

# The Carlyle Chronicle

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## Welcome Dalisha Tarver to Resident Life

We are thrilled to have Dalisha Tarver on our Resident Life team as Administrative Assistant. Dalisha was born and raised in Macon, GA. She attended Central GA Technical College where she received her diploma as a Medical Assistant and CNA certification in 2006. She joined Carlyle Place in October of 2002, where she started at the Concierge Desk.



Dalisha has worked in several positions at Carlyle , such as Banquet Coordinator, CNA, Hospitality Clerk, and most recently, Medical Records for Healthcare Neighborhoods. A fun fact about her is that she is the only staff member in Carlyle Place that has held six different positions. Of our current employees, Dalisha is one of the longest to work here, only behind Charlie Perkins and Evette Toles.

Outside of work, Dalisha loves spending time with her 12 year old daughter, Daleigh, and her 4 year old Yorkie, Dylan. She also enjoys traveling. One of her favorite places to visit thus far has been Hawaii where she visited Pearl Harbor and found this location had a lasting impact on her heart.

Dalisha is very excited to be working in her new position as she loves the energy in Resident Life. One thing she enjoys so far as in her new position is hearing stories from the Independent Living . She also says "I enjoy the staff at Carlyle Place so much as we are all like a big 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 · 1:30 pm · The Grande  
All are welcome to join our resident choir and make a joyful noise as they gear up for the Spring Concert. The Choristers will not meet on January 2.

### Pub Trivia

2nd Tuesdays · 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., January 7 - Act. Rm A · 2:30 pm  
Everyone is welcome, whether you are Presbyterian or not.  
Episcopal - Mon., January 8 - Act. Rm A · 10:00 am  
Episcopal - Thurs., January 18 - Act. Rm A · 10:00 am  
Methodist - Thurs., January 18 - Act. Rm A · 1:00 pm

### BUMs Breakfast

Saturday, January 20 · 8:30 am · The Grande  
Craig Gibson, Head Baseball Coach at Mercer University

### Catholic Mass

Tuesday, January 23 · 2:30 pm · Activity Rm A

## Out & About

### Volunteer at the Backpack Ministry

Friday, January 5 · Depart Lobby at 1:00 pm  
Volunteer for the Backpack Ministry at Forest Hills Church to prepare snacks to send home with deserving children.

### MT Nails

**Thursday, January 11 · 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.

### Dekalb Farmers Market, Lunch & Walk

Fri., January 12 · Depart Lobby at 9:00 am  
Take a trip to Decatur, GA, to visit this spacious grocery store with cafeteria for organic produce & specialty foods. We might just take a walk in the park while there if the weather is nice.

### The Music of Billy Joel & Elton John at Grand Opera House

Thursday, January 11 · Depart Lobby at 6:45 pm  
Friday, January 12 · Depart Lobby at 6:45 pm  
Hand picked by Billy Joel to star in *Movin' Out*, Michael Cavanaugh evokes a style that rivals the Piano Man in concert. Watch this charismatic entertainer as he performs music by Billy Joel and Elton John. Tickets are required.

### Macon Film Guild: Fallen Leaves at Douglass Theatre

Sunday, January 14 · Depart Lobby at 1:15 pm  
A comedy-drama that tells the story of two lonely people who meet each other by chance on a Helsinki night and try to find first, only, and ultimate love of their lives. Tickets are required.

### Cinderella: State Ballet of Ukraine at Grand Opera House

Sunday, January 14 · Depart Lobby at 2:15 pm  
Enjoy this performance of Cinderella portrayed by the State Ballet Theater of Ukraine. It is sure to make you feel like you're in a fairy tale! Tickets are required.

### Macon Mayhem Game

Monday, January 15 · Depart Lobby at 1:15 pm  
Watch an exciting game of Hockey with our local professional team, the Macon Mayhem, as they play the Quad City Storm. Clear bag policy enforced. Sign up by purchasing tickets in Resident Life.

## Out & About

### Dinner at Your Pie & Book Discussion at Bear's Books

Tuesday, January 16 · Depart Lobby at 4:45 pm  
Enjoy delicious pizza at Your Pie on Poplar Street. Then head over to Bear's Books for a book discussion of *Remarkably Bright Creatures* by Shelby Van Pelt. There is a \$10 per person charge for refreshments. Sign up for discussion through Eventbrite.

### The Greatest Love of All: Whitney Houston Tribute at Grand Opera House

Friday, January 19 · Depart Lobby at 6:45 pm  
Whitney Houston's musical legacy is brought to life in this critically acclaimed tribute show, including greatest hits: I Will Always Love You, I Wanna Dance With Somebody, Greatest Love of All, and more. Tickets are required.

