



Carlyle Place Independent Living July 2026

The Carlyle Chronicle

INSIDE:



Activities
Page 2 - 5



Movies
Page 7



Committees
Page 8



Employee of the
Month Page 10



Scam Article
Page 11



Gardens Around
Carlyle Place
Page 14



June Birthdays
Page 16



A Message from
Dining
Page 17



Library Display
Page 18



Carlyle Place
A Life-Plan Community of Atrium Health Navicent

5300 Zebulon Road · Macon, GA 31210 · 478-405-4500 · www.carlyleplace.org



Recurring Activities

Happy Hour

Monday - Friday · 5:00 - 6:00 pm · The Pub

Saturdays · 5:00 - 7:00pm · The Pub

Wed., July 1 - **Spirit of '76 Happy Hour 5:00 · Pub**

No Happy Hour on July 4th

Communions

Episcopal - Mon., July 6 - Act. Rm A · 10:00 am

Episcopal - Thurs., July 16 - Act. Rm A · 10:30 am

All are welcome at Communion.

Have You Heard

Tuesdays · 11 am · The Grande

Attend this town hall-style meeting to stay up-to-date on information about what is happening at Carlyle.

Line Dancing

Mondays · 3:00 pm · Group Fitness Rm

Trivia

Tuesday, July 14 · 4:00 pm · The Grande

Trivia is a competitive game where teams of five or less compete for prizes. Sign up on the Uniguest app.

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 Children's Hospital.

Bark in the Park

Fridays · 10:00 am · Dog Park

Bring Fido to the dog park for a canine meet & greet.

BUMs Breakfast

Saturday, July 18 · 8:30 am · The Grande

All CP men are welcome at this monthly breakfast with speaker Dr. Ty Ivey. He is presenting "Birding as A Lifelong Hobby."

Loaves & Fishes

Monday, July 27 · 2:30 pm · Activity Rm A

Catholic Mass

Tuesday, July 21 · 2:00 pm · Activity Rm A

Out & About

Lunch at S&S Cafeteria

Friday, July 10 · Depart Lobby at 10:45 am

Enjoy a southern meal at S&S Cafeteria. Sign up on the Uniguest App.

Georgia Writer's Museum

Thursday, July 16 · Depart Lobby at 9:00 am

The Georgia Writers Museum in Eatonton is dedicated to honoring the literary heritage of Georgia, showcasing the lives and works of renowned authors. The museum features exhibits that highlight the contributions of writers such as Flannery O'Connor and Alice Walker. Sign up on the Uniguest App.

Shopping at The Prado

Friday, July 17 · Depart Lobby at 1:00 pm

Enjoying an afternoon shopping at The Prado on Forsyth Road. Sign up on the Uniguest App.

Grease at Theatre Macon

Thursday, July 23 · Depart Lobby at 6:45 pm

Grease celebrates Rydell High's class of 1959 in all their duck-tailed, bobby-soxed, gum-snapping glory. Sign up on the Uniguest App. A Ticket is required.

Pearson Farms for Lunch & Peach Ice Cream

Friday, July 24 · Depart Lobby at 10:00 am

Pearson Farm is a Peach and Pecan Farm along with a retail store where you can purchase produce and yummy treats. Enjoy lunch and ice cream as you rock on the front porch of this beautiful farm. Sign up on the Uniguest App.

The Wizard of Oz at Macon Little Theatre

Friday, July 24 · Depart Lobby at 7:30 pm

Follow Dorothy and her friends down the Yellow Brick Road in this timeless adventure filled with magic, heart, and unforgettable songs. Sign up on the Uniguest App. A Ticket is required.

Out & About

Jazz in the Courtyard at Douglass Theatre

Sunday, July 26 · Depart Lobby at 6:30 pm
Jazz In The Courtyard is Back! Enjoy one of Macon's coolest outdoor music series. Bring your lawn chairs and enjoy. Sign up on the Uniguest App.

Dinner at La Bella Morelia

Wednesday, July 29 · Depart Lobby at 5:00 pm
La Bella Morelia in downtown offers fresh and authentic Mexican food including enchiladas, tacos, elote, and more! Sign up on the Uniguest App.

Columbus Georgia Tour

Thursday, July 30 · Depart Lobby at 8:00 am
Columbus, Georgia, is home of the coffee shop that inspired the premise of the book, *Theo of Golden*. We will visit there as well as other interesting locals in this Georgia city. Lunch is a Dutch treat. Sign up on the Uniguest App.

In-House Events

Spilling the Tea Since 1773 Tea Party

Thursday, July 2 · 3:00 pm · Seasons Dining
Enjoy tea as we honor the act of rebellion that contributed to the outbreak of the American Revolutionary War! Sign up on the Uniguest App.

Constitutional Chat: Georgia's Role in the Revolutionary War

Friday, July 3 · 7:00 pm · The Grande
This pre-recorded podcast will shed light on the role Georgia played and its historical significance in the **American Revolution and our country's founding** with Dr. Stan Deaton who is the Dr. Elaine B. Andrews Distinguished Historian at the Georgia Historical Society as well as the Emmy-winning writer and host of "Today in Georgia History."

