



News From Home | Winter 2014-15

Christmas Concerts Make the Season Bright

Christmas will be a bit brighter this year for North Carolina children and families in need, thanks to the success of Carillon's second annual Victorian Christmas concert celebrations. The events, featuring nationally renowned caroling groups in costume, were held statewide at Carillon's 19 assisted living communities in early December. *(continued on page 6)*



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From the President Celebrating the Spirit of Giving

On a hot summer day, Rosalie Landen worked over steaming pots filled with 40 pounds of hand-peeled potatoes.

Looking back on it now, Mrs. Landen

isn't quite sure how she and

her neighbors at Carillon of Durham found the energy to make a picnic lunch for 125 children and staff at the Masonic Home for Children in Oxford. What she does remember is the look of sheer joy on the children's faces when the meal was delivered.

"We older people miss that feeling of being needed," says Landen. "In my experience, I have found that the need to be needed doesn't go away when we age, but our opportunities do."

I couldn't agree with Mrs. Landen more. Today's seniors have put to rest *(continued on page 7)*



Karen E. Moriarty,
President and CEO

Having the Conversation

Home for the Holidays

The holidays are here, and for those of us with elderly parents, this is the ideal time each year to take stock of our loved one's health and wellness needs.

For many families, holiday get-togethers are the only time throughout the year that everyone is in the same place at the same time. Spending quality time together as a family can help us really tune in to what's going on in the lives of our elderly parents.

You may realize, for instance, that the health issue Mom described on the phone as “nothing, really” is actually something. Family members may have told you that Dad's balance was getting worse, but you had no idea he was falling on a regular basis. A look in the refrigerator and cupboards reveals Mom hasn't been eating properly, which may account for why she suddenly seems so frail.

Seniors in the early stages of dementia are often very good at hiding memory issues from their adult children, but the signs often become unmistakable during those long family dinners and celebrations.

Even when it becomes clear to you and your siblings that an elderly parent has reached the point of needing help with day-to-day tasks, it's not always easy to know what level of assistance they need and how best to provide it. That's where Carillon can help. Give us a call and let us know what your concerns are. We'll meet with your family, talk to your parent and assess their health and safety needs, and help you plan for positive next steps on their behalf.

If Mom or Dad isn't ready for an assisted living community, but could benefit from having assistance at home, we'll refer you to one of our trusted home health partners. And if you suspect your loved one's home is not



as safe as it could be, we'll show you some simple steps to take that will help prevent falls and make day-to-day living a little bit easier.

Helping care for an aging parent is never an easy or a simple thing to do. Knowing what to do, and when to do it, is the first step toward making a beneficial change on behalf of your loved one. Check in with your parent this holiday season. Take note of any physical or mental changes that are troubling you. Talk to your parent and siblings about those changes, and then give Carillon Assisted Living a call. We are here to help — at the holidays, and all year long.

Asheboro Garden Place Community Celebrates Rededication



Asheboro seniors and their families became the first to experience Carillon's signature Alzheimer's care community, The Garden Place, when it opened in 1996. The newly renovated community was rededicated this fall at a ribbon cutting ceremony with state and local leaders, including state Rep. Pat Hurley.

As Carillon staff and family members looked on, Asheboro Mayor Pro Tem Talmadge Baker and the Randolph County Chamber of Commerce praised the community for its 17 years of care and service to Asheboro families contending with a loved one's Alzheimer's disease.

After cutting the ribbon at the rededication ceremony, longtime Executive Director Beckie Johnson gave guests a tour of the newly appointed community, beautifully outfitted from floor to ceiling with new furniture, fixtures, appliances and electronics.

"The community is 17 years old now, so it was time for a redo," said Johnson. "I just love the fact that our family members seemed surprised that we were renovating. They didn't think the community looked dated at all, which I think is a testament to my staff in more ways than one."

Kaye Atwood, whose mother resided here before her death earlier this year, agreed wholeheartedly with Johnson's assessment.

"I think it looks great, I really do, but I didn't think anything was missing before," Atwood said. "I've been to other [assisted living facilities] that care for Alzheimer's and dementia residents, and I felt very good about having Mother here. There's a lot of life at Carillon, a lot of interaction and activities and just a real love for the residents. That's not easy to find, you know."

Impulsive Decision Leads to the Military and Marriage

Clara Ellington was 19 and impetuous. At the height of WWII, she met and quickly married a young man she soon realized she had little in common with. Clara remembers the day her new husband's draft papers arrived.

"I went with Louis down to the enlistment office, and then we had lunch at the drug store," she recalls. "I said, 'What would you say if I enlisted too?' but he didn't believe I would. I don't think I believed it either, but do you know I walked right across the street and signed myself up. And then I thought, oh boy, what have I done now?"

Any notion Clara may have had about the couple serving alongside one another was quickly squashed. The requisite medical exam revealed a minor health issue that precluded Louis from serving. But Clara had aced her own exam, and would soon ship out as a Marine to Parris Island.

