

The Carlyle Chronicle

Inside:

Activities

Page 2 - 5

Take 3 for Wellness

Page 6

Movies

Page 7

Committees

Page 8

Honorariums

Page 9

Scam Alert

Page 10

September Library Displays

Page 14

Employee Anniversaries

Page 15

September Birthdays

Page 16

A Message From Dining

Page 18

WALL: Fall Semester

Page 19

Welcome Laney Doster

Please join Carlyle Place in welcoming Laney Doster, our new Life Enrichment Coordinator. Laney was born and raised in Gray, GA, where she graduated from Jones County High School. She then attended Mercer University on a cross-country scholarship, and earned a bachelor's degree in Business Administration.



After graduating college, Laney worked at Houston Lake Presbyterian Church as the Assistant Director of Student Ministries for a year. While there, her love for people grew and she knew she wanted to remain in a relational field of work.

Laney is an aunt to an eight-year-old girl named Raelyn and a baby girl named Eden who will be making her appearance shortly as her due date is approaching. In her free time she loves going on runs, golfing, and playing with her Australian Sheppard - Rory.

We are both excited and honored to have Laney as part of our Resident Life Team. Be sure to say "hello" when you see her and introduce yourself - she loves meeting new people!

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 September 1st (Labor Day).

Choristers Practice

Tuesdays · 1:30 pm · The Grand

Trivia

2nd Tuesday · 4:00 pm · The Grande

Trivia popularity has forced a move to the Grande to accommodate more teams for this rowdy, competitive game where teams of five or less compete for prizes. Sign up on the Uniquiest App and note if you are in search of a team.

Coffee & Conversation

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.

Bark in the Park

Friday, September 12 & 26 · 10:00 am · Dog Park
Bring Fido to the dog park for a canine meet and greet.

Communion

Episcopal - Tues., September 2 - Act. Rm A · 10 am
Episcopal - Thurs., September 18 - Act. Rm A · 10 am
Methodist - Thurs., September 18 - Act. Rm A · 1:00 pm
All are welcome to attend Methodist & Episcopal Communion.

Ladies Luncheon

Thursday, September 18 · 11:30 am · Season's Dining

Enjoy a buffet: salad, grilled chicken, salmon, sides, and dessert with entertainment by Rev. Sara Pugh Montgomery. Sara is the Senior Pastor at Centenary UMC and is a frequent instructor at the Wesleyan Academy of Lifelong Learning. Hostess Seating. Hats and fascinators are optional. This meal will be charged to your account. Questions? Call Kathleen Sheil, 843-290-1314

BUMs Breakfast

Saturday, September 20 · 8:30 am · The Grande
All men are invited to hear speaker, David Beik, CP Board Member & Professor at M.G.S.U.

Out & About

Breakfast at the Flying Biscuit Cafe

Friday, September 5 · Depart Lobby at 9:00 am
Enjoy Breakfast at the Flying Biscuit Café right here in Macon.

Back Pack Ministry Project

Friday, September 5 · Depart Lobby at 1:00 pm
Join in on this service project, and give back to the community by providing meals for children in need.

Into the Woods: Macon Little Theatre

Thursday, September 11 · Depart Lobby at 7:30 pm
Watch this amazing performance at Macon Little Theatre. Please purchase ticket in advance.

Dinner at Jim Shaws

Tuesday, September 16 · Depart Lobby at 5:00 pm
Enjoy dinner at Jim Shaws right down the road.

The Sweet Comeback with Stephanie Stuckey at MGA

Thursday, September 18 · Depart Lobby at 5:45 pm
Tag along to hear Stephanie Stuckey, Chair of Stuckey's Corporation, speak about how her family's company is making a comeback.

Angels in America at Theatre Macon

Thursday, September 18 · Depart Lobby at 6:45 pm
Sit and enjoy this powerful piece of theatre at Theatre Macon. Please purchase ticket in advance.

Shopping at Sam's Club

Friday, September 19 · Depart Lobby at 10:00 am
Visit Sam's Club to shop for groceries and other necessities.

Mercer Faculty Jazz Quintet

Friday, September 19 · Depart Lobby at 6:45 pm
Organized by the Townsend School of Music, you won't want to miss this amazing performance.

Jen's Market at the Howard Community Club

Saturday, September 20 · Depart Lobby at 10:00 am
An indoor and outdoor event that has plenty to do: crafts fair, ice cream, music, and much more.

Still Standing: A Tribute to Elton John at Monroe County Fine Arts Center

Saturday, September 20 · Depart Lobby at 6:45 pm
Get ready for an incredible night celebrating the legendary music of Elton John! Please purchase ticket in advance.

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

Out & About

Macon Mercer Symphony Orchestra

Monday, September 22 · Depart Lobby at 6:45 pm
Join us at The Grand Opera House to hear McDuffie junior Kathryn Fakeley soloing on Cello Concerto and Robert Cunningham perform on the piano, along with Vineville Chancel Choir. Please purchase ticket in advance.

Shopping at Dillards

Friday, September 26 · Depart Lobby at 1:00 pm
Enjoy a trip to River Crossing Mall to shop at Dillards.