### Guest Artist Recital: Alvin Blount

Friday, January 19 · Depart Lobby at 6:45 pm  
Mercer Alumnus Mr. Alvin Blount, newly appointed Reference and Instruction Librarian at Georgia State University, will perform works by Florence Price, C.M. Widor, Marianne Kim, and Calvin Taylor at Newton Chapel.

### Music & the Arts at Vineville UMC

Sunday, January 21 · Depart Lobby at 3:15 pm  
Michael Brown & Judy Cole will perform on the trumpet and piano at Vineville United Methodist Church for a delightful afternoon of music.

### Dairy Queen

Thursday, January 25 · Depart Lobby at 1:00 pm  
Take a trip to Dairy Queen for a tasty treat of your choice at this classic dessert chain.

### The Prom at Theatre Macon

Thursday, January 25 · Depart Lobby at 6:45 pm  
Four eccentric Broadway stars are in desperate need of a new stage. So when they hear that trouble is brewing around a small-town prom, they know that it's time to put a spotlight on the issue...and themselves. Tickets required.

### Shopping at Dillard's

Friday, January 26 · Depart Lobby at 1:00 pm  
This department store at the River Crossing Shopping Center has something for everyone, so catch a ride on the Carlyle bus to shop.

### Dinner at Downtown Grill

Wednesday, January 31 · Depart Lobby at 5:00 pm  
This upscale English Steakhouse specializes in prime cut Black Angus steaks, fresh pasta dishes and decadent desserts. Enjoy this fine dining experience in Downtown Macon.

## Planning For Christmas In Resident Life

Written by Kathleen Sheil

"Come Susan, Come Cele, Come Patti,  
Come Delisha, Come Elizabeth and Jay,  
Our brains we must stretch to make  
our residents gay.

Let's decorate with garlands, and reindeer and bells  
and many beautiful Christmas trees and lots of elves.

The Macon Pops and Light up the Night  
would start the season off perfectly right.

A Christmas Ball would be elegant and nice, And a  
Gingerbread Social would add some spice.

A trip to Ingleside Baptist to see their fantastic show,  
And to hear the Messiah would set their hearts aglow.

And what could be possibly better,  
Than having a Contest for the Ugliest Sweater.

Let's not forget the Nutcracker Ballet,  
Or a tour of the CP Cottages on display.

Let's end the season with an elf hidden each day,  
And see who are the most persistent to play."

The RL ladies were satisfied they had met the test  
To make this Christmas Season the very best."

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, January 4 · 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

### Seasonal Ice Cream Tasting Social

**Monday, January 8 · 3:00 pm · Activity Rooms**

This annual party allows residents to vote on their favorite seasonal ice cream flavor from Publix.

### Tech Tutoring

**Mondays · 4:00 pm · The Parlors**

Corie David, a Tattnall student, will volunteer her time to help residents with technology issues or questions. Sign up in the Activity Book in the Post Office area. Will not take place on January 1.

### Mindful Eating Lecture with Patti

**Wednesday, January 10 · 2:00 pm · The Grande**

Let's start the year out right, by making healthy choices! Patti will provide information on how to choose food items that will not only nourish your mind and body, but also decrease your risk of several diseases.

### Lunch & Learn: Trauma Centers

**Thursday, January 11 · 11:30 am · The Grande**

What is a Trauma Center and what do they do? Dr. Dennis Ashley, the Director of Trauma at Atrium Health Navicent, will be presenting at this Lunch and Learn. He will educate us on what happens at the Trauma Center and new advancements in treatments of common traumatic injuries.

### Community Foundation Training Session

**Tuesday, January 16 · 3:30 pm · The Grande**

Monique Pitts with the Community Foundation will be here to train those residents who have signed up to help select scholarship recipients, high school students who have been chosen for this selection process.

### Speaker Alex Habersham

**Monday, January 15 · 7:00 pm · The Grande**

Community Leader, Alex Habersham, will speak about his integral involvement in the Civil Rights era here in Macon. Husband of our Carlyle Place Board member, Myrtle Habersham, Alex is a prominent entrepreneur and business leader in our community

### Strike or Spare Wii Party

**Tuesday, January 16 · 4:00 pm · Group Fitness Room**

Wii bowling is a fun and challenging game for all skill levels. You do not even need to be an experienced bowler to play and excel at this game. Come and join Resident Life staff and give Wii Bowling a try! You may even decide to join a Wii Blowing team. Food and drink will be provided. Sign up in the Activity Book.

### Chair Volleyball

**Thursday, January 18 · 3:00 pm · The Grande**

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

### Birthday Bash

**Monday, January 22 · 7:00 pm · The Grande**

Celebrate January and February birthdays while enjoying live entertainment, cake and ice cream.

