



Carillon Chronicle

News From Home | Fall 2016

Carillon's Third Annual Antique Road Extravaganza a Successful Find for Hundreds of Attendees

Carillon held its third Annual Antique Road Extravaganza fundraiser September 10 and 17 with North Carolina families bringing their prized heirlooms and collectibles to learn both the story and value of their treasures.

Over 700 families purchased tickets and brought their prized their antiques and heirlooms to one of Carillon's 20 locations to meet Carillon's professional appraisers and learn the history and value of their items. All ticket sales raised more than \$8,000 dollars for charities serving the needs of communities throughout North Carolina.

(continued on page 6)



Appraisers speak with guests at Carillon of North Raleigh.

Highlighted in This Issue

Carillon's Janie Benton Saves a Senior Driving in Raleigh.	page 2
12 Tips for Visiting a Family Member in Assisted Living	page 3
A 50th Anniversary Celebration for Fellow Marines.	page 4
Meet Our New Executive Directors.	page 5
Emerson & Co. Dog Training Brings Therapy Dogs to North Raleigh	page 8

From the President Sharing Life Lessons

Elders want to share their life experiences, just ask them. Baby Boomers consider passing down family history and stories more important than leaving their children heirlooms or inheritances.



*Karen E. Moriarty,
President and CEO*

In a 2012 survey conducted by the Allianz Academy of Legacies, Baby Boomers prioritized family history and stories (85%) and life lessons and values (77%) over keepsakes, heirlooms (34%) and financial assets (10%).

Why then have so few families made provision for passing down legacies, family history and stories for their posterity in their will or estate plan?

Here are four possible reasons:

- Many seniors do not know how

(continued on page 7)

Carillon's Janie Benton Saves a Senior Driving in Raleigh; Demonstrates Importance of Dementia Awareness

This is a heartwarming story with a lesson and reminder that each of us can be a hero and save a life by knowing the warning signs of seniors driving with Dementia and how to respond.

Janie is a Garner, NC resident and Director of Clinical Services at Carillon Assisted Living. Her experience working with seniors was put into practice to help a senior in need and their family the afternoon of August 24, 2016.

Janie was on her way to a hotel from a Carillon Assisted Living facility when she observed an elderly woman driving her vehicle erratically on the 440 freeway in Raleigh. Janie saw the danger and warning signs of dementia and continued to follow her a short time as the woman exited the 440 freeway to Capital Boulevard heading north to Wake Forest, NC. The woman continued driving dangerously and erratically until Janie was able to get her attention while driving and convince her to pull over into the parking lot of an Auto Bell car wash.

Safely off the road and stopped, Janie spoke with the woman, asking her questions to determine that the woman was indeed in need of help, frightened by her dementia having forgotten why she was driving and where she was driving. Janie comforted the woman, letting her know she was there to help her. Over time, Janie was able to get the woman's phone number from her and immediately called her family. The woman's family were relieved and thankful to know their mother was safe and with Janie. They had called the police at noon and reported their mother missing. The police were at the woman's home and had already started their search. Janie had managed to stop the woman in the parking lot just before 8 pm. The woman had left her Garner house in the morning to run an errand and had been driving for close to 10 hours.

Janie comforted the woman and waited with her in the lobby of the Auto Bell car wash until her family and the police arrived. Because of Janie's awareness to the signs of

dementia and her willingness to act quickly, the woman was returned safely to her family.

This story's happy ending tells a hero's tale, and serves as a reminder of the importance of dementia awareness and response. Janie saved the woman's life and prevented the woman from potentially hurting other motorists by knowing the signs of a senior with dementia, and knowing how to act and interact with a senior to ensure their safety and the safety of others.

