



News From Home | Summer 2015

Love Drops In at Carillon

The yellow sash is a dead give-away. For years now, people across North Carolina have seen the course of their day change in an instant, all because of a bright yellow sash worn by a gentle, smiling lady.

“Your friends at Carillon Assisted Living would like to present you with this Love Drop to say ‘thank you’ for all that you do for our community,” the lady says.

And then the lady, or ladies, presents a basket of homemade goodies so good they are almost legendary, guaranteed to lift the heaviest of spirits and turn the most sullen of moods sunny.

“There is a certain magic in our Love Drops,” says Cindy Shepherd, executive director of Carillon’s Lincolnton community. “The Love Drop is a way for Carillon to thank the people in our community



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From the President Coming Home to Carillon

Right now at this very moment, a senior somewhere in North Carolina is in the process of choosing Carillon Assisted Living as their new home.

It’s not a decision that they—or we—take lightly. The decision to move to assisted living is never an easy one, and choosing which assisted living community to call home is one of the biggest decisions a senior will ever make.



*Karen E. Moriarty,
President and CEO*

Why Carillon? There is certainly much to like about Carillon communities, from the beautiful interior styling and Southern style porches and flower gardens, to the higher standard of care that Carillon is known for statewide. But while these amenities do mean a lot, they alone are not why our residents choose Carillon.

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June is Alzheimer's and Brain Awareness Month

With 47 million people currently living with dementia worldwide, there is much work to be done to bring awareness to the critical facts regarding Alzheimer's disease, including the positive message found within the horrific facts we hear most often. Yes, we know it is the sixth leading cause of death in America, yet we hear progress in research breakthroughs, and strongly encourage all grass root community fund raising efforts continue until a cure is found.

We know that by 2030, the number of individuals diagnosed with dementia is anticipated to increase to 76 million, yet we embrace the fact that 30 years ago we were told similar statistics would triple for deaths related to heart disease. The positive message is that the numbers just didn't happen. Why? Because people listened to the words "reduce your risks by taking care of your heart and change your lifestyle."

Might the same be true for these numbers we are being told for dementia 30 years from now? After all, like the heart, the brain is an organ in our body. A healthy organ is less likely to become ill. We have heard it said by the Alzheimer's Association that if we make better choices for brain health, we can reduce our risk of cognitive decline. We should all educate ourselves on what those choices are and make the necessary changes today so that tomorrow we may live our healthiest best.

Let's begin by following the top 10 ways to "love our brain" as listed here and quoted from the Alzheimer's Association:

- 1. Hit the Books.** Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.
- 2. Butt Out.** Evidence shows that smoking increases the risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

- 3. Follow Your Heart.** Evidence shows that risk factors for cardiovascular disease and stroke-obesity, high blood pressure and diabetes-negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

- 4. Heads Up.** Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

- 5. Fuel Up Right.** Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline.

- 6. Catch Some ZZZ's.** Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

- 7. Take Care of Mental Health.** Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns.

- 8. Buddy Up.** Staying socially engaged may support brain health. Pursue social activities that are meaningful to you.

- 9. Stump Yourself.** Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Challenge your mind.

- 10. Break a Sweat.** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.



—Mary Ann Drummond, Vice President of Operations

Carillon to Roll Out Enhanced Salon Services

Jean Yarborough stepped into the redesigned salon at Carillon Assisted Living of Wake Forest as the first customer to sample its expanded list of aesthetic services.

“A manicure *and* pedicure?” Mrs. Yarborough asked incredulously, on the day the newly appointed salon opened for business in early June. “I honestly don’t remember the last time I got a manicure and pedicure. Well, isn’t this something!”

Yarborough settled her feet into the foot bath to soak, while nail technician Reyna Cortez began to file and shape her fingernails. “I think...I could get used to this,” she sighed.

Soon, residents at all 20 Carillon Assisted Living communities statewide will be able to enjoy enhanced salon services, as well. Salon upgrades, including new spa chairs and décor, will be rolled out across the company over the next several months. At each location, local nail technicians will set up shop at Carillon’s beauty salons one day each week, performing pre-scheduled treatments by appointment.

Nail appointments will not interfere with regularly scheduled hair care services, which will continue as usual at each Carillon location.

Carillon President Karen Moriarty said the salon expansion is part of a larger effort to make Carillon communities as accessible and engaging as possible for the more than 1,100 seniors who call them home.

“At Carillon, we are always looking for new and



different ways to bring the larger community outside our walls within reach for our residents,” said Moriarty. “Something as simple as being able to walk down the hall to get a professional manicure or pedicure, without having to leave home, helps keep life interesting.”

