



Carillon Chronicle

News From Home | Summer-Fall 2014

Residents Recall Sweetest Summer Memories

As Carillon residents and team members bid farewell to the summer of 2014, residents recall their most memorable summers, past and present...

"We are in the process of making a quilt. It has really colorful parts to it. We cut small pieces and sewed them together. It will take quite a while to finish piecing it before we can quilt it."
—Jean M.

"I remember the summer I went to Hawaii with my husband. And when we would go to Pompano Beach, Florida, for the 4th of July, watching fireworks over the ocean."
—Esther B.



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From the President Shaking Off the Dog Days of Summer

While summer makes its last hurrah, the so-called dog days of summer seem

to stretch out before us in a slow, sultry haze of heat and humidity. This time of



Karen E. Moriarty,
President and CEO

to inspire

idleness, a putting off until tomorrow what can, and probably should, be done today. For seniors in need of assisted living, putting off the move to a licensed care community is an invitation to worsening health, an increase in falls and the onset of depression.

"I only wish I had made the decision sooner," is a familiar refrain from the seniors who call Carillon Assisted Living home. It is natural to be hesitant about what is arguably one of the biggest moves in a person's life. But when (continued on page 7)

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Carillon Launches “ALZ Aware” Initiative

If you met someone with Alzheimer's disease, would you know it? Better yet, would you be able to communicate with that person and have a positive interaction with them? An innovative new program launched by Carillon and community partners in the town of Harrisburg is addressing those questions head on, in the hopes of initiating a more inclusive community approach to the growing epidemic that is Alzheimer's.

ALZ Aware is a training program offered by Carillon for local Harrisburg business owners, employees and caregivers. The free trainings give businesses valuable insight into the disease to help improve and enhance their relationship with customers and families. Families benefit from knowing which local businesses have received the training, and therefore are more likely to provide a better consumer experience for themselves and their loved one. At the conclusion of the training, participating businesses are certified as ALZ Aware, denoted by a decal that can be displayed in their office, storefront or company website.

“Four of every 10 seniors in North Carolina will be living with Alzheimer's disease by 2025,” explains Vice President of Operations Mary Ann Drummond, who developed and has conducted the four training sessions that have been held so far. “Alzheimer's is everyone's problem.



*Mary Ann Drummond,
Vice President of Operations*

What we need is for communities to come together, to rally around seniors and families who are affected by this disease. And we think local businesses are the perfect place to grow and integrate awareness into the community.”

Drummond said her hope is to move the ALZ Aware program through this pilot demonstration in Harrisburg and then replicate it everywhere that Carillon operates an



assisted living and Alzheimer's care community for seniors.

Several other municipalities have expressed interest in ALZ Aware already, she said.

ALZ Aware is part of a broader Alzheimer's Awareness campaign in the town of Harrisburg, dubbed Paint the Town Purple. The campaign kicked off early this summer and will culminate with Harrisburg's recognition of Alzheimer's Awareness month throughout September. Carillon's ALZ Aware trainings will continue throughout the year and into 2015.

For families dealing with the devastating fallout from a loved one's Alzheimer's disease, the idea that one's community will be a partner in bringing about best possible outcomes is more than just a comforting notion; it's a testament to the healing nature of community bonds.

“It's a win-win for the whole community,” said Carillon of Harrisburg Executive Director Michelle Marciniak. “Caregivers come to the trainings and share their own experiences, which helps local businesspeople understand how to help and respond to their loved one. So it eases the sense of isolation caregivers experience, and for the business, being certified as ALZ Aware gives them the opportunity to reach new customers and clientele.”

Furnas Leads Dining From Good to Great

The distance between good and great is where Bill Furnas lives. Which is to say, Carillon's executive chef thrives on scaling that distance, and is passionate about helping his dining team learn to do the same.

At a basic level, we're talking about a meal that looks as good as it tastes; a dollop of fresh cream sitting atop a slice of pie, toast that is cut into neat little triangles, spaghetti served in a perfectly swirled mound with a dusting of fresh parsley.

On a deeper level, it is the dining experience that Bill Furnas cares so much about, and wants others to care about, too. And they do. For you can't really be around Chef Furnas without some of that inspiration rubbing off on you.

"You see how adding just a little peach and cranberry made our iced tea ZING?" he'll say. "And it took hardly any time at all."

