

# NaCCRA LIFELINE

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

**National Continuing Care Residents Association**

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September/October 2011

## President's Report



Have you ever taken an in-depth look at our NaCCRA logo? Please look just above this column to our *NaCCRA Lifeline* header where the logo appears. The impressive image displays the continental United States with five concentric circles superimposed and intertwined upon it. Those intersecting circles represent:

The Residents of CCRCs – with an eye toward all remaining independent as long as possible - in very attractive settings;

Myriad Services provided to and for residents of CCRCs;

The Providers of CCRCs – both not-for-profit as well as for-profit with an eye toward promoting solid provider/resident relationships;

Regulations and Laws (both State and Federal) that form the blueprint for all our communities. Residents need to be continually informed so that they may be knowledgeable and pro-active.

The Unity that we experience as we continue to grow as an organization. We do not stand apart!! We are an important/vital part of the continuum.

As we have “lived” the logo, we have been empowered to seek a voice in the governance of our communities as well to seek transparency in financial matters. We know that it is now time for us to “move forward” as an effective organization!

We are proud of the fact that NaCCRA is the only national organization for CCRC residents throughout the United States and we are committed to marketing ourselves to those who would “partner” with us in the CCRC model(s). To this end, we are grateful that LeadingAge has been most supportive of our mission to expand throughout

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### NaCCRA Officers...

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Executive Committee .....	Walton T. Boyer, Jr. NC • walton.boyer@charter.net
Executive Committee .....	Jack B. Cumming CA • jbcumming@aol.com

Check out our website at: [www.NaCCRA.com](http://www.NaCCRA.com)

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## Editorial



Plan now to join us for our fall meeting in DC at the LeadingAge Conference and Exhibition October 16 at the Washington Convention Center. We are expecting a record attendance for our extended meeting schedule that will allow reasonable time for all reports and discussions. Many will stay for part of all of the LeadingAge Conference, as well. Remember, residents receive complimentary registration. For the first time, NaCCRA will have a booth in the Exhibit Hall, as well. For those who live close enough, we hope you will have your community bus bring

a good representation.

Response to our plea for matching funds for our Challenge Grant is indeed gratifying. For all those who have already contributed, we say a BIG THANK YOU. If you are still considering a gift to help NaCCRA grow, we look forward to hearing from you soon.

My special thanks go to all of you who have been contributing news from your CCRCs. It makes our newsletter so much more interesting to learn what all of you are doing.

*Marleen A. Varner, Editor*

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## Executive Director Ramblings . . .



In January of this year, a life member of NaCCRA gave me a check for \$10,000 to cover any amount up to that amount in matching funds to assist in moving NaCCRA to the next level. I know that today's financial situation is troubling at best, but I really thought our residents would have contributed funds to match the \$10,000 by this date but we still have a ways to go. Every penny of the funds donated will go to support residents and their lifestyle and the donations are tax deductible. All board members have made a donation and now we need the membership to respond. If you are able, please make a donation to enable our

President, Ruth Walsh can take NaCCRA to the next level.

Ruth is creating procedures and policies that will result in all board members being good Samaritans of our funds. A recent example was a telephonic board meeting to get all board members working together and setting priorities for each board member to follow. Our top priority is membership development and each board member is responsible for membership development. The telephone board meeting saved NaCCRA several thousand dollars and was extremely effective. I'm sure more of these will follow.

Our president has also arranged to have a NaCCRA booth at the LeadingAge 50<sup>th</sup> anniversary celebration in Washington, DC October 16 – 19, 2011. If any member or community has photos, newsletters, brochures or CDs you would like to give away at the booth you can send them to any officer and they will get them to Washington for you. If you are able to make the trip, it will be a great experience for you to attend the celebration and the NaCCRA meeting. Registration is free for residents.

Jack Cumming, a life member of NaCCRA from California is developing an educational website for residents [www.naccrau.com](http://www.naccrau.com). Visit the site and if you have comments or information that should be included, send them to Jack. His address is on the NaCCRA website. This is another example of residents stepping up to help move NaCCRA to the next level.

The transition of moving our headquarters to a permanent location with a full time professional management company, Partners in Association Management, in Tallahassee, Florida, is progressing smoothly. The president of the company, Bennett Napier, will attend the NaCCRA meeting in Washington October 16, 2011 as well as provide an update on the transition. This takes a tremendous workload off our voluntary officers and board and freeing them to devote more time to membership development and other efforts to improve and preserve our stress free life style.