Tech Tutoring with Caleb

July 5, 11, 18, & 25 · 4:00 pm · The Parlor
Caleb Varnadore helps residents with technology issues or questions. Bring your own device.

Dementia Support Group

Tuesday, July 7 · 2:30 pm · Admin Conf. Room

In-House Events

Broad River Rehab Presentation: Vacation Ready

Wednesday, July 8 · 11:00 am · The Grande
Rescheduled from June: Planning summer travel or day trips? BRR will present an informative and interactive presentation focused on staying safe, mobile and confident while traveling. Learn practical tips for improving endurance, reducing stiffness, managing balance and safely navigating airports.

Arts & Crafts: Stained Glass Butterfly

Wednesday, July 8 · 2:00 pm · Activity Rm A
Sign up on the Uniguest App to make a faux stained glass decorative item with watercolor. Class size is limited to 12.

Beaux Arts Duo

Wednesday, July 8 · 7:00 pm · The Grande
Since its inception in 2008 by concert pianists Catherine Lan and Tao Lin, Duo Beaux Arts has engaged with audiences through unique programming and adrenalized presentation of music from various genres. Catherine and Tao have collectively performed at prestigious venues such as Carnegie Hall in New York (USA), Victoria Hall in Singapore (Singapore), Izumi Hall in Osaka (Japan), Orpheum Theatre in Vancouver (Canada), Bartók Hall at Buda Castle in Budapest (Hungary), and more! Enjoy a performance from this wonderful duo!

Bag Mats for the Homeless: Service Project

Thursday, July 9 · 2:00 pm · Activity Rm A
A service project where we prepare bags used to make mats for the homeless. Please sign up on the Uniguest App.

Low Country Boil

Thur., July 9 & 16 · 6:00 pm · Bistro Courtyard
Enjoy a traditional Southern Low Country Boil style dinner with Dining! Sign up on the Uniguest App.

Middle GA Library Representative

Friday, July 10 · 3:00 pm · The Parlor
Yufiel Franklin will help residents download books, sign up for library cards, and assist with other needs.

In-House Events

Chair Volleyball

Thursday, July 16 · 3:00 pm · The Grande
Bring your competitive spirit and be prepared to laugh until your side hurts! No skill necessary. Sign up on the Uniguest App.

Blind Continuous Line Art with Nancy Butler

July 20th & 21st · 2:00 pm · Activity Rm A
Join local artist Nancy Butler for a class exploring the art of blind continuous line drawing. Over this two-day session, participants will create an original piece inspired by the artwork featured in the July exhibit in the 2nd Floor Art Gallery, Whether you're an experienced artist or simply looking to try something new, this class offers a fun opportunity to develop your creativity and artistic expression. Space is limited—sign up today on the Unguest App!

Watermelon Social

Thursday, July 23 · 3:00 pm · Activity Rooms
Enjoy a slice of refreshing watermelon with friends and cool off from this Georgia heat! Sign up on the Uniguest App!

Seth Watson, Pianist

Thursday, July 23 · 7:00 pm · The Grande
Enjoy a performance from local pianist, Seth Watson. Seth is a recent graduate of Mercer University McDuffie School of Music.

Birthday Bash

Monday, July 27 · 7:00 pm · The Grande
Celebrate July and August birthdays at this Birthday Bash! Enjoy live music, cake, and ice-cream! Sign up on the Uniguest App.

Middle Georgia State University Speaker: America's 1st Experiment in Self-Governance

Tuesday, July 28 · 4:00 pm · The Grande
Political Science Professor Dr. John Hall. Explore the Revolutionary War as a radical political gamble that reshaped how humanity thinks about power, consent, and liberty. Trace how Enlightenment ideals forged under fire became the blueprint for modern democracy. Discuss why the founders' unfinished arguments still drive American politics today. share which revolutionary principle you think remains most contested.

Resident Led Activities

Pickleball Play & Instruction

Mon., Wed., Thurs. & Fri. at 8:00 am

Poker

Mondays · East Wing Game Room · 1:00 pm
Wednesdays · Bank Lobby · 1:00 pm
Sundays · East Wing Game Room · 2:00 pm
Facilitated by Walter Barnett:
bearbarnett77@gmail.com

BYOP (Bring Your Own Project)

1, 2, & 3 Mon. · Activity Rm B · 1:30 pm
Bring an individual project (craft, painting, needlework, etc.) to work on with friends.

Beginners Clogging with Elaine Davies

Wednesdays · Group Fitness Rm · 3:00 pm

Joker

Mondays & Tuesdays · The Pub · 7:00 pm
Not occurring on July 27th
Wednesdays · WW Game Rm · 3:00 pm

Rummikub

Tuesdays · East Wing Game Rm · 6:30 pm

Party Bridge

Tuesdays · The Pub · 1 pm

The Harmonica Group

1 & 3 Wednesdays · Back Rm Studio · 4:00 pm
Join this group of aspiring harmonica musicians.

Paper Craft Workshop

July 13, 22, & 31 · Back Rm Studio · 2:00 pm
Learn new skills and/or complete projects. Contact Magda Morris or Marty Reese for information. Sign up on the Uniguest app.

