CCRC Economic Impact Study conducted by the association, the results of which are to be announced next week with proper protocol regarding elected officials and policy makers. Upon release it will be available on their website. It will show a \$1.7 billion current economic impact statewide and a 20-year projection of 30,000 staff and 35,000 residents constituting a \$3.5 billion impact.

After a short break, Past President Clint Willis introduced our principal speaker NC Insurance Commissioner Wayne Goodwin. He acknowledged the good work of Steve Johnson of his staff who heads the Special Entities Unit that oversees CCRCs. He also paid tribute to the outstanding work of our own Dr. Harry Groves who worked so hard on behalf of CCRC resident protection. The 1989 legislative action that resulted from his initiatives moved oversight of CCRCs to the Department of Insurance that then worked with the legislature to enact the statutes and codes to license and regulate the industry. Now CCRCs must secure a license from the department to operate, developers must show they can meet contractual obligations and a community cannot be sold or transferred without prior approval of the Department. Full disclosure is required before signing CCRC contracts.

He further reported that under our system, the CCRC industry is experiencing robust growth with a bright outlook in NC. We currently have 58 licensed CCRCs and you can learn about each of them in the 2015 Continuing Care

Reference Guide on the department's website. In addition to the six licenses pending for 2104 units, two organizations are interested in developing CCRCs in NC and two are interested in converting from senior housing to CCRCs. He also acknowledged the work of the CCRC Advisory Council that includes two residents, two representing LeadingAge NC, one CPA, one architect, and one health care professional.

He proceeded to enumerate the many other responsibilities the Department of Insurance has that affect us. These including setting maximum homeowners and car insurance rates and he is proud to report that a 2015 study revealed that NC is the least expensive state in the country to buy car **care** insurance, paying 41% less than the national average. The Department also investigates insurance fraud. The Commissioner serves as State Fire Marshall and as such his department trains fire and rescue personnel, helps improve building codes, and provides grants to volunteer first and rescue departments. The Department fielded over 150,000 phone calls from citizens last year in matters dealing with understanding benefits, locating life insurance policies of a lost loved one, insurance claims denials and help to Medicare beneficiaries.

He reminded us that the Medicare Annual Election Period for prescription drug plans begins October 15 and ends on December 7th. The Department operates the SHIIP program (Seniors' Health Insurance Information Program) that provides trained counselors available in every county. to help folks navigate this process. The department's new toll free number: 855-408-1212. He then fielded an extensive question and answer period.

The session then had its lunch break and reconvened at 12:50 pm. The Vice President declared a quorum and proceeded with the secretary's minutes of the 2014 Annual Meeting. The minutes were unanimously approved with the correction of the spelling of Past President Myles Walburn's name.

Treasurer Barbara Pray our membership increased from 3425 to 3998, for an increase of 17%. The number of Life Memberships grew from 1474 to 1713 for an increase of 43.5%. The membership is distributed as follows: Eastern Region, 53%, Western Region, 25% and Central Region 22%. Because of the large membership increase revenue far exceeded the anticipated amount, but she explained that Life memberships are amortized over 10 years, so that only 10% of the life membership revenue is treated as available for the current year. We were still able to end the fiscal year

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September 30, 2015 with unencumbered funds of \$9,939.09. Clint Willis moved acceptance of the report and it passed unanimously. She then presented the proposed budget for 2015-16 showing available income of \$25,620 and a similar amount of total expenses. Clint Willis moved acceptance of the proposed budget which also passed unanimously.

Vice President Heath Rodin then called for the Legislative Report. Before its presentation, Ginger Clifford of Carol Woods read the poem acclaiming Cindy Barker's work that her colleagues had presented along with her Hero Badge that she was proudly wearing. Cindy is a nurse with extensive lobbying experience and was pleased to report that her committee status has been upgraded from ad hoc to standing committee. She detailed for those in attendance the widespread and extensive efforts that led to the passage in the new state budget of reinstatement of the medical expense deduction on the state income tax without a cap for the next two years, starting in 2015.

Next was the presentation by Bill Gentry of the proposed Bylaws amendments. He moved their approval and then explained the three major changes involved: 1) policy change in allowing for co-presidents instead of President and Vice President; 2) an increase in the powers of the Executive Committee to enable more effective and timely response to issues; and 3) elimination of the associate membership category in which there are only five members all of whom are life members. After responding to questions, the motion passed unanimously.

