



# The hotline

24x48

## October Annual Meeting Agenda Set

THE STATEWIDE Annual Meeting of the Continuing Care Community Residents of North Carolina (CCCR of NC) will be held Tuesday, October 4, at Christ United Methodist Church, in Greensboro.

The meeting will start at 9:30 AM, with registration, refreshments, and fellowship. The program will begin at 10:15. After a welcome, CCCR of NC Vice President Dale Stine will introduce Steve Johnson, Manager of Special Entities at the North Carolina Department of Insurance. Gina Upchurch, Executive Director of Senior PharmAssist, will be introduced by Secretary Pat Looper, following which Treasurer Walt Boyer will introduce Tom Adkins, Executive Director of Leading Age of North Carolina.

After a short break, President Clint Willis will introduce the featured speaker, Ruth Walsh, President of NaCCRA (see page 3 of this issue for more information).

Lunch, from noon to 1:00, will be followed by a business session. Pat will present the minutes of the 2010 Annual Meeting, and Walt will give the Treasurer's report. Proposed revisions to the bylaws will be presented by Bill Gentry, and Bill Pearce, immediate Past President, will give the report of the Nominating Committee. Walt will present the proposed budget for 2011-2012, and Clint will give the annual President's report. Adjournment is planned for 2:00.

**Please register early!  
The registration form, on page 11 of this issue, must be received by September 23.**

**To Reach the Church (410 N Holden Road)**  
*See the map on page 2.*

**From the West on I-40:** Take I-40 (not the new bypass) past Guilford College Road to Wendover Avenue. Go left (east) on Wendover to Holden Road. Go left (north) on Holden past Market Street. The church is a few blocks after Market, on the right, well back from the street but easily visible.

**From the East on I-85:** Take I-85 to Business I-85; Continue on Business I-85 past US 421 and US 220 to Holden Road. Go right (north) on Holden past Vandalia Road, High Point Road, Patterson Street, Wendover Avenue, and Market Street. The church is a few blocks after Market, on the right, well back from the street but easily visible.

**From the South on I-85:** Take I-85 to Business I-85. Continue in the same direction (east) on Business I-85 to the next exit at Holden Road. Turn left (north) on Holden past Vandalia Road, High Point Road, Patterson Street, Wendover Avenue, and Market Street. The church is a few blocks after Market, on the right, well back from the street but easily visible.

**From the South on US 220:** Take US 220 past new I-85 to Business I-85, turn left (south) on Business I-85 to the next exit, Holden Road. Turn right (north) on Holden past Vandalia Road, High Point Road, Patterson Street, Wendover Avenue, and Market Street. The church is a few blocks after Market, on the right, well back from the street but easily visible.

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 Clinton V. Willis, Jr., 3 Kintyer Court, 2200 Elm Ave., Laurinburg, NC 28352; (910) 276-2739; [genclint@bellsouth.net](mailto:genclint@bellsouth.net). 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](mailto:sandabel@aol.com), or faxed to (828) 349-9826.

<[CCCRofNC.org](http://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](mailto: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  2011

