



The Hotline

North Carolina Continuing Care Residents Association.

www.norccra.org

2023 ANNUAL MEMBERSHIP MEETING OF NORCCRA

On October 10, NorCCRA members and guests attended the meeting at Trinity Oaks Retirement Community in Salisbury NC. Nearly 100 residents representing at least 26 different continuing care communities attended our first in-person meeting since October 2019. Trinity Oaks was the perfect host with their residents available to help the meeting members at all occasions.

The program was intended to provide factual information related to the differences between Medicare and Medicare Advantage to assist us making decisions on programs for 2024. Open enrollment for Medicare began on October 15 and ends December 7. Gina Upchurch, founder and Executive Director of Senior PharmAssist was the first speaker. Ms. Upchurch gave a in-depth presentation on the differences of the programs and the kind of questions one must ask when comparing original Medicare to the many Medicare Advantage programs being offered this Fall.

Our second speaker was Dr. Jonathan Kotch, a board-certified medical specialist who spent 38 years on the faculty of UNC Gillings School of Public Health. He is now a resident of Carolina Meadows and is continuing his 14+ years involvement in Physicians for a National Health Program. His presentation focused on the failings of Medicare Advantage and exposed the many pitfalls of these programs, many of which may not be in the best interests of good and inexpensive health care for all American citizens. Dr. Kotch also covered the kind of questions one should ask when making these decisions.

In the business meeting officers for 2023-2024 were elected (see page 7), a budget for 2023/2024 was passed, and changes to the Bylaws were approved. For access to Bylaws, go to our web page at www.norccra.org

Sindy Barker gave a summary of our successful efforts to get legislation passed regarding the sales tax exemption for CCRC's, and our ongoing efforts to get the proposed CCRC statute passed into law. (See Legislative Update from Sindy and Martha on page 3).

NOTICE:

**.. The CCRC sales tax exemption went into effect on November 1!
Meet Your New Officers on Page 7.**



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President's Message.....from Skip

We have reached another December and are once again preparing for a holiday season. Regardless of your religious affiliation or ethnic background, it is a time for reuniting with family and friends. It is also time for us to reflect on the past year. 2023 brought the re-emergence of NorCCRA and its members from nearly three years of Covid-induced hibernation. NorCCRA held three well attended live meetings during the year; The Eastern Region Annual Meeting at the Forest of Duke in April, The Semi-Annual Board of Directors Meeting held at The Templeton of Cary and NorCCRA's Annual Meeting held at Trinity Oaks Residential Community.



The lifting of the Covid restrictions also meant we could take a more active role in lobbying for legislation important to our communities and their residents. On June 6 we had a large contingent of NorCCRA members attend the Senate Commerce and Insurance Committee meeting to support the proposed rewrite of the Continuing Care Retirement Communities Act (S145 now H170). We had representation at every committee meeting concerning that bill until it passed the Senate on June 28. We will be focusing on the passage of this bill when the House reconvenes for the short session in late Spring 2024. (See the Legislative Update).

NorCCRA took a very proactive role to insure the inclusion of the sales tax exemption in the recently passed budget. (See the Legislative Update).

During the summer Bill Lambe (Presidential Appointee) reviewed and updated our Standing Rules and By-laws to conform with all regulations and our current operations. Those changes were approved by the Board of Directors and the Membership. The updated bylaws and standing rules are posted on the NorCCRA website. (norccra.org)

Last year I reported that we were actively pursuing new members in all three regions. I am pleased to announce that those efforts are working. As of September 30, 2023 we had 4,999, exceeding 2022 by 254 members. We showed growth in all three of the regions. This year we have several ongoing projects. We hope to improve our communications with membership. In preparation, we will be asking our community representatives to update email addresses of our members. Our region leaders will continue to search for volunteers to serve as community representatives, committees and officers at the various levels of our organization. Thanks to all the community representatives, officers, appointees and members of the various committee members that contribute to making NorCCRA an active and meaningful organization.

Wishing everyone a Happy and Safe Holiday Season.



