

Carlyle Place Independent Living May 2024

The Carlyle Chronicle

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Sign Up for Activities on the App

Beginning Friday, April 26, you will sign up for May's activities on the Uniquist App (formerly Touchtown App).

If you have not attended a training session for the new App sign ups, please join us on Thursday, May 2, at 4 pm in the Grande where Elizabeth and Cele will show you all of the great features of this new system. If you don't have a smart phone, tablet or computer or if you need help stop by Resident Life for help signing up for activities. There are sign up kiosks located in Resident Life and at the Concierge desk. If you missed the April training sessions, stop by and pick up an instructional booklet in Resident Life.

2024 RAC Election Timeline

Monday, May 13

Candidate pictures and biographies will be posted in the Post Office area for 8 days.

Tuesday, May 14

RAC candidates will be announced at Have You Heard where each will give a 3-minute speech outlining qualifications.

Absentee Ballots will be available at the Concierge Desk.

Tuesday, May 21

RAC Election of Candidates will take place in the Parlor.
Voting hours: 9:00 am - 5:00 pm

Wednesday, May 22

Election results will be posted in the Post Office for 7 days.

Recurring Activities

Happy Hour

Monday - Friday · 5:00 - 6:00 pm · The Pub
Saturdays · 5:00 - 7:00pm · 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
Wednesdays, May 8 & 15 · 10:00 am · The Grande
Monday, May 20 · 10:00 am · The Grande
All are welcome to join our resident choir and make a joyful noise as they gear up for the Spring Concert. No practice on Tuesday, May 28.

Line Dancing

Mondays · 3:00 pm · Group Fitness Rm

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 in the Uniguest app and note if you are in search of a team to join.

Coffee & Conversations

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

Presbyterian - Sun., May 5 - Act. Rm A · 2:30 pm
Everyone is welcome, whether you are Presbyterian or not.
Episcopal - Mon., May 6 - Act. Rm A · 10:00 am
Episcopal - Thurs., May 16 - Act. Rm A · 10:00 am
Methodist - Thurs., May 16 - Act. Rm A · 1:00 pm

BUMs Breakfast

Saturday, May 18 · 8:30 am · The Grande
A Dutch Story by Wim Tekelenburg, Carlyle Resident

Catholic Mass

Tuesday, May 28 · 2:30 pm · Activity Rm A

Out & About

Menopause The Musical 2 at Grand Opera House

Wednesday, May 1 · Depart Lobby at 6:45 pm
Five years after their chance encounter in a department store, we set sail with our beloved ladies for more high jinks on the high seas. Cruising Through 'The Change', is a hilarious and heartfelt look at the joys of menopause and friendship — plus hot flashes, mood swings, memory lapses & more! Ticket is required.

Walk at Amerson

Thursday, May 2 · Depart Lobby at 9:00 am
Enjoy a walk around the Amerson River Park, with a beautiful view throughout.

Dream Girls at Theatre Macon

Thursday, May 2 · Depart Lobby at 6:45 pm
Through gospel, R&B, smooth pop, disco and more, Dreamgirls explores themes of ambition, hope and betrayal, all set in the glamorous and competitive world of the entertainment industry. Ticket is required.

Volunteer at Backpack Ministry

Friday, May 3 · Depart Lobby at 1:00 pm
Volunteer for the Backpack Ministry at Forest Hills Church to prepare weekend snacks to send home with deserving children.

Mercer Baseball Game

Tuesday, May 7 · Depart Lobby at 5:15 pm
Enjoy watching a great baseball game as the Mercer University Bears faceoff with the Kennesaw State Owls.

Bonnie Raitt in Concert

Tuesday, May 7 · Depart Lobby at 6:45 pm
Bonnie Raitt Just Like That... Tour 2024 comes to the Macon City Auditorium with special guest Maia Sharp. Purchase your tickets online and sign up for transportation on the Uniguest App.

MT Nails

Thursday, May 9 · Depart Lobby at 9:45 pm
Get a manicure or pedicure. Sign up in the Uniguest app and indicate if you would like a mani or pedi.

Shopping at Chico's

Thursday, May 9 · Depart Lobby at 1:00 pm
Join us for an unforgettable shopping and pampering experience! Discover the latest spring styles and fashion at Chicos with Rosalie, our fabulous Style Ambassador. Refreshments, discounts and door prize.

Out & About

Met Opera Live: Madama Butterfly at the Douglass Theatre

Saturday, May 11 · Depart Lobby at 12:00 pm

The Met's award-winning series of live movie theater transmissions continues with an extraordinary lineup of exciting new productions and classic repertory favorites. Ticket is required.

To Kill a Mockingbird at Fox

Sunday, May 12 · Depart Lobby at 3:15 pm

Tickets for this trip were purchased in February.

