

The Carlyle Chronicle

Inside:

Activities

Page 2 - 5

Take 3 for Wellness

Page 6

Movies

Page 7

Committees

Page 8

Parlor Display

Page 9

Hurricane Relief Article

Page 10-11

Scam Article

Page 13

Employee of the Month

Page 14

Employee Anniversaries

Page 15

November Birthdays

Page 16

New Residents

Page 18-19

Word Scramble

Page 20

Turkey Trot Cardiovascular Challenge

Monday, November 18 - Friday, November 22

Looking for a fun and festive way to stay active during the holiday season? Sign up for this fitness challenge! Participants will engage in various cardio exercises and track their distance for one week. In addition, participants will have extra opportunities to obtain free miles towards their total distance. This challenge is a great way to burn off those holiday calories and have some fun!

Sign up in Resident Life

Any questions?

Contact Patti Kunselman or
Jai Thomas.



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. HHYH will not occur on Tuesday, November 19.

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

2nd Tuesdays · 4:00 pm · The Pub

The Pub opens early for this rowdy, competitive game of trivia where teams of five or less compete for prizes. Sign up in the Uniguest App. Note if you are in search of a team.

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., November 4 - Act. Rm A · 10:00 am
Episcopal - Thurs., November 21 - Act. Rm A · 10:00 am
Methodist - Thurs., November 21 - Act. Rm A · 1:00 pm
All are welcome to attend Methodist Communion.

BUMs Breakfast

Saturday, November 16 · 8:30 am · The Grande
John Randolph, firefighter, will speak on his experiences.

Early Voting

Friday, November 1 · Depart Lobby at 10:00 am
Sign up on the Uniguest App for transportation to vote early.

Out & About

Volunteer at Backpack Ministry

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

Toast: The Ultimate Bread Experience

Friday, November 1 · Depart Lobby at 6:45 pm
TOAST, at the Grand Opera House, takes the audience on a journey back in time, from the tender moments that tug on the heartstrings to the upbeat classics that compel them to jump out of their seats and dance. And when combined with the **timeless music of Bread**, this concert has "risen" to the top as one of the absolute favorites of audiences everywhere! Ticket is required.

First Sunday on the Fisk

Sunday, November 3 · Depart Lobby at 4:45 pm
Experience the captivating artistry of organist Dr. Joby Bell at *First Sundays on the Fisk* at Christ Church.

Presidential Election Voting

Tuesday, November 5 · Depart Lobby at 10 am
Take transportation to Northway Church to cast your vote in the Presidential election .

Dinner at Churchills on Cherry

Thursday, November 7 · Depart Lobby at 5:00 pm
Enjoy dinner at Churchills on Cherry in downtown Macon for upscale southern foods. Please note there are steps to navigate to get into the restaurant.

Christmas Made in the South

Friday, November 8 · Depart Lobby at 9:30 am
Christmas Made in the South, at the Macon Centreplex, is focused on keeping the world of fine arts and crafts vibrant. Exhibitors will demonstrate and sell their handcrafted works. Admission is \$9 at the door.



William Ford, Jr, Air Marshall and Boonie Nable's son, spoke at the October gathering of BUMs Breakfast

Out & About

Music & the Arts at Vineville UMC

Sunday, November 10 · Depart Lobby at :30 am
Cameron Cody will perform on the organ and piano.

Fabian Concert Series at Fickling Hall

Tuesday, November 12 · Depart lobby at 6:45 pm
Amy Schwartz Moretti and Matthew Lipman on violin and Brannon Cho and Sydney Lee on Cello performing Mozart Symphonie Concertante. Ticket is required.

Jubilee Concert Series at Fickling Hall

Thursday, November 14 · Depart Lobby at 6:45 pm
Ana Maria Matinez, soprano will perform. Ticket is required.

Choral Evensong at Christ Church

Sunday, November 17 · 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.

Macon-Mercer Symphony Orchestra at Grand Opera House

Monday, November 18 · Depart Lobby at 6:45 pm
Amy Schwartz Moretti, Director of the Robert McDuffie Center for Strings at Mercer University, is the featured soloist, performing the piece she recently recorded with the London Symphony Orchestra by Townsend School of Music faculty Christopher Alan Schmitz. The evening closes with Brahms' masterpiece, the *Symphony No. 2 in D Major*. Ticket is required.

Mistletoe Market in Perry, GA

Friday, November 22 · Depart Lobby at 9:00 am
Get your early Christmas shopping done on this trip where you will find a unique shopping experience with over 100 shops and vendors to choose from! Entrance fee is \$10.

Jailhouse Alley Art Show

Friday, November 22 · Depart Lobby at 9:00 am
Head to the Jailhouse Alley Art Center of Fort Valley for the annual Art Show and Sale featuring original oil, acrylic and watercolor paintings by local artists. Profits from the sale pay for art supplies, classes and a scholarship to a local high school student interested in art. Then dine at a century old railroad station, The Railroad Café, for a classic lunch.

Manheim Steamroller

Monday, November 25 · Depart Lobby at 6:45 pm
Tickets to this event may be purchased in Resident Life.

