



the Villager

PUBLISHED BY THE CAROLINA VILLAGE STAFF

HENDERSONVILLE, NORTH CAROLINA

DECEMBER 2011 VOL. 37 NO. 12

EXECUTIVE DIRECTOR'S CORNER
PG. 1

LEADING AGE REPORT
PG. 9

DID YOU KNOW???
PG. 8

EXECUTIVE DIRECTOR'S CORNER

BY KEVIN PARRIES

The Thanksgiving celebration was a wonderful time around the Village. It was great being with all our friends and family. The food and decorations made the holiday very special. We had over 400 people to enjoy the annual holiday buffet. The staff did an excellent job and their hard work was very evident.

It is beginning to look a lot like Christmas! The decorations are going up and the trees are being trimmed. The residents and staff are making our community a winter wonderland. This is one of my favorite holidays of the year. It is time to reflect on the true reason for the season. Please keep that in mind as you celebrate this holiday season.

This year we are making a difference in our community. We collected non-perishable food and coats for the Henderson County Rescue Mission. We were able to deliver many boxes for the homeless and make this winter a little easier for them. During the month of December, we will be collecting toys for the Marine Corps' "Toys For Tots" program. All of the toys collected will stay here in this area and be given to kids who may otherwise not have a gift this year. Please bring your gift or monetary donation by the front desk no later than December 12, 2011. A special collection booth will be set up during the Health Fair on December 6, 2011.

It is hard to believe another year is wrapping up and 2012 is just around the corner. It has been a very busy year around the Village and I am sure next year will be no different. We will continue to work on our projects and embark on some new ones during the next twelve months. We are doing all of this to make our home more pleasant and appealing. I will do everything I can to keep you informed on the progress and what is going to be happening next. Working together we can make our home a better place to live.

IN MEMORIAM

Marion Scott	November 4, 2011
Jean Moran	November 13, 2011
Rita Dunk	November 13, 2011
Beryl Finley	November 14, 2011
Rufus Whitmire	November 16, 2011

VESPERS

December 4	Rev. Jimmy Spence Pentecostal Holiness
December 11	Rev. Glenn Hix Baptist
December 18	Rev. Chip Vining Presbyterian
December 25	No Service

TREASURE CASE

We all enjoyed the beautiful Thanksgiving Treasure Case.

The theme for December is CHRISTMAS. Please bring your Christmas decorations to share to the Treasure Case on Monday, December 5, 2011, from 10 - 11:30 am.

Thank you,

Charlsie Cooper and Pat Curley

Nelle Higdon was queen for the day at the November birthday party. She turned 100 on November 16! Happy Birthday, Nelle!!

DECEMBER BIRTHDAYS

1 CLINT BYRD
2 BEATRICE SWAN
3 ELIZABETH BRENNAN
4 NANCY REUTER
4 CHARLIE HORNE
4 FRANCES KING
5 JOHN PRATHER
7 JORDY LEWIS
7 DOT LOVICK
8 JOE PILAND
9 HELEN KRAMER
10 MARY TINDALL
10 RIDA WALLACE
11 CLIFF WARD
12 KRISTEN PEDERSEN
12 JANET SPENCE
13 HELEN REINHART
13 ESTELLE WINN
14 JEAN BERRY
15 BIMMY BARROWS
15 PADDY DEICH
15 BEN JOHNSON
15 BERNARD MULDOON
16 BETTY SPRAUL
16 GERALDINE DAVIES
16 JOHN WOLD
17 BILL COLE
17 JOYCE HALLBERG
18 INGE GROSSO
19 BOB RAY
19 RUTH PRAZAK
22 JACK REINHART
23 HELEN ETHERTON
24 BETTY ANN TODD
24 EDWINA METZGER
25 RICK HOUSTON
25 IONE ENGSTROM
26 CHRIS FOLWELL
28 TOM ELLIOTT
29 PAT BUCK
29 RUTH JOHNSON
31 PEGGY ELLIOTT



DECEMBER ANNIVERSARIES

1 RICHARD & DOROTHY MILLER
5 JAMES & INEZ HUFTLEN
17 ROBERT & JO ELLIS
17 GEOERGE & CHARLOTTE SHIPLEY
19 WILLIAM & HELEN ETHERTON
19 BILL & BARBARA CLARK
20 LUTHER & BEVERLY MIDDLETON
20 FRANK & ELLEN SHAW
21 TED & LOU MILLER
22 CHARLES & YVONNE BURRELL
23 LOUIS & JUDITH SANTIAGO
26 JIM & GINNY VALLAR
27 TOM & PEGGY ELLIOTT

IN VILLAGE ACTIVITIES

1 THU READING BUDDIES VH 9:30 AM
5 MON LET'S PUT UP OUR CHRISTMAS TREE 9:00 AM
6 TUE EVENING WITH "NAT WEST" VH 7:00 PM
13 TUE MUSIC WITH MUSICA ANTIQUA VH 7:00 PM
19 MON JUDGING OF RESIDENTS DOORS
20 TUE CHRISTMAS WITH "BILL MOODY" VH 7:00 PM
24 SAT FIREPLACE LOUNGE BURING OF THE YULE
LOG. 7:00 PM
27 TUE MOVIE "THE BISHOP'S WIFE" VH 7:00 PM
EACH FRIDAY,NIGHT FILM OF JOHN ADAMS VH 7:00 PM
SATURDAY NIGHT MOVIES VH 7:00 PM -SEE BOARD

