

The Carlyle Chronicle

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March Madness

**Take a chance on drawing the
winning basketball team!
There will be Men's and Women's
brackets this year.**

\$2 a chance (limit 2 chances per resident)

**Winner gets \$90
Runner up gets \$38**

You do not need to know anything about basketball to play. For \$2, you will draw a team out of the 64 participating teams in the NCAA Mens and Womens March Madness Basketball tournament. If your team wins the tournament, you will win \$90!

**Stop by Resident Life beginning
Monday, March 17th to draw your team!**

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
Will not occur on March 3.

Carlyle Choristers Practice

Friday, March 7 · 1:30 pm · The Grande

Tues., March 11, 18, & 25 · 1:30 pm · The Grande

All are welcome to join our resident choir and make a joyful noise as they gear up for the Spring Concert.

Pub Trivia

2nd 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 and 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., March 3 - Act. Rm A · 10:00 am

Episcopal - Thurs., March 20 - Act. Rm A · 10:00 am

Methodist - Thurs., March 20 - Act. Rm A · 1:00 pm

All are welcome to attend Methodist & Episcopal Communion.

BUMs Breakfast

Saturday, March 15 · 8:30 am · The Grande

Floyd Williams, Carlyle Place resident, will be discussing interesting construction projects.

Catholic Mass

Tuesday, March 25 · 2:00 pm · Activity Rm A

Out & About

Lunch at Chicken Salad Chick

Thursday, March 6 · Depart Lobby at 10:45 am

Choose a favorite from the variety of chicken salads for lunch.

Volunteer at the Backpack Ministry

Friday, March 7 · Depart Lobby at 1:00 pm

Volunteer for the Backpack Ministry at Forest Hills Church to prepare snacks to send home with deserving children.

Abundant Life Wesley Glen Fundraiser

Saturday, March 8 · Depart Lobby at 4:30 pm

Sign up for a benefit dinner featuring the Grapevine Band and 13WMAZ Chief Meteorologist, Ben Jones! Visit www.wesleyglenministries.com to register for your free table and bid on silent auction items. This event is free, but registration is required to guarantee your seat.

Macon Pops: Wonderful at Macon City Auditorium

Saturday, March 8 · Depart Lobby at 6:45 pm

Don't miss Macon Pops: Wonderful – The Marvelous Music of Stevie Wonder. Ticket is required.

Fabian Concert Series at Fickling Hall

Tuesday, March 11 · Depart Lobby at 6:45 pm

Andrew Armstrong, piano, and Amy Schwartz Moretti, violin. Ticket is required.

The Boys Next Door at Theatre Macon

Thursday, March 13 · Depart lobby at 6:45 pm

The Boys Next Door emphasizes the importance of understanding and acceptance, showcasing that, like else, individuals afflicted with disabilities seek fulfillment and connection in their lives. Ticket is required.

Kathleen Madigan at Grand Opera House

Friday, March 14 · Depart Lobby at 6:15 pm

Kathleen Madigan, comedian, will be performing her tour titled *The Day Drinking Tour*. Ticket is required.

Met Opera Live: Fidelio at Douglass Theatre

Saturday, March 15 · Depart Lobby at 12:00 pm

Enjoy the Met's striking production, which finds modern-day parallels in Beethoven's stirring paean to freedom. Ticket is required.

Music & Arts at

Vineville United Methodist Church

Sunday, March 16 · Depart Lobby at 3:15 pm

Enjoy this performance by Benny Green, jazz piano.

Out & About

50 Years of Rock & Roll at The Grand Opera House

Wed. & Thurs., March 19 & 20 · Depart Lobby at 6:45 pm
Enjoy this performance of Neil Berg's 50 Years of Rock and Roll!
Ticket is required.

Brunch at H & H and Tubman Museum Kazoo Exhibit

Friday, March 21 · Depart lobby at 10:00 am
Enjoy a classic southern brunch at the historic H&H, before exploring the Kazoo exhibit at the Tubman Museum.

Cherry Blossom Ball at Macon City Auditorium

Friday, March 21 · Depart lobby at 6:30 pm
Celebrate the internationally award-winning Cherry Blossom Festival Ball in style in Macon's beautiful City Auditorium as we present to you this year's theme... "A Passport to Japan!" Enjoy a fabulous dining experience by The Grand Gourmet, impeccable décor by Mary Pinson, a special performance by Wesleyan College students, and entertainment by Atlanta Groove Factory. Black-tie is optional. Tickets can be purchased at <https://cherryblossom.com/event/cherry-blossom-ball-2/>

Cherry Blossom Festival: Organ & Trumpet Concert at St. Joseph's Catholic Church

Saturday, March 22 · Depart lobby at 6:15 pm
Virtuoso trumpeter Eric Duhon and Organist Gregory Hamilton will present a sonic blowout at St. Joseph church for the Macon Cherry Blossom Festival. Music of Hady, Bach and a brand new work by Gregory Hamilton.

Jubilee Artist Series at Fickling Hall

Tuesday, March 25 · Depart lobby at 6:45 pm
Anton Nel will perform on the piano. Ticket is required.