"They told me the day I enlisted — once you join, you can't un-join," she said. "That was my first real taste of adulthood."

She would eventually be stationed at Camp Lejeune as a cook in the mess hall; glorious news for a girl who was unaccustomed to much in the way of exertion.

"Not having to do guard duty was such, such a relief!" she said. "Though, in all honesty, it may have done me some good!"

She left behind everything she knew, and much that was uncertain, including her marriage to Louis. Several months later, after she was good and settled into her new life as a Marine, Louis came to visit. It was to be the start of a second courtship, a much needed do-over that gave Clara and Louis the time and space they needed to discover who they were and what they really wanted out of life.

"I really looked up to my commanding officer, and one day after I'd been at Camp Lejeune about two years, she said to me, 'Clara, I know exactly what you



Clara Ellington is joined by friend, caregiver and fellow servicewoman Shawn Kelley at Carillon Assisted Living of Fuquay-Varina.

need to do. You need to leave here and be with Louis and start a family.' And that's exactly what I did."

She never looked back, and she also never regretted that impulsive decision to join the Marines.

"I enjoyed my service," says Clara. "I didn't mind the work at all; to feed those men who risked their life for our country made me feel like I was doing something important. But the truth of the matter is, I needed to grow up. It did me, and us, a lot of good."

To Pin and Be Pinned: Carillon Is on Pinterest!



Carillon is happy to announce that it has pinned, and is ready to be pinned. Carillon is now on Pinterest, the social media platform that works like a virtual bulletin board.


Pinterest brings to five the number of social media channels used by Carillon to help tell the story of our homegrown company, our wonderful residents, and our exceptional team members. Carillon previously launched social media campaigns on Facebook, Twitter, Google+ and LinkedIn.

For those who still think of Pinterest as the “recipe swap site,” think again. Pinterest has grown exponentially in the few years since it exploded onto the social media

scene. The site now boasts about 40 million users a month, making it the fastest-growing social platform going. The idea-based dynamic of the site coupled with the creative bent of its audience means there are more ways to use the site than one can imagine.

Carillon’s plan is to use Pinterest to creatively connect our residents with the world around them, and to give the world a window into what assisted living can, and should, be. We’ll share everything from the artful endeavors and sage words of our residents, to our favorite interior designs and products for healthy living, to party planning and hospitality tips that our seniors know and love.

Check us out on Pinterest:

 <http://www.pinterest.com/CarillonLiving/>

Carillon of Asheboro Hosts 6th Annual Handyman Auction

There will be gifts under the tree this year, warm clothes to wear and hot food to eat through the holidays — thanks to the success of the sixth annual Handyman Auction in Asheboro. This year, Carillon Assisted Living of Asheboro raised \$5,200 — bringing the total amount raised on behalf of the Christian United Outreach Center (CUOC) to \$25,500.

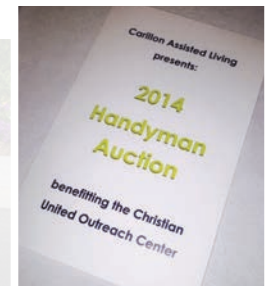
Each year, Asheboro’s “handy” men and women donate their professional skills and services; everything from house cleaning to landscaping to music and fishing lessons, to name just a few. All proceeds from the auction’s winning bids are then donated to the CUOC.

Carillon Assisted Living of Asheboro initiated the event in 2008, at the height of the national economic recession that brought Randolph County’s long-suffering manufacturing sector to its knees. Carillon Executive Director Beckie Johnson credits the event’s



success to its traditional, community based approach to neighbors helping neighbors.

“People in Asheboro understand hard times and the value of hard work,” said Johnson. “The Handyman Auction gives people an opportunity to help others by way of service, rather than simply writing a check.”



Three Communities Repeat Deficiency Free State Rating

As compliments go, there are none higher than a “deficiency free” rating on an assisted living provider’s annual survey. Three Carillon Assisted Living communities recently earned this outstanding distinction from state regulators. Celebrating a stellar state survey and a four-star rating from the N.C. Department of Health and Human Services are Carillon of North Raleigh, Carillon of Wake Forest and Carillon of Fayetteville.

Every licensed assisted living community in the state, including Carillon’s 19 statewide communities, are scrutinized through a rigorous survey process designed to ensure the highest standards for quality are met across all areas of community life — health, safety, nutrition and resident rights. A deficiency free survey is the gold standard among licensed providers like Carillon.

It means, in essence, that residents in that community live in a home with the highest standards for health and wellness. It means that the community’s team members do more than provide day-to-day care; they attend fully to the social, emotional and spiritual needs of their residents, as well.

