

The Carlyle Chronicle

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Digital Activity Sign Ups Are Coming in May!

Residents have been asking for a way to sign up without going to or waiting in line for the Activity Book in the Post Office area, and your wish is our command! Beginning in May, all activities for which you would normally sign up in the book will be available for registration on the Touchtown App.

Resident Life will spend the month of April troubleshooting the new system and preparing to roll it out to you on April 26, the date May's sign up sheets would normally be placed in the Post Office area.

You won't have to be super tech savvy or own a smart phone to sign up on the App. Be sure to attend one of our Activity Sign Up Training Sessions on either Wednesday, April 17 at 4 pm in the Grande, or on Friday, April 26 at 10 am in the Grande. It is at one of these sessions that you will see just how easy it will be!

Members of the Programming Committee and RAC will be well versed in the new sign up process and will also be able to help answer your questions once the sign ups go live on Friday, April 26.



touchtown

Recurring Activities

Happy Hour

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

5:00 - 7:00pm · The Pub

Starting April 6, the Pub will be open on Saturdays as a trial for the month of April.

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.

Pub Trivia

2nd 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. Sign up on the back of the Activity Sheet if you are in search of a team to join.

Coffee & Conversation

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 Atrium Health Levine Children's Beverly Knight Olsen Children's Hospital.

Communions

Episcopal - Mon., April 1 - Act. Rm A · 10:00 am

Presbyterian - Sun., April 7 - Act. Rm A · 2:30 pm

Everyone is welcome, whether you are Presbyterian or not.

Episcopal - Thurs., April 18 - Act. Rm A · 10:00 am

Methodist - Thurs., April 18 - Act. Rm A · 1:00 pm

Catholic Mass

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

BUMs Breakfast

Saturday, April 20 · 8:30 am · The Grande

Robert Dickey of Dickey's Farm will be speaking at this monthly men's only breakfast.

Out & About

Walk at Oconee River Greenway & Boxed Lunch

Thursday, April 4 · Depart Lobby at 9:00 am
Patti and Cele will lead you on a spring walk in Milledgeville along the Oconee River where you will be able to walk at your own pace and enjoy a picnic lunch prepared by Carlyle Place Dining.

Volunteer at Backpack Ministry

Friday, April 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.

Macon Rocks with Macon Pops at Middle Georgia College & State University

Friday, April 5 · Depart Lobby at 6:45 pm

Join us as Macon Pops performs the best hits from legendary classic rock bands. Sing along, reminisce, and let the music transport you to the golden era of rock 'n' roll! Food & drinks are available to purchase or you are welcome to bring your own. Ticket is required.

First Sundays on the Fisk: Gregory Hamilton at Christ Church

Sunday, April 7 · Depart Lobby at 5:00 pm

This concert will be performed by Gregory Hamilton, Director of Music and Organist at St. Joseph Catholic Church in Macon, GA.

Fabian Concert Series

Tuesday, April 9 · Depart Lobby at 6:45 pm

Amy Schwartz Moretti, violin, Sihao He, cello, & Jeewon Park, piano will be performing for this event. Ticket is required.

Harlem Globetrotters at the Centreplex

Wednesday, April 10 · Depart Lobby at 6:15 pm

Don't miss your chance to see the world-famous Harlem Globetrotters global tour. Watch the Globetrotters LIVE as they dribble, spin, slam, and dunk their way past the Washington Generals! Ticket is required & are mobile only.

MT Nails

Thursday, April 11 · Depart Lobby at 9:45 am

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

Macon Concert Association:

Lenora Green, Soprano at Pierce Chapel

Thursday, April 11 · Depart Lobby at 6:30 pm

Vocal artist & opera singer, Dr. Lenora Green-Turner, a Macon native, performs at Pierce Chapel. Ticket is required.

Out & About

Boeing Boeing at Macon Little Theatre

Thursday, April 11 · Depart Lobby at 7:30 pm
This 1960's farce features French lothario Bernard, who has Italian, German, and American fiancées, each an airline hostess with frequent "layovers." He keeps "one up, one down, and one pending". Ticket is required.

Ingleside Baptist Art Display & Coffee Shop/Bookstore

Friday, April 12 · Depart Lobby at 9:00 pm
This outing will take you to Ingleside Baptist Church to view their second floor art gallery. While there, you can grab a coffee and shop in the book store.

Mercer Jazz Ensemble: Things Ain't What They Used to Be

Friday, April 12 · Depart Lobby at 6:45 pm
Under the direction of Dr. Monty Cole, the Mercer Jazz Ensemble explores the many shades of the Blues.

Music & the Arts: Atlanta Concert Ringers at Vineville United Methodist Church

Sunday, April 14 · Depart Lobby at 3:15 pm
The Atlanta Concert Ringers, handbells performance group, will perform at this free event.

Macon-Mercer Symphony Orchestra at Grand Opera House

Monday, April 15 · Depart Lobby at 6:45 pm
Jeff Turner will be the conductor at this season finale for all to enjoy. Ticket is required.

