

NaCCRA LIFELINE

*The Resident's Watchdog...
The Industry's Friend*

National Continuing Care Residents Association

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President's Report



Happy New Year to you! I am at a loss to know what happened to 2011...but appreciate the fact that we have been gifted with 366(!) days in our new year so that we can live life to the fullest as we mutually work to support and encourage our members and friends to envision, to innovate and to enjoy. It is then that we may best fulfill

our stated purpose of promoting, supporting and protecting the chosen life style of CCRC residents throughout our Country. My resolution for the new year is to insure that each of the coming days produces positives for NaCCRA, as we continue our mission to expand this fine organization throughout

the entire United States of America.

The October Annual Meeting of LeadingAge, celebrated the 50th anniversary of its founding in 1961 by honoring the past and discussing myriad ways in which to expand possibilities for the future. We were privileged to hear several outstanding leaders who shared their visions, hopes and dreams with us. One of the honorees was the Reverend Howard W. Washburn, a founder of the original organization named AHA – which then became AAHSA – and now is known as LeadingAge. We received a verbal “shot in the arm” from Howard who extended greetings to us all in his short but succinct message...filled with meaning for us all:

“Don’t fall...”

“Don’t fall...”

Don’t fall!

It was our pleasure to name Howard as an Honorary Member of NaCCRA – “with all the rights and privileges thereof.” He lives at Otterbein Home in Lebanon, Ohio and will receive copies of our *NaCCRA LifeLine*. It is our hope that he may be able to join us at our meetings in the future.

Howard’s message is a perfect segway for me to alert you to our coming NaCCRA Annual Meeting scheduled for April 19 – 21 at the beautiful and expansive Westminster at Lake Ridge in Virginia; it

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Check out our website at: www.NaCCRA.com

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Editorial

Two NaCCRA members you have met on these pages in previous issues were honored at the 50th Anniversary Meeting of LeadingAge, a national association representing not-for-profit organizations serving older adults, “for making a difference and transforming the vision of aging in this country” according to CEO Larry Minnix. “These older adults selected for this exhibit are living examples of our missions: to expand the possibilities for aging,” he continued. We are pleased to share with you the panels honoring Charles Paulk of Florida and Robert Lane of Connecticut. Both have long and strong commitments to NaCCRA.

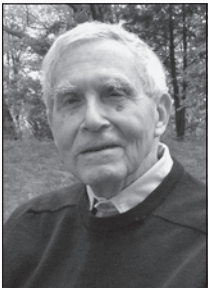
Many of our members reside in not-for-profit CCRCs and to maintain their IRS 501(c)(3) status they must demonstrate and document their charitable purposes. In the generally accepted legal sense it includes relief of the poor, the distressed or the underprivileged, advancement of education, science or religion, and lessening the burden of government. Documenting what we do to change and improve lives in our greater communities is an essential element in our work to earn public trust, as well as to validate our non-for-profit status.

In addition to featuring our LeadingAge honorees in this issue, we have chosen to highlight a variety of volunteer initiatives and individuals among our members. We invite readers to share other volunteer stories and how you are documenting these initiatives.

We are pleased to reinstate a previous feature reporting impressions of first time attendees at the fall LeadingAge and NaCCRA meetings, thanks to Resident Council leaders at Mirabella (WA).

You will also find a summary of the keynote speech at the NaCCRA meeting presented by Brian Robare, Chief Operating Officers of The Estates at Carpenters (FL)

Marleen A. Varner, Editor



Robert Lane, 94

Whitney Center, Hamden, CT

Bob Lane is a retired Yale Professor who has no intention of retiring. In 2007, with several other retired professors from Yale he decided to “green” his community. As he began to organize conservation resources, he was shocked to find there were none aimed at engaging older adults. So they decided to produce their own and in doing so helped other seniors address sustainability in their own communities. They turned their idea into a 501(c)(3) organization to expand their work and The National Senior Conservation Corps was born. The group created a website called GRAYISGREEN.ORG and soon they had a network of members around the country. Members were encouraged to form local green teams, and enable change in their own communities. Bob Lane spends his time not only making his world a better place and helping others do the same, but ensuring the world we pass on is the best it can be. For these reasons and many more, Bob Lane is a living example of celebrating age.



