



News From Home | Winter 2016

Annual Christmas Concerts Celebrate Timeless Traditions

Of all the reasons to love Carillon's annual Victorian Christmas concert celebrations, Laurie Sawyer comes back time and again to one reason above all others.

"It's a little moment in time that makes people remember what they love most about Christmas," said Sawyer, executive director of Carillon Assisted Living of Hillsborough.

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The renowned Victorian Carolers performed at six Triangle-area Carillon Assisted Living communities.

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From the President Keep Seniors Close at Christmas

What should be the most joyful season of the year is often the loneliest time in the life of a senior. Not only do the holidays sharpen the loss of friends and loved ones, the period between

Thanksgiving and Christmas can also be quite isolating for seniors who live alone. Today, nearly 30 percent of

people over the age of 65 live alone; a troubling statistic given what we know about the effects of social isolation on a senior's mental and physical well-being.

Seasonal depression around the holidays affects people of all stages of life. But while generally mild and temporary for younger and middle-aged people, seasonal depression can have a lasting, debilitating impact on seniors who are already experiencing



*Karen E. Moriarty,
President and CEO*

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Drummond Receives Literary Award for ALZ Work

Carillon's own Mary Ann Drummond is the recipient of three recent literary awards for two Alzheimer's care and therapy books published in 2013. Drummond's Alzheimer's guide for caregivers, "Meet Me Where I Am," took first place in the health and fitness category at the annual Colorado Independent Publishers Association (CIPA) award show in Denver, Colorado.

Drummond, who as vice-president of operations is co-architect of Carillon's Garden Place Alzheimer's care program, wrote the book to help connect with caregivers on a highly personal level. The book 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.

"I am pleased and proud to have won this award," said

Drummond. "This particular contest is managed by a fairly tough panel of literary critics with high standards, and their criteria for entries was among the toughest of all the independent publishing contest forums I reviewed."



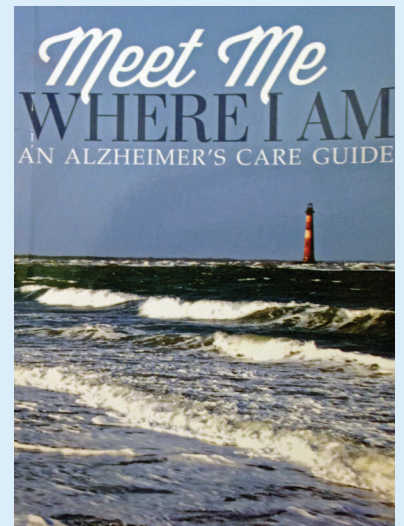
On the heels of the CIPA award came more literary merits for "Meet Me Where I Am," with the announcement of a silver medal in the 2015 Living Now Book Awards. Drummond's Alzheimer's care activity book, "I Choose to Remember," received a bronze medal at the Living Now awards, as well as an honorable mention at the CIPA awards. Both books have become important resources for Garden Place caregivers and family members.

Excerpt from "Meet Me Where I Am" — Chapter 1: Understanding Alzheimer's Disease

"Too often we try to bring the person with Alzheimer's to our world rather than taking the time, effort and patience to join them in theirs. There are so many variables that inhibit the person with Alzheimer's from recognizing current times and events as reality, and force them to relive the events of the past as if they are happening today.

Because of this, a son that looks a lot like his uncle did many years ago may be mistaken for the brother that she remembers so well. The natural inclination for the son would be to try to convince his mother that she is quite mistaken and assure her that he is indeed her son and not her brother. Paralyzing emotions such as fear, frustration, anger, and disinterest can overwhelm the person with Alzheimer's disease. Trying to force the individual to believe things that seem foreign to them only increases frustrations; both for the patient and the caregiver.

Through various experiences, I have come to appreciate the value of meeting each patient where they are in order to achieve successful outcomes."



Carillon Co-Hosts Memory Cafés to Break Social Stigma of Dementia

Something as simple as going out for coffee can be incredibly stressful for people and families living with Alzheimer's disease. A unique program to make those social outings easier and more fun for caregivers and loved ones is making a real difference for Charlotte-area families, thanks in part to the efforts of Carillon's Harrisburg and Huntersville assisted living communities.

The first "memory cafés" got their start in the Netherlands in the late 1990s, and the concept is now catching on here in the U.S. Community based Alzheimer's support groups come together at regular intervals, usually once or twice a month, to host hour-long social gatherings at local businesses that volunteer space. By focusing on the fun and social aspects of getting together with others who are experiencing the same or similar challenges, memory cafés are an alternative to the typical support group.

Carillon's first memory café was held in Harrisburg in September. Garden Place Coordinator Dianne Asbill joined with the Cabarrus County Memory Makers group to host a "Sip and Paint" activity at Faith Coffee and Sweets. The event was tremendously successful for all involved, and today the community is busy planning

future memory café events.

"Memory cafés are part of a broader movement to make communities more inclusive of people living with dementia," said Mary Ann Drummond, vice-president of operations at Carillon. "It's also such a great thing for caregivers to be able to get out and socialize with their loved one, and be among others who are walking the same path."