Macon Pops: Christmas Spectacular on Poplar Street

Friday, November 29 · Depart Lobby at 5:15 pm
The Macon Pops Christmas Spectacular will mesmerize you as music is synchronized live to the Macon Christmas Light Extravaganza. Go for a magical experience filled with joy, festive tunes, and the spirit of the season! The show will take place on First and Poplar Street in downtown Macon. Bring your lawn chairs or a blanket and enjoy the show. You can check-out a lawn chair from Resident Life.



Young America School of Music students after performing.

Pub Trivia

Tuesday, November 12 · 4 pm · The Pub
Pub Trivia takes place every 2nd Tuesday for teams of five or less. Teams may receive an extra point by having a member of your team submit a picture of themselves holding a pool stick at the Carlyle Place pool table.

You must send your picture to Cele Minshew at Cele.Minshe@atriumhealth.org or Elizabeth Fletcher at Eliabeth.Fletcher@atriumhealth.org

In-House Events

Middle Georgia Library Representative

Fridays, November 1 & 15 · 3:00 pm · The Grande

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

UGA vs Florida

Saturday, November 2 · 3:30 pm · The Pub

Watch the University of Georgia versus Florida University football game with friends while enjoying special snacks and drinks.

Birthday Bash

Monday, November 4 · 7:00 pm · The Grande

Celebrate November and December birthdays! Cake and ice cream will be served. Everyone is welcome.

Tech Tutoring with Caleb

Sunday, November 17 · 4:00 pm · The Parlor

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

Wigging Out

Monday, November 4 · 3:30 pm · The Grande

The ladies from Shh.. It's a Wig! Will inform you of all the wig options currently available.

Craft Class: Acorn Men

Wednesday, November 6 · 3:00 pm · Activity Room A

Build an acorn man for a quirky, fall décor.

Healthcare Tour

Thursday, November 7 · 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.

Lunch & Learn: Dr. Timothy Griffin

Thursday, November 7 · 11:30 am · The Grande

Dr. Timothy Griffin, a board certified family medicine physician will be discussing "Aging Gracefully".

Veterans Day Program

Monday, November 11 · 11:00 am · The Grande

This annual patriotic event will feature members of the Rutland High School Jr. ROTC, MOWW, a presentation of current CP veterans, and more! A special pre-program musical performance, led by Col. Bryan Shelburne, will be held at 11:00 am.

Alzheimer's Association: Healthy Living for Your Brain & Body

Monday, November 11 · 2:00 pm · The Grande

Attend this informative presentation by Alexis Williams, MPH, the Program Manager with the Alzheimer's Association.

Meet Broad River Therapy

Wednesday, November 13 · 11:00 am · The Grande

Learn about the various therapy specialties offered in our Rehabilitation Department at this meet and greet.

2025 Budget Meeting

Tuesday, November 19 · 11:00 am · The Grande

Review the 2025 budget at this annual meeting.

Frank Wood Performance

Wednesday, November 20 · 7:00 pm · The Grande

Frank Wood, Executive Director at the Grand Opera House, will be performing on the piano.

Genetics with Harold Reed

Wednesday, November 20 · 3:00 pm · Activity Room A

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

Paint by Numbers

Thursday, November 21 · 3:00 pm · Activity Room A

Do you love to paint? Do you think you can't paint? Here's your opportunity to enjoy time with friends while participating in a led paint activity.

Turkey Shoot

Friday, November 22 · 1:30 pm · The Grande

All participants of the Turkey Trot Cardiovascular challenge will be taking their best shot at the Turkey Shoot. Participants will try to earn extra miles by taking down a turkey or two! Not participating in the challenge? That's okay, come and cheer on your neighbors and see who is the sharpest shooter. Don't worry, live turkeys will not be the targets.

Turkey BINGO

Monday, November 25 · 1:30 pm · The Grande

Turkey themed BINGO is where it's at during Turkey Week at Carlyle Place. Bring exact change to play for \$1 per card.

Turkey Happy Hour

Tuesday, November 26 · 5:00 pm · The Pub

Celebrate Thanksgiving with fellow residents at this Turkey Happy Hour. A specialty drink will be served.

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

Resident Led Activities

Pickleball Play & Instruction

Monday, Wednesday, Thursday & Friday at 9:00 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 Thursdays • 1:15 pm • The Pub
Facilitated by Rae Scott: 478-474-3116

Canasta

Thursday • East Wing Game Rm • 1:30 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, November 12 • Activity Rm A • 1:30 pm
No experience is necessary and no supplies are needed. Come chat and learn adult coloring techniques with special seasonal projects with Debra Collins.

Paper Craft Workshops

November 4, 13, & 22 • 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, November 14 • Activity Rm A • 11:30 am
Countdown 1945 by Chris Wallace & Mitch Weiss
Discussion Leader by Dick Courreges

Bingo with Bingo Bob

Sat., November 9 & 23 • The Pub • 4:00 pm
Join Bob & Demme Pluta as he leads his version of Bingo!
\$5 for 5 games, please bring correct change.

