

# The Carlyle Chronicle

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**Carlyle Place**

A Life-Plan Community of Atrium Health Navicent

## Liquid Diet Month

**Celebrate the love of beverages**

### Cocktail 101

Wednesday, September 4 · 4 pm · The Pub

This limited gathering will be hosted by Alex Thigpen who will demonstrate how to make basic cocktail ingredients and measurements. Limited sign up of 24 people.

### Coffee Basics at Taste & See Coffee House

Thursday, September 12 · Depart Lobby · 10 am

Take a trip to this local downtown Coffee House where you will tour the roasting room where you will learn about the roasting process, different brews and sample beverages that appeal to your personal taste. Limited sign up of 21 people.

### Wine Support Group Wine Tasting

Wednesday, September 18 · 3:30 pm · The Pub

Alan Bass, certified Sommelier, will showcase a variety of handpicked wines and discuss their qualities. Limited sign up of 40 people.

### Smoothie Sailing Road Trip

Friday, September 20 · Depart Lobby at 3 pm

Tropical Smoothie is close by and a great place to pick up a cold, refreshing blend of fruits and other yummy ingredients with our group. Limited sign up of 21 people.

### Don't Worry, Beer Hoppy at Fall Line Brewery

Wednesday, Sept. 25 · Depart Lobby at 2:45 pm

Tour the brewery and learn the ins and outs of beer making. Sample their popular brands and have an early dinner after the beer tasting at this local favorite. Sign up on the App for your spot at this 21 person event.

## Recurring Activities

### Happy Hour

Monday - Friday · 5:00 - 6:00 pm · The Pub  
Saturdays · 5:00 - 7:00pm · The Pub  
Will not occur on September 2.

### 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.

### Line Dancing

Mondays · 3:00 pm · Group Fitness Rm  
Activity will not occur on September 2.

### 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 Winter 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 in the Uniquet 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

Episcopal - Tues., September 3 - Act. Rm A · 10:00 am  
Episcopal - Thurs., September 19 - Act. Rm A · 10:00 am  
Methodist - Thurs., September 19 - Act. Rm A · 1:00 pm

### BUMs Breakfast

Saturday, September 21 · 8:30 am · The Grande  
Gil Thelen will introduce residents who have recently moved in.

## Out & About

### Shopping & Fitting at Soma

Thursday, September 5 · Depart Lobby at 1:00 pm  
Take a trip to Soma in Rivercrossing Shopping Center to be fitted for intimate apparel and shop around.

### Dan Darden Concert

Thursday, September 5 · Depart Lobby at 6:15 pm  
The Christian Counseling Services presents, Dan Darden & Friends: A Musical Evening with the Oldie Goldies. This event will take place at Forest Hills Church, transportation will be provided for the September 5 event. Tickets are \$25 and can be purchased by calling 478-474-7101.

### Volunteer at Backpack Ministry

Friday, September 6 · Depart Lobby at 1:00 pm  
It's time again to volunteer for the Backpack Ministry at Forest Hills Church. Help prepare snacks to send home with deserving children.

### Rooted Service at Christ Church

Tuesday, September 10 · Depart Lobby at 4:45 pm  
Rooted is a worship service held in Jones Chapel. All are invited to come as you are, bringing your full self to this collective experience encountering the Divine through music, prayer, and community to be rooted in the Good News of God in Jesus Christ.

### Coffee Basics at Taste & See Coffee Shop

Thursday, September 12 · Depart Lobby at 10:00 am  
See front page.

### A Chorus Line at Macon Little Theater

Thursday, September 12 · Depart Lobby at 7:30 pm  
Step into a captivating world of "A Chorus Line," where dreams take center stage and talent shines brightly. This iconic musical peels back the curtain on the exhilarating yet demanding life of Broadway dancers, weaving a narrative of passion, sacrifice, and the relentless pursuit of perfection. A ticket is required.

### Don't Worry, Beer Hoppy At Fall Line Brewery

Wednesday, September 25 · Depart Lobby at 2:45 pm  
See front page.

## Out & About

### Indigenous Celebration at Ocmulgee Mounds

Saturday, September 14 · Depart Lobby at 9:30 pm

This annual event features traditional cultural crafts, storytelling, live demonstrations, music, and dance. A variety of Native American artisans and vendors will be in attendance.

### Choral Evensong at Christ Church

Sunday, September 15 · Depart Lobby at 4:45 pm

Choral Evensong is a cherished service in the Anglican tradition, characterized by its serene beauty and contemplative atmosphere. Attend this service at Christ Church in downtown Macon.

### Dawnie & Clyde at Perry Methodist Church

Monday, September 16 · Depart Lobby at 6:30 pm

This is the third and final part of St. Francis of Assisted Living, an original play by Dr. Michael Kinsley. Tickets are \$10 or \$15 at the door, cash or check only. You can purchase tickets at Perry Methodist Church Office or Dentistry at Houston Lane.