Identifying a senior with dementia:

- A look or expression of confusion and fear
- Body language that tells you that person is lost and afraid
- Erratic movement or behavior

Acting and interacting with a senior with dementia:

- Be patient, don't rush them; it may take time
- Build a bond of trust
- Let them know they are safe
- Give them time to process and communicate
- Understand the information comes in pieces

How to help a senior with dementia:

- Ensure their safety
- Call 911 and your local police
- Don't let them leave you until their family and police arrive
- Call the senior's family member

Remember:

- **Stay With Them** – Stay with a senior experiencing dementia. They may attempt to leave you. They may hurt themselves and, if driving, hurt themselves and other motorists.
- **Responses to your aid may not be welcome** – Seniors experiencing dementia may have completely different responses to aid. Some respond with appreciation, some in fear, some with anger and denial. If the senior reacts in anger, aggression and denial, reverse your role with them. Become the victim. Ask the senior for their help and tell them you need them to stay with you.
- **Demonstrate the Golden Rule** – Remember when you see a senior that needs help, it could be your parent that needs help and you hope someone would be loving enough to stop and help them because they are your parent and you love them.

12 Tips for Visiting a Family Member in Assisted Living

Visiting a father or mother in assisted living is so important. While you were growing up they devoted themselves to you for many years and now you are devoting time to be with them.

Here are 12 great tips for assisted living visits to see your loved one:

1. Visit regularly! Be consistent. Set realistic expectations on visiting your loved one and commit! When uncontrollable scheduling issues arise, communicate with your loved one directly and be honest. Reschedule and let them know and confirm with your loved one's care providers.
2. Stay for a reasonable length of time. One hour of quality dedicated time interacting with your loved one is a good length.
3. Plan how to use the time. Plan how you intend to use the time with your loved one. Bring things to share and discuss, such as photos since you last saw them or experiences with your own children, such as sporting events, school functions and other family together time. Allow for time to listen to your loved one's questions, give them opportunities to share their life experiences and stories.
4. Be positive. Being positive with your loved one is so important to their mental wellbeing. Be positive in your communication and find the positive in what you share and what they share with you.
5. Be patient. Remember your parent was patient with you when you were young. Be patient with them as your father or mother.
6. Be understanding. Put yourself in their shoes. Empathize that, as people, we will all experience aging.
7. Share what is on your mind. Share your thoughts with your loved one. They care about you and think about you. Confide in them, as their life experiences and stories may give you guidance for your own life and decisions.
8. Bring your children. Bringing your children to visit your father or mother can be a positive, meaningful experience for both. Your children can understand



Your visit to a loved one should be thoughtful and planned.

- the past in a very real way, giving them the ability to reflect on their origins. Your parent can gain experience about how the world has changed for youth and the challenges youth face. Time with your children will keep your parent's mind active, with lively conversations with children of all ages to stimulate and keep their social skills sharp.
9. Walk with them. If your loved one is physically able and the weather permits, take walks with them during your visit. Walking is natural, and along with having a conversation, is good for both the body and the mind. As a bonus, you will get some exercise in your day too!
 10. Bring a visit bag. Keep a visit bag aside for you to add items to share with your loved one upon your next visit. If they love reading about a particular celebrity, bring newspaper clippings or fun facts about that celebrity. If they love sports, share stories about athletes in the news. If they have a hobby, bring a book, article or other item related to that hobby with you for them to keep. Who doesn't like a gift that is something you are passionate about?
 11. Be present. Make a commitment to have uninterrupted quality time with your loved one. Silence your phone and don't respond to calls or texts. Tell your children to be respectful and give their undivided attention. Your loved one looks forward to your visits. Those calls and texts of yours can wait.
- (continued on page 7)*

A 50th Anniversary Celebration for Fellow Marines

Harrisburg, NC – Fifty years ago four teenagers from Troy were playing a casual game of pool at Wimpy's Grill and Pool Hall when a Marine recruiter stepped inside who would change the course of their lives forever. Hoping to serve their country together since they were being drafted anyway, the childhood friends – unlike many others their age – jumped at a chance to sign up for service in the Vietnam War. They trained together at Parris Island, near Beaufort, SC, as part of Platoon 309 and later at Camp Lejeune in Jacksonville, NC, before heading on for the most difficult training at Camp Pendleton in California. Their journey formed “a band of brothers” who looked after each other over a lifetime.