Charles Paulk, 79

The Estates at Carpenters, Lakeland, FL

Charles was recently appointed to the LeadingAge Public Policy Congress and has served on the Florida Governor’s Continuing Care Advisory Council for three years. He has been a member of his community’s budget committee and he continues to serve as NaCCRA’s Executive Director. As a strong advocate for seniors he speaks all over the country and averages 20-30 speaking engagements a year. Charles is a huge supporter of management and works hard to improve Resident/Management relationships. As President of FLICRA he joined

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NaCCRA exists for the purpose of promoting, supporting and protecting the chosen lifestyle of Continuing Care Retirement Community (CCRC) residents in the United States. NaCCRA is the only national organization for CCRC residents and is dedicated to the promotion of continuing care resident communities as a humane, cost-effective, long-term care model for elderly individuals. Its work is conducted solely by volunteers and support comes from dues and gifts.

The Association since October 2000 has been classified by the IRS as a tax exempt 501(c)(3) Corporation. Donors may deduct contributions as provided in section 170 for Federal estate and gift tax purpose if they meet the applicable provisions of sections 2055, 2106 and 2522 of the Code.

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Volunteer Programs at Frasier Meadows

Frasier partners with agencies throughout the Boulder community. Forging strong partnerships with organizations serving seniors throughout Boulder County is vital to Frasier's mission. For many years Frasier has collaborated with Hospice Care of Boulder and Broomfield Counties to provide quality services to members of the community and their families. At Frasier, HospiceCare provides compassionate medical, emotional and spiritual care to their residents who are coping with end-of-life challenges.

This spring HospiceCare and Frasier co-sponsored a three-part informational series that focused on how to communicate end-of-life wishes, what decisions need to be made and documents signed, and the role of health care agents and Hospice services at the end of life.



Residents at First Senior Law Day, including NaCCRA Secretary Al LeBlang, second from left.

In August, Frasier partnered with HospiceCare of Boulder and Broomfield Counties, Boulder Community Hospital, the Colorado Bar Association and many other agencies to present the second annual Senior Law Day. This event brought together accomplished and respected professionals who presented semi-

nars for seniors, adult children, friends and caregivers of seniors. There were over 475 participants who chose among 29 seminars on the topics including health care reform, the aging brain and estate planning. Frasier was proud to collaborate with so many different agencies and to provide such an important source of information to Boulder County seniors and their families.

Frasier's partnership with Boulder Community Hospital remains strong. Once again, the "Gifts from the Heart" event was held, where residents and staff continue to raise funds for the hospital's new cardiac



Gifts from the Heart: Jewels for Joy

laboratory by donating jewelry. In addition, Frasier has a long tradition of resident volunteers who are members of the Boulder Community Hospital Auxiliary and active members of the Hospital Board and Foundation.

Collaborations with other agencies that serve the needs of seniors make their programs stronger and more responsive to the needs of their residents and seniors in Boulder County.

Mary & Fred Loring, Volunteers at Bethany Village

While visiting the Bethany Village Marketing Department, one of the staff told about Mary Loring who was having lunch in their café and noticed another lady sitting alone. Mary invited the lady to join their group. The lady was from Florida and visiting her son who lived in Bethany Village. After lunch, this lady was invited to join in the daily workouts of Mary Loring. Then Mary Loring invited the lady to her home for dinner.

After hearing this story, an interview was requested with Mary and Fred Loring. It will come as no surprise

to learn that at the interview, Mary said "all I do is push wheel chairs." "Talk to Fred, his volunteer work is much more interesting than mine."

Fred Loring is a self-taught pianist and organist. On Sunday, he plays the piano for vespers in skilled nursing, then goes to assisted living and finally to Bethany Towers, another housing complex. All of this in one day! On Thursday he plays the piano in the hallway between the Restaurant and the Café. In his spare time, Fred is a cashier for the Bethany Village yard sales which benefit the Benevolent Fund, and

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Volunteer Fair Held at Deerfield Episcopal Retirement Community

Deerfield's Residents Council through its Deerfield Relations Committee, which is charged with encouraging volunteerism, sponsored its first ever resident sponsored Volunteer Fair in November. Representatives from 40 community nonprofit agencies were paired with their Deerfield resident volunteers for a half day opportunity to explore volunteer opportunities in the local area to learn more and to sign up to serve. A full-length banner, balloons and door prizes were used to attract participation by the many new and prospective residents as well as those who just wanted to learn more and see what their neighbors were doing.