Carillon President and CEO Karen Moriarty said congratulations are in order for the directors and team



Team members at Carillon Assisted Living of Fayetteville celebrate earning top marks on the annual state survey.

members of each community, not only for meeting the highest standards for senior care today, but for continuing to set the bar even higher for the next generation of seniors.

“What makes these communities so successful is that, for them, excellence is a daily practice that’s very person-centered,” said Moriarty. “Which means that they approach each resident as an individual. Rather than merely trying to meet that individual’s needs, they work to exceed their expectations.”

[continued from page 1]

The Christmas concerts raised thousands through guest donations to local charities and non-profit groups, including Meals on Wheels, the Jaycees and the Boys and Girls Club, to name just a few. Funds raised through last year’s events helped feed more than a hundred local families through the holiday season, put Christmas gifts under the tree for about 150 underprivileged children, and paid household expenses for cancer patients and families with seriously ill children.

Working in partnership with local organizations helps to leverage fundraising efforts and maximize the impact of every charitable dollar raised, said Carillon President Karen Moriarty.

“Carillon’s Christmas concerts honor our seniors by

bringing family and friends into their home to celebrate the traditions they passed down to us,” said Moriarty.

“These signature fundraising events also help fulfill Carillon’s commitment to be a good community partner wherever there is a Carillon Assisted Living.”

The centerpiece of the celebrations is a one-hour performance by professional quartets singing nostalgic Christmas songs, from Dickens era classics through the 1950s. Carillon contracts with five such groups around the state, including the Raleigh-based Victorian Carolers, the Charlotte-based Holiday Singers, Fayetteville’s Coventry Carolers, and two Winston-Salem area groups, Carolers of Christmas Past and Seasons Best. *(continued on page 7)*

FROM THE PRESIDENT [continued from page 1]

that old cliché of retirement as a time to do nothing more than age gracefully. As our ideas about aging have evolved, so too has our understanding of what successful aging really means. And as Mrs. Rosalie Landen so eloquently put it, growing older successfully is really about having the opportunity to live a life of our own making, one that is not hampered by our physical limitations or others' misguided notions about what we should, or shouldn't, be doing.

It is so very inspiring, the many ways that Carillon residents find to give of their time and special talents. Whether through reading to local schoolchildren, knitting caps for premature newborns at local hospitals, donating handmade items to homeless and domestic violence shelters, or simply spending time with Alzheimer's and hospice patients, Carillon residents teach us that vitality is as much a state of mind as a physical state of being.

For Rosalie Landen and the "Red Hat" ladies of Carillon Assisted Living of Durham, the little gift baskets and meals they make and deliver to the children at the

Oxford orphanage are as much about bridging familial and intergenerational gaps for the children as they are about checking items off a wish list. For Ida Mark and her neighbors at Carillon Assisted Living of Fayetteville, distributing bandanas printed with Psalm 91 for Fort Bragg soldiers stationed overseas are as much about soothing the soul as protecting the eyes. For Jean Auten at Carillon Assisted Living of Newton, delivering Meals on Wheels to local seniors in need is as much about staving off isolation as it is about warding off hunger.

"I would do it every single day if the soldiers needed me to," says Ida Mark. "It makes me feel that good."

It is good to know that the spirit of giving is alive and well at Carillon, that it shines all year long, and that it is unfazed by the passage of time. For Ida and Jean and Rosalie, and for every senior who calls Carillon Assisted Living home, we'll do our part to keep the spirit of giving alive by keeping the door to a rich and rewarding life wide open.

—Karen E. Moriarty, President and CEO

[continued from page 6]

From the moment they arrive in full Victorian dress costume, the carolers set the mood as if dialing back the hands of time. For the Victorian Carolers, who have performed on some very big stages for presidents and governors, singing for Carillon seniors and families brings them a special sense of satisfaction.

"Carillon is so homey and warm and welcoming," said Paula Walters, director of the Victorian Carolers. "Our favorite thing is seeing the seniors' eyes light up during our performance, and watching how much joy there is around that room. It's very touching."

The carolers take care to visit and sing with residents in Carillon's Garden Place Alzheimer's care community, as well; an intimate performance that Walters counts among the year's most meaningful for her group.

In addition to music, charity and caroling, this year's events featured a hearty holiday spread including mulled cider, sausage balls, a variety of hors d'oeuvres, strawberry



cake and plenty of sweet Christmas treats and candies for the kids.

The memories made by Carillon residents and their families linger long after the event is done, the carolers have gone and the charitable contributions have been counted. At the conclusion of one concert, as the carolers were preparing to leave, a handwritten note was passed along from a Carillon resident. It read: "Thank you for singing to my children tonight. I use to sing to them on Christmas Eve. Now they are [in their] 60s."

Seen & Heard

“I love to volunteer and do what I can to help, when I’m able to. Delivering Meals on Wheels to people around town is something I really enjoy. It makes me feel good to help. I think the more you help, the better you feel.”

— Jean Auton makes her home at Carillon Assisted Living of Newton



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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	