Middle GA Concert Band at Porter Auditorium

Tuesday, March 25 · Depart lobby at 7:00 pm
Join the Middle Georgia Concert Band and Mercer University for a program designed to celebrate Spring, and explore songs and dances from around the world. Made up of about 50 wind band enthusiasts from high school through senior adults, this band is excited to perform as part of Macon's Cherry Blossom Festival.

Cherry Blossom Driving Tour

Thursday, March 27 · Depart lobby at 10:00 am
Enjoy a ride along Macon's Cherry Blossom Trail.

The Crucible at Macon Little Theatre

Thursday, March 27 · Depart lobby at 7:30 pm
Travel into the gripping world of a timeless tale of fear, power, and morality set against the backdrop of the Salem witch trials. Arthur Miller's masterpiece unravels the hysteria and paranoia that engulf a small Puritan community, exposing the dark side of human nature. Ticket is required.

Central State Hospital Tour & Lunch at Velvet Elvis

Friday, March 28 · Depart lobby at 9:45 am
Take a trolley tour of the Central State Mental Hospital campus in Milledgeville, GA after enjoying lunch at the Velvet Elvis downtown. Led by a former hospital employee, the campus tour provides a transparent overview of the institution's multifaceted heritage, the current treatment of clients, and the ongoing redevelopment of the property.

Cherry Blossom Kazoo World Record at Atrium Amphitheater

Friday, March 28 · Depart lobby at 4:45 pm
Join us for a record-breaking celebration featuring Special Guests, Musical Performances, and a whole lot of Kazoos! We're bringing the World Record back across the pond to the Kazoo's Hometown of Macon, GA. Kazoos are provided. The world record attempt will be at 6 pm. Admission is \$5.

Cherry Market & Food Truck Frenzy

Saturday, March 29 · Depart lobby at 9:45 am
Food trucks from around the South featuring the latest culinary trends gather on the last weekend of the Festival to provide Macon with a taste of the food truck mania sweeping the country.

Macon-Mercer Symphony Orchestra at Grand Opera House

Monday, March 31 · Depart lobby at 6:45 pm
The season concludes with the Mercer University Concerto Competition student winner. Based on the main character in *The Arabian Nights*, Rimsky Korsakov's *Scheherazade* takes the listener on a fantastic voyage through the Orient. Ticket is required.

In-House Events

Tech Tutoring with Caleb

Sundays, March 2, 16, 23 & 30 · 4:00 pm · The Parlor
Caleb Varnadore volunteers his time to help residents with technology issues or questions. Bring your technology with you.

Beignets & Coffee

Monday, March 3 · 10:00 am · The Pub
Join us in the Pub and enjoy our freshly made Beignets for a tasty treat in celebration of Mardi Gras!

Arsenic & Old Lace

Monday, March 3 · 3:00 pm · The Grande
Watch your fellow residents as they perform the theatrical play *Arsenic & Old Lace*. There will be an after party with an early happy hour at 4 pm.

Fat Tuesday Party

Tuesday, March 4 · 5:00 pm · The Grande
Come to the Grande for Fat Tuesday to enjoy a live band and **heavy hors d'oeuvres! YOU MUST SIGN UP FOR THIS.**

Ash Wednesday Service

Wednesday, March 5 · 2:00 pm · The Grande
Come to this special service led by Vineville United Methodist Church staff as we observe the first day of lent. Be a part of this time of spiritual renewal with the imposition of ashes.

On the Table Macon

Thursday, March 6 · 8:30 am · Seasons Dining
You will be part of an exciting, community-wide initiative to explore ways in which all of us have the power to collaborate to make Central Georgia stronger, safer, and more dynamic.

Healthcare Tour

Thursday, March 6 · 10:00 am · Healthcare Hallway
Sign up on Healthcare Row to tour our Healthcare neighborhoods. Questions about this important part of our community will be answered by Morgan Cook. Space is limited.

Tech Tutoring with Marley

Friday, March 7, 14, 21, & 28 · 3:30 pm · The Parlor
Marley, a Freshman at First Presbyterian Day School will assist you with any questions you might have about your electronic devices. Bring your technology with you.

Putt-ering with Resident Life

Monday, March 10 · 4:00 pm · Putting Greens
Join fellow residents to practice your putting. Play on a team to find out who can putt the best!

Genetics Part 2 with Harold Reed

Thursday, March 13 · 1:15 pm · Activity Room A
Harold Reed will provide a lecture for fellow residents about genetics! This will be a continuation on his previous presentation.

Bark in the Park

Friday, March 14 & 21 · 3:00 pm · Dog Park
Bring Fido to the newly renovated dog park for a canine meet and greet, weather permitting.

Pies in the Pub!

Friday, March 14 · 7:00 pm · The Pub
Celebrate Pi day with delicious pizza pies in the Pub!

Leprechaun BINGO

Monday, March 17 · 3:00 pm · The Grande
Test your Irish luck at this green game of BINGO. Bring exact change to play for \$1 per card.