September/October 2011

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Residents Association  
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NaCCRA exists for the purpose of promoting, supporting and protecting the chosen life style 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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## NaCCRA Expansion Plans In Oregon Underway - Ten CCRCs Visited in August

Bob Nicholson, NaCCRA Vice President, along with Terry and Gerard Hyland, NaCCRA Recruitment Co-Chairs for Oregon, visited 10 CCRCs from August 7-10. The purpose of each visit was to introduce NaCCRA as a company of residents united to support one another through building a strong network of information sharing and friendship building. At each stop, they left a packet with resources “for use in telling the NaCCRA story and inviting others to join in.” The packet included a sample letter of invitation, a self addressed envelope with multiple copies of the half sheet enrollment form, a copy of *LIFELINE*, the Mission Statement and “16 Very Good Reasons to Join NaCCRA.”

If you have friends or family in a CCRC in Oregon, let the Hylands know by email <[naccraoregon@comcast.net](mailto:naccraoregon@comcast.net)> so they can reach out with an invitation to become a

part of NaCCRA.

CCRCs that were visited included: Mary’s Woods, Lake Oswego; Mirabella-Portland and Holladay Park, Portland; Mennonite Home, Albany; Capital Manor, Salem; Hillside Manor, McMinnville;

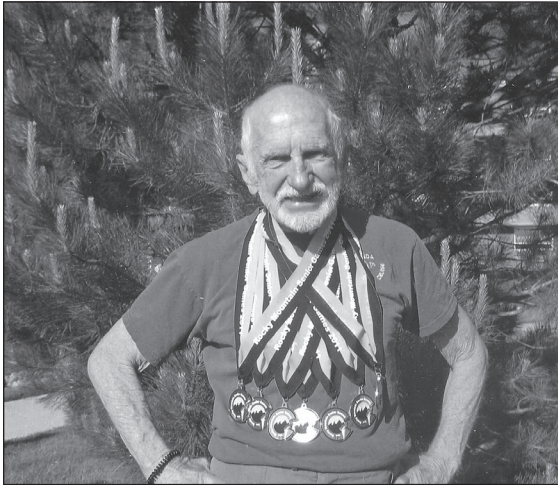
Friendsview Manor, Newberg; Willamette View, Rose Villa and Terwilliger Plaza, Portland.

As one observer put it, “This visit to Oregon was quite the *tour de force*; in just three days arriving from Seattle, visiting ten Oregon CCRCs and then returning to Seattle.” As NaCCRA grows its membership and moves to the next level, each member is called upon to engage in extending the invitation and welcome to NaCCRA. Where will your next contact be on NaCCRA’s behalf?

*Bob Nicholson, Membership Vice President*

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## More Footsteps to Follow In . . .



Some of our long time readers will remember our September/October 2009 report of the National Senior Games gold medal achievements of Roy Englert, resident of Westminster at Lake Ridge (VA) and then Ingleside at Rock Creek (DC) Board member. Now we are happy to report about the seven Senior Games Gold Medals of one of our newest NaCCRA members, Ted Grenda of Frasier Meadows (CO).

Ted has participated in the Senior Games for the past 20 years and always done well. However, his seven events in the Rocky Mountain Senior games in Greeley, Colorado, yielded seven gold medals and was one of his most successful records. He won his golds in the bench press, arm curls, leg press, sit ups, push-ups, softball throw and football throw, all in the 85-89 years of age group. Congratulations, Ted!

The Senior Games are held each year and information can be found on its website: [www.nsga.com](http://www.nsga.com).

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### Executive Director Ramblings... (continued from page 2)

Even with the cost saving policies and procedures that our president has established there may be a need to raise membership dues. Knowing our president as I know her, I can assure you dues will not be raised until there has been a complete study of the pros and cons and every member has an opportunity to provide input. An excellent way to start input now is letters to the editor of *LifeLine*. Marleen would love to hear from you on this or any other subject and she will keep the board informed of your input.

NaCCRA is truly a national resident organization that is keeping its focus on the mission. It is still the only association

for residents to join and that only serves residents. We appreciate and respect management because we know that together we can accomplish much. I encourage residents to make it a habit to thank their executive directors regularly.

Until next time,

*Charlie*

Charles D. Paulk

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**NATIONAL CONTINUING CARE RESIDENTS ASSOCIATION  
FALL MEETING – OCTOBER 16, 2011  
WASHINGTON DC CONVENTION CENTER  
CALL TO MEETING**

In accordance with the provisions of Article VII, Section 1 of the Bylaws, there shall be a meeting of membership that may coincide with the Annual Meeting LeadingAge.