Or, "If we were to just crisp that chicken under the broiler for just 30 seconds or so, oh my! Wouldn't you just love to sit down to a piece of chicken that was juicy and crisp at the same time?"

The point, of course, is that iced tea by itself is good. Iced tea with peach and cranberry is splendid. Even when perfectly prepared, there is nothing spectacular about a chicken breast — until you crisp the skin. Crisp the skin, and you've gone from feeding someone, to delighting them.

The distance between good and great is never lost on our residents, and Chef Furnas knows that better than anyone. He also understands that going the extra mile is never easy when the tasks are many and time is short. His advice is often tempered with a familiar refrain: The simplest things often make the biggest difference.

"I like it when Chef Furnas comes to visit," says Linda Allen, dining manager at Carillon Assisted Living of Hendersonville. "The energy in my kitchen is always high, but when he's here, it's even higher."

"Bill has such high standards, but he makes it look so



Director of Dining Services Bill Furnas, far right, stands with Carillon's community dining managers.

easy," says Laurie Sawyer, executive director of Carillon Assisted Living of Hillsborough. "If you watch him, you'll learn how not only to make the food look beautiful and taste great, but how to do it efficiently. He wastes no time in the kitchen, I've noticed that."

Carillon residents notice it, too. Dining satisfaction scores on Carillon's quarterly resident survey have steadily risen since Furnas joined the company two years ago. It's not that the food itself has changed that dramatically, residents say, as much as the attention to detail that has made the overall dining experience a richer one.

"People my age are sometimes hard to please," says Grace Fierro, who calls Carillon Assisted Living of North Raleigh home. "They really try to accommodate all tastes. We spend so much time in that dining room, just laughing and enjoying each other's company, that it does say something about the quality of the food and the service."

Durham Resident Recalls Charmed Life

Lois Cranford wants you to know that there is not one outstanding thing about the life she's lived up until now, and she is right. The richness of her life story comes not in the telling of a single, exemplary incident, nor as part of any footnote to history. She was not the first-this or the best-that. Rather, hers is the ultimate story of a lifetime; that of a life well-lived.

"Now, remind me again, why are you interviewing me — *me* of all people?" Cranford asks, a bit coyly.

Because everyone says you are fascinating, interesting, fun to talk to. A very cool lady.

"Oh, am I cool?" Cranford laughs. "Good! I have always wanted to be cool. Well, my grandchildren will be thrilled."

The truth is, Cranford's grandchildren, and her two daughters, know better than anyone what a special person the matriarch of their family is. A 1942 graduate of the University of North Carolina at Chapel Hill, Cranford left college with a Journalism degree and a new husband, H.C. Cranford. The young couple shared a passion for public relations, and were both community leaders in their own right. While H.C. embarked on a career to transform North Carolina's public health and hospital system, Lois balanced raising their two daughters with her own career, first as public relations director at Watts Hospital in Durham, and later as the head of marketing and promotions for the newly developed Northgate Mall.

"This was at a time when the idea of a shopping mall was very new to people, you understand, and people in Durham were used to doing their shopping downtown," Cranford explained. "First, we had to educate them where the Northgate area of Durham even was, and then we had to convince them that it was worth their time to drive out there."

It becomes clear as Cranford details the events of her life, that she and her husband were never content to

do one thing or another. Rather, they seemed to have their hands in many civic, social and cultural activities at once. Throughout it all, they were a team, and a very good one, at that. The couple played a significant part in shaping life in the Durham that we know today, largely through 60 years of leadership and service in the Durham Rotary Club — an organization that Lois is still a part of today. The Cranfords traveled the world for international Rotary conventions, and the memory



of visiting those faraway places with H.C. brings Lois much joy, even today, 10 years after his passing.

"I loved every minute of it, can you tell?" she asks, gesturing to the Asian art, glass and ceramics that adorn her well-appointed residence at Carillon Assisted Living of Durham. "I wanted to bring back a little piece of those places, and I'm glad I did, because they never feel very far away."

Cranford is exceptionally proud of her two daughters and their families, and says she is grateful that she was not forced to choose between motherhood and a career at a time when many women did not have the same freedom. She thoroughly enjoyed the years she spent as Girl Scout leader for her

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Southern Belles Are Sweet on Masonic Home for Children

Once every three months, 21 ladies and one gentleman don their red hats, board a bus bound for Oxford, and shower little faces with whatever they have to give. The gifts are inexpensive, made by hand. The time together is priceless, each visit a lesson in unconditional love and the healing nature of intergenerational bonds.