Happy O'Patty Hour

Monday, March 17 · 5:00 pm · The Pub
Get lucky at this happy hour with a specialty drink.

Artful Talks: The Magic of Monet

Tuesday, March 18 · 2:30 pm · Activity Room A
Embark on a visual journey through the theme of the Magic of Monet with a unique art exploration of selected artworks.

Uniguest App Training

Thursday, March 20 · 2:30 pm · Activity Room A
Join Cele & Elizabeth to learn the ins and outs of Carlyle Place's Community App—Uniguest.

Cornhole Final

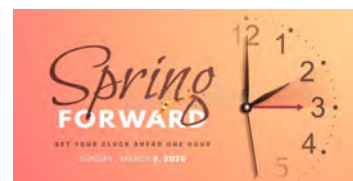
Thursday, March 20 · 4:00 pm · Bistro Courtyard
The cornhole tournament begins March 10 to play against your chosen teams. After keeping score, the finale will be held to determine the winner! See page 15 for more info.

Birthday Bash

Monday, March 24 · 7:00 pm · The Grande
Celebrate March and April birthdays! Cake and ice cream will be served. All are welcome!

Beer Bingo

Monday, March 31 · 4:00 pm · Seasons Dining
This game of Bingo for beer lovers is a way for adults to enjoy beer and fun with friends! This activity is limited to 18 seats and participants are chosen by lottery.



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

Resident Led Activities

Pickleball Play & Instruction

Monday, Wednesday, Thursday & Friday at 9:15 am

Poker

Mondays • East Wing Game Room • 1:00 pm
Sundays • East Wing Game Room • 2:00 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

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

Thursdays • East Wing Game Rm • 1:30 pm

MahJongg

Fridays • West Wing Game Room • 1:00 pm

Worship

Sundays • The Grande • 11:00 am

Mexican Train Dominoes

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

Coloring Workshop

Tuesday, March 4 • Activity Rm A • 3:00 pm
No experience is necessary and no supplies are needed. Relax and learn adult coloring techniques with special seasonal projects with Debra Collins. Sign up on the app.

Rejuvenation Class—A Day Rest Activity

Wed., March 5, 12, 19, & 26 • Chaise Lounge Chairs • 3:00 pm
Have you ever thought about rest and day dreaming as being a productive part of your day/life? According to Tricia Hersey, author of *Rest is Resistance*, one of her main tenets is “Naps provide a portal to imagine, invent, and heal.” Day or night dreaming creates energy, offers space opportunities for joy, freedom and rest. To dream and rest are acts of love for ourselves. This class is lead by Linda Degelmann and is limited to 7 people. Sign up on the Uniquiest App.

Bingo with Bingo Bob

Sat., March 8 & 22 • The Pub • 4:00 pm
Join Bob & Demme Pluta for Bingo! \$5 for 5 games, please bring correct change. Sign up on the Uniquiest App.

Paper Craft Workshops

March 10, 19 & 28 • Back Room Studio • 2 - 4 pm
Learn new Paper Craft skills and/or completing projects. Contact Magda Morris or Marty Reese for information.

Book Club

Thursday, March 13 • Activity Room A • 11:30 am
Praying for Sheetrock by Melissa Fay Green

The Artful Touch with Debra: Watercolor Class

Sunday, March 16 • Back Rm Studio • 2:30 pm
Participate in this step-by-step tutorial project to learn basic watercolor techniques and create a finished painting. No experience necessary. All skill levels welcome. No supplies needed. Class limited to 12 participants.

Pondering the Story with Elaine Davies

Mon., March 17 • Admin Conf Room • 2:30 pm
Luke 2: 40-52. Teen Jesus found in the Temple

The Artful Touch with Debra: Creative Ways to Fill a Sketchbook

Sunday, March 23 • Back Rm Studio • 2:30 pm
There's more to filling a sketchbook than drawing. Learn unique and creative ways to fill a sketchbook using a variety of mediums. No experience is needed and all skill levels are welcome. See Cele in Resident Life to purchase your necessary sketchbook. Class is limited to 12 participants.

Prepare Lunches for Loaves & Fishes

Monday, March 24 • Activity Room A • 2:30 pm
Sign up on the Uniquiest App to help with this monthly service project.

Democrats Luncheon

Tuesday, March 25 • Seasons Dining • 11:30 am
Contact Linda Degelmann to RSVP: 229-942-2000

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

Take 3 for Wellness: Blood Pressure Numbers

Submitted by Tonya Wilson

Blood pressure is the force of blood pushing against the walls of your arteries which carry blood from your heart to other parts of your body. Blood pressure normally rises and falls throughout the day. But if it stays high for a long time, it can damage your heart and lead to multiple health problems.

Systolic-The top number, which is also the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

Diastolic-The bottom number, which is also the lower of the two numbers, measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood).

Normal is less than 120/80

Stage 1 HTN is 130-139/80-89

Stage 2 HTN is > 140/90.

If Higher than 180/120, it's considered a Hypertensive crisis

Having HTN is harmful to major organs like your heart, brain, and kidneys. Untreated HTN can cause heart attacks, strokes, aneurysms, heart failure, kidney damage, vision loss and even memory problems. It is best controlled with medications and life style changes such as diet changes, weight loss, and exercise.

