

Carlyle Place Independent Living September 2026

The Carlyle Chronicle



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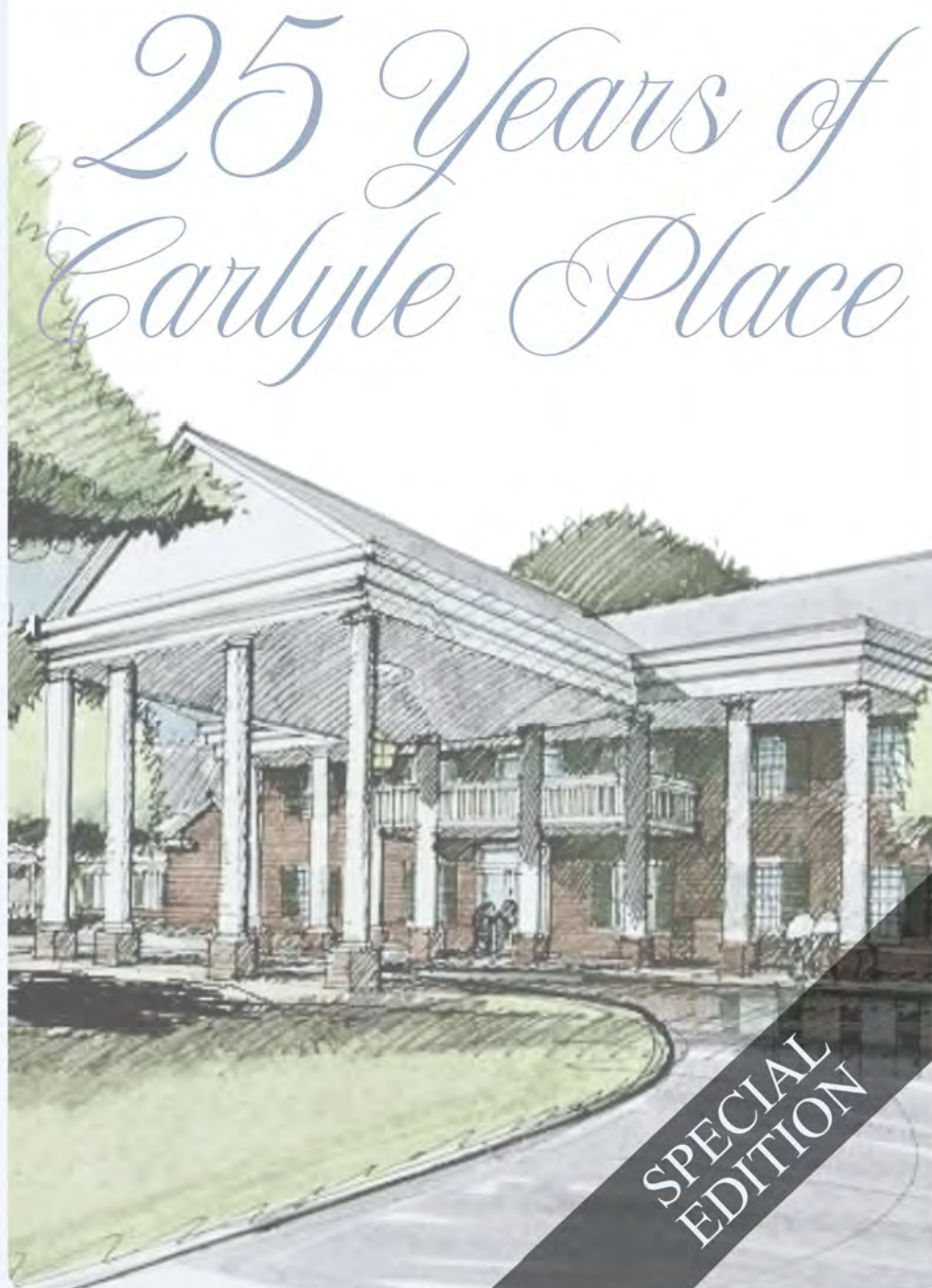


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Carlyle Place
A Life-Plan Community of Atrium Health Navicent



Original Architectural Rendering of the Main Building

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

Friday, Sept. 4 • 5:00 • The Pub

Farewell to Summer White Out Happy Hour

Tuesday, Sept. 15 • 5:00 • The Pub

The Great Dish and Glass Amnesty Happy Hour

No Happy Hour Monday, September 7

Communion

Episcopal - Thurs., Sept. 17 - Act. Rm A • 10:30 am

Methodist - Thurs., Sept. 17 - Act. Rm A • 1:00 pm

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

Mon., Sept. 14, 21, & 28 • 3:00 pm • Grp Fitness Rm

Trivia

Tuesday, September 29 • 4:00 pm • The Grande

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

Coffee & Conversation

Wednesdays • 9:30 am • The Library

Tie Blankets for Children

Friday, Sept 4, 18, & 25 • 10:30 am • Activity Rm 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: *How It All Began* with Dr. Ethel Cullinan

Saturday, September 19 • 8:30 am • The Grande

All CP men are welcome at this monthly breakfast with speaker Dr. Ethel Cullinan; a Carlyle Place Founder and now resident.

Loaves & Fishes

Monday, September 21 • 2:30 pm • Activity Rm A

Catholic Mass

Tuesday, September 22 • 2:00 pm • Activity Rm A

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

Out & About

Sounds of Appalachia Pt. 2

Museum of Arts & Sciences

Wednesday, Sept. 2 • Depart Lobby at 6:30 pm

Enjoy Part Two of The Sounds of Appalachia, and come learn the sciences through art! The STEAM Curator, Xandrya Edwards, will focus on the singing traditions of Appalachia and will teach the audience how to read Shape Note Music! A ticket is required for this event. Sign up on the Uniguest App.

