

NaCCRA LIFE LINE

*The Resident's Watchdog...
The Industry's Friend*
National Continuing Care Residents Association

Editor: Patricia Vierkorn, 1001 Carpenters Way, H504, Lakeland, FL 33809

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PRESIDENT'S MESSAGE

As we move forward into 2006 many potential problems are beginning to develop. According to the American Medical Association (AMA) Medicare needs help. Forty-five percent of doctors say they will see fewer Medicare patients or will stop accepting new ones if a 4.7 percent Medicare pay cut takes effect next year. Now is a good time for all CCRC residents to write their representatives and senators in Washington and ask them to fix this problem. The unrealistic financial awards given by judges also needs fixing. Both of these items are having a detrimental impact on medical care already. The threat of a bed tax is very real in some states and there is always a possibility for a national bed tax. Residents should maintain contact with their state representatives for a "heads up" on a potential bed tax. I urge all state NaCCRA organizations to have plans in place to obtain an exemption to the bed tax if it becomes a reality. I have requested that our Legislative Committee be on the alert for a possible national bed tax.

You may recall that I attended the California Association of Homes and Services for the Aging a couple of months ago and this month I attended the Florida Association of Homes

for the Aging. Both of these associations are primarily for providers. The California association had a large number of residents and several items on the agenda for residents. I was disappointed in the lack of residents at the Florida meeting. I had a great time at both meetings and was made to feel very welcome at each. I believe that a representative number of residents should attend their providers state meetings as well as the American Association of Homes and Services for the Aging (AAHSA) annual meeting. We welcome providers as members of NaCCRA and to attend all NaCCRA meetings. There will be a NaCCRA meeting at the November AAHSA meeting in San Francisco, CA. All residents are invited to attend. You will have an opportunity to meet our two new Vice Presidents. However, our new Treasurer will be unable to attend this meeting. The Agenda is in this Life Line.

The letters you wrote and telephone calls to your elected representatives in Washington, DC got results on imputed interest. A lot of organizations and individuals contributed to this winning effort. The language is included in the large tax cut bill signed by President Bush on May 17, 2006. Under the provisions of the bill, phantom interest income will no longer be "imputed" to CCRC residents on the basis of their entry fees. In 2005 amounts over \$158,000 were subject to computation of imputed interest. The provision applies to existing as well as future CCRC residents. Like the rest of the tax bill, the CCRC tax relief is good for five years, through 2011.

(continued on page 2)

NaCCRA Officers...

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NATIONAL CONTINUING CARE RESIDENTS ASSOCIATION

FALL MEETING • November 7, 2006

Moscone Center • San Francisco, CA

CALL TO MEETING

In accordance with the provisions of Article VII, Sec. 1 of the Bylaws, the Annual Meeting will be held in Moscone Center, Tuesday 2:30 PM, November 7, 2006. The AAHSA Residents' Luncheon is scheduled for 12:30 in a nearby room.

AGENDA: Combined Fall and Executive Committee Meeting (Tentative)

Call to Order (2:30 PM).....	Charles Paulk	President
Welcome - Introduce Guests	Charles Paulk	President
Minutes of 2006 May Meeting.....	Anne Winslow	Secretary
Treasure's Report	John Olson.....	Treasurer
VP for Membership Report	Jack Mathison	Vice President
VP for Operations Report.....	Marleen Varner	Vice President
President's Report	Charles Paulk	President
AAHSA.....	Susan Weiss.....	VP AAHSA
Legislative Issue Committee Report	Robert Sparks.....	Chairman

State Association Reports - (limit 3 minutes each, submit reports to secretary) If a state is unable to send representative, secretary will read reports.

Connecticut	Robert Negele	New Jersey	Gary Baldwin
Florida	Richard Spencer	North Carolina	Willie Johnson
Maryland.....	Melvin Stark	Pennsylvania.....	Elma Kreps
Massachusetts	Jerry Levy	Virginia	Richard Graham

Community Association Reports - (limit 3 minutes, submit reports to secretary) Communities please advise president by October 15, 2006 if you will have report.