You typically do not have symptoms with high blood pressure and the only way you can determine if yours is elevated is to take it, for this reason it is often called "the silent killer". On rare occasion some people experience headaches and vomiting with high BP.

Interesting facts:

48% of adults in the US have HTN which is 120 million adults

1 in 5 people with HTN don't know it

Only 1 in 4 people who have HTN actually have it under control

More Men are diagnosed than women

High blood pressure costs the nation \$131 billion each year (this is a 12 yr average). This total includes the cost of health care services, medications to treat high blood pressure, and missed days of work.

We will be having angioscreens on March 6th in the Grande from 8 until 4. Sign up at the post office. Veterans are free. For all others there is a fee of \$50 due at time of service.



Support Group:

Dementia Support Group

Thurs., March 27 · Activity Rm A · 1:30 pm



Basket winners Bob Pluta & Dorothy Reed
at February's Birthday Bash

March Showings:

The Man Without A Face

PG-13 · 1993 · Drama · 1h 55m
 Saturday, March 1 · 7:00 pm

Chuck wants to leave home but can't make the grade for boarding school. Then he finds out the disfigured recluse living nearby is an ex-teacher.



The Mary Tyler Moore Show

PG · 1970 · Comedy · 1h
 Saturday, March 8 · 7:00 pm

Season 1 Episode 2: Mary and her new neighbor Rhoda decide there's nothing worse than being 30-ish and single. Season 2 Episode 10: When Mary receives a chain letter from Lou and is warned not to break the chain.



Blindfold

PG · 1966 · Comedy/Crime · 1h 42m
 Sunday, March 16 · 7:00 pm

A New York psychiatrist is solicited by government agents in connection with a former patient of his who also happens to be a scientist wanted by certain foreign powers.



Lassie

PG · 1969 · Drama/Adventure · 1h
 Saturday, March 22 · 7:00 pm

Season 15 Episodes 19 & 20: While Erickson is assessing the danger caused by timber washed away by a flood, he allows former ranger Peterson to take Lassie on his boat to survey crab cages where Peterson is knocked unconscious with a storm approaching.



Jack De Mave: Career Collage

PG-13 · 1988 · Drama/ Holiday Comedy · 1h
 Saturday, March 29 · 7:00 pm

Review highlights of Jack's career spanning from Broadway to commercials to hobnobbing with the rich and famous.

Cherry Blossom Events

Cherry Blossom Happy Hour

Friday, March 21 · 4:00 pm · The Pub

In honor of the Cherry Blossom Festival, celebrate all things pink with an early happy hour and a pink specialty drink.

Cherry Blossom Craft: Painted Trees

Monday, March 24 · 1:30 pm · Back Room Studio
 Follow along an instructional video, as you paint your very own cherry blossom trees.

Cherry Blossom Tea

Tuesday, March 25 · 3:00 pm · Seasons Dining
 Enjoy this afternoon tea Hot tea and treats will be served. If you sign up and do not attend, your account will be billed the "no show" fee for this event.

Cherry Blossom Ice Cream Social

Wednesday, March 26 · 2:30 pm · Activity Rooms
 Join us in the Activity Rooms and taste delicious cherry ice cream to celebrate the Cherry Blossom festival!

Cherry Blossom Driving Tour

Thursday, March 27 · 10:00 am · The Grande
 Take a ride on the Cherry Blossom Trail to see the famous trees in bloom!

Cherry Blossom Chair Volleyball

Thursday, March 27 · 3:00 pm · The Grande
 Bring your competitive spirit to this cherry blossom themed chair volleyball and be prepared to laugh until your side hurts! No skill necessary.



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.

Uniquist "Bulletin Board"

The Uniquist Community App has 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

Carmen Wondergem
Apartment 2205

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: George Beck
4th Thursday · 10 am · Admin. Conf. Rm
Quarterly: January, April, July, October

Dining Chairperson: John Amabile
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: Jim McInerney
3rd Wednesday · 10:30 am · Admin. Conf. Rm

Programming Chairperson: Carolyn McInerney
2nd Wednesday · 3:00 pm · Admin Conf Rm

RAC President: Ty Ivey
2nd Thursday · 10:00 am · Admin Conf Rm

March's Pet of the Month: Peter Gunn Barrow

Written by: Sandy Barrow

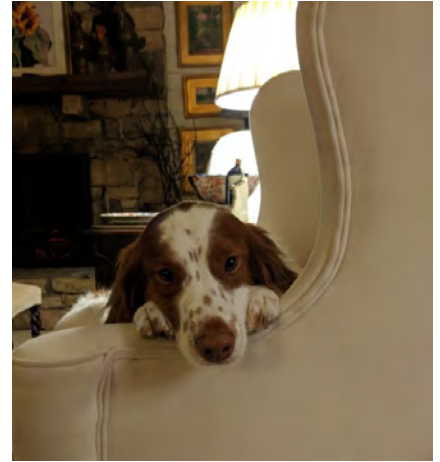


On December 17, 2014, a litter of puppies was born to a champion Brittany named Peter Gunn. This champion made Brittany history a few years earlier as being the first dog to hold both the National Open and the National Amateur Dog Championship titles. Going on to win multiple awards, to this day Peter Gunn remains the top performing Brittany gun dog of all times and continues to be featured as such.