OUT OF VILLAGE ACTIVITIES

1 THU FLAT ROCK PLAY Dep. 1:30 pm
4 SUN H'VILLE COMM. BAND Dep. 2:15 pm
7 WED GLOBE TREKS -BETTY -BARTER THEATER Dep 9:00 am
10 SAT H'VILLE SYMPHONY Dep. 2:15 pm
13 TUE GROVE PARK GINGER BREAD HOUSES
LUNCH SUNSET TERRACE. Dep 10:00 am
15 THU LIGHT TOUR DEP. 6:00 PM

BINGO-LAST WED- CARD ROOM 2:00 PM
LINE DANCE THU. 10:15 ROOM- BEHIND POOL ROOM
PING-PONG EVERY WED & SUN 3:00-4:30 PM- CAROLINA ROOM
QUAKER WORSHIP EACH SUN 11:00 AM- PARLOR
BIBLE STUDY EVERY THU 10:30-11:30 -VILLAGE HALL
VESPERE EACH SUN 3:45 PM- VILLAGE HALL
CRIBBAGE EVERY TUE 10:00 AM -CARD ROOM
CRIBBAGE EACH SAT 10:00 AM CARD ROOM
PINOCHLE EACH TUE 2: 00 CARD ROOM
BRIDGE EACH MON 7:00 PM -CARD ROOM
MEN'S BRIDGE EVERY THU 12:45 PM -CARD ROOM
DUPLICATE BRIDGE 2ND & LAST WED OF EACH MONTH 7:00 PM- CARD ROOM
COMPUTER CLUB 2ND TUE- VH 2:00 PM
EACH FRIDAY NIGHT -7WEEKS SERIES -JOHN ADAMS VH 7:00 PM

DECEMBER BIRTHDAY PARTY - DEC. 21, 2011 @ 12:30 IN THE DINING ROOM

Resident Reflections

Some journeys can't be told in a single sitting! Please read the first installment of Ruth Johnson's journey to the Village...

"Reverse Entry"

Hendersonville, North Carolina was my husband's home town. His family lived in the Hendersonville Inn at Church St. and 3rd Ave. Though his Federal employment took him all over the world, we both wanted to eventually retire to this small city nestled in the scenic foothills. Unfortunately, Bill suffered a stroke and passed away in March 1995. He was only 66. I moved from Mt. Solon, Virginia, to a Lakemore, Illinois, condominium on West 5th Avenue in Hendersonville, North Carolina, in October 1995 as we had loosely planned.

Now a widow, I felt it was imperative to develop an "end of life" plan to prevent being a burden to my children. I was healthy, and still active, but I have bone and joint problems, arthritis, osteoporosis, and spinal stenosis that may eventually result in my needing assisted care. Though I have no family close by, I do have true friends in Hendersonville so location was easily decided. I would live out my life here. Choosing which facility for residence was a lengthy process. Two of my neighbors, Eleanor Abby and Laverne Allingham mentioned that they were on a waiting list for an apartment at Carolina Village. They were both looking forward to becoming residents there, so they could enjoy their senior years worry free. I was very interested in what Carolina Village had to offer residents.

First, I listed the criteria important to me. The list included locating a facility that would be affordable, providing continuing care over a 15-year term. It must be in a convenient location, provide a pleasant environment, and offer clean, comfortable private rooms or apartments and a staff capable of providing quality care. The residents of the facility should be friendly, appearing to enjoy their residence. The amenities would include reasonably tasty meals, housekeeping services, available transportation to doctor's offices, grocery stores, banks, the mall and local activities.

Next, I listed Carolina Village plus nine other facilities for comparison. I had friends or relatives living in each of those facilities, so I was able to visit and evaluate each facility several times over 10 years. I also had after surgery rehabilitation admissions to three of those facilities. There were major differences in care offered and in financial cost of the facilities. In January 1998, a Times-News article described a planned Carolina Village Medical Center expansion and mentioned other amenities of a continuing care system that appealed to me. There were other newspaper articles over the years which were of interest to me and I visited Carolina Village several times for special events and lunching with friends. In June 2006, another article referred to the Carolina Village Care Center expansion and the E-Wing independent living addition. Another neighbor, Marian Braun, moved to Carolina Village in 2007. By that time, I knew that the continuing care plan offered by Carolina Village was unique. Carolina Village was clearly providing the best continuing care at the least cost. I immediately placed my name on the waiting list. I was pleased with my choice.