Sequence

Thursdays · East Wing Game Rm · 6:30 pm

Duplicate Bridge

1, 2, 4, & 5 Thursdays · 1:15 pm · The Pub
Facilitated by Rae Scott: 478-474-3116

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

Resident Led Activities

Intermediate Mahjongg

Tuesdays • West Wing Card Rm • 1:00 pm

Canasta

Thursdays • East Wing Game Rm • 1:30 pm

Coloring with Debra

Tuesday, July 7 • Activity Rm A • 3:00 pm

No experience is necessary and no supplies are needed. Relax and learn coloring techniques with Debra Collins. Sign up on the Uniguest app.

Worship

Sundays • The Grande • 11:00 am

Cribbage

Wednesdays • The Pub • 1:00 pm

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

Facilitated by Walter Barnett:
bearbarnett77@gmail.com

Game Day

Saturday, July 4 & 18 • EW Game Rm • 2:00 pm
Contact Leonora Raggi for information.

Swoop Game Night

Saturdays • The Bistro • 7:00 pm

Chicago Style Bridge

Wednesdays • East Wing Game Rm • 1:15 pm

Facilitated by Rae Scott: 478-474-3116

Fridays • East Wing Game Rm • 1:15 pm

Facilitated by Demme Pluta: 770-754-7930

Food Pantry Bag Project

Thursday, July 2 • Activity Room A • 2:00 pm

Help support the St. Peter Claver Food Pantry by volunteering to double bag the plastic bags donated by residents. Contact Marianna Gebara for further information.

Book Club

Thursday, July 9 • Activity Room A • 11:30 am
Southern Son by Victoria Wilson

Writer's Club

Friday, July 10 • 2:00 pm • Activity Rm A

Whether you are published or simply have an interest in writing, consider joining some Carlyle Residents who enjoy putting pen to paper, hitting the digital keyboard or voicing their thought. Poetry, fiction, drama or short stories, all writing styles are welcome.

Bingo with Bingo Bob

Saturday, July 11 & 25 • The Pub • 4:00 pm

Join Bob & Demme Pluta for Bingo! \$5 for 5 games, bring correct change. Tickets go on sale at 3:30.

Pondering the Story with Elaine Davies

Monday, July 13 • Admin Conf Room • 2:30 pm

Golf Putting Competition

Saturday, July 25 • 9:00 am • Putting Greens

Warmer weather is here and our Resident Golf Team is ready to lead you a putting competition. Please sign up for this event, and bring \$1 to contribute to the winners grand prize. The end time is an estimate.



Elyene Thompson's Beautiful Garden Spot
Submitted by Oliver Welch

Yankee Doodle

Written by Anonymous Submitted by Joan Anderson

Yankee Doodle began as a British insult mocking the disorganized, untrained American colonists during the French and Indian War (1756-1763). The colonists defiantly reclaimed the tune as a patriotic battle cry during the American Revolution even playing it to taunt the British after winning key victories. The origins of the song are a classic example of an insult that completely backfired and to the colonists it became an upbeat defiant battle cry and a symbol of American pride. About 1755, a British army surgeon allegedly penned the lyrics to mock the ragtag, poorly dressed colonial troops fighting the highly trained British Army.

Yankee Doodle came to town
A-riding on a pony,
Stuck a feather in his cap
And called it macaroni.

Yankee: an old term the British used to mock Americans. Doodle: slang for a fool or a country bumpkin. Macaroni: **in the 1700s a “macaroni” referred to an overly flashy fashion-obsessed European man who wore elaborate wigs.** The lyrics jeer that the American simpleton is so unsophisticated that he thinks simply sticking a feather in his cap will make him look like a high-fashion worldly gentleman. In 1775 and 1776, American colonists turned the insult around by enthusiastically adopting the song. During the Revolution War colonial militiamen played the tune while the British retreated from battle. It was later played by American musicians when the British General Cornwallis surrendered at the Siege of Yorktown, officially ending the war.

Thoughts on America’s 250th Anniversary

Written by Bob & Cathy Dunne

Since the Constitution was enacted in 1789, 33 amendments have been proposed by Congress, but only 27 have been ratified by the required number of states and are officially part of the Constitution. The first ten amendments, ratified together in 1791, are collectively known as the Bill of Rights and protect fundamental individual liberties such as freedom of speech, religion, and the press.

Notable amendments include the 13th, 14th, and 15th Amendments, known as the Reconstruction Amendments, which abolished slavery, guaranteed equal protection under the law, and secured voting rights for former slaves. The 21st Amendment is unique for repealing the 18th Amendment, ending Prohibition.

When I pause and give thought to our great nation, I have to think about how far we have come from our infancy. I speak of infancy when you compare the United States to other nations and civilizations around the world that have endured. England, France, Sweden, and Norway have been around for over 1000 years. Ancient civilizations like Iran, formerly Persia, and Egypt, dwarf even these long standing countries.

The United States is considered the wealthiest and strongest country in the world. Our more perfect union and **democracy have proven to be one of the greatest formulas for success.** I’m proud to see how well we have done and look forward to how much more we’ll accomplish as we age and mature just as we age and mature here at Carlyle Place.