### Fabian Concert Series at Fickling Hall

Tuesday, September 17 · Depart Lobby at 6:45 pm

Join us for the 18th season of the Fabian Concert Series for a **dazzling array of chamber music with some of the today's top** classical musicians. Ticket is required. Season tickets are available.

### Smoothie Sailing Road Trip

Thursday, September 20 · Depart Lobby at 3:00 pm

As part of the Liquid Diet Month, enjoy a fresh smoothie at Tropical Smoothie!

### Faculty Jazz Combo

Friday, September 20 · Depart Lobby at 6:45 pm

Faculty Jazz Quintet, *Both Sides Now*, Monty Cole, director

### Mean Girls at Macon Little Theatre

Friday, September 20 · Depart Lobby at 7:00 pm

Experience the sharp-witted hilarity and heartfelt connections in "Mean Girls: the Musical." Madison, the daughter of Stacy Pritchard in Facility Services, has a role in this play.

### Kayaking on Lake Juliette

Thursday, September 26 · Depart Lobby at 9:30 am

This trip is for novice and experienced paddlers alike. Kayaking is an easy and fun way to enjoy nature and get moving. Wear clothing that you don't mind getting damp. Sign up and pay in Resident Life. The deadline for this event was August 30.

### Dinner at Braddock's Cask & Table

Thursday, September 26 · Depart Lobby at 5:00 pm

Enjoy a taste of this new restaurant in Macon with dishes that look and taste amazing! Sign up on the App for transportation.

### *Doubt* at Theatre Macon

Thursday, September 26 · Depart Lobby at 6:45 pm

In this brilliant and powerful drama, Sister Aloysius, a Bronx school principal, takes matters into her own hands when she suspects the young Father Flynn of improper relations with one of the male students.

### Georgia Safari Conservation Park

Friday, September 27 · Depart Lobby at 7:30 am

### Jubilee Concert Series: Imani Winds

Friday, September 27 · Depart Lobby at 6:45 pm

Celebrating over a quarter century of music making, Grammy Award-winner Imani Winds has led both a revolution and evolution of the wind quintet through their dynamic playing, adventurous programming, imaginative collaborations, and outreach endeavors that have inspired audiences of all ages. Ticket required.



Residents decorating shells in the monthly Craft Class

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



## In-House Events

### Tech Tutoring with Caleb

**Sundays in September · 4:00 pm · The Parlor**

Caleb Varnadore volunteers his time to help residents with technology issues or questions. Bring your device with you. This will not occur on September 15 & 29.

### A Matter of Balance

**Wed., September 4, 11, 18 & 25 · 10:00 am · Activity Room A**

Check out page 9 for more information.

### Cocktails 101

**Wednesday, September 4 · 4:00 pm · The Pub**

See front cover.

### Healthcare Tour

Thursday, September 5 · 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.

### Middle Georgia Library Representative

**Fridays, September 6 & 20 · 3:00 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 him to bring for you to check out.

### Pinky's Shaved Ice Truck

**Monday, September 9 · 12:30 pm · Front Entrance**

The Pinky's Shaved Ice Truck will be at the Front Entrance where you can get an icy treat. One shaved ice per resident.

### Dove Center Service Project

**Wednesday, September 11 · 10:00 pm · The Grande**

Volunteer your time to put together care packages for women in need at the Dove Center.

### Beginners Zentangle

**Wednesday, September 11 · 2:00 pm · Activity Room A**

*Zentangle* is an easy-to-learn, relaxing and fun way to create images. Learn the basics of the *Zentangle* art form to create images by drawing structured patterns. This class is for those who are new or want to revisit the basics of this art form.

### Relaxation with Patti

**Wed., September 11, 18 & 25 · 3:00 pm ·**

**Chaise Lounge Chairs on Pool Area**

Check out page 11 for more information.

### School Picture Happy Hour

Thursday, September 12 · 5:00 pm · The Pub  
For this special happy hour, view the many pictures of your fellow residents from their school days! A specialty drink will be served.

### Genetics with Harold Reed

**Friday, September 13 · 2:00 pm · Activity Rooms**

Harold Reed will be informing fellow residents about genetics!

### Tailgate Party

Friday, September 13 · 5:00 pm · The Grande & Pub  
Celebrate the start of football season at this fun Tailgate party.

### Craft Class: Fall Door Signs

**Tuesday, September 17 · 3:00 pm · Activity Room A**

For this craft class, make your very own fall door sign!

### Wine 101

Wednesday, September 18 · 3:30 pm · The Pub  
Alan Bass will present wine samples for residents to taste.

### Lunch & Learn: A-Fib

Thursday, September 19 · 11:30 am · The Grande  
Ray Jones, RN and Atrial Fibrillation Program Coordinator, will be speaking on Atrial Fibrillation and Atrial Flutter. Following the presentation, screenings will be offered along with an EKG if indicated. For those who are not able to attend the lunch and would still like to be screened, please come to the Pub at 1:15 for your screening.