### BINGO

**Friday, January 26 · 3:00 pm · The Grande**

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

### Beer Bingo:

### In Memory of Bob Perry

**Monday, January 29 · 4:00 pm · The Grande**

This game of Bingo for beer lovers is a way for adults to enjoy beer and fun with friends! This activity is open to all who loved Bob Perry as it will be in memory of him. Bob was a lover of beer and the reason this particular activity was started. Unique prizes will be given at this event.

### Arts & Crafts Class

**Tuesday, January 30 · 2:00 pm · Activity Room A**

This limited seating activity features a craft to highlight the winter season. Sign up in the Activity Book in the Post Office area.



The Harmonica Group performed at the Ugly Christmas Sweater Happy Hour

## 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) and Beading Workshop

3rd, & 5th Mondays • Activity Rm A • 1:30 pm  
Bring an individual project to work on with friends. Kaye Folz will have her beading materials at this event for anyone who would like to make a beaded piece of jewelry, repair a piece of jewelry or learn more about the craft.

### Line Dancing

Mon., Jan. 8, 15, 22 & 29 • Group Fitness Rm • 3 pm

### Beginners Clogging w/ Elaine Davies

Mondays • Group Fitness Rm • 4:30 pm

### Joker

Tuesdays • The Pub • 7:00 pm

### 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

### Paper Crafting Workshops

January 8, 17, & 26 • 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.

### Coloring Workshop

Tuesday, January 2 • 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, January 4 • Activity Rm A • 11:30 am  
General Discussion & Suggestion meeting

### Pondering the Story with Elaine Davies

Mon., January 15 • Admin Conf Room • 2:30 pm  
Luke 6:46-49: The parable of the two builders

### Dog Lovers Club

Wed., January 17 • Activity Room A • 2:00 pm



Arja Forester at the King Tut exhibit in Doraville for her birthday

## Author Birthdays in January

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 (2<sup>nd</sup> floor) and/or the Parlor Library (1<sup>st</sup> floor). Some of the authors' books will be on display in the Veranda Library.

1 January: J.D. Salinger  
 2 January: **Isaac Asimov**  
 2 January: Susan Wittig Albert  
 3 January: J.R.R. Tolkien  
 3 January: Eric Larsen  
 4 January: **Harlan Coben**  
 4 January: Umberto Eco  
 6 January: **Karin Slaughter**  
 7 January: **Zora Neale Hurston**  
 8 January: Wilkie Collins  
 9 January: **Anne Rivers Siddons**  
 9 January: **Philippa Gregory**  
 9 January: **Wilbur Smith**  
 9 January: **Judith Krantz**  
 11 January: Diana Gabaldon

12 January: **Jack London**  
 12 January: **Walter Mosley**  
 17 January: Anne Bronte  
 18 January: A.A. Milne  
 19 January: **Edgar Allan Poe**  
 19 January: Patricia Highsmith  
 22 January: Joseph Wambaugh  
 24 January: **Edith Wharton**  
 25 January: Robert Burns  
 25 January: Virginia Woolf  
 26 January: Mary Mapes Dodge  
 27 January: Lewis Carroll  
 29 January: Anton Chekhov  
 30 January: Lloyd Alexander  
 31 January: Norman Mailer

### Calling All Science Fiction Lovers

The Carlyle Place Library Committee has developed a Science Fiction Collection for the Science Fiction readers at Carlyle Place. For the month of January, the collection will be on display in the Parlor Library in the book nook next to the Featured Author book nook. In February the collection will be moved to its permanent location in the Veranda Library near the Fiction Section. If any Science Fiction readers wish to donate or make suggestions to the collection, please contact a Library Committee member.



Residents play a game of Chair Volleyball

### Tax Deductible Gifts

Tax deductible gifts to the Carlyle Place Resident Assistance Fund or the General Fund can now be made with the NEW REVIED POSTAGE PAID ENVELOPES found to the left of the elevator in the Main Lobby.

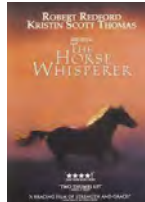


## January Movies:

### The Horse Whisperer

PG-13 · 1998 · Western/Romance · 2h 49m  
Monday, January 1 · 7:00 pm

The mother of a severely traumatized daughter enlists the aid of a unique horse trainer to help the girl's equally injured horse.



### The Black Stallion

G · 1979 · Adventure/Family · 1h 58m  
Monday, January 29 · 7:00 pm

After being shipwrecked with a magnificent horse off the coast of Africa in the 1940s, a boy bonds with the stallion, and trains him to race after their rescue.



### Secretariat

PG · 2010 · Drama/Biography · 2h 3m  
Saturday, January 6 · 7:00 pm

Penny Chenery Tweedy and colleagues guide her long-shot but precocious stallion to set, in 1973, the unbeaten record for winning the Triple Crown.