Shopping at Mossy Corner Nursery

Thursday, May 16 · Depart Lobby at 1:00 pm

Take a trip to Smarr, GA, to pick out new plants for your patio or garden. There is a wide variety to choose from.

Spring Awakening at Macon Little Theater

Thursday, May 16 · Depart Lobby at 7:30 pm

An angsty rock adaptation of the seminal play about the trials and tribulations of growing up. This landmark musical is an electrifying fusion of morality, sensuality, and rock and roll that is exhilarating audiences across the nation like no other musical in years. Ticket is required.

Music & Arts:

Bathgate - Tong - Kaplan Trio at Vineville United Methodist Church

Sunday, May 19 · Depart Lobby at 3:15 pm

Enjoy beautiful music played on the piano, violin & cello at Vineville United Methodist Church.

Atlanta Braves Game

Monday, May 20 · Depart Lobby at 9:45 am

Tickets for this trip were purchased in March.

General Primary Voting at Northway

Tuesday, May 21 · Depart Lobby at 10 am & 1 pm

A ride is provided for anyone desiring transport to the polls.

Dinner at el Sombrero

Wednesday, May 22 · Depart Lobby at 5:00 pm

Enjoy a delicious dinner at el Sombrero for flavors of Mexican cuisine.

Callaway Gardens

Thursday, May 23 · Depart Lobby at 8:30 am

We will walk through gardens and attend the Birds of Prey and Butterfly 101 shows. Lunch will be at the Gardens.

Beach Bash with the Macon Pops at Museum of Arts & Sciences

Saturday, May 25 · Depart Lobby at 5:30 pm

Welcome summer in style at a Beach Bash filled with tropical vibes, lively music, and summer fun. Let the sounds of Macon Pops whisk you away to a beach paradise. Bring lawn chairs and your own refreshments. Ticket is required.

Hairspray at Grand Opera House

Wed., May 29 & Thurs., May 30 · Depart Lobby at 6:45 pm

Hairspray, Broadway's Tony Award-winning musical comedy phenomenon, is back on tour! Join 16-year-old Tracy Turnblad in 1960s Baltimore as she sets out to dance her way onto TV's most popular show. Can a girl with big dreams (and even bigger hair) change the world? Ticket is required.

Trip to Dickey Farms

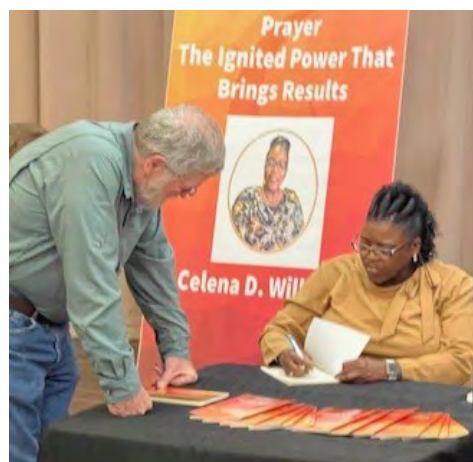
Thursday, May 30 · Depart Lobby at 1:00 pm

Travel to Dickey Farms to purchase fresh produce & ice cream.

Macon Bacon Game

Thursday, May 30 · Depart Lobby at 6:15 pm

Tickets for this trip were purchased in March.



Celena Williams signing autographs at her presentation



Carolyn McInerney speaks on the Diamondback Terrapin Rescue Project

Unless otherwise noted, sign ups for indicated activities will be through your Uniguest App

In-House Events

Healthcare Tour

Thursday, May 2 · 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.

National Day of Prayer with Sean Beck

Thursday, May 2 · 1:00 pm · Bistro Courtyard

Sean Beck, Navicent Chaplain, will lead us on this day as we lift our local and national communities up in prayer.

Uniguest App Sign Up Training

Thursday, May 2 · 4:00 pm · The Grande

Join Cele and Elizabeth to learn the ins and outs of the new online signup process through your Uniguest App.

Middle Georgia Library Rep

May 3, 13, & 28 · 2:00 pm · The Grande

Yufiel Franklin will help residents download books, sign up for library cards, & other library needs. He will also bring the book mobile, so contact Cele with books you would like to check out.

Tech Tutoring with Caleb

Fridays in May · 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 Uniguest App.

Pig Pickin' Party

Friday, May 3 · 5:00 pm · Lower Level Courtyard

Come out for a Spring BBQ where *The Fabulous Boomers* will play while you enjoy a classic BBQ dinner. Happy Hour will occur at 4:30 pm under the Pavilion.

Kentucky Derby Happy Hour

Saturday, May 4 · 5:00 pm · The Pub

Celebrate the annual Kentucky Derby with a Mint Julep and special appetizer. Wear your favorite hat.

WINEO

Mondays, May 6 & 13 · 4:00 pm · Seasons Dining

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

McDuffie Students Piano Performance

Monday, May 6 · 7:00 pm · The Grande

This piano recital will feature present and former students of Susan McDuffie along with teacher/colleague Nancy Claxton. Nancy and Susan will also perform MALAGUENA.

