

# Carlyle Place Independent Living    October 2024

## The Carlyle Chronicle

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### Harvest Week

#### Harvest Coffee Bar

Monday, October 7 · 8:30 - 10 am · The Pub

To kick off Harvest Week, enjoy hot coffee, iced coffee, pastries and breakfast savories as a morning treat!

#### Harvest Tea

Monday, October 7 · 3:00 pm · Seasons Dining

Join fellow residents at this Harvest gathering where you will be treated to hot tea and afternoon fare.

#### Oktoberfest Party with the Fabulous Boomers

Tuesday, October 8 · 5:30 pm · Lower Level Courtyard

The Fabulous Boomers will play for your listening and dancing pleasure as we serve up drinks and German food.

#### Fall Pizza Party

Wednesday, October 9 · 5:00 pm · The Pub & Grande

Enjoy pizza, beer and wine as you celebrate Harvest Week with a variety of piping hot pies.

#### Fall Follies

Thursday, October 10 · 4:00 pm · The Grande

This Variety Show features staff as they take to the stage to "entertain" you - please note: talent is not a requirement. All assistive devices will be stored in designated areas. Happy Hour will begin at 3:30 pm this day.

#### Spooky Tales with Richard Davies

Friday, October 11 · 7:00 pm · The Grande

Richard Davies will tell suspenseful stories that will get you in the harvest mood! This is an annual Harvest Week tradition. Desserts and coffee will be served.

#### Comedian: Jody Fuller

Saturday, October 12 · 7:00 pm · The Grande

Don't miss this comedy show with comedian Jody Fuller, from Atlanta. Beer, wine, cash bar and desserts will be served for this evening entertainment.

#### Harvest Finale: BBQ & Bourbon with the Ruby Reds

Sunday, October 13 · 4:30— 6:30 pm · Lower Level Courtyard

A 3-piece Jazz Band, The Ruby Reds, will offer smooth music while you enjoy this annual party. The bar will open at 4:30 under the Pavillion, and BBQ ribs and chicken with all the fixings will be served at 5 pm.

## 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.

### Line Dancing

Mondays · 3:00 pm · Group Fitness Rm

### 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 Christmas Concert.

### Pub Trivia

Tuesday, October 22 · 4 pm · The Pub  
The Pub opens early for this rowdy, competitive game of trivia where teams of five or less compete for prizes. Sign up on the app. 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 - Mon., October 7 - Act. Rm A · 10:00 am  
Episcopal - Thurs., October 17 - Act. Rm A · 10:00 am  
Methodist - Thurs., October 17 - Act. Rm A · 1:00 pm  
All are welcome to attend Methodist Communion.

### BUMs Breakfast

Saturday, October 19 · 8:30 am · The Grande  
All men are invited to this breakfast. The speaker for October will be William Ford, Jr., Air Marshal and once a marine always a Marine.

## Out & About

### Night of Hope at Methodist Children's Home

Thursday, October 3 · Depart Lobby at 6:00 pm  
The Methodist Home's 12th annual Evening of Hope dinner fundraiser is happening on Thursday, October 3rd! This evening of giving is a beloved tradition at The Home. This year, we are blessed to have special guest speaker, Alex Kendrick!

### Volunteer at Backpack Ministry

Friday, October 4 · Depart Lobby at 1:00 pm  
Volunteer for the Backpack Ministry at Forest Hills Church to prepare snacks to send home with deserving children.

### Lion King at The Fox

Sunday, October 6 · Depart Lobby at 3:15 pm  
Tickets for this event have been purchased.

### Night on the Fisk at Christ Church

Sunday, October 6 · Depart Lobby at 4:45 pm

### Rooted Service at Christ Church

Tuesday, October 8 · 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.

### Fabian Concert Series

Tuesday, October 8 · Depart Lobby at 6:45 pm  
The Ehnes quartet will perform at this concert. Ticket is required. Sign up for transportation on the Uniguest App.

### Kayaking on Lake Juliette

Friday, October 11 · Depart Lobby at 10:00 am  
There are a few spots available on this rescheduled outing. This activity is \$55. See Resident Life for more information.

### Choral Evensong at Christ Church

Sunday, October 13 · 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.

## Out & About

### **Macon Pops: 60 Years of Fab at Grand Opera House**

Friday, October 11 · Depart Lobby at 6:45 pm

Join us for a groovy evening of nostalgia and musical magic as Macon Pops presents "60 Years of 'Fab!'" - a sensational celebration honoring the timeless legacy of The Beatles. Ticket is required. Purchase tickets at [maconpops.com](http://maconpops.com).