Heather Rodin then presented proclamations of appreciation signed by President Walton Boyer, Jr, expressing our appreciation for the outstanding work of Cindy Barker and Bill Gentry. Clint Willis, Chairman of the Nominating Committee presented the following slate of officers for 2015-16: President Brenda Tremoulet (Deerfield); Vice President Margaret Zircher (Carolina Meadows), Secretary Sue Hendricks (Salem towne), and Treasurer Barbara Pray (Croasdaile Village). They were elected unanimously and Clint then proceeded with their induction.

Marie Lauria then asked for volunteers to help work on our new brochures. Please contact her at mmlauria@juno.com if you can help or suggest persons in your CCRC who might have the needed skills. The leadership was then handed to our new President Brenda Tremoulet who thanked those present for their attendance and invited input for the future. She announced a certificate of appreciation would be presented to Walt Boyer for his outstanding leadership at a future date. The meeting adjourned at 2:15 pm.

Marleen Varner, Secretary

DID YOU KNOW?

Did you know that almost \$12,000, that is over 20 percent of your membership dues, is spent on printing and mailing *The Hotline*?

Since the vast majority of our members have email we would like to save your money by sending *The Hotline* electronically, as a pdf file, to the NCCCRA representative of each community and request the representative to forward *The Hotline* to each individual member.

If you do not have email or access to a computer, you could ask your representative to print a copy for you.

This proposal will be submitted to the state board in May or June, 2016. Ask your CCRC rep. to contact the regional chair to expedite this action.

Did you know that NCCCRA is reportedly too much of a mouthful for our members to pronounce? Our members are encouraged to pronounce it "Noh-kra" or "Norkra" to distinguish it from NaCCRA (our national organization). Connecticut has "Connkra," Illinois has "Ilkra," Florida has "FliCRA," etc.

Did you know that LeadingAge/NaCCRA is considering changing the title of its constituents from "CCRCs" to "Life Plan Communities?" Watch this space.

10/4/2015

**North Carolina Continuing Care Residents Association
Financial Status Report for Fiscal Year 2014-2015**

	A	B	C	D	E
		2013-2014 Actual	2014-2015 Budget	September 30, 2015 Actual Percent	
1					
2					
3					
4	INCOME				
5	Membership Income				
6	Total Membership Dues Income	27,376.00	30,000.00	58,490.00	194.97%
7	(Deferred Dues Allocation)	-10,665.00	-11,560.00	-41,090.00	355.45%
8	(Credit Dues Deferred Previous Years)	5,655.00	5,165.00	6,350.00	122.94%
9	(NET Current Membership Income)	22,366.00	23,605.00	23,750.00	100.61%
10					
11	Annual Meeting Registration Fees	2,558.00	1,300.00	944.00	72.62%
12	Interest Income	2.27	2.00	2.26	113.00%
13	Gifts Received	31.00	0.00	74.00	
14	Refund	7.00	0.00	0.00	
15	TOTAL INCOME	29,974.27	31,302.00	59,510.26	190.12%
16					
17	EXPENSES				
18	Annual Meeting				
19	Annual Meeting Expense	2,735.73	2,600.00	2,975.36	114.44%
20	(Less Meeting Registration Fees)	2,558.00	1,300.00	944.00	72.62%
21	(NET Annual Meeting Cost)	177.73	1,300.00	2,031.36	156.26%
22					
23	Board & Exec Comm Meetings	812.20	1,000.00	1,424.01	142.40%
24					
25	CCCR Communications				
26	Hotline Expense	4,680.54	9,600.00	11,871.02	123.66%
27	CCCR Website	267.00	500.00	855.80	171.16%
28	TOTAL CCCR Communications	4,947.54	10,100.00	12,726.82	126.01%
29					
30	Membership Expense				
31	Refund of Membership Overpayments	7.00	0.00	50.00	
32	Membership Development	0.00	500.00	0.00	0.00%
33	Membership Services	3,900.00	4,000.00	3,900.00	97.50%
34	TOTAL Membership Exp	3,907.00	4,500.00	3,950.00	87.78%
35					
36	Administrative Expenses	147.70	200.00	203.52	101.76%
37					
38	Related Organizations				
39	Dues to Other Organizations	430.00	550.00	500.00	90.91%
40	Organization Representation	0.00	1,500.00	0.00	0.00%
41	TOTAL Related Organizations	430.00	2,050.00	500.00	24.39%
42					
43	Dues Alloc'n to Regions				
44	Central Region	0.00	500.00	0.00	0.00%
45	Eastern Region	0.00	500.00	204.00	40.80%
46	Western Region	0.00	500.00	391.00	78.20%
47	TOTAL Dues Alloc'n to Regions	0.00	1,500.00	595.00	39.67%
48					
49	TOTAL EXPENSES	12,980.17	21,950.00	22,374.71	101.93%
50					
51	SURPLUS / DEFICIT	16,994.10	9,352.00	37,135.55	397.09%