### Seabiscuit

PG-13 · 2003 · Drama/History · 2h 20m  
Saturday, January 13 · 7:00 pm

True story of the undersized Depression-era racehorse whose victories lifted not only the spirits of the team behind it but also those of their nation.



### War Horse

PG-13 · 2011 · Action/Adventure · 2h 26m  
Saturday, January 20 · 7:00 pm

Young Albert enlists to serve in World War I after his beloved horse is sold to the cavalry. Albert's hopeful journey takes him out of England and to the front lines as the war rages on.



### Hidalgo

PG-13 · 2004 · Action/Adventure · 2h 16m  
Monday, January 27 · 7:00 pm

In 1890, a down-and-out cowboy and his horse travel to Arabia to compete in a deadly cross desert horse race.



Carolyn Bradley dressed in her pajamas as she participated in the 12 days of Christmas Challenge

## Pub Trivia

Tuesday, January 9 · 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 Cele Minshew or Elizabeth Fletcher the name of Carlyle Place's 2023 Profile of Positive Aging recipient.

## 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.

## New Residents

**Roger & Linda Andersen**  
Apartment 3006

**Virgil Cooper Jr.**  
Apartment 1212

**Ron & Beth Thomason**  
Apartment 2027

## 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.

## 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



## New Residents

Written by Bonnie Hearn



Remember Johnny Cash singing, "I've Been Everywhere, Man. I've been everywhere." These words might also apply to **Doug and Anne Cole** who have now settled in Garden Home 71 here at Carlyle.

Doug worked for Tull/Ryerson Metals Company, and, due to his occupation, was transferred numerous times. The Cole family with their two daughters moved to Macon in 1979 from Jacksonville, Florida. In Macon, Anne taught school at First Presbyterian Day School until the Coles moved again. This time it was to Miami, Florida. The girls were elementary school age, and Anne felt the need to stay near

and protective in an atmosphere quite different from the one they left. According to Anne, the four of them stayed very close as a family as they navigated new schools, new neighborhoods and, at times, a totally new culture. The Coles had been in Miami about four years when they were transferred to Birmingham, Alabama, and a more familiar territory. And then they made their final move back to Macon. Later came the move from their Macon residence to Carlyle this past September.

Doug describes himself as a country boy who grew up in Hazlehurst, Georgia, where he worked with cotton gins on his dad's farm. At times he did not attend school but stayed on the farm honing his skills on the repair of large machinery. This skill would prove invaluable in his future career with Tull. Doug graduated with a degree in business but still claims, "I can fix anything!"

Anne grew up in Atlanta and graduated college with a BS degree in education. Teaching became her life's work and passion for forty- six years. Anne did allow she was happy to be retired now, but Doug said that retirement did not agree with him at first when Anne was still working. He decided to join a company offering transportation to physician's offices for a while. Today, he is completely retired and, along with Anne, enjoying four grandchildren.

At Carlyle, Anne and Doug enjoy the peace and quiet and lack of strenuous yard work. Anne's interests include flower arranging and cooking; she also loves music. Doug is an Elder at First Presbyterian Church, and he likes model ship building.



Residents enjoy dancing to the DJ at a Birthday Bash



Sue Stone, Connie Coughlin & Maxie Walker

## New Resident

Written by Kathleen Sheil

**Beverly and Billy Adams**, long time residents of Macon, have recently moved into Apartment 2127. They were pleasantly surprised to recognize so many familiar faces.

Beverly grew up on Matkin Cove Farm in Laceys Spring, Alabama. After graduating from the University of Alabama, Beverly moved to Atlanta. She was employed as a copywriter at Auto Sales and Auto Nails Company. Later she was the Sales Manager at the Dinkler Plaza Hotel. She traveled extensively selling, organizing and working at conventions.

Billy was born in Macon. At the time Beverly moved to Atlanta, Billy was a State Senator and the owner of Adams Oil Company in Macon, GA. He was active in the Rotary Club as well as local and state politics. In his free time he enjoyed playing golf.

So if Beverly lived in Atlanta and Billy lived in Macon, how did they meet? A mutual friend contrived a clever ploy. One time when the friend knew Beverly would be traveling, he left a message at her office saying that Billy Adams wanted Beverly to call him about booking a convention. Billy was in on the hoax. Beverly walked into Billy's office expecting to discuss setting up a convention, but instead she met the man she would marry. Little did the matchmaker know that their first meeting would result in a marriage of over 57 years.

Billy always wanted to own a boat, and shortly after they married they bought their first sailboat. Since neither one had experience sailing, they had many exciting adventures. Over the years they had many different types of sailboats, and they lived on the boats for extended periods of time in somewhat camp-like conditions. After Billy retired, they purchased a 50 foot motor boat where finally Beverly could enjoy those long stretches at sea in luxury. They sailed up and down the East Coast and the Chesapeake, but their favorite sailing spots were around the Bahama islands.