### **Dinner at Braddock's Cask & Table**

Thursday, October 17 · Depart Lobby at 5:00 pm

Enjoy a taste of this new restaurant in Macon with dishes that look and taste amazing!

### **Alzheimer's Walk at Middle Georgia State & University**

Saturday, October 19 · Depart Lobby at 9:30 am

Check out page 15 for more information.

### **Michael Jackson Tribute at The Grand Opera House**

Saturday, October 19 · Depart Lobby at 6:45 pm

Featuring all his biggest hits including Bad, Billie Jean, Beat It, Dangerous, Smooth Criminal, Black & White, I Want You Back and many others. Relive the energy, excitement, spectacle and pure joy of this legendary superstar and his music. Ticket is required.

### **Macon-Mercer Symphony Orchestra**

Monday, October 21 · Depart Lobby at 6:45 pm

With one of the most unique regional orchestras in the country creating a powerhouse audience for "Make More Music Mondays," we've proved that the symphony can be a home for everybody. The hall is abuzz with the joy of music, the power of the Middle Georgia community, and Mercer University's McDuffie Center Young Artists collaborating with Atlanta Symphony Orchestra musicians. Ticket is required.

### **Cabaret at Macon Little Theater**

Thursday, October 24 · Depart Lobby at 7:30 pm

Join the seductive and vibrant world of the Kit Kat Klub, where the decadence of 1930s Berlin collides with the harsh realities of a changing society. Follow the intertwining lives of performers and patrons as desires, dreams, and danger converge. Ticket is required.

### **Georgia Safari Conservation Park**

Friday, October 25 · Depart Lobby at 7:30 am

See Resident Life for more information.

### **Choral Society Carnegie Hall Preview at Mulberry Street United Methodist Church**

Friday, October 25 · Depart Lobby at 7:30 pm

The Choral Society, Mercer singers, and McDuffie Center students will present selections from their upcoming Carnegie Hall performance. Ticket is required.

### **Arts on Riverdale Jazz & Arts Festival on Riverdale**

Saturday, October 26 · Depart Lobby at 11:30 am

Presented by Jazz Association of Macon and Neighbors of Riverdale Drive. Art booths, food trucks and live jazz featuring Wycliffe Gordon and Friends will be available for you. Bring your own chair.

### **Greek Festival at Holy Cross Greek Orthodox Church**

Sunday, October 27 · Depart Lobby at 1:00 pm

Tour the holy cross Greek orthodox church and have lunch while enjoying Greek dancers and other festivities.

### **Music & the Arts at Vineville United Methodist Church**

Sunday, October 27 · Depart Lobby at 3:15 pm

Bayberry String Quartet will be performing for this event.



Dorothy Reed & her fall door hanger made in Craft Class



## In-House Events

### Wigging Out

**Tuesday, October 1 · 3:30 pm · The Grande**

As part of Breast Cancer Awareness Week, the ladies from Shh.. It's a Wig! will inform you of all the wig options currently available.

### Battling Breast Cancer:

#### Resident Perspective with Sharon Welch

**Wednesday, October 2 · 4:00 pm · The Grande**

Sharon Welch will share her experience battling breast cancer.

#### Pink Pancake Fundraiser Breakfast

**Thursday, October 3 · 7:00—10 am · The Bistro**

In honor of Breast Cancer Awareness, purchase pink pancakes in the Bistro. Breakfast is \$5, all proceeds will be donated to Kids in Pink. Cash only. To get an extra point for Pub Trivia, have a member of your trivia team purchase a breakfast for this worthy charity.

### Healthcare Tour

Thursday, October 3 · 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.

### Bingo for Breast Cancer

**Thursday, October 3 · 1:30 pm · The Grande**

This month's Bingo is to raise awareness of Breast Cancer. All proceeds will be donated to Kids in Pink. Bring your correct change to "rent" \$1 per BINGO card per game, four games will be played.

### Breast Cancer Awareness Walk

**Friday, October 4 · 2:30 pm · Front Entrance**

Take a walk around the Berm to show your support for those with Breast Cancer & Breast Cancer survivors. Wear pink to show your support!

### Middle Georgia Library Representative

**Fridays, October 4 & 18 · 3:00 pm · The Grande**

Yufiel Franklin will help residents download books, sign up for library cards, & other library needs.

### Tech Tutoring with Caleb

**Sundays, October 13, 20 & 27 · 4:00 pm · The Parlor**

Caleb Varnadore, volunteers his time to help residents with technology issues or questions. Bring your technology with you.

### Craft Class: Spooky Decor

**Tuesday, October 15 · 3:00 pm · Activity Room A**

Create your own Halloween tchotchke for your home.