Unscheduled Speakers
Unfinished Business
Adjourn

(continued from front page)

President's Message

It is hard to realize that I'm starting my second year as your president. I have many fond memories of communities I've visited and residents I've met, both members and non-members of NaCCRA. I'm still convinced that each of us live in the best community in the land and we all have similar problems and concerns. Even with some problems, we still made a great decision when we moved into a CCRC. Our life style is the greatest and we have an outstanding extended family. NaCCRA is a great organization that is growing but it needs to grow faster and get members in every state with a CCRC. We will be putting a nomination committee together this year to elect a new slate of officers. If you have a desire to serve a great group of men and women, let me know and I will pass your name along to the committee.

I wish we could afford to send all residents a copy of all state organization news letters where you could see the great things that are occurring in CCRC's around the country. I have selected several articles for you and they are in this Life Line.

I encourage each of you to write letters to the editor and/or send articles from your community for publication in the Life Line.

I look forward to seeing you in San Francisco in November.

Charles D Paulk



CCCR of NC Anti-Smoking Resolution Proposed

SVEA SAUER, a resident at Friends Home Guilford, is proposing an anti-smoking resolution for adoption by the CCCR of NC this year. If passed, it would ask the legislature to ban smoking in all retirement homes, except for single detached units.

Ms. Sauer argues that since most retirement homes in North Carolina allow residents to smoke, the state has an obligation to step in to protect seniors from a public health hazard that almost everyone recognizes. She cites a dozen national and worldwide health organizations, public and private, to the effect that secondhand smoke is injurious to the health of all who inhale it. In addition, smoking creates a fire hazard that increases with age. According to the National Fire Protection Association, people aged 75 and older have nearly four times the death rate from fire as the population at large. In such fires the smokers are not always the only ones killed.

The local steering committee at Friends Home Guilford endorsed the resolution, following which the Residents Board endorsed it for its own facility, even expanding it to include detached houses, but with a proviso exempting smokers already in residence. Power to enact the resolution locally lies with the Friends Homes Board of Trustees, which is expected to act in April.

*Allen Trelease, Friends Home Guilford
CCCR of NC Central Region Representative
Reprinted with permission from CCCR of NC*

Deerfield Says No More Smokers Admitted

Can residents make a difference with admission policy? In February 2005 the Deerfield Council Committee on Building Maintenance recommended that no more smokers be admitted. The Council adopted the ban by unanimous vote, and the resolution came before the Board of Directors. After due consideration and a survey of resident applications showed that few people would be affected, an ad hoc committee was established, consisting of two directors, two residents, and two staff members. The committee discovered not only the growing evidence of the insidious damage from inhaling secondhand smoke, but also that the cost of removing the stench from a smoker's quarters was shocking.

The few remaining residents who smoke are of course "grandfathered." The no-more-smokers policy went into effect March 10, 2006. While this policy does not apply to employees and staff, current employees are encouraged to enroll in smoking-cessation programs. The administration expects Deerfield to be smoke-free in two years.

The initiative for this reform came from several life members of CCCR of NC. All of the current members of the Council are CCCR of NC members.

*Mason Bell and Buzz Lee
Deerfield*

Reprinted with permission from CCCR of NC

A Consumer's Guide to Quality in a Retirement Community

Not all retirement communities are the same, and asking questions is a good way to help them meet residents' needs. That's why the American Association of Homes and Services for the Aging (AAHSA) developed a list of questions consumers can ask retirement communities.

Ask some or all of these questions to a representative from the retirement community where you live or ones you are considering. Their answers can help you learn more about their organization, develop ideas and suggestions for them and most important, help them move forward on their journey to achieve excellence and earn the trust of people like you. Some of these questions include:

1. Commitment

- Does your organization participate in a quality improvement or accreditation program?

2. Governance and Accountability

- Who serves on your Board of Directors?
- What are some examples of ways in which your organization practices sound financial management?

3. Leading-Edge Care and Services

- How does your organization identify and adopt new care and service models and practices?

4. Community Involvement

- How does your organization reach out to older adults in the local community?

5. Continuous Quality Improvement

- How does your organization evaluate the quality of the services you offer and identify opportunities for improvement?
- What are your organization's current quality improvement goals?

6. Human Resources Development

- What training opportunities does your organization offer to its employees?
- What is the average length of employment for a staff member and what reasons do employees cite for leaving your organization?