Pondering the Story with Elaine Davies

Mon., November 18 • Admin Conf Room • 2:30 pm
Mark 14: 3-9 Alabaster Jar and Anointing of Jesus

MOWW Luncheon

Friday, November 22 • Seasons Dining Rm • 12:00 pm

Democrats Luncheon

Tuesday, November 26 • Seasons Dining • 11:30 am
Contact Linda Degelmann to RSVP: 229-942-2000

Prepare Lunches for Loaves & Fishes

Monday, November 25 • Activity Room A • 2:30 pm
Sign up on the Uniguest App to help with this monthly service project.



Hank and Mary Dempsey
about to take flight

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

Take 3 for Wellness: Prostate Cancer

Submitted by Tonya Wilson

Prostate cancer is the most diagnosed type of cancer in men, excluding skin cancer. 1 in 8 men in the US will be diagnosed with Prostate Cancer.

The prostate is a walnut shaped gland that is located at the base of the bladder in men. Prostate cancer that's detected early has a better chance of successful treatment. Usually, prostate cancer grows slowly and is initially confined to the prostate gland, where it may not cause serious harm and may only require minimum treatment if any at all. However, other types are aggressive and can spread quickly.

Prostate cancer may cause no signs or symptoms in its early stages. Prostate cancer that's more advanced may cause signs and symptoms such as:

- **Trouble urinating**
- **Decreased force in the stream of urine**
- **Discomfort in the pelvic area**
- **Bone pain**
- **Erectile dysfunction**

It's not clear what causes prostate cancer. Doctors know that prostate cancer begins when some cells in your prostate become abnormal. Mutations in the abnormal cells' DNA cause the cells to grow and divide more rapidly than normal cells do. The abnormal cells continue living, when other cells would die. The accumulating abnormal cells form a tumor that can grow to invade nearby tissue. Some abnormal cells can also break off and spread (metastasize) to other parts of the body.

Factors that can increase your risk of prostate cancer include:

- **Age:** Your risk of prostate cancer increases as you age.
- **Race:** African American men carry a greater risk of prostate cancer than do men of other races
- **Family history:** Of prostate CA or a very strong family history of breast cancer, your risk of prostate cancer may be higher.
- **Obesity**

Screening for prostate CA includes a physical exam and a lab test called prostate-specific antigen (PSA). If something abnormal is found, your doctor may order an ultrasound, MRI or prostate biopsy to test for cancer.

Your prostate cancer treatment options depend on several factors, such as how fast your cancer is growing, if it has spread and how much, as well as the potential benefits or side effects of the treatment. Types of treatment include Radiation, surgery, hormone therapy, chemotherapy, cryotherapy (freezing the cells), and immunotherapy.

November Movies:

Divine Secrets of the YaYa Sisterhood

PG-13 • 2002 • Drama • 1h 56m
Saturday, November 2 • 7:00 pm

After years of mother-daughter tension, Siddalee receives a scrapbook detailing the wild adventures of the "Ya-Yas", her mother's girlhood friends.



Tea with the Dames

UR • 2018 • Documentary • 1h 24m
Saturday, November 9 • 7:00 pm

Dames Judi Dench, Eileen Atkins, Joan Plowright, and Maggie Smith get together for tea to reminisce and discuss their acting careers.



Black Hawk Down

R • 2001 • Docudrama/ History • 2h 24m
Monday, November 11 • 7:00 pm

The story of 160 elite U.S. soldiers who dropped into Mogadishu in October 1993 to capture two top lieutenants of a renegade warlord, but found themselves in a desperate battle with a large force of heavily armed Somalis.



Mondays at Racine

NR • 2012 • Documentary/Short • 40m
Saturday, November 16 • 7:00 pm

Every third Monday of the month, two bold, brassy sisters open the doors of their Long Island hair salon to women diagnosed with cancer. As locks of hair fall to the floor, women gossip, giggle, weep, face their fears, and discover unexpected beauty.



Knives Out

PG-13 • 2019 • Comedy/Drama • 2h 10m
Saturday, November 23 • 7:00 pm

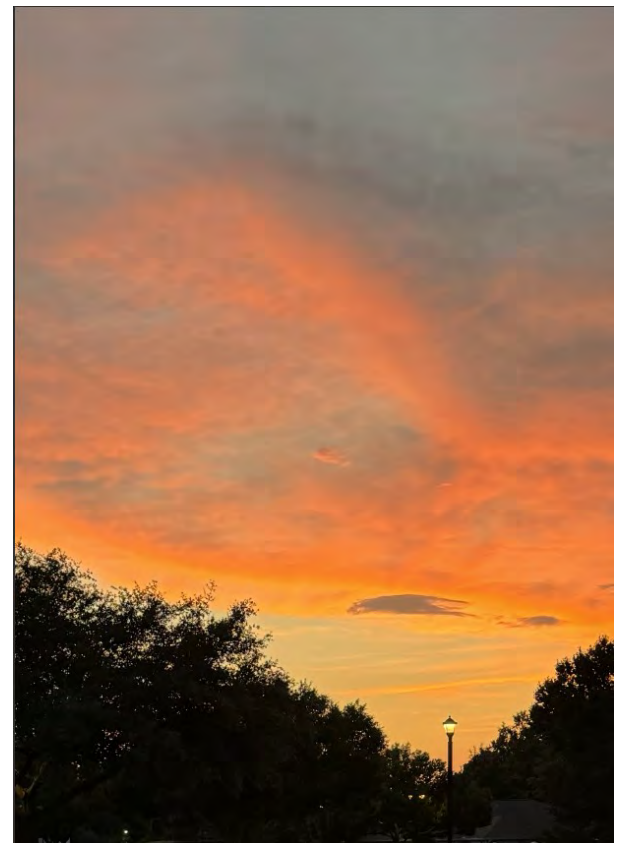
A detective investigates the death of the patriarch of an eccentric, combative family.