**TENTATIVE AGENDA**

Executive Committee Meeting (15 October)	Ruth H. Walsh	President
FALL MEETING Call to order 1:30 p.m	Ruth H. Walsh	President
Welcome and Introduction of Guests	Ruth H. Walsh	President
Larry Minnix – LeadingAge CEO		
Dr. Cheryl Phillips – Senior Vice President for Advocacy, Leading Age		
Minutes of April 9, 2011 meeting	Alfred S. LeBlang	Secretary
Treasurer's Report; Challenge Grant Report	Joseph H. Walton	Treasurer
NaCCRA Review of 2010-11	Charles D. Paulk	Executive Director
Legislative Report	Julia Hex	VP/Legislation
Publicity/Public Relations Report	Marleen A. Varner	VP Publicity/PR
Membership Report	Robert Nicholson	VP/Membership

**PRESENTATIONS:**

CCRCs of the Future – Lifestyle Communities; Enriching the Quality of Life

Brian Robare, Director of Operations, The Estates at Carpenters Lakeland, Florida.

NaCCRA PowerPoint Presentation Alfred S. LeBlang Secretary

Based on the 2011 Spring Meeting in Gaithersburg, MD

Building a Strong Network of Information Sharing  
and Friendship Building Robert D. Nicholson  
Vice President for Membership

State and Community Association Reports (Those planning to report, please notify the President and bring written report for Secretary.)

Unfinished Business

New Business

Adjourn Until Annual Meeting, April 19 – 21, 2012 –Westminster at Lake Ridge, VA

**REGISTRATION for LeadingAge ANNUAL CONFERENCE**

We encourage those who will be coming to the NaCCRA Fall meeting in Washington, DC on October 16 to take advantage of the resident free registration for the LeadingAge Annual Conference and Exhibition, October 16 – 19, 2011 at the Washington, DC Convention Center. There will be many workshops of interest to choose from and in addition you can visit the expansive Exhibition Hall with many displays of interest - including our NaCCRA booth #1249 – manned by volunteers from the area.

To register: Go to the LeadingAge.org website. In the upper right hand corner in the *provider panel* check conferences. You will note Coming Events: Annual Conference and more. There is also a register today option. Registration includes choosing a hotel, if you need that option and you will find hotel information on the site. Your officers will be staying at several local CCRC facilities in and around the Washington, DC area.



## Members since July/August 2011 *LifeLine* ... Welcome and Farewell

### Colorado

*Frasier Meadows*  
Willy Bottema  
Hugh & Ann Evans  
Marilyn J. Krause  
Ray Lindsey

### Connecticut

*Evergreen Woods*  
Virginia Garvey  
Norma Horwitch  
Ian Isdale  
Cynthia Nyary  
*Meadow Ridge*  
Daniel D. Robinson  
*Stoneridge*  
William K. Hooper  
Laura McLean

### District of Columbia

*Residences at Thomas Circle*  
Rene Gier (LIFE)  
Tina Hobson  
Jack L. Rutter

### Florida

*Regency Oaks*  
Peggy Moore (Upgrade to LIFE)  
*Estates at Carpenters*  
Capt M. C. & Ruth E. Haller, USN Ret  
*Indian Rivers Estates West*  
Kent Blosser  
*Village on the Green*  
Basil H. Pflumm

### Maryland

*Ingleside at King's Farm*  
Ruth R. Johnson

### New York

*Jefferson's Ferry*  
Elizabeth Kelleher  
Virginia Meyers

### North Carolina

*Deerfield*  
Dolores Borreson  
Frances D. Howell  
Jeanie Marshall

### Virginia

*Westminster Canterbury on Chesapeake Bay*  
Betty H. Clarke

### Washington

*Altoyan Thornton Place Community*  
Robert Rosenberg  
*Mirabella*  
Alan Boyd  
Dee Dickinson  
Henry & Evelyn O'Dell  
Mimi Pierce  
Karen F. Smith (LIFE)  
Dolores Wright

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

### District of Columbia

*Knollwood*  
Charlotte Leedy

*Residences at Thomas Circle*  
Dr. Richard Johnson

### Massachusetts

*Springhouse*  
Robert Streider (LIFE)

### North Carolina

*Friends Home Guilford*  
Dr. Allen Trelease (LIFE)