For the 22 seniors at Carillon Assisted Living of Durham who call themselves the Southern Belles of Carillon, the children of the Masonic Home orphanage at Oxford make them feel needed in a way that only a child can. For the kids at the Masonic Home, the seniors make them feel loved and cherished as only a grandparent can.

“There is nothing like seeing their faces, the little ones right up through the teenagers, to make you feel so...oh, your heart just goes out to them,” says Rosalie Landon, a member of the Southern Belles of Carillon. “They are so appreciative of whatever we do for them, and just for the time we spend with them.”

daughter’s troupe; so much that she remained active in the Scouts for more than 50 years.

Cranford received a lifetime achievement award from the Durham Rotary Club last year. The award proclamation lists her many achievements and years of civic and non-profit service to people and organizations throughout Durham County. There is one, above all others, that perfectly sums up a charming woman and the charmed life she’s led. It reads:

Over the past year, the Belles have taken the children brightly colored gift bags filled with school supplies, made them decorative flip-flops and personalized piggy banks. Most recently, they shared a summer picnic of potato salad, deviled eggs, macaroni and cheese and cupcakes — all of which was made by the Belles themselves.



Members of the Southern Belles of Carillon prepare to host a summer picnic on the campus of the Masonic Home for Children in Oxford, NC.

Like Landon, many of the Belles have limited mobility. If any of them ever did cook a meal for 150 people, those days are long since past. Yet, peeling 40 pounds of potatoes elicited not one complaint, according to Landon.

“It was not easy, but we worked as a team for those kids,” she said. “We were exhausted but so, so happy when it was all said and done.”

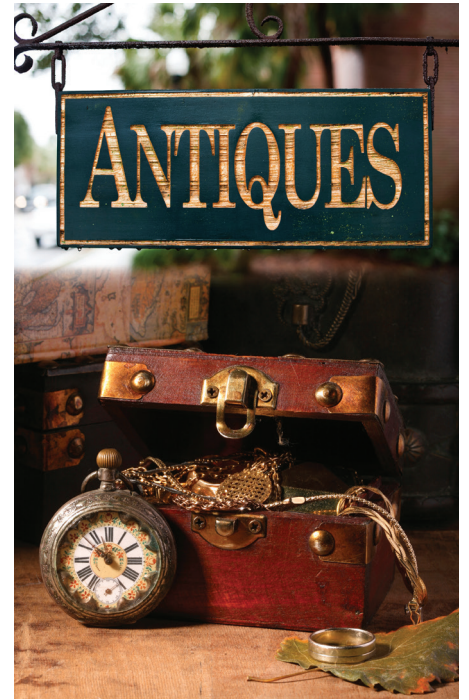
“Whereas, Lois Cranford’s favorite activities were always the personal ones that went largely unnoticed, such as simply providing the ride that enabled a child to attend a Girl Scout meeting, buying a bike for a youngster at Christmas, taking frozen turkeys to area shelters at Thanksgiving, or taking a new Habitat for Humanity homeowner a trunk full of items after their new home was dedicated, all while being a devoted grandmother to her own nine grandchildren.”

Antique Road Extravaganza Coming to Carillon

If you've ever wondered what that treasured family heirloom in your attic is worth, now is the time to find out. Carillon Assisted Living will host a series of antique appraisal fairs across the state in September. Join us at the Carillon nearest you for a nostalgic afternoon, and find out if your prized possession is worth a lot to others, or is simply priceless to you.

Professional antique appraisers, dealers, and auctioneers will evaluate everything from vintage furnishings, collectibles, artwork, jewelry, silver, porcelain, textiles, and more. The Antique Road Extravaganza is a fundraising event, with 100 percent of the proceeds from ticket sales benefiting local charitable organizations, including the Ronald McDonald House and Habitat for Humanity, among others.

Carillon's signature fundraising events help 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.



Carillon Welcomes New Wake Forest Community

Carillon Assisted Living has opened the company's sixth Triangle area senior living community in Wake Forest. Carillon Assisted Living of Wake Forest at the Heritage, located at 3218 Heritage Trade Drive, welcomed residents to their new home in July.