### This is Your Career Game Show with Resident Life

Thursday, September 19 · 4:00 pm · The Grande  
Join Resident Life for the game of This is Your Career! Residents will attempt to guess your fellow resident's previous careers!

### Birthday Bash with Just Friends

Monday, September 23 · 7:00 pm · The Grande  
Celebrate September and October birthdays with Just Friends Band! Cake and ice cream will be served. Everyone is welcome.

### Jewelry: Redo & Renew

Tuesday, September 24 · 3:00 pm · Activity Room A  
Join Kaye Foltz as she assists with fixing any jewelry you bring.

### BINGO

Monday, September 30 · 2:00 pm · The Grande  
Bring your correct change to "rent" \$1 BINGO cards for cash winnings. Four games will be played.

### Wine Wars

Monday, September 30 · 4:00 pm · The Pub  
24 lucky people will be chosen lottery-style to participate in this new wine tasting trivia event.

## Resident Led Activities

### Pickleball Play & Instruction

Monday, Wednesday, Thursday & Friday 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 (craft, painting, needlework, etc.) to work on with friends. Or just come to fellowship with friends—new and old!

### 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 • 6:30 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 • 6:30 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, September 3 • Activity Rm A • 1:30 pm  
No experience is necessary and no supplies are needed. Come chat and learn adult coloring techniques creating special seasonal projects with Debra Collins.

### Paper Craft Workshops

September 9, 18, & 27 • Back Room Studio • 2 - 4 pm  
Learn new paper craft skills and/or complete projects. Contact Magda Morris or Marty Reese for further information.

### Book Club

Thursday, September 12 • Activity Rm A • 11:30 am  
Book: The Woman They Could Not Silence by Kate Moore

### The Artful Touch with Debra

Thurs., September 12 & 26 • Back Rm Studio • 3:00 pm  
This class is a very basic, beginners watercolor class focusing on negative space. No experience is necessary. No supplies are needed. Class is limited to 8 participants. This will be held on two dates and both are the same class. Please sign up for only one session in September.

### Pondering the Story with Elaine Davies

Mon., September 16 • Admin Conf Room • 2:30 pm  
Deuteronomy 6:4-9

### Ladies Luncheon

Wednesday, September 18 • 11:30 am • Seasons Dining  
The guest speaker will be Frank Woods, Exec. Dir. of the Grand Opera House. Limited seating. Sign up on the App.

### Prepare Lunches for Loaves & Fishes

Monday, September 23 • Activity Room A • 2:30 pm  
Sign up on the Uniguest App to help with this monthly service project.

### Democrats Luncheon

Tuesday, September 24 • Seasons Dining • 11:30 am  
Contact Leslie Morris to RSVP: 478-491-1731

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

## Take 3 for Wellness: Rheumatoid Arthritis

Submitted by Tonya Wilson

Rheumatoid arthritis (RA) is an autoimmune disease in which the body's immune system mistakenly attacks the joints. This creates inflammation that causes the tissue that lines the inside of joints to thicken, resulting in swelling and pain in and around the joints. Rheumatoid arthritis most commonly affects the joints of the hands, feet, wrists, elbows, knees and ankles. The joint effect is usually symmetrical. That means if one knee or hand is affected, usually the other one is, too. Because RA also can affect body systems, it is called a systemic disease. Systemic means "entire body." About 40 percent of the people who have rheumatoid arthritis also experience signs and symptoms that don't involve the joints. Rheumatoid arthritis can affect many non joint structures, including: your skin, eyes, lungs, heart, kidneys, nerve tissue, bone marrow, and blood vessels

### Signs and symptoms of rheumatoid arthritis may include:

- Tender, warm, swollen joints
- Joint stiffness that is usually worse in the mornings and after inactivity
- Fatigue, fever and weight loss

Over time, rheumatoid arthritis can cause joints to deform and shift out of place.

Factors that increase your risk include: Being female, family history, smoking, and being overweight

### Having Rheumatoid arthritis increases your risk of developing:

- Osteoporosis
- Rheumatoid nodules
- Dry eyes and mouth
- Infections.
- Carpal tunnel syndrome.
- Heart problems.
- Lung disease.
- Lymphoma.

Treatments include medications, application of ice and/or heat, PT/OT, and in some cases, surgery. Studies show that exercising regularly helps, especially water aerobics and Tai Chi.

Call Patti and Jai and get started exercising!



A Group of Ladies at the Mah Jong Learn & Play



Holly Ertel shopping for peaches at Dickey's Farm



## September Movies:

### Hillbilly Elegy

R · 2020 · Drama · 1h 56m  
Saturday, September 7 · 7:00 pm

An urgent phone call pulls a Yale Law student back to his Ohio hometown, where he reflects on three generations of family history and his own future.