My name had been on the Carolina Village waiting list about three years when on January 29, 2010, I received a call from Cheryl Laughter stating that an apartment was available. I looked at that apartment, but did not reserve it because I had a genealogy project to finish and several months of serious down sizing to do before I could move from my condo. Cheryl assured me that other apartments would be available in late spring and I indicated that I would definitely take one of those. My health was excellent and my financial assets were adequate. I even packed some boxes with items to take to Carolina Village. If there is a lesson to be learned, it is that the most researched, best prepared plan can go awry.

Next month, discover Ruth's roadblocks on her path to the Village...

Have you missed seeing the biographies of your new neighbors? Be on the lookout for special quarterly editions dedicated to introducing our newest family members! Coming soon!!

HEALTH NUGGET

by Velda Capps, RN, Director of Health Services

Upcoming Programs:

December 6: Health Fair - 10 am until 2pm

December 8 @ 7 pm in Village Hall - Topic: Complimentary and Alternative Medicine. Speakers: Mark Neville and Brenda Charbonneau. They work with Four Season's Compassion for Life.

December 15 @ 7 pm in Village Hall - Speaker: Dr. Rehm, Podiatrist.

HEALTH and HAPPINESS

- Don't just do something, sit there! Resist the urge to bustle and putter. Give yourself frequent chances to actually hear yourself think, and to enjoy your surroundings.
- Walk, don't run. A mile of walking burns about as many calories as a mile of jogging, and slowing down your pace will soothe your psyche.
- Prevention is the cheapest and best health insurance. Get an actual check-up. Take care of your body by eating and sleeping right, and stop smoking.
- Stop equating the amount of fun and pleasure you get with the amount of money you spend to get it. Sit down and make a list of 25 things you like to do that cost little or no money, and keep it where you can see it every day.
- Understand and practice the economy of laziness. Give in when you're tempted to not put up Christmas lights, not cook like Martha Stewart, not keep your car clean and polished.
- The next time you find yourself drawn to the mall to shop for more stuff, call or write a friend you've lost touch with instead. You'll conserve money and friendships.
- Be happy with what you have. If you make a habit of thinking in terms of what you have, rather than what you don't, you may well find that you've got enough.

LANDSCAPE COMMITTEE NOTES

by: Sallie Pruett, LAC Member

Summer is officially over - fall is here!! The last roses of summer are struggling to end in a blaze of glory!! Now, all of you wonderful residents of a perfect place to live, look around at the beautiful mums in all colors, fading anemones, a green leaf base on the ground (compliments of the black-eyed Susan) - enjoy, because before you know it, winter will be upon us!

Next, the LAC (at least a few of the LAC) start planting, repositioning, separating clumps, and starting new gardens for the spring. These things do not JUST HAPPEN! A lot of time and energy goes into this ongoing project. Special mention must go to the following: Dick Shipman, Nona Schmook, Ken Anderson and Jay Barr. Many hours have been spent on their gardens and areas. Sally King is back from the mountains for the winter and will try to get the front gardens bedded down for the upcoming season. She will also try and get a little going for the garden by the entrance to the circle.

The summer gardens near the back entrance were a success for a first year project. We hope it will do better next year. A lot of the veggies dried up--no one knows why. The idea is to have flowers, veggies and trees at the same location, and we hope it will all come together next summer!

Yours truly decided to draw up a walking plan for Carolina Village for next summer so we can walk over our wonderful campus and enjoy the individual gardens as well as the permanently planned and cared for ones. This may entice others to plant and care for their own small areas.

So, next spring when the bulbs start popping up, and the flowers start to bloom, think of your friends and neighbors who have spent many hours making it all happen! So, if anyone comes up to you and asks you to water a few flowers, or cultivate a small garden, think twice before saying, "No!" Remember, "many hands make light work!"

Sun

Mon

Tue

!!!A group has formed that is now bowling on the Wii on Saturdays from 2:00pm -4:00pm in the Carolina Room... Come give it a try!!!

Intellectual Wellness opportunity--
 Physical Wellness opportunity-----
 Emotional Wellness opportunity----
 Nutritional Wellness opportunity---
 Spiritual Wellness opportunity-----
 Environmental Wellness opportunity--
 Vocational Wellness opportunity-----

**FE=Front Entrance
 CR = Carolina Room
 VH = Village Hall
 ER = Exercise Room
 LPC= Lelia Patterson Center
 PPR/LDR = Ping Pong/ Line Dancing room
 \$\$\$ = Donation or Money Required**

**4-3:00pm Ping Pong - CR
 3:45pm Vespers-VH**



**5-9:00am Abdominal and Core -CR-
 9:30am -Wellness Walk / Life Trails Fitness loop!!!-ER
 10:00am Balance Class-Jim Huftalen-VH
 10:00am Chess -CR
 11:15am-Ageless Grace w/ Denise -VH\$\$\$
 2:00pm-4:30pmWii Bowling-CR
 2:00pm Pool w/ Friends-ER
 3:00pm-How to use the exercise equipment -ER
 4:00pm Healthy Heart Cardio-ER**

