

Carlyle Place Independent Living February 2024

The Carlyle Chronicle

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Welcome Meredith Ransom

Meredith Ransom, a Licensed Nursing Home Administrator, is new to our team, but not to Atrium. Since 2021 Meredith has managed Atrium's Skilled Nursing Unit, a 15-bed nursing home located inside Atrium Health Navicent Baldwin Hospital in Milledgeville. Under his leadership the skilled nursing unit has earned and consistently maintained a CMS' 5-star rating for resident care and life safety. His career, prior to long-term care, focused on financial services, credit card banking and mortgage loan origination. He sees the switch to long-term care as a calling and appreciates the counsel and countless stories and memories shared with him by residents along the way.

Meredith serves as a pastor of Harvesters Baptist Church in Sparta, Georgia, where he lives with his wife, Kathy, of 36 years. Meredith and Kathy, both born on Christmas Eve, share three children and six grandchildren that he describes as absolute treasures and gifts from God. They have in common a passion for black and white movies, musicals and old houses. Meredith enjoys spending time with friends and is very active with his family. He chairs the committee that plans and sponsors his family's reunion every Labor Day Weekend in Sparta. Meredith also enjoys being outside, whether fishing, camping or even mowing the lawn. He describes himself as a jack-of-all-trades and a master of nothing. He spends a lot of time tinkering around the house 'fixing' things. We are extremely excited to have Meredith join our Carlyle Place family.

Recurring Activities

Happy Hour

Monday through Friday
5:00 - 6:00 pm · The Pub

Have You Heard

Tuesdays · 11 am · The Grande
Attend this weekly town hall-style meeting to stay up-to-date on information about what is happening at Carlyle Place.

Carlyle Choristers Practice

Tuesdays, 2/6, 2/20 & 2/27 · 1:30 pm · The Grande
Friday, 2/16 · 10 am—12 pm · The Grande
All are welcome to join our resident choir and make a joyful noise as they gear up for the Spring Concert.

Pub Trivia

3rd Tuesday · 4 pm · The Pub
The Pub opens early for this rowdy, competitive game of trivia where teams of five or less compete for prizes.

Coffee & Pastries

Wednesdays · 9:30 am · The Library

Tie Blankets for Children

Fridays · 10:30 am · Activity Room B
This weekly group service project assembles blankets for patients at the Children's Hospital, Atrium Health Navicent.

Communion

Presbyterian - Sun., February 4 - Act. Rm A · 2:30 pm
Everyone is welcome, whether you are Presbyterian or not.
Episcopal - Mon., February 5 - Act. Rm A · 10:00 am
Episcopal - Thurs., February 15 - Act. Rm A · 10:00 am
Methodist - Thurs., February 15 - Act. Rm A · 1:00 pm

BUMs Breakfast

Saturday, February 17 · 8:30 am · The Grande
William Johnson, GA State Prosecutor on internet scams will be the speaker at this breakfast for the men of Carlyle.

Catholic Mass

Tuesday, February 27 · 2:30 pm · Activity Rm A

Out & About

Civic Club at Grand Opera House

Thursday, February 1 · Depart Lobby at 6:45 pm

Local amateur talent combined with professional direction ensures the authentic, imperfect qualities that define every Macon Civic Club Musical Revue.

Remembering Greenland Expedition Presentation at Museum of Aviation

Friday, February 2 · Depart Lobby at 1:15 pm

On 15 July 1942, poor weather and limited visibility forced six P-38 fighters & two B-17 bombers to return to Greenland while they were en route to the British Isles during the buildup of US forces in the United Kingdom, Operation Bolero. Come hear the stories and meet members of the team that accomplished this amazing recovery.

Bobby Jo Valentine Concert at Centenary United Methodist Church

Sunday, February 4 · Depart Lobby at 5:15 pm

After deconstructing his childhood faith, this singer emerged with a larger, kinder, more welcoming faith...one that is excited to learn, open to growth, and focused on love.

Fabian Concert Series at Fickling Hall

Tuesday, February 6 · Depart Lobby at 6:45 pm

The memorable 17th season of the Fabian Concert Series takes the best of artists around the globe in a fascinating look at chamber music.

MT Nails

Thursday, February 8 · Depart Lobby at 9:45 am

Take a trip to get a manicure or pedicure. Sign up in the Activity Book, and indicate if you would like a mani or pedi.

Volunteer at Backpack Ministry

Friday, February 9 · Depart Lobby at 1:00 pm

Volunteer for the Backpack Ministry at Forest Hills Church to prepare snacks to send home with deserving children.

Faculty Artist Recital at Fickling Hall

Friday, February 9 · Depart Lobby at 6:45 pm

Nathan Gay, Euphonium & Kyung-A Yoo, Piano will perform at Fickling Hall.

Out & About

Macon Pops Disco Night at Emerson at Plum

Saturday, February 10 · Depart Lobby at 5:45 pm
Get ready to boogie the night away at the most dazzling event of the new year! Attire is disco-fabulous; the funkier, the better! Reserve a table for 10 at \$1500 or an individual ticket at \$150 at this fundraiser. Email info@maconpops.com to purchase. Sign up for transportation in the Activity Book.

Macon-Mercer Symphony Orchestra at the Grand Opera House

Monday, February 12 · Depart Lobby at 6:45 pm
From Haydn to hip-hop, we will surprise you. Make More Music Mondays have become a vibrant gathering place for Middle Georgia to celebrate.

Samuel Vargas, Violinist at Burden Parlor

Thursday, February 15 · Depart Lobby at 6:30 pm
Macon Concert Association presents violinist Samuel Vargas, 2021 First Prize winner of the Sphinx Competition and 2019 Yamaha Young Performing Artist.

***The Mousetrap* at Macon Little Theatre**

Thursday, February 15 · Depart Lobby at 7:30 pm
Brimming with intrigue, sophisticated humor and surprising twists, Agatha Christie's iconic murder mystery about a group of strangers trapped during a snowstorm is the world's most successful and longest-running play – with a brilliant surprise finish.