10/4/2015

**North Carolina Continuing Care Residents Association
Financial Status Report for Fiscal Year 2014-2015**

	A	B	C	D	E
52	SunTrust Bank Statement Balances				
53			30-Sep-14	30-Sep-15	Interest
54	Non-Profit Checking		\$21,359.98	\$53,464.77	\$0.00
55	Business Money Market Savings		\$22,662.56	\$22,664.82	\$2.26
56	TOTAL OF BANK ACCOUNTS		\$44,022.54	\$76,129.59	\$2.26
57	Reconciliation				
58					
59					
60					
61	Plus: Deposits in Transit Beginning of Year				0.00
62	Less: Checks Outstanding Beginning of Year				0.00
63	Plus: Total Income				59,510.26
64	Less: Total Expenses				22,374.71
65	Less: Deposits in Transit End of Year				5078.50
66	Plus: Checks Outstanding End of Year				50.00
67	Total Ending Balance per Bank Statements				76,129.59
68	Fund Restrictions				
69					
70					
71					
72	Plus: Deposits in Transit End of Year				\$5,078.50
73	Less: Checks Outstanding End of Year				\$50.00
74	Total Funds Available End of Year				\$81,158.09
75	Outyear (Paid in Advance) Membership Reserves				\$71,219.00
76	Unencumbered Funds End of Year				\$9,939.09

LEADINGAGE NORTH CAROLINA PROJECTS 20 YEAR GROWTH IN CCRC RESIDENTS

On December 15th, LeadingAge North Carolina will be releasing “Market Needs and Economic Impact of Continuing Care Retirement Communities in North Carolina.” This independently produced report, authored by Dr. James Johnson, Jr., William R. Kenan Jr. Distinguished Professor of Strategy and Entrepreneurship, and a team of researchers at the Kenan-Flagler Business School at the University of North Carolina-Chapel Hill, examines the economic impact of continuing care retirement communities on our state and the potential they have for creating jobs and expanding our tax base.

The report suggests that with North Carolina’s older adult population set to explode by nearly 70% in the next twenty years (an additional one million seniors), the impact of CCRCs on our state’s economic health will be staggering.

- In 2014, North Carolina’s 57 CCRCs served nearly 19,000 residents and directly employed 15,000 staff. Their combined economic impact on the state was \$1.7 billion annually and they paid \$94 million in state and local taxes and \$152 million in federal taxes.
- In 2034, the report projects that North Carolina CCRCs will serve more than 35,000 residents and employ 30,000 staff. Their combined economic impact on the state is estimated at \$3.2 billion and they will pay \$174 in state and local taxes and \$283 million in federal taxes.

The study is the first of its kind in North Carolina and promises to shed new light on the scope of impact CCRCs have on the health of our state. Beginning December 15 you can find an executive summary as well as the full study at www.leadingagenc.org.