Brunch at J. Christophers

Thursday, Sept. 3 • Depart Lobby at 11:00 am

Enjoy brunch at this locally owned restaurant. They offer traditional brunch items including pancakes, omelets, benedicts, tacos, etc. Sign up on the Uniguest App.

Back Pack Ministry

Friday, Sept. 4 • Depart Lobby at 1:00 pm

Pack snacks for underprivileged children in the public school system. Sign up on the Uniguest App.

Distinguished Lecture Series at MGA:

Zero Fail Mission—Colonel Mark Tillman

Thursday, Sept. 10 • Depart Lobby at 5:30 pm

Colonel (Ret.) Mark W. Tillman, former commander of Air Force One on September 11, 2001, and a 30-year Air Force veteran recipient of the Distinguished Flying Cross, will be speaking about "Zero Fail Mission" – a firsthand account of safeguarding the President during the 9/11 attacks and leading historic presidential missions. The Reception will begin at 6:00, and the lecture will begin at 7:00. A ticket is not required for this event. Sign up on the Uniguest App.

Hamilton at The Fox Theatre

Wednesday, Sept. 16 • Depart Lobby at 4:00 pm

A revolutionary story of passion, unstoppable ambition, and the dawn of a new nation. *Hamilton* is the epic saga that follows the rise of Founding Father Alexander Hamilton as he fights for honor, love, and a legacy that would shape the course of a nation. Sign ups for this event have closed.

Dinner at Back Burner

Wednesday, Sept. 16 • Depart Lobby at 5:00 pm

The Back Burner is a cozy eatery offering inventive, continental cuisine. Sign up on the Uniguest App.

Out & About

Chuck Leveall: *The Tree Man* At The Grand Opera House

Saturday, Sept. 19 • Depart Lobby at 7:15 pm

Join rock legend Chuck Leavell for an intimate evening of music, storytelling, and a screening of the documentary *The Tree Man* at The Piedmont Grand Opera House. A ticket is required for this event. Sign up on the Uniguest App.

Shopping at Dillards

Friday, Sept. 25 • Depart Lobby at 1:00 pm

Dillards is a department store chain located at the Shoppes of River Crossing. Sign up on the Uniguest App.

In-House Events

Movie Showing

Saturdays • 7:00 pm • The Grande

September 5 - *Remarkably Bright Creatures*

September 12 - *9/11 Reunited*

September 19 - *Serendipity*

September 26 - *Aging in America: Survive or Thrive*

Dementia Support Group

Tuesday, Sept. 1 • 2:30 pm • Admin Conf. Rm

Silver Journey: 25 Years in Pictures

Thursday, Sept. 3 • 6:30 pm • The Grande

This event will showcase cherished memories from the past quarter-century while guests enjoy a delicious dessert reception and complimentary beverages. Doors will open for the dessert reception at 6:30 PM, and the presentation will begin at 7:00 PM in the Grande. Sign up on the Uniguest App.

Farewell to Summer:

White Out Happy Hour

Friday, Sept. 4 • 5:00 pm • The Grande/Pub

Enjoy a themed Happy Hour to say goodbye to Summer at 5:00 PM in the Grande & the Pub. Snacks and a specialty drink will be served. Wear your best white attire!

Tech Tutoring with Caleb

September 5, 12, 19, & 26 • 4:00 pm • The Parlor

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

In-House Events

Choristers Practice

Tuesdays • 1:30 pm • The Grande

25 Years Later:

Reflections from the Visionaries

Tuesday, Sept. 8 • 7:00 pm • The Grande

Hear reflections about our community. Doors will open at 6:30 PM, and the presentation will begin at 7:00 PM in the Grande. Enjoy a dessert bar and a full-service coffee station at the conclusion of the presentation. Complimentary beer, wine, and a signature cocktail will be served before the presentation. Sign up on the Uniguest App.

Chef's Table: A Taste of 25 Years with Dining

Wednesday, Sept. 9 • 5:30 pm • Dining Rooms

This exclusive dining experience will showcase a three-course culinary event. Reservations are required; residents should contact Simmi with Dining at 478-405-4514 in advance for entrée selection and seating preferences. Seating will begin at 5:30 PM in the Dining Rooms. The Bistro will close at 1:30 PM. This will be a meal credit.

A Silver Celebration: Cocktail Soiree

Thursday, Sept. 10 • 5:00 pm • Pub, Grande, BC

Enjoy a formal cocktail party in the Grande, Pub, and Bistro Courtyard. Doors will open at 5:00 PM. Heavy hors d'oeuvres will be offered, as well as complimentary beer, wine, and a signature cocktail. The Bistro will close at 1:30 PM. The Dining Room will be closed for dinner, and dinner take out will not be available. Sign up on the Uniguest App.

Remembering 9/11 Heroes; 25 Years Later

Friday, Sept. 11 • 10:00 am • Flag Pole

Gather at the Flag Pole for a short ceremony honoring those that lost their lives 25 years ago.

Middle GA Library Representative

Friday, Sept. 11 • 3:00 pm • The Parlor

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

A Silver Jubilee Finale

Friday, Sept. 11 • 6:00 pm • South Wing Lawn

Conclude our 25th Anniversary celebrations at this Silver Jubilee Finale. Heavy hors d'oeuvres, assorted desserts, and complimentary beverages will be served. Seating will begin at 6:00 PM. The Dining Room will be closed for dinner, and dinner take out will not be available. Sign up on the Uniguest App.

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

In-House Events

The Great Dish & Glass Amnesty Happy Hour

Tuesday, Sept. 15 • 5:00 pm • The Pub

Sip, Socialize, and RETURN the Supplies! If you have collected any kitchenware from Carlyle Place, we are asking that you return them at this special Happy Hour. A prize will be rewarded to the person that returns the most items.