Home for the Holidays

PG-13 • 1995 • Comedy/Drama • 1h 43m
Saturday, November 30 • 7:00 pm

After losing her job, making out with her soon-to-be former boss, and finding out that her daughter plans to spend Thanksgiving with her boyfriend, Claudia Larson faces spending the holiday with her family.



Holly Ertel's West Wing evening view

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

John & Myrtle Page
Apartment 3102

Bill & Ann Simmons
Garden Home 14

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

November 2024 Parlor Library Display: Macon Smiles

Written by The Library Committee

Shorter daylight hours, longer nights, and rainy conditions are the ingredients for somber days. This month the Library Committee would like for you to smile with some Macon authors. The books are available for you to borrow from the Parlor Library.

Bill Boyd – The late Macon Telegraph columnist had won over 20 writing awards with his 3,500 columns about everyday people written with homespun humor.

Fat, Dumb and Happy Down in Georgia

Moon Pies and Muley

Ol' Boyd – Just Plain Good Reading

Ed Grisamore – Former Macon Telegraph columnist and author of books that contain his columns and interesting stories about Macon and middle Georgia.

More Gris

Never Put a Ten Dollar Tree in a Ten Cent Hole

Once Upon a Whoopee

Once You Step in Elephant Manure You're in the Circus Forever

Pinkest Party on Earth

Smack Dab in Dog Crossing

Story of Nuway

True Gris

Suzanne Lawler – At 13 WMAZ TV station, Suzanne was a news and sports reporter who liked to travel and meet people.

Cotton, Cornbread and Conversations

More Cotton Cornbread and Conversations

Breast Cancer Awareness Walk



Sharon Welch & Peggy Cox,
Breast Cancer survivors



Residents gather before the walking for Breast Cancer event

Hurricane Rescue

Written by Kathy Myers

Wildacres (WA) is a retreat built for artists of all kinds. It's located on top of Pompey's Knob, a beautiful peak in the Blue Ridge Mountains near Little Switzerland N.C., an hour from Asheville. There is no TV, no landline, and the WiFi is spotty, but there are dorms, a cafeteria, and a beautiful auditorium with a vaulted wooden ceiling where we had Yoga classes. Two massage therapists were available. It was going to be so much fun! My art class, under the direction of my art teacher, has been going up to WA to spend a week painting for 7 years. I've been five times and was going again. Twenty-six of us converged on WA Monday, September 23...most from middle Georgia, but also New York, Kentucky, and US Virgin Islands, and we all knew each other. We parked our cars, unpacked, found our roommates in the dorm, met with our teacher, heard the schedule, and headed to the cafeteria when the dinner bell rang. After supper we headed back to our rooms to unpack suitcases, visit with old friends, and meet new ones. Tuesday morning was glorious on the mountain. We had 7 am Yoga, 8 am breakfast, and 9:15 art classes... a halcyon day.

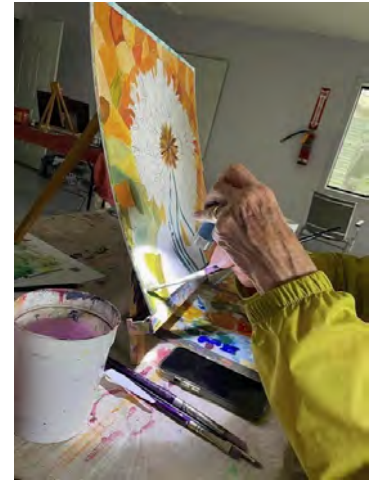


Collecting Rain Water

But it began to rain Tuesday afternoon and never stopped. We went to class and meals in the rain. The rain continued Wednesday, and, although Wi-Fi was spotty, some were getting messages about hurricane Helene heading into Florida. Thursday the weather changed considerably. The wind picked up and the rain poured. During the middle of Thursday night we lost power. Friday came, and in the rain we collected rainwater in our trashcans to flush toilets. Those who were strong enough carried them back to the dorm still in the rain. On Friday things got real bad with wind and rain. None of the staff were able to make the drive up to WA because the roads were either gone or blocked with fallen trees and mudslides. We huddled in the dorm, and it was hard

to keep up with days and times as we turned our phones off to save power. We were stuck. There were only two workers on the property, the manager and the groundskeeper. We had food in the dining hall, but some was spoiling due to refrigerator and freezer temps. We had no water to wash dishes and we were running out of plastic utensils, so we kept a spoon with us. Then something almost magical happened. It stopped raining and we became a team with one goal...survival. We put together a plan to prepare meals while the manager and the groundskeeper worked on clearing trees. With no more rainwater, a water system was devised by hooking up a hose to the cistern of the well. The rear of a girl's car was crushed but because it was electric, she kept the car running and we took turns charging our phones, but never fully. We were told to pack our suitcases and put them in our cars. Folks were getting nervous, especially those that would run out of their meds.