Music & the Arts: Robert Cunningham Featuring Vineville Chancel Choir

Sunday, September 28 · Depart Lobby at 3:15 pm
Tag along to hear Robert Cunningham perform on the piano, along with Vineville Chancel Choir.

Photos

From Activities Around Our Community



Cooking Class: Charcuterie Boards



BUM's Breakfast– Submitted by Robert Pluta



Residents prepare Bag Mats for the Homeless Service Project



Marianna Gebara plays football toss at Tailgate Happy Hour



Barbara Hovagimian enjoying Pool Noodle Hockey

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

In-House Events

Tech Tutoring with Caleb

Sundays · 4:00 pm · The Parlor

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

Harmonica Happy Hour

Tuesday, September 2 · 5:00 pm · The Pub

Carlyle Place's Harmonica Group will kick off Happy Hour with a performance.

Healthcare Tour

Thursday, September 4 · 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.

Lunch & Learn: Dr. Greg Lee

Thursday, September 4 · 11:30 am · The Grande

OrthoGeorgia's Dr. Greg Lee, an orthopedic surgeon fellowship trained in Sports Medicine, will present "Understanding Rotator Cuff Tears."

Silent Film *Safety Last*

by Harold Lloyd with Chenney Gan

Thursday, September 4 · 7:00 pm · The Grand

Join us in the viewing of the silent film *Safety Last* as Chenney Gan performs on the piano. Chenney holds degrees from Wesleyan College, the University of North Carolina at Greensboro, and the Doctor of Music Arts in Piano Performance from the University of Southern California. Currently, Chenny is Associate Professor and Director of the Graduate Program in Music at Wesleyan College.

Broad River Therapy Presentation

Wednesday, September 10 · 11:00 am · The Grande

Join our house therapists as they give a presentation on a topic related to your health and wellbeing.

Bag Mats for the Homeless: Service Project

Thursday, September 11 · 2:00 pm · Activity Room A

A service project where we will prepare bags used to make mats for the homeless to use for a variety of functions, including sleeping and sitting mats.

Middle GA Library Representative

Friday, September 12 · 3:00 pm · The Parlor

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

UGA vs. Tennessee

Saturday, September 13 · 3:30 pm · The Pub

Join and watch UGA play against Tennessee.

Pouring Class with Joann

Tuesday, September 16 · 2:00 pm · Activity Rm A

Learn a painting technique called "pouring" with Joann Dankel-Dobbs.

Pizza Happy Hour

Wednesday, September 17 · 5:00 pm · The Pub/Grande

Resident Life will serve pizza at this special Happy Hour.

Vivia Fowler Book Signing: *Women of the Bible*

Thursday, September 18 · 3:00 pm · The Grande

Dr. Fowler was president of Wesleyan College from 2017-2022 and Vice President for Academic Affairs at Wesleyan from 2007-2017. **Her bachelor's, master's, and doctoral degrees** are from Columbia College, The Lutheran Southern Theological Seminary, and the University of South Carolina. She is a clergy member of the South Carolina Conference of The United Methodist Church and currently serves as pastor of Epworth UMC in James Island.

National Adulting Day Games with Resident Life

Friday, September 19 · 3:00 pm · The Grande

No one ever said that being an adult is all fun and games, but it can be with Resident Life! **Time to put on "your big girl panties" and celebrate being an adult!** No complaining allowed. Be ready to laugh and have fun and participate in games designed by your Resident Life staff! A specialty drink will be served at Happy Hour.

Dance with Teri & Darrell

Friday, September 19 · 7:00 pm · The Grande

Social Dancing in the Grandel! Dance to tunes for Swing, Waltz, Rumba, Cha Cha, Tango, Line Dancing and more with Darrell and Teri Carter. Exhibition dances. Freestyle dancers welcome! If you just enjoy watching, you are also welcome!

Afternoon Tea

Tuesday, September 23 · 2:00 pm · Season's Dining

Sign up for this limited seating afternoon special event.

Arts & Crafts: Fall Door Hanger

Tuesday, September 23 · 2:30 pm · Back Rm Studio

Sign up on the app to create a fall-themed door hanger.

Dementia Support Group

Thursday, September 25 · 1:30 pm · Activity Rm B

Courses in Seasons

Thursday, September 25 · 5:00 pm · Season's Dining

A special evening at 5 PM in Seasons Dining Room. Reserve your spot via the app.

Birthday Bash with *Just Friends*

Monday, September 29 · 7:00 pm · The Pub

Celebrate September birthdays! Cake and ice cream will be served. All are welcome!

How Mindfulness Can Transform Your Life

Tuesday, September 30 · 3:00 pm · The Grande

Mindfulness isn't just a way to hit pause on a busy mind; it's a tool that helps you get out of your head and into the present moment. Not only does it improve focus, but it helps us to better handle life's challenges. In addition to learning the three pillars of Mindfulness, Patti will lead you in several techniques to practice Mindfulness. Sign up on the Uniguest App.