7. Consumer-Friendly Information

- What financial information, including payment rates and service costs, does your organization share with prospective and current clients and/or residents?
- How do you educate potential residents and/or clients about Medicare and Medicaid (and can you explain what each covers) and other community-based services that may be available?

NOTE: Make sure the organization's representative is specific, and do not let him/her intimidate you with medical or administrative jargon.

8. Consumer Participation

- How can residents/clients and their families communicate with your staff, management and trustees/board members?

(continued on page 5)



CHARITABLE GIVING IN RETIREMENT COMMUNITIES 5-25-06

A key and sometimes troubling financial subject for both Residents and managers of retirement communities is the matter of *contributions* - fund raising and the handling of donated funds.

Residents of nonprofit Continuing Care Retirement Communities (CCRCs) pay liberally for entry fees or purchases of apartments, and for monthly fees. In addition, they are usually asked to make tax-deductible charitable contributions to help those having trouble meeting their financial obligations and for other services. The questions are: Should Residents, in addition to fees, be asked to contribute money? How should Residents and management deal with fund raising and the handling of donated money?

Charitable fund raising tends to be of three kinds:

- For annual *Supporting Funds* to assist Residents having trouble meeting their financial obligations.
- For *Programs or Projects* involving public services for the benefit of Residents and the neighborhood community, such as, for example, Hospice, Parkinson's, Alzheimer's, and Diabetes units, and for facilities to strengthen the organization.
- For *Endowments* to which Residents, families and friends of the organization can make donations, including estate planning bequests and charitable trusts the income from which can underwrite *supporting funds and programs and projects*.

If contributions are going to be solicited, some CCRCs find it appropriate to establish a separate Foundation, duly authorized under the IRS Code 501 (c) (3) to handle donations. The Foundation can have a separate board of trustees made up of Residents, management and others, and take over the organization's fund-raising tasks. On the other hand, the CCRC,

as a nonprofit organization, can itself manage the fund raising, probably setting up a "development committee" charged with the responsibility.

Whether with a Foundation or not, CCRCs must be forthright and clear why they are seeking charitable donations - for what is money being raised. That is known as the *case* - why someone should contribute. Formulating the case can present a real challenge as the organization not the foundation - must determine, probably through thorough strategic planning, all aspects of its *mission*, and a *vision* of what it wants to be and do in the coming years. Only then can it make evident through the case why and for what contributed money is needed and solicited.

A real caution arises in this connection: who specifically are to be the beneficiaries of the charitable funds? When the benefits go only to Residents, it is difficult, and even questionably legal, to raise tax-deductible contributions seen to be "self serving". For what is clearly a public service, Residents and friends of the organization will want to give generously.

Christmas funds to reward staff are an altogether different matter: they are not charitable giving. Moreover management can not ask for, or even be responsible for raising Christmas "bonuses" because it raises thorny tax difficulties. Management however can assist in the distribution "at the direction" of residents.

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NEIGHBOR to NEIGHBOR

NEIGHBOR TO NEIGHBOR is the name of a group of residents at Croasdaile Village who volunteer their time to aid other residents in any of four ways: 1) visiting an ailing loved one while the caregiver has some time off to go shopping or to the beauty/barber shop, take a walk, or just take a nap; 2) accompanying a resident to the doctor's office (we use Croasdaile transportation); 3) accompanying a resident to the hospital; 4) providing TLC to a resident who has returned home from the hospital or from our nursing care center, bringing meals and mail, for example, or just chatting.

We started with an informal committee that arranged a meeting of interested residents with the Croasdaile administration to discuss our mutual interests and goals, and got approval for a purely volunteer organization. A member of the committee called friends at Carol Woods and Carolina Meadows to learn what they were doing along these lines. Four of us attended an all-day training session conducted by the Center for Volunteer Caregiving, a large church-based organization in Wake County. Many of our original 21 volunteers attended a two-day staff training session conducted at Croasdaile Village by the Alzheimer's Association of Eastern North Carolina. Two leaders from Helping Hands, a volunteer association based in Chapel

Hill, spoke to our group one evening. In addition, we have held several of our own volunteer meetings to discuss procedures and also limits, such as HIPPA regulations. At a meeting of CCRC of NC at Carol Woods in April 2005, an informative speech by a resident at The Forest at Duke gave us insight into the HIPPA regulations.

