



The Hotline

North Carolina Continuing Care Residents Association

Eastern Region Annual Meeting May 15, Plantation Village in Wilmington

All NorCCRA members, and especially those in the Eastern Region, are invited to attend this year's meeting at Plantation Village in Wilmington. Mark your calendar for Tuesday **May 15**.

So we can plan our time together, registration should be in no later than **May 1**. Attendees who spend the night in Wilmington can get discounted hotel rooms at the Hilton Garden Inn at Mayfaire. Attendees must make their own reservations by calling the hotel and refer to the "LCS discount." The telephone number for the Hilton Garden Inn is 910-509-4046 and the address is 6745 Rock Spring Road, Wilmington, N.C.

The theme for 2018 will be *Maintaining Wellness Beyond Diet and Exercise* led by Ms. Page Rutledge, a licensed Therapist with degrees in Health and Policy, Social Work, and Gerontology.

Also, Dr. Michelle Osborne, Associate Director of N.C. Department of Insurance and Sindy Barker, NorCCRA's legislative chair will give updates on state requirements of licensing new CCRCs, the financial state of North Carolina CCRC's, and current legislation issues.



Hilton Garden Inn at Mayfaire Town Center



Plantation Village



Reservation form for NorCCRA's May 15, 2018
Annual Eastern Meeting
Plantation Village, Wilmington, N.C.

Name: _____ Community: _____

Email address: _____ Phone #: _____

Arriving via: _____ Auto _____ Community Van

Overnight reservations for _____ people
Please contact the Hilton Garden Inn for reservations.

Make checks payable to NorCCA for \$14 to cover lunch at Plantation Village.
Please mail to Herb Wile, Plantation Village, 8187 Blue Heron Drive, Apt A210, Wilmington, NC 28411

Carolina Meadows Completes Another Successful Fundraiser for UNC-TV

Last year, the theme was “All Things North Carolina,” with a mural converted into a puzzle that “keeps on giving” to UNC-TV with royalties donated by the artists and Heritage Puzzle Company. This year, the theme was “Creating a Masterpiece” with several weeks of lectures, concerts, classes, dinners, and another mural. Chef Jody McCloud led a demonstration creating chocolate truffles and paired them with wines.

In an art class “Re-created Masterpieces,” participants updated selected paintings from old masters to make them fit modern times. Also, two easels were set up around campus for residents to “make their mark” on original creations. Susan Gaca is working on another mural. Inspired by Manet’s “A Bar at the Folies-Bergere,” she is substituting Carolina Meadows Pub scenes for her creation “A Night at the Pub” (See photo at right).



Chef Jody McCloud’s truffle demonstration

The drive ended on March 8 with Carolina Meadows night on UNC-TV presenting a check for over \$46,000.

UNC-TV Public Media North Carolina joins three other fund raising activities at Carolina Meadows-- United Way, Cora Food Pantry and the Employee Appreciation Fund.



Board of Directors Meeting Scheduled for Tuesday May 22

Our new Executive Committee hopes to see ALL the representatives and co-representatives for NorCCRA at the Board of Directors Meeting on Tuesday May 22, 2018 at Pennybyrn at Maryfield. The address is 109 Penny Road, High Point, 27260.

Additional information regarding this meeting will be forth coming in April. The agenda will include identification of officers for the Central and Western Regions, or consolidation of NorCCRA into two regions instead of three; the Hotline; and other 2018 initiatives as outlined in President Milton Gilbert’s column on page 6 of this issue of *The Hotline*, especially expanding membership.



Left to right: Milton Gilbert, President; Margaret Zircher, Vice President; Franklin Sanders, Treasurer; and Catie Webb, Secretary

Questionnaire for Hotline

Hello to all members of NorCCRA:

Your executive committee and our new Hotline editor, Pete Prunkl, are interested in making our newsletter informative, interesting, and above all, a communication tool that meets your needs. Thus, this questionnaire.

Please complete the questions below and mail it to NorCCRA Vice President Margaret Zircher at 330 Carolina Meadows Villa, Chapel Hill, NC 27517. Feel free to use additional sheets.