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 8:00 am

Poker

Mondays • East Wing Game Room • 1:00 pm

Sundays • East Wing Game Room • 2:00 pm

Facilitated by Walter Barnett: 478-345-9781

BYOP (Bring Your Own Project)

1st, 2nd, 3rd, & 5th Mon. • 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 • 3 pm

Joker

Mondays & 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

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.

Sequence

Thursdays • East Wing Game Rm • 6:30 pm

Duplicate Bridge

1st, 2nd, & 4th Thursdays • 1:15 pm • The Pub

Facilitated by Rae Scott: 478-474-3116

Canasta

Thursdays • East Wing Game Rm • 1:30 pm

Schwartz Bible Study

2nd & 4th Thursdays • 2:00 pm • The Grande

3rd Thursday • 2:00 pm • Activity Rm A

MahJongg

Fridays • West Wing Card Room • 1:00 pm

Worship

Sundays • The Grande • 11:00 am

Billiards for Ladies

Sundays • Pool Table • 2:30 pm

Facilitated by Leonora Raggi: 478-993-6014

Mexican Train Dominoes

Sundays • The Bistro • 6:00 pm

Ladies & Men Poker

Sat., Sept. 6th & 20th • East Wing Game Rm • 2:00 pm

Contact Leonora Raggi for information.

Coloring Workshop

Tuesday, September 2 • 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.

Food Pantry Bag Project

Thursday, September 4 • Activity Room A • 2:00 pm

Help support the St. Peter Claver Food Pantry by volunteering for this worthy cause.

Paper Craft Workshops

September 8, 17, 26th • Back Room Studio • 2:00 pm

Learn new Paper Craft skills and/or completing projects.

Contact Magda Morris or Marty Reese for information. Sign up on the app.

Book Club

Thursday, September 11 • Activity Room A • 11:30 am

Marble Hall Murders: A Novel by Anthony Horowitz

Bingo with Bingo Bob

Sat., September 13 & 27 • The Grande & Pub • 4:00 pm

Join Bob & Demme Pluta for Bingo! \$5 for 5 games, please bring correct change. Sign up on the app.

Pondering the Story with Elaine Davies

Mon., September 15 • Admin Conf Room • 2:30 pm

Notable Quotes from the Esther Saga

The Artful Touch with Debra: Watercolor Class

Sunday, September 21 • 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 and no supplies needed. Class is limited to 12 participants.

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

Sunday, September 28 • 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, September 22 • 2:30 pm • Activity Rm A

Sign up on the Uniguest App to help with this monthly service project.

Writers Guild Interest Meeting

Monday, September 29 • 1:00 pm • The Grande

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

Take 3 for Wellness:

Submitted by Tonya Wilson

Hyponatremia occurs when the concentration of sodium in your blood is abnormally low. Sodium levels are checked by having a lab test and normal range is 135 to 145. If it's below 135, it's hyponatremia.

This can be caused by certain medical conditions, medicines you might be taking, or if you drink too much water. As a result of low sodium, the amount of water in your body rises and causes your cells to swell. This can lead to many different problems. Some of them are mild but others can be serious. You may not have any symptoms if your hyponatremia is very mild.

Symptoms may include:

- Nausea and vomiting
- Headache
- Confusion- "feeling Off"
- Loss of energy, drowsiness and fatigue
- Restlessness and irritability
- Muscle weakness, spasms or cramps
- Seizures

Sodium plays a key role in your body. It helps maintain normal blood pressure, supports the work of your nerves and muscles, and regulates your body's fluid balance. Many possible conditions and lifestyle factors can lead to hyponatremia, including:

- Some medications, such as diuretics, antidepressants and pain medications, can interfere with the normal hormonal and kidney processes that keep sodium concentrations within the normal range.
- Congestive heart failure and certain diseases affecting the kidneys or liver can cause fluids to accumulate in your body, which dilutes the sodium in your body, lowering the overall level.
- Syndrome of inappropriate anti-diuretic hormone (SIADH). In this condition, high levels of the anti-diuretic hormone (ADH) are produced, causing your body to retain water instead of excreting it normally in your urine.
- Dehydration causes your body to lose electrolytes whether it is from an illness or simply not drinking adequate noncaffeinated beverages.
- Drinking excessive amounts of water can cause low sodium by overwhelming the kidneys' ability to excrete water.
- Hormonal changes. Adrenal gland insufficiency (Addison's disease) affects your adrenal glands' ability to produce hormones that help maintain your body's balance of sodium, potassium and water. Low levels of thyroid hormone also can cause a low blood-sodium level.

Hyponatremia treatment is aimed at addressing the underlying cause. For example, If you have chronic hyponatremia due to your diet, diuretics or drinking too much water, your doctor may recommend temporarily cutting back on fluids. If you take diuretics and it's low, your doctor may suggest adjusting your diuretic use to increase the level of sodium in your blood.

Lunch and Learn Sept 4th, Dr Greg Lee from OG will talk to us about rotator cuffs and options for treatment when injured. Sign up for this limited seating on the Uniguest App.