Arts & Crafts: Watercolor Gift Tags

Tuesday, Sept. 15 • 2:00 pm • Back Rm Studio

Create unique gift tags using watercolor paint! Sign up on the Uniguest App.

Broad River Rehab Presentation: Fall Prevention

Wednesday, Sept. 16 • 11:00 am • The Grande

Join Broad River Rehab as they bring awareness to fall prevention for Fall Prevention Month. They will be covering common fall risk factors, practical ways residents can reduce their risk, balance, and safety strategies, and what to do if a fall does occur.

Chair Volleyball

Thursday, Sept. 17 • 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.

Middle Georgia State University Speaker

Tuesday, Sept. 22 • 4:00 pm • The Grande

On Tuesday, September 22nd, a speaker from Middle Georgia State University will give an insightful presentation in The Grande. See the Uniguest App for updated information regarding the topic.

Birthday Bash

Monday, Sept. 28 • 7:00 pm • The Grande

All are welcome to celebrate September and October birthdays with DJ Dusty. Enjoy cake and ice cream!

Artfull Talk:

Women Who Shaped the Art World

Wednesday, Sept. 30 • 3:00 pm • Activity Rm A

Experience an immersive virtual gallery with this informative slideshow. Accompanying the slideshow is a detailed PDF, which delves into the background of each piece, the artists behind the creations, their contextual significance, and key observations. Sign up on the Uniguest App.

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)

Mondays • 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 September 8th & 28th

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

Sept. 7, 16, 19, & 25 • Back Rm Studio • 2:00 pm

Are you interested in learning how to make paper products such as greeting cards for various occasions for fellow residents and friends? Contact Magda Morris if interested.

Sequence

Thursdays • East Wing Game Rm • 6:30 pm

Duplicate Bridge

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

Facilitated by Rae Scott: 478-474-3116

Resident Led Activities

Intermediate Mahjong

Tuesdays • West Wing Card Rm • 1:00 pm

Canasta

Thursdays • East Wing Game Rm • 1:30 pm

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, Sept. 5 & 19 • 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

Bingo with Bingo Bob

Saturday, Sept 12 & 26 • 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.

Coloring with Debra

Tuesday, Sept. 1 • 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 app.

Food Pantry Bag Project

Thursday, Sept. 3 • Back Rm Studio • 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, Sept. 10 • Admin Conf. Rm • 11:30 am

My Dear Hamilton by Stephanie Dray & Laura Kamoie

Pondering the Story with Elaine Davies

Monday, Sept. 14 • Admin Conf Room • 2:30 pm

Ladies Luncheon: Speaker Jean Holland

Thursday, Sept 17 • 11:30 am • Season's Dining

Enjoy lunch and hear from Carlyle-At-Home member Jean Holland. Jean is a Georgia native, educated at the Woman's College of GA (now Georgia College). She completed an internship at Oklahoma State University where she later received her PhD. She was a teacher at Louisiana State University in Food Science and Nutrition (she remained a true Georgia fan). Jean worked in the petroleum industry for 30 years of which 24 years were stationed in Alaska. She has traveled the world for the industry. Jean was the only woman at the corporate level for the Petroleum industry. She was hired as a nutritionist; however, within one year she was a wellness coordinator. She has had many adventures during these years. Sign up on the Uniguest App. This counts as a meal credit

CP Roundtable: Julia Morrison

Wednesday, Sept 23 • 3:30 pm • The Grande

We are excited to welcome Julia Morrison, Executive Director of Macon's Grand Opera House, as our Roundtable speaker. For more information on this event, see page 6. Sign up on the Uniguest App.

Community Putt Off

Saturday, Sept 26 • 9:00 am • Putting Greens

Our Resident Golf Team is ready to lead you in a putting competition. Please sign up on the Uniguest App, and bring \$1 to contribute to the winners grand prize. Participate or spectate.