Zentangle Beyond Basics

Wednesdays, May 8 & 22 · 2:00 pm · Activity Room A

If you did not attend the April class please arrive at 1 pm to enjoy an introductory class to learn the Zentangle Method. Limited seats. Sign up on the Uniguest App.

Best Foot Forward with Patti

Wednesday, May 8 · 3:00 pm · The Grande

See page 17 for more information.

Mother's Day Lunch with Connie Carey

Friday, May 10 · 11:00 am · The Grande

Register by May 3rd in Resident Life for this Luncheon.

Lunch & Learn: Dr. Katie McQueen Amaker

Thursday, May 16 · 11:30 am · The Grande

Dr. Katie McQueen Amaker, Oncology Physician at Atrium Health Navicent, will discuss her field. Limited seating. Sign up on the Uniguest App.

Return to COVID Happy Hour

Thursday, May 16 · 5:00 pm · Lower Level Courtyard

Travel back in time to 2020, when the COVID virus hit at this social distancing gathering.

Sewing Guild Fashion Show

Friday, May 17 · 1:00 pm · The Grande

See page 15 for more information.

Birthday Bash with The Wharf Rats

Monday, May 20 · 7:00 pm · The Grande

Celebrate May & June birthdays with this group who has traveled all the way from the GA coast - The Wharf Rats! Cake and ice cream will be served. Everyone is welcome

Choristers Concert

Tuesday, May 21 · 7:00 pm · The Grande

Our in-house choir will perform their annual Spring Concert.

Memorial Day Program

Monday, May 27 · 11:00 am · The Grande

We will have a program to honor all former Carlyle Place residents who served our country.

Get U.P.! With Patti

Wednesday, May 29 · 3:00 pm · The Grande

See page 19 for more information.

Craft Class: Spring Pots

Thursday, May 30 · 3:30 pm · Activity Room A

At this craft class, plant your own spring pots. Limited seats.

BINGO

Friday, May 31 · 3:00 pm · The Grande

Bring small bills to "rent" BINGO cards for cash winnings. Each BINGO card is \$1. Four games will be played.

Ronald Campbell sings Opera

Friday, May 31 · 7:00 pm · The Grande

This popular baritone will perform classical and spiritual songs and will be accompanied by Susan McDuffie. Refreshments will be served at a reception following concert.

Unless otherwise noted, sign ups for indicated activities will be through your Uniguest App.

Resident Led Activities

Pickleball Play & Instruction

Play: Monday, Wednesday & Friday at 8:30 am
Instruction: Thursdays at 8:30 am

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.

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

Beginners Line Dancing w/ Jo Ann Dankel-Dobbs

Fridays • Group Fitness Room • 1:00 pm

Worship in the Grande

Sundays • The Grande • 11:00 am

Mexican Train Dominoes

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

Coloring Workshop

Tuesday, May 7 • 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.

Papercraft Workshops

May 6, 15, & 24 • 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, May 9 • Activity Rm A • 11:30 am
Barbara Kingsolver (2022) - Fiction
Discussion leader: Sue Teng

Pondering the Story with Elaine Davies

Mon., May 20 • Admin Conf Room • 2:30 pm
Genesis 37-47: The Joseph Saga

Democrats Luncheon

Tuesday, May 28 • Seasons Dining • 11:30 am
Contact Leslie Morris to RSVP: 478-491-1731



Uncle Sam & residents at the Tax Day Pain Killer Happy Hour



The harmonica group bids farewell to Tom Holloman

Unless otherwise noted, sign ups for indicated activities will be through your Uniquiest App.

Take 3 for Wellness: Spinal Stenosis

Written by Tonya Wilson

Spinal stenosis is a narrowing of the spaces within your spine. This can put pressure on the nerves that travel through the spine. Spinal stenosis is most commonly caused by wear-and-tear changes in the spine related to osteoarthritis. The types of spinal stenosis are classified according to where in the spine the condition occurs. It's possible to have more than one type. The two main types of spinal stenosis are:

- **Cervical stenosis:** When narrowing occurs in the part of the spine in your neck.
- **Lumbar stenosis:** Which is when narrowing occurs in the part of the spine in your lower back. This is most common form of spinal stenosis.

Many people have evidence of spinal stenosis on an MRI or CT scan but may not have symptoms. When symptoms do occur, they often start gradually and worsen over time. Symptoms vary depending on the location of the stenosis and which nerves are affected.