Well in advance of the event, invitations were sent offering tables to be available on a first-come, first-served basis. Non-respondents were visited in person. In the week prior to the event, all agencies were contacted by phone for follow-up and last minute questions. Committees used to assure success of the event included parking, welcome, logistics, door prizes, tickets dispensers for door prize drawings, and very importantly, after the event, thank you's were written to each participating agency and to each of the committee volunteers.

Local representatives of national agencies included United Way, Habit for Humanity, Meals on



Joe Haun, NaCCRA Life member, standing left, talks with Catherine Frank, standing, Director of the North Carolina Center for Retirement, and David Stewart, Deerfield Council Secretary and NaCCRA member

Big Sisters. Local agencies included the Buncombe County Council on Aging that has its offices on the Deerfield campus, MANNA Food Bank, NC Arboretum, NC Center for Creative Retirement, Black Mountain Home for Children, Mission Hospital and the Southern Highlands Craft Center.

Staff support was significant, as well. For several weeks in advance, weekly promotion articles appeared in the "Doings" describing usually three of the agencies participating and elevator posters were used extensively. The Chaplain donated his "Doings" page for an article by the committee chairman entitled "Volunteerism As Vocation". The "One Call" system was used to remind residents that the fair was underway.

Feedback from participating agencies was very favorable. Thank you's were received, when can we sign up for the next one calls, and in one case "This was the best fair we have ever participated in."

Volunteer Fair Banner

Wheels, AARP Tax Aide Program and Big Brothers,

Mary & Fred Loring, Volunteers at Bethany Village *(continued from page 3)*

is also announcer on the Bethany Village in-house television station. He somehow finds time to play the organ for church services when called upon.

Mary Loring does push wheel chairs in Assisted Living. She also fills water pitchers, distributes mail to the nursing unit, distributes the "Upper Room", arranges sign-up activities for trips, is an announcer on the in-house TV and cashier at the yard sales. In

addition, Mary has served on the Residents' Council for six (6) years, and is currently Vice President and Chair of the Program Committee. She still has time to invite persons in need of a helping hand to her home for a home cooked dinner. She does all of this while keeping in contact with her three (3) children, eight (8) grandchildren and five (5) great, grandchildren.

Mirabella Residents Reach Out In A Variety of Volunteer Efforts

In Seattle, WA more than 75 energetic, caring Mirabella volunteers are reaching out to K-5 school age children, the hungry and homeless through a variety of avenues, according to Tina Moss, Volunteer Resident Committee Chair.

"No child can have too many grandparents," describes the weekly reading with students program at nearby Seattle **John Stanford International K-5 Elementary** public school. Visit: <http://stanfordes.seattleschools.org/>. About a dozen residents work with these young students. The students come from the Wallingford neighborhood and a number of foreign countries. They read with a "Special Friend" for half an hour once or twice a week, says **Dick Blount**, a long time volunteer from Mirabella at the school. Reading to, and listening to the child read, are programs set up by the child's teacher to most benefit the individual child. "I remember the last child I had, foreign born, who could read perfectly but had no idea what the words meant. Suddenly, mid-year, the lights went on and we were able to discuss what the author was telling us," Blount said. Mirabella's in-house TV regularly offers this opportunity to residents to be of service to these children.



Cynthia Johnson, a beneficiary and a volunteer, along with Mirabella residents Dee Groth & Betsy Dunaway prepare food for distribution at the Friday Food Bank:

At nearby **Immanuel Community Service Center (ICS)**, <http://www.icsseattle.org/>, in the Immanuel Lutheran Church, Mirabella volunteers are on the front line of meeting the challenge of hunger as they staff the Friday food bank in the South Lake Union neighborhood adjacent to downtown. Volunteers, gather food, sort it, prepare it for pick up by an increasingly large number of persons young and old who come for this help. An added dimension is the provision, in season, of fresh vegetables from the nearby P-Patches, where eight Mirabella residents have gardens and regularly share their produce with the food bank.

Mirabella volunteers also help out in many other ways. On a monthly basis, residents donated hygiene supplies (hotel sized soap, shampoo, lotions, tooth paste, etc) to be used by the homeless men and women who use the ICS Hygiene Program for showers and laundry services. Volunteers also help with visits from the Dental Van by helping fill out paperwork and scheduling appointments. Mirabella recently hosted a continental breakfast to introduce the important work of the Center and to recruit additional volunteers.