As news of the new salon services makes its way to residents, response has been overwhelmingly positive.

The ladies at Carillon Assisted Living of Cramer

Mountain had quite a bit to say on the matter, in fact.

From Laura Rollins, who now goes offsite to get a manicure every six weeks, to Lois Bridges, who is looking forward to “feeling pampered every few months,” the new services are a welcome addition to an already enjoyable salon experience in their community.

“I like to get my toenails polished and soak my feet, so yes, I do plan to go and will enjoy it,” said Jo Ann Parks.

“It’s just going to feel good!” chimed in Parks’ neighbor, Regis Jones.



A Life Lived on the Front Line

Henry McPeak describes himself as a man who has lived much of his life “on the front line.” As a child growing up in western New York, McPeak was mostly oblivious to two facts of life that should have defined him, but didn’t.

“I was a black child growing up in the Great Depression who knew neither racism, nor how it felt to be hungry and go without,” said McPeak, who today makes his home at Carillon Assisted Living of Durham. “My family lived very well, thanks to my father’s job working for a well-to-do family, and in our town of Olean, New York, black and white children played together without a second thought.”

McPeak left his idyllic childhood behind in 1943 to serve his country as a Tuskegee Airmen, the now-legendary group that became the nation’s first African-American military pilots. He arrived in Biloxi, Mississippi for cadet training school, and right away was greeted by harsh realities and life lessons he was ill prepared for.

What are you? His fellow soldiers, white and black, asked at every turn. The confusion stemmed from McPeak’s multi-cultural background. The mix of African, Native-American, Swiss and Amish ancestry he’d always been so proud of now meant he didn’t quite fit in with anyone. Six months later, a spike in his blood pressure on routine tests prompted a transfer. His dream of being a Tuskegee pilot was over. McPeak was more than disappointed; he was devastated.

“I was a 19-year-old kid that was fit, healthy, skinny like I don’t know what, and they were telling me I had high blood pressure,” he recalls. “A family friend who was a doctor theorized that it was the stress. I think he was right. I was in an environment that I was not used to, eating food that I was not brought up on, being

treated in a way that I never had. It was hard, to say the least.”

Fortunately, McPeak had his wits and determination to fall back on.

He received valuable training from the Army Air Corps during the time he had left in his service, which enabled him to enroll in college after the war. An engineering degree led to a 10-year career at General Electric, and eventually to a 25-year career running a laboratory at Cornell University. There, he played a part in the development of several groundbreaking inventions and scientific discoveries.

He is especially proud that his lab created the equipment that was used by a Nobel Prize winning team whose work advanced the theory of “absolute zero,” and the understanding of how particles move at the lowest possible temperature on the thermodynamic scale.

But what he is most proud of is the dual job he held at Cornell, as head of a 5,600-bed dormitory; the perfect job, as it turned out, for an engineer who is highly structured and keen on principle.

He and his wife raised their two daughters in Ithaca, New York. McPeak retired and moved West, to Scottsdale, Ariz., and then to Palm Springs, Calif. After McPeak’s wife, Martha, died in 2008, he decided to follow one of his daughters back East, eventually making his way to Durham. He is exceedingly proud of his girls, both of whom are successful in their own right, and says his greatest joy in life these days is to spend time with his grandson.





The significance of having been part of a difficult chapter in American history is not lost on him. And though he is proud of the sacrifice he and other service men and women of color made toward integrating the armed forces, the harsh lessons learned all those years ago by a once-lucky young man still seem fresh.

“The thing is, I volunteered to lay down my life for a country that didn’t want me,” says McPeak. “You learn to live with that, but you never really get over it.”



Eight Tuskegee Airmen in front of a P-40 fighter aircraft



Major James A. Ellison returns the salute of Mac Ross, as he reviews the first class of Tuskegee cadets; flight line at U.S. Army Air Corps basic and advanced flying school, with Vultee BT-13 trainers in the background, Tuskegee, Alabama, 1941

Second Annual Antique Extravaganza Coming in September

No one really knew what to expect when Carillon hosted its inaugural Antique Road Extravaganza events in September 2014. The fundraisers were styled after the popular PBS show “Antique Roadshow,” and just like the stories that emerged on the show, several Carillon guests experienced the thrill of learning their family heirloom was a true treasure rather than trash.

The second annual event will be held at each of Carillon’s 19 statewide communities on Saturday, September 12.

Participants learn both the story and value of their heirlooms and collectibles, while donating money to a worthwhile cause. Antique experts, auctioneers and dealers are brought in to do verbal assessments and evaluations on everything from period furnishings, art, porcelain, silver, glass and more.

