



News From Home | Spring 2014

Carillon Set to Host “Jazz and Juleps” Event Statewide

In Southport, it's about helping injured sea turtles, and in Hendersonville, it's about improving a storied theatre and playhouse. At each of Carillon's 17 statewide communities, the upcoming “Jazz and Juleps on the Terrace” event will put the “fun” in fundraising.

The events are a Southern springtime affair, complete with live jazz and mint juleps on Carillon's rose-filled trellis patios. In the midst of all the fun and frivolity are significant community development initiatives, as each event will raise funds *(continued on page 7)*



From the President Having the Conversation

Two-thirds of Americans over the age of 65 have yet to discuss long-term care or other issues related to aging with their family members. It's a sensitive, but necessary, conversation;



*Karen E. Moriarty,
President and CEO*

one that adult children often have trouble initiating, and one that mom and dad would prefer to put off as long as possible. Here at Carillon, we've learned that a little planning and forethought go a long way toward a positive outcome for everyone in the family.

Timing is everything, as they say, and that is certainly the case when initiating a family conversation on long-term care. The best time to have that conversation is years before the need arises. Waiting until a

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Perspectives on Alzheimer's

Carillon VP Drummond Publishes Book on Alzheimer's Care

Carillon Vice President Mary Ann Drummond is known as a passionate advocate for people and families affected by Alzheimer's disease. It's that passion, along with Drummond's considerable insight into the disease and how to properly care for those living with it, that resonates with readers of her groundbreaking new book on the subject.

Engaging and accessible, Drummond's book, entitled *Meet Me Where I Am: An Alzheimer's Care Guide*, connects with caregivers on a highly personal level. It illuminates the journey families go through when dealing with Alzheimer's disease, and helps caregivers transcend the day-to-day trials and tribulations of the disease to come to a place of hope, help and peace.

Richard Seifried, executive director of Carillon Assisted Living of Mooresville and himself dementia care expert, says *Meet Me Where I Am* is unlike any Alzheimer's care book on the market today.

"Until now, I've yet to find a comprehensive book with facts, information and possibilities," says Seifried. "What I love about this book is it demystifies the traditional idea of what it is to live with this disease, and it opens your eyes to all that is still possible, rather than focusing on the heartbreak."

For Drummond, the book is "the realization of a dream I dreamed for a very long time." In addition to overseeing operations of Carillon's growing portfolio of assisted living and Alzheimer's care communities, Drummond is also the architect of the company's highly regarded Alzheimer's care program, The Garden Place. Writing the book was a longtime goal important for Drummond on many levels, she says, but what she was most consumed with was finishing it.

"I felt a very real sense of urgency," explains Drummond. "At the Garden Place, I get to see these amazing transformations that occur in people living with the disease, and I want more families to have that experience. As a caregiver,

I know how it feels to see that person you thought you'd lost forever laughing and engaging with the world again."

The book's title comes from Carillon's cornerstone philosophy of care for residents living with Alzheimer's. Meeting the person wherever they are on their Alzheimer's journey, and momentarily living in their reality, fosters acceptance and trust. It's simple, but not always easy, Drummond says. The book uses true-to-life family stories to illustrate effective caregiving and communication



Drummond also recently published a table top book of photos and stories, entitled I Choose to Remember, designed to help families capture and record precious memories.



techniques. Other chapters are dedicated to helping caregivers keep loved ones safe and healthy at home, managing difficult behaviors, and shopping for a secure, therapeutic Alzheimer's care program when the time is right.

Meet Me Where I Am is available at Amazon for download to Kindle e-readers. To purchase print copies of the Alzheimer's care guide and *I Choose to Remember*, visit: www.angeltreepublishing.com

Beyond Bingo

Not that there is anything wrong with a lively game of bingo now and then, but activity programming in today's senior care communities has evolved, thankfully, far beyond simple games of chance. Today, a vibrant activity program for seniors is one that meets a broad range of human interests and needs — social, intellectual, spiritual and educational. At the heart of Carillon's activity program is the belief that retirement shouldn't be the end of anything, but the beginning of a new chapter in life that is all about opportunities for growth and new experiences.