Carlyle Place Roundtable: Julia Morrison

Written by Ann Tift

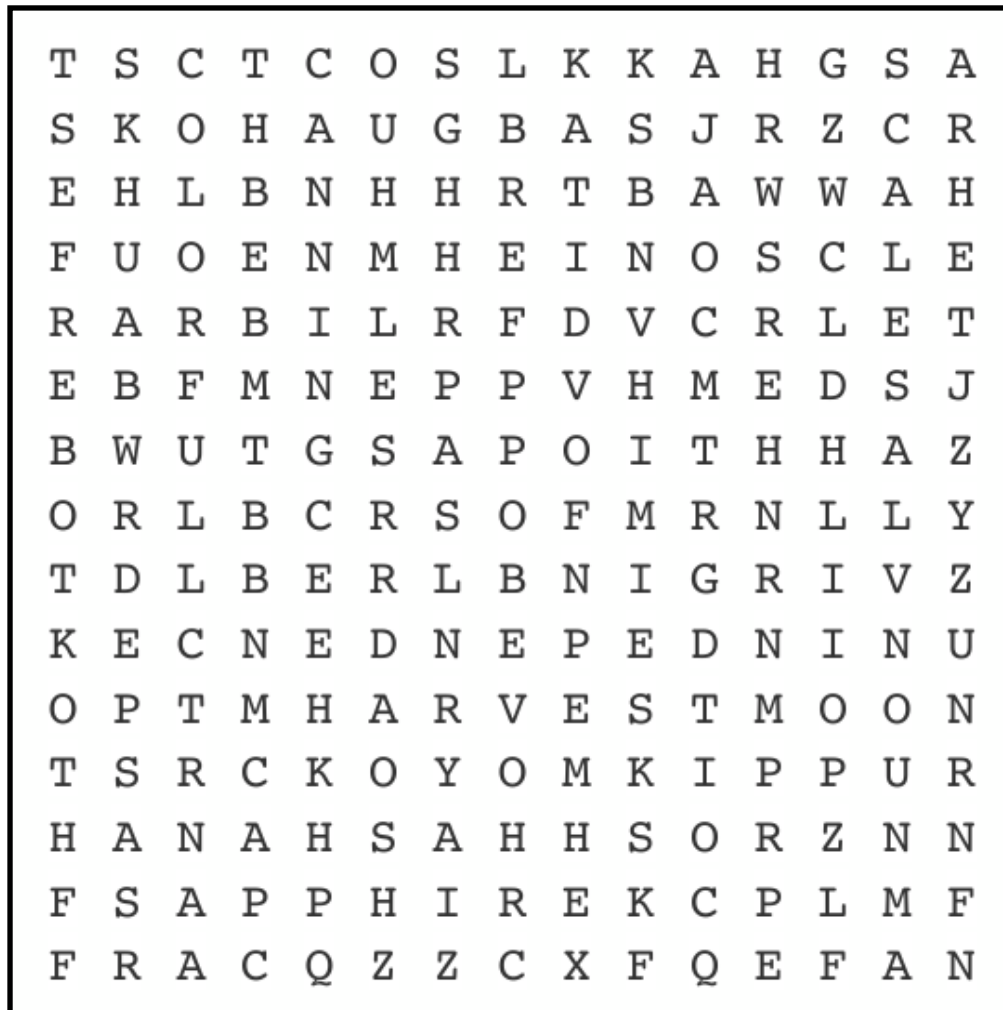


We are excited to welcome Julia Morrison, Executive Director of Macon's Grand Opera House, as our Roundtable speaker on Wednesday, September 23 at 3:30 PM in The Grande.

The Grand has served for years as Middle Georgia's most expansive elegant hall for classical, rock, pop, and country music, touring musical theatre and shows, and much more. Julia will share with us some of the fascinating history of the Grand, in which Carlyle Place's Dr. Kirby Godsey played a significant role, and bring us up to date on the Grand in its current and future iterations. Everyone is welcome!

Searching for September

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words (Answers on Page 17)



ASTER
CANNING
COLORFUL
FARMERS
INDEPENDENCE (Day, Mexico)

LABOR DAY
LIBRA
NINTH
YOM KIPPUR
SAPPHIRE

SCALES (Libra)
SCHOOL
VIRGIN (Virgo)
GRANDPARENTS (Day)
HARVEST MOON

OKTOBERFEST
ROSH HASHANAH
VIRGO

Movies

Remarkably Bright Creatures

PG-13 · 2026 · Drama/Comedy · 1h 51m
Saturday, September 5 · 7:00 pm

Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.



Ann & Harold Rambusch at the Watermelon Social

Documentary: 9/11 Reunited

PG · 2026 · Documentary · 2h 41m
Saturday, September 12 · 7:00 pm

On 9/11, 2977 people died in America's worst terror attack. This series shares uplifting stories of survivors who connected during the tragedy and reunite 25 years later to thank each other, deliver messages, and ask long-held questions. This three part series will be shown at this viewing.



Winner of the August Birthday Basket -
Peggy Miller

Serendipity

PG-13 · 2001 · Romance · 1h 30m
Saturday, September 19 · 7:00 pm

A couple search for each other years after the night they first met, fell in love, and separated, convinced that one day they'd end up together.



Documentary: Aging in America; Survive or Thrive

PG · 2025 · Documentary · 53m
Saturday, September 26 · 7:00 pm

Aging in America: Survive or Thrive celebrates the promise of increased longevity while addressing crucial and unprecedented public policy challenges. The film explores critical topics such as ageism, health care, economic insecurity, and Alzheimer's disease, using Dr. Robert Butler's Pulitzer Prize-winning book *Why Survive?* as a guide.



Flowers from the Neill's Garden in Costa Rica
Submitted by Rosalee Neill

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.

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: Laney.Doster@advocatehealth.org

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

RAC President: Fred Reese

3rd Thursday • 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

Take 3 For Wellness: Restless Leg Syndrome

Written by Tonya Wilson

Restless legs syndrome (RLS) is a condition that causes an uncontrollable urge to move your legs, usually because of an uncomfortable sensation. It typically happens in the evening or nighttime hours when you're sitting or lying down. Moving eases the unpleasant feeling temporarily. RLS may be associated with another, more common condition called periodic limb movement of sleep, which causes your legs to twitch and kick.

People typically describe RLS symptoms as abnormal, unpleasant sensations in their legs or feet that usually happens on both sides of the body. The sensations, which generally occur within the limb rather than on the skin, are described as: Crawling, Creeping, Pulling, Throbbing, Aching, Itching or Electric. It's common for symptoms to fluctuate in severity. Sometimes, symptoms disappear for periods of time, then come back. Often, there's no known cause for RLS. Researchers suspect the condition may be caused by an imbalance of the brain chemical dopamine, which sends messages to control muscle movement. Sometimes RLS runs in families, especially if the condition starts before age 40. Also, hormonal changes may temporarily worsen RLS signs and symptoms.

RLS can develop at any age, even during childhood. The disorder is more common with increasing age and more common in women than in men. Restless legs syndrome usually isn't related to a serious underlying medical problem. However, RLS sometimes accompanies other conditions, such as: Peripheral neuropathy, Iron deficiency, Kidney failure, and certain spinal cord conditions. Sometimes, treating an underlying condition, such as iron deficiency, greatly relieves symptoms of restless legs syndrome. If you have RLS without an associated condition, treatment focuses on lifestyle changes. If those aren't effective, your doctor might prescribe medications.

