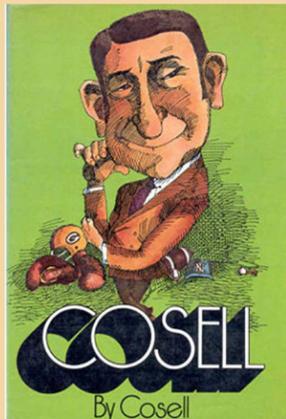




“Getting angry doesn’t solve anything.”

~ Grace Kelly, born November 12, 1929



November Birthdays

Barbara Jeske – 11/1
 Mary Kathryn Rabon – 11/2
 Julie Timko – 11/2
 Connie Johnson – 11/3
 John Hall – 11/4
 Jane Stroup – 11/4
 Kathryn Miller – 11/5
 Karen Berg – 11/7
 Aloma Crenshaw – 11/7
 Anita Weise – 11/8
 John Lumsden – 11/8
 Gary Roberts – 11/8
 Sally Stevens – 11/8
 Marilyn Cloyd – 11/9
 Margareta Miller – 11/9

Harriet Jablonover – 11/10
 Rozelle Bederman – 11/12
 Ruth Glenn – 11/14
 Joan Franklin – 11/15
 Mary (Tink) Purcell – 11/16
 Chip Anderson – 11/17
 David Worley – 11/19
 Lane Montgomery – 11/19
 Pat Ableidinger – 11/20
 Pat Durfee – 11/21
 Iris Jarrett – 11/25
 Sarah Pope – 11/25
 Bill Sullivan – 11/28
 William Burkhardt – 11/29
 Norma Coggin – 11/29

Fall Traditions Await Us This Month

(Continued from pg. 1)

There is a rumor that our Grill Master may set up a turkey fry just in time for Thanksgiving. Let Wellness know if you might be interested in having us fry your turkey for you. This is a great way to entertain your family this holiday.

The Wellness team continues to offer many musical performances, wonderful dinner and lunch outings, as

well as other educational speakers throughout the month. And keep attending our always-popular exercise classes (don’t forget to RSVP, so you’re sure to have a place).

Check your calendar for more information. We look forward to seeing you around. If you ever have any suggestions, don’t hesitate to contact the Wellness department.

From the Library: *Cosell* by Howard Cosell

A quote from this autobiography is featured on the flyleaf: “Arrogant, pompous, obnoxious, vain, cruel, verbose, a showoff. I have been called all of these. Of course, I am.”

The flyleaf so intrigued me that I *had* to read the rest of it—and the book itself. Although I’m not particularly a sports fan, I had heard of him and probably had heard him, as he was a long-time television sportscaster. The football field, the boxing ring, the basketball arena, the 1972 Olympics, “Monday Night

Football”—he was everywhere, befriending the athletes, reporting the athletic events as they occurred, writing and talking about and helping some of the greatest sports heroes of his day. He made his own many, many fans with his superb knowledge of the sports he spoke and wrote about.

Cosell died on April 23, 1995.

And to quote again from the flyleaf, “his autobiography will rank among the best sports books of our time.”

-J.E.

The Good Life

November 2018



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

Celebrating November

Novel Writing Month

Inspirational Role Models Month

All Saints’ Day November 1

Love Your Red Hair Day November 5

World Kindness Day November 13

Mickey Mouse Day November 18

Thanksgiving Day: U.S. November 22

Cider Monday November 26

Fall Traditions Await Us This Month

As the autumn slowly unfolds, the month of November holds many autumn-like traditions. From apple cider to pumpkin pie, you’re sure to find an opportunity to embrace the season.

We are kicking off the month with an “Investment and Charity Fraud” presentation on November 1. Come learn how you can prevent yourself from falling for a holiday scam. We will honor our veterans on Monday, November 12, with a breakfast and ceremony. Since it is Novel Writing Month, we are offering a “Life Writing Workshop” Introduction on November 13 with Dr. James Clark,

where you can learn more about what “life writing” is and whether it’s for you or not.

On November 15 we’re headed to “Moonlight in the Garden” at NC State’s J.C. Raulston Arboretum—a unique outing to see the gardens fully illuminated along with live music and food trucks. On the 16th, join the Wellness team in the Pub at 3:00 pm for a Volunteer Fair. We are looking for “a few good folks” to assist us with programming throughout the community. Learn more about our programs and where we could use your help.

(Continued on pg. 4)

Welcome to Interim HealthCare!

By Margaret Bell

We are excited about being your new neighbor at The Cardinal! Locally owned, Interim has been serving the Triangle area for over 50 years. Our on-site office is located on the ground floor adjacent to the spa and the exercise studio. Interim offers a variety of personal assistance services to help you maintain your lifestyle and independence. Our program is specifically designed to allow you to live in the comfort and security of your own home while receiving the

additional services you need to safely age in place. We partner with Legacy Healthcare as well as your local physician, pharmacy and Medicare provider to ensure you are receiving the services you need. Our staff members are on-site seven days a week from 7am to 10pm. As the new partner on the block, we look forward to meeting and getting to know our neighbors. If you have questions about our services or just want to meet us, please stop by our office or give us a call at (919) 500-1302.