### Queen Bees

PG-13 · 2021 · Drama/Romance · 1h 40m  
Saturday, September 21 · 7:00 pm

After reluctantly agreeing to move into a home for seniors, a woman encounters a clique of mean-spirited women and an amorous widower.



### On Golden Pond

PG · 1981 · Drama · 1h 49m  
Saturday, September 8 · 7:00 pm

Norman is a curmudgeon with an estranged relationship with his daughter, Chelsea. At Golden Pond, he and his wife nevertheless agree to care for Billy, the son of Chelsea's new boyfriend, and a most unexpected relationship blooms.



### Thelma

PG-13 · 2024 · Action/Comedy · 1h 38m  
Sunday, September 29 · 7:00 pm

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her.



### Documentary:

### 9/11 - One Day in America

TV-MA · 2021 · History/Docu. · 50m  
Wednesday, September 11 · 7:00 pm

In official collaboration with the 9/11 Memorial & Museum, this documentary series take viewers through harrowing moments of the historic morning of September 11, 2001.



### My Best Friends Wedding

PG-13 · 1997 · Drama/Comedy · 1h 45m  
Saturday, September 14 · 7:00 pm

When a woman's long-time friend reveals he's engaged, she realizes she loves him herself and sets out to get him, with only days before the wedding.



Debra Collins leads a watercolor class



Line Dance Class during Fun NOT in the Sun

## 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 Troy Cannaday at 478-405-4521 to sign up.

## Uniquet "Bulletin Board"

On the Uniquet Community App there is an interactive module called the *Bulletin Board*. It is 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

**Paula Newman**  
Apartment 2116

## 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

**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



## Brain Gain: Physical Activity Boosts Brain Volume in Older Adults

The benefits of being physically active are hard to ignore, but the evidence is still out regarding how much is enough activity in relation to brain health. In a recent study, researchers investigated how frequently and how intensely older adults should exercise to maintain a healthy brain. Researchers recruited an ethnically diverse, urban-dwelling group of 1,443 adults age 65 and better (average 77 years) to undergo an MRI assessment. The sample was split approximately evenly across non Hispanic white, Hispanic, and African American older adults. In this assessment, total brain volume, gray matter volume, white matter volume, and hippocampal volume were measured. Participants were also asked how often they engaged in light, moderate, and vigorous activity over the past two weeks. Compared to no physical activity, engaging in low, middle, or high amounts of any type of physical activity was associated with greater total brain, white matter, gray matter, and hippocampal volume. This finding remained even after controlling for head size, age, gender, race, and education. Generally, each measure of brain volume increased with increasing levels of physical activity. Physical activity guidelines recommend engaging in 150 minutes per week of moderate to vigorous physical activity, or 250 minutes of light physical activity. In this study, meeting recommended levels of moderate to vigorous activity was associated with greater total brain volume, while engaging in 250 minutes per week of light physical activity had a similar outcome, regardless of the amount of moderate or vigorous activity. This study presented more evidence that physical activity is beneficial for brain health and that meeting recommended guidelines is essential. The difference in brain volumes for the most physically active compared to non-active older adults was the equivalent of about four years of aging. Neurodegeneration can have a significant impact on older adults' cognition, and the findings here show that getting some physical activity is better than none, and even light physical activity is effective in reducing neurodegeneration. Additionally, this finding held across ethnic groups, underscoring the importance of physical activity for all older adults.

Source: Gu Y, Beato JM, Amarante E, et al. Assessment of leisure time physical activity and brain health in a multiethnic cohort of older adults. JAMA Network Open. 2020



### Support Group:

#### Dementia Support Group

Thurs., September 26 · Act. Rm A · 1:30 pm

### A Matter of Balance (aMOB)

Wednesdays · 10:00 am · Activity Room A  
(First class is 9/11/24)

This eight week course will teach you how to become more confident about managing falls, help identify ways to reduce falls, and use exercises to increase strength and balance. If you are interested in participating in this eight week course, please sign up with Patti in Resident Life. Space is limited to 12 participants.

## What Could Aging and Inertia Possibly Have in Common?

By Robin Dance, Carlyle Place Life Plan Advisor

One of the lessons I vaguely recall from high school physics involves the principle of inertia. As I remember it, “An object in motion remains in motion. An object at rest remains at rest.” My recollection may be simplistic and incomplete, but it still conveys enough of the idea to understand what it means. I can’t decide if Mr. Chapman would be proud or disheartened.

In more recent years, I’ve thought about inertia relative to mind and body, especially as it pertains to aging. Working at a continuing care retirement community (CCRC) offers a wonderful vantage point. I’ve spent time with residents who are impressively young well into their 90s, and met people thinking about moving, who present older than their actual age of 60-something.