### Chair Volleyball

**Thursday, October 17 · 2:15 pm · The Grande**

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

### Young America

#### School of Music Performance

**Saturday, October 19 · 4:00 pm · The Grande**

Listen to beautiful music played by the students of the Young America School of Music.

### Genetics with Harold Reed: Part 2

**Wednesday, October 23 · 2:00 pm · Activity Room A**

Harold Reed will provide a lecture for fellow residents about genetics! This will be a continuation of September's presentation.

### Monster Bash with DJ Dusty

**Thursday, October 31 · 7:00 pm · The Grande**

Jam with DJ Dusty at this Halloween Monster Bash where appetizers, beer, wine and a cash bar will be on hand. Wear your best costume to entertain and win a contest.

### Theater Group Interest Meeting

**Thursday, October 31 · 2:30 pm · Activity Room A**

This is a Start-up Thespian Group. Been in a play? Seen a play? Want to read a script? Reader's Theatre? Monologues? Talent show? How about simply sharing an interest in being on stage! Jane Winston at the organizational helm, will lead this meeting to see if there is interest.

## Harvest Week

### Harvest Coffee Bar

**Monday, October 7 · 8:30 - 10 am · The Bistro**

### Harvest Tea

**Monday, October 7 · 3:00 pm · Seasons Dining**

### Oktoberfest Party with The Fabulous Boomers

**Tuesday, October 8 · 5:30 pm · Lower Level Courtyard**

### Fall Pizza Party

**Wednesday, October 9 · 5:00 pm · The Pub & Grande**

### Fall Follies

**Thursday, October 10 · 4:00 pm · The Grande**

### Spooky Tales with Richard Davies

**Friday, October 11 · 7:00 pm · The Grande**

### Comedian: Jody Fuller

**Saturday, October 12 · 7:00 pm · The Grande**

### Harvest Finale with the Ruby Reds

**Sunday, October 13 · 4:30—6:30 pm · Lower Level Courtyard**

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

## 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 with Elaine Davies

Wednesdays • Group Fitness Rm • 4 pm

### Joker

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

### MahJongg

Fridays • West Wing Game 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, October 1 • 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.

### The Artful Touch with Debra

Thurs., October 3 & 17 • Back Rm Studio • 3:00 pm  
**This class is a very basic, beginner's watercolor class.** Multiple techniques will be presented to make several fun creations. 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 October.

### Paper Craft Workshops

October 7, 16, & 25 • Back Room Studio • 2 - 4 pm  
These workshops are for learning new Paper Craft skills and/or completing projects. Contact Magda Morris or Marty Reese for further information.

### Book Club

Thursday, October 10 • Activity Rm A • 11:30 am  
The Heaven & Earth Grocery Store by James McBride

### Bingo with Bingo Bob

Sat., October 12 & 26 • The Pub • 3:30 pm  
Join Bob & Demmi Pluta as he leads his version of Bingo! \$5 for 5 games, please bring correct change.

### Pondering the Story with Elaine Davies

Mon., October 21 • Admin Conf Room • 2:30 pm  
Luke 18: 1-8. Parable of unjust judge

### Democrats Luncheon

Tuesday, October 22 • Seasons Dining • 11:30 am  
Contact Linda Degelmann to RSVP: 229-942-2000

### Prepare Lunches for Loaves & Fishes

Monday, October 28 • Activity Room A • 2:30 pm  
Sign up on the Uniguest App to help with this monthly service project.

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

## Take 3 for Wellness: Anemia

Submitted by Tonya Wilson

Anemia is the most common blood disorder, and according to the National Heart, Lung, and Blood Institute, it affects more than 3 million Americans. Anemia is a condition in which you don't have enough healthy red blood cells or Hemoglobin to carry adequate oxygen to the body's tissues. There are many forms of anemia, each with its own cause.

There are many forms of anemia, each having its own cause. The 2 most common types are: Iron-deficiency anemia which is when the blood has too little iron. This is sometimes due to blood loss. And Vitamin-deficiency anemia which may result from low levels of vitamin B12 or folate (folic acid), usually due to poor dietary intake. Pernicious anemia is a condition in which vitamin B12 cannot be absorbed in the gastrointestinal tract.

**Anemia signs and symptoms vary depending on the cause of your anemia. They may include:**

- Fatigue
- Weakness
- Pale or yellowish skin
- Irregular or fast heartbeats
- Shortness of breath
- Dizziness or lightheadedness
- Chest pain
- Cold hands and feet
- Headache

**The following factors may increase your risk:**

- Age. People over age 65 are at increased risk of anemia
- Family History
- A diet lacking in certain vitamins such as iron, vitamin B-12 and folate
- Some Intestinal disorders such as Crohn's
- Chronic conditions like some cancers or kidney failure. Also, slow, chronic blood loss from an ulcer or other source within your body can deplete your body's store of iron
- Other factors, including a history of certain infections, blood diseases and autoimmune disorders, alcoholism, exposure to toxic chemicals, and the use of some medications can affect red blood cell production and lead to anemia.