For the first time since they left for Vietnam, all four gathered recently as part of a surprise celebration and luncheon planned for Charles Manning, a resident of Carillon Assisted Living in Harrisburg. Not knowing that friends Ted Harris and Jimmy Mason were waiting for him at the Hometown Restaurant in Troy, NC, Mr. Manning



Vietnam Marine Vets Randall Epps and Charles Manning share a special 50th anniversary.

simply thought he was going out for a quick lunch nearby with his old friend Randall Epps. However, when Randall handed Mr. Manning a black Marine's cap for “The Few and The Proud”, “Chuck” as they call him, knew it was going to be a day to remember. After enjoying a delicious steak lunch and Marine-themed cake, Mr. Manning toured his hometown and visited his parents' gravesites as part of the day's events.

“We wanted to mark the 50th anniversary of our joining the Marines with a day to remember,” said Randall Epps. “As Marines, we have a bond that is ‘Earned, Never Given’, which means we Marines stand as one...friends for life.”

Meet Our New Executive Directors

Amy Clack, Executive Director, Carillon Assisted Living of Shelby

We are proud to welcome Amy Clack to Carillon Assisted Living as Executive Director of Carillon of Shelby. Prior to coming to Carillon, Amy worked at Shelby Manor Assisted Living for 13 years during which time she served in the roles of Medtech, Supervisor in Charge, Assistant Resident Care Director and Resident Care Director. She served as Executive Director for her final four and a half years at Shelby Manor. Amy understands the importance of starting from the ground up, having been hired at Shelby Manor as a Certified Nursing Assistant immediately out of high school.



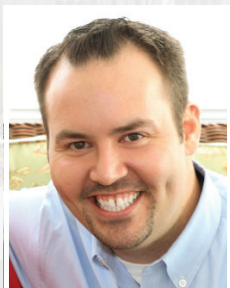
Amy has a passion for supporting those living with cancer and is active with Relay for Life, raising awareness and money for cancer survivors. Her passion for Relay for Life comes from her experience working with numerous assisted living residents that have struggled with cancer and her personal experience with the hardship of family members diagnosed with cancer.

Outside of her service to assisted living residents, Amy is involved in different activities including soccer, cheerleading, different sports and church activities with her children. For fun, she enjoys being out on the lake fishing, playing cards and riding four wheelers with friends and family. Amy loves watching NFL football and College Basketball, is a Carolina Panther fan and Carolina Tarheel fan.

Amy was born in Blacksburg, SC, moved to Shelby, NC when she was two years old and has never left because she loves it here. She has two wonderful children, a daughter who will be 7 this year, and a son who is four. She truly enjoys assisted living because it gives Amy the opportunity to be part of resident's lives and to support them, their families and her fellow teammates.

Richard Mabe, Executive Director, Carillon Assisted Living of Durham

Carillon welcomes Richard as Executive Director of Carillon Assisted Living of Durham. From 2012 to 2015, he served as the Resident Care Director and Executive Director at Carillon Assisted of Southport.



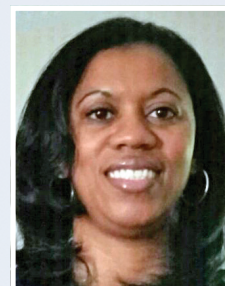
Richard has considerable healthcare experience, both as a Licensed Nurse in emergency medicine and as a Licensed Assisted Living Facility Administrator in long term care and assisted living operations.

Richard has served on the Advisory Board for the Brunswick Senior Resource Center in Southport and was an active member of the Southport Rotary Club.

Richard has a 6 year old Jack Russell Terrier named Roxy who loves to visit Carillon. Originally from the Triangle area, he is excited to be back in the area to experience all of the wonderful changes that have taken place. Richard enjoys running, cycling and kayaking in his free time.