Rooted Service at Christ Church

Tuesday, April 16 · Depart Lobby at 5:00 pm
All are invited to come as you are, bringing your full self to this collective experience where you will encounter the Divine through music, prayer, and community. By praising God together, we pray that we might be rooted in the Good News of God in Jesus Christ as we welcome the Holy Spirit in our midst.

Orchestre National Auvergne-Rhone-Alpes at Pierce Chapel

Wednesday, April 17 · Depart Lobby at 6:30 pm
Enjoy this free performance with selections by Wolfgang Amadeus Mozart, Joseph Haydn, & Béla Bartók.

Shopping at Dillard's

Thursday, April 18 · Depart Lobby at 1:00 pm
Enjoy an afternoon of shopping at Dillard's in the River Crossing Shopping Center.

Buc-ee's & Houston County Friends of the Library Book Sale/Lunch

Friday, April 19 · Depart Lobby at 9:00 am
Take a trip to Perry, GA to attend the book sale with a stop at Bucc-ee's along the way. While there, we will have lunch.

Sail on Dinner & Show at Methodist Home for Children

Saturday, April 20 · Depart Lobby at 5:30 pm
This Beach Boys Tribute features a live performance of songs along with a BBQ dinner. Wear your "Beach Boys" themed attire or just come as you are to enjoy the fun! Ticket is required.

Six at the Fox Theatre in Atlanta

Sunday, April 21 · Depart Lobby at 3:15 pm

Choral Evensong at Christ Church

Sunday, April 21 · Depart Lobby at 5:00 pm
All are invited and welcome to Choral Evensong. We will celebrate Easter and Good Shepherd Sunday in our last Evensong of the season. Come celebrate the triumphant resurrection of Jesus Christ through word and music!

Beyond Utopia at Douglass Theater

Tuesday, April 23 · Depart Lobby at 6:45 pm
A suspenseful, riveting portrait of the lengths people will go to gain freedom, Beyond Utopia follows various families as they attempt to flee North Korea, a land they grew up believing was a paradise. Winner of Sundance and Sydney Film Festivals.

Trio Montage: Voice, Clarinet & Piano at Fickling Hall

Tuesday, April 23 · Depart Lobby at 6:45 pm
Enjoy this performance by Marguerite Levin, Phillip Collister, and Timothy McReynolds at Fickling Hall.

Dinner at Grits

Sunday, April 24 · Depart Lobby at 4:30 pm
Take a short trip to Forsyth, GA for a delicious dinner at Grits.

Back to Tara Museum in Jonesboro

Thursday, April 25 · Depart Lobby at 8:30 am
View many archives from the movie Gone with the Wind .

Choral Society: Maurice Durufle's Requiem at Mulberry Street United Methodist Church

Sunday, April 28 · Depart Lobby at 3:15 pm
Tender, meditative, and reaching deep into the heart of a requiem mass (mass for the dead) describe a piece considered one of this composer's greatest compositions. Ticket is required.

In-House Events

Back to White Happy Hour

Monday, April 1 · 5:00 pm · The Pub

Easter has passed, now we celebrate wearing white pants and shoes again! Done your favorite white summer outfit for this happy hour.

Healthcare Tour

Thursday, April 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.

Cherry Blossom Queen, Remie Heide

Friday, April 5 · 4:00 pm · The Grande

The 2024 Cherry Blossom Queen, Remie Heide, a Junior at Northside High School in WR who currently studies voice at Mercer University, will showcase her singing talent.

Tech Tutoring with Corie

Mondays in April · 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 occur on Monday, April 1.

Tech Tutoring with Caleb

Fridays in April · 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.

Meet & Greet with Celena Williams

Monday, April 8 · 7:00 pm · The Grande

Join us in the Grande to hear Celena Williams discuss her book. A long time and favorite caregiver at Carlyle Place, Celena is a member of the New Community Life Church in Dry Branch, GA. She serves as a Chaplain with the Twiggs County Sheriff's Office, is owner of Fruit of Her Hands Gift Shop in Jeffersonville, GA, was a past President of the Pilot Club of Macon., and has been a private caregiver for 27 years and counting.

Zentangle Basics: Art Introduction Class with Rhonda Koplin

Wednesday, April 10 & 24 · 2:00 pm · Back Room Studio

Zentangle is an easy-to-learn, relaxing and fun way to create images. If you can print your name, you qualify to enjoy an introductory class to learn the Zentangle Method. Learn the basics of the Zentangle art form to create images by drawing structured patterns, One Stroke at a Time. All supplies included and led by a Certified Zentangle Teacher. Want to know more? Check out Zentangle.com

Tax Day Pain Killer Happy Hour

Monday, April 15 · 5:00 pm · The Pub

Celebrate the excitement of tax season ending with this Pain Killer Happy Hour!