A steering committee meets periodically to make plans such as for recruitment, training, and expanding services. We consulted two insurance companies as to whether we needed liability insurance. For our type of service, we do not. Our coordinator, a member of the steering committee, with the assistance of another resident, keeps records of the availability and preferences of the other volunteers and makes arrangements for the provision of our services.

Our 18 volunteers have contributed 85.5 hours since the beginning of the year.

Pat Ottaway
Croasdaile Village
CCRC of NC Newsletter, The Hotline



PARCR Newsletter (*Pennsylvania Assn of Retirement Community Residents*)

News from Our Communities...

Bethany Village

The Bethany Village Garden Club is in its twenty-ninth year of continuous operation. Thirty-two Bethany residents had gardens the first year in an area that is now cleared on the east campus. In 2004, the garden was moved to its present site. That year there were sixteen gardeners, and in 2005 twenty-five gardeners, and this year there are thirty-one gardeners. The gardeners grow many kinds of vegetables along with annual flowers and some perennials. Garden plots range in size from 250 square feet to over 750 square feet. Garden produce is used by the gardeners and their neighbors. Following a tradition started by Dr. Carl Young, they place produce on tables on the campus for residents to take for a contribution to the Bethany Village Garden Club. That money is used to purchase equipment and materials, and for contributions by the club for Bethany Village activities.

On Saturday, August 19th, the 35th Annual Peach Festival will be held. There will be fresh produce this year and ample pies, dumplings, cookies, barbecue, hot dogs, vegetable and chicken corn soup. Peach sundaes will also be for sale.

The Brethren Home Community – Cross Keys Village

In the endeavor to make the Cross Keys Village campus safer, several speed tables will be installed this summer. Unlike speed bumps, the new speed tables are designed to allow comfortable travel up to 15 mph. Above 15 mph the ride becomes more abrupt. The tables are 12 feet long and will span the width of the road. The speed tables will be built in conjunction with village road repairs and West campus street paving. The entire project is scheduled to begin mid July and last several weeks.

Landis Homes

A Share-A-Meal Adventure to benefit the Landis Homes Caring Fund will be introduced at Fellowship Day, September 9th. A host or hostess will choose a day and time (after September 9th) to prepare and serve a favorite meal to a specified number of unknown guests, as a donation to the Landis Homes Caring Fund. On Fellowship Day, in the auction tent, a Share-A-Meal booth will display many individual posters, each showing a specific date and time that various hosts and hostesses have chosen to serve a meal. Beginning at 8:00 a.m. buyers may purchase tickets for the meals of their choice. Cost for each meal ticket will be \$20.00.

Quincy Village

Last year, Quincy's skilled nursing and personal care staff began a multi-year process called Culture Change, a different approach to long term care which is more like a community than a hospital. Culture change has many facets but typically includes more resident input and choices and less institutional-looking facilities. One small but attractive first step was a recent contest challenging the staff to redecorate the three nurses stations in Colestock. Next, the residents and staff are choosing wallpaper and other decorations to make the old "tub rooms" into more appealing and home like bath rooms.

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"LET'S REMEMBER" - A Gathering of Friends

WHETHER WE HAVE LIVED or worked at Friends Home West for a long or short time, the residents we have learned to know here have become very important to us. Many of them become close friends. Thus, when one of our residents dies it is a loss to our entire community.

The Health Committee felt that there was a real need for residents and staff who knew and cared for someone to have a means and an opportunity to share their grief and memories of that person with others. Acting on that perception the Committee initiated an informal gathering, "Let's Remember," which brought people together in a quiet place to share memories, including humorous anecdotes.

This gathering is not a memorial service or a visitation with family, or a replacement of either. It is simply an informal coming together of residents, staff, and family members who wish to come. The purpose of the gathering is to remember and share, or just to be with others who also cared about the one who has passed away.

The "Let's Remember" gathering is held on the morning after the death of a resident at 10 AM in the Living Room for no more than an hour. When the cross and the name of the deceased are placed on the board outside the living room, a notice about "Let's Remember" is posted there also.