10/4/2015

**North Carolina Continuing Care Residents Association
Proposed Budget 2015 - 2016**

	2014-2015 Budget	2014-2015 Actual	2015-2016 Proposed Budget
INCOME			
Membership Income	\$30,000.00	\$58,490.00	\$17,200.00
Life Membership Income Deferred to Future Years	-\$11,560.00	-\$41,090.00	-\$7,200.00
Dues Income Deferred from Previous Years	\$5,165.00	\$6,350.00	\$14,327.00
Total Current Year Membership Income	<u>\$23,605.00</u>	<u>\$23,750.00</u>	<u>\$24,327.00</u>
 Annual Meeting Registration Fees	 \$1,300.00	 \$944.00	 \$1,300.00
 Interest Income	 \$2.00	 \$2.25	 \$2.00
 Gifts Received	 \$0.00	 \$74.00	 \$0.00
 TOTAL AVAILABLE INCOME	 <u>\$24,907.00</u>	 <u>\$24,770.25</u>	 <u>\$25,629.00</u>
EXPENSES			
Annual Meeting Expense	\$2,600.00	\$2,975.36	\$3,000.00
Board & Executive Committee Meetings	\$1,000.00	\$1,424.01	\$1,504.00
Hotline Expense	\$9,600.00	\$11,871.02	\$11,000.00
Website	\$500.00	\$855.80	\$1,500.00
Refund of Membership Overpayments	\$0.00	\$50.00	\$0.00
Membership Development	\$500.00	\$0.00	\$800.00
Membership Services	\$4,000.00	\$3,900.00	\$3,900.00
Administrative Expenses	\$200.00	\$203.52	\$250.00
Dues to NaCCRA	\$550.00	\$500.00	\$500.00
Organization Representation	\$1,500.00	\$0.00	\$1,500.00
Dues Allocation to Regions	\$1,500.00	\$595.00	\$1,675.00
 TOTAL EXPENSES	 <u>\$21,950.00</u>	 <u>\$22,374.71</u>	 <u>\$25,629.00</u>
 SURPLUS / DEFICIT	 <u>\$2,957.00</u>	 <u>\$2,395.54</u>	 <u>\$0.00</u>

HOW CAN WE HELP ONE ANOTHER IN EXTREMIS?

by Rev. Bob Nicholson and Gordon Harper

Bob's wife Betty died in the last few months and Gordon has recently been diagnosed with a form of leukemia that keeps him largely home bound and with a possibly fairly short life expectancy. They have been talking with each other about dealing with the death of a loved one and the anticipation of one's own death. They've also been thinking about the role of a faith community in these circumstances. Here they answer, each in his own way, the questions their friends and members of our congregation often ask: "How can I be of help?" and "What do you need?"

It started when Bob was going through the extensive writings of Betty's, an experienced gerontologist and pioneer in the church's ministry to older adults. He came across a document she wrote and signed that she used in workshops "What to do when one you love has died." It was a though she had left a personal message for Bob to guide him after her death.

Bob read Betty's words with love and care. They included: "Accept grief. Talk about it. Don't rush it. Eat well. Exercise. Get rid of imagined guilt. Be with friends. Postpone major decisions. Call on resources of one's faith. Suggest ways friends can help. Keep structure in life. Acknowledge reality: it did happen. Stay engaged in meaningful activity and relationships."

The one that most caught Bob's and Gordon's attention, however, was her admonition, "Suggest ways friends can help; they may be at a loss to know what to do."

This led to a conversation about how a faith community like ours can help in such situations. Betty's words reminded us that people are kind and sympathetic, but it's hard for them to know what they might actually do. Bob and I agreed that we would each do a short list of some specific things we find helpful. Being the distinctly different characters we are and the different situations we're dealing with, we knew they would not be identical. Perhaps they'll spark your own thinking.

Bob shares what he has most appreciated and that cares for him:

- Hosting friends from SFBC for meals, sharing time in our apartment home that reflects Betty's creative touch.
- Receiving home cooked meals of nutritious comfort food by a SFBC member during Betty's final days and in the recent months since.
- Rekindling relationships with family and friends both near and far. With my family spread geographically and my background in Christian education, scouting and soccer, I've valued being included in family gatherings, especially where there are children and youth. I find these times together refreshing, comforting and a source of encouragement to move forward.
- Careful reviewing, sorting and sharing of Betty's books and papers in natural science, ecology, gerontology, theology and Biblical studies with appropriate friends.

- Attending professional meetings and continuing my leadership role in the National Continuing Care Residents Association, with travels to many parts of the USA visiting retirement communities.

And Gordon:

- It's been great getting your cards. Best are those that are distinctly you in character— that touch, surprise, amuse— or make me wince (just not flowery Hallmark clichés or pious boilerplate).
- Emails and phone calls also fine, especially when you share what you are up to or insights you've gained from your own medical bouts. Memories, like a story or picture of when we caused trouble together, a piece of music, poetry, a powerful quotation or spiritual reading, a cartoon, YouTube video (no dancing cats, please) that caught you for some reason, work for me. A little friendly abuse is always appreciated.
- Best to check first, but if you're able, come by, sit and talk awhile. I'm generally good for forty-five minutes to an hour before my energy tank runs low. If you're a garden or farmer's market person, fresh fruits and vegetables are always appreciated by us condo dwellers.
- For those of you who know how, video chatting lets us see as well as hear one another, even at a great distance. Arrange the time in advance, so I can at least comb my hair.
- There's a weight on Roxana's shoulders as my primary caregiver. Offer to pick her up and help her do some grocery shopping. Invite her to a coffee or to a movie, just to step out of the normal routine for a time. This cares for me as well.
- If you live relatively nearby and have a spare bedroom in which you could put up one of our visiting friends or family members overnight, let us know.
- Do your own list: some practical things you could actually help out with. Often we don't know the skill sets or services our fellow members can or are willing to provide. You may surprise me with something I'd not thought of but perhaps could indeed call on you for.
- Be prepared for rejection. Only means I can't accommodate you at the moment. Please try again.
- We offer these in appreciation of the ways in which our congregation has extended care to us and in the hope that they might be a contribution to the current conversation about strengthening our care structures at Seattle First Baptist.