Libra Tinsley, Executive Director, Carillon Assisted Living of North Raleigh

Libra Tinsley is Carillon of North Raleigh's new Executive Director with over 13 years of nursing healthcare experience and six of those years in long term care.



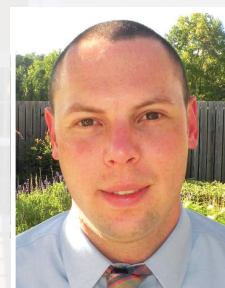
Libra served as reminiscence coordinator for Sunrise Senior Living before being promoted to executive director. Prior to Sunrise, she was Health and Wellness Coordinator for Brookdale Senior Living.

Libra is very passionate about those who live with dementia. Libra is certified as a Dementia Practitioner and has partnered with Alzheimer's Association of North Carolina to raise funds for research and to provide education for individuals with dementia and their family.

Libra was born and raised in Council, NC and has spent the last eight years of her life living in the Raleigh-Durham area. Libra is an avid do-it-yourselfer (DIY) who loves to take old things and repurpose them into something new. She is a very devoted member of New Life Christian center where she serves helping multiple ministries. Libra is blessed to have such a wonderful family, a loving husband, Christopher, and an energetic nine year old daughter, Christa.

Will Batot, Executive Director, Carillon Assisted Living of Fuquay-Varina

Will Batot comes to Carillon with over eleven years of experience with continuing care retirement communities (CCRC), skilled nursing facilities and assisted living facilities. His most recent experience is working for Hillside Nursing & Rehabilitation, a family owned company managing numerous facilities throughout the state of North Carolina.



As a Licensed Nursing Home Administrator and Assisted Living Administrator, Will's primary focus is residents, their lives, their health and their families. His philosophy has always been to build relationships with residents, families and employees, while maintaining a commitment to providing quality, compassionate, individualized and family-oriented care.

Will was born in Raleigh, NC and spent his childhood growing up on a farm. He now resides in the quaint town of Fuquay-Varina, which he says he will always call "home." An outdoorsman, Will enjoys soccer, yardwork and spending time with his family. Will is a father to a beautiful boy named Christian. A cute Yorkie named Skeet is also part of the family.

Guests brought items from all over the world with more unusual items including art pieces, a sewing machine, typewriter, an oar, dolls, jewelry, vases and a fiddle. Many guests left Carillon smiling excited to know their item had a special story or was more valuable than they had thought.

At Carillon of Hillsborough, one of the most interesting items brought in by a guest was a clutch purse. Carillon's appraiser, John Lambert with Mebane Auction, was able to identify specific markings and placing the origin of the bag from France. Made of 18 karat gold, the clutch purse was appraised between \$5,000 to \$8,000. The surprised and proud owner of the gold French clutch was personally escorted to her car at the conclusion of her appraisal.

At Carillon of Knightdale, the daughter of a Carillon resident, Lucille Shipe, brought in her mother's rocking chair and received an appraisal of over \$800 from appraiser Jeani Shankle. The rocking chair was the one her mother would sit in to rock Lucille to sleep and is the same chair in which she now rocks her own children to sleep.

At Carillon in Southport, Christy Judah, Chief and President of the Board of Directors for Brunswick Search and Rescue shared how much she appreciated Carillon's support and donations. "Thank you to all the kind folks



Guest receives appraisal for framed art at Carillon in Harrisburg.

at Carillon for the fundraising donation to our group through the Antique Road Extravaganza. Ms. June King and her staff did a top notch job preparing the facility. Thank you for choosing our organization as the recipient!"

Carillon's charity partners for each community were actively involved in promoting the event and many personally attended the Road Extravaganza to watch the appraisals and thank appraisal ticket holders for supporting their charity or community organization. Charities included the Brunswick Search & Rescue in Southport, Orange County Historical Museum in Hillsborough, Rotary Club of Raleigh Midtown, The

Arts Council of Fayetteville/ Cumberland County, Keep Durham Beautiful in Durham, Downtown Development Association of Lincolnton and many others.