Anemia is diagnosed by blood tests, but your doctor may also run other tests to determine the cause. Anemia treatment depends on the cause. Treatment may include taking iron supplements, Vit B12 injections, blood or iron transfusions as well as treating the chronic illness that may be causing it.

## October Movies:

### Beaches

PG-13 · 1988 · Comedy/Drama · 2h 3m  
Saturday, October 5 · 7:00 pm

Wealthy privileged San Francisco debutante Hillary Whitney Essex and cynical struggling entertainer C. C. Bloom share a turbulent, but strong friendship over the years.



### Fame

R · 1980 · Drama/Musical · 2h 14m  
Saturday, October 6 · 7:00 pm

Four teenagers must prove their mettle as they begin their journey at the New York High School of Performing Arts. They must navigate through heartbreak, school work, adolescence and challenges.



### Chocolat

PG-13 · 2000 · Drama/Romance · 2h 1m  
Saturday, October 19 · 7:00 pm

Single mother Vianne Rocher and her young daughter arrive in a rural French town in the winter of 1959, and open an unusual chocolate shop that disrupts the moral fiber of the strictly Catholic townsfolk and mayor.



### Hannah and Her Sisters

PG-13 · 1986 · Comedy/Drama · 1h 47m  
Saturday, October 26 · 7:00 pm

Between two Thanksgivings two years apart, Hannah's husband falls in love with her sister Lee, while her hypochondriac ex-husband rekindles his relationship with her sister Holly.



The Carlyle Harmonica Players provide entertainment for September/October's Birthday Bash



Submitted by Holly Ertel

## Christmas Card Signing

Tuesday, October 1 · 9 am—3 pm · The Parlor

Stop by the Parlor between 9 am & 3 pm to sign Christmas cards which will be sent to military members stationed overseas during Christmas. Packs of 10 or 25 cards will be available for signing that will be delivered to our young service people. There is no charge or stamps needed as these will be boxed together and sent to chaplains to be handed out. Hearts to Heroes and 21 Century Partnership of Robins Air Force Base and City of Warner Robins will distribute to Air Force Bases, Army and Marine Camps, and Naval Stations. Any unused Christmas or Holiday cards are appreciated.



## 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

**Sarah Cooper**  
Apartment 2031

## 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



## Volunteer

Have a little free time to share with fellow residents in our Healthcare Neighborhoods? Please consider volunteering just a few hours a week to brighten someone's day!

Director of Health Services, Meredith Ransom, and Carolyn McInerney met to discuss the need for volunteers and the areas where we can help make a difference.

Our Carlyle Nursing and support staffs work diligently every day providing round-the-clock care for the residents. As volunteers, we are not there to dole out medicine or deliver their meals—we are just their friends and neighbors coming to socialize, listen to their tales of family and former lives, laugh with them, entertain them and occasionally shed a few tears with them.

Lets consider some of the benefits of being a Healthcare volunteer:

- You'll make new friends with both the staff and the residents
- Gain life lessons from some of our elders and hear some wonderful stories
- You'll learn valuable skills in compassion, patience and understanding
- You will help make someone's life more enjoyable
- You will leave a lasting imprint on the residents and families you have helped
- You will gain personal fulfillment from helping others

If you would like to participate in making a difference in someone's life, please contact one of the Volunteer Committee members listed below:

Carolyn McInerney

GH 50

Nancy Bailey

GH 64

## Around Carlyle



Sharon Welch, Clara Dossett & Rose Butler putting care packages together for the Dove Center



Ladies line dancing at the September/October Birthday Bash

## Cocktail 101 Class Recipes

Written by Alex Thigpen

In the month of September, Alex Thigpen, title, demonstrated how to properly make cocktails at the Cocktails 101 class. The recipes for the cocktails Alex demonstrated are listed below for you to try at home.

### Make at home mixers:

Simple Syrup 1cup of boiling water, 1 cup of sugar. mix sugar into hot water until completely dissolved then cool.