Activity Sign-up Training

Wednesday, April 17 · 4:00 pm · The Grande

Friday, April 26 · 10:00 am · The Grande

Join Cele as residents learn the ins and outs of the new online signup process through your TouchTown app.

Westfield Upper School Chorus

Thursday, April 18 · 10:30 am · The Grande

The Upper School Chorus from The Westfield School in Perry will feature music that served a critical role in affecting the morale of our nation and shared experiences of Americans during times of war. Much of this music served to energize the home-front and sustain those on the front line. The program will include familiar favorites.

Chair Volleyball

Thursday, April 18 · 3:00 pm · The Grande

Bring your competitive spirit and be prepared to laugh until your sides hurt! No skill necessary.

BINGO

Thursday, April 25 · 3:00 pm · The Grande

Bring your correct change to "rent" BINGO cards for cash winnings. Each BINGO card rents for \$1. Four games will be played. Please bring small bills.

Dance Party

Friday, April 26 · 7:00 pm · The Grande

Enjoy a fun evening dancing (or spectating) with Darrel and Teri Carter and other members of USA Dance at this party. Refreshments will be served.

Jack Harrington Performs on Piano

Sunday, April 28 · 3:00 pm · The Grande

Susan Mincey's piano student, Jack Harrington, a 17-year old student at Stratford and Margaret Ann Carswell's grandson, will perform on the piano. Refreshments will be served.

Arts & Crafts: Paint by Number

Monday, April 29 & 30 · 2:00 pm · Activity Room A

You don't have to be an artist to paint these pictures - your canvas has your subject matter already laid out for you!

Pizza Party Happy Hour

Tuesday, April 30 · 5:00 pm · The Pub/Grande

You have been asking for pizza so we are providing it! Join us for this special Happy Hour where we will serve a variety of Marco's pizza from the Grande.

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 8:30 am
 Instruction: Thursdays at 8:30 am
 Pickleball will not occur on Monday, April 18

Poker

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

BYOP (Bring Your Own Project)

1st, 2nd, 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

Wednesdays • Group Fitness Rm • 4 pm

Joker

Tuesdays • The Pub • 7:00 pm
 Wednesdays • East Wing Game Rm • 2 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 Wednesdays • 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

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, April 2 • Activity Rm A • 1:30 pm
 No experience is necessary and no supplies are needed. Come chat and learn adult coloring techniques with special seasonal projects with Debra Collins.

Paper Crafting Workshops

April 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.

Book Club

Thursday, April 11 • Activity Rm A • 11:30 am
 The Storied Life of A.J. Fikry by Gabrielle Kevin (2022)

Pondering the Story with Elaine Davies

Mon., April 15 • Admin Conf Room • 2:30 pm
 John 21: Breakfast on The Beach

Ladies Luncheon

Thursday, April 18 • Seasons Dining • 11:30 am

Lunches for Loaves & Fishes

Monday, April 22 • Activity Room A • 2:30 pm

Democrats Luncheon

Tuesday, April 23 • Seasons Dining • 11:30 am
 Contact Leslie Morris to RSVP: 478-491-1731



Residents gather for Jo Banks birthday lunch

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

Take 3 for Wellness: Chronic Kidney Disease

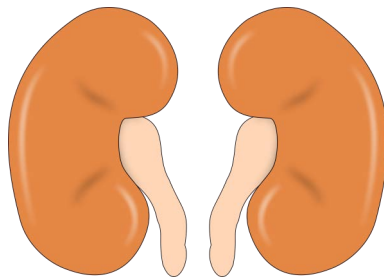
Written by Tonya Wilson

There are 26 million American adults who have Chronic Kidney Disease (CKD) and millions of others are at increased risk. The major function of the kidneys is to remove waste products and excess fluid from the body. But, they also: remove drugs from the body, release hormones that regulate blood pressure, produce an active form of vitamin D, control the production of red blood cells, regulate the body's salt, potassium and acid content, and produce hormones that affect the function of other organs.

Chronic kidney disease includes conditions that damage your kidneys and decrease their ability to keep you healthy. If kidney disease gets worse, wastes can build to high levels in your blood and make you feel sick. You may develop complications like high blood pressure, anemia, weak bones, poor nutritional health, nerve damage and increases your risk of having heart and blood vessel disease. The two main causes of chronic kidney disease, which are responsible for up to two-thirds of the cases are diabetes and high blood pressure. Hypertension causes CKD and CKD causes hypertension.

Signs and symptoms of chronic kidney disease develop over time if kidney damage progresses slowly. Depending on how severe it is, loss of kidney function can cause:

- Nausea
- Vomiting
- Loss of appetite
- Fatigue and weakness
- Sleep problems
- Urinating more or less
- Decreased mental sharpness
- Swelling of feet and ankles
- Muscle cramps
- Dry, itchy skin
- High blood pressure (hypertension) that's difficult to control
- Shortness of breath, if fluid builds up in the lungs
- Chest pain, if fluid builds up around the lining of the heart



Signs and symptoms of kidney disease are often nonspecific. This means they can also be caused by other illnesses. Because your kidneys are able to make up for lost function, you might not develop signs and symptoms until irreversible damage has occurred.