Mirabella resident Dick Blount with Ternik Wilson, his student

President's Message *(continued from page 1)*

is located close to Washington, DC and near major highways. Further information will be forthcoming but please mark your calendar for those dates. The Executive Board will meet on Thursday evening, the 19th. We plan a full day on Friday, the 20th starting with a continental breakfast and going through to early evening on Friday, and then a breakfast meeting on Saturday, the 21st. The LeadingAge Conference will

convene in D. C. on Sunday and extend through until the 25th. We are assembling information for you: agenda items/topics for your perusal, directions from airports to nearby area hotels and motels, plus!! At this point, please "SAVE THE DATE!" We look forward your joining us for a GREAT EVENT! The gathering will be "meaty" and comprehensive – as well as good fun!

Ruth Holland Walsh, President



Twin Lake Residents Have Fun While Helping Others

Lanes of Light 2012—

Twin Lakes Community, in Burlington, presented its sixth annual Lanes of Light holiday drive-through Saturday and Sunday, December 3 and 4, from 6:00 to 9:00 p.m. Requested admission was one canned good per person, with all donations benefiting Loaves and Fishes Christian Food Ministry. Over 57,000 pounds of food have been donated through this event, affording Twin Lakes the honor of receiving the Community Service Award from Leading Age NC in May 2010.

Lanes of Light is a spectacular holiday display presented by residents and staff, winding over a mile through a beautiful 200 acre campus. Like no other holiday event, Lanes of Light includes dozens of lighted floating trees, thousands of twinkling lights and other displays, resident greeters waving and wishing Merry Christmas to all visitors, and homemade cookies given to guests. For further information call 336-524-9420 or visit www.twinlakescomm.org.



This is even more spectacular when seen in color!

Kathy Maines,

Twin Lakes Community, Burlington NC

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Carlsbad by the Sea Residents Participate in Study

A group of over 20 residents from Carlsbad by the Sea Retirement Community in Carlsbad, California are participating in a study under the auspices of the School of Medicine of the University of California at San Diego. The study is sponsored by a grant from the National Institutes of Health, and the purpose is to demonstrate how the elderly can improve their quality of life and their longevity by a program of regular physical activity.

The program is called Stepping Out and it aims at increasing the walking activity of seniors. Walking is simple activity that most seniors can readily engage in. The Federal government has established 6,000 steps a day as a minimum level for healthy walking. The UCSD study seeks to encourage seniors to gradually increase their walking activity to meet the Federal standard and to exceed it.

The study began with the taking of baseline measurements. This will allow the results to be determined. Participants thereafter wear a pedometer which records their activity daily. They enter the number of steps they take each day in a log which is submitted to the study researchers. The participants have committed to stay with the program for at least a year. The expectation is that the habits developed

during the course of the year will persist after the year and will permanently improve the health and vitality of the participants.

In addition to self-measurement of their participation in the program, the group attends a bi-weekly educational program. Periodically, their performance in physical activities, their balance, their mental acuity, and similar functionalities are measured to assess the benefits resulting from the study. In addition to the educational program there is a phone counseling program. All participants are regularly contacted by phone to report their progress; to set new goals for their individual circumstances; and to discuss challenges or successes that they may be experiencing.

It's possible that a program like this could be developed for the NaCCRA online Learning Center, www.naccrau.com, since it has been demonstrated that self-monitoring with external reporting and tracking can serve as an incentive for seniors to increase their activity and, thereby, to improve their health. It's not clear whether such a NaCCRA initiative will be under the same auspices or will be developed separately as a positive service for NaCCRA members.

StoneRidge Resident Volunteers at Elementary School and More

Long time resident Bill Hooper, after years of successful water classes for residents of both health and rehab centers, accepted the challenge of introducing and utilizing watercolors with 8 children from the Fourth Grade at nearby Deans Mill School. He assembled a great set of watercolor paints for the students – from Chinese white and cobalt blue to forest green, and then proceeded to instruct the eager students in the finer points of water coloring. It was miraculous to observe the intensity with which each student worked. Pictures included the Barn, a red-headed woodpecker, a brook trout, and finally an elegant large sailing vessel, *The Onward*, built in 1841 and sailed out of Damaricotta, ME. The children were delighted – their parents were thrilled with the products of their offsprings had produced and the fame of Mr. Hooper spread through the school family.

