



March 2023

The Hotline

North Carolina Continuing Care Residents Association

www.norccra.org

EASTERN REGIONAL MEETING TO BE AT THE FOREST AT DUKE TUESDAY, APRIL 18th

The Forest at Duke will host the annual meeting of the Eastern Region of NorCCRA on April 18, 2023. We are excited to be able to share an informative and unique program. Our two speakers are affiliated with Duke University Medical Center.



Heather Whitson is a geriatrician and clinical investigator who directs the Duke Aging Center and co-directs the new Duke/UNC Alzheimer’s Disease Research Center (ADRC). Dr. Whitson will describe ADRC’s goal to find new ways to prevent and treat Alzheimer’s Disease by understanding it as a condition that evolves across the lifespan, rather than a disease of the aged. She will also describe ADRC’s effort to optimize brain health across all the diverse communities of Eastern NC.

Barbara Matchar, MSW, MHA, is Director of Duke Dementia Family Support Program and Durham VA GRECC. Matchar will discuss issues faced by NC families caring for loved ones with dementia and strategies can be used to help them.



The new Health Center will be open for guided tours as the second part of the morning program. The Health Center has 9 distinct neighborhoods with 10 residents in each. Touring groups will be small and offer opportunities for questions. Visitors will not just tour a building, but learn about the “Small House concept” and see how it works at the Forest.

An Eastern Region business meeting is scheduled after the lunch break and the Health Center tours. NorCCRA President Skip Kingan will give a NorCCRA update, Legislative Chair Sindy Barker will have the latest news about the tax issue and the revisions of Chapter 58 Article 64 which maintain protections given to CCRC residents and govern CCRC’s. Officers will be elected for the 2023-2024 Eastern Region.

Look for the Registration Form on page 7.

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: Jamie King, Trinity Oaks, Salisbury, NC or kj4jk@arrl.net



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President's Message.....from Skip

Punxsutawney Phil saw his shadow last week. Hopefully by the time you read this message Spring will only be a week or two away. Phil was always a challenge to me in elementary school in Pittsburgh, PA. Every school kid across the country had to learn to read and spell Tom, Dick, Jane, Spot, see, and run in our spelling classes. But in the Steel City real spelling skills were tested in Pennsylvania geography class, where one had to remember that Pittsburgh was the only "burg" spelled with an "H". Why did Greensburg, the town where I was born, not be allowed to have an "H" on the end? Then they threw in names like Aliquippa, Allegheny, Monongahela, Kittanning and the worst of all, Punxsutawney. There were no spelling rules that helped me spell those places correctly.



The point of all this is that with Spring coming, it is time to renew our efforts to keep NorCCRA strong and able to protect the rights of senior citizens residing in Continuing Care Residential Communities. We want to continue to increase our membership across the state, especially in the Central and Western regions. On page 8 is an application for membership. If you have a new neighbor, give them a copy of this simple application and invite them to join. We would like to increase our information and education projects across the state. NorCCRA is looking for members or prospective members with good communication skills to help us keep our 18,000 independent living residents informed and up to date. If you have an interest please, contact me. If you know someone with these talents, please encourage him/her to volunteer.

There are three important meetings on the NorCCRA calendar for 2023.

- April 18, 2023, Eastern Region Annual Meeting sponsored by The Forest at Duke (see more information on page one of this Hotline)
- June 6, 2023, NorCCRA Semi-Annual Board of Directors Meeting sponsored by The Templeton of Cary
- October 10, 2023, NorCCRA Annual Meeting (information and agenda for this meeting will be published in the September, 2023 Hotline).

Continuing with our Spring theme, you will find articles inside this Hotline with success stories about accomplishments of resident groups in three of our CCRCs with respect to programs to help or protect nature in their communities. The first two stories are about two CCRC communities which have started "Pollinator Gardens". While each of them use the term Pollinator Gardens, each group had different goals in mind and both appear to have succeeded. The December Hotline had a short article about The Pines at Davidson applying for certification as an accredited arboretum by ArbNet. Later in this edition is the confirmation by ArbNet that the Pines at Davidson has received that certification. Congratulations to all three communities and their ambitious residents.