Celebrating 250 years of freedom, courage, and history, we honor the generations who helped shape this nation through sacrifice, hope, and determination. This anniversary is not only a time to reflect on the past but also to look ahead with pride and optimism for the future. May this remind us to cherish our freedom, respect one another, and work together to build and even stronger future for generations to come.

Movies

Hamilton

PG-13 · 2020 · Drama · 2h 40m
Thursday, July 2 · 7:00 pm

The real life of one of America's foremost founding fathers and first Secretary of the Treasury, Alexander Hamilton. Captured live on Broadway from the Richard Rodgers Theater with the original Broadway cast.



1776

PG · 1972 · Drama · 2h 21m
Saturday, July 4 · 7:00 pm

A musical retelling of the American Revolution's political struggle in the Continental Congress to declare independence.



Kelly's Heroes

GP · 1970 · Adventure/Comedy · 2h 24m
Saturday, July 11 · 7:00 pm

A group of U.S. soldiers sneaks across enemy lines in WWII France to get their hands on a secret stash of Nazi treasure.



Dunkirk

PG-13 · 2017 · Drama · 1h 46m
Saturday, July 18 · 7:00 pm

Allied soldiers from Belgium, the British Commonwealth and Empire, and France are surrounded by the German Army and evacuated during a fierce battle in World War II.



Hacksaw Ridge

R · 2016 · Psychological Drama · 2h 19m
Saturday, July 25 · 7:00 pm

World War II American Army Medic Desmond T. Doss, serving during the Battle of Okinawa, refuses to kill people and becomes the first man in American history to receive the Medal of Honor without firing a shot.



Nalini Isaac Under Her Garden Trellis
Submitted By Nalini Isaac



Bob & Cathy Dunne at Pineola Farms
Submitted by Bob Dunne



Holly Ertel at May's Arts & Crafts Class

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.

Uniguest "Bulletin Board"

The Uniguest 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 Resident(s)

Gary & Mary Isbell
Apartment 3101

Marty Frame
Apartment 2024

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: Patty Prince

1st Wednesday · 10:00 am · Admin. Conf. Rm

Library Chairperson: Pat McMahon

2nd Monday · 1:00pm · Executive Conference Rm
April - July - Oct.

Marketing Chairperson: Marianne Beck

3rd Wednesday · 10:30 am · Admin. Conf. Rm

Programming Chairperson: Kathleen Sheil

2nd Wednesday · 3:00 pm · Admin Conf Rm

RAC President: Fred Reese

3rd Thursday · 10:00 am · Admin Conf Rm

Teddy's Corner: Mommy & Daddy's Date

Written by Teddy, The Published Poodle; Submitted by Kathleen Sheil

I am writing this in Honor of my Mommy and Daddy, who celebrated 56 years of marriage on June 7. If any canines or felines have stories to share about your people, please send them to my secretary, ktsheil@yahoo.com. I would love to hear from you.

On a beautiful, sunny Saturday afternoon in Washington, D.C., my mommy and daddy, who recently started dating, decided to rent bikes and ride along the C&O Canal. Before they started off on their trek, Mommy said that if Daddy went too far ahead, she would ring her bell so he could slow down. Daddy looked at Mommy, athletic, fit, and confident, and thought, **"What could possibly go wrong?"**

Ten minutes into the ride, Daddy heard: **"Ring Ring!"** He slowed down. A few minutes later, **"Ring Ring Ring!"** The ringing continued on and off throughout what was supposed to be a quiet and pleasant experience. After the hour-long bike ride, **Daddy turned to Mommy and said, "You rang that bell so much I thought I was being chased by the Good Humor Man!"**

Despite the unwanted bell serenading, the date was still going strong, so Mommy invited Daddy back to her apartment for hamburgers. There was just one small stop they needed to make first. Mommy had to buy a frying pan. At this point, a wiser man might have considered this a warning sign. He probably should have realized that a woman who doesn't own a frying pan may not exactly be Julia Child, but love makes people ignore important information.

Once they arrived at mommy's apartment, she cheerfully asked, **"How do you like your hamburger?"** Daddy replied, **"Very, very rare."** Mommy interpreted this as a personal challenge. Daddy watched as she took the meat straight out of the package and formed a couple of hamburgers with absolutely no evidence of seasoning, instructions, or prior experience. What she eventually served looked less like a hamburger and more like a hockey puck that had survived a fire, but love being love, **Daddy smiled, ate what he could, and overlooked Mommy's lack of culinary expertise.**

Mommy and Daddy have been married for 56 years. Excessive bell ringing, lack of cookware, and a few charred burgers were merely the opening act for the adventures that would follow. These early experiences turned out to be training exercises for a long, happy, and unpredictable life.

Our National Anthem

Written by Anonymous

The flag that inspired Francis Scott Key to write the poem "The Star-Spangled Banner" flew over Fort McHenry in Baltimore during the War of 1812 battle. The 1814 edition of the flag had 15 stars and 15 stripes.

During the nights of September 13th and 14th, 1814, Key watched the bombardment of Baltimore from the deck of a ship. Although rain obscured the fort during the night, at daybreak he could see the American flag still flying from Fort McHenry. The fort still stood after the British had fired some 1,800 bombs, rockets and shells at it, about 400 of them landing in the fort's interior.