6-9:200am -Resistance Training w/ Steve- CR \$\$\$

10:00 Village Health Fair-VH

**10:15am-Line Dancing-PPR/LDR
 11:15am Beginning Line Dancing
 2:00pm-Kay Rhinehart Exercise Video -CR**

**11-3:00pm Ping Pong - CR
 3:45pm Vespers-VH**

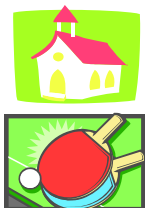


**12-9:00am Abdominal and Core -CR-
 9:30am -Wellness Walk / Life Trails Fitness loop!!!-ER
 10:00am Balance Class-Jim Huftalen-VH
 10:00am Chess -CR
 11:15am-Ageless Grace w/ Denise -VH\$\$\$
 2:00pm-4:30pmWii Bowling-CR
 2:00pm Pool w/ Friends-ER**

13-9:15am-Wellness Walk / Life Trails Fitness loop!!!-ER

**9:20am -Resistance Training w/ Steve-CR \$\$\$
 10:15am-Line Dancing-PPR/LDR
 10:30am- Beginning Computers-CR
 11:05am-Bible Trivia Game-CR
 2:00pm-Kay Rhinehart Exercise Video -CR
 3:30pm - Village Litter Clean up-ER**

**18-3:00pm Ping Pong - CR
 3:45pm Vespers-VH**



**19-9:00am Abdominal and Core -CR-
 9:30am -Wellness Walk / Life Trails Fitness loop!!!-ER
 10:00am Balance Class-Jim Huftalen-VH
 10:00am Chess -CR
 11:15am-Ageless Grace w/ Denise -VH\$\$\$
 2:00pm-4:30pmWii Bowling-CR
 2:00pm Pool w/ Friends-ER
 3:00pm-How to use the exercise equipment -ER
 4:00pm Healthy Heart Cardio-ER**

20-9:15am-Wellness Walk / Life Trails Fitness loop!!!-ER

**9:20am -Resistance Training w/ Steve-CR \$\$\$
 11:05am-Bible Trivia Game-CR
 2:00pm-Kay Rhinehart Exercise Video -CR
 3:30pm - Village Litter Clean up-ER**

25-



**26-9:00am Abdominal and Core -CR-
 10:00am Balance Class-Jim Huftalen-VH
 2:00pm-4:30pmWii Bowling-CR**

27-9:200am -Resistance Training w/ Steve- CR \$\$\$

**10:30am- Beginning Computers-CR
 11:05am-Bible Trivia Game-CR
 2:00pm-Kay Rhinehart Exercise Video -CR**

All Classes will be Resident led. Staff will return Dec. 27th!

Merry Christmas!!!

Wed

Thur

Fri

1-9:-00am-Abdominal and Core Fitness -CR
9:30am —Wellness Walk / Life Trails Fitness loop!!!-ER
10:15am -I C E my cell phone-ER
10:30am Bible Study -VH
11:00 Yoga-CR
1:45pm— Shooting pool w/ friends—**Pool Room**
2:30pm—Carolina Village Jeopardy—CR
4:00pm How do I use my electronics? -CR

7-9:00am Abdominal and Core Fitness --
CR (ADVANCED)
9:30am —Wellness Walk / Life Trails Fitness loop!!!-ER
10:00am-Beginning/Intermediate Ping Pong-PPR/LDR
11:00am Balance and Spatial Awareness—VH
12:00pm-2:45pm Wii Bowling -CR
3:00pm Advanced Ping Pong-PPR/LDR

14-9:00am Abdominal and Core Fitness --
CR (ADVANCED)
9:30am —Wellness Walk / Life Trails Fitness loop!!!-ER
10:00am-Beginning/Intermediate Ping Pong-PPR/LDR
11:00am Balance and Spatial Awareness—VH
12:00pm-2:45pm Wii Bowling -CR
3:00pm Advanced Ping Pong-PPR/LDR

21-9:00am Abdominal and Core Fitness --
CR (ADVANCED)
9:30am —Wellness Walk / Life Trails Fitness loop!!!-ER
10:00am-Beginning/Intermediate Ping Pong-PPR/LDR
11:00am Balance and Spatial Awareness—VH
12:00pm-2:45pm Wii Bowling -CR
3:00pm Advanced Ping Pong-PPR/LDR

28-9:00am Abdominal and Core Fitness --
CR (ADVANCED)
9:30am —Wellness Walk / Life Trails Fitness loop!!!-ER
10:00am-Beginning/Intermediate Ping Pong-PPR/LDR
11:00am Balance and Spatial Awareness—VH
12:00pm-2:45pm Wii Bowling -CR
3:00pm Advanced Ping Pong-PPR/LDR

1-9:-00am-Abdominal and Core Fitness -CR
9:30am —Wellness Walk / Life Trails Fitness loop!!!-ER
10:15am -I C E my cell phone-ER
10:30am Bible Study -VH
11:00 Yoga-CR
1:45pm— Shooting pool w/ friends—**Pool Room**
2:30pm—Carolina Village Jeopardy—CR
4:00pm How do I use my electronics? -CR

8-9:00am-Abdominal and Core Fitness -CR
9:30am —Wellness Walk / Life Trails Fitness loop!!!-ER
10:15am -I C E my cell phone-ER
10:30am Bible Study -VH
11:00 Yoga-CR

