

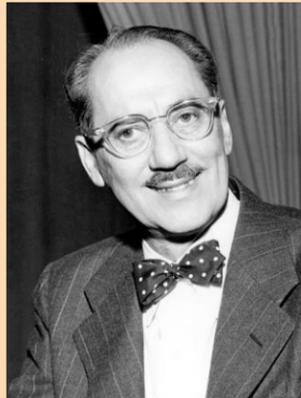
October Birthdays

Mildred Brinson – 10/1
 Blanche Bacon – 10/2
 Frances Wooten – 10/2
 Charles Blanchard – 10/3
 Shirley Teets – 10/6
 Warner Hall – 10/11
 Gail Juras – 10/11
 Andy Powell – 10/12
 Julia Daniels – 10/14
 Mary Owens Fitzgerald – 10/14
 Gene Glenn – 10/18
 Alec Whittaker – 10/24
 David Cockman – 10/27

Nancy MacCormac – 10/28
 Rita Kinsey – 10/30
 Katie Ogan – 10/31

Birthdays of History

Groucho Marx – October 2, 1890
 Eleanor Roosevelt – October 11, 1884
 Paul Simon – October 13, 1941
 Evel Knievel – October 17, 1938
 Mickey Mantle – October 20, 1931
 Dizzy Gillespie – October 21, 1917
 Minnie Pearl – October 25, 1912
 Mickey Mantle – October 20, 1931
 Dizzy Gillespie – October 21, 1917



“Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read.”

-Groucho Marx

Pumpkin Palooza of North Hills

The Cardinal at North Hills is one of the proud supporters of Pumpkin Palooza, a fall festival hosted by Midtown Raleigh Alliance. Pumpkin Palooza will be held on October 21, from 3pm -6pm at Midtown Park. This year's event promises a fun-filled day including a live band, kids' activities, the famous Midtown Chili Cook-off, a tailgate zone, beer by Trophy Brewing and the fantastic new Bubbly Bar by The Capital Grille. Pumpkin Palooza donates to KidsCan which is a charity that

supports children coping with cancer. More information about the event can be found on the Midtown Raleigh Alliance website under the 2018 Pumpkin Palooza tab.



Oktoberfest, Monster Mash, and More *continued from pg. 1*

bouncing back from trouble and finding their happily ever after's. Susan, whose first book was published after age 40, will give us the inside scoop on how she gets ideas for her stories and will read excerpts from her latest novel. She will have books for sale at the event, and she will be happy to sign it.

Back by popular demand is The Cardinal's 2nd Annual Oktoberfest on October 14! Traditional fare, beer and the return of The Little German Band. This is an exclusive event for

residents and Priority Club members.

Halloween brings our bigger and scarier Monster Mash! We had so much fun last year revealing our associates' creativity via their Jack-o-Lantern carvings and admiring all the costumes that we are going to do it again this year! (Rumor has it that many on the management team already have their costumes.) Costumes are not required, but we encourage a little “wardrobe creativity.”

The Good Life

October 2018



The Cardinal at North Hills
 4030 Cardinal at North Hills Street
 Raleigh, NC 27609
 (984) 204-8444
 www.LifeatTheCardinal.com

Celebrating October

Positive Attitude Month

Popcorn Poppin' Month

Spinning and Weaving Week October 1-7

Guardian Angels Day October 2

International Top Spinning Day October 14

Mulligan Day October 17

International Artists Day October 25

All Hallows' Eve October 31

We Weathered the Storm

Handwritten notes say it all: “Kudos,” “heartfelt thanks,” “what an incredible team of associates you have throughout the Cardinal,” “Kisco can be proud.”

While North Hills dodged the fury of Hurricane Florence, the Cardinal was ready for the worst. Our environmental director, Ernie Kastner, had been planning for a storm like Florence since before the Cardinal opened. Everything was in place. The backup generator was tested, extra food was stored; and many associates were ready to stay overnight.

The Cardinal sponsored complimentary buffet-style meals, movies, and activities such as bingo

and piano music. Meals were relaxed, associates and their families joined in, people chatted more than usual, and, all in all, a lot of people had a very good time.

The residents' council issued a Certificate of Appreciation to the staff and urged residents to keep in mind the associates' marvelous work with generous contributions to the Employees' Fund.



John Durfee presenting Tom Ford with a Certificate of Appreciation.

Oktoberfest, Monster Mash, and More

October starts off with voter registration on Friday, October 5th from 11a-1p in the Pub. You will also have the opportunity to pick up a ballot for review. And if the ballot has you confused, Professor David McLennan from Meredith College will be here on the 17th to assist you in navigating the ballot.