Movies

Grapes of Wrath

G · 1940 · Family/Drama · 2h 9m
Saturday, September 13th · 7:00 pm

The Joad clan, introduced to the world in John Steinbeck's iconic novel, is looking for a better life in California. After their drought-ridden farm is seized by the bank, the family -- led by just-paroled son Tom (Henry Fonda) -- loads up a truck and heads West. On the road, beset by hardships, the Joads meet dozens of other families making the same trek and holding onto the same dream. Once in California, however, the Joads soon realize that the promised land isn't quite what they hoped.



Superman 2025

PG-13 · 2025 · Sci-Fi/Action · 2h 9m
Saturday, September 13th · 7:00 pm

Superman must reconcile his alien Kryptonian heritage with his human upbringing as reporter Clark Kent. As the embodiment of truth, justice and the human way he soon finds himself in a world that views these as old-fashioned.



Silkwood

R · 1983 · Thriller/Drama · 2h 11m
Saturday, September 27 · 7:00 pm

This drama is based on the true story of Karen Silkwood (Meryl Streep), who works at a nuclear facility, along with her boyfriend, Drew Stephens (Kurt Russell), and their roommate, Dolly Pelliker (Cher). When Karen becomes concerned about safety practices at the plant, she begins raising awareness of violations that could put workers at risk. Intent on continuing her investigation, Karen discovers a suspicious development: She has been exposed to high levels of radiation.



Downton Abbey 2: A New Era

PG · 2022 · Romance/Drama · 2h 5m
Saturday, September 27 · 7:00 pm

The Crawley family goes on a grand journey to the South of France to uncover the mystery of the dowager countess's newly inherited villa.



Aluminum Beverage Can Tab Collection

We are collecting beverage tabs to help support our local Ronald McDonald House program. Please place all beverage tab donations in the collection box on the desk located in The Parlor.



Surprise Porch Visitor- Submitted by Holly Ertel

10 fun facts

1. You can't see your ears without a mirror.
2. You can't count your hair.
3. You can't breathe through your nose, with your tongue out.
4. You just tried No. 3
6. When you did No.3 you realized that it is possible, only you look like a dog.
7. You are smiling right now, because you were fooled.
8. You skipped No.5.
9. You just check to see if there is No.5.
10. Share this with your friends so they can have some fun too.

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"

The Uniquet 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.

Free Transportation to Stores:

Kroger

Every Wednesday · Depart Lobby at 9:30 am

Walmart & Publix

Alternating Wednesdays · Depart Lobby at 1 pm

Support Group:

Dementia Support Group

Thurs., September 25 · 1:30 pm · Activity Room A

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



Mary Dempsey wrangles Chester Cheetah

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: Rose Butler

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: Marianna Gebara

2nd Thursday · 10:00 am · Admin Conf Rm

June 2025 Honorariums & Memorials

Donated in Honor of:

Dr. & Mrs. John Atkinson

Donated by:

Dr. Donald & Mrs. Mary Dale V. Kea

Memorial and Honorarium gifts to Carlyle Place are posted monthly in the Carlyle Chronicle. They are also updated annually on the Recognition Board. To make a gift, please make your check payable to the Navicent Health Foundation, and indicate if you would like your gift applied to the Carlyle Place Resident Assistance Fund, Watkins Employee Scholarship Fund, or to the Carlyle Place General Fund. Mail to 3330 Northside Drive STE 100, Macon, GA 31294-9646. You may contact Tarver Perry at 478.633.7395 with questions. Postage paid envelopes for the purpose of memorial/honor gifts are available in the Carlyle Place main lobby near the elevator.



Carlyle Place Writers Guild Interest Group:

Written by Elizabeth Simpson

So, do you think you might want to explore a Carlyle Writers group? We can come together to determine our interests and define our purpose.

Will it be a casual or serious group of writers? Will they be published or not? Or will they simply be looking for like-minded writers **to critique their work?** **You may already have a body of work that you're looking for like-minded writers to critique.** What have you written lately or are you considering writing?

CONSIDER IT A BLANK CANVAS!

The best way to begin to carve out the specific rules and guidelines of engagement is for you to share your voices. It's expected to be a resident-led group, and your opinions matter.

We invite you to attend the Carlyle Writers on Monday, September 29, at 1:00 PM in the Grande.



Virgil Cooper and Peggy Cox enjoy Tailgate Happy Hour



Diane Walcott and Richard Raggi cutting up at the party.

SCAM ALERT: Protect Your Money from Sneaky Card Skimmers

Originally Written by Clark Howard

Published on June 2, 2025 on clark.com

It is crucial to be aware of a growing threat: increasingly sophisticated card skimming scams. **This isn't a new crime, but it's evolving**, making it more difficult for you to protect your hard-earned money. What is card skimming? A skimmer is a device criminals attach to debit and credit card readers, often at places like gas station pumps. These skimmers read the magnetic stripe on the **back of your card**. **If it's a debit card, they often pair this with a device to capture your PIN as you enter it. Once they have both your card information and your PIN, they can quickly drain your accounts.**

The REAL DANGER: Your debit card! While any form of card theft is concerning, debit card skimming poses a significant risk. These scams directly target your checking account. Imagine being on vacation, ready to pay for something, only to have your **card declined because your account has been wiped clean by criminals.** **CLARK HOWARD'S #1 RULE: Rethink your debit card use.** Unless your financial situation only allows for debit card use. **DO NOT USE YOUR DEBIT CARD FOR PURCHASES.** Credit cards generally offer better fraud protection than debit cards.