Finally, while this message has been devoted to Spring and renewal, be aware that your Executive Committee has been busy since December. We have hired a lobbyist to help us stay abreast of the proceedings at the General Assembly, the Department of Insurance and the Department of Revenue. Sindy Barker will have more to say in her Legislative Discussion on the following page.



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*Legislative Update from **Sindy***

NorCCRA voted at the January 13 Executive Committee meeting to hire Alex Miller Government Affairs and Cassidy Whitley their Director of Government Relations as our lobbyists on both the sales tax and the statute revision. Skip Kingan and Sindy Barker met with Cassidy Whitley on January 24 and provided a notebook to bring her up to date on three years of sales tax discussion as well as information on the statute revision.



Cassidy met with Senator Tim Moffitt who has been elected to the Senate, In 2022, he was the principal mover to have the sales tax issue included in the House budget. Although he is no longer in the House, he is still in contact with House members. Cassidy reported that Senator Moffit was glad that NorCCRA had hired a team of lobbyists and he looked forward to working with her.

On February 6, Skip and Sindy again talked with Cassidy. She is planning to set up at meeting with Representative Mitchell Setzer who is Chair of the House Insurance Committee. He has been designated by the Department of Insurance to carry the statute revision bill in the House. We do not know if there will be a companion bill in the Senate and if so, who might be the primary sponsor.

Cassidy and LeadingAge lobbyist Randolph Cloud are meeting in mid-February to see how they can best collaborate on the sales tax issue. She is going to propose to him that NorCCRA and LeadingAge have weekly meetings which will include both teams of lobbyists.

Tom Akins, CEO/President of LeadingAge NC, and Sindy have had several phone and email conversations about strategic approaches to the sales tax issue. Tom has been in touch with Senator Paul Newton who took the lead on the issue during the 2021-22 legislative session. Senator Newton is working on language that could be included either in the budget bill or introduced as a bill.

NorCCRA has sent introductory letters to all 170 legislators telling them about who we are, what our issues are, and introducing our lobbying team. We will keep NorCCRA members posted on future developments through their CCRC representatives. As ever, stay tuned.



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At Grace Ridge Retirement Community a resident, concerned about the plight of monarch butterflies, and with the help from a few other residents, planted 2 types of milkweed and nectar plants in the spring of 2019. Then in 2020, another resident brought in 3 monarch caterpillars and raised them in an aquarium with netting for the top. She released them in the garden. As time moved on, several residents began collecting monarch butterfly eggs. Our goal was to raise them inside, away from predators and release them in our garden.

We have butterfly habitat terrarium pop-ups, which allows for 8-12 caterpillars to eat and pupate safely in enclosed habitats. It has been an exciting time for many residents, who have witnessed the different life cycle stages. The 4 stages of the monarch butterfly life cycle are the egg, the larva (caterpillar), pupa (chrysalis) and the adult butterfly.

We have raised and released a total of 118 monarch butterflies!!! During the 2022 spring raising, we invited residents to Adopt~A~Chrysalis. This has been a rewarding experience for 12 residents who were each given a chrysalis hanging in a 12 x 12 x 12 habitat to watch as the transformation begins inside the chrysalis.

With great passion and care, we will continue to help the butterflies on their journey north in the spring and their offspring, on their return from the north, during the fall migration to Mexico.



Monarch Butterfly support group
L to R:
Christine Benedict
Betty Ann Elmore
Carol Scudder
Bill Scudder
Rosemary Enos



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Meet your NorCCRA Officers:



**President:
Charles (Skip)
Kingan**



**Vice President:
Sharon
Everhart**



**Secretary:
Margaret Riley**



**Treasurer:
Joe Liegl**

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Treasurer: Joe Liegl
Carolina Meadows

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What is normal as I get older?