On the lighter side of the month, have you ever wondered about the value of Aunt Sarah's brooch? The painting over the couch? “For What It's Worth” is coming to the Cardinal

October 9. This program is styled like the Antiques Roadshow! A team member from Caring Transitions will take photos of your item and obtain background information in order to research and determine the estimated value. On October 23, we'll have the “big reveal” with the items that have been chosen. On October 11, meet North Carolina author Susan Schild, who writes heartwarming and funny Southern novels featuring women over forty

Continued page 4

Coming in Second Place to Pat Boone

by: Jackie Eisen



Kathy (right) and her sister (left) playing the marimba!

Kathy Monahan and her sister Barbara did just that on the *Ted Mack Amateur Hour* when they were in high school. The director of the Long Beach, N.Y., school system where they lived suggested they try out for the Ted Mack Amateur Show, and so—they did—in the summer of 1952! All they had to do to get an audition was to call in to tell about their “act.” Kathy remembers only one audition, and their acceptance.

Then...backed by voters on penny postcards, they came in first on the radio show and second on the TV show to none other than the young Pat Boone. The votes were delightful for them since this was just their “hobby” while playing in their high school orchestra—certainly it was not going to be a profession for either one of them.

They started in junior high school, Kathy at 12, and Barbara a year

The Buzz

- At the beginning of each month, Wellness distributes a survey asking you to rate our programming for the previous month. This feedback is vital! Even if you only attend one program, we encourage you to complete this survey.
- Please schedule your annual Stand Strong Assessment with Lindsey in Wellness!
- Congratulations to the

older. Kathy’s piano teacher wanted a percussion instrument in the orchestra and suggested the marimba since both had taken piano lessons, and the marimba has the same keyboard—only it is a lot bigger! It doesn’t have a foot pedal, and it’s played with wooden mallets by one or two players. The girls played for charity events and entertainment for soldiers.

Without a marimba now (they are very expensive and take up a lot of room), Kathy gave up that hobby until she got a chance to play a neighbor’s xylophone about five years ago. She took out her sheet music and two mallets and after many years, “revived” it for a while. Reading in the Cardinal’s newsletter about others’ hobbies brought back many good memories for her to share with us. We hope other Cardinal residents will share some, too.

Advisory Board Members! Cindy McCarty, Chuck Monahan, Libby Powell, Charles Wallas have been elected to serve two terms with the rest of the board members: John Durfee as Chair, Anne Dahle as Vice-Chair, Fred Morrison as Secretary, Betty Lineberger, and Bill Sullivan.

- North Hills Block Party is October 2nd from 11am-2pm. Food tastings, vendor village, giveaways and more.



What residents want other residents to know.

Sunday Services at The Cardinal

November will mark one year since a team from the Church of the Apostles has been hosting non-denominational Sunday services at the Cardinal. Services are held at 10 a.m. offering a time of worship, the Word and prayer. All are welcome to join in the Gathering Room and are encouraged to bring family members and caregivers.

In addition to Sunday service, there is a weekly Bible study, started last fall by Cardinal resident Mildred Dillion. It will be led by Cammy Young from the

Church of the Apostles at 11:00 on Thursdays in the Gathering Room. Check with Wellness for more information.



Sunday Morning service at The Cardinal, 10:00am.

Our Weekly Games Welcome You!

The Cardinal’s calendar is so full that the weekly games and gatherings can be forgotten or missed. Yet residents are actively involved in a rich array of activities, and more participants are welcome! Here are some of the groups:

Scrabble, a game that Bob Dean insists is fun and not intimidating. The rules are loose, you can check your proposed word in a scrabble dictionary! (And, says Bob: “Everyone in these buildings is smart.”) If you want to just get your toes wet, you can be a scorekeeper. The time is 4:30 pm one Wednesdays in the billiards room.

Mahjongg, a game of skill and chance (pronounced ma-zhong) started in China and is popular around the world. Three or four people play at once, using colorful tiles with symbols on one side. To win, players must create specific patterns with the tiles. Try it on Mondays with Missy, the teacher at 1:30 pm (billiards room).

Knitting: Although our knitting instructor has taken a break for now, Liz Dean invites you for a casual get-together and knowledge sharing on knitting. Call her at 919-787-6676 if you are interested.

Bridge is a “trick-taking” card game. Here at The Cardinal, you can participate in “brush-up” bridge, which has a teacher twice a month, Rachel Arfaoui, who offers guidance on the game, or you can simply play bridge. The group meets at 1:30 pm Tuesday in the Pines. (An outside duplicate bridge club also meets in the Cardinal, and residents may join in. Ask Ann in Wellness about it.)

“Bingo for Bucks” meets in the Pines ay 3:30 pm on Tuesdays. Anna Kastner, one of the loyal bingo players, invites you to join them.

Poker is played at 2 pm Thursdays in the billiards room. More information on Poker to come in next month’s newsletter.



Church of the Apostles, Raleigh, NC.



Gene Eisen and Harriet Jablonover playing Scrabble.



Misty, Ellen Czinege, Diane Milrod, and Betty Evans playing Mahjongg.