Jubilee Artist Series: Vienna Boys' Choir at Fickling Hall

Tuesday, February 20 · Depart Lobby at 6:45 pm
The angelic-voiced musicians of the Vienna Boys Choir celebrate the magic of the holiday season with a delightful program of Austrian folk songs, classical masterpieces, Christmas hymns, and holiday carols. Ticket is required. Sign up in Activity Book for transportation. This event is sold out.

Shopping at Fresh Market, The Dollar Tree & Dunkin Donuts

Friday, February 23 · Depart Lobby at 1:00 pm
Venture out to Rivili Crossing Shopping Center where we will visit Fresh Market, the Dollar Tree and any of the specialty stores located in the center. The bus will do a quick stop at DD after shopping for a donut (or coffee) run.

Rock Candy Tours presents Macon Music Live: Origins

Friday, February 23 · Depart Lobby at 6:30 pm
This guided journey through Macon's musical origins promises music, history, performance, and entertainment. The talented ensemble of musicians and actors invite you to witness the birthplace of Southern Rock and the hometown of legendary musicians.

Music & the Arts at Vineville United Methodist Church: Mike Fuller

Sunday, February 25 · Depart Lobby at 3:15 pm
Mike Fuller, Magician, will entertain the audience at Vineville United Methodist Church

Broadway Series: *Jesus Christ, Superstar* at the Grand Opera House

Monday, February 26 · Depart Lobby at 6:15 pm
Tuesday, February 27 · Depart Lobby at 6:15 pm
An iconic musical phenomenon with a worldwide fan base. In celebration of its 50th Anniversary, a new mesmerizing production comes to America. The dates and times of this production have changed from those originally scheduled.

Mercer Jazz Ensemble at Fickling Hall

Tuesday, February 27 · Depart Lobby at 6:45 pm
Mercer Jazz Ensemble presents "Down for the Count" with the music of Count Basie with guest saxophone artist Rick VanMatre.

Dinner at Props

Wednesday, February 28 · Depart Lobby at 4:30 pm
Enjoy this steak and seafood restaurant in Warner Robins, GA with a wide variety of choices.

Godsey Series: Susan McDuffie & Margery Whatley at Fickling Hall

Thursday, February 29 · Depart Lobby at 6:45 pm
Join us for a show featuring Margery McDuffie Whatley and her mother, Susan T. McDuffie, performing solos, duets, and duos by such composers as Mozart, Chopin, Liszt, Gerswhin, Piazzolla, and more!



Unless otherwise noted, please sign up for all activities, trips and events in the Activity Book located in the Post Office area.

In-House Events

Healthcare Tour

Thursday, February 1 · 10:00 am · Healthcare Hallway

Sign up on Healthcare Row for a tour of our Healthcare neighborhoods. Questions about this important part of our Life Plan community will be answered. Space is limited.

Jacki Spivey: Facebook Safety

Monday, February 5 · 4:00 pm · The Grande

Dr. Jay and Gail Spivey's daughter-in-law will discuss Facebook scams, focusing on cloning vs hacking and show you how to stay safe on this social media platform. **Please bring your smartphone, electronic device and Facebook password with you.**

Talk with the Doctor: Dr. Patel

Thursday, February 8 · 7:00 pm · The Grande

Dr. Patel will speak and answer questions on fall prevention.

Souper Bowl Party

Sunday, February 11 · 6:00 pm · The Grande/Pub

Come and enjoy our SOUPER fun super bowl party! We will have a variety of soups to kick off the Super Bowl game. **YOU MUST SIGN UP FOR THIS.**

Beignets with Resident Life

Monday, February 12 · 10:00 am · Activity Rooms

Join us in the Activity Rooms and enjoy our freshly made Beignets for a tasty treat in celebration of Mardi Gras!

Tech Tutoring with Caleb

Fridays in February · 4:00 pm · The Parlors

Caleb Varnadore, an eighth-grade Stratford student, volunteers his time to help residents with technology issues or questions. Sign up in the Activity Book in the Post Office area.

Fat Tuesday Party

Tuesday, February 13 · 5:00 pm · The Grande/Pub

Come to the Grande for Fat Tuesday to enjoy a live band and heavy hors d'oeuvres! **YOU MUST SIGN UP FOR THIS.**

Ash Wednesday Service

Wednesday, February 14 · 10:30 pm · The Grande

Come to this special service led by Vineville United Methodist Church staff as we observe the first day of lent. Be a part of this time of spiritual renewal with the imposition of ashes.

Chair Volleyball

Thursday, February 15 · 3:00 pm · The Grande

Bring your competitive spirit and be prepared to laugh until your side hurts! No skill necessary.

Middle Georgia Regional Library Help

Friday, February 16 · 2:00 pm · The Grande

Yufiel Franklin will help residents download digital books, sign up for library cards and assist with other library needs.

WINEO

Mondays, February 19 & 26 · 4:00 pm · Seasons Dining

WINE-O, bingo for wine lovers, is a way for adults to enjoy wine, fellowship, and fun with friends! This activity has very limited seating and participants are chosen by lottery.

Veterans Community Bridge Program

Wednesday, February 21 · 1:30 pm · The Grande

Rutland High School ROTC will be in the Grande to speak with Carlyle Place Veterans.

Jackie Cooper: The Oscars

Thursday, February 22 · 7:00 pm · The Grande

Jackie Cooper, national movie critic, will be here to discuss the nominations for the upcoming Academy Awards show.

Homemade Dog Biscuits

Friday, February 23 · 11:00 am · Resident Life

Bring your pups down for a homemade dog biscuit freshly made by Resident Life staff!

BINGO

Friday, February 23 · 3:00 pm · The Grande

Bring your correct change to "rent" BINGO cards for cash winnings. \$1 per card. Four games will be played.