Lifestyle changes that can help alleviate symptoms of RLS include: Avoiding Caffeine, Soaking in a warm bath, and massaging your legs to relax your muscles. Use of heat and/or cold (or alternating use of the two) may lessen the sensations. Establish good sleep hygiene, because fatigue tends to worsen the symptoms of RLS. Getting moderate and regular exercise may relieve symptoms of RLS, but be careful not to overdo it or work out too late in the day because that may intensify symptoms.

Several prescription medications, most of which were developed to treat other diseases, are available to reduce the restlessness in your legs. These include medications that increase dopamine in the brain such as Requip and Mirapex. These are approved by the FDA for the treatment of moderate to severe RLS. Drugs affecting calcium channels, such as gabapentin and Lyrica Opioids, can relieve mild to severe symptoms, but they may be addicting if used in high doses. Muscle relaxants and sleep medications, such as benzodiazepines, help you sleep better at night, but they don't eliminate the leg sensations. These drugs are generally only used if no other treatment provides relief.

Some medications may worsen symptoms of RLS, including antidepressants, antipsychotic medications, anti-nausea drugs, and cold and allergy medications. Your doctor may recommend that you avoid these medications, if possible. However, if you need to take these medications, consult your doctor about adding meds to help manage your RLS.

July 2026 Honorariums & Memorials

Donated in Memory of:

Emily Bredeson

Betty Brown

Richard Nable

Donated by:

Mr. & Mrs. Sandy Knapp
Mr. & Mrs. Hank Dempsey

Mr. & Mrs. Richard Courreges
Mr. Robert Bowen
Dr. & Mrs. Don Kea
Mr. & Mrs. Hank Dempsey
Mr. & Mrs. Edward Brewton

Mr. & Mrs. Richard Courreges
Mr. & Mrs. Edward Brewton
Mr. & Mrs. Sandy Knapp

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.

August's Employee of the Month: Cathy Jones



Congratulations to our Employee of the Month, Cathy Jones, our Weekend Nurse Supervisor. Cathy has been part of the Carlyle Place family for around six years, including her time working PRN, and she continues to make a meaningful difference in the lives of both our residents and her fellow team members.

Originally from Perry, Georgia, Cathy brings a warm, caring spirit and a strong commitment to her work. She shares that one of her favorite things about Carlyle Place is the wonderful staff she gets to work alongside and, most importantly, the residents she has the privilege of caring for.

Outside of Carlyle Place, Cathy enjoys spending time with her husband, her two grown children, and her three grandchildren.

When she isn't caring for others, you can find her gardening or lifting weights.

We are grateful for the dedication, compassion, and leadership Cathy brings to Carlyle Place each weekend. Congratulations, Cathy, and thank you for all that you do for our residents and our team!

Scam Article: How To Spot Financial Abuse of an Elderly Relative or Friend

Originally Written by clark.com Staff, Published on August 18th, 2026 on www.clark.com

What Is Elder Financial Exploitation?

The Administration for Community Living (ACL) defines elder abuse as “any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult.”

Financial abuse specifically involves the illegal, improper, or unauthorized use of a senior’s funds, property, or assets. Exploitation can come from completely unknown bad actors or, more often, from trusted acquaintances, caregivers, or family members.

5 Warning Signs of Elder Financial Abuse

1. **Unexplained account activity:** Sudden large withdrawals, frequent ATM transfers, or wire transfers to unfamiliar accounts or cryptocurrency exchanges.
2. **Unpaid bills despite adequate funds:** Late notices, utility shutoff warnings, or lapse in prescription refills when the senior has sufficient income.
3. **Sudden changes to legal documents:** Unexpected modifications to a will, trust, deed, or Power of Attorney—especially naming a newly met “friend” or caregiver.
4. **Memory gaps on major transactions:** The senior doesn’t recall writing a large check, making a major purchase, or authorizing an account addition.
5. **Isolation and new “friends”:** A new acquaintance, neighbor, or caregiver who isolates the senior from family, handles all communication, or demands access to financial details.

Proactive Steps to Protect a Loved One

1. **Monitor and Freeze Credit Reports:** A credit freeze prevents anyone from opening new lines of credit or loans in your loved one’s name. It is free and can be unfrozen whenever necessary.
2. **Set Up Financial Safeguards:** Designate a “Trusted Contact Person” (TCP): Financial institutions allow account holders to name a TCP. Banks can reach out to this contact if they suspect fraud or erratic behavior, without giving that person full account control. Use view-only account access: Many financial apps and bank accounts allow family members to view transaction activity in real time without withdrawal or transfer rights.
3. **Establish Proper Legal Frameworks: Power of Attorney (POA):** Ensure financial POA documents are drafted by a qualified elder law attorney. Consider requiring dual signatures for large withdrawals or designating a secondary agent for oversight to prevent POA misuse. Organize financial records: Create a secure inventory of bank accounts, insurance policies, regular monthly bills, and outstanding debts.
4. **Stay Connected and Present:** Isolation is a scammer’s greatest tool. Regular phone calls, visits, and involvement in your loved one’s routine lower their risk of target selection and make it far easier to spot subtle changes in behavior or finances. If they don’t live near you, you still need to keep tabs on what’s happening in the lives of your older loved ones, says Consumer Action Center Director Lori Silverman.

August Employee Anniversaries

1 Year

Brodee Raney
Laney Queen
Rebecca Stevens

2 Years

Nia Dugger
Monique Booknight

3 Years

Scott Calarco

4 Years

Kassandra Kornegay

5 Years

Steven Towns
Cally Freeman
Joe Wade

6 Years

Marcia Linton

7 Years

Jernetta Hill

9 Years

Elizabeth Davis

10 Years

Cele Minshew

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:

The CVS Mobile Vaccine Clinic will be on campus Wednesday, September 30th from 8:30 AM to 4:00 PM in the Grande. They will be offering a variety of vaccines including Flu, Shingles, Pneumonia, etc. Residents will need to bring their insurance/Medicare card. An appointment is not required: drop-in only.