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

\*\*\*\*\*

## Resident Gardeners Share Produce and Flowers

For over 25 years the residents of Crosskeys Village, The Brethren Home Community (PA) have had the opportunity to have their own garden plots. At the present time there are 30 plots available; or 60½ plots; and one resident has 3 plots for corn. We also have an area for perennial plantings of flowers, berries (raspberries, and strawberries), grapes, etc. These plots are 4x20. While our active gardeners enjoy their harvest; several neat things benefit the entire village because of our active gardeners. The first is that our Campus Inn also has 2½ plots where they raise

vegetables and melons for use in keeping fresh produce on their menu. The second is that any gardener who has excess fruit, vegetables or flowers brings them to a central location where other residents can purchase them, on the honor system, with the funds going to our Good Samaritan Fund which helps residents who have depleted their assets. Over the years that donation basket has provided hundreds of dollars to assist in that way.

*Arlene Bird, Reporter*

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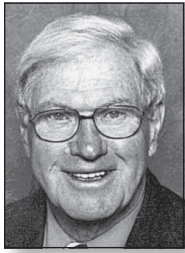
### President's Message *(continued from page 1)*

the United States and has been gracious enough to give us space at the Exposition associated with the coming LeadingAge Annual Meeting in Washington, D. C. so that we may tell those in attendance about our organization. A cadre of NaCCRA volunteers will be at the booth to "tell the story" of NaCCRA to those who are not familiar with who we are...and to then to enlist their expertise to assist in our goal of expanding NaCCRA throughout the country. We know this concept is "do-able! It is time to

begin in earnest!

We invite all our readers to join us at the Washington Convention Center for the NaCCRA meeting on Sunday, October 16, and then the LeadingAge Conference the 17th through the 19th. Please check the Registration Form on the Agenda page of this *LifeLine* for details. **We hope to see one and ALL in Washington, D. C.**

*Ruth H. Walsh, President*



*Joseph H. Walton,  
Treasurer  
July 1, 2011*

## Treasurer's Report

### NACCRA Income & Expenses

Year ending December, 2011 as of May 31  
Business Checking Account #2xxx-xxxx-8843

INCOME	Yr. 2010	%	Jan	Feb	Mar	April	May	June
101 – State Associations	\$3,880.00	17%	\$0.00		\$400.00	\$1,200.00	\$400.00	\$800.00
102 – Community Members	2,115.00	9%	\$0.00		\$450.00	\$800.00	\$0.00	\$150.00
103 – Individual Members	10,575.00	45%	\$465.00	\$2,005.00	\$780.00	\$1,170.00	\$1,860.00	\$1,140.00
104 – Added Life Members	5,130.00	22%	\$300.00	\$1,050.00	\$150.00	\$390.00	\$180.00	\$450.00
105 – Donations	1,080.00	5%	\$15.00	\$10,040.00	\$25.00	\$60.00	\$0.00	\$70.00
106 – Meetings	693.00	3%				\$1,275.00		
<b>TOTAL</b>	<b>\$23,473.00</b>	<b>100%</b>	<b>\$780.00</b>	<b>\$13,095.00</b>	<b>\$1,805.00</b>	<b>\$4,895.00</b>	<b>\$2,440.00</b>	<b>\$2,610.00</b>
<b>EXPENSES</b>								
201 – Officers' Travel	\$3,385.94	14%	\$0.00	\$589.20	\$65.60	\$4,718.09	\$2,916.45	
202 – Printing	\$7,123.76	30%	\$1,319.24		\$1,239.81		\$1,209.87	
203 – Postage & Shipping	\$2,106.20	9%	\$219.31	\$205.76	\$294.82	\$188.01	\$223.88	\$50.50
204 – Administrative Support	\$6,456.00	27%	\$2.00	\$1,202.00	\$600.00	\$600.00	\$652.00	\$1,771.30
205 – Website	\$239.40	1%	\$19.95	\$803.60		\$59.85		
206 – Website Upgrades	\$856.96	4%						
207 – Telephone		0%				\$133.53		
208 – Supplies	\$435.97	2%		\$67.99		\$156.02		
209 – Meeting Expenses	\$3,378.20	14%			\$187.50	\$979.94		
210 – Other Expenses		0%						
<b>TOTAL</b>	<b>\$23,982.43</b>	<b>100%</b>	<b>\$1,560.50</b>	<b>\$2,868.55</b>	<b>\$2,387.73</b>	<b>\$6,835.44</b>	<b>\$5,002.20</b>	<b>\$1,821.80</b>
Balance Forward			\$13,982.90	\$13,202.40	\$13,428.85	\$12,766.12	\$10,810.68	\$11,140.95
Income this period			\$780.00	\$13,095.00	\$1,805.00	\$4,895.00	\$2,440.00	\$2,610.00
Expenses this period			-\$1,560.50	-\$2,868.55	-\$2,387.73	-\$6,835.44	-\$5,002.20	-\$1,821.80
<b>TRANSFERS</b>								
SM MM 2xxx-xxxx-1321				-\$10,000.00				
SM MM 2xxx-xxxx-1321					-\$80.00	-\$15.00		
<b>GRAND TOTAL</b>								
<b>TOTAL FUNDS ON HAND</b>			<b>\$13,202.40</b>	<b>\$13,428.85</b>	<b>\$12,766.12</b>	<b>\$10,810.68</b>	<b>\$8,248.48</b>	<b>\$11,929.15</b>