If You Must Use a Debit Card, Follow These Steps:

Demand a Chip Card: Contact your bank or credit union immediately and ensure your debit card has an embedded chip. When you pay, use the chip reader, not the swipe. **Chip technology has proven effective against these types of skimmers.** If your financial institution won't provide you with a chip-enabled card, they don't care about you. **Go Inside to Pay:** If you're at a gas station and only have a debit card with a magnetic stripe, skip the "pay at the pump." Go inside and pay the cashier directly. Criminals have become incredibly skilled at concealing skimmers on outdoor payment terminals.

Beware of Bogus QR Codess: Card skimmers aren't the only trick criminals are using. Be cautious of QR codes, especially for parking payments in urban areas or at beaches. Crooks are placing fake stickers with their own QR codes over legitimate signage. When you scan these, you're directed to a payment platform that sends your money straight to them, not the parking authority.

Inspect the Sign: If you're paying for parking with a QR code, take a moment to feel if there's an extra sticker on the sign. A printed metal sign is generally safer.

Look for the App: For private parking lots, try to find the official parking app in your phone's app store instead of scanning a QR code. Look for the name of the parking chain.

Municipal Parking: While municipal parking often directs you straight to a payment platform via QR code, there should also be a website listed as an alternative.

STAY CAREFUL, NOT PARANOID

Be aware and cautious, not fearful. Card skimming has been around for years, but these scams are becoming more sophisticated. By following these tips, especially reconsidering your debit card usage and being wary of QR codes, you can significantly reduce your risk of becoming a victim this summer.



Mike Qualls & Laurie Shaw perform



Residents enjoy a peach ice cream social

Banned and Challenged Books

Written by Jane Perry

What are banned and challenged books?

Books that libraries and schools have been demanded to be removed from their shelves. The American Library Association does not ban books, they only compile the list.

How does the ALA get the information?

From library professionals, community members, and news stories.

Where does this information originate?

Pressure groups and government entities (elected officials, board members, administrators) initiated 72% of the censorship demands 821 attempts to censor library books and materials in 2024

What were the most challenged books in 2024?

All Boys Aren't Blue, Gender Queer, Bluest Eye, Perks of Being a Wallflower, Truck, Looking for Alaska, Me and Earl and the Dying Girl, Cramp, Sold, Flamer

What types of books are being censored?

Race, gender identity, sexuality, reproductive health, political viewpoints

Where are the most challenges?

Texas, Florida, Missouri, Utah, and South Carolina

What was the first banned book?

New England Canaan by Thomas Morton—a critique of Puritan customs and power structures.

Censorship is the child of fear and the father of ignorance.

— Laurie Hale Anderson

You don't have to burn books to destroy a culture just get people to stop reading them.

— Ray Bradbury

Help Feed Families - One Bag at a Time

Written by Mary Dempsey

Looking for a volunteer job that's short on hours but big on impact? Make a real difference right here at Carlyle Place! The Food Pantry of Saint Peter Claver Catholic Church began in 2007 helping just 35 Pleasant Hill families. Today, the need has grown - and so has the mission. Twice a month, 425 families receive donated food, which might include meat, fresh produce, canned goods, bread, eggs, cheese, and butter.

Here's where Carlyle Place residents step in. Every food package is double-bagged for strength - and that's no small task! Since May, 10-15 volunteers, led by the ever organized Marianna Gebara, have been meeting monthly to prepare hundreds of sturdy bags for the pantry. How it works:

1. Used plastic grocery bags are collected at Resident Life.
2. They're brought to Activity Room A.
3. Volunteers spend about an hour double-bagging.
4. Marianna delivers the bags to Saint Peter Claver.

It's simple. It's social. And it's deeply needed. Join us! Meet in Activity Room A on the first Thursday of every month at 2:00 p.m. You'll leave knowing you've helped feed families - and had a little fun along the way!



Celebrating September

Read a Romance Novel Month

What Will Be Your Legacy Month

Labor Day
September 1

Anniversary of V-J Day
September 2

Substitute Teacher Appreciation Week
September 3-9

World Beard Day
September 6

Respect of the Aged Day
September 15

Talk Like a Pirate Day
September 19

Ray Charles Day
September 23

National Hunting and Fishing Day
September 27

"Yabba Dabba Doo!" Day
September 30



Submitted by Jane Perry

Carlyle Place Important Phone Numbers

Accounting	478-405-4505
Carlyle at Home	478-405-4563
CGR Credit Union	478-745-0494
Concierge	478-405-4500
Housekeeping	478-405-4590
Maintenance	478-405-4528
Physical Therapy	478-405-4545
Resident Life	478-405-4525
Salon	478-405-4564
Security	478-405-4568
Cell -	478-972-8557
To Go Orders	478-405-4569
Transportation	478-405-4515
Wellness Nurse	478-405-4537