The children produced four masterpieces in four weeks. Parents framed all of the pictures for display in the family home. They only grieved that their children could not continue with Mr. Hooper because they will soon graduate to middle school.



Bill Hooper and student artists

Submitted by Ruth Walsh

First Timers Reflections on LeadingAge/NaCCRA Meetings

LeadingAge (www.leadingage.org) is a very skillful and powerful force in the affairs of aging citizens. LeadingAge fosters and advocates for all aspects of quality senior living with three main themes:

- Celebrating age and leading innovative practices that transform how communities serve our aging population;
- Making cutting-edge initiatives to meet needs and preferences of older adults, and
- Organizing and leading advocacy efforts to advance interests of the aging citizen and consumer.

These topics comprised the core of the program of LeadingAge.org and of their 50th annual meeting that several Mirabella residents attended in Washington DC, October 15–19, 2011.

This group first organized in 1961 under the unwieldy name, AAHSA (American Association of Homes and Services for the Aging), changed it to coincide with AAHSA's 50th anniversary in 2011. Its members are mainly not-for-profit agencies and communities. Over 8000 managers and directors, board members, providers and managers of health services, many vendors, and some for-profit organizations filled the Washington Convention Center. Importantly, LeadingAge recognized the role that residents play in keeping their communities vibrant, flexible, and successful, and made a special invitation to residents to participate in the meeting by waving the costly registration fees. LeadingAge made time and space available to residents, not only for our semi-annual meeting, but also for exhibit space a special section reserved with tables for residents to meet each other for discussion.

A strong and pervasive culture change is sweeping the US and world. Residents are participating successfully, enthusiastically, and competently in all aspects of the workings of their communities. The elderly are no longer passive recipients of services offered by hierarchical organizations. Each day, the meeting begins with a variety of informative and morale-boosting talks, followed by a plenary lecture, in addition to concurrent morning and afternoon workshop/lecture sessions.

Topics in one of the more than 20 concurrent sessions ranged widely from financial and health management to strategic planning. Of special interest was the presentation on resident-centered reporting of financial information and transparency. One speaker remarked that more residents are more knowledgeable than many in management in some, and perhaps many, area so why not seek them out for advice and ideas.

An important thread of that conference was the growing realization among CCRC operators and managers from around the world that tapping the potential of residents leads to more successful communities. This does not imply that residents should or want to be involved in the day-by-day operations, but that their life experiences and knowledge can serve as a valuable, and often ignored, resource to management, especially in developing policies which directly affect us, the residents.

Excerpted from remarks of Residents' Council President Marty Kushmerick and Vice President Hellmut Golde which appeared in the *Mirabella Monthly*.



CCRCs of the Future

The continuing economic decline, low consumer confidence, and weak housing market present challenges to the operations of continuing care retirement communities. Budgetary pressures on state and federal entitlement programs have resulted in declining reimbursement rates and health care reform proposes to alter the payment mechanism for most levels of care. The impending wave of baby boomers offers the promise of an expanded market for prospects, but also presents a challenge to the “current way of doing business.” In this period of uncertainty one thing is clear...CCRCs of the future must adapt.

The new model must embrace transparency and commit to an active social accountability program. It must welcome collaboration with residents and identify partnerships with likely and unlikely organizations. It must challenge the current model and prepare to provide care and services in various settings and with multiple delivery models. Moreover, CCRCs must remain fiscally responsible to ensure that they can meet their contractual commitments and remain committed to providing a quality lifestyle.

The successes in Florida provide a framework for this effort. Strong statutory protections and required operating and debt service reserves provide a safety

net to residents. The collaborative efforts of the Florida Life Care Residents Association and LeadingAge Florida has increased the transparency and disclosure requirements of the regulated communities and statutorily authorized a CCRC Without Walls concept. These associations understand that success occurs when residents and providers work together. It is a story worth sharing and a concept worth imitating.

Steve Jobs, the recently deceased CEO of Apple, transformed the world of technology. He challenged the status quo and filled a market space that no one even knew was void. He turned idea into vision, vision into reality, and reality in success. He believed that true innovation required a passion to “put a dent in the universe.” CCRCs must embrace this philosophy. The future is promising and the opportunities appear limitless. We must understand the current challenges, have a clear vision and an unwavering commitment, and begin to “put a dent in the universe.” We must stay relevant and we must adapt. The CCRCs of the future must ensure quality of life, embrace transparency and collaboration, be flexible, and commit to the greater community. It is more than an opportunity...it is our responsibility.