Beverly always kept very active. She played golf, tennis, taught line dancing, aerobics and ran half marathons. She also won several awards for ballroom dancing. One of her favorite activities was swinging from a Trapeze!!! She also loved to knit. Many of her friends were gifted with baby booties and her grandchildren and great grandchildren were gifted with blankets. Among her many volunteer activities, she helped found the Bethany Christian Services in Macon. She was also the Vice-President of the Chamber of Commerce and was very active in lobbying for bills on the state and national levels.

Beverly and Billy are slowly easing into life at Carlyle Place. Once they get settled, the plan on becoming more involved in all the activities Carlyle has to offer.



Billy using the Nu Step in the gym.



## New Resident

Written by Mary Dempsey



Meet **Ron Kirk** from Dunwoody GA, a suburb of Atlanta. Ron has lived at Carlyle for only a short time and says he has made more friends here then during his years in the Atlanta area. Ron barely contains his enthusiasm for his new home. He said, "I've loved Carlyle from day one. I've never felt so welcomed!"

Ron grew up in very close-knit family. He has two brothers in Florida. He said, "Hard to believe, but as adults we have never had an argument. We talk and visit often." Ron has a daughter living on the family farm in Taylor County Georgia.

Ron worked for CSX railroad retiring from that company after 40 years. His area of expertise was in freight damage prevention and claims. Following his retirement at

age 57, Ron entered the field of real estate investment, where he owned residential and warehouse properties in Warner Robins. He is in the process of liquidating the properties, ready to relax and enjoy life.

Ron is a man of many interests. He was at one time an avid hunter and fisherman. Now his interests include reading, business and history.

Ron shared a heartwarming story. During high school, he fell in love with Penny West. They were engaged with plans to complete college and marry, but plans fell apart when Ron left for college in Florida, where he met and married Bobria Bennett. They shared 47 years of marriage when Bobria passed away. Several years later, Ron received an email from Penny West, his high school love. They reconnected and married, sharing only one and 1/2 years together when Penny died. Four months prior to losing his wife, Ron had lost his stepdaughter. He has been rebounding from his losses. With his outgoing personality and positive attitude he will do well.

Ron is an interesting guy and a great conversationalist. His enthusiasm is catching! I hope you have the opportunity to get to know him. Welcome, Ron.



CP Barbies in pink



Canine Barbie



Rose Butler and friend, Barbie



## Celebrating January

**Hot Tea Month**

**Blood Donor Month**

**Brain Teaser Month**

**New Year's Day**

January 1

**Trivia Day**

January 4

**Step in a Puddle &  
Splash Your Friends Day**

January 11

**Dress Up Your Pet Day**

January 14

**Martin Luther King Jr. Day**

January 15

**Kid Inventors Day**

January 17

**Take a Walk Outdoors Day**

January 20

**Australia Day**

January 26

**National Seed Swap Day**

January 27

**Puzzle Day**

January 29



## Support Group

### Dementia Support Group

Thursday, January 25 · Act. Rm A · 1:30 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

## January Birthdays

Those born from January 1–19 are Capricorns, the Goat. As sure-footed goats climb mountains, Capricorns pursue worthwhile, non-frivolous goals by taking practical steps. If you were born between January 20–31, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. These energetic people have inquisitive minds and come up with creative solutions to problems.

Victor Borge (comedian) – Jan. 3, 1909  
 Sterling Holloway (actor) – Jan. 4, 1905  
 Charlie Rose (journalist) – Jan. 5, 1942  
 Kate Middleton (princess) – Jan. 9, 1982  
 Joe E. Lewis (comedian) – Jan. 12, 1902  
 Michelle Obama (first lady) – Jan. 17, 1964  
 Ann Sothorn (actress) – Jan. 22, 1909  
 Maria Tallchief (ballerina) – Jan. 24, 1925  
 Elmore James (guitarist) – Jan. 27, 1918  
 Jackie Robinson (ballplayer) – Jan. 31, 1919

## November 2023 Honorariums & Memorials

Donated to:

**Carlyle Place Residents Assistance Fund**

Donated by:

**Mary Dale & Don Kea  
Edward & Madeline Brewton**

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 478-633-6926 with questions. Postage paid envelopes for the purpose of memorial/honor gifts are available in the Carlyle Place main lobby near the elevator.

### Resident Assistance Fund

The *Resident Assistance Fund* and the *General Fund* were both **created and funded solely by the residents of Carlyle Place** from the very beginning. They were established to fill a gap in our security blankets.

Over the years, the *Resident Assistance Fund* has been used to help three of our residents who could not pay their fees due to no fault of their own. The *General Fund* has provided funds for a number of special projects that benefited our residents where no budgeted funds were available.

In short, "We take care of our own."