In the neck, you may have:

- Numbness, tingling or weakness in a hand, arm, foot or leg
- Problems with walking and balance
- Neck pain
- In severe cases, bowel or bladder dysfunction (urinary urgency and incontinence)

In the lower back, you may have:

- Numbness, tingling, or weakness in a foot or leg
- Pain or cramping in one or both legs when you stand for long periods of time or when you walk, which usually eases when you bend forward or sit
- Back pain

Most spinal stenosis occurs when something happens to narrow the open space within the spinal canal. Causes of spinal stenosis may include:

- **Overgrowth of bone:** Wear and tear damage from osteoarthritis on your spinal bones can prompt the formation of bone spurs, which can grow into the spinal canal.
- **Herniated disks:** The soft cushions that act as shock absorbers between your vertebrae tend to dry out with age. Cracks in a disk's exterior may allow some of the soft inner material to escape and press on the spinal cord or nerves.
- **Thickened ligaments:** The tough cords that help hold the bones of your spine together can become stiff and thickened over time. These thickened ligaments can bulge into the spinal canal.
- **Tumors:** Abnormal growths can form inside the spinal cord, within the membranes that cover the spinal cord or in the space between the spinal cord and vertebrae. These are uncommon.
- **Spinal injuries:** Car accidents and other trauma can cause dislocations or fractures of one or more vertebrae. Displaced bone from a spinal fracture may damage the contents of the spinal canal. Swelling of nearby tissue immediately after back surgery also can put pressure on the spinal cord or nerves.

Treatments include:

Medications such as nonsteroidal anti inflammatory and pain medications, PT to Build up your strength and endurance, Maintain the flexibility and stability of your spine and Improve your balance, Steroid injections and Surgeries to create more space within the spinal canal.

May Movies:

Matinee: Nyad

PG-13 · 2023 · Biography/Drama · 2h 1m
Saturday, May 4 · 2:00 pm

The 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.



Jockey

R · 2021 · Drama · 1h 34m
Saturday, May 4 · 7:00 pm

An aging jockey aims for a final championship, when a rookie rider arrives claiming to be his son.



Freaky Friday

PG · 2003 · Comedy/Family · 1h 37m
Saturday, May 11 · 7:00 pm

An overworked mother and her daughter did not get along. When they switch bodies, each is forced to adapt to the other's life for one freaky Friday.



The Way

PG-13 · 2010 · Comedy/Drama · 2h 3m
Saturday, May 18 · 7:00 pm

A father heads overseas to recover the body of his estranged son who died while traveling the "El camino de Santiago," and decides to take the pilgrimage himself.



American Sniper

R · 2014 · Biography/Action · 2h 13m
Saturday, May 25 · 7:00 pm

Navy S.E.A.L. sniper Chris Kyle's pinpoint accuracy saves countless lives on the battlefield and turns him into a legend. Back home with his family after four tours of duty, however, Chris finds that it is the war he can't leave behind.



Ode On Taking Care of The Elderly

Written by Teddy, The Prolific Poetic Poodle

Cannabis is not yet legal in Georgia

But for some of us, it really oughta.

Like for canines who work with the elderly,

They need their patience to run steadily.

I see my mommy with her friends,

And her antics amuse me to no end.

When she plays games, she seems not to hear

'Cause she doesn't follow the rules with any care.

She tries to remember past dates and places.

She scrunches up her nose and makes funny faces.

She signs up for events and does not show,

Then tells Resident Life she did not know.

When she does remember, she comes late

And watches the Carlyle bus go out the gate.

I follow my mommy wherever she goes,

But half the time she does not know.

"Why have I come into this room?", she has said.

And vacuums the floor instead of making the bed.

Calls from her doctors, we often receive,

"Your appointment is for today, I believe."

I am a spoiled poodle who needs lots of attention

Taking care of the elderly was not my intention.

I need something to make me calm and mellow,

For I am a somewhat high-strung fellow.

Moe's Calming Dog Bites in California can be found.

Perhaps RL could order them for stressed-out hounds.

A jar of Moe's Bites by the Admin's desk, I bet,

Would make Carlyle dogs the most chilled-out pets.

Teddy, the Prolific Poetic Poodle

Editor-in-Chief

Carlyle Canine Literary Guild

Unless otherwise noted, sign ups for indicated activities will be through your Uniguest App.

Cannaday's Corner

On the 1st Friday of each 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 join 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.

Uniquist "Bulletin Board"

On the Uniquist 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

Betty Butler

Garden Home 27

Terry & Joan Harris

Apartment 1109

Tony Ruggiero

Apartment 2113

Terrell & Carol Stanley

Apartment 1117

Tony Zelonis

Apartment 2123

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: Ron & Beth Thomason

Written by Bonnie Hearn



Ron and Beth Thomason moved to Carlyle in January of 2024 and live in Apartment 2027. They are both originally from Augusta, but have been long term Macon residents, moving to Carlyle from Wesleyan Woods.

The Thomasons graduated from Richmond Academy and both entered the freshman class at the University of Georgia where they dated but then went their separate ways. After thirty-seven years they reconnected and married in 2006.