Sweet and Sour mix- 1/2cup lime juice, 1/4 cup lemon juice, 1/4 cup orange juice, 1/2 cup simple syrup. mix all in a pourable container



### Margarita:

2oz Reposado Tequilla  
1oz triple sec orange liquor  
2 oz sweet and sour mix.  
Place all ingredients into a tin with ice, shake vigorously 20 times and strain into a salted coupe glass  
Garnish with a fresh lime wedge



### Cosmopolitan:

2 oz citron vodka  
1 oz triple sec liquor  
1 splash (about 1/4 oz) sweet and sour mix  
2oz cranberry juice  
Place all ingredients in a shaking tin with ice, shake vigorously 30 times and strain through a mesh sieve into a martini glass  
Garnish with a lime twist



### Old Fashioned:

1/2 oz simple syrup  
2oz bourbon or rye whisky  
2 dashes bitters  
Combine whiskey and simple in a shaker and stir with ice for 20 rotations, place large ice ball in rocks glass and top with 2 dashes of bitters. strain the bourbon mixture over the ice.  
Garnish with an expressed orange peel and a Bordeaux cherry



### Buttery Nipple:

2oz Irish Cream  
2oz Butterscotch Schnapps  
Place ingredients in a shaker with ice and shake 10 times. Strain into a rocks glass and enjoy on the rocks!!

## Author Birthdays in October

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.

**2 October:** Graham Greene  
**3 October:** James Herriot & **Thomas Wolfe**  
**4 October:** Anne Rice & **Jackie Collins**  
**10 October:** **Nora Roberts**  
**11 October:** **Elmore Leonard** & Richard Paul Evans  
**15 October:** Ed McBain & P.G. Wodehouse  
**16 October:** Oscar Wilde  
**17 October:** Arthur Miller  
**18 October:** Terry McMillan  
**19 October:** Tracy Chevalier & **John LeCarre**

**22 October:** **Debbie Macomber**  
**23 October:** **Michael Crichton**  
**24 October:** **Amor Towles & Ann Cleeves**  
**25 October:** **Ann Tyler**  
**26 October:** **Pat Conroy**  
**27 October:** **Anthony Doerr**  
**28 October:** **Anne Perry**  
**29 October:** **Lee Child**  
**31 October:** **Dick Francis**



Joanne Hutchinson enjoying Pinky's Shaved Ice



Phyllis Feldman, Gary Miller & Rose Butler guessing who's who at the School Picture Happy Hour

## 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).

## Celebrating October

**Halloween Safety Month**

**Talk About Prescriptions Month**

**Roller Skating Month**

**Spinning and Weaving Week**

October 7–13

**Free Speech Week**

October 21–27

**Balloons Around the World Day**

October 1

**Blessings of the Fishing Fleet Day**

October 6

**Handbag Day**

October 10

**World Origami Days**

October 24–November 11

**National Mule Day**

October 26

**Checklist Day**

October 30



Submitted by Mary Dempsey

## 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 October Birthdays

If you were born between October 1–22, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking. Those born between October 23–31 are passionate Scorpios, considered the most intense sign in the zodiac. While on the outside Scorpios are calm and composed, inside they are forceful, emotional, determined, and ambitious.

Bud Abbott (comedian) – October 2, 1895  
 Jackie Collins (author) – October 4, 1937  
 Desmond Tutu (archbishop) – October 7, 1931  
 John Lennon (musician) – October 9, 1940  
 e. e. cummings (poet) – October 14, 1894  
 Bela Lugosi (actor) – October 20, 1882  
 Annette Funicello (actress) – October 22, 1942  
 Minnie Pearl (comedian) – October 25, 1912  
 Emily Post (author) – October 27, 1872  
 Julia Roberts (actress) – October 28, 1967



## August 2024 Honorariums & Memorials

### Donated in Memory of:

**Jerry Cogswell**

### Donated by:

**Dick & Penny Courreges**

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.

## When Do I Take My Hummingbird Feeder Down?

Photograph by Ty Ivey

Article Written by Ty Ivey



I get asked this question many times every year at this time. The answer is YOU DON'T. Many people have been told that if they leave their feeder up the hummingbird will stay there to feed and die when the cold weather comes. The hummingbirds are much smarter than that. (Remember, unaided, they are going to fly solo to South America for the winter) Our only summer species is the Ruby Throated Hummingbird. They will have left for the most part by the time you read this in the Chronicle. However, what they don't tell you is that during the winter months and this seems to be increasing, hummingbirds from the western United States will come east and spend the winter. Georgia has had over seven

species of hummers spend the winter here. In Macon, we have had records of five different western birds. One rufous hummingbird spent the last three winters about one and a half miles from Carlyle Place.

So—

- 1) Don't take your hummingbird feeder down. You will change the liquid, but the cooler weather will cut the number of times down.
- 2) If you have a hummingbird after October 1st, please call me because I will want to check it out for our records. THIS IS SPECIAL AND IT IS VERY POSSIBLE.