Trivia

For the month of September, there is only ONE bonus point available that you will be able to find. This point will go to the team that finds the Silver Crystal Rose (see image below). Once found, please return to a member in Resident Life. The rose will be inside of the Carlyle Place Main building in one of the common areas beginning on September 1st.



Famous September Birthdays

Gloria Estefan (singer) – September 1, 1957
Shaun White (snowboarder) – September 3, 1986
Idris Elba (actor/rapper) – September 6, 1972
Queen Elizabeth I (queen) – September 7, 1533
Hugh Grant (actor) – September 9, 1960
Adam Sandler (comedian) – September 9, 1966
Roger Maris (ball player) – September 10, 1934
Jennifer Hudson (singer) – September 12, 1981
Stella McCartney (designer) – September 13, 1971
Agatha Christie (author) – September 15, 1890
Sophia Loren (actress) – September 20, 1934
Stephen King (writer) – September 21, 1947
Mark Rothko (artist) – September 25, 1903
Gwyneth Paltrow (actress) – September 27, 1972

Celebrating September

Labor Day
September 7

Patriot Day
September 11

Grandparents Day
September 13

National Guacamole Day
September 16

Yom Kippur
Begins at Sundown
September 20

Autumnal Equinox
September 22

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: douglass theatre.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

New Residents: Don & Kay Rickenbaugh

Written by Kathleen Sheil



Don and Kay Rickenbaugh moved to Carlyle Place in October 2025. They brought with them a lifetime of rich experiences and a love of travel that has taken them around the world. Don grew up in Hudson, Michigan; a small farming town. He graduated from Michigan State University with a degree in accounting. After graduating, he began his career with Whirlpool in Benton Harbor. Not long after, he was drafted into the Army during the Vietnam era, serving two years in Korea before returning to Whirlpool. His career took him to Cleveland, where he worked for Cleveland Cliffs.

Kay was raised in Bellevue, Ohio, also in a rural farming community. Although her family leased out much of their land, her mother especially enjoyed having cows—creatures Kay preferred to avoid. She grew up in a close-knit family with both sets of grandparents living nearby. Kay initially attended Smith University but found it wasn't the right fit. After a memorable (and final) horseback riding lesson that ended with a bite from the horse, she decided to transfer and ultimately completed her undergraduate degree at Case Western University in Cleveland. Before meeting Don, Kay's career included working at an accounting firm, serving as a business manager at a private girls' school, and working at Progressive Insurance.

Don and Kay were working for two different firms in Cleveland. They met while enrolled in the Executive MBA program at Case Western University. Over time, their shared interests brought them closer together, and they were married in 1985. Kay had been married before, and Don welcomed her two sons, Carl and Dan, into their new family.

In 1988, Don and Kay moved to Nashville, Tennessee, and lived primarily in the Brentwood area. They both had successful careers in the insurance industry. From 1995 to 1999, Kay served as CFO of MEEMIC in Detroit, commuting home on weekends until she retired in 1999. In 2009, Don and Kay relocated to Pensacola Beach, Florida, where they enjoyed life in a beachfront condo. Kay took advantage of her free time, and she published a witty and insightful book about life in a retirement community—never imagining that one day she would be living in one herself. Her book, *Dear Tallulah*, is in our library.

Throughout their lives, Don and Kay have shared a love of skiing and travel; taking annual ski trips and exploring destinations around the world. Some of their adventures include spending over 400 days on cruises, a 30-day bus tour across Europe, and an ambitious 130-day world cruise, which was unexpectedly shortened by the 2022 war in Israel. They spent 20 days exploring Machu Picchu and the Galapagos Islands. They then ventured into South Africa for wildlife excursions, where they witnessed vast numbers of elephants, giraffes, lions, hippos, and other animals. They also traveled to the South Pacific and Southeast Asia.

A special place in their lives has always been a family cabin on George Island in Killarney, Ontario, Canada, which Kay's grandparents purchased in 1917. After retiring, Don and Kay began spending several months each year on the island; enjoying the peaceful surroundings. They usually have to wait until early May for the ice to melt before they can access the island. Throughout their travels, Don and Kay have gained a deep appreciation of the United States, often reflecting on the contrasts they have seen around the world. Now at Carlyle, they bring with them not only a wealth of stories but also a shared sense of gratitude for the life they built together.

New Resident: Marty Frame

Written by Mary Dempsey



Welcome Marty Frame, the third Marty to join the Carlyle family!

Marty moved to Carlyle Place in June after participating in the Carlyle-At-Home program. Although she recently made the move to campus, Macon has been home since 1965. She was born in Montgomery, Alabama, where her father was an ophthalmologist. She is the youngest of four daughters.

Marty graduated from Agnes Scott College; majoring in art and sociology. She also completed additional coursework in education to earn her teaching certificate. While attending college, she met Dick Frame who was a student at Georgia Tech, and they were married in 1963.

After moving to Macon, Marty taught second grade for a short time before welcoming her first two children—a son and a daughter born just 14 months apart. About 10 years later, she and Dick added two more sons to their family. Today, one son and a daughter live in Macon, another son lives in Prague, and their youngest son resides in Atlanta. Marty has seven grandchildren.

The Frame family has a proud tradition of Georgia Tech graduates. Dick Frame was the first, followed by Marty and Dick's daughter and two of their sons. The tradition continues with three grandchildren who have also graduated from Georgia Tech, making it a remarkable three generation family legacy.