The Rev. Bob Nicholson is Membership Vice President of NaCCRA. This article appeared in the Seattle First Baptist Spire Oct 2015 issue. Printed with permission.

CAROL WOODS LABYRINTH *Bob Hellwig*

After more than a year in planning and construction, the Carol Woods labyrinth is ready for walking. It is located on the north side of Building 6 in a quiet setting below the cottages on the Upper Loop

Labyrinths or depictions of labyrinths go back at least 4000 years. There are only ambiguous suggestions as to what their purposes may actually have been. The same simple concept of a single circular path with many turns leading to the center and then returning to the outer edge seems to have had its origin in many parts of the world, including Greece, Egypt, India, and North America.

Individuals slowly winding their way through the labyrinth have different experiences. Some use it as an approach toward the spiritual or to achieve a mystical state while others focus on health and well-being by centering their mind to release tension and care. The symmetry and grace are often a source of joy and beauty.

The Carol Woods labyrinth did not appear overnight. Sandy Venegoni and Amie Modigh were inspired by walking labyrinths in Sweden and St. Louis while visiting family. They could see one as a special place for our residents to go for peaceful meditation. CEO Pat Sprigg and two other key staff members, Tony Bayless and Robin Holmes, could also envision the labyrinth as an ideal fit for Carol Woods. They began working monthly with a planning group of about a dozen residents to see how this dream could be realized. As the concept moved through the community, it was discussed and approved by three Carol Woods Advisory Committees: Building and Facilities, Gardens and Landscaping, and Health and Well-Being. In addition, the Fitness Committee gave it their stamp of approval. The Residents Council approved it on June 3, 2014.

The Campus Enhancement Fund of the Carol Woods Charitable Fund covered the cost of the labyrinth. This fund has also enabled the creation of the Rose Garden, Millstone Garden, the Dog Park, and the Croquet and Bocce courts.

The Labyrinth Company of Connecticut provided the pavers to create the desired eight circuit labyrinth and accommodated our space constraints. Earlier this year, the company had 39 pallets of variously shaped light gray and dark gray pavers delivered to the driveway outside of Building 6. Doug Malinowski of Wellsmont Landscaping coordinated the actual construction of the labyrinth. Preparation began with the excavation of the bank and proceeded through smoothing a large circular area which was covered by a plastic water barrier, and laying a level foundation of gravel and sand. Finally, Doug began the work of placing the pavers with care to keep the lines correct and the blocks close to each other. Gray sand was added to fill in the gaps between the pavers. The job was completed and a Grand Opening was held in June.

Note: Labyrinths are often confused with mazes which are designed with many dead end turns in the pathways. Mazes are used to confuse and hinder one's sense of well-being. The Carol Woods Labyrinth is designed to soothe and center the residents and staff who live and work here.

MULTI-GENERATIONAL PROJECT *RC Welch*



The Residents of Southminster, through their Southminster Community Fund, have joined with the Mecklenburg County Parks and Recreations Department and UNC Charlotte Departments of Kinesiology and

Gerontology, and the Kompan Play Equipment Co. Ltd., of the UK, to develop and implement the Multi-Generational (Multi-Gen) Play Project that is scheduled to open October 17th, 2015. This Project is the latest of the many Community Benefit Initiatives fostered by the Southminster Community Fund.

The concept of the Multi-Gen Play Project is not new. The recent history of "Wellness Playgrounds for Elders" can be traced to a 1995 "Physical Health Law" in the Peoples Republic of China. This law stated that outdoor physical fitness centers geared to all ages were to be built in urban parks and squares. By 2009 an estimated 50,000 senior playgrounds had been established. In 2003, the University of Lapland joined a playground equipment manufacturer to build a playground specifically designed for the elderly and measure its value. Since then the Multi-Gen Playground concept has been accepted on a world wide basis.