15-9:-00am-Abdominal and Core Fitness -CR
9:30am —Wellness Walk / Life Trails Fitness loop!!!-ER
10:15am -I C E my cell phone-ER
10:30am Bible Study -VH
11:00 Yoga-CR
1:45pm— Shooting pool w/ friends—**Pool Room**
2:30pm—Carolina Village Jeopardy—CR
4:00pm How do I use my electronics? -CR

22-9:-00am-Abdominal and Core Fitness -CR
9:30am —Wellness Walk / Life Trails Fitness loop!!!-ER
10:15am -I C E my cell phone-ER
10:30am Bible Study -VH
11:00 Yoga-CR
1:45pm— Shooting pool w/ friends—**Pool Room**
2:30pm—Carolina Village Jeopardy—CR
4:00pm How do I use my electronics? -CR

29-9:-00am-Abdominal and Core Fitness -CR
9:30am —Wellness Walk / Life Trails Fitness loop!!!-ER
10:15am -I C E my cell phone-ER
10:30am Bible Study -VH
11:00 Yoga-CR
1:45pm— Shooting pool w/ friends—**Pool Room**
2:30pm—Carolina Village Jeopardy—CR
4:00pm How do I use my electronics? -CR

2-8:45am Beginning Computers-CR
9:20-Resistance Training w/ Steve-
CR \$\$\$
9:30am —Wellness Walk / Life Trails Fitness loop!!!-ER
10:00—Lelia Patterson Center- Aqua-tone class and lap swim. -FE-\$\$\$
10:30am— Wii Golf—CR
2:00pm—Kay Rhinehart Exercise Video -CR

9-9:20-Resistance Training w/ Steve- CR \$\$\$
10:30am— Wii Golf—CR
2:00pm—Kay Rhinehart Exercise Video -CR

***Matt off Campus... Balance class will be Resident led.**

3:00-Balance and Spatial Awareness CR

16-8:45am Beginning Computers-
9:20-Resistance Training w/ Steve-
CR \$\$\$
9:30am —Wellness Walk / Life Trails Fitness loop!!!-ER
10:00—Lelia Patterson Center- Aqua-tone class and lap swim. -FE-\$\$\$
10:30am— Wii Golf—CR
2:00pm—Kay Rhinehart Exercise Video -CR
3:00-Balance and Spatial Awareness CR

23 --8:45am Beginning Computers-
9:20-Resistance Training w/ Steve-
CR \$\$\$
10:30am— Wii Golf—CR
2:00pm—Kay Rhinehart Exercise Video -CR
3:00-Balance and Spatial Awareness CR
All Classes will be Resident led. Staff will return Dec. 27th

30-8:45am Beginning Computers-
9:20-Resistance Training w/ Steve-
CR \$\$\$
9:30am —Wellness Walk / Life Trails Fitness loop!!!-ER
10:00—Lelia Patterson Center- Aqua-tone class and lap swim. -FE-\$\$\$
10:30am— Wii Golf—CR
2:00pm—Kay Rhinehart Exercise Video -CR
3:00-Balance and Spatial Awareness CR
****Balance class will be Resident led.**

Wellness Program Descriptions

Balance class w/ Jim Huftalen – A class tailored toward functional awareness and balance. Everyone is invited to come.

Resistance and Flexibility w/ Steve – A class taught by Steve from the YMCA in the Carolina Room on Tuesday mornings and Thursday afternoons and Friday mornings promoting muscular strength and functional flexibility. **Donations are encouraged. \$\$\$**

Kay Reinhart's Exercise Video – A class offered in the Carolina Room on Tuesday and Fridays. Class is taught by Kay via recorded video which was made in April 2003. Everyone is invited.

Beginning/Intermediate Ping Pong – A fun time in the Carolina room! This session is currently designated for beginning and intermediate levels of play on Wednesday mornings...FUN!!!

Ping Pong Advanced –A fun time in the Carolina room! This session is open to intermediate/advanced levels of play on Wednesday afternoons. Come join!

Wii with Medical Residents – Tuesday morning Wii bowling with the medical center residents.

Wii Bowling – Interactive games played on the television that simulates an actual bowling experience. You have to move to make the Wii work. You're not just standing still punching buttons on a controller...come out and enjoy the fun. Come practice for the Wii Golf NSL League

Wii Golf – Interactive games played on the television that simulates an actually playing golf. You have to move to make the Wii work. Come out and enjoy the fun. Come practice for the Wii Golf NSL League

Abdominal and Core Class – This class offered on Monday Wednesday and Thursday mornings. This class focuses on training the abdominal/stomach and back to support the core of the body. Increased core strength can help with balance, stabilization, and posture. Come out and join us! **Note:** The Wednesday session is a bit more challenging routine.

Balance, Flexibility and Spatial Awareness – A class offered on Wednesdays and Fridays that makes you aware of your body position in reference to things around you. This class works on stabilizer muscles as well as stressing good posture and flexibility.