### Senior Texting Code

Since more and more Seniors are texting and tweeting, there appears to be a need for a STC (Senior Texting Code)...

- ATD: At The Doctor's
- BTW: Bring The Wheelchair
- BYOT: Bring Your Own Teeth
- CBM: Covered By Medicare
- CUATSC: See You At The Senior Center
- DWI: Driving While Incontinent
- FWB: Friend With Beta Blockers
- FWIW: Forgot Where I Was
- FYI: Found Your Insulin
- GGPBL: Gotta Go, Pacemaker Battery Low!
- GHA: Got Heartburn Again
- IMHO: Is My Hearing-Aid On?
- LMDO: Laughing My Dentures Out
- LOL: Living On Lipitor
- LWO: Lawrence Welk's On
- OMMR: On My Massage Recliner
- ROFL... CGU: Rolling On The Floor Laughing... And Can't Get Up
- TTYL: Talk To You Louder
- WAITT: Who Am I Talking To?
- WTP: Where's The Prunes?
- WWNO: Walker Wheels Need Oil

## Legislative Notes



As the summer continues and budget discussions go on in Washington and in the states, LeadingAge (Barbara Gay and others) has kept us current on legislation affecting seniors. Most recently, their reports indicate that nursing homes and services for the frailest of us have been hit by substantial federal and state spending cuts.

The Affordable Care Act (ACA) curbed the growth of Medicare spending on nursing home care by \$14 billion over the next 10 years. The ACA also included several provisions to curb waste, fraud and abuse in the Medicare program and to make nursing home operations more transparent.

A Medicare payment rule taking effect on October 1, 2011, will cut nursing home reimbursement across the board by an average of 11.1%. The actual reimbursement cut for specific organizations will depend on their case mix and geographic location. Because the final rule also revised billing for therapy services, nursing homes' reimbursement from Medicare could fall by as much as 20%.

The Medicare and Medicaid payment cuts nursing homes have experienced already are making it difficult for many of them to continue the level of staffing and services they previously provided. The Budget Control Act passed August 2nd holds the potential for more cutbacks for many nursing homes already in jeopardy. Health and long-term care costs not covered by these programs do not disappear. People who need care and services will obtain them, often

in emergency rooms and other expensive settings. In the long run, more Medicare and Medicaid cuts could likely cost more that they save.

We can make our voices heard. Continue to contact legislators at all levels. Help them understand the consequences of their action. Study the problems and the legislature by contacting LeadingAge, at both national and state levels. Talking points including those above can help with the conversations. Listen respectfully, and try to understand the legislators' concerns also.

We urge you to:

Support initiatives that were contained in health care reform the rein in health care costs by truly reforming the health care delivery system, promoting transparency, better integrating health services, improving transitions among varying levels of health care and long-term care and preventing hospitalizations and re-hospitalizations. These initiatives will generate savings not only to the health care system generally, but also to Medicare and Medicaid.

Oppose across-the-board cuts in Medicare and Medicaid, cutbacks in Medicaid funding for states, and automatic spending cut mechanisms that will reduce program funding for long-term services and supports providers.

Use your own words, tell your story, and express your concerns. And, tell NaCCRA (and LeadingAge) of your legislative contacts and concerns.

*Julia Hix,  
Vice President for Legislation*

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## Community Gets Certified

Our friends at Green Seal, one of the nation's leading green products and services certification organizations, recently announced that a retirement community in the DC area became the first in the nation to have its cleaning services certified as environmentally friendly by Green Seal. We applaud the willingness of the Knollwood Military Retirement Community to become a trendsetter in the field of homes and services for the aging by adhering to the standards and practices created by Green Seal. This example should serve as an inspiration to the many hundreds of retirement communities across the country, proving that environmental impact is a necessary consideration of any community, and that those who act now will become known as leaders in the field.