After the war, the poem was printed and distributed throughout the city titled "The Defense of Fort McHenry." Within a few weeks Baltimore newspapers published the poem. It gained instant popularity and was renamed "The Star-Spangled Banner". The poem, put to music, was sung at a public performance in Baltimore.

Only with the start of the Civil War did "The Star-Spangled Banner" become a nationally popular song. During World War I, a drive began in Congress to make it the official anthem of America's forces. There were other contenders for the title; including "America the Beautiful" and "Yankee Doodle". Maryland legislators and citizens were among the most active groups and individuals who pressed to get Francis Scott Key's words and accompanying tune ratified into law as the country's first national anthem. That finally happened when President Herbert Hoover signed legislation on March 3, 1931.

The Great Seal

Written by Anonymous

Flags are as old as civilization, yet they still retain their ancient power. Throughout history, men have realized that they could express their feelings for their country and its people, their loyalty, and sense of patriotic duty by showing respect for their emblem, their national flag, and by understanding something of its meaning and history. This helped them to be fellow-citizens of a community instead of merely being people who happened to live together in one part of the earth. This is as true today as ever it was: we need to respect not only our own flag, but those of other nations and understand their meanings.

The designs on flags were chosen not at random, but because of their meaning. Some were deliberately selected in recent times. Others have been in use from time immemorial; their origin coming from ancient legends or being completely lost in the past. To interpret the meaning of a flag helps us to understand and appreciate something of the history and ideals of the country in which it flies. A number of flags have flown over North America including the Viking Raven Flag, the Royal Standard of Spain, the Dutch, Swedish, French and the British flags.

When the Colonists decided to break away from the Mother Country, they decided to choose a new flag. To **choose a particular colony's flag might arouse jealousy. The Continental Congress at last adopted a flag with thirteen stripes making them alternating red and white and placed thirteen stars in white on a blue field in the corner to represent the thirteen seceding states.** A bit of trivia: heraldic stars always have six points and the stars on the American Flag have only five points. They are actually mullets, the edges of spurs, copied from the coat of arms of the family of George Washington.

At first, a new star and a new stripe were added to symbolize the admission of a new State to the Union. The actual Star-Spangled Banner of the national anthem fame had fifteen stars and fifteen stripes. As the nation grew, however, it was clear that the stripes would become too numerous and the arrangement of the stars too elaborate for the flag to be effective. Congress therefore decided that one star should be added for every new State, but that the number of stripes should revert to thirteen, one for each of the thirteen original States. Additional stars continued to be added to the flag to symbolize the admission of new states to the nation, and the flag came into its present form in 1960 after Alaska and Hawaii became states. Its field still consists of thirteen horizontal stripes, seven red and six white, and in its corner are fifty white stars on a blue field.

June's Employee of the Month: Miriam Hammock



Congratulations to our Employee of the Month, Miriam Hammock, a dedicated team member who has been serving the Carlyle Place community for 11 years! Throughout her time at Carlyle Place, she has worked in all three health care units and is currently serving as a Nurse Responder in Stafford. Born and raised in Cedartown, Georgia, she is a proud mother of two children: Bryson, a retired Air Force veteran, and Jasmine. While she is incredibly proud of her children, her greatest joy these days is spending time with her precious 10-month-old grandson, Shannon, who completely has her heart. When she is not at work, she enjoys spoiling her grandson, taking long walks, and making occasional trips to the gym. Her years of service, dedication to resident care, and positive attitude make her a valued member of the Carlyle Place family. We are so proud to recognize her as our Employee of the Month!

Scam Article: How To Avoid Common Social Security Scams

Originally Written by Shelly Lott, Published on June 8th, 2026

Social Security scams are a major issue and can be extremely dangerous to your wallet. How common is it? It's one of the top scams targeting seniors, according to the Federal Trade Commission. Let's talk about some warning signs and how to protect yourself.

Social Security Scam Warning Signs

If someone calls, emails or texts you with any of the following issues, it is likely a scam:

- Tells you there is a problem with your Social Security number or your benefits.
- Requests any kind of payment (including gift cards, wire transfers, PayPal or other electronic payment forms).
- Uses scare tactics and threats to pressure you into making a rush decision (such as threatening jail time or legal action if you do not comply).
- Says that your Social Security number has been frozen and that you will not receive your benefits unless you provide the information being requested.

Social Security Scams: How To Protect Yourself

Here is the most important thing to know: Social Security will never send you a text or email asking for personal information. If you suspect something is a scam, report it. There are situations where you'll likely need to share your SSN, such as opening a bank account, applying for a loan, starting a new job or filing your taxes. But many organizations request Social Security numbers simply because it's part of their standard paperwork — not because it's legally required. Before handing it over, ask a few questions:

- Why do you need my Social Security number?
- Is it required or optional?
- Can I use another form of identification instead?
- How will my information be stored and protected?

If you're unsure whether an organization truly needs your SSN, don't be afraid to push back and ask questions. If it's optional, leave the field blank.

Never Return a Suspicious Text, Email or Phone Call

If you get a call, email or text from a person or business you think you know, instead of hitting "reply" or clicking on the link, call or email them back at an address or number you know to be legitimate.