Having lived in Macon for many years, Marty and Dick were familiar with Carlyle Place and even toured the community when it first opened 25 years ago. After Dick was diagnosed with ALS, he wanted the reassurance of knowing Marty would have support if she ever needed it, making Carlyle-At-Home an ideal choice. After about 18 months in the program, and one year after Dick's passing, a wonderful apartment became available, and Marty decided it was the right time to move to campus. She says it has been a fabulous decision and is especially impressed by the friendliness of both the residents and the staff.

Over the years, Marty has enjoyed many creative pursuits. She participated in the very first Cherry Blossom Festival, where she had a booth featuring her handcrafted eggs—beautiful decorations for Easter and Christmas. Marty's husband, Dick, was a member of the organizing team of Macon's first Cherry Blossom Festival. She also enjoys oil and watercolor painting, as well as sewing. After receiving a sewing machine as a wedding gift, she took tailoring classes and went on to create clothing for herself and her children; including tailored suits and coats.

Since moving to Carlyle Place, Marty has been keeping busy enjoying the fitness center, Bridge, Swoop, and Rummikub. She also plans to join the resident-led paper craft group and is considering becoming a member of the Dining Committee.

Marty is a woman of many talents and accomplishments. When asked what she considers her greatest achievement, she answered without hesitation: "Having a happy marriage and raising four wonderful children." We are delighted to welcome Marty to the Carlyle Place family and look forward to getting to know her even better.

I SPY - September 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 is a dedicated and passionate steward of our community's natural spaces. Clara Dossett devotes countless hours to the Butterfly Garden, carefully watering, weeding, and nurturing the plants that provide a thriving habitat for butterflies and other pollinators. Her love for the garden is evident in the care and attention she gives to every detail, ensuring that this beautiful space continues to flourish. Through her unwavering dedication, Clara has enriched our community, created opportunities for connection with nature, and left a lasting legacy that will be appreciated for years to come.

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

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: 10/13
Library: 10/27
Development: 11/10
Marketing: 11/24
Dining: 9/08; 12/08
Programming: 9/22; 12/22

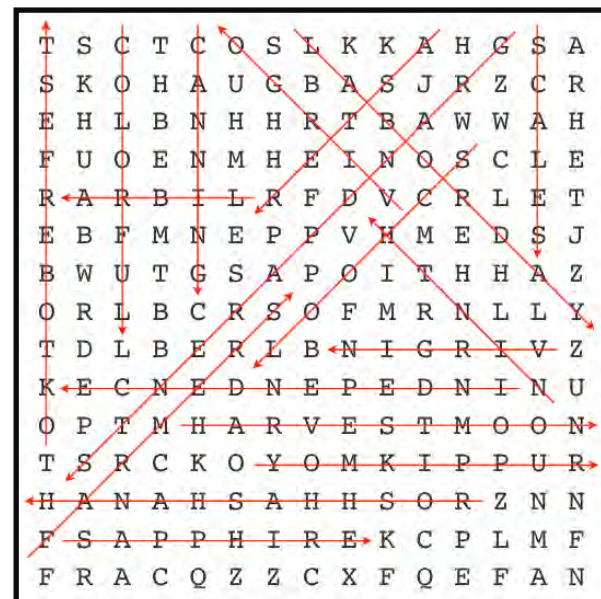
**The Tuesday following the quarterly CP Board meetings, Resident Board Member will report.

September Birthdays

Nalini Isaac	9/05
Cathy Dunne	9/06
Betty Butler	9/06
Charles Lewis	9/07
Diane Baca	9/09
Dianne Scharp	9/10
Joanne Hutchinson	9/15
Ellen Murphey	9/16
Margery Jones	9/19
Kirk Domingos	9/20
Maribeth Lowe	9/26
Ty Ivey	9/26
Tommy Halliburton	9/27
Harold Rambusch	9/28
Bill Hargrave	9/29

Carlyle-at-Home

Jean Hollan	9/05
Linda Glasgow	9/05
Patricia Deeb	9/18
Patricia Adams	9/21



Searching for September: Solution

Welcome to Carlyle Place: Renee Johnson



Please join us in giving a warm Carlyle Place welcome to Renee Johnson, our newest member of the Guest Services team! Renee joins us as a Concierge, where her friendly presence and dedication to helping others will make her a wonderful addition to our Carlyle Place family.

Renee grew up in Central Florida and is a proud mom of three: Mason, 26, Hunter, 24, and Clayton, 23. Mason serves in the Army and is currently stationed in Germany, Hunter is an HVAC specialist, and Clayton is an industrial mechanic. Renee is also a proud grandmother to three adorable grandchildren: Nevaeh, 4, Karsyn, 3, and Ricky, 2.

Family is clearly a big part of Renee's heart, and right now everyone is especially excited for soccer season as Nevaeh gets ready to play for the very first time! Renee is also an animal lover, and when she's not welcoming guests and assisting residents at Carlyle Place, she enjoys spending time with the people and furry friends she loves most.

We are so happy to have Renee on our team and look forward to getting to know her! Welcome to Carlyle Place, Renee!

Six Percent

Written by Bob Dunne

As we approach the 25th anniversary of Carlyle Place, it occurred to me that I have been here for only 6% of its history—not even a two-digit percentage! With such a short tenure, what could I possibly say or contribute to the celebration that will soon be upon us? As it turns out, quite a lot.

There are so many things to be thankful for; first and foremost being the people—residents and staff alike. They are welcoming, warm, and kind to people they have never met. But it turns out we aren't really strangers. We are friends and family simply meeting for the first time. That's wonderful, you might say, but what about diversity? Isn't this just a place for senior citizens to live out the remaining years of their lives? Oh no, dear friend. How wrong you are!