Back to December 17, 2014: One of the pups born to Peter Gunn and Sucker-punch Sally was a fine little fellow who now lives at Carlyle Place with his human parents, Sandy and John Barrow. In honor of his champion father, he, too, is named Peter Gunn. Peter moved to Carlyle in January with his "folks" from the mountains of North Carolina. He is learning to like his new home, especially since he met his new best friend, Timmy, who lives in a nearby garden home. Peter and Timmy love to romp and play together in the

dog park.

Unlike his famous father, Peter has not won national titles. Don't get me wrong--he watches birds intently, and chases rabbits and squirrels when given the opportunity. Inside, his toy box is brimming with squirrels, rabbits, and his beloved lambies which he carries around the house, especially when he sees his humans getting ready to leave! At 10 years of age, while no ribbons to hang on the walls, he has won the hearts of his parents, Sandy and John.



The RAC Corner

Ty Ivey, RAC President

As a part of RAC's self study efforts this year, we looked at what we are and what we think we should be. Many times residents ask, "What does RAC do?" That's not always an easy question to answer. Being the conduit for harmony between leadership and residents is not an easy task.

The election cycle is upon us and it is our hope that those choosing to run for a position on the Resident Advisory Council are knowledgeable about what is expected. To that end, our vice president, Andy Bunch, will lead a RAC committee that will seek to educate candidates about what serving on RAC entails.

As residents, we want RAC members who can assess the workings of Carlyle Place, and we want voters to have time to get to know those candidates. RAC updated the by-laws this year and now candidates must be residents for one year before being eligible to run for office. We want RAC members who will encourage leadership to hear the voices of our residents and as always, we all want dedicated, competent, conscientious members with leadership qualities to represent us – people willing to give of their time and expertise.

Finding great candidates is only part of the equation. We need knowledgeable, sincere, and well informed resident-voters who will thoroughly assess the qualifications of each candidate. RAC should never become a mere popularity contest.

In summary, we expect that candidates for RAC will have a thorough understanding of resident expectations, and that residents will have an opportunity to be knowledgeable and well informed voters. If we each play our part, voters will choose the best to represent us. We should take this opportunity to make the best choices for the right reasons. The success of the election depends not only on strong candidates, but informed resident-voters participation.

New Residents: Doug & Joanne Dozier

Written by Mary Dempsey



Doug and Joanne Dozier have lived at Carlyle Place since 2024 so perhaps you are already acquainted, but let's dig a little deeper and get to know more about them.

The Doziers came to Carlyle from their home in Macon where they lived for 44 years. They always knew about Carlyle, but it was through the enthusiasm of Mary and Ron Freeman that got them thinking about making it their home.

Doug grew up in Columbus Georgia. After high school graduation, he attended Mercer University and the University of Georgia. He entered medical school at the Medical College of Georgia in Augusta and did a three year residency in internal medicine. His education was interrupted when he served in the Army spending two years working as a doctor of internal medicine in Germany. He completed his education with a two year fellowship in gastroenterology at Brook Army

Medical Center in Texas. In 1980 Dr. Dozier established a successful private practice in Macon retiring in 2016 after 36 years in practice. During his long career he served as Gerontology Chief at Coliseum (now Piedmont) Hospital. Dr. Dozier served as a volunteer physician for the Cherry Blossom Health Fair where free medical exams, blood pressure and medication checks were offered.

Following his retirement, Doug was medical director of the Macon Volunteer Clinic. The clinic provides primary care services to uninsured adults in 4 counties at no cost. The clinic services thousands of patients every year. Doug enjoys monthly lunches with other Macon physicians as a member of RODEO - Retired Old Doctors Eating Out.

Joanne Dozier grew up in Macon. She attended Mercer, majoring in English and psychology. She continued her education at the University of Georgia where she earned her masters degree. She worked as a high school guidance counselor for two years. Joanne served for several years as an officer in the Junior League of Macon, DAR (Daughters of the American Revolution), Medical Alliance of Macon, and UDC (United Daughters of the Confederacy.) DAR spearheaded Wreaths Across America in Macon where wreaths were placed on veterans' graves to honor them on Memorial Day. DAR also helped with annual United States flag burning ceremonies where damaged and old flags were destroyed.

Joanne has served on the board of directors of Macon's Cannonball House, an 1853 home listed on the National Register of Historic Places. The Cannonball House was named due to damage sustained during the Civil War.

Doug and Joanne met as college sweethearts. They married in 1970 and have three sons – Douglas, in the financial field, Martin, an Atlanta attorney, and Terrell in the computer science field. Terrell was born in Macon and delivered by our own Dr. Carl Schuessler! Their sons have given them six grandchildren.

The residents of Carlyle offer the Doziers a warm (somewhat belated) welcome!