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

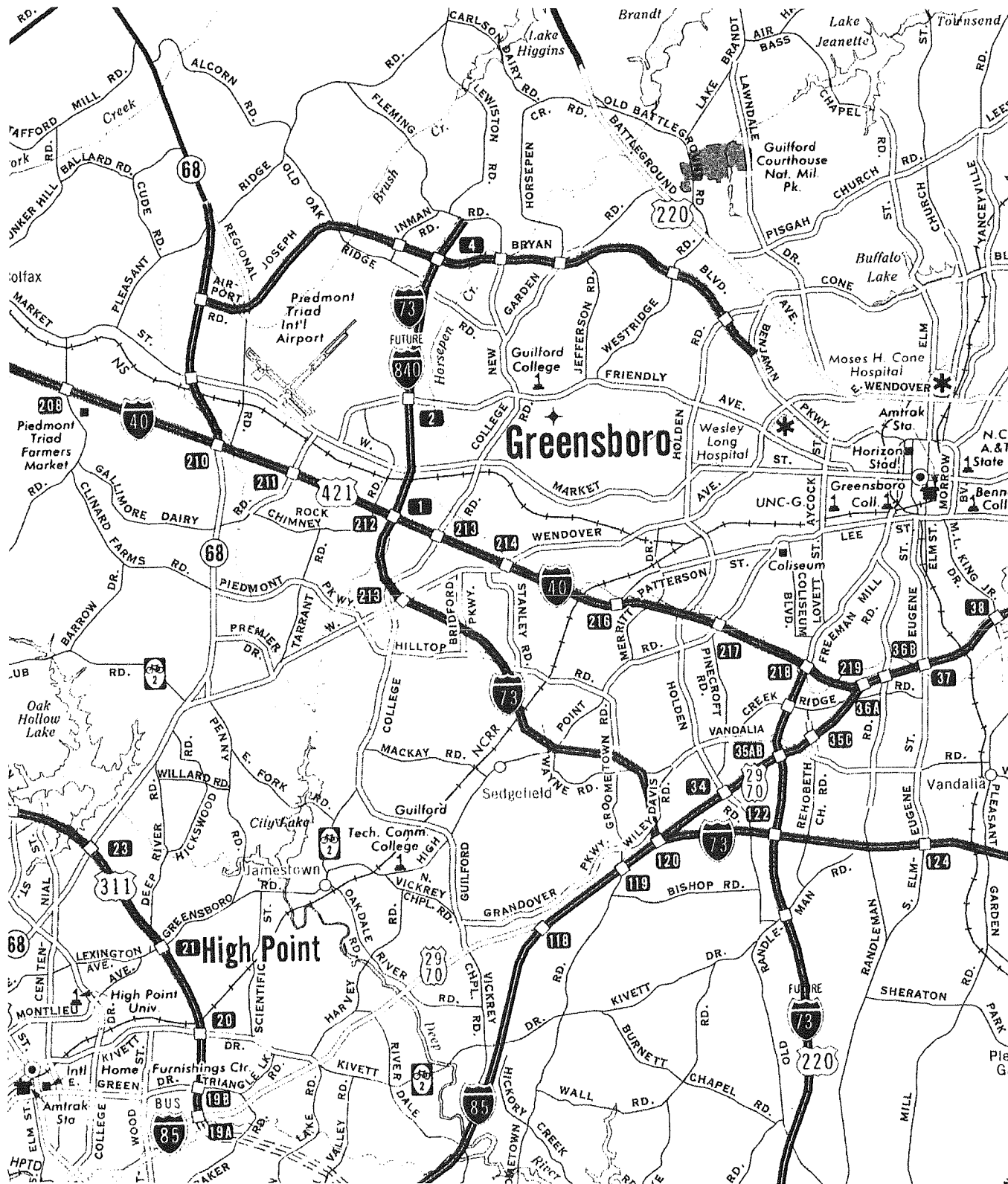
Community \_\_\_\_\_

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



**CCCR OF NC ANNUAL MEETING  
Christ United Methodist Church, Greensboro, NC**

Tuesday October 4, 2011

9:30–10:15 AM—Registration, refreshments , and fellowship  
10:15 AM—General program  
Noon—Lunch  
1:00 PM—Business session

**REGISTRATION FORM**

Use this form to register:

Please register me (us) for the CCCR of NC Annual Meeting, October 4, 2011

Name(s) Please print \_\_\_\_\_

Address \_\_\_\_\_

Community \_\_\_\_\_ E-mail or phone \_\_\_\_\_

Please check the appropriate registration blank:

Member CCCR of NC                      Cost \$8.00 for registration and lunch

Non-member                                      Cost \$10.00 for registration and lunch

Mail this form and your check made payable to CCCR of NC to Susan Rhyne at 3913 Muhlenberg Court, Burlington, NC 27215. Reservations must be received by Friday, September 23.

I (we) have the following dietary restrictions:

\_\_\_\_\_

***The Hotline is your voice.  
Share your community's events and experiences!***

## Invitation to Join NaCCRA

YOU ARE INVITED to become a part of the National Continuing Care Residents Association (NaCCRA), the national association of residents united in support of one another who are building a strong network of information sharing and friendship building. These folks, from across the USA, have developed a remarkable track record from small beginnings. It has been a totally accomplished by volunteer efforts.