Final Thoughts

Social Security scammers rely on fear, urgency and confusion to get people to act before they have time to think. Remember: The Social Security Administration won't call, text or email demanding immediate action, payment or personal information.

If something doesn't feel right, pause and verify. Don't click the link. Don't return the call using the number provided. And don't hand over your Social Security number simply because someone asks for it.

June Employee Anniversaries

3 Years

Madison Leverett
Ashley Brown
Abbie Brown

4 Years

Elnora Robinson
Abby NeeSmith

5 Years

Latoya Battle
Jamesia Walker

8 Years

Remona Mays

11 Years

Miranda Pool

12 Years

Audrey Anderson

15 Years

Tonya Wilson

17 Years

Patti Kunselman

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

Announcement:

Resident Life is collecting pictures of YOUR pets for the August display in the Carlyle Place Art Gallery. If you are interested in sharing a photo of your furry friend, please email a clear, color or black and white, face-forward picture of your pet to Celeste.Minshew@advocatehealth.org

Trivia

There are 50 miniature Statue of Liberty figurines hidden around Carlyle Place. To receive a bonus point for Trivia for the month of July, you must find one of the figurines and bring it to Trivia on July 14th. All figurines are hidden indoors. Please see the picture included below.



Famous July Birthdays

Estée Lauder (businesswoman) – July 1, 1908
 Margot Robbie (actress) – July 2, 1990
 Montel Williams (TV host) – July 3, 1956
 Edie Falco (actress) – July 5, 1963
 Kevin Hart (comedian) – July 6, 1979
 Wolfgang Puck (chef) – July 8, 1949
 Sofia Vergara (actress) – July 10, 1972
 Julio César Chávez (boxer) – July 12, 1962
 Harrison Ford (actor) – July 13, 1942
 John Glenn (astronaut) – July 18, 1921
 Don Knotts (comedian) – July 21, 1924
 Dorothy Hamill (figure skater) – July 26, 1956
 Maya Rudolph (comedian) – July 27, 1972
 Emily Brontë (writer) – July 30, 1818