*Brian L. Robare, Chief Operating Officer
Estates at Carpenters (FL)*

Legislation Update



I hope all of you participated in the very informative Telephone Town Hall held by Leading Age November 30th. It described in detail the present stalemate in Washington that directly effects services for the aging. Legislation, not being passed, directly effecting CCRCs continue to be those areas we included this

fall in the Nov/Dec *LifeLine*. The failure of the Super Committee to act has left much uncertainty. Members are urged to contact their congress members to express their feelings and concerns for programs that

directly effect cuts in Medicare/ Medicaid, continued funding for the Older American's Act, and support for the CLASS Act.

A report of the town hall meeting will be available on line soon. It is worth the over an hour of your time to listen to this exchange. According to Larry Minnix, LeadingAge CEO, there will be more town hall meetings in the future. Please keep current and keep in touch with Leading Age staff who are working hard to help interpret our needs to legislators. Larry and his staff are most sincere in wanting to hear our concerns.

Julia Hix, Vice President for Legislation

Historic Event at Ingleside

On Sunday, November 27 at Washington DC's Ingleside at Rock Creek 4:00 PM Chapel Service the first CCRC infant baptism occurred as Chaplain Ruth Kent presided as parents Joanna and Steve St. Jacques presented their son, Drew St. Jacques, before the baptismal font. Also standing with additional support were grandparents Ruth and Joe Lederle along with Betty and Jerry St. Jacques

embraced by the presence of uncle Greg St. Jacques and family members Marianne Pew and Inge Spitzer. In the background was the special music provided by cellist Kenneth Law accompanied by pianist Irvin Peterson as Schubert's Ave Maria was played as well as The Swan by Saint-Saens.

Submitted by Jack Mathison

Members since November/December 2011 *LifeLine*...Welcome and Farewell

California

San Joaquin Gardens
Robert & Marjorie Aven

Colorado

Frasier Meadows
Brad & Peg Beeler
Alice Bowen
Elizabeth B. Bramhall
Ellen Cotts
Connie & Bert Devries
Ann Garstang
Jean Gore
Jane S. Smith
Phil & Eline Waggener

Connecticut

Ashlar Village Association
Cecilia Malin
Stoneridge
Jane B. Lohr

Florida

Estates at Carpenters
Edeltraud M. Zendler
(Upgrade to **LIFE**)

Maryland

Asbury Methodist Village
Mary H. Waldron

Massachusetts

Springhouse
Will & Susan Holton

North Carolina

Deerfield
Lynda Kepler
Piedmont Crossing
Eulene F. Sheperd

We extend sympathy to the families and friends of these members who have died:

Connecticut

Stoneridge
Dean Hofe

District of Columbia

Ingleside at Rock Creek
Barbara J. Harrison
David Yerkes

Maryland

Asbury Methodist Village
Mary Anstead

We ask all readers to report to us changes in member addresses and also to report the names of those who have died.

New Federal Estate Tax Exemption - 2012 & 2013

[Excerpted from a presentation on the New Federal Estate Tax Law at the October PARCR meeting, by Jacqueline A Kelly, Esq., a senior associate with Jan L. Brown & Associates]

On December 17, 2010, President Obama signed "The Tax Relief, Unemployment Insurance Reauthorization and Job Creation Act of 2010" into law. Among other things, it increased the amount exempted from federal estate tax from \$1,000,000 to \$5,000,000 for the years 2011 and 2012. Unless Congress acts to extend the exemption, it will revert back to \$1,000,000

in 2013. "For history buffs, you may recall that one of the primary reasons for establishing a federal estate tax was the concern that the majority of wealth in America would be controlled by just a few families, much like the monarchies in Europe who held the majority of assets of their countries. The legislators who passed the first federal estate tax laws did so in an attempt to prevent a few families from holding on to most of this country's wealth in an effort to maintain a strong middle class."