New Resident: Sarah Cooper

Written by Kathleen Sheil



Sarah Cooper moved to Carlyle Place in September 2024 to be closer to her sister and two nieces who live in Macon. It was a good decision as they visit often and she is happy to be with her family again.

Sarah likes everything about Carlyle. She enjoys not having to worry about landscaping and the upkeep of a house. All she has to do is snap her fingers and maintenance takes care of it. She finds the residents and staff to be very friendly. She has slowly settled into Carlyle. Two days before moving she fell and hurt her ribs and it took a month to recuperate. She did not know anyone in Carlyle and it was difficult going to the dining room not knowing a soul. Someone from RAC told her to go to the Pub at Happy Hour and she would find people to have dinner with. She enjoyed the Open Seating this month in the Grande as she got to know a lot of people. She would love it if some tables in the Dining Rooms would be set aside for "Open Seating."

Sarah grew up in the small town of Jacksonville, Georgia. The family was 20 miles from shopping, banks, and doctors. Fortunately, her father was a grocer so food shopping was never an issue. She has fond memories of her childhood. Most of the activities centered around school and church. One of her not-so-favorite memories was a project she took on when she was a member of the 4-H Club. She had to raise baby chicks for six weeks. This involved feeding them, giving them water, and cleaning up after them. The worst part she had to deal with was the obnoxious odor. The chicks were not always grateful for her attention and would often pick at her hands and feet. Even though she won a ribbon, she never volunteered to repeat the experience.

This is not the first time Sarah moved to Macon to be close to her sister. She moved to Macon after she finished school. She was hired by the Bank of America (then C&S) and worked for them for 40 years in Macon, Atlanta, and Savannah. She started in the Trust Department, was a bank teller, worked in the Lending Department and ended her career as the Branch Manager on Skidaway Island, Georgia.

Sarah met her husband Tom Cooper while living in Savannah. They lived in the Forest Cove Community for 25 years. They were very active both in and outside of the community. They belonged to two ballroom dance clubs and met people from all around the area. She was very involved in the White Bluff Methodist Church for 50 years. She served on just about every committee and due to her financial background was usually nominated to be the Treasurer. After her husband retired from the military and Gulfstream Aerospace, she retired. They loved to travel. They visited Europe a couple of times. Her two favorite countries were Scotland and Ireland. As her father's ancestors came from this part of the world, she felt so comfortable with the people and felt like she was with family. Sarah and Tom went on several cruises, often with friends of 35+ years. The friends now live in Florida but for over 25 years they continue their friendship by having a weekly "Martini phone call." They have visited Sarah twice and were impressed with Carlyle Place and think it is the best!

Sarah has had a very interesting and diverse life. One of the most memorable events happened on her 65th birthday. She went SKYDIVING!!!. She said, "It felt so peaceful and quiet - just as if I was in heaven." She was told she had done something that 95 percent of people would never do.

Welcome, Sarah! We are glad you are here and look forward to you sharing your gifts and talents with us in the future.

Celebrating March

Humorists Are Artists Month

Women’s History Month

Save Your Vision Month

Women in Construction Week
March 2–8

Learn What Your Name Means
Day
March 5

World Plumbing Day
March 11

Quilting Day
March 15

St. Patrick’s Day
March 17

French Bread Day
March 21

Quirky Country Music
Song Titles Day
March 27



Ron & Mary Freeman watching the putting event

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 March Birthdays

In astrology, those born between March 1–20 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim an inner journey. They’re emotional, compassionate people, always willing to help others. Those born from March 21–31 are Aries, the Ram. Rams are adventurous go-getters, full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers, undeterred when the going gets rough.

- Chief Joseph (hero) – March 3, 1840
- Knute Rockne (coach) – March 4, 1888
- Liza Minnelli (actress/singer) – March 12, 1946
- Albert Einstein (scientist) – March 14, 1879
- Jerry Lewis (actor) – March 16, 1926
- Moms Mabley (comedian) – March 19, 1894
- Marcel Marceau (mime) – March 22, 1923
- Aretha Franklin (singer) – March 25, 1942
- Warren Beatty (actor) – March 30, 1937

Laughter

Written by: Mary Dempsey

Do you feel depressed, despondent, dismal, dispirited, discouraged, down, or dejected? Well... You can find the antidote right on the shelves of the Carlyle Place Library!



We've all heard the phrase "Laughter is the best medicine." Well it turns out, it may be true! Laughing, smiling and finding joy is good for your mental health. Remember, "A merry heart doeth good like a medic." (Proverbs 17:22) So... READ ON!

(These books and several more can be found on display in the Veranda Library. Come visit!)



February's Employee of the Month: Makaila Brabham



February's Employee of the Month was Makaila Brabham. Makaila has worked in the Dining Department as a server and hostess for almost 2 years. She is a versatile worker as she typically works in the Dining Room, but has also worked in the Bistro and Pinepoint.

Makaila was born and raised here in Macon, GA. She has a son, Noah, who is 3 years old. When asked about her interests outside of work, Makaila said that she enjoys shopping and spending time with family. If you see Makaila around be sure to congratulate her on this accomplishment and thank her for all of her hard work.