Ron graduated from UGA with a BA and continued his education to earn a JD from Mercer Law School. Beth graduated with a degree in Business Administration from Augusta State University. Both are retired but had active, rewarding careers prior to their retirement.

Beth worked as a medical practice manager for fifty years in private practices as well as Coliseum Hospital. Ron practiced law in Macon from 1978-2017. Because I thought I knew the connection, when Ron opened his door, I said, "Jerry Kaplan." Ron acknowledged working with Jerry for thirty-six years at Kaplan and Thomason and later in the Atlanta based firm of Arnall Golden Gregory. We enjoyed reminiscing a bit about Jerry, an outstanding attorney, and real character and a friend.

Beth has two sons and Ron has a son and two daughters. One of Beth's sons is a real estate manager and enjoys the travels associated with this job. Her other son is an award winning chef. Ron's son is a dentist, and his older daughter is Head of Upper School at Mount de Sales Academy here in Macon. The second daughter is in training with SSK Realtors also in Macon.

Beth enjoys traveling and gardening. She once dreamed of swimming the English Channel but had to settle for swimming Clark Hill Lake at Girl Scout Camp. When asked what other people might not know about her, this gregarious woman said she was shy, an introvert. Okay, but you could have fooled me! Proof needed here.

Ron says he once played The Augusta National and loved playing golf. He also played baseball during his four years in the Air Force, joking that he quit when they started throwing breaking balls. As time marches on, Ron enjoys watching UGA and golf on TV.

I've never met an attorney who was not a good story teller, and I mean that in the best way. Ron Thomason is no exception, and his background story is fascinating.

Ron's mother is British and his father an American who graduated from Georgia Tech and was sent to the UK with his Engineering Battalion immediately after the attack on Pearl Harbor. The British were being bombed heavily and these American soldiers were charged with the construction of landing strips. This was a demanding assignment, but there was still time to attend an occasional dance at the Officers Club. It was here that Ron's dad met a certain English girl, later to become Ron's mom. Ron has been told she didn't like this American soldier at first, said he thought he was God's gift to women, but that all changed.

At the time, Ron's maternal grandparents owned land in Marnhull, a rural village in Dorset County. It was here that many children were sent from London to shelter from the bombings, poor and hungry, most shoveled food with their hands. Ron's grandparents held on the Marnhull for years, and Beth and Ron visited. It was a place their children loved and learned.

Welcome to Carlyle, Beth and Ron.

Rare Cicadas Co-Emergence

Written by Solcyré Burga and Lon Tweeten · April 17, 2024
<https://time.com/6968210/cicada-brood-emergence-animation-2024/>

More than a trillion noisy, inch-long cicadas are set to emerge from underground this spring to embark on the final leg of their lifetimes, in a massive co-emergence that hasn't been seen in more than 200 years.

Cicadas that are part of both a 13-year and a 17-year brood will emerge at the same time this spring. It will be the first time since 1803—when Thomas Jefferson was President—that these particular broods simultaneously tunnel up from their burrows to find a mate and make way for the next generation of cicadas.

Cicadas will be visible in a number of states including Iowa, Illinois, Georgia, Tennessee, and others. But you don't need to worry that your neighborhood will be inundated with a greater number of cicadas than in past years; the two broods live across different regions—Brood XIII in the north and Brood XIX in the south—according to the University of Connecticut, many people are unlikely to witness both broods at the same time.

Cicada nymphs emerge

Once the soil temperature near the cicadas' home reaches about 64 degrees Fahrenheit or greater, the insects begin to climb through their exit holes.

Time to molt

That same night, cicadas transform from nymphs, or their sexually immature phase, to adults. The cicadas molt into their new form by shedding their final exoskeleton.

Their exoskeleton hardens

Cicadas must keep a low profile in the hours after they molt to avoid being eaten by predators while their new exoskeleton hardens. Afterwards, they begin looking for mates to reproduce in a ritual that will take place six to 10 days later.

Buzzing calls for mates

Male cicadas are known for their deafening mating call, which in 2021 was reported to reach as high as 90 to 100 decibels, according to the [Centers for Disease Control and Prevention](#) (CDC). The sound is caused by the vibration of their tymbal, an organ that rests on the side of their abdomen. Since the cicadas emerge all at once, their sound is hard to miss, but the CDC advises folks not to fret. The sound does not cause hearing loss because other factors, like noise duration and exposure distance, have to be taken into account.

Predators feast on the insects

A number of predators—birds, bears, fish, raccoons, turtles, and even some humans—love to eat cicadas, which are in the same family as the stink bug. While many will die as a tasty snack, the number of cicadas set to emerge is so large that predators will not make a significant dent in their population.

Females lay their eggs

After mating, female cicadas use their ovipositor—a spear-like structure—to slice into small trees, shrubs, and even grapevines. It allows the insect to make small slits into the twigs or branches and lay nests of tens of eggs at a time (which does not cause any serious damage to the plant.) Females lay anywhere from 400 to 600 eggs before they begin to die and their bodies become fertilizer for the soil around them.