Activities at Carillon's 17 senior assisted living communities statewide are as varied as the activity directors who developed and manage them. By our count, that's 17 versions of authentic, inspiring activity programming for seniors. Here is a look at just three of our 17 wonderful activity directors and the programs they run in their respective communities.

At Carillon Assisted Living of Durham, Sandy Wood keeps the energy level in the community on high at all times. To say that there is always an activity going on is not only true, it's an understatement. Sandy won Best Activity Programming in the company for 2013, and it isn't hard to see why.

"I listen very carefully to what my residents tell me they want to do, and want to learn, and enjoy," says Sandy. "But I also listen to what is not being said. The residents look at the activity schedule for the week and see crazy things like 'Fun with False Teeth,' and they think, 'Well, I have to go and see what that's about.' And we tell silly stories and giggle together. And then the next day we'll play Fact or Fantasy, and learn something new while doing something we love. I have a group of ladies who are real givers, and together we make things for the children at the Masonic Home. We share smiles and tears and laughter. They've shaped me into the person I am, and they keep me going."

At Carillon Assisted Living of Salisbury, Julie Koontz

Leffler is known for her creativity and passion for the arts. Her careful, detailed nature gives residents a sense of calm. They know that any endeavor they undertake with Julie will lead to something beautiful, lasting, and worthwhile.

"I know how to do lots of crafts and artistic things, and I love to pass that on to the residents. If they say, 'Oh, I don't



Residents at Carillon Assisted Living of North Raleigh learn the art of leather jewelry design.

know how to do that,' I tell them just to try, just try, and let's see what comes. And usually, what comes is something even better than they thought it could be."

At Carillon Assisted Living of Asheboro, Amanda Krayniewski's youth could work against her, if she weren't so adept at bridging the generation gap. Just twenty-four years old, Amanda connects with residents in a way that cannot be taught. She's intuitive about how best to engage them, when to offer help, and when to solicit their guidance.

"I have a great group of leaders here at Carillon of Asheboro," says Amanda. "If I have a resident who is reluctant to participate in an activity, or any activity, I will enlist the help of my residents. That creates a sense of community for all of us. I learn from them, and they have fun with me. We'll take the van out for Mystery Tours, which means it's a mystery where we are going that day. We never know where we will turn up. Along the way, we laugh and tell stories. The point is: the journey is more important than the destination."

Best Friends Make the Transition to Assisted Living Sweeter

Rita Morse and Grace Fierro moved to Carillon Assisted Living of North Raleigh just a few months apart, and haven't been apart much since. On the day she moved in last January, Grace says she gravitated to Rita almost immediately. Rita's calm and steady countenance was just the anchor that bubbly, outgoing Grace needed during the transition from living on her own to an assisted living community.

"Thirty years I lived on my own, and even though I knew that it wasn't practical for me to live on my own anymore, it was hard to think about moving," says Grace. "Rita understood. It was like, without ever saying a word, she knew exactly how I was feeling."

The women soon realized how much they had in common. Both were widowed young, and both spent a considerable portion of their lives in New York City. But in truth, what really brought these two together was their attitude on life and aging. The women, each

in their own right, are role models for successful aging. They continue to set challenges for themselves, enjoy learning new things, and never, ever refer to themselves as 'old.'

"I am still my own inquisitive self," says Rita. "Sometimes I'll think, 'when I'm old I'll do so-and-so.' And then I realize..."

"Well, there's old and then there's old," Grace cuts in. "We're one but not the other."

"Yes, you're right," Rita smiles at her friend. "You're absolutely right."



Rita Morse, right, and Grace Fierro make their home at Carillon Assisted Living of North Raleigh.