Anyone can get chronic kidney disease at any age. However, you may have an increased risk for kidney disease if you: have diabetes, high blood pressure, heart disease, a family history of CKD, if you smoke, are obese or if you are over the age of 65. It is also more common in the African American and Hispanic population. If your doctor suspects CKD, he may order blood tests, urine tests and imaging to confirm the diagnosis.

CKD has no cure, but the earlier kidney disease is detected, the better the chance of slowing or stopping its progression.

April Movies:

Matinee: Maestro

R · 2023 · Biography/Drama · 2h 9m
Saturday, April 6 · 2:00 pm

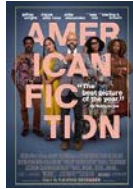
This love story chronicles the lifelong relationship of conductor-composer Leonard Bernstein and actress Felicia Montealegre Cohn Bernstein.



American Fiction

R · 2023 · Comedy/Drama · 1h 57m
Saturday, April 6 · 7:00 pm

A novelist who's fed up with the establishment profiting from Black entertainment uses a pen name to write a book that propels him into the heart of the hypocrisy and madness he claims to disdain.



Matinee: Killers of the Flower Moon

R · 2023 · Crime/Drama · 3h 26m
Saturday, April 13 · 2:00 pm

When oil is discovered in 1920s Oklahoma under Osage Nation land, the Osage people are murdered one by one - until the FBI steps in to unravel the mystery.



Nyad

PG-13 · 2023 · Biography/Drama · 2h 1m
Saturday, April 13 · 7:00 pm

A remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida.



Anatomy of a Fall

R · 2023 · Crime/Drama · 2h 31m
Saturday, April 20 · 7:00 pm

A woman is suspected of murder after her husband's death; their half-blind son faces a moral dilemma as the main witness.



The Zone of Interest

PG-13 · 2023 · Drama/History · 1h 45m
Saturday, April 27 · 7:00 pm

Auschwitz commandant Rudolf Höss and his wife Hedwig strive to build a dream life for their family in a house and garden beside the camp.



Thank You for the Dog Biscuits

Written by Teddy Sheil

I loved your homemade biscuits!!!!!!

*Biscuits, biscuits I love biscuits,
Any size and any shape.*

*Round or square, big or small,
I don't care what you bake.*

*Every day I have a mission
To take my mommy not too far.*

*Down to Resident Life we go,
My destination is the biscuit jar.*

*Here are some dates f
For you to keep in mind.*

*Just remember, your yummy
biscuits you can bake any time.*

January 14 - Dress Up Your Dog Day

February 23 - Homemade Dog Biscuit Day

March 3 - If Dogs Had Thumbs Day

April 27 - National Little Pampered Dog Day

May 5 - National Dog-Mom Day

June 21 - Dog Party Day

July 6 - International Dog Kissing Day

August 5 - Work Like A Dog Day

Sept. 8 - National Hug Your Hound Day

October 21 - National Fetch Day

Nov. 1- National Cook For Your Dog Day

December 2 - National Mutt Day

Your faithful dog biscuit lover,

Teddy Sheil

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

Allison Lee
Apartment 3002

Free Transportation to Stores:

Kroger

Every Wednesday · Depart Lobby at 9:30 am

Walmart & Publix

Alternating Wednesdays · Depart Lobby at 1 pm

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: Ann Meia
1st Wednesday · 10:00 am · Admin. Conf. Rm

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

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

Marketing Chairperson: Kathleen Sheil
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 Mary Dempsey



Mike and Rita Hale may be new to Carlyle, but not new to Georgia. They spent 16 years right here in Macon. During their 62 year marriage they have traveled, moved several times, lived in Europe, had exciting careers, and raised a family. Now they have come full circle, and returned to Macon.

Mike is a West Point graduate. He received his MS degree from the University of Virginia and an MBA from Boston University. He was commissioned as Second Lieutenant Infantry in 1961 and served his country through 1982, retiring as a full colonel.

During his Army career, he fought with the 2 Bn, 18th Inf, First Infantry Division in Vietnam, served as an instructor, Department of Physics, USMA, West Point, served in War Plans Division on the Army Staff, Pentagon and commanded 4th Bn, 6th

Infantry in Berlin Germany. Following retirement, he joined Governor Bob Graham's administration as Deputy Secretary, Department of Labor for the state of Florida. He later joined Governor Zell Miller's administration in Atlanta as Executive Director of the Information Technology Policy Council. Mike moved on to join Macon State College as Technology Director of the new Warner Robins campus.