From the eggs, nymphs hatch

Six to eight weeks after the eggs are laid, the nymphs hatch and fall to the earth. The tiny nymphs then dig to the plant's roots where they will live for the next 13 or 17 years, depending on the type of brood.

It's a regional affair

Periodical cicadas will emerge across more than 10 states this spring, but their habitat spans across the eastern and midwestern U.S. Brood XIX is [geographically the largest](#) of all broods, living from Maryland to Georgia and Iowa to Oklahoma. The next emergence will happen in 2025, with Brood XIV.



Leopard Pants

Written by Mary Dempsey

Coincidence? I have my doubt.
How could this just come about?
Now tell me what would be the chance
Two ladies showed up in leopard pants
Both wore matching black tops too
I don't think this could be true
No communication so they say
Just dressed alike on the very same day
So claim Mary Louise and Sue
They wouldn't lie so I guess it's true!



Around Carlyle



Mary Louise Williams & Lenore Sell at the 5K finish line



Rosemary Burton & Leonora Raggi at a Zentangle Art Class

Friendly Neighbor

Submitted by Ann Rambusch



Carlyle Place has a friendly neighbor who wanders outside. The Rambushes rescued this snapping turtle, from Mavis Trice's front yard. He weighed in at around 6 pounds and was none too friendly. Pocket, their dog, considered having a nose to nose challenge but changed her mind when she saw Snappy's mouth. He was definitely not looking for any play mates. He now happily resides in the pond behind Garden Homes 39 and 40.

Celebrating May

Arthritis Awareness Month
Older Americans Month
Walking Month

Be Kind to Animals Week
 May 5–11

Backyard Games Week
 May 20–26

International Midwives' Day
 May 5

**National Third Shift
 Workers Day**
 May 8

Miniature Golf Day
 May 11

Mother's Day
 May 12

International Museum Day
 May 18

International Tea Day
 May 21

Amnesty International Day
 May 28

Senior Health and Fitness Day
 May 29

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

May Birthdays

Those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in both professional and personal endeavors. After working hard, they like to reward themselves for a job well done. If you were born between May 21–31, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party.

James Brown (musician) – May 3, 1933
 Gary Cooper (actor) – May 7, 1901
 Don Rickles (comedian) – May 8, 1926
 Joe Louis (boxer) – May 13, 1914
 Tori Spelling (actress) – May 16, 1973
 Cher (singer) – May 20, 1946
 Mary Cassatt (artist) – May 22, 1844
 Ian Fleming (writer) – May 28, 1908
 Mel Blanc (voice actor) – May 30, 1908
 Brooke Shields (model) – May 31, 1965



Kathleen Sheil, Theron & Elizabeth Simpson & Linda and Gabby Degelmann watch the lunar eclipse

Honorariums & Memorials

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.

Author Birthdays in May

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

1 May: Joseph Heller	19 May: Nora Ephron & Jodi Picoult
4 May: Robin Cook	20 May: Margery Allingham
6 May: Jeffery Deaver & Orson Wells	21 May: Harold Robbins
7 May: Robert Browning	22 May: Arthur Conan Doyle
8 May: Thomas Pynchon	23 May: Mitch Albom
9 May: J.M. Barrie & Richard Adams	25 May: Robert Ludlum
10 May: Barbara Taylor Bradford	27 May: Dashiell Hammett & Herman Wouk
12 May: Leslie Charteris	28 May: Ian Fleming & Maeve Binchy
13 May: Daphne du Maurier	29 May: G.K. Chesterton
15 May: Katherine Ann Porter & Laura Hildebrand	31 May: Walt Whitman
16 May: Bruce Coville	

Residents Running Around



Mary Dempsey running with "STIFF" competition
in Jacksonville, FL



John Atkinson won 1st place in his age group at the
Wesley Glen Cherry Blossom 5K Road Race

How To Avoid a Scam

<https://consumer.ftc.gov/articles/how-avoid-scam>

Four Signs That It's a Scam

1. Scammers **PRETEND** to be from an organization you know.

Scammers often pretend to be contacting you on behalf of the government. They might use a real name, like the FTC, Social Security Administration, IRS, or Medicare, or make up a name that sounds official. Some pretend to be from a business you know, like a utility company, a tech company, or even a charity asking for donations.

They use technology to change the phone number that appears on your caller ID. So the name and number you see might not be real.

2. Scammers say there's a **PROBLEM** or a **PRIZE**.

They might say you're in trouble with the government. Or you owe money. Or someone in your family had an emergency. Or that there's a virus on your computer.

Some scammers say there's a problem with one of your accounts and that you need to verify some information.

Others will lie and say you won money in a lottery or sweepstakes but have to pay a fee to get it.