Fuquay-Varina Resident Lives to Serve

These may be her golden years, but don't expect Emma Parrish to sit around and reminisce. Parrish, a two-year resident of Carillon Assisted Living of Fuquay-Varina, says she is happiest when she is busy and being of service to others.

Most mornings you can find her in the resident activities room assisting her friends with their latest creative endeavor, or working with Activity Director Sue Burkard to prepare for the next class. In the afternoons you're likely to spot her in the lobby, guiding her friends to waiting vehicles for a doctor's appointment, and welcoming them home again with a smile and a gently held open door. In the early evenings, you'll find her pouring coffee in the dining room after dinner.

"We tell her, 'Emma, darling, please let us serve you,' " says Sally Miller, Fuquay-Varina's Executive Director. "But there are some people for whom the need to serve never really goes away, and with people like Emma, you'd be doing her a disservice if you kept her from doing what makes her happy."

Parrish is a natural born caretaker. Her happiest memories, she says, are when her children were small and her days were spent cooking for her family and kissing boo-boos. When her youngest child married and left home, Parrish — by then a young widow — knew right away she needed to get out of the house and amongst others. She worked for a while in a restaurant, and then for many years as the laundry director at Dorothea Dix Hospital. It was the hardest she'd ever

worked in her life, but Parrish never complained. Quite the contrary; she thrived.

"I loved the idea that I was helping so many people at a time in their life when they needed help," Parrish says.



"I also just really enjoy the feeling of being busy. I never have liked to sit and wait and look at the clock."

With good health squarely in her corner, Parrish says she feels her best when she's physically active. A recent bout of arthritis in her knees was concerning initially, until she realized that sitting actually made the pain worse. Still, there are some tasks around the community that even she concedes are not practical for her to be doing.

"If we would let her, I believe Emma would be in the kitchen serving meals and washing dishes," laughs Miller.

Not so, says Parrish.

"Well...the cooking maybe, but not the dishes. I am happy to let someone else do that for me now!"

Carillon Announces New Huntersville Community

Carillon Assisted Living will build its newest assisted living and Alzheimer's care community in the town of Huntersville, just north of Charlotte. The Huntersville community will bring Carillon's portfolio of assisted living facilities to 20 statewide.

Huntersville's premier assisted living home for seniors will be located at 250 Commerce Center Drive. The 4.5 acre site will break ground in April, and is expected to be complete in late 2015.

The two-story community will be home to nearly 100 seniors, and will bring more than 60 jobs to the town of Huntersville. The stylish property will feature the latest

amenities, including a café and beauty salon, state of the art media room, trellis patios and covered porches.

Carillon President and CEO Karen Moriarty said the Huntersville community is the realization of a dream for her North Carolina-owned and operated company.

"Huntersville has quite successfully carved out a unique identity for itself in the Charlotte area, one that Carillon is excited to be part of," said Moriarty. "We look forward to serving the seniors and families of Huntersville, and serving them well, for a long time to come."

For more information, call Carillon Assisted Living of Huntersville at: 704-875-6100.

Hendersonville Chef Serves Up Smiles

The atmosphere in the dining room at Carillon Assisted Living of Hendersonville speaks volumes about what chef Linda Allen brings to the community in the way of her talent with food. Residents come early to meals, anxious to see what Linda has prepared for them today. They linger after the meal has been served and enjoyed, conversing with friends over a cup of coffee and dessert. They talk about food, reminisce about food, and look forward to their next meal together. Food is a big deal at Carillon of Hendersonville, and Linda Allen is at the heart of it.

"Linda's dishes are great, but what makes Linda so great is that she cares very much about each resident's dining experience," says Carillon Executive Chef Bill Furnas. "She and her team go out into the dining room after every meal and personally speak to each resident to see what they enjoyed about their meal, what they maybe didn't, and to see how the experience could have been even better."