Some Money Saving Tips

- 1) **Reduce your current shower time by one minute.** The average non-conserving shower head has a flow rate of five to eight gallons per minute, and a water-saving unit uses about 2.5 gallons. For several days, use a cooking timer and log how long it currently takes you to shower. Average these times—then subtract a minute. If you shower every day, you'll easily save 1,000 gallons a year by cutting the time you run the water by just 60 seconds. You can probably make up this time simply by making sure everything you need is close at hand before you turn the water on.
- 2) **Turn off the tap while you brush your teeth.** It's one of those hard-to-break habits, but it's surpris-

ingly wasteful. Running the tap while you scrub sends five to eight gallons of fresh water straight down the drain. Double that for morning and bed-time scrubbing, and we're talking several thousand gallons a year. All you really need is a few ounces to wet and clean the brush.

- 3) **Locate and repair silent toilet leaks.** Worn hardware can easily—and quietly—leak several gallons per day. Drip by drip, it all adds up. Put some dark food coloring in your tank. If you notice color in the bowl within 15 minutes, you've got a leak worth fixing. Now that you're in a CCRC, you don't have to head out to your local home supply store—just put in a work order!



Connecticut Residents Produce CCRC Consumer Guide

There are a number of CCRC consumer guides, but the Connecticut *Enriching the Lives of Seniors: A Guidebook for the Connecticut Consumer: Continuing Care Communities* may be the first authored and edited by CCRC residents.

The process of researching, selecting, and moving into a Continuing Care Retirement Community (CCRC) is not always a picnic. Yet, many Connecticut seniors face this major life transition. A new, free consumer guide is available to help Connecticut seniors make informed decisions about their futures; and guide them through the process of selecting an in-state life-care community.

This innovative guidebook was compiled, organized and created by Connecticut seniors who are current residents of CCRCs. It presents the various aspects of the CCRC life style, cultural, financial, health services, and standards for best practices. In a down-to-earth manner, it assists seniors and their

family members, by providing questions to ask, whom to contact, and how to evaluate the information they receive prior to making one of the most important decisions in life.

Support for the publication of this guidebook was generously provided by The Commission on Aging of the Town of Greenwich, and LeadingAge, Connecticut

A free guidebook is available at: www.canpfa.org It can be downloaded and printed PDF Created with deskPDF PDF Writer - Trial :: <http://www.docudesk.com>. Be sure to click on consumer on the right and go half way down the page to find it. It may be utilized as a template by residents associations in other states who wish to create their own product. Principal contributors to this excellent publication were CONNACRA President Dan Robinson and former President Billie Alban, NaCCRA Treasurer Joseph Walton and Cecilia Malin, editor-in-chief.

Foxdale Village Holds Remembrance Program

Most of us can remember a time when November 11th was observed in schools, churches, and other suitable places, with appropriate ceremonies and a brief suspension of business and activity beginning at 11 AM. Proclaimed in November 1919, by President Wilson as the first Armistice Day, an Act approved in May 1938, made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be there after celebrated and known as “Armistice Day.” In 1954, after WWII and the Korean aggressions, congress amended the Act of 1938 by striking out the word “Armistice” and inserting in its place the word “Veterans”. Recently Veterans For Peace and other organizations have held Armistice/Veteran Day ceremonies and programs combining the message of peace and end of aggression, with the recognition of those who were a part of the military.

This year Foxdale Village, a Quaker community in State College, PA, hosted a community Remembrance Program commemorating Armistice/ Veterans Day recognizing all who have actively participated in ending wars and bringing peace to our country. Many Conscientious Objectors from WWII and their family members attended. The Film, “The Good War And Those Who Refused to Fight It”, a documentary,

narrated by Ed Asner was shown. The Film focuses on the many military noncombatants who served in war zones, in mental hospitals, volunteering for dangerous medical experiments, and other services that have led to social medical and environmental advancement. The film was followed by a sharing of experiences and feelings by the intergenerational and diverse audience.

Those who wish to have more information, in addition to the film, are referred to the book recently published, edited by Mary R. Hopkins (2010) “Men Of Peace”. This collection of stories of over 30 WWII CO’s is both informative and inspiring. Their stories of service are followed by details of their later lives . All are unique stories, and include members of Foxdale Village and other CCRCs—including my next door neighbor, who went on to become head of the Department of Pomology at Cornell, and created new varieties of apples now widely grown on a commercial scale the world over.

“Mankind must put an end to war, or war will put an end to mankind...War will exist until that distant day when the conscientious objector enjoys the same reputation and prestige that the warrior does today.” – John F. Kennedy

Submitted by Julia Hix



SAVE THE DATE!
ANNUAL MEETING - APRIL 19-21, 2012
WESTMINSTER AT LAKE RIDGE,
LAKE RIDGE, VA!