Rita received a BA degree in education from Florida State University where she was an active member of Kappa Alpha Theta sorority. Her career, along with mothering three children, was in education where she taught English as a second language in a number of military assignments including five years in Germany. While in Berlin, Rita was known as soccer commissioner as she was the force for bringing soccer, a nearly unheard of sport, to the children of Berlin. After Mike's retirement in 1982, the family lived in Florida, where Rita was County Chair and Executive Assistant to Senator Bob Graham. Following a move to Atlanta, she was Legislative Aide and Executive Assistant to Representative Kathy Ashe in the Georgia House of Representatives.

Rita and Mike's daughter, Kimberly, is a social worker in North Carolina, son Mike is an Atlanta attorney and son Tony is an actor in Los Angeles. Mike comes from an entertainment family and son Tony has followed in his grandfather's footsteps. Tony's grandfather performed in operas across Europe and later joined New York's Earl Carroll Vanities, a Vaudeville company performing on Broadway. Tony has won three Emmys, including 2 for best supporting actor in a comedy in the HBO series, VEEP and a third for Disney Children's Series, The Mysterious Benedict Society. He recently co-starred with Beyoncé in this year's Verizon Super Bowl ad.

Rita and Mike are settled in apartment 2124. Mike has joined the Choristers and the couple has become active in the Care Ministry of Martha Bowman Methodist Church.

We are happy that after visiting several CCRCs, the Hales have chosen to call Carlyle home. Welcome!

New Resident

Written by Kathleen Sheil



Ron and Mary Freeman, a gracious and charming couple, joined the Carlyle family in November. They have both lived in Macon for most of their lives.

Ron attended the University of Georgia, the Medical College of Georgia followed by a Surgery Residency at Charlotte Memorial and Plastic Surgery at St. Louis University. Ron served in the US Air Force for two years. He was stationed in Colorado Springs and Vietnam. In Vietnam, he was assigned to care for civilian war casualties. He returned to Macon and started a very successful practice. He was on staff at all three local hospitals. Ron worked for almost 50 years as a reconstructive, plastic, and cosmetic surgeon. Following the closure of his private practice, he was hired by Atrium to serve in a part-time capacity to provide Reconstructive Surgery for cancer patients.

Mary attended the Medical College of Georgia earning a Bachelor of Science in Nursing. She later attended Mercer University to obtain a Master's degree in Business. She used her education as Director of Surgical Services and later as Vice President at the Medical Center of Central Georgia, now Atrium. She attended many meetings when discussions of creating Carlyle Place first began. She thought it was a tremendous vision for the hospital to have. Mary said at that time, "I am going to live there one day."

Ron and Mary met while working at the Medical Center of Georgia. They have been married for 38 years. Ron has two sons, seven grandchildren, and seven great-grandchildren. Ron and Mary are active members of the Catholic Community in Macon.

In retirement, Ron and Mary were involved in the Macon Volunteer Clinic. Mary as a Clinical Nurse and Ron as a Board Member.

They love to travel and Ron's profession took them to Plastic Surgeon Conferences worldwide. They continue to travel in retirement. They also enjoyed boating. For many years they spent their weekends traveling the Intercoastal Waterways. As they got older they preferred to be on dry land. They now have a condo in Shelter Cove, Hilton Head Island, where they visit frequently. They also enjoy their mountain cabin on Hurricane Ridge in Clyde, NC.

Ron loves to garden. Their choice of location at Carlyle focused on having a natural garden space that Ron could create and maintain. They have many dear friends at Carlyle. For many years they participated in a Supper Club in Macon which Carolyn Crayton created. Several members of that Supper Club are now living in Carlyle, including Carolyn, Jean Bragg, Susan McDuffie, and Don Miller.

Ron and Mary desire to be involved at Carlyle and to use their areas of expertise to support the community. They are a wonderful addition to our Carlyle Family and we will all benefit from their warm and generous spirit of giving.

New Resident

Written by Paula McGlamery & Jane Winston



Paula McGlamery moved to Macon from Memphis, Tennessee 16 years ago. She moved to Carlyle Place, second floor, West Wing, nearly one year ago. She was born in Memphis and attended Agnes Scott in Decatur, GA, but became a Gamecock and graduated from the University of South Carolina, Columbia, SC with a major in International Studies. Her interest in international studies began when she spent one summer as an exchange student in Italy. She lived on beautiful Lake Como and traveled around the country with her Italian host family.

Paula graduated from USC and attended graduate school at Richmond Seminary. She married and lived in Memphis while he was in medical school. After his graduation they were sent by the Navy to Guam in the middle of the Pacific Ocean next to

the crescent-shaped Mariana Trench which is the deepest oceanic trench in the Pacific Ocean. They found life on Guam interesting even though it is just eight miles by 23 miles. There was an Air Force base on Guam as well the Navy base. They were there during the Vietnam war. They traveled widely in many countries for two years to include a trip to Hong Kong. During their tour on Guam, President Nixon went to China to negotiate opening China to westerners and western companies. Their son, Matthew, was born while they were there.