How do I use my electronics? - An informational session that allows the residents to bring their cell phones, digital cameras, pedometers and other electronic devices and ask questions and learn about the functions of their equipment.

Pool with Friends – Monday at 2:00pm and Thursdays at 1:45pm in Pool Room. All levels welcome. Team 8 ball, 9 ball, cut throat!

Lelia Patterson Center - Aqua-Tone class – A class offered at 9:00am on Fridays. We will be leaving Carolina Village at 8:30 to ensure we arrive on time for the class. The cost for the use of the pool will be **\$4.00 per person**.

Line Dancing – Tuesday mornings in the Carolina Room... Come join the fun and enjoy a terrific opportunity to be physically active.

Beginning Line Dancing—Tuesday mornings in the Carolina Room... Come join the fun and enjoy a terrific opportunity to be physically active.

Carolina Village Jeopardy – 3 teams will compete to answer questions just like the popular game television show.

Bible Trivia –Think you know your Bible??? This is a trivia game that tests your knowledge of the bible ...FUN

Bible Study – 10:30am Thursdays in the Village Hall... All are welcome.

Sunday Vespers – 3:45pm in the Village Hall

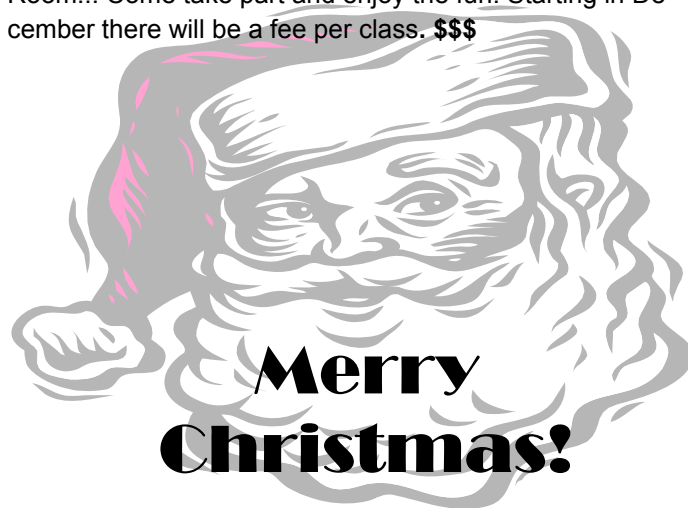
Beginning Computer Class— 9:00am Fridays and Tuesdays at 10:30am. Very basic classes on computer function, email, and how to navigate and become comfortable with a computer. Bring your questions and be ready to learn.

Healthy Heart Cardio - An opportunity to get your daily cardiovascular workout with a group. Complete 3– ten minute sessions on a piece of equipment then rotate to another... A good opportunity to socialize as well as get your heart healthy for the day. Mondays at 4:00pm

Wellness Walk / Life Trails Fitness loop!!!– morning walks with a group around the Carolina Village property... Its an excellent opportunity to fellowship with other residents, renew friendships, and get some physical activity for your day...in addition to the walk we will be exercising on our new LIFE TRAILS Fitness equipment along the way... Come join the fun!

Ageless Grace \$\$\$ required - is a Non-Impact Aerobic fitness technique with more than 25 years of technical and artistic development. Ageless Grace uses whole-body, expressive movement to improve strength, flexibility and coordination. **Every Monday ...11:15 Near ILS in Front Room.**

Senior Yoga—One Thursdays at 11am in the Carolina Room... Come take part and enjoy the fun! Starting in December there will be a fee per class. **\$\$\$**



DID YOU KNOW???

BY RITA WAX

Coincidences Aplenty!

Last July, Howard Kratz shared a dining room table with a resident he had not previously met. Over breakfast, they spoke about hometowns and found that they were both from Wisconsin, two neighboring towns: Neenah and Waupaca. They also discovered that, as young adults, they frequented the same dance hall, Indian Crossing Casino.

About two weeks after the two had breakfast together, Howard returned to Waupaca for his sister's memorial service. A nephew drove him around the area which Howard had not seen in 40 years. His daughter took some photos of the casino. Howard wanted to share the photos with the lady from Neenah, but did not know her name.

On the same day that Howard shared his story with me, it was during dinner with other residents that a conversation turned to growing up on farms and in small towns. One of the ladies at the table spoke of a friend, Marion Fast, who grew up in Neenah! "Oh my!" I thought. "There can't be two of them! Wait 'til I tell Howard!"

The next evening, Marion Fast and Howard met in the Lounge and shared photos and remembrances of Wisconsin.

Paddy Deich and Dottie Keith played together as very young children when Paddy's family brought her to Pittsburgh to visit her grandparents. Paddy's grandparents and Dottie's grandparents, who raised Dottie, were neighbors and friends. (Years before, Dottie's uncle had dated Paddy's mother!) Years later, Dottie went off to college and began a close friendship with Mary. When Mary married Jody Barber from Hendersonville, Dottie was in the wedding party. It was there that she met her future groom, David Keith.