Paws-atively Great Books

Written by Shirley Laffrey

In recognition of the completion of the dog park, the Parlor book display this month is dedicated to dogs, cats and our other 4-legged animals. These books include novels and other informative books on pet selection and care. Some featured books are:

James Herriot, **Every Living Thing**. The tales of Herriot's life as a country vet show his love of animals and bring the reader into his world of drama, love, humor and warmth.

Steve Reece, **I Know a few Dogs in Heaven**. Reese, a bulldog reporter and columnist for the County Reporter in Forsyth, lives in a little house on the edge of the woods with his dog and cat. His short stories focus on the human spirit and the impact of pets on the world around us.

Ted Kerrasote, **Merle's Door**. Ted found Merle in the Utah desert. As the two bonded, their story is described as a compelling, insightful, and tender story that opens new doors into our understanding of the nature of dogs.

John Grogan, **Marley and Me**. The NYT bestseller is a biography about a couple who were beginning life together when John brought home a little puppy who completely changed their life and taught them the meaning of unconditional love.

Dean Koontz, **The Darkest Evening of the Year**. Amy dedicated her life to rescuing abandoned and endangered golden retrievers. After taking a rescued retriever into her home, she begins to be subjected to eerie incidents and an ominous stranger. This novel is described as a transcendent thriller that will have readers turning the pages until dawn.

Miranda A. Adams, **Hiss Me Deadly**. A librarian and his cat, Diesel sniff out a musician's murderer.

Blaise & John Clement, **The Cat Sitter's Cradle**. Described as a "A knockout read. For those who love mysteries, animals, and great writing".

Laurien Berenson, **Watchdog**. A dog show murder mystery with rave reviews.

Rita Mae Brown & Sneaky Pie Brown, **The Big Cat Nap** and several other books of their NYT Bestseller mysteries.

Dick Francis & Felix Francis, **Dead Heat, Husband**, and several other books of their award-winning mysteries feature Francis' years as a jockey and his love of horses.

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.



Residents gather monthly to assemble lunches for Loaves and Fishes
 Elyene Thompson, Nalini Isaac, Carol & Bob Hopp,
 Lenore Sell, Shirley Laffrey, Dick Courreges & Richard Raggi
 preparing lunches for Loaves & Fishes



Beaux Arts Duo performed in February

Carlyle Place's Cornhole Tournament

Play starts Mon., March 10th · Bistro Courtyard

Find a partner and sign-up for this eight team, single elimination tournament. The first matches will be on Monday, March 10th and the Finals will be on Thursday, March 20th at 4:00 p.m. in the Bistro Courtyard. Sign up in Resident Life by Wednesday, March 5th. See Patti or Jai for more information.

Pub Trivia

Tuesday, March 11 · 4 pm · The Pub

Pub Trivia takes place every 2nd Tuesday for teams of five or less. To receive a bonus point for your team, attend the performance of Arsenic & Old Lace on Monday, March 3 and get a picture of the performers. You must send your picture by Monday, March 10 at 4 pm.

Send your picture to
 Elizabeth.fletcher@atriumhealth.org or
 Celeste.minschew@atriumhealth.org.



Residents on the new Putting Green

February Employee Anniversaries

1 Year

Meredith Ransom

2 Years

Theresa Childs
 Estephanie Rodriquez
 Brissa Ortiz

3 Years

Nathan Katz
 Laura McMaster

4 Years

Robin Dance
 Melvin Odom

5 Years

Stephanie Parker

8 Years

Bridget Martin

9 Years

Shane Jones

10 Years

Trena Raines

11 Years

Miriam Polhill

14 Years

Rosalyn Evans

17 Years

Catherine Holliman

I SPY - March 2025

“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 resident who loves to bring a smile to the faces of those around him! With his jovial attitude and upbeat personality, Bob Pluta always brings a good time. Whether he’s calling Bingo in the Pub on a Saturday afternoon, or snapping pictures at various events, you can usually find Bob amid a crowd of happy residents. Please join us in thanking “Bingo Bob” for making our days brighter and our lives more enjoyable!



This camellia at Masee Lane Gardens is named after Muriel Nathan

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:

Week 1

Connect to Purpose—Employee Anniversaries
Resident Life Monthly Activities

Week 2

Rehab Updates/Reminders
Committee Report

Week 3

RAC Report
Take 3 for Wellness
Snapshot (Quarterly: Jan, Apr, July, Oct)

Week 4

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

Week 5 (January, May, August, October)

Healthcare Updates/Reminders
CP at Home Updates/Reminders

2025 Committee Report Schedule:

Building & Grounds:	4/8	7/8	10/14	
Library:	4/22	7/22	10/28	
Development:	5/13	8/12	11/11	
Marketing:	5/27	8/26	11/25	
Dining:	3/11	6/10	9/9	12/9
Programming:	3/25	6/24	9/23	12/23

March Birthdays

Moses Alexander	3/1
Anne Cole	3/2
Edna Reed	3/4
Marianne Beck	3/6
Emily Bredeson	3/12
Lenore Sell	3/12
Christine Stephens	3/14
Nancy Schiltz	3/24
Richard Raggi	3/30

Carlyle-at-Home

John D. Cassidy	3/1
Kitty Van De Water	3/4
Betty Luce	3/6
Nita Tidwell	3/9
Ethel Cullinan	3/14

Scam Alert: Toll Road Scams Are Back

Original Publication: USA Today, February 22, 2025

A popular text message scam continues to rear its ugly head on phones across the U.S., demanding money from consumers for fake unpaid tolls.