No doubt, genetics play a part. But a great gene pool isn’t the only factor in health and well-being. Lifestyle matters. What we eat. How and how much we integrate movement and exercise. Socialization. Brain challenges. The small choices we make on a daily basis contribute to how well we feel and function.

As we age, maintaining an active lifestyle and consistent daily routines becomes increasingly important for our physical, mental, and emotional well-being. Zingers like “If you don’t use it, you lose it,” and “Motion is lotion,” aren’t just cliché, they’re true! They remind us how important it is to do something. Anything is better than nothing!

Establishing regular rhythms and incorporating physical activity and mental stimulation into daily life can lead to countless health benefits, enhanced quality of life, and a greater sense of purpose and fulfillment. If you’ve become “an object at rest,” it may be hard to get started, but once you do, let inertia’s momentum keep you going. Let’s consider a few of the benefits:

One of the most significant (and obvious) advantages of regular physical activity is the positive impact on physical health. Engaging in regular exercise can help manage and prevent chronic conditions like heart disease, diabetes, and arthritis. Walking, swimming, and yoga can improve cardiovascular health, strengthen muscles, and enhance flexibility. Regular exercise also helps maintain a healthy weight.

Also, staying active improves balance and coordination, reducing the risk of falls and injuries. Falls in older adults can lead to severe complications. At Carlyle Place, we actually have a class on how to fall, but the better option is to do what you can to prevent them in the first place.

Consistent activity also plays a role in maintaining mental health. Engaging in regular exercise stimulates the release of endorphins, which are natural mood lifters. This can help combat feelings of depression and anxiety, common issues among older adults. Gardening or group exercise classes provide not only physical benefits but also opportunities for social interaction, crucial for mental and emotional well-being (American Psychological Association, 2023).

Having a daily routine that engages mind and body can provide a sense of predictability and control. Knowing what to expect each day can help you feel more secure and grounded. The rhythms of morning walks, shared meals, or scheduled activities keep you going in more ways than one. It’s another reason I love working at a life plan community like Carlyle Place. Our Resident Life department does a stellar job of planning a calendar full of diverse events and activities that make sure you remain “an object in motion.”

*Continued from pg. 10*

Physical activity and consistent routines have positive effects on cognitive function. Exercise increases blood flow to the brain, which can enhance memory, attention, and processing speed (Alzheimer's Society, 2023). Activities that require coordination and concentration, such as playing a musical instrument or engaging in puzzles and games, can help keep the mind sharp and improve cognitive skills.

Engaging in lifelong learning, reading, or participating in community activities can keep the mind active and reduce the risk of cognitive decline.

An active lifestyle enhances social well-being. Regular physical activity often involves social interaction, whether it's participating in group fitness classes, joining a walking club, or attending community events. These interactions help combat feelings of loneliness and isolation, which are common among older adults.

This is why I'm always so sad when adult children don't support their parents' decision to move to Carlyle Place. The risk of social isolation as you age is real, and among other concerns, brings loneliness and withdrawal.

Ultimately, consistent routines and regular physical activity contribute to a higher quality of life for all of us as we age. They promote independence by maintaining or improving physical strength and mobility, allowing older adults to perform daily tasks more easily and confidently. This independence enhances self-esteem and overall life satisfaction.

The benefits of maintaining consistent daily rhythms and staying active are profound. From improved physical and mental health to enhanced social connections and cognitive function, these practices are essential for leading a healthy, happy, and fulfilling life. Embracing regular routines and incorporating physical activity into daily life can help seniors enjoy their golden years to the fullest, ensuring they remain vibrant, engaged, and thriving.

## Relaxation with Patti

**Wednesdays at 3:00 p.m.**

**Chaise lounge chairs on pool deck  
(9/11, 9/18, 9/25, & 10/2)**

Back by popular demand, Patti will be leading progressive muscle relaxation and guided imagery sessions. The thirty minute sessions will reduce stress and muscle tension and leave you feeling refreshed. Class size is limited.

**\*Sign up in Resident Life**



Sue Tharpe & Christine Stephens at the Birthday Bash



## Celebrating September

### International Self-Awareness Month

#### World Alzheimer's Month

#### National Guide Dog Month

#### Pollution Prevention Week September 16–22

#### World Letter Writing Day September 1

#### Day of Charity September 5

#### Wonderful Weirdos Day September 9

#### Bald Is Beautiful Day September 13

#### International Country Music Day September 17

#### White Chocolate Day September 22

#### Love Note Day September 26

#### Good Neighbor Day September 28



Roger & Linda Andersen eating  
peach ice cream at Dickey's Farms

## 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

## Famous September Birthdays

Those born between September 1–22 are Virgos. Virgos are considered shy and sometimes naïve, private, and very tidy. They are also curious explorers who are incredibly loyal and well respected by their friends and colleagues. If you were born between September 23–30, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking.