To find out more about these funds, please contact any *Development Committee Member* or *Macey Terrell*, 478-633-7890, at the Navicent Health Foundation. **Thank you to all who have already remembered our two special funds in your charitable giving.**

- Tom Holloman, Vice-Chair, Development Committee

### December's Employee of the Month: Charlie Perkins

December's Employee of the Month was Charlie Perkins. Charlie has worked at Carlyle Place for 22 years, as he is currently the only staff member to have been here since we opened. Charlie currently works as a cook in the Dining Department, but he has also spent some time in Dining in the Healthcare Neighborhoods.

Charlie grew up in Macon, GA. He states that in his free time he enjoys all things fishing, football, and watching tv.



When asked what he most enjoys about working at Carlyle Place, Charlie said that his co-workers are great to work with, along with talking with the residents when he gets a break from the kitchen. You can always find Charlie with a smiling face and telling a quick joke. His playful personality is a something that many here at Carlyle Place have witnessed. If you see him around be sure to congratulate him on being such a diligent worker.

## Take 3 for Wellness: Hyponatremia

Written by Tonya Wilson

Hyponatremia occurs when the concentration of sodium in your blood is abnormally low. This can be caused by certain medical conditions, some medicines you might be taking, or if you drink too much water. As a result of low sodium, the amount of water in your body rises and causes your cells to swell. This can lead to many different problems. Some of them are mild. Others can be serious and even life-threatening. Your blood sodium level is normal if it's 135 to 145. If it's below 135, it's hyponatremia. You may not have any symptoms if your hyponatremia is very mild. Hyponatremia signs and symptoms may include:

- Nausea and vomiting
- Headache
- Confusion
- Loss of energy, drowsiness and fatigue
- Restlessness and irritability
- Muscle weakness, spasms or cramps
- Seizures
- Coma

Sodium plays a key role in your body. It helps maintain normal blood pressure, supports the work of your nerves and muscles, and regulates your body's fluid balance. Many possible conditions and lifestyle factors can lead to hyponatremia, including:

Certain medications- Some medications, such as diuretics, antidepressants and pain medications, can interfere with the normal hormonal and kidney processes that keep sodium concentrations within the healthy normal range.

Heart, kidney and liver problems- Congestive heart failure and certain diseases affecting the kidneys or liver can cause fluids to accumulate in your body, which dilutes the sodium in your body, lowering the overall level.

Syndrome of inappropriate anti-diuretic hormone (SIADH)- In this condition, high levels of the anti-diuretic hormone (ADH) are produced, causing your body to retain water instead of excreting it normally in your urine.

Chronic, severe vomiting or diarrhea and other causes of dehydration- This causes your body to lose electrolytes

Drinking too much water- Drinking excessive amounts of water can cause low sodium by overwhelming the kidneys' ability to excrete water.

Hormonal changes- Adrenal gland insufficiency (Addison's disease) affects your adrenal glands' ability to produce hormones that help maintain your body's balance of sodium, potassium and water. Low levels of thyroid hormone also can cause a low blood-sodium level.

Hyponatremia treatment is aimed at addressing the underlying cause. For example, If you have moderate, chronic hyponatremia due to your diet, diuretics or drinking too much water, your doctor may recommend temporarily cutting back on fluids. He or she may also suggest adjusting your diuretic use to increase the level of sodium in your blood.



## Dining Tidbits

Written by Dan Powell

Management greatly appreciates the growing number of residents using the Kiosk to provide feedback on dining issues. Wendy shared at the December 2023 Dining Committee meeting that our community is the highest user of the kiosk system when compared to like organizations in the region. We do want to ask though that when you use a smiley face - please add comments to whichever face you use, especially when using the unhappy "Red" face. It really helps to understand why you have chosen that particular face and enables management to correct the issue.

Working together, the Dining Committee/management and Carlyle leadership with Navicent Hospital has obtained a lifesaving choking device for use in the Independent Life dining rooms. It is called Lifevac. Our Carlyle medical team will be training dining staff in how to properly use the device. It will be available in the dining rooms with the start of the new year. How to identify the need for the device and obtain trained personnel support will be provided in a future Have You Heard and Chronicle article.

I wanted you to know residents have given an overwhelmingly positive response to the new menu and always available dining items. In particular, it has been noted that residents who don't normally go to the salad bar and many using ambulatory aide devices have enjoyed ordering the new salads in lieu of going to the salad bar.