The CEO of Leading Age (formerly American Association of Services and Homes for the Aging), Larry Minnix, says of our developing organization "they are the best allies Leading Age has. Leading Age welcomes our voice, the voice of our residents." Our residents are welcomed to national meetings of Leading Age, such as the upcoming one, October 16-19, 2011, in Washington, DC, when NaCCRA holds its national gathering concurrently. Leading Age waives the multi-hundred-dollar registration fee to encourage our residents' participation.

Participation is what this message is about! This is an invitation for you, and a few of your key resident leaders, to come and participate with us now as we are at a crucial turning point

Below are six of the areas where NaCCRA is at work, values I know your residents share.

1. Support residents' remaining independent as long as possible.
2. Monitor legislative activity and keep residents informed.
3. Promote CCRCs as most desirable place for aging.
4. Support residents as voting members of governance boards.
5. Promote resident/provider relationships.
6. Promote sharing of information through *Lifeline*—NaCCRA's bimonthly newsletter.

To join, send \$15 with the simple membership form you can download at  
<<http://naccra.com/pdfs/NaCCRA-membership-application.pdf>>.

Bob Nicholson  
NaCCRA Membership Vice President  
116 Fairview Ave N # 500, Seattle, WA 98109; 206.254.1641

## Annual Meeting to Feature NaCCRA President

YOU WILL BE ENTERTAINED, informed, and delighted by the featured speaker at our Annual Meeting. Ruth Holland Walsh, current president of the National Continuing Care Residents Association, will speak about "Living in a Retirement Community." She will offer bright ideas for living the best life you can live and getting the best living experience from the community you have chosen.

Ruth comes from a U.S. Army family which moved so many times that, as she says, "wherever we hung our collective hats was home." She graduated from high school in Washington, DC, and matriculated with a BA in sociology from the University of Maine. She continued her education in New York and Connecticut, receiving a master's degree in child development and family relations.

She married, had three daughters, and has finally settled down, with two West Highland terriers, in Mystic, Connecticut. Settled down might not be the right phrase. Currently, Ruth is a member of Alpha Delta Kappa, an international honorary sorority for women educators, and she is the co-president of Connecticut Zeta Chapter with daughter Barbara. She is the Secretary of the

Class of 1950 of the University of Maine Alumni Association, and has held that position for 45 years. She is the Financial Secretary of the Henry Barnard Memorial Fund; is active in her church in Groton as a eucharistic lay minister; and is a member and President of the Mystic Scottish Country Dancers.

Ruth loves Scotland, which she visited 15 years ago. She writes that she loves "its beauty, its culture . . . haggis . . . bagpipes and drums, Robert Burns, Robert the Bruce, and other countrymen . . . the towns/ cities/ countryside/ people, and all." Her terrier Bonny Skye was the mascot of the Mystic Highland Pipe Band for nine years. The other terrier, Tobias McGregor, is the current mascot. Realizing that there are ties to Scotland in our North Carolina history, Ruth hopes to hear any information our members might have about that topic.

Of course, Ruth is also active in the Connecticut Continuing Care Residents Association, which she led as President from 2009 until this year, when she became President of the national association.

*Pat Looper*  
Secretary

***You are invited to join NaCCRA.  
See page 10 of this issue for information  
about the organization and how to join.***

## Meeting Report

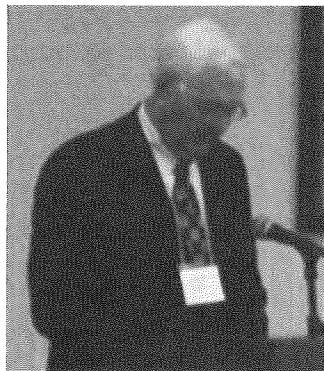
### Central Region Focuses on Aging

THE CENTRAL REGION'S Annual Meeting was held at Pennybyrn at Maryfield, in High Point, on May 4. The Pennybryn Singers entertained for 15 minutes with songs from our past. Kitty Barnes, President of the Central Region, welcomed everyone. Then Ben Leach, president of the Pennybyrn Residents Council, introduced Father Jim Solari, who gave the invocation.