1. What do you like about Hotline – past as well as the current issue?

2. What would you like to see changed in the current or past issues of The Hotline?

3. How do you get your issues of The Hotline?

___ Hard copy ___ I read it online ___ It is forwarded electronically by my rep.

4. Here are some ideas for the newsletter. Please rate each idea on a five-point scale where

1 is *Really dislike it*, 2 is *Dislike it*, 3 is “OK” or *Neutral*, 4 is *Like it* and 5 is *Love it*.

| | | | | | |
|--|---|---|---|---|---|
| Best Practices at North Carolina CCRCs | 1 | 2 | 3 | 4 | 5 |
| Member profiles | 1 | 2 | 3 | 4 | 5 |
| Tax issues & tax legislation .. | 1 | 2 | 3 | 4 | 5 |
| Best places to travel | 1 | 2 | 3 | 4 | 5 |
| Short articles | 1 | 2 | 3 | 4 | 5 |
| Medicare/medical issues | 1 | 2 | 3 | 4 | 5 |
| Minutes of meetings | 1 | 2 | 3 | 4 | 5 |
| Poetry/artistic expression | 1 | 2 | 3 | 4 | 5 |
| My ideas (please use other side too): | | | | | |

5. Information about you:

Female: _____ Male: _____

How long have you been a member of NorCCRA? _____

I read The Hotline every quarter: Yes: _____ No: _____ If no, why not?

I'd like to write for The Hotline (name please): _____

6. Why do you belong to NorCCRA?

7. What issues should NorCCRA work on?

Thank you!

Please send your completed questionnaire to:

Margaret Zircher, 330 Carolina Meadows Villa, Chapel Hill, NC 27517

Eastern Region to Elect New Officers at their May 15 Annual Meeting

At the Eastern Region's Annual Meeting on Tuesday May 15 at Plantation Village, a new slate of officers for 2018-2019 will be elected. The 2019 Annual Meeting is scheduled to be held at Galloway Ridge. For that reason, the recommended slate of officers will all be from Galloway Ridge. Those officers are:

President: Alexandra (Sandy) Wigdor

Alexandra moved to Galloway Ridge from Washington DC in 2016 at which time she became a Life Member of NORCCRA. Her career centered on science policy research at the National Academy of Science where she was Director of the Division on Education, Labor and Human Performance. From 2009 through 2017, she served on the Board of Trustees of the Human Resources Research Organization.

Vice President: Annette Griffith

Annette came to Galloway Ridge in 2016. During her work life, she taught string instruments in the public schools before becoming coordinator of the art and music programs in Greenwich, CT. During her retirement, she coordinated the annual Arts Institute for the state of Connecticut. She currently belongs to the Evergreen United Methodist Church in Chatham County and remains active in the Mozambique, Africa mission through her ties with the New York Annual Conference of the church.

Treasurer: Mark Blaustein

After a 35 year career in Sales and Marketing, Mark moved from Chapel Hill to Galloway Ridge with his wife, Susan, in June of 2016. Since then he has become a member of NorCCRA, and is presently serving as Treasurer at Galloway Ridge. Among Mark's interests are photography and model railroading.

Secretary: Beverlee McNeil

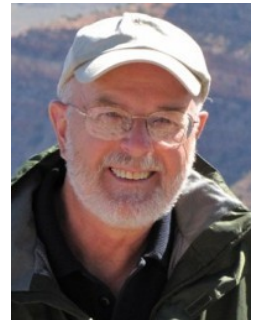
Beverlee moved to North Carolina from St. Augustine, Florida, and has lived at Galloway Ridge for the last seven years. Most of her life was spent in the Chicago area where she worked as a secretary for Delta Air Lines. After her children were born she became a stay-at-home mom, working one day a week in her husband's business.

Best Practices Column: Ideas?

The Hotline plans to debut a new column in the July issue on best practices at CCRCs. We are taking a broad approach to the issue. Best practices do not need to be limited to North Carolina. If you visit other retirement communities and find something that you think would be good for your community and others, please jot it down and send it to Pete at prunkl@fibrant.com or to his home at 421 South Ellis Street, Salisbury, NC 28144.

New Hotline Editor

Freelance writer Pete Prunkl of Salisbury has been named as the new editor of *The Hotline*. Pete is also the editor of *The Oak Leaf*, the prospective resident newsletter for Trinity Oaks Retirement Community in Salisbury. In addition, Pete covers North Carolina antique shows and sales for the *Maine Antique Digest* and *AntiqueWeek*.



Pete Prunkl

Pete is married to Donna and the couple will celebrate their 20th wedding anniversary in May. The Executive Committee and Pete have agreed to a one year trial appointment as *Hotline* editor. Pete will be at NorCCRA's Board of Directors meeting in High Point on May 22.

Volunteering: It's good for you!

By Pete Prunkl

NorCCRA needs volunteers and your work with us may help you feel better. During the past 25 years, social scientists have found physical and mental health benefits traced directly to volunteering.