Craft Class: Flower Arrangements

Wednesday, February 28 · 2:00 pm · Activity Room A

For this class, we will put together a beautiful floral arrangement! Class size

Lunch & Learn: Atrium Heart Health

Wednesday, February 28 · 11:30 am · The Grande

In honor of American Heart Month, Dr. John William Mix will present this Lunch and Learn discussion. Dr. Mix is a specialist in peripheral vascular and endovascular surgery with Atrium Health Navicent Heart and Vascular Care.

Specialty Happy Hours

Groundhog Happy Hour

Friday, February 2 · 5:00 pm · The Pub

Valentine Happy Hour

Wednesday, February 14 · 5:00 pm · The Pub

Margarita Happy Hour

Thursday, February 22 · 5:00 pm · The Pub

Leapy Hour

Thursday, February 29 · 5:00 pm · The Pub

Unless otherwise noted, please sign up for all activities, trips and events in the Activity Book located in the Post Office area.

Resident Led Activities

Pickleball Play & Instruction

Play: Monday, Wednesday & Friday at 1:30 pm
Instruction: Thursdays at 1:30 pm

Poker

Mondays · East Wing Game Room · 1:00 pm
Facilitated by Walter Barnett: 478-238-5392

BYOP (Bring Your Own Project)

1st, 3rd, & 5th Mondays · Activity Rm A · 1:30 pm
Bring an individual project to work on with friends.

Line Dancing

Mondays · Group Fitness Rm · 3 pm

Beginners Clogging w/ Elaine Davies

Mondays · Group Fitness Rm · 4:30 pm

Joker

Tuesdays · The Pub · 7:00 pm
Wednesdays · East Wing Game Rm · 2 pm
The Wednesday group is looking for a fourth player to attend. If you are interested contact Eleanor Wilson.

Rummikub

Tuesdays · East Wing Game Rm · 7:00 pm
Saturdays · The Pub · 7:00 pm

Party Bridge

Tuesdays · The Pub · 1 pm
Facilitated by Joe Scalzo: 706-766-7190

Sequence

Thursdays · East Wing Game Rm · 7:00 pm

The Harmonica Group

1st & 3rd Thursday · Back Rm Studio · 4:00 pm
Join this starter group of aspiring harmonica musicians who are learning how to play. All newbies are welcome.

Duplicate Bridge

1st, 2nd, 4th & 5th Thursdays · 1:15 pm · The Pub
Facilitated by Rae Scott: 478-474-3116

Canasta

Thursday · East Wing Game Rm · 1:30 pm

Saturday Chit-Chats

Saturdays · The Pub · 5:00 pm

Worship in the Grande

Sundays · The Grande · 11:00 am

Mexican Train Dominoes

Sundays · The Bistro · 6:00 pm
Facilitated by Walter Barnett: 478-238-5392

Coloring Workshop

Tuesday, February 6 · Activity Rm A · 1:30 pm
No experience necessary and no supplies are needed. Come chat and learn adult coloring techniques with special seasonal projects with Linda Holloman.

Book Club

Thursday, February 8 · Activity Rm A · 11:30 am
Blaze of Light by Marcus Brotherton— non-fiction

Paper Crafting Workshops

February 12 & 21 · Back Room Studio · 2:00 pm
These workshops are for completing projects, catching up on new skills and/or making up a class you could not attend. Contact Magda Morris or Marty Reese for further information.

Ladies Luncheon

Thursday, February 15 · Seasons Dining · 11:30 am

Pondering the Story with Elaine Davies

Mon., February 19 · Admin Conf Room · 2:30 pm
1 Corinthians 13:1-13

Dog Lovers Club

Wed., February 21 · Activity Room A · 2:00 pm

Lunches for Loaves & Fishes

Monday, February 26 · Activity Room A · 2:00 pm

Democrats Luncheon

Tuesday, February 27 · Seasons Dining · 11:30 am
Contact Leslie Morris to RSVP: 478-491-1731

Angioscreens

Thurs., Feb. 29 · 8 am-12 pm & to 5 pm · The Grande

Thanks to Angioscreens, Vascular disease can be detected, prevented and treated early. Our goal is to identify individuals with significant cardiovascular disease through our screening process, before life-threatening problems can occur. It is painless and only takes 6 minutes. The Angioscreen is only \$50 and free for veterans. Sign up in the Activity Book.

Valentine Monologue

Submitted by Jane Winston

A group of professional people posed this question to a group of 4 to 8 year-olds, 'What does love mean?' The answers they got were broader, deeper, and more profound than anyone could have ever imagined:

- 'When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore... So my grandfather does it for her all the time, even when his hands got arthritis too. That's love.' Rebecca - age 8
- 'When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth.' Billy - age 4
- 'Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other.' Karl - age 5
- 'Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs.' Chrissy - age 6
- 'Love is what makes you smile when you're tired.' Terri - age 4
- 'Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK.' Danny - age 8
- 'Love is what's in the room with you at Christmas if you stop opening presents and just listen.' Bobby - age 7 (Wow!)
- 'If you want to learn to love better, you should start with a friend who you hate.' Nikka - age 6 (we need a few million more Nikka's on this planet)
- 'Love is when you tell a guy you like his shirt, then he wears it every day.' Noelle - age 7
- 'Love is like a little old woman and a little old man who are still friends even after they know each other so well.' Tommy - age 6
- 'During my piano recital, I was on a stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore.' Cindy - age 8
- 'My mommy loves me more than anybody. You don't see anyone else kissing me to sleep at night.' Clare - age 6
- 'Love is when Mommy gives Daddy the best piece of chicken.' Elaine - age 5
- 'Love is when Mommy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford.' Chris - age 7
- 'Love is when your puppy licks your face even after you left him alone all day.' Mary Ann - age 4
- 'I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones.' Lauren - age 4
- 'When you love somebody, your eyelashes go up and down and little stars come out of you.' (what an image!) Karen - age 7
- 'Love is when Mommy sees Daddy on the toilet and she doesn't think it's gross...' Mark - age 6
- 'You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget.' Jessica - age 8
- And the final one: The winner was a four year old child whose next door neighbor was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there. When his mother asked what he had said to the neighbor, the little boy said, 'Nothing, I just helped him cry.'