Sunday morning at 6 am our teacher woke us up by knocking on doors and saying "Get up, get dressed, go to the patio!" We went and the other writers' group went too. The message was "Pack a tote bag. Helicopters are coming. Be ready." It was hurry up and wait, and it was stressful. After 8 hours of waiting, we could hear the helicopters! It was exhilarating, and we could see one coming through the trees before it landed. Three people were driven in a golf cart down to the meadow where the chopper was waiting, then three more went down. It was just like MASH. It was so loud; the Search and Rescue team used hand signals to tell us where to wait our turn, and when to come. They lifted us up into the helicopter and fastened us in. I don't know how many trips they made for 66 people. The helicopter I was in held 6 or 8...I can't remember.



Painting by Flashlight



Helicopter landing

Continued from pg. 10

We were flown down to Marion, NC, where we boarded a school bus, and we were taken to a YMCA shelter. The joke among us was "In the bathroom, there is a LIGHT, and WARM WATER, and TOILETS that flush!" We were fed but we had to figure out a way to get home. That evening a pastor friend, Keegan, came to pick up 11 of us to take us to his home to spend Sunday night, 1 ½ hours away, in Gastonia. He has 8 children. He is a saint. His wife had potato soup and pizza waiting for us. Some of us slept at Keegan's and some at Michael's. We showered for the first time since Wednesday. Monday morning we rented a van to Macon. Others had made other arrangements to get home. We would finally get a good night's sleep in our own beds!



Catching water
to clean paint brushes

Now that the adrenaline has worn off and I'm home safe, I am still a bit shellshocked as I write this. All cars are still up on the mountain. All suitcases are still there. All my paints and brushes are there. There are so many unknowns. I still miss the group very much, although we had a Zoom debriefing session. I feel so blessed but guilty in a way. There are so many people in western NC missing, needy, hurting. Give if you can, and pray for them, please.



Left: Joann Hutchinson,
Travis House and
Marianna Gebara at
Worship in the Grande

Right: Boonie Nable
playing piano at
Worship in the Grande

Photos by Bob Pluta



Author Birthdays in November

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

1 November: Lee Smith

8 November: Bram Stoker & Margaret Mitchell

9 November: C.J. Box

11 November: Kurt Vonnegut

13 November: Robert Louis Stevenson

18 November: Margaret Atwood

20 November: Alastair Cooke

25 November: Charlaine Harris & Poul Anderson

28 November: Rita Mae Brown & Richard Osman

29 November: C. S. Lewis & Louisa May Alcott

30 November: Mark Twain & Jonathan Swift

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.

Celebrating November

Historic Bridge Awareness Month

Family Stories Month

National Novel Writing Month

World Communication Week
November 1–7

Extra Mile Day
November 1

Traffic Directors Day
November 4

National Love Your Red Hair Day
November 5

Origami Day
November 11

National Take a Hike Day
November 17

Doctor Who Day
November 23

National Jukebox Day
November 27

Thanksgiving Day
November 28

**It's not gray hair,
it's wisdom glitter.**

Submitted by Jane Winston

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 November Birthdays

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. If you were born between November 22–30, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep an open mind during new encounters.

Joni Mitchell (musician) – Nov. 7, 1943
 Carl Sagan (scientist) – Nov. 9, 1934
 Whoopi Goldberg (comedian) – Nov. 13, 1955
 Rock Hudson (actor) – Nov. 17, 1925
 Robert F. Kennedy (politician) – Nov. 20, 1925
 Ken Griffey Jr. (athlete) – Nov. 21, 1969
 Joe DiMaggio (ballplayer) – Nov. 25, 1914
 C. S. Lewis (writer) – Nov. 29, 1898

Fake QR Code Scam

Article by USA Today · Published on September 20, 2024

A Quick Response code, or QR code, is an easy way to access information on your mobile device. However, a scam that uses the codes at parking meters is making people become more vigilant before they pay. "All of his information was out there. It was thrown to the dark web," he said. "When you're in public, make sure that the QR Code you're scanning is actually part of the sign and not a sticker that somebody put over it."

On Sept. 8, a Florida resident reported to the Better Business Bureau that they had been scammed after paying \$1.25 in the parking lot when they scanned the QR code for PayByPhone. Their bank account immediately alerted them of the fraud.

So far, there have been 12 reported QR codes and parking scams reported to the Better Business Bureau in 2024. Two weeks ago KABC-TV reported that a California man noticed that something was wrong when he paid for parking in San Clemente. "We punched in the URL. The URL – the first five on the Google search were fakes," Vance Ingmanson told the news outlet. "It was a scam. It has the logo. It says 'passport parking.' After entering his credit card information, Ingmanson's wife was notified of "unauthorized charges" on his account.

The news outlet also reported that fake QR codes were found at 150 parking meters along the Esplanade and Riviera Village area.