About 60 years ago, Paddy's family moved to Hendersonville. Her uncle told her that Dottie also lived there. With one of them living in town and the other out in the country, they saw little of each other. But here, in Carolina Village, their friendship has blossomed.

If you've never experienced the North Carolina Zoo, plan a trip to Ashboro next spring! The zoo is not only huge, but it is so very visitor friendly! Walking the trails would be a major problem for many. However, there are buses from one section of the park to another. Also available are rental electric mobility chairs. Two of the folks with our tour rented them and each time the group took the bus, a special bus followed that had a mechanical lift for the mobility chairs.

We had the choice of staying with the group or venturing out alone. A very knowledgeable guide was with those of us who decided to stay with the group. He made the most of the time we had. It probably would take two days to see the entire park. The best time to visit would be April through October when everything is open and there are frequent special events.

Knowledge is knowing that a tomato is a fruit. Wisdom is not putting it in a fruit salad.

STAY ALIVE AS LONG AS YOU LIVE!

The Education Committee of the Carolina Village Residents Association was initiated with the slogan, "Stay Alive as Long as You Live." Its first project was a joint effort with the University of North Carolina Medical School to assess all areas of resident wellness and to explore ways of promoting effective activities in all these areas. Since those beginnings we have been fortunate to obtain the leadership of Matt Garrett, who continues to emphasize all the dimensions of wellness at the Village.

One of those areas, intellectual wellness, is the concern of the Education Committee, which is in the early stages of revitalization. Research gives ample proof of the fact that intellectual wellness helps to enhance the other seven dimensions.

It is hoped that you will step forward to let your interests be known and to assume some leadership in promoting these interests at Carolina Village, resulting in such activities as the resumption of the Friday night taped lecture series, book discussion groups, guided autobiography, and myriad other possibilities.

In December you will be receiving an interest survey, which will help us assess and respond to your interests. Please return these personally to the resident in your "neighborhood" who will be assisting us in getting your responses.

If you are vitally interested in a particular area, we ask that you indicate what you would be willing to do to bring the activity to life. After all, the committee is of, for, and by the residents. We will soon have dedicated classroom space, as announced by Kevin at the last Village Hall meeting, to provide a venue for all the exciting things we plan. If you have ideas or questions, please call Amy Pace, 692-0985.

LEADING AGE REPORT

BY BILL FOLLWELL

As a resident member of our Board of Directors, I was privileged to represent us at the recent Conference and Annual Meeting of LEADING AGE (new name for the American Association of Homes and Services for the Aging, "AAHSA") in Washington, DC, together with Kevin, Bruce, and Cheryl. The three principles that govern this organization are "Inspiration", "Service" and "Advocacy". I was impressed with the work this organization has done in obtaining rights, privileges and benefits for the aging in the USA. There are many volunteers and staff who have worked and continue to work assiduously with members of government to ensure these accomplishments.

I was also greatly impressed by our three staff members. All three worked long hours, walked miles getting from place to place, and took part in everything available. Kevin was also recognized as a member of the current Leadership Class of only 32 students.

Following is a brief overview of that assembly that I hope conveys some of the important aspects of the meeting. I was overwhelmed the first morning to walk into the plenary session where roughly 9000 of us were present. There were representatives from over 300 countries present. We here at Carolina Village are but a small part of a major global phenomenon.

We opened with a presentation on Global Aging. I discovered the enormous shift in worldwide population among the aged. It intensified my understanding of our need to be increasingly engaged in global sharing and the problems this is placing on housing, economics, healthcare and related services everywhere.

The second session opened with "An Age of Leadership", presented by Mary Robinson, first woman president of Ireland, the United Nations High Commissioner for Human Rights, and continues throughout the world to advocate for human--especially women's--rights. Her emphasis was that the elderly have much to offer, and one of her quotes is: Everyone has a duty to the community, without which you cannot reach the full development of your own personality. I think this is a great line for all of us here at Carolina Village to embrace for ourselves.

Next, we were privileged and excited to hear Maya Angelou. (In her opening remarks, she said she didn't want to brag, but she has over 60 academic degrees.) However, her theme was to speak of JOY. At 84, she is the epitome of joy itself. Her emphasis included our own need to find joy and to spread joy, to keep asking questions, and keep listening. A line that touched me personally: God put a rainbow in the sky. Clouds hide it. Then God put a rainbow in my house. She ended with a line from one of her favorite songs/themes: I'm ready, willing and able to be a rainbow in your cloud.

Our last general session presentation was by Elie Weisel, holocaust survivor, professor, lecturer, and author of over 50 books. (Somewhat playfully he "one-upped" Maya by telling us he had over 100 degrees.) At 82, Elie spoke eloquently about HOPE, exhibiting hope in his own life and presence. He, too, reminded us of the renewal of hope so desperately needed today. One of his lines that meant a lot to me: If we can no longer love, we are old, no matter your age; if you can love, no matter your age, you are not old. Love promotes hope. I believe in hope!