3. Scammers **PRESSURE** you to act immediately.

Scammers want you to act before you have time to think. If you're on the phone, they might tell you not to hang up so you can't check out their story.

They might threaten to arrest you, sue you, take away your driver's or business license, or deport you. They might say your computer is about to be corrupted.

4. Scammers tell you to **PAY** in a specific way.

They often insist that you can only pay by using cryptocurrency, wiring money through a company like MoneyGram or Western Union, using a payment app, or putting money on a gift card and then giving them the numbers on the back of the card.

Some will send you a check (that will later turn out to be fake), then tell you to deposit it and send them money.

How To Avoid a Scam

Block unwanted calls and text messages. Take steps to block unwanted calls and to filter unwanted text messages.

Don't give your personal or financial information in response to a request that you didn't expect. Honest organizations won't call, email, or text to ask for your personal information, like your Social Security, bank account, or credit card numbers.

If you get an email or text message from a company you do business with and you think it's real, it's still best not to click on any links. Instead, contact them using a website you know is trustworthy. Or look up their phone number. Don't call a number they gave you or the number from your caller ID.

Resist the pressure to act immediately. Honest businesses will give you time to make a decision. Anyone who pressures you to pay or give them your personal information is a scammer.

Know how scammers tell you to pay. Never pay someone who insists that you can only pay with cryptocurrency, a wire transfer service like Western Union or MoneyGram, a payment app, or a gift card. And never deposit a check and send money back to someone.

Stop and talk to someone you trust. Before you do anything else, tell someone — a friend, a family member, a neighbor — what happened. Talking about it could help you realize it's a scam.

Upcoming Podiatry Appointment

Tuesday, May 14 · 1:30 pm

Dr. Demetria Martin will see Carlyle Place residents on Tuesday, May 14 beginning at 1:30 pm. The services provided include thorough foot evaluations, diagnosis and treatment of most foot problems, and assessment of the need for diabetic footwear. For new patients, your consent form must be completed one week prior to the scheduled appointment. If you would like to schedule an appointment or have any questions contact Cynthia Hubbard at 478-405-4542.

Sewing Guild Fashion Show

Friday, May 17 · 1:00 pm · The Grande

The Sewing Guild of Macon will bring hand made fashions to model for Carlyle Place. If you have items you have personally sewn and would like modeled or shared at the show, please contact Resident Life. Refreshments will be served.

Pump it for Parkinson's Results

Thank you to all who participated in the "Pump it for Parkinson's" NuStep challenge. The purpose of this was to raise awareness about Parkinson's Disease and the increasing number of individuals diagnosed each year. Each facility that participated was challenged to complete 60,000 steps. Carlyle Place residents and staff were exceptional and together, we achieved **83,969** steps! This exceeded our results from last year of 69,000 steps. Thank you to all who participated! You are amazing! If you have questions about Parkinson's Disease, please contact Patti Kunselman, Wellness Manager.



Support Groups:

Stroke Support Group

Thursday, May 2 · Hallway Conference Rm · 2:00 pm

Dementia Support Group

Thursday, May 23 · Activity Room A · 1:30 pm

April Employee Anniversaries

1 Year

Cookie Lee
Nikyah Moore

2 Years

Jaichelle Thomas

3 Years

Robbie Bloodworth
Kenneth Branch

8 Years

Calvin Stephens

11 Years

Robert Cannon
Cliff Powers

16 Years

Berchell Brown
Leslie Carter

I SPY - May 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 Charles Lewis, a long time resident of Carlyle Place. He is very involved in our community. Charles is the former Chair of the Programming Committee. He and his wife, Jody, are frequent travelers and attend many trips planned by Resident Life. He is also an avid gym goer. Charles Lewis has been instrumental in the Carlyle Place recycling efforts for many, many years. He coordinates the rotations for our multiple CP Recyclables Collection Crews and ensures everyone is aware of their weekly/monthly schedules. He also works closely with the CP Facilities Services team to communicate information and needs to and from the Collection Crew. It's certainly a big job, with a lot of unseen responsibilities – and we couldn't do it without Mr. Lewis!

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:	7/09	10/08	
Library:	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

May Birthdays

Judy Peace	5/2
Kathleen Sheil	5/6
Marty Reese	5/8
Dan Powell	5/10
Mike Hale	5/11
Pat McMahon	5/15
Madeline Brewton	5/17
Dick Courreges	5/19
Tommy Goings	5/19
MA Riley	5/21
Marc Gregory	5/25
Leonora Raggi	5/25
Doug Scharp	5/25
Bob Hopp	5/26
Susan McDuffie	5/26
Dennis Collins	5/26
Alan Morris	5/26
Ron Freeman	5/28
Marilyn Kovarik	5/30
Elizabeth Simpson	5/31

Carlyle-at-Home

Mary Moody	5/2
Rhonda Koplin	5/6
Neil Cullinan	5/14
Guy Eberhardt	5/18
Rick Johnson	5/25

May's Pet of the Month: Smokey Reed



Hi everyone, my name is Smokey! I live in the East Wing with my mom, Dorothy Reed. My mom adopted me as a kitten from a shelter in White Plains, Maryland, and has raised me for the last 3 years. As she came into the shelter where I lived for a short time, I immediately knew that I wanted her to choose me out of all the kitties. I ran up to her and meowed as if to say "We are meant to be".