Paula, her husband and baby Matthew returned state-side to Memphis to live and work. Paula was a teacher and taught migrant workers' children. "This was quite a challenge for a new teacher, but is now a dear memory of helping those that I could help. I was born to teach. I even played being a teacher as a young child. In my bedroom I set up a black board and lined up my stuffed animals to teach them to read."

Eventually Paula and her husband retired and moved to Macon to live near their daughter, her husband and three children. Their other daughter graduated from Samford, lives in Birmingham and directs the Crisis Center there. Their son, Matt, lives in Bologna, Italy with his Italian wife and their three children. They are both professors at the University of Bologna.

Their daughter and her family moved away from Macon to Arlington, GA, but they decided they liked Macon and stayed here. Arlington is nearby, so they enjoyed being a part of the grandkids growing up. One granddaughter is a junior at Mercer; one just got married, and the third, a grandson, is attending South Georgia Academy in Arlington. "They were home-schooled for several years which we enjoyed helping with. I also enjoyed teaching adults to read and do math through the years."

Paula moved in Carlyle Place in June. She's almost at the end of selling her extra home items and selling her house. Paula has always admired Carlyle Place's respected position in the community, and she is glad to be part of this delightful residence.

Celebrating April

Lawn and Garden Month

Humor Month

Welding Month

Laugh at Work Week

April 1–7

National Volunteer Week

April 21–27

Peanut Butter and Jelly Day

April 2

World Rat Day

April 4

Teflon Day

April 6

National Gardening Day

April 14

Take a Wild Guess Day

April 15

Earth Day

April 22

Talk Like Shakespeare Day

April 23

International Jazz Day

April 30

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

April Birthdays

If you were born between April 1–19, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence give them big, outgoing personalities. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they like to reward themselves for a job well done.

Emmylou Harris (musician) – April 2, 1947

Marlon Brando (actor) – April 3, 1924

James D. Watson (scientist) – April 6, 1928

Jackie Chan (actor) – April 7, 1954

Beverly Cleary (author) – April 12, 1916

Queen Elizabeth II (royalty) – April 21, 1926

Barbra Streisand (entertainer) – April 24, 1942

Kelly Clarkson (singer) – April 24, 1982

Jay Leno (comedian) – April 28, 1950

Duke Ellington (pianist) – April 29, 1899

**In 3 years we went
from not being able to
find toilet paper to
not being able to
afford it. 😭**

Submitted by Holly Ertel

February 2023 Honorariums & Memorials

Donated in Memory of:

Jack Boyer

Connie Eckles

Bob Perry

Bebe Reichert

Bobby Tharpe

Harold Young

Pearl Ham Cooper

Donated by:

Tom & Carol Goings

Dr. Herb Greenwald

Hank & Mary Dempsey

Pougie Bowen
Dr. Herb Greenwald

Tom & Carol Goings

Dr. Herb Greenwald

Virgil Cooper

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.

Thank You To Our Carlyle Family

Thank you to everyone in our wonderful Carlyle Place Family for your enthusiastic participation in our effort to bring awareness to our Resident Assistance Fund. We thank you for your support and generosity.

Almost every Continuing-Care-Retirement-Community boasts that a resident will never have to leave due to financial difficulties. But very few communities have a stand-alone, resident-funded and resident-managed account to protect their friends and neighbors.

Carlyle Place is proud to have our Resident Assistance Fund. The health of our Resident Assistance Fund is a reflection of our loving and caring community spirit. We have focused on growing this important fund to compensate for the unknowns in our financial world of inflation and market fluctuations.

The Development Committee will now contact all new residents eight to ten months after arrival to ensure that they, too, have the information and the opportunity to include our charitable funds into their estate planning.

A sincere thank you from the Development Committee. We are a committee that secures the future through the Resident Assistance Fund and helps support a fun lifestyle through the General Fund. We take care of our own. Thank you.

Tom Holloman, Vice-chair, Development Committee

Office of the Secretary of State
Elections Division



2024 ELECTION CALENDAR AND HIGHLIGHTS

While comprehensive, not all events are listed. The purpose of this calendar is to provide information on deadlines for election activities. When the last day for the exercise of any privilege or discharge of any duty fall on a Saturday, Sunday, or legal holiday, the next succeeding business day shall be the last day to exercise such duty. O.C.G.A. § 21-2-14.

Click the link to access [O.C.G.A. TITLE 21 – ELECTION CODE](#)

ELECTION	ELECTION DATE	ADVANCE VOTING DATES	REGISTRATION DEADLINE
Presidential Preference Primary (PPP) Special Election - County/Municipal Contests	March 12, 2024	February 19 – March 8	02/12/2024
Special Election Runoff For Local Offices	April 9, 2024	As soon as possible, but no later than April 1 – April 5	02/12/2024
General Primary / Nonpartisan Election	May 21, 2024	April 29 – May 17	04/22/2024
General Primary / Nonpartisan Runoff	June 18, 2024	As soon as possible, but no later than June 10 – June 14	04/22/2024
General Runoff for Federal Offices			05/20/2024
General Election	November 5, 2024	October 15 – November 1	10/07/2024
General Runoff	December 3, 2024	As soon as possible, but no later than November 25 – November 27	10/07/2024
General Runoff for Federal Offices			11/04/2024