### Fall Prevention: Physical Activity, Nutrition, and Safety tips

Wednesday, October 23 · 4:00 pm · The Grande

Patti will discuss the importance of physical activity, healthy eating habits, as well as the consequences of muscle loss. Safety tips to prevent falls will also be presented. Sign up on the Uniguest App.



### Support Group:

#### Dementia Support Group

Thurs., October 24 · Activity Rm A · 1:30 pm

## September's Employee of the Month: Laura McMaster



September's Employee of the Month was Laura McMaster. Laura has worked at Carlyle Place for 2 and a half years as a Life Plan Advisor in the Marketing Department.

Laura grew up in Louisville, Kentucky. She has one son, John (24) who lives and works here in Macon. Laura stays busy with John's Golden Retriever puppy who stays with Lolly, her chosen name for herself as dog grandmother!

One interest of Lauras is early American history. She enjoys learning as much as she can about the Revolutionary War and the people who helped to form our country. Laura also loves genealogy and learning about her ancestors. As

a new hobby, she looks forward to playing Mah Jongg with a group of friends this fall as they learn this game together!

When asked what she enjoys the most about her job, Laura stated that she loves the people. Another favorite of her job is introducing someone to Carlyle Place who is planning for their future. She says they always love the people at Carlyle Place. The next time you see Laura, be sure to tell her how much she is appreciated!



Butterfly in the Butterfly Garden at Amerson Park



Linda Degelmann at the Butterfly Garden at Amerson Park

## October 2024 Parlor Library Display: Banned Books

Written by The Library Committee

The Carlyle Library Committee is highlighting banned and challenged books in the Parlor Library for the month of October. Throughout the ages, books have been chosen to be banned for a variety of reasons. Most recently political and gender themes have headed the list while previously sex and vile language topped it.

Please visit the display to determine if your favorite book is on the list.

## Walk to End Alzheimer's at Middle GA State University

Saturday, October 19 · Depart Lobby at 9:30 am

Let's show the Middle Georgia community the commitment Carlyle Place has to end ALZ. We want to have the largest group participating, so be sure and sign up on the Uniquet App for this 1 mile walk!



Dalisha, Melinda & Cele came prepared during a false fire alarm

## Friendship, Friendship What a Beautiful Blendship

Photo Submitted by Jane Winston



## Please Be Aware

Please be aware that some residents are sensitive to perfumes and fragrances, and would appreciate your consideration.

## September Employee Anniversaries

### 1 Year

Zoe Harrison  
Ally Leverett  
Sierra Watkins

### 2 Years

Betty Saxby  
Juanita Brown  
Carmen Poole  
Jacqueline Valentine  
Kimberly Noltion  
Chinere Ezeilo

### 5 Years

Veronica Deshazier

### 8 Years

Alicia Alexander

### 14 Years

Veronica Williams

### 17 Years

Sherry Raines

### 20 Years

Susan Bankston

### 23 Years

Charlie Perkins



## I SPY - October 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.*

I spy...a group of residents who were more than willing to lend a helping hand as Carlyle Place hunkered down in preparation for the arrival of Hurricane Helene. Frank Ellis, MA Riley, and Ronnie Knapp spent time calling and checking on fellow residents. They also went to several apartments and assisted neighbors in securing patio furniture. How lucky are we to have such thoughtful neighbors! If you see any of these helpful friends, be sure to tell them how much they are appreciated.

## 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:	12/10
Programming:	12/31

## October Birthdays

Tony Zelonis	10/1
Peggy Cox	10/2
Edwin Bornemann	10/5
Paula McGlamery	10/7
Boonie Nable	10/7
Emily Dickey	10/9
Dick Nable	10/11
John Amabile	10/13
Ann Meia	10/14
Sarah Cooper	10/17
Thomas Tengg	10/18
Nell Flatau	10/20
Dan Sheil	10/21
Cathy Smith	10/21
Ed Brewton	10/25
Frank Ellis	10/26
Theron Simpson	10/28
Sandra Brown	10/29
Sue Stone	10/29

### Carlyle-at-Home

Don Faulk	10/9
Albert Reichert	10/11
Carol Kimsey	10/14
Stephen Mallary	10/18
Helen Stenbridge	10/22
Melanie Eberhardt	10/28
Sandra Sizemore	10/31



## October's Pet of the Month: Snitch Durvin

Written by: Ted & Barbara Durvin



When he is not on the road at dog shows, Snitch lives at Carlyle Place in Garden Home 67 where he supervises Ted and Barbara Durvin. He is a standard longhaired dachshund, whose father Brownie also resided here until his recent passing. In 2023, Snitch was the #1 longhaired dachshund in America, and this year he has slipped to #5.