Shortly after Harrisburg hosted its first memory café, Carillon's newest assisted living community in Huntersville joined Huntersville CARES, a local Alzheimer's support and awareness group, to help launch two additional memory cafés in the Huntersville area. Twice each month, local families affected by Alzheimer's come together for coffee, conversation and activities such as music, crafts and other fun pastimes at locations including Water Beans coffee shop and Hawthorne's Pizza.

"Reminiscing music was the theme of our most recent event, which was standing room only," said Richard Seifried, executive director of Carillon Assisted Living of Huntersville. "It's amazing to see these families relax and enjoy themselves, without having to worry about people staring at their loved one. It's really all about acceptance."



The Leader of the Band Plays On

By day, Bruce Dellimore was many things to many people: airline coordinator, AIDS researcher, computer engineer. By night he was — and still is — something else altogether: the leader of the band. It didn't so much matter to Dellimore how much the gig payed, how many people were there to hear him play, or the 14-hour workdays. For Bruce Dellimore, time stood still the moment he took his place onstage.

“Of course, that was then, and this is now,” says Dellimore from his home at Carillon Assisted Living of Hillsborough. “I don't perform every night, but when I do, I can still go for hours and it seems like minutes.”

These days, Dellimore is a solo act, playing the occasional evening concert for his Carillon neighbors and team members on the community piano. He'd much rather be playing a Hammond organ, the instrument favored by Jazz musicians like himself, and one he could write a book about.

“Did you know that the Hammond organ was the first synthesizer?” he asks. “Not many people do. It's a relatively new instrument, as musical instruments go, and it's made a huge impact on music – and Jazz music in particular.”

Ask him to list the instruments he can play and he says: “It might be better to ask me which ones I don't play. It's a short list.”

Does he still work? Yes, in fact, he's just come from a music lesson with a young student. A violin lesson, as it turns out. Dellimore says teaching music is probably the most important thing he's done as a musician, and possibly as a person.



“It's so easy to do it badly, you see. People make it hard, but I tell my students: If you can count up by four and you know the alphabet A through G, then I can make you a proper musician. It's just basic math.”

Dellimore's keep-it-simple rule has served him well in his nine-to-five life, as well. This native of the British Virgin Islands and father of six has held a lot of interesting jobs all over the world – a ham radio operator in the Antilles, a sports photographer in Trinidad, an AIDS researcher in New York City – the list goes on and on. Dellimore says he was able to do such diverse things throughout his career *(continued)*

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not because he knew a lot, but because he was curious about a lot of things.

“I took the time to ask questions, to educate myself, and I recognized the opportunities that came to me,” he says.

His professional life was never something he did to pass the time between musical gigs. On the contrary,

his work life allowed him to explore and create and perform for the world in a very different way than his music allowed.

“I didn’t look to music to be all things to me, and I never wanted music to be an obligation in terms of paying the bills. Music has been a great passion all my life, but the truth is, there is more to Bruce Dellimore than just music.”

A Familiar Face Takes the Helm at Carillon of Newton

There’s a new sheriff in town at Carillon Assisted Living of Newton, but hers is a familiar, welcoming face to residents and team members. Rhonda Brazzell was recently named executive director after serving nearly 10 years as the Catawba County community’s sales and marketing director.

Brazzell actually began her career with Carillon in the business office, an easy transition given her past experience in accounting and finance. Her love of seniors and open, honest way with people made her a successful marketing director for many years. When the opportunity to be part of Carillon’s Administrator-in-Training (AIT) program came along last year, Brazzell eagerly accepted the challenge.

“The AIT program really prepared me well to become an executive director,” she said. “I went to different Carillon communities, sat in the ED chair, and basically learned by doing.”



The Gaston County native says she was thrilled to return to Carillon of Newton, the community she’s been an integral part of since it first opened. And the community, in turn, is thrilled to have her back and at the helm, according to Keith Ensey, Brazzell’s regional supervisor.

“Rhonda is a real relationship builder and knows the people and community very well, so those relations were the perfect segue way to her becoming executive director,” Ensey said.

Brazzell was chosen for the AIT program because her core strengths are perfectly suited to the head administrator role, Ensey said.

“She’s detail oriented, people focused, extremely thorough, and she manages every single situation that she encounters to completion,” he said.

When she’s not at Carillon, Brazzell can be found in one of two places: the vegetable garden at her Cherryville home, or cheering on the Carolina Panthers with her husband and two sons.

Carillon Set for February 2016 Ground Breaking in Mint Hill

Carillon is set to grow once again with the development of the company's 21st senior living community, slated to break ground this February in the Mecklenburg County town of Mint Hill. The 84-unit community will open to residents in late 2016.

Carillon Assisted Living of Mint Hill will be the company's eighth Charlotte-area community. Carillon also operates assisted living and Alzheimer's care communities in Harrisburg, Cramerton, Huntersville, Mooresville, Indian Trail, Lincolnton and Newton.

Located on the outskirts of Charlotte adjacent to the city of Matthews, Mint Hill's civic and business leaders call the city "the quintessential all-American town." The city is just a 20-minute drive from Charlotte Douglas

International Airport, and was recently voted North Carolina's 13th safest city.