Dan Powell  
Dining Committee Chairperson Emeritus

### Worship in The Grande

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

**First Sunday – Navicent Chaplain**

**Second Sunday – Sam Rogers**

**Third Sunday – Paul Evans**

**Fourth Sunday – Fred Reese**

### December Employee Anniversaries

#### 1 Year

Lazora Curry  
Ry'Kerria Price  
Amiah Hogges  
Erica Walters

#### 2 Years

Mark Muir

#### 9 Years

Cheryl Gibbs

### Free Transportation to Stores:

#### Kroger

Every Wednesday · Depart Lobby at 9:30 am

#### Walmart & Publix

Alternating Wednesdays · Depart Lobby at 1:00 pm

## I SPY - January 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 always spreading positivity to everyone she meets! In her short time at Carlyle Place, Christine Stephens has made an impact on others with her by gratefully sharing her daily blessings and affirmations. She always has a warm smile and encouraging words for anyone she meets. Thank you, Christine, for shining your light at Carlyle Place.

## 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:	1/09	4/09	7/09	10/08
Library:	1/16	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

## December Birthdays

Elyene Thompson	1/2
Pat Casey	1/4
Paul Evans	1/11
Sue Tharpe	1/12
Valerie Carter	1/15
Diane Walcott	1/15
Dan Braun	1/19
Ruth Boyer	1/26
Jack Sanderson	1/29

### Carlyle-at-Home

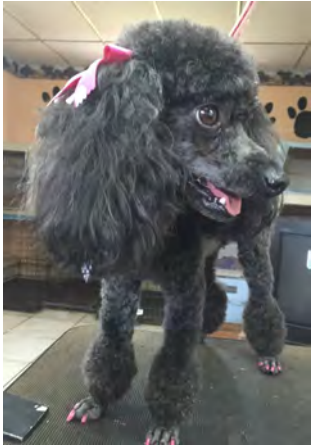
Bill Dunn	1/13
Ken Hall	1/19
Barry Sellers	1/22



Submitted by Hank Dempsey

## January's Pet of the Month: Gabby Degelmann

Written by Linda Degelmann



My name is Gabby. That's short for Gabriella. Although I am certified as a pedigree female miniature poodle, I come from humble beginnings. My mother was apricot. Her name was Olive Oil. My father was cream colored, and his name was Rusty Nail. One of my grandmothers was dark apricot and the other was silver. A grandfather, named JuJu Bean, had black hair. I obviously got my color genes from him.

People here at Carlyle know me as the "dog with pink nails." That's due to my human mother, Linda Degelmann, requesting groomers to paint my nails. On morning walks, mom allows me to indulge in the treats kindly offered at Resident Life.

Should you be curious about my age, calculating in human terms, I am approximately 74 years old. My mother surmises that "she and I are growing old together" ...although I don't feel "old." I suppose that's because my primary veterinarian prescribes a couple of kinds of arthritis meds.

Well, there is much more I could write. However, I want to end by expressing thanks to everyone for being so nice and friendly to me and my mother here at Carlyle. It's a great joy for us to have acquired many new friends, both canine and human, since moving here this summer.

## Tai chi may curb Parkinson's disease symptoms for years

Published by BMJ (October 24, 2023) Journal of Neurology, Neurosurgery and Psychiatry

Tai chi, the Chinese martial art that involves sequences of very slow controlled movements, may curb the symptoms and complications of Parkinson's disease (PD) for several years, according to recent research. Its practice was associated with slower disease progression and lower doses of required drugs over time, the findings show.

Previously published research suggests that tai chi eases PD symptoms in the short term, but whether this improvement can be sustained over the long term isn't known. In a bid to find out, the researchers monitored two groups of patients with PD from 2016 to 2021. One group of 147 patients practiced tai chi twice a week for an hour in a special class. The other group of 187 patients continued with their standard care, but didn't practice tai chi.

Disease severity was assessed in all participants at the start of the monitoring period, and disease progression, including increases in the need for medication, was monitored in November 2019, October 2020, and June 2021.

The extent of movement and other symptoms, such as mood, sleep quality, and cognition, and the prevalence of complications, such as mild cognitive impairment, hallucinations, and restless leg syndrome were also tracked.

Disease progression was slower at all monitoring points in the tai chi group. The number of patients who needed to increase their medication in the comparison group was also significantly higher than it was in the tai chi group: 83.5% in 2019 and just over 96% in 2020 compared with 71% and 87.5%, respectively.

Cognitive function deteriorated more slowly in the tai chi group, as did other non-movement symptoms, while sleep and quality of life continuously improved.

Falls, dizziness, and back pain were the three side effects reported by study participants, but these were all significantly lower in the tai chi group. While 23 people sustained a fracture, these all occurred during routine daily life and were fewer in the tai chi group: 6 vs 17.

The long-term beneficial effect [of tai chi on PD] could prolong the time without disability, leading to a higher quality of life, a lower burden for caregivers, and less drug usage," the authors conclude.



## Did You Know? New Years Edition

Article Published by History.com on December 4, 2023

Revelers began celebrating New Year's Eve in Times Square as early as 1904, but it was in 1907 that the New Year's Eve Ball made its maiden descent from the flagpole atop One Times Square. Seven versions of the Ball have been designed to signal the New Year.