At last year’s Monroe event, Charlotte area antique expert, Randall Duckworth, offered spirited appraisals that got to the heart of what people love about antiques.

“Everyone seems to have that one item that makes them wonder: what is this worth?” said Duckworth. “Whether it’s worth a lot of money or not, every antique has a story and every treasured piece is valuable to the person who

owns it, and that is what makes these kinds of events so much fun.”

Proceeds from the sale of \$25 tickets helped raise thousands for local charities across North Carolina. More than \$1,500 was raised at the Monroe event for Hometown Heroes, a Union County charity devoted to helping sick and injured children and their families. Carillon’s other assisted living communities raised funds for a variety of local causes, foundations and community service organizations, including: The Federation of N.C. Historical Societies, Habitat for Humanity, Communities in Schools, the NC Therapeutic Riding Center, and the Daniel Stowe Botanical Garden, to name a few.

Carillon hosts three signature fundraising events each year. The events 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.

Hamby Takes the Helm at Carillon of Durham

Carillon welcomes Leigh Ann Hamby to the Carillon family. Hamby takes the helm at Carillon Assisted Living of Durham as the community’s new executive director. Hamby comes to Carillon from Columbia, South Carolina, where she served as executive director of a senior care community for many years.

Prior to her career in senior living, Hamby was an accomplished business manager in the corporate setting. She traded her desk job for her true passion, working with seniors.

“I found that I have a good rapport with older adults, they trust me, and I love learning from them,” said Hamby. “I’m so excited to be at Carillon, and more specifically, to be at Carillon Assisted Living of Durham.”



Carillon of Durham Executive Director, Leigh Ann Hamby, with resident Lois Cranford.

Our residents choose Carillon because they value exceptional experiences over a list of basic amenities. They appreciate the quality and attention to detail that so clearly goes into every facet of life at Carillon – from dining services, to caregiving, to activity programming, and more. Our residents come to us because they want more than to be cared for; they want to be cared about. They want a life of possibility, and they don't want that life to be dictated by what they can no longer do for themselves.

It's a choice they tell us they would make again without hesitation. In fact, 93 percent of Carillon residents and family members surveyed this spring said they would recommend their community to a friend or loved one who needed assisted living. There's something different about Carillon Assisted Living, they say. Something they couldn't find anywhere else.

For Jean Yarborough, the move to assisted living was a heart-wrenching one, as it meant she would no longer be sharing the same room with Dwight, her beloved husband

of 71 years who is living with the effects of a major stroke and dementia. At 88 years old, Jean's health is that of someone 20 years younger, and she has the energy of a person half her age. Earlier this year, she moved Dwight into the Garden Place at Carillon Assisted Living of Wake Forest, while she took a private room in assisted living.

"I don't need to be here, to tell you the truth, but I choose to be here so I can be with my husband," says Jean. "To come to assisted living before you're ready could have been hard, but I've really enjoyed it here. To see how they care for Dwight sets my mind at ease, and everyone has been so good to me, too. They work hard to keep everything just so for the residents, and to make things enjoyable for us. I'm glad to call this place home, I really am."

We are so grateful for the Yarboroughs, and for all the seniors who've chosen Carillon Assisted Living as their home, and would do so again.

–Karen E. Moriarty, President and CEO

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who've helped our residents and even our team members in some way. We make new friends and better partners. We've even gotten new volunteers to come to Carillon because of Love Drops we've done over the years."

All 19 Carillon communities perform regular Love Drops, and have since their doors first opened. The beauty of a Love Drop lies in its simplicity. Resident ambassadors volunteer to bake cookies, muffins, pies, cakes or whatever else suits them. The residents dress those goodies up in pretty paper and boxes, baskets with ribbon or fancy platters. They load up the community van



Jean Auton is ready for her Love Drop at Carillon Assisted Living of Newton.

and head out, bound for local businesses and doctors' offices, libraries and fire departments – anywhere and everywhere there are people who need support, encouragement and acknowledgment.

"There is something about having those homemade things that people really appreciate," says Sandy Wood, activity director at Carillon of Clemmons. "People are sometimes shocked that an assisted living resident has gone through all that trouble for them. And for our residents, the very act of putting on that sash turns them into Miss America for a day."

Carillon of Huntersville Is Coming Along!

Carillon's 20th assisted living community is taking shape. Slated for completion in early October, Carillon of Huntersville is located in the Lake Norman area just off I-77 at the Gilead Rd. exit. This tastefully appointed senior community simply exudes Southern charm.



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Locations:

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