Celebrating July

Canada Day
 July 1

Halfway Point of 2026
 July 2

Independence Day
 July 4

International Kissing Day
 July 6

Hot Dog Day
 July 15

Full Buck Moon
 July 29

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

Gardens Around Carlyle Place



Elaine Davies - Garden Home



Carlyle Garden Beds



Carlyle Garden Beds



Wendy & Emory Johnson - Garden Home



Jim & Rosalee Neill - Garden Home

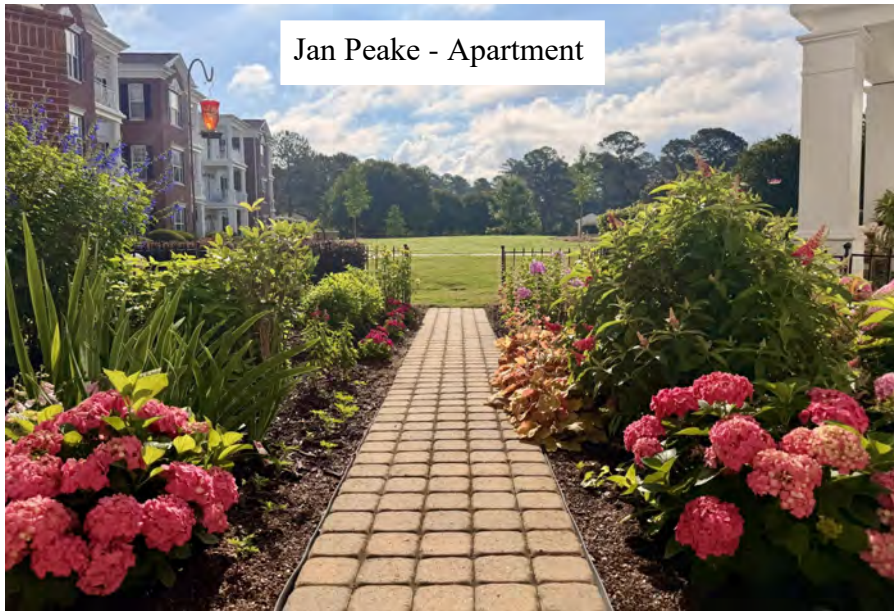


Wendy & Emory Johnson - Garden Home



Jim & Rosalee Neill - Garden Home

Gardens Around Carlyle Place Continued



Jan Peake - Apartment



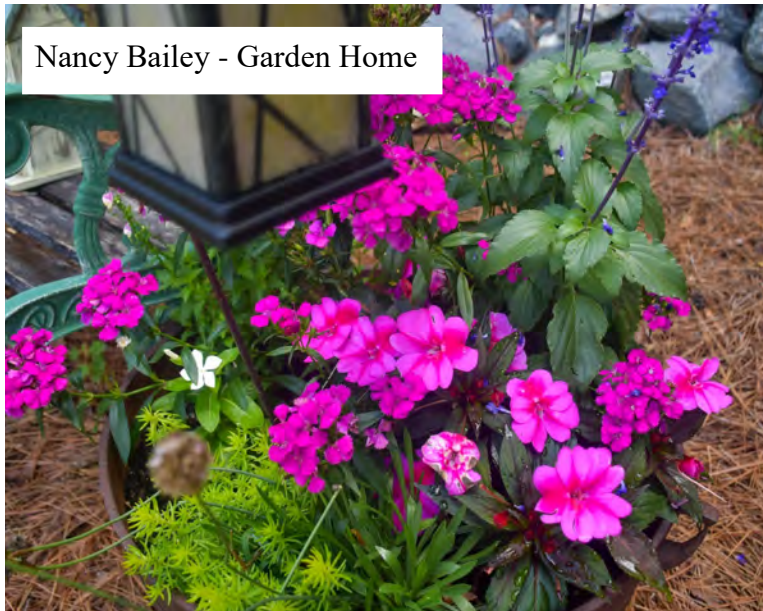
Jan Peake - Apartment



Nancy Bailey - Garden Home



Jan Peake - Apartment



Nancy Bailey - Garden Home



Nancy Bailey - Garden Home

I SPY - July 2026

"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 generously gives of her time to support others. Marianna Gebara has served on the RAC for three years, including the past year as President. She regularly organizes and leads volunteer opportunities and even helps fellow residents learn how to play pickleball. In addition, she serves on the Carlyle Place Board of Directors. Marianna consistently goes out of her way to welcome newcomers—**she doesn't meet a stranger!** Whether inviting folks to join her for a meal in the dining room or connecting with them at activities and events, she makes everyone feel right at home. She is known for her warm smile, strong work ethic, and joyful spirit—she truly loves to laugh. Her dedication and kindness make a meaningful impact on our community

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, 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

Take 3 for Wellness
Marketing Minute
Snapshot (Quarterly: Jan, Apr, July, Oct)

Week 4

Committee Report
New Employee Introductions/Employee of the Month
RAC Report

Week 5 (March, June, September, December)

Healthcare Updates/Reminders
CP at Home Updates/Reminders

2026 Committee Report Schedule:

Building & Grounds:	1/13;	4/14;	7/14;	10/13
Library:	1/27;	4/28;	7/28;	10/27
Development:	2/10;	5/12;	8/11;	11/10
Marketing:	2/24;	5/26;	8/25;	11/24
Dining:	3/10;	6/09;	9/08;	12/08
Programming:	3/24;	6/23;	9/22;	12/22

**The Tuesday following the quarterly CP Board meetings, Resident Board Member will report.

July Birthdays

Mary Dale Kea	7/04
Bonnie Hearn	7/19
Carol Goings	7/19
Dorcas Mixon	7/20
Connie Coughlin	7/25
Michael Qualls	7/25
Floyd Williams	7/26
Nan Solomon	7/28
Maxie Walker	7/28
Rock King	7/29
Marianna Gebara	7/30
Bob Walcott	7/31

Carlyle-at-Home

Barry Jenkins	7/01
Genny Whitaker	7/06
Frank E. Gibbs	7/08
Ann Tift	7/08
Thomas Talbot	7/11
Beverly Hall	7/12
Terry Price	7/14
Henry Jenkins	7/22
David Kalish	7/26
Glennnda Elliot	7/29
Mel Haas	7/31

Take 3 for Wellness: Dehydration & Heat Related Illnesses

Written by Tonya Wilson

Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. The condition is especially dangerous for older adults. Older adults naturally have a lower volume of water in their bodies, and may have conditions or take medications that increase the risk of dehydration.

Symptoms: Thirst isn't always a reliable early indicator of the body's need for water. Many people, particularly older adults, don't feel thirsty until they're already dehydrated. That's why it's important to increase water intake during hot weather or when you're ill. If you have certain diagnoses that require fluid restrictions, such as CHF and CKD, you have to be extra careful balancing your fluid intake and should consult your doctor. In adults symptoms may include: Extreme thirst, less frequent urination, dark colored urine, fatigue, dizziness, and confusion. You can usually reverse mild to moderate dehydration by drinking more fluids, but severe dehydration needs immediate medical treatment. Call your family doctor if you or a loved one: Has had diarrhea for 24 hours or more, is irritable or disoriented and much sleepier or less active than usual, can't keep down fluids.

Dehydration can lead to serious complications, including:

- Urinary and kidney problems: Prolonged or repeated bouts of dehydration can cause urinary tract infections, kidney stones and even kidney failure.
- Seizures: Electrolytes — such as potassium and sodium — help carry electrical signals from cell to cell. If your electrolytes are out of balance, the normal electrical messages can become mixed up, and cause a seizure.
- Low blood volume shock (hypovolemic shock): This is one of the most serious, and sometimes life-threatening, complications of dehydration. It occurs when low blood volume causes a drop in blood pressure and a drop in the amount of oxygen in your body.

Heat related illnesses: CDC stated that an average of 2,000 people die every year in the US from heat related illnesses. People suffer heat-related illness when their bodies are unable to properly cool themselves. Other conditions related to risks include age, obesity, fever, dehydration, heart disease, poor circulation, and prescription drug and alcohol use.