The Raleigh-based company's Triangle expansion signals a shift for the region's senior housing market, which until now has been dominated by national corporations. Carillon has assisted living communities in North Raleigh, Durham, Fuquay-Varina, Knightdale, and Hillsborough.

Carillon Assisted Living of Wake Forest is Carillon's second two-story community, and shares the same styling of its sister community in Durham, including a state-of-the-art media center, game room, bistro café and Tuscan-inspired outdoor garden. Residents have their choice of either a suite, private or semi-private room—all of which come with Carillon's signature brand of high-quality, licensed assisted living care, services and amenities. The community is also home to The Garden Place, Carillon's secure, specialized Alzheimer's care program.

Carillon President and CEO Karen Moriarty says

the company's Triangle expansion is evidence of the tremendous demand among North Carolina seniors for homes that keep an engaging, active lifestyle well within their reach.

"Our residents come to Carillon because they have a life to live, and they don't want that life to be defined by what they can no longer do for themselves," says Moriarty.

Carillon's portfolio will grow to 20 communities by summer 2015 with the addition of communities in Clemmons and Huntersville.



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"One summer in high school, I helped make a tennis court in a neighbor's yard with his grandson. It was a lot of work! Others came to watch, but then helped. People saved money to buy a tennis racket. Most who were older helped teach the game. I learned there and later played in college, which led to studying Physical Education. The court stayed there until "Gramps" aged and sold his land. That's a good memory for me and for others."

—Bette H.

"1961, Deep Creek, West Virginia – the first vacation I remember. Rented a small cabin with Dad and Brother and went fishing and boating. Went again in 1974. The guys went fishing and called out, 'It was wonderful!'"

—Kate C.

"I remember summers of practicing the piano and having lots of freedom."

—Charles M.

"In the summer, I love to bake cakes and share them with others. I always loved for my family to come and have a meal with me."

—Roselyn M.

"My favorite summer memory is when we took our daughters, 5 and 7 years old, to Myrtle Beach. This was their first trip to the beach. As we were walking over the sand toward the ocean, they were skipping and clapping. When we got close to the water, our youngest stopped and stared at the water for some time, then turned and said, "Oooohh, Mama, what a big swimming pool."

—Edna B.

"I have 17 wonderful years of summer memories with 70 foster children and my son and the county fairs in New York and Pennsylvania."

—Mildred H.

FROM THE PRESIDENT [continued from page 1]

today's hesitation stretches into days, weeks and months of inaction, seniors languish and ultimately pay the price.

And a steep price it is. Health woes go undiscovered and untreated. Medications are not taken routinely, on time and in the correct dose. Meals are not balanced or are skipped altogether, causing frailty to set in and take hold. The risk of falls looms large, as physical limitations go unaided and barriers at home go unchecked. Isolation is perhaps the most insidious – and overlooked – threat to a senior's good health.

If Mom is less able to get out and about, has difficulty caring for her home, and to some extent, herself, if she can no longer entertain family and friends the way she once did, is it any wonder that she seems "less like herself" these days? Depression is an epidemic among today's seniors, and isolation is so often to blame. The loss of one's independence is devastating, but fortunately, it can be reclaimed easier than we imagine.

"I only wish I had made the decision sooner." That

familiar refrain from our seniors is also a common regret expressed by their family members. Adult children long for their parents to be "their old self" again. They want to watch as Mom bakes her famous pound cake, or to see Dad playing cards and cheering on his favorite team with his friends, just like he used to.

What they find at Carillon, seniors and their children alike, is that aging has very little to do with independence. The right home makes all things possible. Expert care does more than just ease discomfort; it removes barriers. A gracious, well-planned community is not a place to sit and wait but rather an open door to experience a rich, rewarding life.

Don't wait for a change in the weather before choosing a better life. Call or come by Carillon today, and rediscover summer as it once was – long, languid days spent savoring the sweetest, sunniest time of the year.

—Karen E. Moriarty, President and CEO

Your Satisfaction is Worth A Lot to Carillon!

Thank you for choosing Carillon Assisted Living.

We promised you
and your family a life of
uncompromising care.

You can let us know if we
have fulfilled that promise by
taking a brief online survey.
You should soon receive a
postcard with instructions.

Include your home phone
number in the survey and you
will be entered to win your
choice of a 32" flat-screen TV
or a \$250 Visa gift card.



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