The Multi-Gen Play Project that Southminster Residents are sponsoring is scheduled to be located on the grounds of an existing County sponsored Marion Diehl Senior Center. The Playground will also serve as an exercise location for children and adults from several surrounding Communities.

In introducing the project, MS Tracy McGinnis, Southminster's Director of Philanthropy, stated that the partnership with UNC Charlotte departments of Kinesiology and Gerontology will provide an in depth opportunity for in depth studies of the function multigenerational activities over an extended period of time. The studies will focus on both environment and human development.

The play structures, manufactured in the UK, incorporate innovative technology integrated in the equipment. This play project represents the initial North American installation of this level of "Smart" fitness equipment. The use of this technology allows for the collection of significant data that will contribute to the vital research activity of the Partners.

George Bernard Shaw once said: "We don't stop playing because we get old. We get old because we stop playing." For the Residents at Southminster there is substance in those words.

They know that physical activity, such as playing, promotes a healthy trend for aging bodies. Research on the activity of these aging bodies can assist in more graceful aging. This Program is also an investment by Southminster residents in the health of Mecklenburg County youth. They know that today's children are the Future. Southminster Residents know that investment in creative outreach and positive Community Initiatives that work to the betterment of both the young and the elderly, such as the Multi-Generational Playground are truly Win/Win situations.

ASHEVILLE AREA CCRCS COOPERATE FOR A CAUSE

Marleen Varner

“Two amazing chefs, one incredible evening” described the fabulous benefit for Meals on Wheels created through cooperation of residents and staff of Ardenwoods Retirement Community in Arden and Deerfield Episcopal Retirement Community in Asheville.



Marleen Varner, NCCRA Secretary, (left) and Nancy McCarthy, Deerfield Dining Committee chair (right) at Ardenwoods

Forty-five residents and seven staff from Deerfield in two buses and assorted private vehicles joined about the same number of folks at Ardenwoods on Tuesday evening, September 15th at a benefit that raised over \$7,100 for the Buncombe County Meals on Wheels program. Using volunteer drivers, Meals on Wheels delivers hot, nutritious meals for 500 area senior residents five days a week.

Surf and Turf were the featured menu items, including such delicacies as oysters on the half shell, beef tenderloin, shrimp and lobster ragout, and an abundance of elegantly prepared vegetables. Even the preliminaries of wine, beer and summer sangria were outstanding with delicious appetizers as accompaniments. The desserts featured tiramisu, crème brûlée, berry tartlettes and of course fresh fruits.

Greg Schwartz, the Director of Food and Beverages at Ardenwoods, was the mastermind of the evening. He initially approached his counterparts at both Deerfield and Givens Estates about having an “Ironchef”-like competition as a fundraiser for a local nonprofit that served seniors who aren’t lucky enough to live in one of our communities. When Givens decided not to join in, the event morphed into a collaboration.

Deerfield’s Director of Philanthropy, Cheryl Gettinger, worked closely with Tara Justus, the Director of Marketing at Ardenwoods, to promote the event in both communities. Gettinger said, “The selection of Meals on Wheels to receive the proceeds was a no-brainer, since they help so many seniors throughout our community remain in their homes.” Tickets cost \$75 per person, with all of the proceeds going to Meals on Wheels thanks to generous donations of ingredients by various food suppliers.

A WOMAN NAMED CHARITY

Connie Hicks

In late August, 1919, a baby girl was born on a farm that straddled the Wayne-Johnston County line. Her parents named her Charity—not realizing, probably, how prophetic the name was. For all of her 96 years, Charity Holland has lived up to her special name. And for the last twenty-seven years, she has served as the resident saint of Cypress Glen Retirement Community in Greenville, NC. She is also its matriarch, having lived longer at Cypress Glen than any other resident.

Before she came to Cypress Glen, Charity’s life was one of outstanding service. After graduating from Louisburg College and East Carolina Teachers’ College (now East Carolina University), Charity taught and was a mentor to young people for many years, living and working in the Kinston area for much of that time. Meanwhile, she was tireless in her leadership through United Methodist Women. But the list of Charity’s contributions to enrichment of life at Cypress Glen is just as impressive.