In July this year, the BB sent out an alert for the parking meter scams. But the BBB told USA TODAY that QR code scams aren't new. There were multiple reports of the scam making the rounds in Atlanta last year. Since the organization has seen a recent uptick in scams this summer, they are encouraging drivers to be more skeptical when using QR Codes to pay for parking.

"If you end up scanning it and you see a short link or a link going to something that doesn't look like it's either the municipal parking or the parking ramp, that's a red flag," Melanie McGovern, a spokesperson for the BBB told USA TODAY.

McGovern also said that drivers should check their bank accounts after using the parking QR codes to make sure that the transaction was legitimate. "What's the rate for parking?" she said. "Somebody reported to us that they were charged \$49.99. They paid a lot." The bureau also said changing your payment method in this scenario is beneficial.

DON'T GET SCAMMED: BETTER BUSINESS BUREAU SHARES ADDITIONAL TIPS

On their alert in July, the BBB advised that drivers do the following before paying for parking with a QR code:

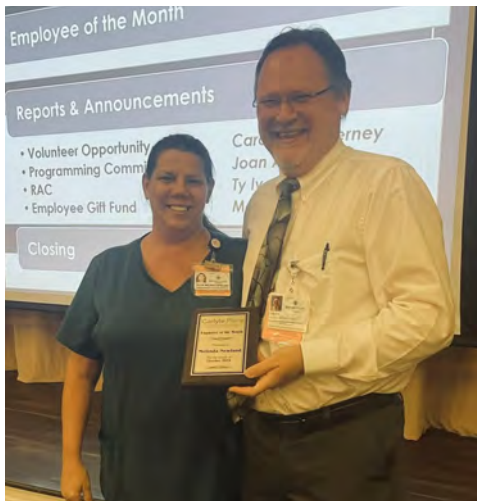
- **Pay on the meter:** Try to avoid scanning the QR code. Instead, use your credit card to pay directly on the meter.
- **Look at the link:** When you are trying to pay for parking and the code brings you to a short link or the website looks suspicious do not proceed to pay. Key indicators include "spelling or grammar errors, and blurry images or logos."
- **Spot the scam:** Often, scammers will place QR codes on top of the real ones on parking meters. Others will place a huge piece of paper next to the parking sign. Try to look at the QR code to see if it is on the original sticker or not.

"Using a credit card instead of a debit card is always advised as well," McGovern said. "Just in case there is fraud, there's a little bit more protection with a credit card than a debit card."

In addition, opting out of using the QR Codes altogether might be a safer option.

"See if there's a human in the parking lot that works there who can maybe direct you to the right place," McGovern said. "Being able to enter your information directly into the kiosk is a lot more safe than scanning a QR code."

October's Employee of the Month: Melinda Newland



October's Employee of the Month was Melinda Newland. She has worked at Carlyle Place for 20 years in the Environmental Services Department as a Housekeeper.

Melinda grew up here in Macon, GA, and she is married to her husband Mike of 16 years. She has three daughters Heather (39), Christy (37), and Samantha (35). When asked about her hobbies, Melinda stated that she loves to read and spend time with her grandchildren.

Melinda says that taking care of residents and her co-workers is what she most enjoys about her job. Be sure to congratulate Melinda on this achievement and thank her for all of her hard work the next time you see her.

Harvest Week



Marilyn Kovarik, Kathleen Sheil, Kathy Marbut & Marianna Gebara line dancing at Oktoberfest party



Madeline Brewton & George Beck about to enjoy roasted peanuts at the BBQ & Bourbon party



Joan Godsey, Pat McMahon, Nancy Schiltz & Barbara Hovagimian at the Harvest Pizza Party



Barbara Di Sauro, Ellen Beetschen, Christine Stephens, Dorothy Reed & Mary Dempsey at the Harvest Coffee Bar

Podiatry Appointments

Thursday, November 7 · Starting at 1:30 pm

Dr. Demetria Martin, Podiatrist, will be available for appointments on Thursday, November 7. During this appointment, you can expect thorough foot evaluations, diagnosis and treatment of most foot problems, including but not limited to preventative maintenance of toenails, corns, and callouses, and assessment of the need for diabetic footwear.

Contact Cynthia Hubbard at 478-405-4542 by Thursday, November 1 to schedule your appointment.

Wine Pairing Dinner

Thursday, November 14
5pm · Seasons Dining

Flavors of the Earth

October Employee Anniversaries

1 Year

Sheena Hartry
Schondria Taylor

2 Years

Vaughn Owens
Laney Elliott

3 Years

Kathy Davis
Shinji Bundrige

4 Years

Ruth Stoltz

5 Years

Becca Devens

9 Years

Paulette Spence

10 Years

Marie O'Neal

15 Years

Patricia Singleton

20 Years

Zack Carter

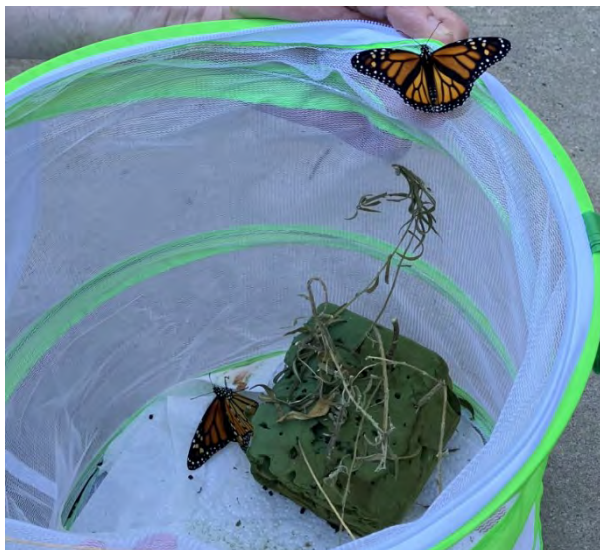
22 Years

Dalisha Tarver
Shamika Whisby

Monarch Butterfly Release



Two Monarch Butterflies were released
by Elaine Davies in the Carlyle Place Butterfly Garden