A certified cleaning service can yield important health benefits to residents, as indoor air quality is of particular concern to older adults who may have asthma or other respiratory conditions. It also improves working conditions for staff.

Third-party standards and practices can be important tools as any business or organization, including retirement

communities, looks for ways to take their sustainability programs to the next level. Green Seal, the US Green Building Council (which developed the LEED standards for buildings), the Marine Stewardship Council (certifying seafood) and others put exhaustive amounts of research and thought into their guidelines, well beyond what the average business could ever itself. These standards cover a huge variety of topics; Green Seal alone has standards for more than 250 products and services. Even better, the standards they develop are freely available to anyone who is interested, more often than not.

The long-term goal of these standards organizations is to create public recognition of their seals-of-approval, so that consumers can feel confident that their purchases and choices are truly better for the environment and, if interested, can find and understand the exact standards that the products meet. In cases like Knollwood, the Green Seal certification has set them apart from all other retirement communities, and will be beneficial in their marketing efforts to attract new residents.

*Dan Peerless, Gray is Green*



## A Connecticut CCRC's Green Fair

Meadow Ridge Retirement Community (Redding, CT) Green Team, with the enthusiastic support of Meadow Ridge's Administrative staff, presented a highly successful Green Fair earlier this year. Examples of displays in the corridor around the atrium were vendors such as Caraluzzi's and Ancona Market featuring "green" products. Practically Green from Ridgefield had gift items made from recycled and sustainable materials and Arbonne, a Swiss company, featured health and wellness products. Out in the visitors' parking lot was a sample of alternative-energy automobiles provided by local dealers. Exhibitors included organizations such as the Sierra Club and the Connecticut Conservation Association. Meadow Ridge Departments participating included Resident Health Services, which demonstrated how to dispose of medications and Environmental Services how to dispose of "sharps." The Transportation Department sold boxes that could be filled with documents that were to be picked up for shredding. The Marketing Department had an open house to showcase an apartment recently renovated by

Plant Operations using recycled and sustainable materials. There was a "surprise" exhibitor of Arts and Crafts from recycled materials. To sustain fair-goers the Food and Beverage Department provided snacks in the atrium.



During the afternoon, the movie "Planet Earth" was shown in the Pub. In the evening, the Movie Committee showed the film "Wall-E" acclaimed for its charm as well as its message on the perils of our throw away society.

A number of residents mounted displays, including Annabelle Schwartz on the environmental advantage of houseplants. She conducted a raffle to win one of her indoor plants with the proceeds going to the Scholarship Committee. Susan Senie had a display on the environmental hazards of plastic bags and plastic bottles. Bob Burner was on hand to explain resources for outdoor gardening available through the Master Gardener program.

Meadow Ridge's Green Fair encouraged attention to the advantages of "being green" throughout the year.



### *Pledge To Planet Earth*

*To the best of my ability, in the limited years that remain, I pledge to protect from harm this Earth that bears me, to cherish the variety of species keeping me company on my short journey, to honor those laws of nature making this fragile planet habitable, and to conserve for the future the resources whose abundance, now waning, has made my life possible.*

## Glen Arden (NY) – A 15-Year Anniversary

In June 1996, Glen Arden was the first CCRC established in New York State. Currently, there are only 12 CCRCs in the state. As your past Membership Vice President, Len Sikora, stated in the March/April 2011 issue of *LifeLine*, “In this state CCRCs are very closely regulated. Because of strict regulations, there are very few continuing care communities as compared to other regions of the country. . . . Our resident join NaCCRA primarily to network with other residents and support the mission of NaCCRA.”

It is important for us at Glen Arden to be aware of the experiences of other CCRCs and their residents across the country. Our Resident Association has been pursuing the possibility of having a resident on the Board of Directors but so far with little success.

Thank you for keeping us informed and keep up the good work.

*Peg Condit, Glen Arden Resident*

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## From Sesame Street to Next Avenue

America is about to become home to the largest – and most diverse – older population in our nation’s history. Today, 89 million Americans are age 50 or older. In the next ten years, that population will increase by over 20 percent! This profound change will bring with it unprecedented challenges – and opportunities – for individuals, communities, and the nation as a whole.

Just as *Sesame Street* has helped two generations of children to flourish with its unique combination of information and entertainment, *Next Avenue* will educate and connect America’s older population, helping them unleash their full potential, as they grow older.