The first New Year's Eve Ball, made of iron and wood and adorned with one hundred 25-watt light bulbs, was 5 feet in diameter and weighed 700 pounds. It was built by a young immigrant metalworker named Jacob Starr, and for most of the twentieth century the company he founded, sign maker Artkraft Strauss, was responsible for lowering the Ball.

As part of the 1907-1908 festivities, waiters in the fabled "lobster palaces" and other deluxe eateries in hotels surrounding Times Square were supplied with battery-powered top hats emblazoned with the numbers "1908" fashioned of tiny light bulbs. At the stroke of midnight, they all "flipped their lids" and the year on their foreheads lit up in conjunction with the numbers "1908" on the parapet of the Times Tower lighting up to signal the arrival of the new year.

The Ball has been lowered every year since 1907, with the exceptions of 1942 and 1943, when the ceremony was suspended due to the wartime "dimout" of lights in New York City. Nevertheless, the crowds still gathered in Times Square in those years and greeted the New Year with a minute of silence followed by the ringing of chimes from sound trucks parked at the base of the tower—a harkening-back to the earlier celebrations at Trinity Church, where crowds would gather to "ring out the old, ring in the new."

In 1920, a 400 pound Ball made entirely of wrought iron replaced the original. In 1955, the iron Ball was replaced with an aluminum Ball weighing a mere 150 pounds. This aluminum Ball remained unchanged until the 1980s, when red light bulbs and the addition of a green stem converted the Ball into an apple for the "I Love New York" marketing campaign from 1981 until 1988. After seven years, the traditional glowing white Ball with white light bulbs and without the green stem returned to brightly light the sky above Times Square. In 1995, the Ball was upgraded with aluminum skin, rhinestones, strobes, and computer controls, but the aluminum Ball was lowered for the last time in 1998.



Pictured here is the original 1907 Times Square New Years Eve Ball



For the 100th anniversary of the Ball Drop tradition, this updated ball was featured in 2007



Pictured here is the 2023 ball in one of the many colors it portrayed

# Top 5 Email Scam Subject Lines Right Now

Written by Craig Johnson | December 4th, 2023 | [clarkhoward.com](http://clarkhoward.com)

If you're not careful, criminals can rob you via your email inbox. In many cases, unsuspecting victims get lured in from the *email subject line*.

A recent report from KnowBe4, a security awareness training firm, shows some of the **email subject lines** that scammers are using most frequently to try to trick people out of their money and/or personal information. Here are the top phishing scam email subject lines that you need to look out for, according to KnowBe4.

## LOOK OUT FOR THESE SCAM EMAIL SUBJECT LINES

- 15% – “Possible Typo”
- 13% – “HR: Important: Dress Code Changes”
- 12% – “HR: Please Update W4 for file”
- 10% – “Adobe Sign: Your Performance Review”
- 9% – “HR: Vacation Leave Notice: Plan Your Time Off Now”

Of course, when it comes to emails, subject lines aren't the only thing you need to watch for. Money expert Clark Howard says you should always be cautious with emails that come from people or organizations you don't know. A lot of crooks employ a ruse called “phishing,” which is when they hide who they are by pretending to be someone or an entity you're familiar with.

Here's his #1 tip to spot an email phishing scam and what you should *not* do when you get one.

“Phishing emails will always contain a link to a website, or a toll-free number to call. Don't call, and never click the link — not even if it seems legitimate. Instead, go to the company's website,” Clark says.

If you're not sure that an email you've received is legitimate, do your due diligence and look up the sending company's official website yourself. Some things to look for include:

- Contact page: See if you can find the phone number and email address of a company representative. Reputable companies typically would have this posted online.
- About Us page: Read up on the company's business, history and other facts that would inform you.
- Look for the padlock icon in the address bar. This will indicate whether it's a secure site or not. And never enter your personal information into a link you received in an email.

## FINAL THOUGHTS

Crooks are trying to get you to click on things that will interest you and make you want to act on them. Stay vigilant by scrutinizing the emails in your inbox before you click on them. Criminals are targeting everyone from seniors and veterans to job seekers. Read our guide on how to spot a fake remote job listing.

## 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](mailto:Elizabeth.fletcher@atriumhealth.org).



## Carlyle at Christmas



Patricia Singleton, Linda Holloman & Elizabeth Wallace on dress like an elf day



Residents from Sun City at the Holiday Ball



Joanne Avant & Connie Eckles bundled up at Macon Pops



Frank Wrigley enjoys Open House at the Coughlin home



Dorothy Reed and Santa at the Employee Gift Fund Party



JoAnne Dankel-Dobbs & Leslie Morris win the contest



Jane Cogswell, Janice Mahoney & Anne Sarber