His formal American Kennel Club name is Platinum Grand Champion Stonybrook's Prosecution Informant – but so far as he is concerned, he is just Snitch. In the past two years, Snitch has competed all over the United States in 195 different dog shows. He is one of only two LH dachshunds to have won a Best In Show award during the period. His came earlier this year when he defeated nearly 900 other dogs in 115 different breeds in West Friendship, Maryland. Later this month he will appear in shows in Pennsylvania and New York. He is looking forward to retiring from active

showing in February 2025 after appearing at the Westminster Kennel Club show in Manhattan. By that time, Snitch will have appeared in nearly 250 dog shows.

Snitch lives with his professional handler, Karen Mammano in Webster, NY for most of the year, and travels with her to dog shows. Ted and Barbara travel to see him perform when they can (and are headed to NY right now for that purpose). When he retires, he will return to Carlyle Place for a more "normal" dog's life.

In addition to his dog show career, Snitch proudly serves as a pure-bred LH dachshund stud dog, and he has sired multiple litters of beautiful puppies. Hopefully, some will follow his successes in the show ring. But all of them are sure to take after papa's other main qualities – bed hog, sloppy kisser, look out guard dog, and backyard bug catcher.

## 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: [douglass theatre.myboxoffice.us](http://douglass theatre.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)

## Remembering Rock-n-Roll & Radio

Originally Published in The Vintage Magazine Issue 5 · May 2010



Cleveland disc jockey Alan Freed may have been the first to break on the scene with the term “rock-n-roll” in 1951, but Southwest Georgians will remember Albany’s own Mary Dale Vansant as the vibrant sweet 16-year-old who helped bring the newest music sensation to radios around the Good Life City as part of the popular Saturday afternoon show, The Record Hop, on WGPC.

It was the summer of 1954. Marilyn Monroe was married to Joe DiMaggio. A postage stamp cost 3 cents. You could buy a brand new car for just under \$2,000. And Mary Dale Vansant, now Mary Dale Kea, was a rising junior at Albany High School. When it became evident that rock-n-roll was here to stay, EGPC owner Milt George asked Mary Dale and classmate Ray Ragsdale—the now-famous Ray Stevens—if they would host a radio show dedicated to the new music.

It was a dream job, Kea recall. “Back then, we felt we were on the cusp of big change when we started the show.” Up until 1953 or 1954, popular music was still

very similar to their parents’ music...Frank Sinatra, Big Bands, and ballads, Kea says.

“We felt we brought in rock-n-roll. And our parents didn’t understand it a bit!”

Kea had always been a big radio fan, growing up around the family’s radio—as large as a piece of furniture—located in her parent’s bedroom. “I listened to it from the time I was aware of the world, especially on Sunday afternoons and after church that night, since we couldn’t do anything else fun on Sundays!” When she wasn’t at the games, Kea listened to all the Albany Cardinal Class D baseball games, and spent hours on end as a youngster fascinated with shows like “Let’s Pretend” and Orson Well’s, “The Shadow.”

“It was just a fantasyland, shows we would listen to on the radio. It was definitely a very big part of my life,” say Kea. Suddenly finding herself a part of an actual radio program she found fascinating.

Kea and Stevens would arrive at the station—located in a small building on Jackson Street next to the new Albany Hotel—about 9 a.m. each Saturday morning to pull and time records, cut and time commercials, and get the show in order to be on the air from 1 p.m. to 4 p.m. It was WGPC Program Director Walter Flint who showed them the ropes.

“Walter was a life saver when we began the show. He was the person at WGPC who knew how to do everything. He trained Ray and me for a couple of week prior to our beginning The Record Hop—helped us learn how to be our own engineers and how to learn radio signals for going on the air and coming off the air,” Kea remembers of her mentor and longtime friend.

“I put the first microphone in front of Mary Dale,” remembers Flint, who still calls Albany home and remains one of the area’s best loved former radio personalities. “Mary Dale always stood out, was on the cutting edge of everything. She was wonderful on the show.” And even in those days, he could tell Ray (Ragsdale) was destined for something bigger, he says.

“You could just tell,” Flint says. “He was very creative, had come to Albany after building radio stations in India and Burma during time in the U.S. Army alongside pal Milt George and others. Today, the 86-year-old is pastor of Presbyterian churches in Fort Gaines and Elmodel, GA., happily using his still-strong, distinct voice to spread the gospel.

Flint remembers The Record Hop as an ideal opportunity for a teenager of the time, and Kea recalls it was definitely fun, but hard work, too. She and Stevens were each paid \$2 an hour, but only for time they were actually on the air. She even remembers what she did with her very first paycheck.