Clint Willis, state CCCR of NC President, gave a brief history of CCCR, which was incorporated in 1988. Ted Blount introduced the speaker, Dr. Jeff Williamson, from Wake Forest School of Medicine, who, among other positions, is head of the J. Paul Sticht Center on Aging (one of four in the world). Much of what goes on there is hands-on. Reports inform others on all aspects of the aging process, in particular cognitive research, brain changes, and acute disease in the elderly. One object is to make active life measure up to the ability of each individual as we age. Dr. Williamson



Kitty Barnes



Clint Willis

explained, with graphics, differences between normal aging and mild cognitive impairment to severe impairment and what to look for in age-related illnesses.

A major factor in mental decline is loss of communication between brain cells which is documented by a PET scan of the brain. Some of the causes come from medicines, hypertension, high cholesterol, malnutrition, depression, diabetes and infections. Presently, no drug can prevent Alzheimer's disease. Treatment should start at the mild cognitive impairment stage. Walking is one of the best activities to help keep us stimulated, as well as other things that keep us thinking and concentrating.

A study called SPRINT at Wake Forest deals with hypertension and other illnesses that may have effects on mental decline. Those interested in joining this study can call 1-800-BE VITAL to find out more. Questions and answers followed.

A short business meeting was brought to order by Kitty Barnes. Patrick Miller, Treasurer, submitted his report and appealed to members to put in claims to the Board for their expenses related to membership, meetings and travel. Our state organization reimburses these expenditures annually from our dues, and rarely do we as a group take full advantage of this arrangement.

The next order of business was election of new officers. Kitty and the nominating committee were unable to find anyone willing to serve as Chairperson or Secretary. The Vice Chairman will be Ted Blount and the Treasurer will remain Patrick Miller. Kitty asked

mother had been a nurse's aide outside of Paris in WWI and her brother was a tail gunner. She was studying fine art at Washington University in St. Louis when she turned 20 in 1945. She enlisted soon after to enter boot camp in the Bronx, NY. But her service was short lived—the atomic bomb was dropped on Japan in August of that year. "The government didn't quite know what to do with us. They took over a hotel at 76th and Broadway to house all of us surplus women and I had a wonderful time in New York while waiting to be discharged in 1946."

Dorothy Ferster, WAVES, finished her degree during summer school at Case Western Reserve in 1943. "The men were all going away and I decided to go where they were. So I went down to the Coast Guard recruiting station in Cleveland. Their quota was filled, but the Navy down the hall said 'When can you start.'" Dorothy was stationed in Washington, DC, and trained as a Communications Officer, learning how to code and decode messages coming in from around the world. "I met my husband Paul, a Navy radar instructor, at a USO dance. He was a divine dancer! We were married three months later."

Other Carolina Meadows residents who served were Margaret Disney, WAC,

Amber Aberson, WAAF, in the British Royal Air Force, and Margaret Knoerr, Canadian WAC in his Majesty's Service.

*Rita Borden*  
Carolina Meadows

### Basket Weaving a Popular Pastime at Aldersgate

WHEN WE VISITED the craft room to talk with the Aldersgate residents who make baskets, everyone was occupied, but there as a quiet buzz of conversation. Around a large table, Mary Byers and others were measuring the lengths of reeds, checking out patterns, and weaving. With the arrival of Teresa Yoder, basket instructor, the lighthearted banter "notched up." This is a happy group of people who share a common pleasure. In the words of one of the basket weavers, "You come in and forget your aches and pains."

Fran Nadelman may have made the most baskets. She gives them away to family and friends—"anyone who will take them off my hands!" Rena Brown might also compete for making the most. She and her husband began weaving baskets many years ago. As a Nantucket native, he was interested in making authentic Nantucket baskets. Rena prefers the simple and useful baskets but also enjoys

helping new weavers learn the craft. Barbara Yoder had just finished a stunning basket. The baskets that Jane Tuttle makes are sent to her former church in Lyme Rock, Connecticut, where they are sold at church festivals.

Janet Poole's lovely baskets are given away, too. If Janet discovers a mistake she will tear it back as far as necessary to make it right. Bill Tucker has been weaving baskets for over 50 years. He was introduced to the craft through occupational therapy for his visual impairment. His latest passion is waving seats for small stools. Maxine Twery's baskets decorate her apartment and are also given as gifts. Millie Hardy says her daughter's Long Island home is full of her baskets.