Salma Hayek (actress) – September 2, 1966  
 Alan Ladd (actor) – September 3, 1913  
 Beyoncé (entertainer) – September 4, 1981  
 Bob Newhart (comedian) – September 5, 1929  
 Grandma Moses (artist) – September 7, 1860  
 Patsy Cline (singer) – September 8, 1932  
 O. Henry (writer) – September 11, 1862  
 B. B. King (musician) – September 16, 1925  
 Bruce Springsteen (singer) – September 23, 1949  
 Bryant Gumbel (journalist) – September 29, 1948

## July 2024 Honorariums & Memorials

### Donated in Memory of:

Jerry Cogswell

Pearl Ham Cooper

John Hurst

### Donated by:

Don & Mary Dale Kea  
Sandy & Ronnie Knapp  
Hank & Mary Dempsey  
Eleanor Rosen

Virgil Cooper

Mr. & Mrs. Howard Rosenberg

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.

## The Flood of 2024!

Written by Jane Winston

Oh, dear, what a dreadful night, that summer of '24.  
Carlyle got hit, leaving residents in a terrible plight.

A broken pipe caused the flood; plenty of water but at least no mud!  
Wet feet, water everywhere, oh the mess and despair.  
Rugs besodded; furniture removed; pets uprooted; floors warped; noisy fans and humidifiers pulling water from the air.

Alas, twenty apartments in disarray, and residents forced to move away.  
Into temporary housing CP folks went, while CP Staff were heard to say, "Let us help you learn to live amidst the chaos and disarray."  
Meanwhile, all in charge were in a frenzy. "We gotta' restore order, clean up this mess, and help those affected relieve their stress."

But, lo, amidst the chaos and the flood, there arose a glimmer of hope!  
The residents remained together with a sense of humor to cope.  
Jokes and laughter filled the air, as they navigated the mess,  
making the best of a bad situation, showing resilience and finesse.

So, here's a toast to residents who faced the challenge with grace!  
Apartments will be habitable soon, and flood memories erased.  
In the meantime, let's laugh and stay strong, for in the end,  
we'll come out of this just where we belong!

*(AI inspired) Thanks to the Sheils of the East Wing allowing my kitty, Winnie, and me to live temporarily in their place and create this poem.*

Thanks to CP staff and employees, Parker Young Construction, and others who helped.

## New Resident: Tony Zelonis

Written by Jane Winston



Tony moved into Carlyle's East Wing early this summer from his home near Fort Valley, GA. He maintains that home in addition to living here, so you have to be quick to catch him as he is extremely involved in the entire Macon area and all that goes on, and he is a man with energy, on the go.

Tony and his wife, Jaloo, met in Savannah where she was an RN at a local hospital, and he was a Public Health Services Pharmacist at a dispensary. They married in Warner Robins as Jaloo's father was in the Air Force, and within the month, Tony was sent to NYC's Governor's Island; she found a position there, and they settled into a fun life only two newly-weds with no children could fully enjoy! Eventually he left there and went to Ohio State to get his MS in Pharmacy Administration, returned to Staten Island and Long Island University in NYC and got his MS in Hospital Pharmacy Administration.

His Public Health commitment did the "sea-to-shining-sea" assignment which took them from NYC to Los Angeles, CA. Their daughter, Kim, was born and began her education there. However, the hospital where they worked closed, and they were transferred to one on the White Top Mountain Apache Indian Reservation in Arizona where Jaloo was a nurse and Tony, a pharmacist. While there, Tony, a life-long learner, saw a clipping in a newspaper from a local community college reaching out for people who would enjoy learning about archaeology. He did, and in typical Tony fashion, jumped in with both feet and traveled to digs on the weekends, and did, in fact, go to Israel on four occasions! And thus began his archaeological hobby which he still pursues on occasion.

After seven years in Arizona, Tony retired as a Commander with 23 years of active-duty service. Jaloo was not ready to retire; she picked a position in Montana where she could pursue her desire to be the nurse consultant for all Indian reservations in Montana. She moved quickly, but Tony and Kim stayed until the end of a school year in Arizona before making their move. While in Montana, Tony was once again taken by a small newspaper clipping; this time one looking for a few people who would like to learn about 20-minutes of magic tricks and travel to reservations and help children, with the aid of magic, become interested in reading. The group did, and it helped!

This hobby really connected with Tony and was certainly easier to pursue than archaeological digs! Entertaining through magic has given him much pleasure as he moved around and entertained young children of all backgrounds. You can find Tony at least once a month, here in Macon and Warner Robins, at his magic club meetings ....and I understand he does much more than pull a coin from behind your ear!