Famous September Birthdays

- Mort Walker (cartoonist) – September 3, 1923
- Bob Newhart (comedian) – September 5, 1929
- Patsy Cline (singer) – September 8, 1932
- Amy Madigan (actress) – September 11, 1950
- Claudette Colbert (actress) – September 13, 1903
- Lauren Bacall (actress) – September 16, 1924
- Jimmy Fallon (talk show host) – September 19, 1974
- Sophia Loren (actress) – September 20, 1934
- Bill Murray (actor) – September 21, 1950
- Charlotte Cooper (tennis star) – September 22, 1870
- F. Scott Fitzgerald (writer) – September 24, 1896
- Gwyneth Paltrow (entrepreneur) – September 27, 1972
- Elie Wiesel (author) – September 30, 1928

New STIX Game Night at the Pub – Come Play!

Written by Mary Dempsey

No Saturday night date? We've got just the thing: a brand-new group is forming to play Stix, and you're invited!

We meet every Saturday at 7 PM in the pub – good laughs and a little bit of friendly competition.

Never played Stix before? No worries. It's easy to pick up, and we'll give you a quick lesson at the start or you can just come and watch. Overachievers can impress us all by memorizing these two words.... SET and RUN (not rocket science, promise).

A SET is a group of matching cards – like three Kings.

A RUN is a group of cards in a row – like 7, 8, 9, 10.

See? You're basically a pro already.

Want in? Text Magda (229-228-0475) to get your name on the list. She'll make sure you get reminders so you don't forget when it's game time.

So pull up a chair and come play Stix with us. It's Saturday night...let's make it fun!



August's Employee of the Month: Latatia Searcy



August's Employee of the Month was Latatia Searcy. Latatia works on the Environmental Services Department as a Housekeeper. She has worked at Carlyle Place for three years.

Latatia was born and raised right here in Macon, Georgia. She has two children: Juaun Jackson who is thirty-two years young, and Patrick Tharpe who is nineteen years young. When she's not at work, she enjoys spending time with her family and going out with them.

Latatia says she loves speaking and interacting with all residents, but especially those in Harrington House, as that is her favorite place to clean. When you see Latatia be sure to give her a big "thank you" for all of her hard work and congratulate her on her accomplishment.

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 Laney Doster at Laney.Doster@advocatehealth.org

Library Display: Fall Into Books

Written by the Library Committee

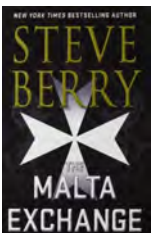
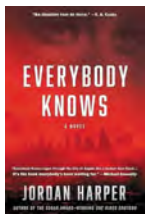
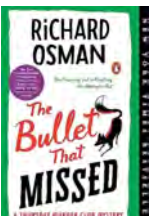
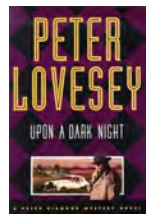
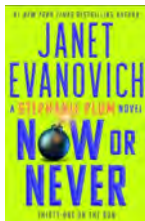
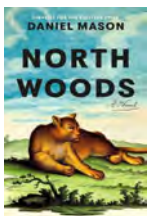
The Carlyle Place Library Committee wishes everyone a wonderful Fall season. The Veranda Library and the Parlor Library are showcasing books that you might enjoy as the days grow shorter and the nights grow longer. The Library Committee thought you might like to know about the use of the term "Fall".

Before the 16th century Harvest was the term usually used to refer to the season. As more people gradually moved from working the land to living in towns, the word Harvest lost its reference to the time of year and came to refer only to the actual activity of reaping. Autumn, as well as Fall began to replace it as a reverence to the season.

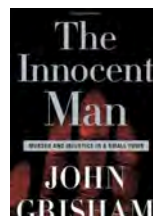
During the 17th century, English settlers began emigrating to the North American colonies and took the English language with them. Fall became the common term in North America.

Feel free to borrow some of the books on display in the Parlor Library!

Books on display in the Veranda Library:



Books on display in the Parlor Library:



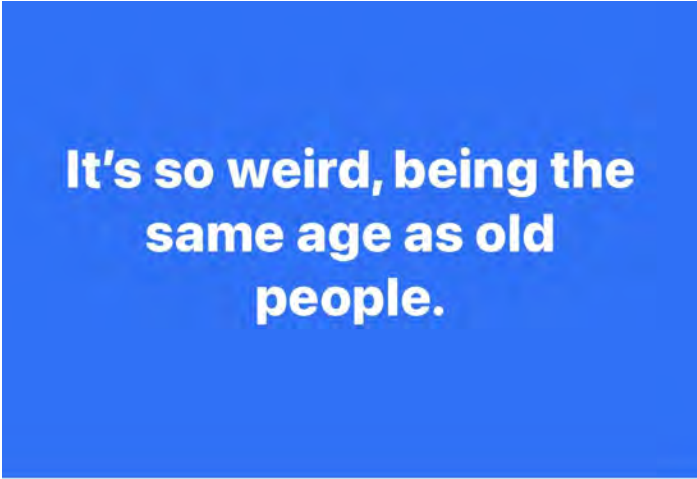
Otis Redding Center for the Arts: ORCA ENCORE

Music, friendship, and fun for ages 55 and up!