February Movies:

Casablanca

PG · 1942 · Romance/War · 1h 42m
Saturday, February 3 · 7:00 pm

A cynical expatriate American cafe owner struggles to decide whether or not to help his former lover and her fugitive husband escape the Nazis in French Morocco.



Pretty Woman

R · 1990 · Comedy/Romance · 1h 59m
Saturday, February 24 · 7:00 pm

A man in a legal but hurtful business needs an escort for some social events, and hires a beautiful prostitute he meets... only to fall in love.



Notting Hill

PG-13 · 1999 · Comedy/Romance · 2h 4m
Saturday, February 10 · 7:00 pm

The life of a simple bookshop owner changes when he meets the most famous film star in the world.



Valentine's Day

PG-13 · 2010 · Comedy/Romance · 2h 5m
Wednesday, February 14 · 7:00 pm

Intertwining couples and singles in Los Angeles break-up and make-up based on the pressures and expectations of Valentine's Day.



An Affair to Remember

NR · 1957 · Drama/Romance · 1h 55m
Saturday, February 17 · 7:00 pm

A couple falls in love and agrees to meet in six months at the Empire State Building - but will it happen?



Documentary: *Briar's in the Cotton Patch*

NR · 2003 · Documentary · 57m
Sunday, February 18 · 7:00 pm

Briars in the Cotton Patch tells the nearly forgotten story of Koinonia Farm, a small Christian community in Southwest Georgia where whites and blacks chose to live and work together as equals despite the brutal and frightening consequences in the years leading up to the tumultuous Civil Rights era.



Leap Year

PG · 2010 · Comedy/Romance · 1h 40m
Thursday, February 29 · 7:00 pm

Anna Brady plans to travel to Dublin, Ireland to propose to her boyfriend Jeremy on February 29, leap day, because, according to Irish tradition, a man who receives a marriage proposal on a leap day must accept it.



Worship in The Grande

For February, the following residents will lead service on Sundays:

First Sunday – Navicent Chaplain

Second Sunday – Richard Davies

Third Sunday – Paul Evans

Fourth Sunday – Fred Reese



Jan Peak won the February birthday basket

Cannaday's Corner

On the first Friday of every month, Troy Cannaday, Carlyle Place Executive Director, hosts a lunch meeting for a small group of residents at 11:30 am in the main Dining Room. If you would like to sign up to have lunch with Troy to discuss whatever may be on your mind, please contact either Charlotte Kennington at 478-405-4523 or Troy Cannaday at 478-405-4521 to sign up.

TouchTown "Bulletin Board"

On the Touchtown Community App there is an interactive module called the *Bulletin Board* for residents to use to communicate with each other. Within this module, you can post information about items that are for sale, events that are happening around Carlyle Place, or anything that you think might interest others. Using this app is an easy way to share information with the community. If you need help with the Bulletin Board module, ask anyone in Resident Life.

New Residents

Carolyn Crayton
Apartment 3008

Phil Cullen
Apartment 3108

Kirk & Barbara Domingos
Apartment 2131
(Temporary Apartment 2230)

Eleanor Kearns
Apartment 1216
(Temporary Apartment 1213)

Louise Nobel
Apartment 3102

Sharon Welch
Garden Home 57
(Temporary Apartment 3203)

Channel 1960 Guide

Staying Strong
Mon, Wed, & Fri - 10:00 am
Tue, Thu, & Sat - 2:00 pm

Balance
Everyday - 11:30 am

Flex Class
Mon, Wed, & Fri - 2:00 pm

Carlyle Place Committees

Building & Grounds Chairperson: George Beck
1st Thursday · 10:00 am · Admin. Conf. Rm

Development Chairperson: Don Kea
4th Thursday · 10 am · Admin. Conf. Rm
Quarterly: January, April, July, October

Dining Chairperson: Chris Schnieder
1st Wednesday · 10:00 am · Admin. Conf. Rm

Emergency Management
3rd Thursday · 1:00 pm · Admin. Conf. Rm

Library Chairperson: Sue Tengg
2nd Monday · 1:00pm · Executive Conference Rm
Jan. - March - May - July - Sept. - Nov.

Marketing Chairperson: Jerry Cogswell
3rd Wednesday · 10:30 am · Admin. Conf. Rm

Programming Chairperson: Joan Anderson
2nd Wednesday · 3:00 pm · Admin Conf Rm

RAC President: Ty Ivey
2nd Thursday · 10:00 am · Admin Conf Rm

Black History Month

Written by Sue Teng

The concept of celebrating the contributions of Black Americans began in 1926 when a Black History Week was organized for the second week in February. This month was selected because it was the month that both Frederick Douglass, the notable abolitionist, and Abraham Lincoln, who issued the Emancipation Proclamation in 1863, were born. The celebration was expanded from a week to a month under President Gerald Ford in 1976.

This month the Carlyle Place Parlor Library will feature books written by American Blacks, books about prominent Black Americans as well as books about some of the challenges that Black Americans have faced through the years. Please feel to take a book from the display and increase your knowledge of the part that Black Americans have played in our history.



Author Birthdays in February

Written by Joan Anderson

During 2024 the Carlyle Place Library Committee will be celebrating authors and their birthdays. Books by authors listed in bold print can be found in the Veranda Library (2nd floor) and/or the Parlor Library (1st floor). Some of the authors' books will be on display in the Veranda Library.