Carillon CEO Karen Moriarty said the new Mint Hill community will give seniors and their families in the Matthews area access to the best licensed care available in North Carolina today.

"Carillon is so pleased and proud to be expanding in the Charlotte area once again," said Moriarty. "The Matthews-Mint Hill area is growing by leaps and bounds. For families who live in the area, being able to care for mom in a community that looks and feels like home, in a place that values and supports her independence, is why we do what we do."

Coming Home to Huntersville

When it came time to choose the location for Carillon's 20th assisted living community, the company looked to a site that in many ways reflected Carillon's history and vision. Huntersville is a town that started small but dreamt big; a community that always saw itself as a destination in its own right, not merely a bedroom community of Charlotte. Today, Huntersville is one of the fastest growing municipalities in the state, with a booming population that has more than doubled in size since 2000.

Carillon's story is strikingly similar. The company started small in 1996, with just one senior community in Asheboro, but CEO Karen Moriarty's dream – her intention, in fact – was always to be North Carolina's premier provider of assisted living and Alzheimer's care. The company set out not to grow big, but to become something grand. In a state that had poorly defined standards for assisted living, Carillon determined that North Carolina seniors deserved the very highest quality homes and care possible, and then set about making that vision a reality.



Carillon Assisted Living of Huntersville officially opened to residents on October 20. The community will host a grand opening celebration on January 14 from 11 a.m. to 2 p.m.

In the words of Huntersville Mayor Jill Swain: "We pride ourselves in Huntersville on having the very best of everything at our fingertips, but until now that has not included senior assisted living. We are so glad that Carillon has come to Huntersville, and we know that our seniors are going to love it here."

some level of social isolation. The help that might be readily provided to seniors from friends and loved ones throughout the year can be in short supply during the hustle and bustle of the holidays, leaving an elderly person without the social connections they need just when they need them most. Factor in winter weather to that scenario, and you have a senior population who can't leave home on their own, has no one coming in to check on them for long periods, and over time becomes medically and psychologically at risk.

And the risks are great. Isolation-related depression in seniors has been shown to significantly increase mortality rates, contribute to cognitive decline, and result in long-term health issues including diabetes and high-blood pressure.

So what can you do to help? First, we can't wait for an elderly person to reach out to us. Older adults pride themselves on their independence, and worry about becoming a burden to those around them. We must first be aware of those who may need our help, even if they haven't asked for it. A neighbor, for instance, whose mail and newspapers are piling up outside. A loved one who

calls and says they are fine, but seems down. A friend you haven't seen out and about in some time.

Show the seniors in your life -- be they family, neighbors, new and old friends alike -- that they are not alone. Call just to chat for no particular reason. Stop by for a friendly visit. Offer to run an errand for them, or help them with their Christmas shopping and decorating. Any amount of time spent with a senior at the holidays is time well spent. Ask them about their favorite holiday memories, and listen as they recall people and times long past. By doing so, you are helping them hold on to cherished memories, and creating new ones, as well.

And remember, Carillon is here to help. Our senior communities are not just a place to come and live well -- they are a welcoming place to visit old friends and make new ones, to participate in fun, engaging activities all year, and to celebrate time-honored traditions at the holidays with loved ones. Our Christmas wish is for Carillon to be an open door to any senior who needs us, at the holidays and all year.

—Karen E. Moriarty, President and CEO

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Sawyer recalls the excitement of the December 10 event, and the hush that fell over the crowd of guests and residents gathered in the community's dining room as the Victorian Singers arrived and began singing.

"It's a magical moment from beginning to end," she said of the event, which this year drew more than 65 guests. "With all the lights glowing, and the community so beautifully decorated, everyone feels the warmth that we have to offer."

A similar scene played out at all 20 Carillon Assisted Living communities in early December, as the success of the third annual events helped raise thousands for children and families in need across the state. Guest donations to local charities, including the Boys and Girls Club, Salvation Army and Toys for Tots, will put gifts under the tree and food on the table for many North Carolina families this year.

Each year, the events feature award-winning singing

groups, many of them nationally known recording artists, who come dressed in period costumes and perform Dickens era classics through nostalgic holiday songs of the early 20th Century.

The groups include 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.

For Nate Pendley, lead vocalist for the Carolers of Christmas Past, performing for Carillon residents and their guests has become a favorite Christmas tradition of his own.

"We perform for all kinds of people and in all kinds of venues, and in some pretty fancy places," said Pendley. "But I'll tell you something: there is something really special about going into a senior's home and playing for them. It's an honor to bring them back to their happiest Christmas memories."

“I think at the holidays, and Christmastime, especially, something always seems to be going on. Something fun to do, something good to eat. Lots of people visiting; your family, other people’s family. These aren’t my grandchildren, but they might as well be.”



*—Emma Jane Hardy makes her home at Carillon Assisted Living of North Raleigh
(pictured with Mrs. Hardy is Knightdale Executive Director Shawn Cothran and his sons, Dean, left, and Austin)*



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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	