Beginning this month, the Otis Redding Center for the Arts will offer group workshops in areas like guitar, percussion, and production at 436 Cotton Avenue. There is monthly price of \$100.

The workshops will continue through the month of November and are held every Wednesday and Thursday from 10:00 am to 12:00 pm.

Go to www.orcamacon.org/orca-encore for more information and to signup.



**It's so weird, being the
same age as old
people.**

Submitted by Harold Reed

Trivia

Trivia takes place every 2nd Tuesday for teams of five or less. To receive a bonus point for Trivia in September one member of each team must attend the Silent Film, *Safety Last*, at 7 pm in the Grande, and take a picture of the performance. You must EMAIL the picture to Cele Minshew by Monday, September 8th at 4pm.

Contact Cele Minshew at
Celeste.Minshew@advocatehealth.org.

August Employee Anniversaries

1 Year

Monique Booknight
William Brantley
Nia Dugger

2 Years

Scott Calarco
Sherrie Lewis
Abigail Shumate

3 Years

Emanuel Brooks
Kassandra Kornegay

4 Years

Katrina Burrell
Cally Freeman
Steven Towns
Joe Wade

5 Years

Marcia Linton

6 Years

Jernetta Hill

8 Years

Elizabeth Davis

9 Years

Cele Minshew

I SPY - September 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 quietly works hard tending the Butterfly Garden. Not only is Nalini Isaac passionate about the plants and flowers growing there, she also works tirelessly caring for the little caterpillars that she later releases as beautiful butterflies! Be sure to let Nalini how much you appreciate her efforts.

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:	10/14	
Library:	10/28	
Development:	11/11	
Marketing:	11/25	
Dining:	9/9	12/9
Programming:	9/23	12/23

September Birthdays

Lillian Binner	9/1
Penny Howk	9/1
Nalini Isaac	9/5
Betty Butler	9/6
Cathy Dunne	9/6
Charles Lewis	9/7
Dianne Scharp	9/10
Joanne Hutchinson	9/15
Margery Jones	9/19
Kirk Domingos	9/20
Lyn Young	9/23
Ty Ivey	9/26
Maribeth Lowe	9/26
Thomas Halliburton	9/27
Harold Rambusch	9/28
Bill Hargrave	9/29

Carlyle-at-Home

Katrin Haskell	9/2
Linda Glasgow	9/5
Jean Holland	9/5
Diane Baca	9/9
Ellen Murphey	9/16
Pat Deeb	9/18
Lee Murphey	9/20
Patricia Adams	9/21
Mary Verner Philhower	9/25

September's Pet of the Month: Snoochie Wondergem



Meet Snoochie — a spirited Schnauzer-Mini Poodle mix with a heart made of love, and legs that still love to run! Rescued by the kind-hearted Carmen Wondergem from the Houston County Humane Society, Snoochie found a second chance at life and has thrived in her new home.

Though her exact age is unknown, it's estimated she's around 13 years young. She loves going on walks, traveling, and chasing after Mrs. Wondergem's granddaughter.

If you see this fury friend strolling around Carlyle Place, be sure to say hello – she is very friendly and loves to be petted!

Resident Highlight: Mary Dempsey



Recently, Mary Dempsey was featured in the Chicken Soup for the soul monthly publication where she was recognized for her recent book signing at Carlyle Place during our Alzheimer's Association fundraiser.

The books Mary Dempsey signed for the event were Chicken Soup for the Soul: What I learned from My Cat and Chicken Soup for the Soul: Young at Heart.

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

(478) 803-1593

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

(478) 803-1593

<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

A Message From Dining

September Delights: A Month of Flavor, Fun & Festivity!

As the seasons begin to shift, September brings a whirlwind of delicious celebrations and engaging events to our community! From themed desserts to global bites, and cozy conversations to cocktail classes, there's something for everyone to savor and enjoy.

Savor the Flavor

Kick off the month with **National Baby Back Rib Day** in the Bistro, followed by mouthwatering specials like **Double Cheeseburgers**, **Chimichangas**, **Quesadillas** and **Corned Beef Hash**.

Sweet Celebrations

Indulge in a parade of desserts in the Dining Rooms including:

- **Macadamia Nut Day**, **Chocolate Cherry Jubilee Cake**, and **Strawberry Cream Pie**
- **Red Velvet Cake**, **White Chocolate Cheesecake**, and **Key Lime Pie**
- **Butterscotch Cinnamon Pie**, **Apple Dumpling Cobbler**, and **Black & White Cookies**

Each treat is thoughtfully paired with its national day, making dessert time extra special!

September Sips

- Warm up with themed beverages like **Coffee**, **Mocha**, **Chai**, and **Hot Mulled Cider** at Have Your Heard and in the Dining Rooms. Celebrate **Irish Whiskey Day** and **Blackberry Day** in the Pub with spirit-ed specials.