It was Chef Furnas' pleasure to present Linda with her very own chef's coat at Carillon's 2014 Awards Banquet on February 8. Linda took home the award for best dining program that evening. With record-setting resident satisfaction scores in 2013, Linda is looking forward to finding new dishes to whet her

resident's appetites in 2014.

"I love what I do, and I think it shows," Linda says. "I give it 100 percent because my residents are worth that. I love nothing more than to see their faces light up when the food is really, really good."

And really good is exactly what it is. Those who are lucky enough to have had it say Linda's pot roast is hands down the best anywhere. And her chicken parmesan could give any professional Italian cook a run for their money.

If you are in the Hendersonville area and would like to sample Linda's delicious dishes, call the community and reserve your lunch seat: 1-828-693-0700.



Carillon Assisted Living of Hendersonville's Linda Allen receives her chef coat from Bill Furnas

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for local improvement projects. Carillon is proud to partner with local community and civic organizations, trusts, art and beautification committees for the April 26 and May 3 events.

At each event, Carillon and its local partners are asking for donations of \$25, \$50, or \$100+ to support these worthwhile projects. The level of donation will determine chances to win gifts and door prizes. Donations will be taken the day of the event, and participants' names and donation level will be recorded on behalf of the local organization or committee who is spearheading the improvement project.

Signature community events like Jazz and Juleps on the Terrace help Carillon fulfill its mission to be a trusted community partner everywhere that Carillon operates an assisted living and Alzheimer's care community. As part of that mission, Carillon creates opportunities for seniors to stay connected to the world around them – opportunities that enable older adults to keep growing, learning and making new connections of their own.

To learn more about the Jazz and Juleps event being held at a particular Carillon community, visit the community pages online: <http://www.carillonassistedliving.com/our-communities>.

FROM THE PRESIDENT [continued from page 1]

healthcare emergency is on the horizon adds stress to an already stressful situation.

For seniors, the best time to sit down with adult children is while you are still young, or at least, young at heart. That is to say, while you can make decisions about yourself, for yourself. Share your wishes with your loved ones, tell them about any concerns you have, and make sure they are aware of any financial plans you've made for your retirement. If you have a long-term care policy, share it with your family, and discuss together the scope and limitations of what it will, and won't, cover when the time comes. Create a living will, or written directions as to your healthcare wishes, and authorize someone in your family to have access to your medical records. To do this, simply sign and date a written request, have it notarized, and give it to your doctor to keep on file.

Most often, the long-term care conversation is initiated by the adult children of an aging parent. If there are many siblings in a particular family, we at Carillon recommend that the siblings first come together and decide who among them would be best at leading the conversation. If there are siblings living in other states, who won't be there for the family talk, discuss the major points of the conversation beforehand, as well as any expectations related to the outcome. That will ensure everyone is on the same page



and working together to give mom and dad the support they need.

Ideally, your family will have the conversation long before the need for assisted living arises. But if not, Carillon is here to help facilitate the discussion. Our care managers often lend the neutral voice that a tender family situation needs. They can quickly assess a senior's level of personal care needs, point out dangerous or unhealthy habits in the home, and help the family establish a timeline for transition of care.

Realize, too, that this is not so much about planning for the end of life as it is anticipating the best possible later years for yourself or your loved one.

–Karen E. Moriarty, President and CEO

Seen & Heard

“Everything we’ve done, we’ve done together. We started our marriage by asking the Lord to see us through, and He did. Through all of life’s ups and downs, it’s the good times we remember. We’ve been blessed with love, family, and our faith. You really can’t ask for more than that.”

— Jewel and Ruby Alley,
married 63 years, make their
home at Carillon Assisted
Living of Salisbury



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Clemmons	Fayetteville	Hendersonville	Indian Trail	Mooreville	Salisbury	Wake Forest
Cramer Mountain	Fuquay-Varina	Hillsborough	Knightdale	Newton	Shelby	