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*Legislative Update
from **Sindy**
and **Martha***



A Successful Legislative Session for NorCCRA – Month by Month

December 2022: NorCCRA Executive Committee voted to contract with a lobbyist for the 2023-24 legislative session.

January 2023: NorCCRA president Skip Kingan and NorCCRA Legislative Committee chair Sindy Barker, interviewed three potential lobbyists and selected Cassidy Whitley, Director of Government Relations for the firm of Alex Miller Governmental Affairs. The contract was approved by the Executive Committee on January 13.

February 2023: NorCCRA registered Cassidy Whitley and Alex Miller as NorCCRA lobbyists. Companion bills **Continuing Care Retirement Communities (CCRC statute revision)(S145/H170)**, were introduced into both houses on February 22.

March 2023: CCRC Statute Revision (H170) was sent to the Committee on Health, it was withdrawn on March 13. No action took place on the Senate companion bill.

April 2023: Appropriations Bill (H259) passed the third reading of the House on April 4 and was sent to the Senate. **The CCRC sales tax exemption is in the budget!** Cassidy Whitley, joined by Skip Kingan and Tom Akins, President and CEO of LeadingAge NC, continued to lobby legislative leaders. Martha Wood, Salemtowne CCRC, became co-chair of the NorCCRA Legislative Committee.

May 2023: The Senate passed their budget on May 18; it was rejected by the House.

June 2023: CCRC Statute Revision (S145) passed the Senate Insurance, Judiciary, and Finance Committees with amendments. It passed the full Senate on June 28 and was sent by special messenger to the House where it was placed in the House Rules Committee. A House/Senate budget conference committee was appointed.

July 2023: CCRC Statute Revision (S145) remained in the House Rules Committee. The budget conference committee met behind closed doors. ***continued on page 4...***



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August 2023: No bills were taken up by either house. There was no word on discussions behind closed doors with the budget conference committee.

September 2023: The budget conference committee reached agreement on September 20. The budget bill passed both houses on second reading on September 21 and third reading on September 22. **The CCRC sales tax exemption is in the budget!**

October 2023: The budget became law on October 3 without the Governor's signature. **CCRC Statute Revision(S145)** will be taken up by the House in the 2024 short session.

November 2023: The CCRC sales tax exemption went into effect on November 1.

“What If We Wrote a Musical?”

Senior Community Residents Keep Their Creativity Alive

A group of residents at the Carolina Meadows Continuing Care Retirement Community in Chapel Hill, NC, tapped into a well of creativity when they wrote and performed a musical, *Movin'*, about their experiences with aging. The seed of the project started when Phil Sloane, MD, MPH, professor of family medicine and geriatrics at the University of North Carolina at Chapel Hill, approached Hugh Tilson, MD, MPH, DrPH, a semiretired epidemiologist and professor of preventive medicine, about bringing a group of musically minded folks together at Carolina Meadows, where Dr. Tilson now lives. The group that gathered proved to be a talented force.

“One of them knows everything you could possibly know about musicals,” Dr. Sloane said, reflecting on how one group member, Phil Carl, PhD, a retired physicist/pharmacologist, could quote from almost every musical back to Gilbert and Sullivan. Another member had spent his career in music administration and was eager to unleash his creative side in retirement. The Carolina Meadows group also featured a former managing director of several big city symphony orchestras, a physician-violinist, and a PhD musicologist.

The group knew they wanted to cover themes related to aging. “We inventoried subjects that you could write music about, and came up with a dozen,” Dr. Tilson explained. “And we all agreed that we’d try our hand at writing one or two lyrics or poems, limericks, about a subject that we would take on.”

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The entire cast and crew of *Movin'*, Hugh Tilson is center left (in bow tie and hat) with Phil Sloane next to him to the right. Photo by Jordan Mills.