Around Carlyle



Emily Bredeson celebrating her birthday in pink



Residents playing chair volleyball

Cherry Blossom Festivities



Susan Bankston & residents doing the Bunny Hop at the Cherry Blossom Gala



Ruth Boyer & Nell Flatau at Craft Class

Pump it for Parkinson's

Thursday, April 11th · Exercise equipment room

The National Institute for Fitness & Sport in partnership with NuStep is raising awareness on the benefits of exercise for individuals with Parkinson's. Sign up for a 10 minute time slot and keep track of the number of steps you complete. Our goal is to exceed 30,000 steps in one day! Be sure and let Patti or Jai know how many steps you complete.

Sign up in Resident Life for your time slot.

March Employee Anniversaries

1 Year

Jessica Paul
Sinatra Clover

2 Years

Troy Cannaday
Wanda Miller
Aisha Waters

6 Years

Vicki Watson

8 Years

Elvira Brown

10 Years

Cathy Jones

14 Years

Linda Hayes

16 Years

Latonia McDonald

20 Years

Melinda Newland



Support Groups:

Stroke Support Group

Thursday, April 4 · Hallway Conference Rm · 2:00 pm

Dementia Support Group

Thursday, April 25 · Activity Room A · 1:30 pm

I SPY - April 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" would like to recognize a lady who has been quite an inspiration on this campus for more than 14 years! Betty Smith has participated in numerous committees and activities and she continues to find ways to support our campus. Betty was instrumental in the Puzzle program at Carlyle Place. She devised a schedule of rotation to keep puzzles moving throughout the various wings and floors so that residents had an assortment to choose from for completion. In addition to her puzzle efforts, Betty continues to be involved in the Renaissance Center through her exercise pursuits, and in the Healthcare neighborhoods bringing cheer to those she sees. Thanks, Betty, for all you have done and for all you continue to do!

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:	5/14	8/13	11/12
Marketing:	5/28	8/27	11/26
Dining:	6/11	9/10	12/10
Programming:	6/25	9/24	12/31

April Birthdays

Jo Ann Dankel-Dobbs	4/5
Dick Manwaring	4/9
Edyth Snow	4/9
Barbara Wommack	4/10
Virginia Holloway	4/14
Beverly Meadors	4/16
Barbara Scully	4/18
Carlee Davies	4/19
Linda Faulk	4/21
Bonita Braun	4/24
Sandy Knapp	4/26
Gail Young	4/28
Carolyn McInerney	4/29
Don Kea	4/30

Carlyle-at-Home

Rebecca Markwalter	4/2
Mike Dodd	4/25



Submitted by Jane Winston

April's Pet of the Month: Soffie Andersen



Hi everyone! My name is Soffie, and I live in the South Wing with my parents Roger & Linda Andersen. I am a 3 1/2 year old Mini Double Doodle who had 12 litter mates. My parents got the first pick of my litter, and when it came time to choose they felt as though I chose them. I thought we would be a perfect match, and we are! Before getting me, my parents were debating on what size dog to bring home. My dad, wanted a bigger dog, and mom wanted smaller. In the end they compromised and got me, right in the middle.

When I went to training camp they awarded me with Dogster ice cream cones, and since then I expect to have one every night at 9 pm sharp. Although my parents do not give in to my wants of this every night, I do get these delicious treats on occasion and enjoy them very much as I hold the cone in between my paws while I lay and savor it. Every dog really should try them, they are addicting!

I am a lover of all other dogs and humans. I do ask that everyone gets my permission before walking through the South Wing parking lot, as I believe that I own this area. If you see me around, be ready for a sweet hug from me. I just can't contain my excitement when I get to meet new friends!

Library News

From aliens to Zeta-Rays...you can read all about it! The library has a dedicated bookcase with a growing number of science fiction books thanks to donations from Tom Holloman and Harold Reed. Pick up one of these novels and escape to other worlds, visit with aliens, dabble in genetic engineering, or time travel.

If you never experienced this literary genre, visit the Veranda Library. Let Isaac Asimov, Arthur C. Clark, Robert A. Heinlein, and other authors take you into the world of undiscovered scientific possibility.



Kate Williams's original Japanese hand painted kites in the Art Gallery

Carlyle 5K

Monday, April 15th . 8:45 a.m.
Front Entrance/Lobby

For the past 6 weeks, residents have been training with Patti and Jai to walk a 5K. You are welcome to walk, even if you were not officially in the training program. Come and walk a mile or two, and maybe you will walk 3.1 miles! Please see Patti or Jai if you have any questions.

Laughter is the Best Medicine

Written by Joan Anderson

For the month of April, the Carlyle Library Committee is highlighting books by two humorous Georgia authors in the Parlor Library. Lewis Grizzard and Bill Boyd are well known authors - one born in Georgia and one a transplant.