Global Tastes

- Explore international flavors with **World Samosa Day** and **National Dumpling Day** featuring Gyoza in the Pub. Cool off with a refreshing **Horchata** on its special day!

Cheesy Goodness

- Celebrate **National Cheese Pizza Day** and **Queso Day** with melty, gooey delights in the Bistro and Pub during Happy Hour.

Engaging Events

- **Coffee & Conversations**: Every Wednesday at 9:30 AM in the Library—come for the coffee, stay for the company.
- **Cocktail Class with Alex & Simmi**: Join us at 2:00 PM on September 9th for a hands-on mixology session. Sign up in the app!
- **Courses at Carlyle Dinner Event**: A special evening at 5 PM on September 25th in Seasons Dining Room. Reserve your spot via the app.
- **Bistro After Dark**: A brand-new dining experience available on Friday nights from 5:30 PM to 7:30 PM in the Bistro starting in September. Learn more about the menu and sign up in the Community App.

Seasonal Specials

- Enjoy **Sunday Brunch** with **Acorn Squash** and **Strawberry Cream Pie**, and themed treats for **Guacamole Day**, **Ice Cream Cone Day**, and more!

Labor Day Reminder

Please note that the Dining Room will be open for a picnic style lunch from 11:30 – 2 and will be closed for the evening meal. **The Bistro and Pub will be closed on Labor Day**. We encourage everyone to plan ahead and enjoy the holiday!

Wesleyan Academy for Lifelong Learning - Fall Semester

The **Wesleyan Academy of Lifelong Learning** (WALL) offers a wide variety of courses designed to expose mature learners to new ideas and activities in a relaxed and congenial setting, without concern for tests, grades or requirements, other than participation. Registration for the Fall Semester 2025 is now open, and classes are filling up quickly. The fee for Charter members is \$135 for the year and \$150 for Annual members. The fee charged by the Academy for semester members is \$80 and for a single course the fee is \$45. All memberships are non-refundable and non-transferable. Membership fees allow members to register for courses on a space available basis. In the event a course is full, a waiting list is established and openings for that course will be filled from the waiting list. For more information or to register by mail, please contact the WALL coordinator, Phone: 478-757-5233 for a registration form, or send an e-mail to lifelonglearning@wesleyancollege.edu. To register on-line, visit: wesleyancollege.edu/wall/.

Tales of the Watergate Building

Tuesdays, Sept. 2, 9, 16, 23 · 11:00 - 12:00 · Instructor: Donna Green · In-Person

A Brief Survey of Maya Culture

Wednesdays, Sept. 3, 10, 17, 24 · 1:30 - 2:30 · Instructor: Ed Vesely · In-Person

Women of the Bible

Thursdays, Sept. 4, 11, 18, 25 · 1:30 - 2:30 · Instructor: Dr. Vivian Fowler · Zoom

Eleven Groundbreaking Women Inventors

Wednesdays, Oct. 1, 8, 15, 22 · 1:30 - 2:30 · Instructor: Vince Coughlin · In-Person

Georgia's African Brigade-Slave to Soldier

Thursdays, Oct. 2, 9, 16, 23 · 1:30 - 2:30 · Instructor: Lonnie Davis · In-Person

Popularism: Rise of Capitalism, The Progressive Era

Tuesdays, Oct. 7, 14, 21, 28 · 1:30 - 2:30 · Instructor: Patrick Bradley · In-Person

Echoes from the Past

Tuesdays, Oct. 7, 14, 21, 28 · 3:00 - 4:00 · Instructor: Dr. Carolyn R. Garvin · In-Person

Psychology of Fun and Games

Wednesdays, Oct. 1, 22, 29, Nov. 5 · 11:00 - 12:00 · Instructor: Dr. Brooke Bennett-Day · In-Person

La Boheme Opera

Fridays, Oct. 17, 24, 31, Nov. 7 · 1:30 - 3:00 · Instructor: Mary Keating · In-Person

History of Jazz

Wednesdays, Nov. 5, 12, 19, Dec. 3 · 1:30 - 2:30 · Instructor: Doug MacMillan · In-Person

Textile Mill Life from Early 1800s to the Demise of the Industry

Thursdays, Nov. 6, 13, 20, Dec. 4 · 11:00 - 12:00 · Instructor: Ken Heller · In-Person

Knowing yourself through the Enneagram

Thursdays, Nov. 6, 13, 20, Dec. 4 · 1:30 - 2:30 · Instructor: Reverend Sara Pugh-Montgomery · In-Person



Kate Williams writes encouraging words to students at the Otis Redding Foundation Tour



Cast members Jane Winston, Bonnie Hearn, Bill Scott and Holly Ertel in *Hangin' with the Seniors* at Seabreeze Retirement Home



Mary Dempsey & Jai Thomas show off their matching workout wear



Barbara Hovagimian, Nancy Schiltz and Dennis Collins at Bingo with Bingo Bob – submitted by Robert Pluta



BUM's Breakfast attendees – Submitted by Robert Pluta



Peggy Cox, Virgil Cooper, Barbara Scully and Kate Williams enjoy a cooking class with Chef Marie

