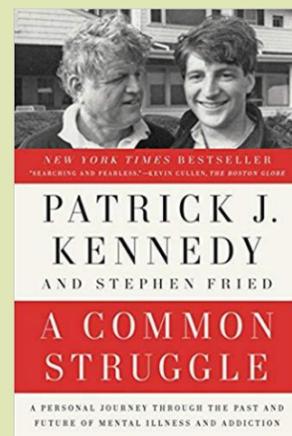


"Today you are You, that is truer than true. There is no one alive who is Youer than You."

-Theodor Seuss Geisel
"Dr. Seuss,"
March 2, 1904 –
September 24, 1991



March Birthdays

Matilda Smith – 3/2
Peg Simone – 3/6
Phil Johnson – 3/7
Patricia Morrison – 3/11
Mary Douglass – 3/12
Frances Massey – 3/14
Deanna Hill – 3/14
Harold Rotman – 3/16
Anna Kastner – 3/17

Libby Powell – 3/17
Archie Blanchard – 3/19
Anne Blackman – 3/19
Alyce Peoples – 3/22
Gloria McMillin – 3/24
Mike Blackman – 3/26
Kathleen Monahan – 3/30
Ron Levine – 3/30

Recycling: Residents See How It Works *continued from pg. 1*

Solid Waste Services. Residents saw how plastic is filtered out of the recycling pile and also watched the conveyor belt sort each type of recyclable item. Residents also saw the different items that are made out of recycled goods, such as toothbrushes, t-shirts, carpets, and more.

To say the least, it was an eye-opening and educational experience. Many residents want

the Cardinal to be more involved in helping make our environment "eco-friendlier," and they need everyone's help! If you are interested in being a part of a Recycling Committee, please contact Lindsey Hager in Wellness at Lindsey.Hager@kiscosl.com or 984-804-8444. Together, the committee will come up with an action plan while working with different resources throughout the Raleigh community.

From the Library: A Common Struggle

The subtitle indicates the nature of the struggle: *A Personal Journey through the Past and Future of Mental Illness*. Patrick Kennedy and Stephen Fried write about Kennedy's addiction to prescription pain killers, his bipolar disorder, and his personal fight for mental health. These experiences led to his advocacy for mental health and substance abuse care, research, and policies.

Kennedy, son of Senator Ted Kennedy and part of the Kennedy political family, revealed his addiction after crashing his car on May 5, 2006. Although his father brushed off the incident as merely—

in his New England accent—a "fendah bendah," Patrick understood that "untreated mental illness and addiction was not about little 'fendah bendahs,' it was about multicar pileups where people were injured and killed."

He admitted everything to the press and entered the Mayo Clinic for rehab. Returning, he tied his story to an "effort to outlaw the rampant discrimination in medical insurance coverage for mental illness and addiction treatment." His engrossing journey uses his own life and lives of family members as models for the bills that finally passed in Congress.

-Jackie Eisen

The Good Life

March 2019

Celebrating March

Women's History Month

Mardi Gras
March 5

International Women's Day
March 8

Pi Day
March 14

St. Patrick's Day
March 17

Community Management Team
Executive Director
Tom Ford
Hospitality Services
Mary Casey
Environmental Services
Ernie Kastner
Wellness
Susan Drury-Rohner
Learning & Development
Delinda Eubanks
Nursing Services
Theresa Weigand
Assisted Living
Linda Gregory-Duncan
Culinary Services
Chris Jamgochian
Sales
Donna McCaskill
Lynn Lowe



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

Recycling: Residents See How It Works

On February 5, residents went on an outing to the Sonoco Recycling Center in Raleigh. Sonoco is a 117-year-old packaging company that helps businesses, organizations, and cities shrink their environmental footprint. They understand that the recycling solutions they provide are about more than saving paper, plastic, and metal from the landfill; they are also transforming disposal challenges into opportunities for a more sustainable world.

Sonoco collects more than 3 million tons of recyclables in more than 100 cities and towns across the U.S. each year and help 15,000+ retailers, manufacturers, and communities save money, save resources and create clean,

renewable energy at the same time.

At Sonoco Recycling, residents got a hands-on presentation from Amanda Astor, Community Relations Specialist from the City of Raleigh's

continued on pg. 4



Residents enjoying all of the information about recycling!

March Is Women's History Month

The month of March is Women's History Month, in recognition of women and their impact on culture and society around the world. The movement to recognize women's history began in the 1970s in Sonoma, California, when a group of women advocated for including women's history in the local school curriculum.