With space at a premium, I mention, almost exclusively by title, a few of the classes I attended. A most valuable one was regarding "Living with and Working with Dementia Patients". I learned the importance of recognizing fear, depression, a sense of abandonment, and bewilderment among these persons. Another class I enjoyed was "Enhancing Communication by way of Theater". An issue close to our hearts here was the class regarding "Kitchen/Dining Room Renovation" from preparation to evaluation. A class on "Creating a Culture of Spirituality" went into the realm of the deep longing everyone has for meaning, identity and acceptance. This was not about religion, denominationalism, Bible, etc. It was the broad-brush approach that could appeal to everyone. Next was "Intergenerational Collaboration to Eradicate Ageism". How can we involve children to help generate early appreciation for all ages? "Ethics of End of Life Experience" was my last class. This was a valuable class for anyone living at home or in a CCRC.

My desire is to present this to appropriate committees at the Village for suggestions and ideas for continued work in developing programs for us all. If you would like more information, I will be glad to speak with you. I will also leave a copy of the booklet we were given at the beginning of the conference in our library. Please look it over but be sure it remains in the library.

Remembrances of Things Past

by Virginia Lane

December 4 -- The Indians spoke of a great river to the south, a "father of waters" that flowed all the way to the sea. Jacques Marquette, a Jesuit missionary from France, was determined to find the mysterious waterway. Perhaps it was the long-sought route to the Pacific. In the spring of 1673, he left northern Michigan with fur trader Louis Jolliet and five others in two canoes. In mid-June, the explorers shot down the Wisconsin River and reached the Mississippi. They floated south through lands no Europeans had visited before, stopping to smoke the peace pipe with Indians they met. They passed the thundering mouth of the Missouri River in full flood and heard reports that it led to a western sea. Buffalo with heads "a foot and a half wide between the horns" roamed the prairies. Marquette recorded that "from time to time we came upon monstrous fish, one of which struck our canoe with such violence that I thought that it was a great tree about to break the canoe to pieces."

They traveled 1,700 miles to the mouth of the Arkansas River. By that time, they realized the Mississippi must drain into the Gulf of Mexico, rather than the Pacific. Wary of being captured by Spaniards, they turned and headed home.

The next year, Marquette set out to found a mission among the Illinois Indians. On December 4, 1674, he and two companions became the first white men to build a dwelling at a site that would someday become Chicago. But the intrepid priest grew ill, his strength failed, and he died in 1675 in Michigan.

Father Jacques Marquette never discovered the fabled route to the western sea. But his explorations turned vague rumors into known facts, and helped open the way to America's heartland.

1674-Marquette and two French traders build a hut which is now Chicago

1783-Revolutionary War ended, General Washington says good-bye to his officers at Frances Tavern in NYC

1816-James Monroe is elected fifth president of the US

1833-American Anti-Slavery Society is started in Philadelphia

1996-General Motors begins mass production of US electric car

December 5 -- "Don't ride the bus to work, to town, to school, or anywhere on Monday," read leaflets that spread through the black community of Montgomery, Alabama, in early December 1955.

An arrest had triggered the appeal. Rosa Parks was riding a crowded city bus home after work when the driver ordered her to give up her seat to a white man. Tired of being pushed around by segregation laws, Parks refused. The bus driver called the police, and Parks was arrested.

The city's black leaders called for a boycott of city buses on Monday, December 5. No one was sure if the protest would have much support. Many blacks in Montgomery depended on buses to get to work. When Monday morning came, city buses followed their routes carrying only a handful of white riders.

The boycott organizers, led by Martin Luther King Jr., decided to keep it going. Black taxi drivers lowered their fares for protesters. Many blacks walked to work.

Tension rose as it dragged on. King's home was bombed. Support for protesters rose across the country. In November 1956 the Supreme Court struck down Alabama's bus segregation laws. On December 21, 1956, the boycott ended. For Parks' courage she is remembered as the mother of the modern civil rights movement.

1848-President James Polk confirms gold in California

1933-Twenty-first amendment ending Prohibition is ratified

1955-Prompted by arrest of Rosa Parks, bus boycott begins

December 6 -- The Washington Monument, built in memory of George Washington, is the focal point of our nation's capital and probably the world's most famous memorial dedicated to a national hero. The most impressive thing about the monument is its simplicity. The majestic shaft of white marble, which towers 555 feet, 5 1/8 inches into the sky, has the shape of an ancient Egyptian obelisk. Construction began in 1848. Delay after delay occurred, including the Civil War and a shortage of funds. On December 6, 1884, when workers finally set the capstone in place, the Washington Monument was the tallest man-made structure on earth, which it was until the Eiffel Tower was completed in Paris. Inside the monument, 897 steps lead to the top, but the stairwell is closed to the public. Inside, an elevator takes tourists to the top for magnificent views of Washington, DC. Those who stand at the monument's base and look at the giant white pillar never forget the sight.

1790-Congress moves from NYC to Philadelphia

1865-The thirteenth amendment is ratified, officially ending slavery

1884-Washington Monument is completed

1957-The US's first attempt to place a satellite in orbit fails when a rocket explodes at Cape Canaveral

2006-NASA announces that the Mars Global Surveyor has discovered indications of recent water flows on Mars

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