Using longitudinal data, they examined volunteers and non-volunteers over a four-to-nine-year period. Their data revealed three consistent effects—all favoring volunteers.

Perhaps the most surprising is that volunteering helps people live longer. Researchers found that mortality rates dropped between 28 and 44 percent for those who volunteered for an organization two to six hours a week.

Increased longevity is not the only physical health benefit to come from volunteering. In the longest and most comprehensive study to date, researchers found that older volunteers had fewer difficulties than non-volunteers with activities of daily living such as eating, bathing, dressing and using the restroom.

The volunteer advantage extended further to activities requiring a combination of mental and physical



abilities such as grocery shopping, preparing meals, and managing money. Across the board, volunteers had significantly fewer daily living challenges than non-volunteers.

Volunteers are quick to report that being connected with other people makes them feel better. Social scientists at the University of Minnesota com-

pared standardized tests for depression of volunteers and non-volunteers with their scores eight years later. Their findings indicated lower levels of depression for volunteers.

All of these positive effects are found in older, not younger, volunteers. For younger people, no demonstrated physical or mental health advantages associated with volunteering have yet been found.

Sociologists think they know why seniors benefit from volunteering. They theorize that the more time seniors spend with others, the greater their personal well-being. As people age, some of their roles—mother, father, worker, decision maker—diminish in importance or disappear. Those who add the role of volunteer are recovering some of their previous integration with other people.

Would you like to write for The Hotline?

We are looking for a few CCRC residents with a flare for reading, investigating and writing. The Hotline needs you. How often have you found an interesting article in a magazine or newspaper and thought it would be something others in NorCCRA would find interesting too? Summarize the article, add your own perspective, provide the reference so others can check it out too and send it to your editor. We can also assign articles for you to write. If you are handy with a camera, we can use your skills as well.

Drop me a line at prunkl@fibrant.com or via snail mail at Pete Prunkl, 421 South Ellis Street, Salisbury, NC 28144. Thanks.



Letter from the President *by Milton H. Gilbert*

When President Franklin Roosevelt accepted the nomination of his party for a second term as President in 1936, he referred to his generation, our parents, as those “who have a rendezvous with destiny.” President John Kennedy, referring to this same so-called greatest generation said that “this generation was born in this century (the 20th), tempered by war, and disciplined by a hard and bitter peace.”

We are a different generation, we the elders of this time are often called the “silent generation.” But during these past few months your leaders of the Executive Committee of the NorCCRA have not been silent. Rather we have been actively looking at ways to be relevant, to have, as it were, a rendezvous with destiny.

We have been doing this with a determined focus on three priorities in our lives as communities of older adults. The first, to assume an advocacy role for the betterment of our Health Care Units within our CCRC’s. We are keenly concerned with the ways and methods in which our state units are licensed. Our past president, Brenda Tremoulet, is leading this effort on behalf of the Executive Committee and NorCCRA.

Our second goal will be to become more attentive to the decreasing membership among our organiza-

tion. We will be working on this goal with a positive outlook through education and communication in our CCRC’s. We will be seeking the input of our leaders when we

meet for our annual business meeting on May 22nd at Pennybryn. (See an additional article in the *Hotline* on this meeting) As part of this initiative we are seeking the best practices of our members as a way to communicate better the reason that we exist— “to promote and ensure optimal quality of life throughout the continuum of care for the diverse population of North Carolina Continuing Care Retirement Community Residents.”

Thirdly, as we are seeking our destiny in our time, we will be working together to broaden our leadership in all our regions of the state so that all regions have officers and quality meetings.

A fourth goal that I would like to see us begin to understand is what Dr. Atul Gawande calls making each day, “the best possible day.” In a large part we will do this as our members share their best practices for living more meaningful lives, and keeping an eye on relevant legislation and NC Statute 58 Article 64 as we discover/shape/protect our destiny for our time.



NorCCRA is an affiliate of NaCCRA. Be sure to also read their newsletter *Life Line* <http://naccra.com/life-line-newsletter.html>



Application for membership in North Carolina Continuing Care Residents Association

Name: _____ Community: _____

Spouse’s name (if applicable): _____

Address: _____

Email address: _____

Please make check made payable to **NorCCRA**.

Fee: \$12 for individual; \$20 for couple; \$80 individual life membership; \$135 life membership for a couple

Send check and application to Susan Rhyne, 3913 Muhlenberg Court, Burlington NC 27215

Thank you!