"Let's Remember" belongs to the residents and staff of Friends Homes West. It provides an opportunity for us to come together, as the family we are, to celebrate and remember the lives of our friends and our neighbors.

*Sterling Whitener, Friends Home West
CCRC of NC Newsletter, The Hotline*

(continued from page 3)

A Consumer's Guide to Quality...

- Do you have a resident and/or client council, and a family council? Do these councils have clear lines of communication to staff and management?
- What is your organization's process for measuring customer satisfaction, sharing this information with customers and making changes based on their preferences?
- What is your policy on the role of family members in making decisions about the care and services provided to residents or clients?
- Do you have a policy that encourages participation of each consumer in his or her own care and/or services?

9. Research Findings and Education

- How does your organization stay current on research and trends on care and services for older adults?
- Is there an example of a new evidence-based practice or approach you have implemented recently?

10. Public Trust

- How do you tell people in the local community about your organization and the work that you are doing?

Do you want to know more about what the retirement community can do to put quality first? Then visit the AAHSA Quality First Web site at www.aahsa.org/qualityfirst.

May 5, 2006



CRUISING THE COMMONWEALTH

Anne Winslow

The following is reprinted by permission of the Massachusetts Patriot [Anne Winslow is Chair of the MLCRA Community Relations Committee and Secretary of the National Continuing Care Residents Association. (NaCCRA).]

Welcome on board! The Cruise is limited to the communities that broadcast their news. Please write at any time that you have something special that you wish to share. In particular readers are interested in reading about problems that your community has addressed and solved. By sharing such information, you can help the MLCRA achieve its primary goal, helping to improve standards of service and the quality of life in retirement communities. Send copy to Anne Winslow, Chair, Community Relations Committee, 44 Allandale Street #405, Jamaica Plain, MA 02130. (617) 971-1618. annewinslow@hotmail.com

Loomis Village

Residents make a splash at Loomis Village in South Hadley. Even on overcast winter days, there is a warm, bright spot where residents can feel like they're enjoying a summer day at the pool. The indoor swimming pool opened in February 2003. The use has increased monthly ever since. It is a feature appreciated and used by residents and staff of all three Loomis campuses. With input from surveys by the Wellness Committee's Pool and Exercise sub-committee prior to the pool's opening and again a year later, the decision was made to offer a pool fitness class, buddy swimming, and lap swimming that residents could do on their own.

Due to the continuing interest and increased participation of residents, two separate water fitness classes, each held twice a week, have been established. The Cardio Swim Class is a vigorous water workout designed to get the heart pumping and invigorate the participants by focusing on cardio/pulmonary exercise. The Stretch and Flex Swim Class is less strenuous and concentrates more on movement and muscle toning.

The instructor, Trish Kuntz, is a certified personal trainer. Residents share in the cost of Trish's teaching, which averages about \$5 per class. Throughout the rest of the week, residents are welcome to use the pool and are free to bring guests. Family Swims are held at designated times each weekend. We have heard that grandchildren are staying for longer visits. There is a monthly newsletter updating the Wellness programs and highlighting programs and events to encourage people to join the classes. There is a mid-winter pool party and one with a porch picnic for people who don't use the pool on a regular basis. A chair lift assists residents who have difficulty with stairs. The water temperature is maintained at 86 degrees.

Loomis supports a Wellness Philosophy for both residents and staff. Several staff make swimming a regular part of their workout regimen and can go directly from job to pool. We all encourage one another to Live Well at Loomis.

Karen Lachapelle & Charles Viens

Newbury Court

Suddenly, the landscape of Newbury Court has changed. Gone are the big trailer, trucks of all sizes and shapes and workmen of every trade. The new addition has been completed on time and on budget—a tribute to Delphi Construction

Company. New residents are filtering in, eight in the first wave and more over the next several months. Our welcoming committee, headed by Esther Skilling, has been hard at work making sure that we continue our traditional sense of community and good fellowship.

Not that we've been abandoned by the construction workers — they've just moved next door to begin the next major change of face for this "Concord Campus," which consists of Deaconess House, an assisted living facility, and Rivercrest, a nursing facility. Both facilities will undergo major changes to fulfill the New England Deaconess Association's new concept of providing affordable, larger, and better accommodations called "abundant life apartments" where adults will be offered the option of "aging in place." The idea is that when people become physically compromised, NEDA Nursing, Social Services, and Rehab will come to their apartments to provide care, rather than recommend transfer to nursing home care. The entire NEDA campus will now be known as "Deaconess Abundant Life Communities."