Upon launch, *Next Avenue* will:

- provide the information and connection to resources that people need to age vitally and with independence
- offer opportunities for people age 50+ to connect with each other; and
- enable older Americans to take action on issues that are important to them, to their families, and to their communities.

Stay tuned, *Next Avenue* is scheduled to launch in first quarter 2012.

## Another Unique Approach . . . .

United Church Homes and Services (UCHS) has a rich history of caring for senior adults in North Carolina and Virginia. Piedmont Crossing, a UCHS continuing care retirement community, is currently under construction and coming soon will be a unique approach to senior living and nursing facility care in Thomasville, North Carolina.

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

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

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

Piedmont Crossing is currently home to over 200 residents, residing in Residential Living, Assisted Living and Skilled Nursing, which has been operating in the Thomasville area as a continuing care retirement community for the last 25 years and has a tradition of excellence within the community.

Piedmont Crossing is a not-for-profit full service retirement community located on 61 beautifully landscaped acres in Thomasville, NC. Lifestyle options include cottage homes, patio homes and apartments with a safety net of health services available.



## Amtrak Releases New DVD, “Amtrak: The First 40 Years 1971-2011”

With two NaCCRA members in Seattle included celebrating 40 years of a developing passenger rail service in the USA, this DVD offers an exclusive look inside Amtrak, from the making and building of Amtrak, to its plans for the future. The video, professionally produced, looks at Amtrak through the eyes of those who have shaped it, such as its second president, CCRC resident Alan Boyd, a NaCCRA member, and those who will lead it through generations to come. Passenger rail advocates, train lovers, history buffs and everyday travelers will appreciate the hard-to-find archival footage and photos as well as commentary

from members of Congress and renowned industry experts. The DVD includes another CCRC resident, the Rev. Bob Nicholson, our NaCCRA Membership Vice President, an Amtrak volunteer, who assisted Alan in the arrangements for the interview and video taping that took place in Alan’s Mirabella apartment.

For a preview of the DVD visit <http://www.youtube.com/watch?v=vYQcpD1XXiE>

<14661 Amtrak DVD Ent\_FNL.JPG>

*Bob Nicholson, Mirabella (WA)*

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## More Railroad Nostalgia . . .

All of this railroad stuff is of great interest to me. My father and most of my uncles were employed by the Chicago & Northwestern Rail Way (C&NW) in the 100 plus mile division point between Clinton and Boone, Iowa.

In my college years, I worked the C&RW “Extra List” as a brakeman. Train crew assignments were bid and awarded on the basis of seniority. Crewmembers with the lowest seniority usually received assignments to runs no one desired. Among the least desired was a train carrying lumber on open flat cars, a feared hazard to trains operating on parallel tracks. As a result these “tooth pick” trains, as they were called, ran only at late night / early morning hours restricted to speeds no greater than 40 mph.

The good news, they often passed through train yards, such as in Cedar Rapids, IA, where a switch train and crew

was not operating late at night. If cars that needed to be picked up were in the yard, the toothpick train had to get them. This meant that the head brakeman had to uncouple the engine, which had to back into the yard, pick up the specified cars, and then go back to the main track for coupling with the lumber carrying train.

The entire process consumed no more than 15 minutes. For this, the entire five-man crew, an engineer, fireman and brakeman on the front end and a brakeman and conductor in the caboose, received an extra day’s pay. Those organized labor work rules were called “feather bedding.” They helped to enable at least one poor student to work his way through college and go on to make a contribution to our nation’s economic growth.

*Joseph H. Walton, Seabury (CT)*

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## High Praise for Long Time NaCCRA Nominating Committee Member

With over eight years of service on the Board of Directors of the Council of Churches of Greater Washington while also representing Church Women United where she served as President, we accept her temporary departure from the Board as she gives loving oversight to her husband, Gordon, who was the Administrative Assistant to the United States Senior Senator from Maryland prior to his retirement.

Page Hawk is an ordained elder in the Presbyterian Church (USA), and sings in the choir of St. Mark Presbyterian Church in Rockville, MD. At Ingleside at Rock Creek she has served as Secretary of the Residents

Association and most recently served on the Nominating Committee of NaCCRA, the National Association of Continuing Care Residents Association representing close to 2,000 CCRCs in the United States.

On the Board of the Council of Churches, she was a liaison to Camp Fraser resulting in thousands of dollars being given to the camp for scholarships for children and youth in need.

Unanimously adopted by the Board of Directors of the Council of Churches of Greater Washington.