There are new basket weavers, too. Dave Cable has been working on baskets for only a year but makes baskets that are termed "the best" by fellow basket weavers. Florence Bowers and Martha Morrison were organizing to begin their baskets to contribute to the class's project for a Make-a-Wish Foundation auction. Nancy Goodson, also a newer member of the group, is always ready to try something new.

*Elna Hanly*  
*Martha Jones*  
Aldersgate



Martha Mason (seated). Standing, left to right, Cecilia Taylor, Lucie Johnson, Betty Wiker, Emily Newcity, Lorene Kitrinos, Nancy Rocamora, Georgia Hosking.

Australia and later served in New Guinea Manila, and other trouble spots in the Pacific. "We interviewed released American POWs and I recorded what they said. It was pretty grisly." Emily was working in New York City when she turned 21 and enlisted. "Both my parents were dead and I thought this was my chance to see the world."

Georgia Hosking, WAVES, was working as a legal secretary in Tomahawk, Wisconsin, when she decided to enlist in 1944. She went to boot camp in the Bronx and then to Iowa to attend Yeoman's School. She was assigned to the University of Chicago, where men who

washed out as pilots came to learn how to maintain training equipment, "I was secretary to the school's commander, one of four WAVES among 96 men. Those were good odds—I met my husband there!"

Martha Mason, Women's Auxiliary Ferry Squadron, was a member of a very select group of women assigned to fly military aircraft during the war. "I learned to fly in Greenville, SC, and volunteered as soon as I got my license in 1943. I ferried twin-engine planes between airfields throughout the South for two years." It was only decades later that the women were given full recognition as part of the U.S.

Air Force under the designation WASP—Women's Auxiliary Service Pilots.

Cecilia Taylor, WAC, grew tired of teaching 39 third graders so in 1942 she enlisted in the Army and stayed for four and a half years. After completing her officer's training she was posted to the Army Signal Corps Intelligence Unit in Washington, DC. "I didn't break many codes, but I did get a husband. We were married in the National Cathedral." A memorable experience was having her portrait painted for use as a recruiting poster. It appeared in the *Christian Science Monitor* in 1943.

Nancy Rocamora, WAVES, couldn't wait to enlist. Her



Photo by Jessica Collins

for nominations from the floor and no one raised a hand. Kitty then said each representative from all CCRCs will be responsible for helping to find someone from his or her community who would be willing to serve in either capacity and to let her know before the annual statewide meeting on October 4 in Greensboro.

Ken Roberson, a former American Red Cross worker, gave a report on disaster preparedness for all facilities in North Carolina. A sheet was given to all representatives present to take to their respective communities to

make sure they are prepared for a major disaster of at least 4-5 days' duration. They are to look over their own preparedness procedures and make sure they comply.

The meeting was adjourned with special thanks to John Kortheuer, who was in charge of the arrangements for this meeting, and to Pennybyrn at Maryfield for hosting us at their beautiful facility. Tours were available after a buffet luncheon.

*Marilyn Thiebean*  
Secretary

---

## From Our Communities

### “We’ve Got Energy” at Deerfield

DEERFIELD’S management and residents say, “Yes, we’ve got energy,” as we continue to look for ways to conserve our precious and limited energy sources at Deerfield. What’s special about our energy-conservation program? We reduce operating costs at the same time!

Most of Deerfield’s lighting has been converted from inefficient incandescent lighting to energy-efficient compact fluorescent lamps. Compact fluorescent lights (CFLs) have an average life span of 8,000 hours, with an annual operating cost of \$76.65/year vs. 1,200 hours at \$328.59/year for incandescent bulbs. In addition, we have scheduled times for lighting to be on in each building.

Deerfield has worked with its local power company to establish a time-of-use program utilizing “off peak hours.” This time-of-use system impacts all the electricity used, but savings depend heavily on our major appliances. We currently project a savings of \$75,000 or more each year on our total electrical bill. The time-of-use program has been in place for all of Deerfield’s main buildings for several years and has been incorporated into the new

buildings with 2008 expansion. Magnetic signs displaying the time-of-use “off peak hours” are distributed to independent living residents to encourage participation.

Deerfield’s major equipment, including air conditioning and heating systems, is maintained by a computerized preventive maintenance program to maximize uptime and extend equipment life. A computerized building automation system controls air conditioning and heating units in the main building common areas for comfort and equipment efficiency. All building temperature settings are maintained within energy code requirements.