The expansion of Newbury Court was the first phase of developing the Abundant Life Communities. The second phase, construction of "Newbury Commons," is underway and the marketing of apartments has begun. Part of Rivercrest has been demolished to make way for a multistory building for the abundant life apartments and for an Alzheimer's assisted living unit. Deaconess House will be replaced starting in 2007.

Meanwhile, we at Newbury Court settle in to enjoy an expanded dining room and terrace, a new theatre, a new Wellness Center and an expanding home care program, as well as various other improved spaces and programs. 2006 looks like a year of more change and limitless possibilities.

Dorothy Schecter

New Pond Village

"The Gift of Guide Dogs, 'God's Gift to Man,'" was the topic of 70-year-old Bill Jahn's speech to an audience at New Pond Village residents last fall. According to Bill, vision problems are expected to double over the next 30 years. This forecast held the audience spellbound as they listened, especially those with macular degeneration and glaucoma.

Bill demonstrated Guidy, a Labrador trained by Southeastern Guide Dogs, Inc., of E. Palmetto, FL 34221. Guidy was so responsive to Bill that she enabled her master to rejoin the sighted people in a multitude of activities that challenge those with perfect Vision.

Private training agencies throughout the country train, breed and house eventual benefactors with no participation by the state or federal governments. The services of Southeastern are free to anyone legally blind. The estimated cost of producing a trained dog is \$37,000. One third of the dogs accepted "flunk" the course. Labradors and German Shepherds are the preferred breeds for training. The dogs spend 18 months with the puppy raisers and 2 months on a leash with each new person accepted for training. The harness of a guide dog is a sign of a working dog dedicated solely to the welfare of the trained blind person.

Bill Jahn is the brother of a New Pond Village resident and is dedicated to helping people know of the work of Southern Guide Dogs, Inc.

Jo Lavelly



Orchard Cove

Orchard Cove is in the process of implementing a new model of care delivery for our skilled nursing unit. The model is based on creating a resident centered environment. Most nursing homes operate using a medical model of care. The care delivered is structured around the schedules of the various disciplines providing care. The patients get up when the aides tell them to, they all eat at the same time, the therapists determine when they have therapy, when they go to an activity, etc. Regulations dictate how many hours there can be between meals. A resident centered program allows patients to choose when they get up, when they eat, etc. They have choices about how they spend their days (of course they still have therapies, medications, etc. as ordered by their physicians).

One of the first steps in this change process is the implementation of primary nursing. Each patient will be assigned the same nursing assistant and nurse for their stay. This allows them to really get to know each other and to plan for the unique needs and wants of each individual. They can get up early or sleep late – whatever they choose. They can have breakfast in their robe or dressed, based on their personal choice. The dining program will be modified so they can go into the dining room and eat whenever they want. Facilities across the country are embracing this philosophy. The change process is difficult but both patients and staff say the rewards are well worth the struggle.

Anonymous

Reeds Landing

"Your Show of Shows!" - To spread the word about Reeds Landing as a unique resource in the area, we are currently airing an infomercial on ABC 40, a Springfield TV station. The production is entitled "Under One Roof" and runs one half hour. It is being shown several times each month through March. Our public relations consultant coordinated with the marketing staff, residents and the TV station.

The infomercial begins with a previously made DVD which gives an overview of our facility with brief comments by key staff members and pictures of residents during daily activities.

Then a TV station personality moderates a discussion with a panel of our executive director, two residents and a daughter of a resident. There is a participating audience of a dozen other residents, adult children and friends of residents. The moderator prepared herself very well on the subject of lifecare and on how Reeds Landing fulfills that mission. The panel and the audience knew beforehand what subjects would be covered, but the program was not scripted. Everyone was made to feel very comfortable during the taping. Thus, there is a natural informality which is very appealing. Participants responded to comments and questions from the moderator when moved to do so. The sincerity of the residents and family members is evident. The residents are happy and secure with their lifestyles and the adult children are enthusiastic about where their parents are living.