1 February: Langston Hughes
2 February: James Joyce
2 February: Ayn Rand
3 February: **James Michener**
3 February: **Sidney Lanier**
7 February: Laura Ingalls Wilder
7 February: **Charles Dickens**
8 February: Jules Verne
8 February: **John Grisham**
9 February: Alice Walker
11 February: Sidney Sheldon
12 February: **Judy Blume**
13 February: Samantha Irby
17 February: Andre Norton
18 February: Toni Morrison
19 February: Jonathan Lethem
19 February: Carson McCullers

19 February: Amy Tan
19 February: Jeff Kinney
20 February: Sally Rooney
21 February: W.H. Auden
21 February: Erma Bombeck
21 February: Anaïs Nin
22 February: Edna St. Vincent Millay
22 February: Richard North Patterson
23 February: Bernard Cornwell
24 February: Gillian Flynn
24 February: Wilhelm Grimm
24 February: Rainbow Rowell
25 February: **Anthony Burgess**
26 February: **Elizabeth George**
27 February: Henry W. Longfellow
27 February: **John Steinbeck**

New Residents

Written by Bonnie Hearn



Wendy and Emory Johnson live atop the hill in new Garden Home 72. The Johnsons moved to Carlyle from Maimont in Macon. Emory was born and grew up in Macon. Wendy Bernhardt was born in Canada and came to Macon by way of New Jersey, Atlanta, Georgia and Emory Johnson. Most of Wendy's original family still live in Canada.

Emory graduated from Emory University in Atlanta and completed medical school at The Medical College of Georgia in Augusta. After medical school, Emory served in the US Air Force. He is a retired Orthopedic Surgeon who was named Physician of the Year in 2012 by the Bibb County Medical Society.

While their children were in elementary school, Dr. Johnson operated a neighborhood "Kitchen Clinic" after his regular working hours as a surgeon. The clinic was literally located in his and Wendy's kitchen on Wesleyan Woods Drive in Macon. Wesleyan Woods had

a particularly high population of youngsters who suffered from knee scrapes, bug bites, and numerous bike accidents. These "patients" dribbled into the clinic following calls from frantic mothers. (I was one of these mothers all those years ago.) Believe me, the anxiety level in the neighborhood was greatly reduced by Dr. Johnson's Kitchen Clinic. Emory was also the Team Doctor at First Presbyterian Day School, as well as a leader, along with Wendy, of the Christ Episcopal Church Youth Group. Currently, he enjoys singing in the choir at Christ Church as well as playing golf, working in the yard, and cooking.

Wendy graduated from the University of Georgia and taught school during Emory's medical school years. Wendy's first teaching position with 6th graders was cut short by her principal's enforcement of a little known rule, The Embarrassingly Large Rule. In 1966, Wendy was pregnant with their first child, and the principal told Wendy she could teach until she became "embarrassingly large," and he would judge when that happened. Six weeks short of the school year ending, Wendy was sent home. Wendy probably took this with a broad smile saying, "What you see is what you get", still a favorite idiom of Wendy's. A Lay Reader at Christ Church, Wendy is also an avid gardener who can be seen working in her new yard almost daily. Wendy and Emory have both been busy transforming the grounds and interior of their Garden Home to reflect their unique, welcoming personalities and their love of home.

We're delighted the Johnsons are calling Carlyle home now and welcome them hardily.

Heart Month Fitness Challenge

Monday, February 12 to Friday, February 23

Celebrate Heart Health Month by participating in this fun two-week challenge! Starting on February 12th, you will have the opportunity to collect as many points as you can by completing tasks to be eligible to win prizes! Each challenge will have a different number of points, so it is the luck of the draw!

Sign up in Resident Life by February 9th.

For any questions contact Jai Thomas at 478-405-4532 or Jaichelle.Thomas@atriumhealth.org.



New Resident

Written by Mary Dempsey



Sharon Schaefer has called Carlyle Place home since the fall of 2023. She is happily settled in Apartment 1227. Sharon came to us from Bluffton, South Carolina, after attending a Marketing presentation in the low country. Sharon spent 18 years in Sun City Hilton Head before joining many residents from that community who are now living at Carlyle Place.

Sharon lived for more than 55 years in western New York State, in the town of Brockport. She majored in Education at the State University of New York, SUNY Rockport. She had a long career in the field of education, teaching first grade for more than 30 years.

Sharon was widowed after 20 years of marriage. She has two sons. Her son, Gregory is a trauma surgeon at West Virginia University Hospital. Gregory gave Sharon four grandchildren, two girls and two

boys, ranging in age from 9 to 15. Her son, Douglas, is a lawyer who served in the Army JAG Corp and now is a lawyer working for FEMA.

Sharon's interests include travel, counted cross-stitch, woodworking and reading. She hopes to serve on the library committee and participate in Resident Life classes. She is a member of the coloring group and plays Mexican Train Dominoes. Having enjoyed pickleball in Sun City Bluffton, she will be out on the court when warmer weather comes our way.

Sharon is happy with her decision to move to Carlyle Place and expressed only one complaint... "Too many brussels sprouts!"

Welcome, Sharon.

Special Guests at Carlyle Place



Myrtle & Alex Habersham with Margaret Heiser



Frank Wood & Marianna Gebara

Celebrating February

Bird Feeding Month

Spunky Old Broads Month

Women Inventors Month

Engineers Week
February 18–24

Change Your Password Day
February 1

Liberace Day
February 4

Periodic Table Day
February 7

Chinese Lunar New Year's Day
February 10

Galentine's Day
February 13

Valentine's Day
February 14

Presidents' Day
February 17

For Pete's Sake Day
February 26

Leap Day
February 29



Support Groups

Dementia Support Group

Thursday, February 22 · Act. Rm A · 1:30 pm

Stroke Support Group

Thursday, February 1 · Hallway Conf Rm · 2:00 pm

Carlyle Place Important Phone Numbers

Accounting	478-405-4505
Carlyle at Home	478-405-4563
CGR Credit Union	478-745-0494
Concierge	478-405-4500
Housekeeping	478-405-4590
Maintenance	478-405-4528
Physical Therapy	478-405-4545
Resident Life	478-405-4525
Salon	478-405-4564
Security	478-405-4568
	Cell - 478-972-8557
To Go Orders	478-405-4569
Transportation	478-405-4515
Wellness Nurse	478-405-4537

February Birthdays

If you were born between February 1–18, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. They are energetic, have inquisitive minds, and come up with creative solutions. Those born from February 19–29 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional.