Cypress Glen has a unique institution known as “The Barefoot Club.” It began in the summer of 1989, when the new community was only two years old and had fewer than twenty residents. After a late evening stroll one warm summer evening, a small group of residents were enjoying rocking chairs on a screened porch, when one of them remarked to Charity (already recognized for her clear, pleasant voice), “Charity, why don’t you find something good to read and read to us?” Thus began a tradition of evening fellowship, sharing not only books read aloud but also concerns and prayers for each other. Except for evenings when there are community-wide events, fifteen to twenty residents gather still. Until a year ago, Charity did virtually all the book selection and reading. Now, at 96, as her eyes tire more easily, she has a few others who take turns helping her do what she did alone for 26 years. Always, Charity leads the group in a closing prayer.

Charity serves Cypress Glen in another unique capacity. She delivers all the eulogies at memorial services, where candles are lit, in turn, in memory of each resident who died during the preceding quarter.

Old-timers in the North Carolina Conference of the United Methodist Church give Charity credit for saving Cypress Glen from closure when, in its earliest years, church leaders felt it was not a “going” concern and considered closing its doors. Those who still believed in its mission in eastern North Carolina prevailed on Charity to be its spokesperson at the Conference annual meeting. Her winsome words of persuasion changed enough minds to save the community. Today, Cypress Glen is a prosperous and thriving continuing-care community with almost 300 residents.

During the last quarter-century Charity also served her community -at-large. She volunteered at Ronald McDonald House, Meals-on-Wheels, the local hospital, ECU Campus Ministry, and local elementary schools, not to mention her leadership of a large circle of United Methodist Women at Cypress Glen and a term as Jarvis United Methodist Church’s UMW president. Her community service resulted in her receiving the Order of the Long-Leaf Pine in 2005. Her church leadership was recognized the following year when she was named the *national* volunteer of the year at the United Methodist National Convention in Saint Louis.

As for Cypress Glen itself, several years ago the grateful residents provided funds for a large recreational/cafe space named the Charity Holland 4-Seasons Room. And in a secluded corner of Cypress Glen’s large, beautiful campus, there is a flowering cherry tree named “The Charity Tree.”

SPRING MEETINGS 2016

NCCCRA WESTERN REGION

Tuesday, April 19, 2016

Deerfield Episcopal Retirement Community, Asheville, NC.

Speakers: Roy Cooper, NC State Attorney General and Tom Akins, CEO LeadingAge NC

Contact Brenda Tremoulet for more information

Phone: (828) 505-1719 email: trimline@charter.net

NCCCRA EASTERN REGION

Wednesday, April 13, 2016

Carolina Meadows, Chapel Hill, NC.

Speakers: Carolyn Holt & Nancy Hudspeth—Your legacy.

Jim Hastings—Aging in Place

Kevin McLeod, CEO Carolina Meadows, Chair LeadingAge NC Board of Directors

Contact Judith Pulley for more information

Phone: (919) 967-5487 email: jpp@earthlink.net

NCCCRA CENTRAL REGION

Speakers, date and venue to be announced.

Contact Randall Edwards for more information

Phone (336) 313-5448 email: tvilleman@triad.rr.com

The *Hotline* is published quarterly, March, June, September and December by Bernard S. Coleman, Deerfield Episcopal Retirement Community, Asheville, NC, for NCCCRA President Brenda Tremoulet, 25 Yorkminster Loop D-3, Asheville, NC 28803 (828-505-1719)-- brenda.tremoulet@gmail.com. Submissions to the *Hotline* and other *Hotline*-related communications should be addressed to the editor, Bernard S. Coleman (gothic63@charter.net).

www.NCCCRA.org
The NCCCRA home page
is your source
for information.

Check it out!

Membership Application

One-year membership is \$12 for an individual, \$20 for a couple. Life membership is \$80 for an individual. **Checks should be made payable to NCCCRA and given to your community's NCCCRA 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 NCCCRA representative is, you may find out by contacting NCCCRA President, Brenda Tremoulet, 25 Yorkminster Loop D-3, Asheville, NC 28803; (828) 505-1719; brenda.tremoulet@gmail.com.

If your community does not have a representative, mail checks to:

NCCCRA, 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 2016

 (Your name)

 (Spouse's name, if applicable)

Your email _____

Community _____

Address _____

Status (please check one): Renewal New member

Enclosed is payment for (please check one):

One year: \$12 single \$20 couple **Life:** \$80 individual.