Since making my home at Carlyle Place, I have met fascinating and talented people from many different walks of life and many parts of the country. True, some may be more active than others, but all possess a zest for life, a spark in their eyes, and a willingness to share their experiences with anyone interested enough to ask.

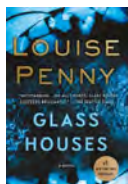
What does a typical audience at a Carlyle Place gathering look like? I guarantee you will find an assortment of professionals. Doctors, business owners, healthcare workers and administrators, educators, builders, architects, engineers, preachers, career service members, sales and marketing executives, and lifelong volunteers—to name just a few of the interesting and diverse careers you may discover while talking with your neighbors.

Geographically, I suspect you will find that those neighbors arrived in Macon, Georgia, from all across the continental United States, and you may even meet a few who came from other parts of the world. Am I happy to call Carlyle Place home? You betcha! I'm also looking forward to increasing my percentage. Just think: ten years from now, my share of Carlyle Place history will have grown to approximately 33%. Not a bad return on my investment.

September Library Display: Mystery

Written by The Library Committee

Mystery stories are one of the most popular categories of fiction because they invite readers to become detectives themselves. Each story begins with a puzzling crime that must be solved through a careful investigation. By following the clues, examining the evidence, and piecing together the facts, readers are challenged to solve the mystery before the detective reveals the answer. Visit the Carlyle Library and give one of these mysteries, a try.



Glass Houses
Louise Penny



All The Devils Are Here
Louise Penny



Cold Wind
CJ Box



Treasure State
CJ Box



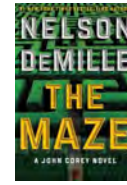
Hold Tight
Harlan Coben



Long Lost
Harlan Coben



Plum Island
Nelson DeMille



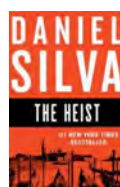
The Maze
Nelson DeMille



S is for Silence
Sue Grafton



L is for Lawless
Sue Grafton



The Heist
Daniel Silva



The Cellist
Daniel Silva



The Last Patriot
Brad Thor



Foreign Influence
Brad Thor



The Prince of Beverly Hills
Stewart Woods



Severe Clear
Stewart Woods

A Message From Dining: September Highlights

This month marks a special milestone as we celebrate 25 years of community, memories, and friendship. Throughout September, residents will have several opportunities to reflect on our journey and participate in events designed to honor this remarkable anniversary.

- **Coffee & Conversations sponsored by the Carlyle Place Dining Department** every Wednesday at 9:00 AM in the library.
- **September 3: Silver Journey: 25 Years in Pictures & Dessert Bar.** This special event will showcase cherished memories from the past quarter-century while guests enjoy a delicious dessert reception and complimentary beverages. Doors will open at 6:30 PM, and the presentation will begin at 7:00 PM in the Grande. Sign up on the Uniguest App.
- **September 4: A Tribute to Carlyle Place's First Menu.** Join us in the Dining Room for a fresh take on what was served 25 years ago.
- **September 4: Farewell to Summer: White Out Happy Hour.** Enjoy a themed Happy Hour to say goodbye to Summer at 5:00 PM in the Grande & the Pub. Snacks and a specialty drink will be served. Wear WHITE!
- **September 5: National Cheese Pizza Day** in the Pub during Happy Hour.
- **September 7: Labor Day Picnic.** Enjoy a picnic menu lunch buffet in the Dining Room from 11:30 AM–2:00 PM. RSVP to this event is not required. The Bistro and Pub will be closed all day. Lunch takeout will be available. There will be no dinner service offered.
- **September 8: 25 Years Later: Reflections from the Visionaries & Dessert Reception.** This gathering offers a unique opportunity to hear reflections about the community's growth and success over the years. Doors will open at 6:30 PM, and the event will begin at 7:00 PM in the Grande. Enjoy a dessert bar and a full-service coffee station at the conclusion of the presentation. Complimentary beer, wine, and a signature cocktail will be served. Sign up on the Uniguest App.
- **September 9: Chef's Table: A Taste of 25 Years.** This exclusive dining experience will showcase a three-course culinary event. Reservations are required; residents should contact Simmi with Dining at 478-405-4514 in advance for entrée selection and seating preferences. Seating will begin at 5:30 PM in the Dining Room. The Bistro will close at 1:30 PM. This will be a meal credit.
- **September 10: Silver Celebration Cocktail Soiree.** Enjoy a formal cocktail party in the Grande, Pub, and Bistro Courtyard. Doors will open at 5:00 PM. Heavy hors d'oeuvres, will be offered, as well as complimentary beer, wine, and a signature cocktail. The Bistro will close at 1:30 PM. The Dining Room will be closed for dinner, and dinner take out will not be available. Sign up on the Uniguest App.
- **September 11: Under the Evening Sky: A Silver Jubilee Finale.** Conclude our 25th Anniversary celebrations at this Silver Jubilee Finale on the South Wing Lawn. Delicious food, assorted desserts, and complimentary beverages will be served. Seating will begin at 6:00 PM. The Dining Room will be closed for dinner, and dinner take out will not be available. Sign up on the Uniguest App.
- **September 15: National Linguine Day** special in the Bistro.
- **September 17: National Monte Cristo Day** in the Bistro.
- **September 25: National Quesadilla Day** in the Bistro.
- **September 21: National Pecan Day** featuring pecan pie dessert in the Dining Room.



Resident Life Delivering School Supply Donations to Vineville Academy



Winner of the July Birthday Basket - Marianna Gebara



Carlyle Place Putting Competition Group
Submitted by Bob Pluta



Residents at the Road to Tara Museum in Jonesboro



Residents Exploring Columbus, Georgia



Rhonda Koplin, M.A. Riley, and Frank Ellis
at the Low Country Boil