Lisa Marie Presley (singer) – Feb. 1, 1968

Farrah Fawcett (actress) – Feb. 2, 1947

James Michener (author) – Feb. 3, 1907

Mary Leakey (scientist) – Feb. 6, 1913

Sarah Palin (politician) – Feb. 11, 1964

Peter Tork (guitarist) – Feb. 13, 1942

Hugh Downs (news anchor) – Feb. 14, 1921

Amy Tan (author) – Feb. 19, 1952

Julius Erving (basketball player) – Feb. 22, 1950

Cullen Jones (swimmer) – Feb. 29, 1984

December 2023 Honorariums & Memorials

Donated in Memory of:

Walter Watkins

Lois Bowen

Connie Eckles

Bob Perry

Vernon Tanner

Bobby Tharpe

Donated by:

Don & Mary Dale Kea

Edward & Madeline Brewton

Don & Mary Dale Kea

Sandy & Ronnie Knapp

Don & Mary Dale Kea

Tad & Robin Dance

Edward & Madeline Brewton

Sandy & Ronnie Knapp

Don & Mary Dale Kea

Eleanor Rosen

Don & Mary Dale Kea

Memorial and Honorarium gifts to Carlyle Place are posted monthly in the Carlyle Chronicle. They are also updated every 6 months on the Recognition Board. To make a gift, please make your check payable to Carlyle Place Resident Assistance Fund or Carlyle Place General Fund and mail to 3330 Northside Drive, Macon, GA 31209. Contact Tarver Perry at 478-633-7395 with questions. Postage paid envelopes for the purpose of memorial/honor gifts are available in the Carlyle Place main lobby near the elevator.

Development Committee Pre-Fundraising Survey

On January 30, the Development Committee is sending out a Survey to all Independent and Assisted Living Residents on behalf of our **Carlyle Place Resident Assistance Fund**. The purpose of the Survey is to provide the Committee with information as a beginning point for our upcoming fundraising effort. **It will be helpful to know who has already included the Resident Assistance Fund in their estate planning, as well as, who wishes to be contacted, or not, during our fundraiser.**

The survey not only collects information for our contact teams, but it also gives us information about who wishes to be included on our **Carlyle Donor Recognition Board** in the lobby area.

Please complete and return the Survey by February 13th, to the front Concierge's Desk or to one of the following committee members: Tom Holloman 2120, George Beck 1232, Jim McInerney GH 50.

Thank you so much for helping to make our Carlyle Resident Assistance Fund stronger.

- Tom Holloman, Vice Chair, Development Committee

Take 3 for Wellness: Glaucoma

Written by Tonya Wilson

Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and even blindness. About 3 million Americans have glaucoma and it's the 2nd leading cause of blindness worldwide. The optic nerve is a bundle of more than 1 million nerve fibers. It connects the retina to the brain. As this nerve gradually deteriorates, blind spots develop in your visual field. For reasons that doctors don't fully understand, this nerve damage is usually related to increased pressure in the eye. Elevated eye pressure is due to a buildup of a fluid that flows throughout the inside of your eye. When fluid is overproduced or the drainage system doesn't work properly, the fluid can't flow out at its normal rate and pressure builds up.

Open-angle glaucoma, the most common form, results in increased eye pressure. There are often no early symptoms, which is why 50% of people with glaucoma don't know they have the disease. The signs and symptoms of glaucoma vary depending on the type and stage of your condition.

Some may include

- Patchy blind spots in your peripheral or central vision, frequently in both eyes
- Tunnel vision in the advanced stages
- Eye pain
- Vision loss
- Halos around lights

Risk factors include:

- Having high internal eye pressure
- Being over age 55
- Being black, Asian or Hispanic
- Having a family history of the condition
- Having certain medical conditions, such as diabetes, migraines, high blood pressure and sickle cell anemia
- Having certain eye conditions, such as extreme nearsightedness or farsightedness
- Having had an eye injury or certain types of eye surgery
- Taking corticosteroid medications, especially eye drops, for a long time
- Having Corneas that are thin in the center

Because glaucoma gives few warning signs until permanent damage has already occurred. Regular eye exams are the key to detecting glaucoma early enough to successfully slow or prevent vision loss. If left untreated, glaucoma will eventually cause blindness.

Treatments include:

Eye drops, oral medications, laser therapy and various surgical procedures or a combination of these.

ERNEST HEMINGWAY

He said, "Try to learn to breathe deeply, really to taste food when you eat, and when you sleep really to sleep. Try as much as possible to be wholly alive with all your might, and when you laugh, laugh like hell. And when you get angry, get good and angry. Try to be alive. You will be dead soon enough."

Submitted by Jane Winston



Sandy Knapp, Jan Peak & Jack Sanderson at the Macon Mayhem Hockey game



Residents dancing at January/February Birthday Bash

Update your Pet Forms

A Pet Owner Agreement must be kept on file for EACH pet you have at Carlyle Place in the Security Office. This form not only tells Administration what your pet's name and type is, but it tells us who will be responsible for your pet in case of an emergency. It is wise to update this form annually because the information on this form could change from year to year. Please pick up this form from the Security Office to fill out or update information for our files.

January Employee Anniversaries

1 Year

Lydia Miller
Wendel Nelson
Jayla Harris

2 Years

Cynthia Hubbard

3 Years

Robin Dance
Melvin Odom

4 Years

Latisha Brooks

14 Years

Tameka Jackson

22 Years

Eve Toles

I SPY - February 2024

"I Spy" showcases a resident who makes a difference in our community, someone who brightens other's days or someone who has done something extra special to benefit others.