Tony and his family of three moved to Georgia in 2005 to enjoy the nice weather. He and I were auditioning for roles in *Auntie Mame* (we think) down at Perry Players. We were cast and had fun from there on crisscrossing over the stages in the area: Warner Robins Little Theatre, Perry Players, Theatre Macon, Macon Little Theatre and Rose Theatre in Forsyth, through the past 20 years. Jaloo, Tony and I became fast friends through the theatre. Jaloo passed away in 2019, but I am sure you have at some point seen Tony, Jaloo and possibly even me on stage in the local area.

By the way, Tony Zelonis has been in approximately 25 plays in our local area in his time here. However, his absolute favorite was *Glass Menagerie*, not locally, but in Arizona at Northern Pioneer Community College.



## Who is Spoiled?

Teddy the Prolific, Poetic Poodle  
Editor in Chief, Canine Literary Guild

I hear people tell my folks  
they think I am very spoiled.  
But training my folks to know my needs  
took a lot of patience, time, and toil.

My folks talk about trips they take  
and interesting things they see,  
While all I do is walk the campus  
To find a bush to go pee-pee.

I hear them talk about scrumptious food  
and tables filled with pies and tarts.  
While all I get is 3 meals a day  
of the same old pet food from Walmart.

They play a lot of games with friends  
and have a ton of fun.  
And what is it that occupies me?  
My folks throw a ball and I run.

I see my folks get dressed up  
to enjoy special food and drink.  
The only time I got gussied up  
was when mommy died me pink.

From my astute canine perspective,  
It is very plain for me to see.  
My folks are the very spoiled ones,  
It most definitely is not ME!!

All canines are invited to  
submit articles to Teddy at:  
[ktsheil13@yahoo.com](mailto:ktsheil13@yahoo.com)



## August Employee Anniversaries

### 1 Year

Sherrie Lewis  
Scott Calarco  
Detra Burns  
Abigail Shumate

### 2 Years

Kassandra Kornegay  
Emanuel Brooks  
Zandra Gerke

### 3 Years

Cally Freeman  
Katrina Burrell  
Steven Towns  
Joel Wade

### 4 Years

Shaniah Bason  
Marcia Linton

### 5 Years

Jernetta Hill

### 6 Years

Anna Steelman

### 7 Years

Elizabeth Davis

### 8 Years

Cele Minshew

## I SPY - September 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 Someone who has been incredibly helpful in setting up the New Resident articles for the monthly Chronicle. We can always count on Mary Dempsey to submit articles, pictures, and other snippets for all of you to enjoy. In addition to her efforts in keeping you all informed and entertained, she also serves as a member of RAC and spends many hours assisting with duties in the Carlyle Place library. When she's not busy with all of these activities, she may be found on the Pickleball courts, in the gym, participating in various exercise classes, or practicing with our World Famous Harmonica group. If you happen to catch a glimpse of this very busy lady, please thank her for all she does for Carlyle Place.

## Have You Heard Format

### Tuesdays at 11:00 am in the Grande

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

#### Week 1

Connect to Purpose—Employee Anniversaries  
Resident Life Monthly Activities

#### Week 2

Board Member Visits  
Handbook Review  
Committee Report

#### Week 3

RAC Report  
Take 3 for Wellness  
Handbook Review

#### Week 4

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

#### Week 5 (March, June, August, November)

Healthcare Updates/Reminders  
CP at Home Updates/Reminders

#### 2024 Committee Report Schedule:

Building & Grounds:	10/08	
Library:	10/22	
Development:	11/12	
Marketing:	11/26	
Dining:	9/10	12/10
Programming:	9/24	12/31

## September Birthdays

Lillian Binner	9/1
Nalini Isaac	9/5
Betty Butler	9/6
Charles Lewis	9/7
Dianne Scharp	9/10
Carolyn Pirkle	9/14
Joanne Hutchinson	9/15
Margery Jones	9/19
Kirk Domingos	9/20
Ty Ivey	9/26
Thomas Halliburton	9/27
Bill Hargrave	9/29

### Carlyle-at-Home

Katrin Haskell	9/2
Jean Holland	9/5
Dianne Baca	9/9
Patricia Deeb	9/18
Lee Murphey	9/16
Ellen Murphey	9/20
Patricia Adams	9/21
Mary Verner Philhower	9/25
Maribeth Lowe	9/26

## September's Pet of the Month: Coco Hojak

Written by: Susan Hojak



Bonjour, tout le monde! My name is Coco, Susan's favorite cat. My mommy named me after Coco Chanel because she loves everything French, and I'm très chic.

I moved here to the East Wing from Melbourne Beach, Florida, in June. It was a harrowing voyage--7 hours in a cage in the back of my mom's Honda. Mon dieu!n But we arrived safely and, with Aunt Katie's help, got settled fairly quickly.

I miss my lanai in Florida, observing all the birds, golfers, and ever so often an armadillo or even a bobcat. Yikes! Good thing Mom was there! But I've learned to love Carlyle Place, watching the action outside the windows of our beautiful apartment, making friends with everyone who comes to help

or visit, being close to our Georgia family, trying to get by my mom to go visit our neighbors in the hall. I'm not so successful at the hall trick, but maybe someday. I hear Copper calling me.