Continued from pg 18

"I bought a brown sweater from The Style Shop on Washington Street," she says with a laugh. Though the idea behind the show was to attract a teenage audience, George and Flint drew the line at playing what some called "raunchy" music like "Work With Me, Annie" by Hank Ballard and "Sixty Minute Man" by The Dominoes, Kea says.

"Ray would try to get us in trouble and would always make faces at me, especially if he thought I was being too nice," she remembers. "He wanted to play lots more rock-n-roll songs with suggestive lyrics. He always said that one day I would be playing his records ... and sure enough, I have!" Working with Stevens was memorable and "always fun" she says, but Kea has one distinct memory of the show that she says won't soon fade. Record producers sent new recordings to radio stations in hopes they would play them, and one particular Saturday Stevens suggested they play a cut or two off of a new singer's album.

"We had never heard of him, but Ray suggested we play a cut or two off his LP that afternoon," she says. "After introducing the singer and playing the songs for our radio audience, I rapidly ventured my opinion and prediction on the air that this new recording artist from Mississippi will never amount to anything in the music industry. You guessed it—his name was Elvis Presley!"

Admittedly, she soon became an Elvis fan, but there were many other artists Kea admired. "I drove Ray crazy wanting to play "Cry Me A River" by Julie London. She had such a sultry voice and great direction," she says. Dedications were a big part of the show, too, and Kea remembers dedicating a Hoagy Carmichael song to her parents for their anniversary.

"Sometimes I think about lyrics of songs back then and some of them were just so ridiculous," she says with a laugh. Still, she could never have imagined there would be today such a thing as Rap music or groups called The Sex Pistols and Black Eyed Peas, she adds. She does love some of the music today, though. "Lady Gaga rocks!" she exclaims. "I do wonder what the music industry will be like when our grandchildren are our age now."

After a year and a half on The Record Hop, Kea, 17 decided it was time to move on and spend her Saturdays doing other things. "I was a senior, and at that time there were so many senior parties that I wanted to go to," she recalls. Stevens, who is a year younger, continued on with the former Diane Flowers, now Diane Royal, next to him at the microphone.



Celebrating a milestone wedding anniversary this year, Kea is married to the Rev. Don Kea, and has happily lived the life of a Methodist minister's wife for 50 years. "My husband used to say that Ray went on to fame and fortune, and I married a preacher and faded into oblivion, but I have loved my life as the wife of a minister. And we are so happy that we stayed in Albany when we retired from First United Methodist Church in 2000." Their daughter, who is a poet, and son-in-law live in Macon and have two children in college.

Still a fan of radio, Kea keeps one on in the house or in her car most of the time, listening to classical music on public radio and shows like "Talk of the Nation" and "Fresh Air" while she's cooking or running errands. It's a comfort to her, she says.

She also keeps up with the other half of The Record Hop due every chance she gets. She last saw Ray Stevens when he was in town for his 50th Class Reunion at Albany High School, and will see him again this month when she and Don visit friends and go to one of his concerts in North Carolina. Soon after, they will travel with their family to Israel to celebrate their 50th anniversary.

"We are keeping busy," says the former teenage disc jockey who helped introduce rock-n-roll to Southwest Georgia. "Life is good."



## Liquid Diet Month



Linda Andersen pouring a shot for her cocktail lesson



Residents at Wine Support Group Class with Alan Bass



Virgil Cooper enjoying his Old Fashioned he poured

## Tailgate Party



Eleanor McGarity with the Mercer Cheerleaders



Joanne & Doug Dozier, Mike Qualls & Laurie Shaw, and Kathy & Bill Marbut enjoying tailgate hors d'oeuvres



Emory Johnson chit chatting with the Mercer Cheerleaders

## Breast Cancer Awareness Week

**Breast cancer is the most commonly diagnosed cancer among women worldwide, excluding skin cancer.** During Carlyle Place's Breast Cancer Awareness Week, Resident Life will sponsor two fundraisers, Breast Cancer BINGO and a Pink Pancake Breakfast. The money we raise from these two fundraisers will be donated to United in Pink.

United in Pink offers various programs and services to bring families together and meet the needs of breast cancer survivors, spouses, and children. Their support services are free and available to all, regardless of diagnosis or stage. This commitment ensures every family has access to needed resources.

While many organizations focus on preventive care and funding research, United in Pink stands out in Central Georgia for providing continuous care and support. Furthermore, their focus is on survivorship care - UIP is there for the whole family throughout treatment and recovery by providing support, strength, and hope.

Some of the services UIP provides are "Pink Packs", quarterly family programs, children's summer camp, a resource library, counseling, survivorship workshops, and financial assistance, among other helpful resources.

To find out more about the services UIP offers, visit <https://unitedinpink.org/what-we-do/>.