Warner Hall, Classical Music Disc Jockey

By Jane Stroup



Warner Hall at WCPE, the classical station.

Each Tuesday evening Warner Hall takes a 50-minute drive to the studio of WCPE, the Raleigh area's nonprofit and independent classical music station. He has served as a volunteer announcer there for nearly 25 years.

Warner's main job is to present what he calls the "intros" and "outros"—that is, to inform people just what piece they are about to hear (or have just heard), who wrote it, and who performs it. During his 7-to-10 pm time slot, however, he is "announcer, receptionist, and engineer," fielding phone calls while making sure his "patter" fits into the station's precise time restrictions. "You can't just sit back and enjoy the music," he comments.

While the playlist is pre-selected, Warner can choose and present one classical piece every Tuesday. Often, he chooses an historical event. For example, on the anniversary of Anne Boleyn's execution, he chose (sardonically) the "March to the Scaffold" from Berlioz' *Symphonie Fantastique*.

Buzz

- On Wednesday, November 7 at 2:00 pm, The Wellness Team invites you to come to the art studio to decorate a stocking for "Stockings of Joy" for Seniors in Need. Stockings of Joy is a supply drive to benefit local elders in the Triangle who may need a little extra JOY during the Holiday Season.
- We are excited to announce a

How does he make the selections? He has another hobby: Each Tuesday morning he presents "This Day in History" before the men's breakfast meeting at White Memorial Presbyterian Church, where he and his wife, Ellen, have been members for nearly 50 years.

Warner, who is a retired ob-gyn physician, is well acquainted with classical music. Not only does he love it—he is on the board of the North Carolina Symphony—but he also sings. Anyone who attended the Cardinal's "Evening with Katie" performance in September will remember that she sang Beethoven's "Ode to Joy" in English—and then Warner sang it in the original German!

WCPE, known as "the classical station," can be heard at 89.7 FM here in Raleigh, 24 hours a day. You can also listen on your computer at wcpe.org. Warner reminds us that WCPE receives no funds from government, universities, or foundations. Financial support depends on gifts from the public.

partnership between The Cardinal and Lyft, an on-demand transportation company. This new concierge service will allow residents the opportunity to take easy-to-schedule rides, even at the last minute, to virtually anywhere. Information will be distributed on November 1st and become available at that time. Check with Wellness or Concierge.



What residents want other residents to know.

You're Invited to Join the Poker Group

By Alec Whittaker



Alec Whittaker invites you to play.

The poker session lasts a little less than two hours; it's cheap, it's fun and the company is good. Dealer's choice—whoever deals decides what game we play. The most common choice is Low-hole Card Wild, but Follow the Queen, Hi/Lo, and even straight 7-card stud make for variety.

The poker table seats seven and

there is almost always an empty seat at 2 pm every Thursday in the Billiards Room—come along for a not very serious game. Ante and opening bet are 5¢. Biggest bet is a whole quarter! Number one winner in any session so far this year is \$3.75 and the biggest loser less than \$5. If you know just enough to be sure that a full-house always beats a flush then come.

Oktoberfest, Barktoberfest and Other Treats

By Jackie Eisen



Have you ever seen so many crockpots at once?

The Second Annual Cardinal Chili Cook-Off on October 12 got us all in the "fall" mood. Eight Associates entered their chili into the contest to be judged by the residents. All the chilis were unique with different flavors and styles: spicy, sweet, chicken-styled, and more! Ann Janvier from Wellness took the top prize of \$50 with her chili. She says, "the secret to my 'award-winning' chili is to be generous with the *cinnamon*." If you would like the recipe for her chili, please come down to Wellness for a copy of it.

Oktoberfest visit on Sunday, Oct. 14. Along with the delicious German-style food provided by our dining staff and the wonderful, obliging weather, residents filled the back-garden area to enjoy thoroughly all the "friendliness and good cheer."

Not to leave out man's best friend, however, and to raise money for the Hope Animal Rescue, "an organization committed to responsibly rescuing and rehabilitating hundreds of senior dogs each month," Friday, Oct. 19, we "went to the dogs" with our wonderful Barktoberfest organized by Hannah Moyer, our Staff Development Nurse. Dozens of pooches, some adorably costumed, gathered for "food, fun, pet portraits and the chance for their owners and residents and associates to bid on amazing raffle baskets & prizes." All sizes, colors, well-behaved, beautiful and looking their best, the contestants were the objects of much "ooing and ahing" from all the residents, owners and onlookers alike.



Marie Best and Deanna Hill sharing gemütlichkeit with The Little German Band.

Wikipedia defines *gemütlichkeit* as "a German word used to convey the idea of a state of feeling of warmth, friendliness and good cheer; other qualities encompassed by the term include coziness, peace of mind, and a sense of belonging and well-being springing from social acceptance."

And that also defines the feelings of the Cardinal's residents once again when enjoying the Little German Band's second