I SPY - November 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...someone who brightens our Tuesday mornings by sharing her talents with the audience before the start of the weekly Have You Heard meetings. Boonie Nable has been playing the piano before these meetings for a number of years but has recently taken the opportunity to promote unity and showcase our community's patriotism by playing the Star Spangled Banner. What a wonderful addition our National Anthem has been, especially during this polarizing election season! The pre-meeting music has been well-received and is much appreciated. Thank you, Boonie, for sharing your talents and for all the other wonderful things you do at Carlyle Place!

Have You Heard Format

Tuesdays at 11:00 am in the Grande

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

Week 1

Connect to Purpose—Employee Anniversaries
Resident Life Monthly Activities

Week 2

Board Member Visits
Handbook Review
Committee Report

Week 3

RAC Report
Take 3 for Wellness
Handbook Review

Week 4

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

Week 5 (March, June, August, November)

Healthcare Updates/Reminders
CP at Home Updates/Reminders

2024 Committee Report Schedule:

Building & Grounds:

Library:

Development: 11/12

Marketing: 11/26

Dining: 12/10

Programming: 12/31

November Birthdays

Ann Oxley	11/5
Struby Thelen	11/5
Sandy Barnett	11/7
Agnes Scott	11/8
Terry Harris	11/9
Richard Davies	11/10
Jim Kovarik	11/10
Charlotte Gebara	11/10
Debra Collins	11/11
Rich McKee	11/14
Joan Anderson	11/14
Elaine Davies	11/14
Virginia Stephens	11/14
Dorothy Black	11/18
Isle Bornemann	11/18
Ellen Beetschen	11/20
Jane Cogswell	11/22
Jane Winston	11/25
Mary Dempsey	11/27
Jane Brooks	11/28
Walter Barnette	11/30
Arja Forester	11/30
Harold Reed	11/30

Carlyle-at-Home

Asbury Stembridge	11/1
Angela Adams	11/1
Carey Ahrano	11/5
Ann Hall	11/8
Louan Jarrard	11/15
Elizabeth Talbot	11/16
Donald Rhame	11/22
Alan Baca	11/24
Lamar Sizemore	11/30

November's Pet of the Month: Woodrow Stone



Everyone meet Woodrow, a 5 year old beautiful buff colored cat with a prestigious name. His mom is Sue Stone, who adopted him with Ron Kirk as a substitute for Ron's beloved dog Cledus. We thought a cat would be a suitable pet who Ron could bond with. But, Woodrow spent one night at Ron's only to be awoken with four inches of water in his apartment. Woodrow, in a state of panic, hid. Many folks at Carlyle Place looked for him in vain. Stacy Pritchard climbed under the bed and extracted him from a shelf under the bed.

Ron then decided that a cat was not a good substitute for a dog, and since no deed goes unpunished, Woodrow has become Sue's cat. She thinks he has finally grown to trust her and to feel comfortable in his new home.

He has lots of toys, including his favorite multicolored balls that are covered in rabbit fur. Woodrow loves to throw the balls in the air and jump to retrieve them. He also enjoys chewing on paper, laying on the porch, a good brush of his fur and tearing up Sue's rug! Woodrow has a special way he likes to drink water, and that is only at the sink. While Sue is home, she will leave the sink water running so that he can stay hydrated.

Woodrow loves attention from those who have earned his trust. He is getting along nicely in the South Wing. Welcome to Carlyle Place, Woodrow!

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

GOH - Grand Opera House

(478) 301-5470

Website: www.thegrandmacon.com

CP - Centreplex

www.maconcentreplex.org/coliseum/ticket-office/

MLT - Macon Little Theatre

(478) 471-7529

Website: www.maconlittletheatre.org

DT- Douglass Theatre

(478) 742-2000

Website: douglasstheatre.myboxoffice.us

TM -Theatre Macon

(478) 746-9485

Website: www.theatremacon.com/tickets

FH - Fickling Hall at Mercer University

(478) 301-5470

Website: www.mcduffie.mercer.edu

New Resident:

Written by: Jane Winston



Welcome Allison Lee to Lower Level South Wing!

You'll have to work fast to meet and get to know Allison, as she is usually on the go! It took her no time at all to join in the Thursday Duplicate Bridge game as well as the Tuesday MahJong game here at Carlyle. And often, she is found in several other events going on here at CP. Carlyle knows how to keep this rather quiet but fun lady busy.