For more information on the event, additional stories, event photos and a complete list of charity partners visit CarillonAssistedLiving.com and search for "Annual Antique Road Extravaganza" or find and follow Carillon on Facebook, Twitter, Pinterest!



Antique event guests are surprised by a musical performance at Carillon in Knightdale.

to initiate passing down their stories.

- Humility may cause seniors to avoid talking about themselves.
- Many seniors may feel that they have lived a boring life, and that nobody would be interested in their personal story.
- Procrastination may result from these and other uniquely individual factors seniors may face.

As a result of these obstacles, senior's children and their grandchildren are denied a chance to learn valuable life lessons from their elders, and future generations lose lifetimes of stories, experiences and wisdom as seniors pass away. A family's individual place in history may be lost. Seniors have a critical role in handing down their life-defining moments, milestones and special memories to posterity.

Seniors often lose their sense of purpose and feel as if they no longer play a vital role in the family. Yet their minds possess priceless memories of experiences only they can share. Overcoming the unique and individual obstacles to a senior sharing life experiences and lessons may be challenging, but well worth the investment.

The best way to start the conversation is by asking what the elder knows about ancestors. Not only will this technique get the senior to open up and share, but also the information provided can be firsthand knowledge about undocumented family history that might otherwise have been lost.

The more stories a senior tells about other family members, the more they will begin to appreciate the value

of the knowledge they possess, which makes progressing to their own personal stories easier.

We all love to reminisce with family photos and memorable keepsakes. Seniors have used reminiscing to preserve experiences and wisdom within the family for generations. Unfortunately, today's mobile, social media and technology centered lifestyle hampers this valuable inter-generational activity. When was the last time you sat side by side with a senior for an extended period of time to reminisce about their life?

The next time you visit, ask them to bring out their photo albums and start reminiscing from their earliest memories. Ask them to share what they remember about their childhood, adult life, culture at the time and events that impacted their life. You'll find that seniors who would never consider themselves a storyteller will tell some of the most captivating stories.

Passing down the family narrative requires documenting personal stories when they are told. Knowing what questions to ask and which photos and keepsakes are part of your family's legacy can produce legacy stories that descendants will cherish from generation to generation.

Every senior should share life lessons with their family. The uniquely personal experiences and life lessons within your own family are once in a lifetime. Don't you think you should capture those memories and moments to share with your children and your children's children?

– Karen E. Moriarty, President and CEO

12. Love them. Tell them you love them. Use the words “I love you” and make sure they understand you.

Freebies! Here are two freebies from Carillon Assisted Living:

1. Get to know your extended family. Get to know all the people who are providing care and services to your parent. Listen to feedback from them on how your loved one is doing. Developing rapport with care

providers is useful, and if you take the time to get to know them on a first name basis, they will be able to readily share useful information with you on your loved one's activities between your visits.

2. Thank your parent's caregiver. Let your parent's caregiver know that they are part of your extended family. Caregivers are people who appreciate positive, constructive feedback. It lets them know you care and are engaged as a team in caring for your father or mother.



Emerson & Co. Dog Training brought these wonderful therapy friends at Carillon in North Raleigh to meet with our residents! So cute and sweet! Major shout out to Emerson! Emerson & Easley are golden retrievers. Kona is a German Shepard.

They help keep our residents healthy because they need their walks and part of Carillon's Silver Striders walking group.

They also spend quality time with our Garden Place residents!



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Locations:

Asheboro	Durham	Harrisburg	Huntersville	Lincolnton	Newton	Shelby
Clemmons	Fayetteville	Hendersonville	Indian Trail	Mint Hill	North Raleigh	Southport
Cramer Mountain	Fuquay-Varina	Hillsborough	Knightdale	Mooresville	Salisbury	Wake Forest