Bob McMahon

The Willows at Westborough

"Seniors on the Move" is an informational, educational, and entertaining TV talk show for seniors. Karen McKenzie, the host, is a senior health specialist with a holistic approach who is trying to change attitudes on aging. "Caring Karen" is Director of the Willow's Personalized Exercise Program (PEP). She has a B.S. in Health from Worcester State College, a Certificate in Gerontology and is certified in strength training and senior fitness programming and testing.

"Seniors in Motion" features experts on aging from many disciplines, including memory, arthritis, diabetes, stroke, fashion and the workplace. With the help of researchers, authors, and geriatricians, she informs and enlightens, and dispels many of the myths that accompany aging. "The ultimate goal is to help seniors make intelligent decisions about their health," says McKenzie.

The show airs on Cable TV in Westborough, Northborough, Shrewsbury, Hopkinton, and Worcester. McKenzie hopes to add five more towns in the next two years and hopes to become the "Oprah" of the senior set. She has been working in gerontology for over 30 years and wants to share her knowledge and her many contacts in the field with as many people as possible. "I have found that people who work with seniors seem to be more patient and compassionate than others." She is unlikely to run out of subjects because the show stimulates her creativity and provides a self-renewing outlet for her energy.

We will be seeing more shows of this type as baby boomers reach retirement age and increase the challenges of a graying population. As people live longer and retire later, we need new definitions for "middle age" and "old age." Our bodies are designed to last 120 years, and we are seeing more centenarians than ever before. "There is life after retirement and knowledge will delay and shorten the period of disability and improve quality of life," says McKenzie.

If you live in Westborough, watch for "Seniors in Motion" on Westborough Local Access TV-WCAT CH 11 on Thursdays at 7:00 PM and Friday afternoons at 1:00 PM. In other towns check your local cable TV listings.

Anon

A MINISTRY OF VISITATION

TRYON ESTATES has a medical wing, with Alzheimer's and assisted living areas, as all CCRs likely do. A move to one of these areas represents a real change in the living style of a resident and can cause loneliness and feelings of isolation. Tryon Estates' Alpha Volunteer Service (AVS) Be a Friend Program helps brighten the day.

The AVS program, brainchild of residents Bill and Beverly Rinck, was initiated almost six years ago. They recruited volunteers from among neighbors and friends who wanted to reach out to others. The program's mission is to visit every resident in the medical, Alzheimer's, and assisted living areas for at least one hour each week. Visits are coordinated by a staff member to make sure that all residents are visited each week. Each volunteer is assigned six residents to visit on a scheduled day. There are enough volunteers each of the five working days each week to accomplish this ministry of visitation. The most important part of the program is being attentive and showing care and compassion. Suggestions for the visits are: stimulate friendly conversation; offer to write/read cards or letters; water plants or flowers; read short stories, newspapers, magazines or the Bible; be innovative to bring smiles.

The AVS program is extremely popular and residents look forward to the weekly visits. The scheduled visits also stimulate additional, non-scheduled, visits by the volunteers. Most of the volunteers say that they get much more out of the visits than the residents they visit.

If your CCCR does not have a program like this, think about it. If you would like further information please contact Beverly Rinck at Tryon Estates at (828) 894-6614.


*Paul Sutherland, Tryon Estate.
CCRC of NC Newsletter, The Hot Lin*

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Place
Stamp
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FIRST CLASS MAIL

NATIONAL CONTINUING CARE RESIDENTS ASSOCIATION
a 501(c)(3) Corporation

	NaCCRA Membership Application
	Date _____
Name of Individual: 1st Person _____ 2nd Person _____	
Address: _____	
Name of State Association _____	
Name of Community Resident's Association _____	
Annual Dues Per State Association \$400.00	Please make your checks to: NaCCRA and return this notice with your check to: Charles D. Paulk 1001 Carpenters Way, Apt. C-117, Lakeland, FL 33809 Your Check is your receipt
Annual Dues Per Community Association \$150.00	
LIFETIME MEMBERSHIP \$ 150.00	
ANNUAL DUES PER (EACH) INDIVIDUAL \$ 15.00	
Total Enclosed \$ _____	
NaCCRA Thanks You for your support • By Working Together We Can Succeed.	
	8/06