I try to be good, but sometimes my curiosity gets the best of me. You may, at times, hear my mom raise her voice to me, But I'm usually forgiven because I am rather cuddly and sweet! I like to follow my mom from room to room and even sleep with her, but I often wake her up too early. You may have heard her say, "This cat's gonna be the death of me!" But I'm sure she loves me.

## Ticketed Event Information

Cultural events around Macon that require tickets are easy to purchase by phone or online. For most ticketed events, it is your responsibility to purchase your event tickets and sign up for transportation on the Uniguest App. Below are the phone numbers and websites for the most frequently visited venues:

### **BLP - Backlot Players**

(478) 994-0443

Website: [thebacklotplayers.org](http://thebacklotplayers.org)

### **GOH - Grand Opera House**

(478) 301-5470

Website: [www.thegrandmacon.com](http://www.thegrandmacon.com)

### **CP - Centreplex**

[www.maconcentreplex.org/coliseum/ticket-office/](http://www.maconcentreplex.org/coliseum/ticket-office/)

### **MLT – Macon Little Theatre**

(478) 471-7529

Website: [www.maconlittletheatre.org](http://www.maconlittletheatre.org)

### **DT- Douglass Theatre**

(478) 742-2000

Website: [douglasstheatre.myboxoffice.us](http://douglasstheatre.myboxoffice.us)

### **TM -Theatre Macon**

(478) 746-9485

Website: [www.theatremacon.com/tickets](http://www.theatremacon.com/tickets)

### **FH - Fickling Hall at Mercer University**

(478) 301-5470

Website: [www.mcduffie.mercer.edu](http://www.mcduffie.mercer.edu)



## August's Employee of the Month: Becca Devens



Our Employee of the Month for August 2024 is Becca Devens. Becca Devens is our Healthcare Education Coordinator and has been here for four and a half years. Becca grew up in Hawkinsville, but has called Macon home for thirteen years.

She met her husband, Rick, here in Macon and they have two children: Jack (10) and Juliet (7). She really enjoys making so many connections with the staff and residents at Carlyle Place.

She considers herself lucky to have met so many dear friends here over the years. She enjoys the friendly nature of the staff and happily bantering with her colleagues. Outside of work, Becca likes to read, write, make up silly songs, and travel with her family. She likes to work hard and play harder. When you see Becca around, congratulate her on all her hard work and dedication to Carlyle Place.

## Matching Friends



Mary Dempsey & Ellen Wright in Cheetah print



Marie, Concierge & Mary Louise in matching pants

## Author Birthdays in September

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. Please feel free to borrow them.

3 September: Adriana Trigiani  
7 September: Taylor Caldwell  
9 September: Leo Tolstoy  
11 September: D.H. Lawrence & O. Henry  
13 September: Roald Dahl  
15 September: **Agatha Christie**  
17 September: John Creasey  
19 September: William Golding

20 September: **Jude Deveraux**  
21 September: **Fannie Flagg**, Stephen King & H.G. Wells  
22 September: **Rosamunde Pilcher**  
24 September: F. Scott Fitzgerald  
25 September: William Faulkner & **Kristin Hannah**  
29 September: Colin Dexter  
30 September: Truman Capote

## September 2024 Parlor Library Display: Here, There and Everywhere

Written by The Library Committee

In September the heat of summer is behind us, students are back in school and the roads are less crowded. Traveling will be cooler but the threat of hurricanes is upon us. This month the Library Committee would like for you to be safe and take a vicarious trip with these novels that feature a variety of interesting locations and genres.

### Alabama

*Stars of Alabama*

### Arizona

*Day of the Dead*

### California

*Prince of Beverly Hills*

### Canada

*A Rule Against Murder*

### Florida

*Camino Island*

### France

*A Room on Rue Amelie*

### India

*Meet Me in Bombay*

### Ireland

*Tara Road*

### Kentucky

*The Enduring Hills*

### Malta

*Malta Exchange*

### Mexico

*Mexico*

### Missouri

*Can't Wait to Get to Heaven*

### New York

*A Tree Grows in Brooklyn*

### North Carolina

*Where the Crawdads Sing*

### Ohio

*Spencerville*

### Russia

*A Gentleman in Moscow*

### United Kingdom

*Light Over London*

### Virginia

*Post Mortem*

### Wyoming

*Angel Falls*

## Newsletter Submissions

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



## Fun NOT in the Sun Week



Residents playing in the Chair Volleyball Tournament



Barbara DiSauro, Betty Smith & Carol Goings  
at OT Dance for All



Allison Lee at the Peach Ice Cream Social



Bill & Kathy Marbut at OT Dance



Kathy Myers singing at Karaoke Happy Hour



Winners of the Chair Volleyball Tournament