Lewis Grizzard was born at Fort Benning, GA in 1946 and died in Atlanta in 1994. He is known for his Southern demeanor and commentary on the American South. Although he started his career as a sports writer for the *Atlanta Journal*, he is best known for his humorous newspaper columns and as a popular stand-up comedian and lecturer.

You might remember him as Clayton Sugarbaker – the brother of Julia and Suzanne Sugarbaker in the television show *Designing Women*. The Lewis Grizzard Museum, featuring his personal and professional effects is located in Moreland, Georgia.

His books in the Carlyle Place Library include: **Won't You Come Home, Bill Bailey?; They Tore Out My Heart and Stomped That Sucker Flat; If Love Was Oil, I'd Be a Quart Low; My Daddy was a Pistol and I'm A Son of A Gun; Elvis is Dead and I Don't Feel So Good Myself.**

Bill Boyd was from Oklahoma but fell in love with Georgia and the southern culture. After serving in various locations while in the Marines, "I put down some roots when I retired in 1973, and, for more than 25 years have lived in the same town.... In Macon, Georgia, I have indeed grown fat (like a hibernating grizzly bear), dumb (like a fox), and happy (like a bullfrog under a drippy faucet on a hot summer day)." A columnist for the Macon Telegraph for 25 years, Bill's over 33,500 columns earned him over 20 writing awards.

Bill's books in the Carlyle Library include: **Moon Pies and Muley, Ol' Boyd – Just Plain Good Reading, and Fat, Dumb and Happy Down in Georgia.**

Pub Trivia

Tuesday, April 9 · 4 pm · The Pub

Pub Trivia occurs every 2nd 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 by having a member of the team get the Cherry Blossom Beauty Queen's signature on Friday, April 5th at 4 pm in the Grande. Bring the signature to Cele Minshew or Elizabeth Fletcher in Resident Life by 4 pm on April 8th. Please have your team name written on the paper.

Worship in The Grande

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

1st Sunday – Navicent Chaplain

2nd Sunday – Richard Davies

3rd Sunday – Paul Evans

4th Sunday – Fred Reese

5th Sunday– Richard Davies

March's Employee of the Month: Josephine Moss



March's Employee of the Month is Josephine Moss. Josephine has worked at Carlyle Place as a Housekeeper in the Environmental Services Department. In her 17 years as a housekeeper, she has specialized in caring for Garden Homes.

Josephine was born in Nashville, Tennessee, but grew up here in Macon, GA. She has two children, Shaquanna Seller (38) and Kiara McCoy (34), who gave her 6 grandchildren. Some of her hobbies outside of work are cooking, art painting, and gardening.

One thing that Josephine enjoys about her job is the residents and teammates. She says they are all loving, caring and supportive people. She also added, "I appreciate everyone here at Carlyle

Place. When I lost my husband I experienced so much love and support from everyone, and I really appreciate that". If you happen to see Josephine, be sure to congratulate her!

Author Birthdays in April

During 2024 the CP 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 display area.

1 April: Jesmyn Ward & Anne McCaffrey

2 April: Hans Christian Andersen & Arthur Hailey

4 April: Maya Angelou

8 April: Barbara Kingsolver

11 April: Leo Rosten

12 April: Tom Clancy

13 April: Eudora Welty

15 April: Jeffery Archer & Henry James

17 April: Thornton Wilder

21 April: Charlotte Bronte & Alastair Maclean

22 April: Janet Evanovich

23 April: William Shakespeare & Ngaio Marsh

24 April: Sue Grafton & Robert Penn Warren

28 April: Harper Lee & Terry Pratchett

Carlyle Recycling Needs YOU!

The Carlyle recycling group could use three or four more volunteers. Those helping agree to serve once every 3 weeks to pick up recycling on one of the halls. We take the recycling bags to the compactor in the back of Carlyle. It normally takes less than 30 minutes to pick up one of the halls and take the bags outside. We work around your schedule so if you will be unavailable on a particular date, we can schedule you for a different time.

If you are interested in helping, please call Charles Lewis at 478-405-5279. We will answer any of your questions and allow you to shadow one of our existing volunteers. You will be helping the environment, saving Carlyle money, and earning the love of all our residents.

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.



Harold & Ann Rambusch's home decorated for Easter



Ladies in pink enjoying the Cherry Blossom Dinner



Don & Mary Dale Kea and Madeline & Ed Brewton at the Cherry Blossom Gala



Holly Ertel, Linda & Tom Holloman, Mary Louise Williams and Jane Winston enjoy each other's company at Leap Year Happy Hour



Roger Andersen at the Leap Year Happy Hour



Dr. Herb Greenwald won an arrangement of flowers at the Old City Flower Festival



Sandy and Ronnie Knapp competed against Doug and Dianne Scharp in the Corn Hole Tournament Finale. The Scharps pulled out the win!



Moses Alexander heading out for a ride on his trike