Adult Children of CCRC Residents Speak Out!

Brecht Associates, Mather Lifeways Institute on Aging and Ziegler have completed the first ever survey of adult children of family members of CCRCs and we couldn't be more excited. Nearly 4,000 responses were received from throughout the US and our analysis is on its way. One finding that we should

all be glad to hear is: *"The CCRC is alive and well and we expect it to be in the future."* Seventy-seven percent of respondents would be likely to consider a community offering a continuum of care and nearly 90% would consider a CCRC versus a community just offering independent living. Stay tuned for more!

Florida Statute Chapter 651.083 – Residents' Rights

ss (1) No resident of any facility shall be deprived of any civil or legal rights, benefits, or privileges guaranteed by law, by the State Constitution, or by the United States Constitution solely by reason of status as a resident of a facility. Each resident of a facility has the right to:

- (a) Live in a safe and decent living environment, free from abuse and neglect.
- (b) Be treated with consideration and respect with due recognition of personal dignity, individuality, and the need for privacy.
- (c) Unrestricted private communication, including receiving and sending unopened correspondence.
- (d) Freedom to participate in and benefit from community services and activities and to achieve the highest possible level of independence, autonomy, and interaction within the community.

- (e) Exercise civil and religious liberties. No religious beliefs or practices, and no requirement of attendance at religious services may be imposed upon any resident.
- (f) Present grievances and recommend changes in policies, procedures, and services to the staff of the facilities, governing officials, or any other person without restraint, interference, coercion, discrimination, or reprisal. This right includes access to ombudsman volunteers and advocates and the right to be a member of, and active in, and to associate with advocacy or special interest groups.
- (g) Freedom from governmental intrusion into the private life of the resident, as provided in s. 23, Art. I. of the State Constitution.

ss (2) The provider shall provide a copy of the bill of rights provided by subsection (1) to each resident at or before the resident's admission to the facility.

Report From US Accountability Office

The United States Government Accountability Office in their 38-page report to the Chairman of the Special Committee on Aging of the U.S. Senate states: "Continuing Care Retirement Communities Can Provide Benefits, but Not Without Some Risks." Shortly thereafter, Leading Age released a 29-page report on "Today's Continuing Care Community (CCRC)," reviewing the strengths of this popular senior living

model, its stress points and challenges, edited by Jane E. Zarem of the CCRC Task Force. The latter can be obtained via mail or e-mail from Leading Age headquarters at 2519 Connecticut Ave. NW, Washington, DC 20008. These reports are of importance to seniors whether staying in their homes or in contemplating a move to a CCRC.

Submitted by Jack Mathison

Challenge Grant Update

As of Dec. 1, cash and in kind gifts to meet challenge grant total \$9,545.43.
Additional cash gifts are invited.

Charles Paulk (continued from page 2)

with LeadingAge Florida to create a joint legislative Task Force to draft legislation that regulates CCRC's Without Walls. At 79 and 100% disabled, Charles is dedicated to fixing all the ills in the country and insure

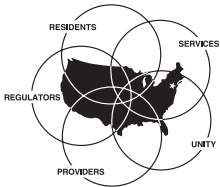
that CCRC Residents across the country live a full and enriching life. For these reasons and many more, Charles Paulk is a living example of celebrating age.

Marleen Varner, Editor
National Continuing Care Residents Association
 16 Salisbury Dr., Apt. 7205
 Asheville, NC 28803



Please feel free to share your copy with a fellow resident or your administrators. Your comments, suggestions and article submissions are invited.

NATIONAL CONTINUING CARE RESIDENTS ASSOCIATION
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NaCCRA Membership Application

NaCCRA Thanks You for your support • By Working Together We Can Succeed

Date _____

Name of Individual: 1st Person _____
 2nd Person _____

Address _____

Telephone _____

Email _____

Name of Community Resident's Association _____

ANNUAL DUES PER (EACH) INDIVIDUAL . \$ 15.00
LIFETIME INDIVIDUAL MEMBERSHIP..... \$150.00
 Annual Dues per Community Association..... **\$150.00**
 Annual Dues per State Association..... **\$400.00**
 Tax-exempt Contribution..... \$ _____
Total Enclosed\$ _____

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