These texts generally try to impersonate the toll service in your state - for example, if you live in California, the text will likely say it's from FastTrak. If you live in New York, or one of the 19 other states that use EZ Pass, it will probably claim to be from them. Some of the texts will include links to a dupe website with a URL and a webpage designed to look like the real thing.

Scammers aren't perfect, though - if you get a text claiming to be from the toll service in a state you haven't been to recently or ever, that's a safe sign it's likely a fake, as are texts with misspellings or links that don't match the name of the legitimate toll service website.

Last April, the FBI reported receiving more than 2,000 complaints reporting smishing scams representing toll road collection services in three states. The Federal Trade Commission (FTC) put out a fresh notice in January, saying scammers are again pretending to be toll agencies from "coast to coast."

"Whether you've driven through a toll recently or not, you might've gotten a text saying you owe money for unpaid tolls. It's probably a scam," said the FTC advisory. "Not only is the scammer trying to steal your money, but if you click the link, they could get your personal info."

If you receive a toll agency text message demanding money, the FBI and FTC suggest to do the following:

- Do not click the link in the text and instead visit the legitimate toll service website directly to check your account balance. You can also contact the toll service's legitimate customer service phone number.
- Delete any smishing texts and use your phone's "report junk" feature before doing so.
- If you did click the link or provide any information, the FBI recommends making efforts to secure your personal information and financial accounts. This includes tracking and disputing any unfamiliar charges.

File a complaint with the FBI's Internet Crime Complaint Center including the phone number where the text originated and the website listed in the text.

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

CP - Centreplex

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

DT- Douglass Theatre

(478) 742-2000

Website: douglasstheatre.myboxoffice.us

FH - Fickling Hall at Mercer University

(478) 301-5470

Website: www.mcduffie.mercer.edu

GOH - Grand Opera House

(478) 301-5470

Website: www.thegrandmacon.com

MCA - Macon City Auditorium

<https://www.maconcentreplex.org/auditorium/>

MLT - Macon Little Theatre

(478) 471-7529

Website: www.maconlittletheatre.org

TM - Theatre Macon

(478) 746-9485

Website: www.theatremacon.com/tickets

COMING TO YOU SOON!

ATRIUM HEALTH NAVICENT MOBILE MAMMOGRAPHY COACH

For your convenience, the Atrium Health Navicent Mobile 3D Screening Mammography Coach will visit the following locations:

Carlyle Place
5300 Zebulon Road
Macon

Wednesday, March 12, 2025
7 a.m. - 3 p.m.

Wednesday, March 19, 2025
7 a.m. - 3 p.m.

For more information,
scan this QR code.



Candidates must meet the following criteria to have a mammogram:

- 35 years old or older (anyone under the age of 40 years old will be responsible for making sure their health insurance covers screening mammogram).
- Not currently receiving treatment for or diagnosed with breast cancer within the past 2 years
- No new breast health issues such as a palpable lump, skin changes or nipple discharge
- Not currently breastfeeding and have not breastfed within the last 6 months
- No mammogram within the last 12 months



- All exams are performed by a registered mammography technologist on state-of-the-art 3D mammography equipment.
- Candidates should bring a current photo identification and insurance card.
- The mobile unit has a comfortable waiting area and private dressing room for your comfort.

For appointments or questions, call: 478-633-2003.

Or email: Teresa.VanHorne@AtriumHealth.org



Navicent Health Foundation

ENCOURAGING YOUR GENEROSITY TO TRANSFORM VISIONS INTO REALITY

Give Today

Help Our Carlyle Employees
Continue Their Education



The **Walter T. Watkins Memorial Scholarship Fund** was created to support our Carlyle employees seeking to continue their education. This scholarship fund is administered by Navicent Health Foundation.

If you would like to help make a difference in the life of a Carlyle employee continuing their education, consider a gift to this fund.

Please contact Macey Terrell of Navicent Health Foundation at 478-633-7890 for additional information or questions. You can also speak with a Development Committee member for additional information!



Residents painting winter birches in the Winter Painting Class



Don Kea with BUMs Breakfast speaker, Barbara Donovan



Residents at Masee Lane Gardens in Fort Valley, GA



BUMs Breakfast attendees pledge to the flag



Jane Dickey, Herb Greenwald, Edyth Snow & Beverly Findlay at Chinese New Year Lantern Festival Happy Hour



Bill Rusak, Theron Simpson, Richard Mixon, Sandy Knapp & George Beck served as team captains for the putting event