Heat Exhaustion symptoms may include: heavy sweating, weakness, cold, pale, and clammy skin, fast and weak pulse, nausea or vomiting, fainting, muscle cramps. If having these symptoms, you should move to a cooler location, lie down and loosen your clothing, apply cool and wet cloths to as much of your body as possible and sip water.

Heat Stroke- medical emergency-symptoms may include: high body temperature (above 103°F), hot, red, dry skin, rapid and strong pulse, throbbing headache, dizziness or possible unconsciousness. If you or someone with you are having these symptoms, call 911 immediately and press your pendant if you are on campus. Move the person to a cooler environment if possible. Reduce the person's body temperature with cool cloths or even a bath. Do NOT give fluids

How to prevent heat related illnesses: Stay in air-conditioned buildings. Avoid direct sunlight. Drink more water **than usual, and don't wait until you're thirsty to drink. Wear loose, lightweight, light-colored clothing.** If you have to go out, try to go early in the day or later in the evenings. Take cool showers or baths to cool down.

July Parlor Library Display: Historic Fiction

Written by The Library Committee

As the United States commemorates its 250th anniversary, explore the people, events, and turning points that have defined the American experience with the featured historic fiction available in the Parlor Library during July. From the Revolutionary War and the founding of the nation to westward expansion, world wars, the Great Migration, and the struggle for civil rights, these books illuminate the courage, challenges, and resilience of those who came before us. Blending history, biography, and storytelling, this collection invites readers to reflect on the diverse voices and remarkable journeys that continue to shape America today. Some of the titles on display are:

The Small and the Mighty - Sharon McMahon
His Truth Is Marching On - Jon Meacham
Undaunted Courage - Stephen E Ambrose
The Summer of 1787- David O Stewart
The Warmth of Other Suns - Isabel Wilkerson
Code Girls - Liza Mundy
1776 - David McCullough
The Soul of America - Jon Meacham
The Bishop's Pawn - Steve Berry
This Vast Land - Steve Berry
The Boys in the Boat - Daniel James Brown
Killers of the Flower Moon—David Grann
The Greatest Generation - Tom Brokaw
The USS Arizona - Joy Waldron Jasper
Rise to Rebellion - Jeff Shaara
The Wounded Generation - David Nasar
The Wright Brothers - David McCullough
To Kill a Mocking Bird - Harper Lee
The Lone Star(s) - Justin Deabler



It was a packed house at June's round of Chair Volleyball in the Grande!

A Message From Dining: July Dining & Social Events

July brings a vibrant lineup of themed dining experiences, celebrations, and weekly gatherings designed to bring everyone together. From nationally recognized food holidays to recurring social events, there is something to look forward to throughout the month.

Sarah's Story

Sarah Ann Vogel Elder (1741-1799) was Frank's 5th great grandmother and while she didn't serve in the Army, she was captured by Indians from the family farm in central Pennsylvania during the War.

The Historical Record of the Elder Family has this account of the capture:

"The day she was captured was a beautiful May day, Sabbath afternoon. She had been visiting a sick neighbor, Mrs. Skelly, when she prepared to go home the son, Felix Skelly, agreed to accompany her part way. They had not gone far when Mrs. Elder noticed an Indian party hiding in the elder bushes. She told the boy to run, as there were Indians near, but he did not see them and hesitated. They were both captured. Later the boy escaped. Mrs. Elder heard her children coming to meet her, singing through the woods. She told the Indians to hurry away as the Whites were coming. Thus, she saved her children from being killed or captured.

"On the march, Mrs. Elder was given a long-handled skillet to carry, and when they stopped at an Indian village one evening, (word had been sent on ahead they were coming with prisoners), the Indians thought they would have some sport with the prisoners. They were lined up in two rows armed with clubs and paddles. Mrs. Elder was compelled to pass through them. The first one to strike her, in doing so, his scarlet coat exposed his person, which Mrs. Elder saw and anticipated his intention, by dealing him a blow on the exposed with the skillet, which sent him sprawling to the ground. This caused quite a bit of merriment among the Indians and intimidated several others. One more thought he would have a little fun and raised his club. But Mrs. Elder was too quick for him and she struck him a blow on the head with the frying pan... She passed through the line without further molestations.

"The squaws thought they would have some fun too, by pulling her hair and pelting her with sand. She again had recourse to the formidable weapon – the long-handled frying pan- until the squaws were right glad to get out of her reach.

"Mrs. Elder was taken to Detroit, then into Canada. She was held prisoner for two years. She was made the wife of an Indian Chief, by whom she had two children. She left with the Indians when she was released."

The month kicks off with festive favorites centered around classic comfort foods. National Fried Chicken Day (July 6) and International Chicken Wing Day (July 1) invite residents to gather in the dining areas and bistro to enjoy flavorful dishes in a lively setting. Shortly after, residents can indulge in sweet treats during National



Carolyn Bradley & Ann Gatton Competing in the Puzzle Competition



Bridge Players Participating in the Jane Dickey Memorial Bridge Tournament - Submitted by Bob Pluta



Patty Prince Playing Pickleball



Bob Hopp, Leonora Raggi, Laurie Shaw, and Carol Hopp at Pineola Farms



Hank Dempsey Playing Pickleball



Dorothy Reed and Charlotte Gebara at May's Arts & Crafts Class