Additional savings of \$8,500 per year could be achieved by washing all our colored clothes in cold water. To “get people in the habit” to conserve, we realize consistent reminders and a strong marketing effort are important.

A spot outside of the Human Resources office was selected for the installation of a light-emitting diode (LED) pilot program. Eight-watt LED lamps were installed, replacing the existing 44-watt filament lamps. This reduction in electrical usage by

using long-life LED lamps has a 1.4-year payback time in energy savings alone. Adding reduced maintenance, due to longer life, reduces the payback time to 1.04 years. Additionally, MR-16 lamps are being replaced with LEDs, with the same kind of savings, and we continue to look for more places to use this highly efficient light source with a 50,000-hour life. New advanced lighting control systems are also being explored.

Another pilot program under way is the use of dual-flush toilets by several resident volunteers to see whether this choice can help in reducing water usage. A special aspect of this test is resident acceptance of the idea.

Of course, Deerfield also has a recycling program for paper, glass, plastic containers, and cans. Boxes are available to residents to safely dispose of used light bulbs, printer cartridges, and batteries. We realize that small changes can make a world of difference.

We love our energy and will continue to work to conserve it!

*Alice Urland*  
Deerfield

---

### “Households” in Skilled Nursing Environment at Piedmont Crossing

PIEDMONT CROSSING, a United Church Homes and Services (UCHS) community in Thomasville, is currently under construction. Coming soon will be a unique approach to senior living and nursing facility care.

Piedmont Crossing will be adding 54 nursing facility beds to the campus by transferring the beds from another UCHS-owned property, Centerclair in Lexington, NC, later this year. When the project is complete, Piedmont Crossing’s skilled nursing facility will be able to accommodate 114 residents. As part of this expansion Piedmont Crossing is changing to an updated delivery model focusing on resident empowerment, privacy, and lifestyle choices in concert with skilled nursing care. The construction project includes adding three new residential skilled nursing households to the existing skilled nursing facility and renovating the current facility.

In contrast to a skilled nursing environment where the focus is on the efficient delivery of medical treatment, our household model will revolve around the seniors who live there. Round-the-clock care and services

will be delivered in a community setting that is the senior’s home not just “home-like.” Each of the three households will offer a 1,200-square-foot central living space equipped with a fireplace, large-screen TV, and comfortable seating. Each central living space will be surrounded by 18 private rooms, all of which will have private baths. Residents in these rooms will be able to control their own levels of social engagement; they will be encouraged to participate in group and recreational activities, help plan events, but will be in control of what activities and how many activities they participate in.

*Carol Rooney*  
Piedmont Crossing

### Carolina Meadows Military Women

ON MEMORIAL DAY it was fitting to honor the 11 Carolina Meadows women who served in the military during World War II and the Vietnam War. Seven of them attended a tea hosted by Lucie Johnson, where they reminisced about their wartime experiences. Their feelings were unanimous: “We are so proud to have served our country—and we’d do it again in a heartbeat.”

Lorene Kitrinis, a Lt. Commander in the Navy Nurse

Corps, was posted to nine different duty stations between 1956 and 1968, including a stint in Vietnam aboard a hospital ship. “Within 24 hours of our arrival we had 350 patients on board and only 14 nurses. We worked three shifts and had no days off for the first three months until 16 additional nurses arrived. A frightening moment was when a hand grenade fell out of a soldier’s clothing as I was prepping him for surgery.” An exciting experience was volunteering to be “the man overboard” in a rescue drill in the Pacific. “I swam with the sharks.”

Betty Wicker, WAF, rose to Major in the Women’s Air Force of the U.S. Air Force during her ten years of service, 1942–52, “While serving as a Squadron Commander in Fairbanks Alaska, I was invited to go on a B17 bombing mission. Two thousand-pound bombs were strapped under us, ready to be dropped on an ice-jammed river to relieve flooding. I explored that plane from one end to the other, even crawling into the tail gunner’s seat.” Betty also served as a recruiting officer in Times Square and traveled around the country recruiting recruiters. “I loved every minute of it.”

Emily Newcity, WAC 1943–45, was posted to the Counter Intelligence Section of General Douglas MacArthur’s Headquarters in