She still owns her tiny cottage in Athens where the flowers in her garden ask for her attention, so she goes to Athens nearly every week for a few days to "play in the dirt" and tend to her flowers. She is definitely an outdoor girl. She's growing no flowers at her Carlyle home, but she

is indeed a Master Gardener, has worked as a docent at the Botanical Gardens in Athens and may one day look into a gardening club here in Macon.

Allison was born and raised in Baton Rouge, Louisiana. She married young and had a son, who lives in The Villages in Florida, and a daughter who lives in Athens, GA. She has three granddaughters and one grandson. At some point along the way she attended a business college and ended up being a legal secretary for 20 years. She and I had a good laugh as we reminisced at how accomplished we once were on our Selectric typewriters. Eventually she moved to Washington DC where she served as a staff assistant for Louisiana Congressman Moore. She describes herself as a rather "impulsive" personality type and this is witnessed by her ability to just up and move away from family and friends...first to Washington DC, second, to San Antonio, TX and eventually Athens, and Macon GA.

She wanted to own a book store, so she did, LaVillta on the Riverwalk in San Antonia. Great fun! Lots of work! At some point, when some of her children and grandchildren moved to Athens, she bought her little cottage and moved to be near them. Her daughter is still there along with a grandchild or two.

A humorous story she shared that kept those of us who play bridge with her hooting, "I used to be an erotic dancer who danced under the handle of Hot Flash!" And this she told with just the smallest of smirks on her face. Welllll, come to find out she never really danced, but she had accompanied a friend to a governmental office to fill out the paper work to become a bartender. While there Allison decided to fill out the paperwork also, for fun; she chose erotic dancer rather than being a boring bartender. Her friend did indeed become a bartender; Allison got her certificate but rationally decided she was not going to dance, erotically or otherwise.

Talk about impulsivity! I love her answer to, "Why Carlyle?" It seems Allison has a friend whose daughter was taking piano lessons from our very own Susan McDuffie. So, Allison decided to come to Carlyle for the young ladies' recital. While here she looked around, decided this would be the place for her next move; bought her apartment; moved in, in a short time, and as is often said, "The rest is history." However, she is not ready to give up her sweet, little cottage with all the flowers, just yet.

Get to know Allison; she is definitely on the quiet side but with her impulsivity and quick sense of humor, she is lots of fun.

New Residents: Bob & Demme Pluta

Written by: Mary Dempsey



Welcome Demme and “Bingo Bob” Pluta. The Plutas arrived from Lake Oconee and jumped right into an active Carlyle lifestyle. It wasn’t long before Demme was enjoying resident lifestyle classes, Bob warming up his camera (more later), and the team was organizing the now popular Saturday afternoon bingo games.

Bob has been calling bingo for eight years and has been in demand at Lake Oconee Del Webb, and the Elks Club in Greensboro where he returns monthly to continue his volunteer commitment. Now, we are lucky to have the Pluta’s at Carlyle Place where the couple is drawing more than 20 bingo players twice a month. Bob says, “I volunteer wherever needed.” He has been a chaplain for the Elks Club, is a retired volunteer fireman, and was a soccer referee for 43 years having been named National Referee 1986. Following

his four years of service in the Navy, Bob’s career was in the packaging, sales and service areas from which he retired in 2006.

Demme holds a Bachelors degree in education from Penn State and taught kindergarten for three years. Changing fields, she pursued a Masters in social work at Loyola University, then worked at Georgia Cancer Specialist in Atlanta until retirement. Demme had a 40 year career with Mary Kay cosmetics with an emphasis on skincare. She worked her way up to a sales director position. Demme continues here at Carlyle Place with Mary Kay facials by appointment.

The couple has been married for almost 40 years and share seven children, nine grandchildren and four great-grandchildren.

Demme and Bob enjoyed travelling, but one experience stands out as most memorable. They had a friend whose parents started an orphanage in Nagpur, India. They spent two weeks there at a two-year school where orphans, through education, could obtain a government license to work in a trade. Without family, a license was unattainable. The male students were trained as welders, electricians, and for jobs in the computer field. The women students studied hygiene, sewing, food prep and computer literacy.

Demme says they came to Carlyle Place after being “recruited” by Lake Oconee friends, Fred and Marty Reese. Demme confessed, “It took Fred five years to get us here!” The Plutas are glad they finally took the plunge.

P.S. A word to the wise... BEWARE, Bob is an avid photography buff and is rarely seen without his camera. He has been snapping pictures all over campus and at every event. You never know where or when your photo will appear.



WOLYEL _____

SALPPE _____

VARHETS _____

DICRE _____

TOLALFOB _____

ACRESWORC _____

DRE _____

ROCN _____

GINKSATVIHGN _____

DOURG _____

YRDHAIE _____

OARCNS _____

EEVSAL _____

WOLAHLENE _____

FOBREIN _____

NGORAE _____

RWESATE _____

KIPNPMU _____



WORD BANK:

ACORNS
APPLES
BONFIRE
CIDER
CORN
FOOTBALL

HALLOWEEN
HARVEST
HAYRIDE
GOURD
LEAVES
ORANGE

PUMPKIN
RED
SCARECROW
SWEATER
THANKSGIVING
YELLOW