This month, "I Spy" someone who is kind and always a pleasure to encounter. When not escorting Teddy around CP, Dan leads our Wii Bowling groups. As the new organizer of this active, resident-led activity, Dan Sheil was motivated to encourage others to try the activity that he loves, Wii bowling. This led him to initiate and promote the Wii Bowling party that was held in January.

Have You Heard Format Tuesdays at 11:00 am in the Grande

Various weeks of the month feature a specific topic or group, in addition to the weekly items (I'd Like to Hear, Leadership Reports, and any New Resident introductions). The formats are as follows:

Week 1

Connect to Purpose—Employee Anniversaries
Resident Life Monthly Activities

Week 2

Board Member Visits
Handbook Review
Committee Report

Week 3

RAC Report
Take 3 for Wellness
Handbook Review

Week 4

Committee Report
New Employee Introductions/Employee of the Month
Marketing Minute

Week 5 (March, June, August, November)

Healthcare Updates/Reminders
CP at Home Updates/Reminders

2024 Committee Report Schedule:

Building & Grounds:	4/09	7/09	10/08	
Library:	4/23	7/23	10/22	
Development:	2/13	5/14	8/13	11/12
Marketing:	2/27	5/28	8/27	11/26
Dining:	3/12	6/11	9/10	12/10
Programming:	3/26	6/25	9/24	12/31

February Birthdays

Ronnie Knapp	2/2
Chris Schneider	2/2
Ellen Schneider	2/2
Dorothy Reed	2/3
Ron Kirk	2/3
Chris Amabile	2/3
Rob Gardiner	2/8
Jan Peak	2/9
Vimal Isaac	2/16
Linda Degelmann	2/17
Wanda Atkinson	2/17
Andy Bunch	2/19
Wendy Johnson	2/21
Laurie Shaw	2/23
Emma Lea Michael	2/23
Vera Rusak	2/24
Tom Holloman	2/25
Jack Boyer	2/25
Jo Banks	2/27
Sue Tengg	2/27

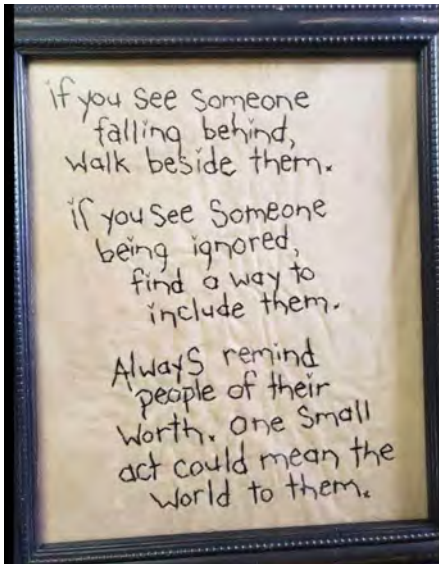
Carlyle-at-Home

Pam Young	2/7
Beth Smith	2/22

February's Pet of the Month: Lacie Ham



There is a spoiled rotten feline who lives in the East Wing who has recently become in need of a new home as her mom has moved to Healthcare. You may have never laid eyes on her, but if you know her momma, Earline Ham, you have definitely heard stories about Lacie. Earline adopted Lacie from a Milledgeville animal rehabilitation center many years ago. Lacie is 11 years old and is an affectionate and beautiful feline. Lacie needs a home with someone who is willing to love and care for her as she lives out the remainder of her life. Lacie has her own financial advisor who is available to assist Lacie's new family with all of her monetary needs, including food, vet care, and other financial needs that may pop up over her life. When considering Lacie's placement, please keep in mind that she is a pet who has lived her life in a quiet environment where she was lovingly doted on by her mom. If you are interested in giving Lacie a forever home or if you know of someone who is, please contact Tonya Wilson.



Submitted by Mary Dempsey



Rich McKee won first place in his age group for the Run For Aviation

Pub Trivia

Tuesday, February 20 · 4 pm · The Pub

Pub Trivia occurs every second Tuesday for teams of five or less. There are four rounds of trivia, and the team with the highest total score wins a prize! Teams can earn an extra point this month by bringing Meredith Ransom's signature to Pub Trivia and submitting it to the leader.

Free Transportation to Stores:

Kroger

Every Wednesday · Depart Lobby at 9:30 am

Walmart & Publix

Alternating Wednesdays · Depart Lobby at 1:00 pm

Newsletter Submissions

Is there something interesting about you that you think other residents would like to know? Have you recently snapped a photo of something special around Carlyle Place? We want your submissions for the Chronicle! Send them to Elizabeth Fletcher at Elizabeth.Fletcher@atriumhealth.org.



Dr. Demetria Martin, Podiatrist

Friday, March 1 · 8:30 am



If you are in need of a Podiatrist visit, you can register to be seen here at Carlyle Place by Dr. Demetria Martin who is with Preferred Podiatry Group. During your visit, Dr. Martin will conduct a thorough foot evaluation. Along with any diagnosis and treatment of most foot problems, including but not limited to preventative maintenance of toenails, corns, and callouses. She can also assess for any needs for diabetic footwear.

If you would like to be placed on her schedule for Friday, March 1, you must fill out a consent form that needs to be completed and returned to Cynthia Hubbard one week prior to the podiatry scheduled visit. Cynthia is located on the Healthcare Hallway or you can contact her at (478) 405-4542.

Wii Bowling Fun



Rose Butler accomplished the high score



Residents watch as Floyd Williams bowls for a strike

January's Employee of the Month: Robbie Bloodworth



Starting off the New Year, the January Employee of the Month was Robbie Bloodworth. Robbie works in the Maintenance Department as a Mechanic II, where he has worked for over 2 years now.

Robbie grew up in Lizella, Georgia. Together, he and his wife have 3 children, Christian (23), Seth (17), and Jasmine (15). As well as their grandson, Phoenix who is 9 months old. When asked about his hobbies, Robbie stated he enjoys horseshoes, running and spending time with his family.