The love I have for my mom is undeniable! It's hard not to enjoy spending time with my human who spoils me to death. I'm quite positive she feels the same way about me. She always says she wouldn't trade me for anything in the world. I must admit - I wouldn't trade her either.

Now, when I mentioned that I am spoiled - I really meant it! My mom makes sure that I have plenty of toys and treats to brighten my day. If you ever stop by to meet me, I will more than likely greet you as I prance out of my tunnel to kindly say hello. Aside from this I have my favorite toy, a mouse (not a real one, unfortunately) but a plastic one that I like to snuggle with when I take my naps.

Together my mom and I enjoy sitting on our patio, relaxing with the wind and sun on our faces. When we are inside, there is a specific chair that I have claimed as my own. It is my special place to lay and watch TV. My mom says when I sit in this chair I do so like a grown man. We have conversations together that no one else will ever understand. We are each others best friend, two beings who saved each other!

Best Foot Forward: Are you Walking Correctly?

Wednesday, May 8 · 3:00 pm · The Grande

The way we walk has a much bigger impact on our overall health than many of us realize. Believe it or not, there is a specific walking technique that helps to maintain healthy joints, muscles and ligaments. Not only will you learn the correct way to walk, but you will also get the opportunity to practice.

***Sign up on the Uniguest App**



April Fool's prank by the Kovarik's to Mike Brown's golf cart

April's Employee of the Month: Najat Middleton



April's Employee of the Month is Najat Middleton. Najat is a server in the Dining Room and has worked here for a year. She is a long time resident of Macon, GA.

Najat has four children; Na'Yanna (16), Za'Riana (11), KaBrielle (6), & Kanaan (3). She says that her main interests in life are working and spending time with her incredible children.

One thing that Najat enjoys about her job is getting to know the residents, as well as having great co-workers. She states "I love my job! It's the best job that I have ever had!" Najat is not only a hard worker, but she is also a kind person who always has a smile on her face. Be sure to congratulate Najat when you see her.

Zentangle Class



Jo Ann Dankel-Dobbs, Ronnie Knapp, and Harold & Edna Reed in Zentangle art class with Rhonda Koplin



Zentangle creations by various students

Pub Trivia

Tuesday, May 14 · 4 pm · The Pub

Pub Trivia takes place 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 getting two signatures from the Resident Life staff at the Pig Pick-in' Party on a form they will have available. You must bring your signatures to Cele Minshew or Elizabeth Fletcher by Monday, May 13.

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

May 2024 Parlor Library Display: Books to Movies

Written by The Library Committee

For the month of May, the Carlyle Library Committee is highlighting some books that have been made into movies. Have you read the books or seen the movies? Titles listed are available in the Parlor Library Display for you to borrow.

Age of Innocence
All the Light We Cannot See
Book Thief
Clear and Present Danger
Clockwork Orange
Devil Wears Prada
Elmer Gantry
Forest Gump
Fried Green Tomatoes
Gentleman in Moscow

Girl with the Dragon Tattoo
Guernsey Literary and Potato Peel Pie Society
Hunt for the Red October
Killers of the Flower Moon
Lincoln Lawyer
Marley and Me
Midnight in the Garden of Good and Evil
Rebecca
The Help
Where the Crawdads Sing

Get U.P.!

Benefits of Urban Poling

Wednesday, May 29 · 3:00 pm · The Grande

Urban Poling, also known as Nordic Walking, has toning, calorie-burning and posture benefits that have made it popular in Europe for decades. This exercise provides well-rounded benefits by improving upper-body strength, cardiovascular endurance, and flexibility. Learn more about Urban Poling and how it can reduce your risk of falling. See what makes these poles unique when you attend the presentation given by Patti Kunselman, Wellness manager.

***Sign up on the Uniguest App**



Corie David, leader of Tech Tutoring every Monday, was elected Homecoming Queen at Tattnall Square Academy. Corie is the granddaughter of our own Nancy Bailey.

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.



Jean Bragg, Susan McDuffie, JoAnn Avant & Gail Young
at a fundraiser for the GA Industrial Children's Home



Jane Winston dressed as a caddy during Masters Week



Residents preparing to walk the 5k with Patti & Jai



Excited residents at the first Saturday Happy Hour in the Pub



Mary Louise Williams eating fried corn for dessert



Cherry Blossom Legacy, Liz Fabian & the current Cherry Blossom Queen, Remie Heide, with resident Carolyn Crayton