*Dr. James E. Terrell, President, May 12, 2011*

## Go Direct®

All federal benefit payments will be electronic by March 1, 2013. People who applied for federal benefits on or after May 1, 2011, needed to choose an electronic payment option – **direct deposit** to a bank or credit union account or to a **Direct Express®** Debit MasterCard® card – from the beginning. People currently getting benefit checks need to switch to an electronic payment option by March 1, 2013. People who have not chosen an electronic payment option by March 1, 2013, will receive their money after the deadline date via the **Direct Express®** card, so they will not experience any interruption in payment.

The move to all-electronic federal benefit payments provides significant savings to American taxpayers who will no longer incur the \$120 million price tag associated with paper checks. Electronic payments also are safer, easier and more convenient for benefit recipients. The **Go Direct®** campaign is helping federal benefit recipients sign up for, or transition to, electronic payments.

Both **direct deposit** to a bank or credit union account or a **Direct Express®** card are safe, easy ways to get federal benefit payments.

- They eliminate the risk of stolen checks, help protect people from financial crime and provide them more control over their money.
- **Direct deposit** and the **Direct Express®** card give people immediate access to their funds from virtually anywhere.
- Problems with electronic payments are fewer and measurably easier to track and resolve than problems

with mailed checks.

- People who get Social Security, VA, Supplemental Security Income (SSI), Railroad Retirement Board, Department of Labor (Black Lung) and Office of Personnel Management benefit checks.

**People who currently receive federal benefits by paper check, should make the switch today to get their money a safer, more reliable way immediately.**

- If the benefit recipient has a bank or credit union account, they should sign up for **direct deposit online**, or by calling (800) 333-1795, or visiting their local bank/credit union branch or federal benefit agency office.
- If the benefit recipient prefers a prepaid debit card or doesn't have a bank account, they can **enroll online**, call (800) 333-1795, or notify their local federal benefit agency.

The **Go Direct®** campaign is sponsored by the U.S. Department of the Treasury and the Federal Reserve Banks. The **Direct Express®** logo, **Go Direct®** and **Direct Express®** are registered service marks, and the **Go Direct<sup>SM</sup>** logo is a service mark, of the U.S. Department of the Treasury, Financial Management Service (used with permission). The **Direct Express®** Debit MasterCard® card is issued by Comerica Bank, pursuant to a license by MasterCard International Incorporated. MasterCard® and the MasterCard® Brand Mark are registered trademarks of MasterCard International Incorporated.

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## My Vitamin F

*(A friend shared this article with me and I want to share it with you.)*

Why do I have a variety of friends who are all different in character? Some of them can be considered marginal even? How do I get on with them all?

I think that each one helps to bring out a “different” part of me..... with one of them I am polite and good....I joke with another friend....I sit down and talk about serious matters with one of them...with another I giggle at every silly thing...I have my tea with one...and dance with another....I listen to one friend's problems and give advice... Then I listen to another advising me!

They are all like pieces of a jigsaw puzzle. When completed they form a treasure box. A treasure of friends! They are my friends who understand me better than myself, who comfort me through good days and bad days. They are

like colorful anti-depressants that I take on different days.

*Real Age* doctors tell us that friends are good for our health. Dr. Oz calls them Vitamins F (from friends) and counts the benefits of friends to our well-being.

Research shows that people in strong social circles have less risk of depression and terminal strokes. If you take Vitamins F constantly you can be up to 30 years younger than your real age! The warmth of friendship stops stress. Even in your tense moments it decreases the chance of cardiac arrest or stroke by 50%.

I am happy that I have a stock of Vitamins F!

In summary, we should value our friends and keep in touch with them. We should try to see the funny side of things and laugh together, not forgetting to open our mouths big to swallow the floating Vitamins F!!!!

*Jane Hasty, Editor, The Piedmont Spirit*

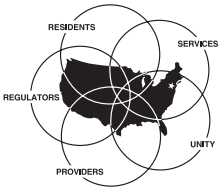
**Marleen Varner, Editor**  
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Please feel free to share your copy with a fellow resident or your administrators. Your comments, suggestions and article submissions are invited.

## NATIONAL CONTINUING CARE RESIDENTS ASSOCIATION

a 501(c)(3) Corporation



### 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..... \$ \_\_\_\_\_**

**Please make your checks to: NaCCRA**  
 and return this notice with your check to:  
 Coburn Administrative Services/NaCCRA  
 4727 Deter Road, Lakeland, FL 33813  
***Your Check is your receipt.***