The group wanted to show that there are many aspects to aging — such as loss of identity, widowhood, finding meaning, or loss of cognition — where friends and neighbors can step in to help. The musical follows a cast of characters as they move out of their previous homes, move into a senior community, and settle into their new home. One song, “Rules of the Road,” covers what new residents learned in their first months in a retirement center. Action rises as a character opens up about her husband’s memory loss in “I’m Just a Little Worried About Eddie,” and another breaks her hip but then meets and falls in love with another resident.

The audience gave a standing ovation at all three performances. According to Dr. Tilson, the chief executive officer of the continuing care retirement community showed up on Sunday and immediately came back and said, “You’ve nailed the experience. We need to take this national.” “However, the reality is you can’t take a troop like this on the road,” Dr. Sloane added “because somebody’s always going to be getting sick, and always going to have a pacemaker put in, or going to get Covid and stuff like that.

Where the show will head next remains to be seen. Plans are underway for another set of performances at the retirement community. The group is working on two documentaries about the project, and a seminar about the production will be presented at the annual meeting of the Gerontological Society of America on November 10 in Tampa, FL. **“The genius here,” Dr. Tilson said, “is that you don’t have to stop being creative when you’re 80.”**



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A Woodworking Shop that Really Works (excerpts from article by Jim and Zena Yarbrough)

Some twenty-two years ago, Jim Forkner, a new resident at Salemtowne CCRC, established his dream woodworking shop in the Community Center basement.. Through the years, residents have brought many pieces of broken and marred furniture to the shop for repair and refurbishing. Jim was a genius with matching stains and paints! When he passed away in 2019, his craft colleagues dedicated the woodworking shop to Jim's memory.

Today, the Salemtowne Woodworking Shop buzzes with the sounds of woodworkers plying their dream trades: building and repairing furniture, carving, and woodturning, with lathes whirring, saws whizzing, and hammers pounding! These craftsmen love what they do for pure enjoyment, without financial reward.

Woodworkers L to R: Jim Wilson, Dave Jones, & Jim Yarbrough. produce both decorative and useful items, including pens, letter openers, ice cream scoops, pizza cutters, small bowls and vases, back scratchers and long handled shoehorns. They donate their products for sale to benefit the Resident Assistance Fund. They also contribute items to the Senior Services Art Show & Sale, which supports Meals on Wheels in Winston-Salem.



In 2019, two woodworkers helped a Boy Scout build an information kiosk for his Eagle Scout project. The kiosk was installed at Salemtowne's Babcock Lake, with a plaque honoring the scout's neighbors, former Salemtowne residents who influenced him during his youth. What started as one man's dream retirement hobby has morphed into a busy two-room woodworking shop. And the woodworkers still have all their fingers!

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Your Officers & Staff for 2024-2025



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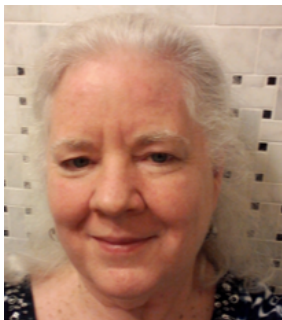
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MEMBERSHIP NUMBERS MATTER

We have just completed a highly successful legislative session in 2023 by assuring the sales tax exemption for CCRC residents is in the budget. In addition, the CCRC statute revision passed the Senate and will be taken up by the House in the sort session. Next year, we can successfully complete both our legislative initiatives.

Membership in NorCCRA matters. Elected leaders know two things for certain: first, is that their elected positions depend on voter numbers, and second, is that seniors vote!!!.

The Hotline is published quarterly, March, June, September and December by the North Carolina Continuing Care Residents Association. Submissions and other Hotline-related communications should be addressed to the editor: Sharon Everhart, 252-723-0364, everhartjd@gmail.com, Grace Ridge.



Application for membership in North Carolina Continuing Care Residents Association

Name: _____ Community: _____

Spouse's name (if applicable): _____

Address: _____

Email address: _____

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

Please make check payable to NorCCRA. Give your check and application to your local NorCCRA rep.

Otherwise, mail to Susan Rhyne, 3913 Muhlenberg Court, Burlington NC 27215

Thank you.