Robbie added that what he enjoys most about his job is working with his coworkers and all of the residents each day. He is a hard worker who always has a smile on his face! If you see Robbie around, be sure to congratulate him on being such an amazing employee.

Credit Card Scams: One Celebrity's Experience

Written by Anna Kaplan | January 10, 2024 | Today.com

Andy Cohen is speaking out about his experience with becoming a victim of an imposter scam — and warning others of the red flags to look out for with these types of scams. In an exclusive interview on TODAY Jan. 10, Cohen told Savannah Guthrie and Hoda Kotb about how he lost money when his bank account was hacked through an imposter scam. "Listen, I'm not proud of this, but it's enough that I really want to share it," Cohen said. "But here, it happened to me, and I just don't want it to happen to anyone else."

Imposter scams happen when a scammer impersonates someone else, like a government or bank employee, to steal a victim's money or personal information, according to the Federal Trade Commission. And Cohen isn't alone — impersonator fraud has been the most reported scam for years, according to the FTC. More than 600,000 cases were reported in the U.S. in 2023, amounting to more than \$2 billion lost, according to the FTC. Cohen said the scam started right after he lost his debit card. The next day, the Bravo host said he received an email that appeared to be from his bank's fraud alert. "It wasn't. Because I lost my card. I was like, 'Oh, this must be real,'" he said. "I didn't click on the email address. You need to click on the email address — even though it may say the name of your bank, if you click on it, you can see that it's not at your bank dot com." He clicked into the link in the email, which took him to sign in to his bank's page, which gave the scammers access to his account. They then asked him to sign into his Apple ID, which was a red flag to him. "No one will ever ask you for your Apple ID. I said, 'This is a scam.' I got off. I didn't think anything of it," he said.

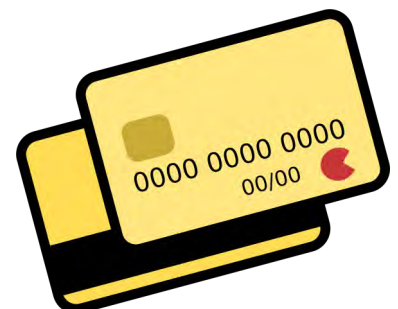
The next day, he said he got a text from what appeared to be from his bank asking if he was trying to use his card. He responded it was not him, and then he got a call from a person who wanted to review his recent charges, which he said they could see because they had access to his account. The person then said they would send him "some codes," which they asked him to tell them. They sent him three codes, which he said were actually wire transfers out of my bank account. "I think I'm on with my bank, and they were so good. Whoever you are: I hate you, but you're very good at your job," Cohen said.

Cohen said he was on the phone with the impersonator for over an hour, and "they then did something so nuts." They asked him to enter numbers into his keypad, and at that point something flashed on his phone: caller forwarding activated. "I happened to take a screenshot of it because I was like, 'This is weird,'" he said. What Cohen didn't know was that he had set up call forwarding and allowed incoming calls to be forwarded directly to the scammers, he said. "When the bank called me to ask me if I was doing these wires — because they call you to say that they were sizable wire transfers — the calls had been forwarded to the hackers," he shared. Cohen said he called his bank's fraud number after that, and that they would call him back in about 30 minutes. "They never called me back. And so I was like, 'This is weird,'" he said. "My phone was silent all night."

Cohen said he went to his bank branch the following day, and found out that money had been wired out of his account. Cohen did not disclose the amount he had lost. "When money is wired out of your account, it's gone. This is an active case with the NYPD Cyber Security Unit. It's very easy to fall prey to," Cohen said. "I'm on the TODAY show talking it."

Andy Cohen's tips for avoiding imposter scams:

"I consider myself a smart, functioning member of society," Cohen said, before he shared his tips on avoiding imposter scams. "Check the email address," Cohen said. "Absolutely. Click on it always." He also said to avoid the sense of urgency when receiving a text or phone call. "Take a breath and just go to your bank, or call the number on the back of your card you have it handy," he said. "Nothing needs to happen now — a lot of times these people call and say, 'Time is of the essence, you have to do this now. Don't do that.'"



My Special Red Rose

Written by Laura McMaster

Many of you know that I lost my husband, Hugh, to pancreatic cancer. It was July of 2019, and he had just turned 60 years young. Many of you also know his sweet sister Paula McMaster who has lived here at Carlyle Place for nearly 14 years.

Hugh proposed to me on Valentine's Day, so that day has always been special to me. He knew that I loved flowers, and therefore he ALWAYS sent or brought flowers to me on Valentine's Day, our anniversary and on my birthday. He also taught our son about doing this on Mother's Day. This happened at each of these occasions, every year, without fail!

Since we must learn how to go on without our beloved spouses the best we can, I work on that every day. I can't help but think about his sweet habit every time one of those occasions comes around, and I really don't miss the flowers, I just miss him. And then...

Last year on Valentine's Day, I was working with a nice couple giving them a tour of Carlyle Place. We were in the golf cart coming around the loop road over by the service entrance. Suddenly, a truck pulled in from Zebulon Road and pulled up next to the golf cart we were in. It was Travis, our Facility Services manager. Travis rolled down his window and handed a red rose to me through the open window. He then drove off and went back to his business. I was so surprised, and my guests and I laughed and had the best time talking about the rose.

Soon after that happened, I asked Travis how did it come to be that he gave roses to all of the ladies at Carlyle Place on Valentine's Day? He said I was the only one who received a rose from him that day. What?! I was shocked to hear that!

He went on to explain that he was pulling out of the parking lot that day at Lowe's, and a young lady was in the median selling flowers for Valentine's Day. He was stopped at the light and thought he would support her effort, so he bought one rose from her. When he pulled back onto the Carlyle Place campus I was the first lady he saw, so he pulled over and gave me the rose.

I kept that beautiful red rose on my desk for the next week, and it made me so happy every time I looked at it! I'll never forget that sweet gesture from Travis. Also, I will always feel that my husband played a part in making that happen and the thought of that makes me happy too.