You know that aging will likely cause wrinkles and gray hair. But do you know how aging will affect your teeth, heart and sexuality? Find out what changes to expect as you continue aging — and how to promote good health at any age.

Bones tend to shrink in size and density with age, weakening them and making them more susceptible to fracture. You might even become a bit shorter.

What you can do to promote bone, joint and muscle health:

Get adequate amounts of calcium. At least 1,200 mg daily for women age 51 and older and men age 71 and older.

Get adequate amounts of vitamin D. Minimum is 800 IU for adults over 70.

Include physical activity in your daily routine.

Avoid substance abuse. Avoid smoking and limit alcoholic drinks.

The large intestine changes in can result in more constipation in older adults.

What you can do to prevent constipation:

Eat a healthy diet. Make sure your diet includes high-fiber foods, such as fruits, vegetables and whole grains. Drink plenty of water and other fluids.

Include physical activity in your daily routine. Regular physical activity can help prevent constipation.

Don't ignore the urge to have a bowel movement. Holding in a bowel movement for too long can cause constipation.

Your bladder may become less elastic as you age, resulting in the need to urinate more often.

What you can do to promote bladder and urinary tract health:

Go to the toilet regularly. Consider urinating on a regular schedule, such as every hour.

Slowly, extend the amount of time between your toilet trips.

Maintain a healthy weight. If you're overweight, lose excess pounds.

Do Kegel exercises. To exercise your pelvic floor muscles (Kegel exercises), squeeze the muscles you would use to stop passing gas. Try it for three seconds at a time, and then relax for a count of three, 10 to 15 times in a row, at least three times a day.

Avoid bladder irritants. Caffeine, acidic foods, alcohol and carbonated beverages can make incontinence worse.

Avoid constipation. Eat more fiber and take other steps to avoid constipation, which can worsen incontinence.

The above information was extracted from a Mayo Clinic publication. This is not the complete article. For more on this subject, see your library.



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Congratulations to The Pines at Davidson

The Pines at Davidson has been awarded a Level 1 Accreditation by The ArbNet Arboretum Accreditation Program and The Morton Arboretum, for achieving particular standards of professional practices deemed important for arboreta and botanic gardens. The ArbNet Arboretum Accreditation Program is the only global initiative to officially recognize arboreta at various levels of development, capacity, and professionalism. The Pines at Davidson is also now recognized as an accredited arboretum in the Morton Register of Arboreta, a database of the world's arboreta and gardens dedicated to woody plants. Arboreta listed on the Morton Registry include the Davidson College Arboretum and the Coker Arboretum at Chapel Hill as well as the famous Kew Gardens in London and the Honolulu Botanical Gardens.

Please register me (us) for the Eastern Region Annual Meeting April 18th at The Forest at Duke

Name(s) (Please Print) _____

CCRC Community _____

Email _____ Phone number _____

I (we) have the following dietary restrictions:



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A Pollinator Garden - Every CCRC should have one!

At The Forest at Duke we had an area between roads and parking lots that had nothing good going for it: no water, no shade, dirt that was so heavily packed that a sledge hammer would be needed to break it up! We reached out to Dr. Annabel Renwick at the Gardens who took a look at what we had and gave us valuable guidance on what to plant, how to plant it, and how to care for it.

With the approval and support of our administration, a trial pollinator garden was laid out. The plants arrived and residents spent several afternoons getting the plants in the ground. In March, to our delight and to some amazement, 90% of our plants came bursting up, grew into lovely plants that bloomed in rotation all through the spring, summer, and early fall.. Many residents have “set a spell” on a bench placed under a shade tree nearby. Labels with names of the plants in the garden were placed and much appreciated by residents.



And then the plants died back. We won't disturb them during the winter as the litter/mulch provides hiding places and food for some creatures and the plants have dropped seeds that will make our garden even richer and fuller next year.

The Forest at Duke Residents working together creating their Pollinator Garden.



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.