They proposed a "Women's History Week," which was adopted in

various parts of the country. In 1980 President Jimmy Carter proclaimed a national women's history week.

His proclamation noted that while both men and women built the United States, "too often the women were unsung and their contributions went unnoticed." In 1987, Congress designated March as Women's History Month. The 2019 theme is "Visionary Women: Champions of Peace & Nonviolence."

Three Cardinal Residents, One Powerful Charity

By Jane Stroup



Ellen Czinege & Cindy McCarty telling their story of the Assistance League® of the Triangle Area.

Three Cardinal residents—Ellen Czinege, Cindy McCarty, and Diane Casey—are volunteers for the Assistance League® of the Triangle Area (ALTA). This charity provides clothing for school-children, books and toys for children at WakeMed Hospital, and college scholarships ranging from \$2500 to \$7,000—among other activities.

ALTA raises money through its store, The A-Z Thrift Shop, 1621 N. Market St., just off Old Wake Forest Road. The women’s attention to quality and detail is apparent as soon as one walks in. “We’re a little picky,” admits Cindy. Yet prices are low.

ALTA (one of 26 chapters in the country) is composed entirely of volunteers, who devote many hours to their cause. Ellen spends 31 hours a month working at the thrift shop, Cindy evaluates more than 70 student applications for

college scholarships each year, and Diane has done everything from picking up furniture to pricing objects. Their enthusiasm is evident. “You find your niche,” says Ellen. “We become friends and there is always someone to fill a spot.”

There are no paid employees, but the 100 members operate like clockwork (their organization chart is two pages long). The National Assistance League® goes back more than 100 years (it helped victims of the San Francisco earthquake). While its overall goal is to help children, local chapters design programs to meet local needs.

The group welcomes new members as well as donations of money and goods. The women are considering a Cardinal “Donation Day” to help residents downsize by donating some of their excess items to the thrift shop.



Items for sale at A-Z Thrift Shop.

The Buzz



What residents want other residents to know.

- Love to sing? Love to listen? There’s the new Cardinal Chorus being organized for our residents’ musical pleasure! See Ann in Wellness.
- *The Good Life* (this newsletter) is seeking an additional writer to help us get the newsletter out more quickly and to be sure we cover important events. Please contact Lindsey Hager if you’re interested.
- Men: Don’t forget! This month’s Breakfast with the Boys will be on March 19 at 8:30 am. You can expect a good program as well as a good breakfast (no charge).
- On Ash Wednesday, there will be a Catholic Communion Service with ash distribution at 12:30pm. All are welcome to receive ashes, but only Catholics may participate in Communion.

Cardinal Associates Build Their Skills



Dayle Masters, Kerefa Watkins, Cassandra Griffio, Lindsey Hager, Katie Bernier, & Stephen Mullis during their graduation.

On February 13, seven Cardinal associates graduated from the Career Lattice Program. This program is a Kisco-wide project that allows associates to share their passions, build their skills, and grow their pay. Kisco views career growth differently than many others—making it not just about promotions and managerial responsibilities, but about expanding knowledge, skills, and experiences to create value for associates, coworkers, and residents. The program introduces staff to new responsibilities and experiences that can be applied to their career.

Katie Bernier, Katayah Graham, Cassandra Griffio, Lindsey Hager, Dayle Masters, Stephen Mullis, and Kerefa Watkins just graduated from the first level of the Cardinal’s Career Lattice Program, the first Cardinal group to do so. They learned basic skills and tasks from different departments at the Cardinal and even took on new responsibilities within their own.

If you know of any of these associates, please congratulate them—and encourage other associates to apply for this great venture!

Ready, Set, March

We’ve already celebrated Mardi Gras, so what else can March possibly hold for the Cardinal residents? The answer is, there is never a dull moment here at the Cardinal.

With March comes the return of Ron Levine with “The Heyday of the Torch Singers”—female “love song” singers. The Cardinal also provides many other musical opportunities in March, including a piano/clarinet recital, piano by our own Don Berg, a new YouTube concert series, guitar with Jacob, a mother/daughter duet and more!

In March there will also be plenty of educational opportunities with a presentation from Duke Voice Center called “Keeping the Aging Voice Happy.” Legacy will be “Springing into Fitness” and teaching residents the importance of exercise.

If you’re into basketball, then you’ll

be happy to know that the Cardinal has March Madness covered. We’ll be holding an “All Things ACC Basketball” social.

Stand Tall will be added regularly to the calendar which will be a class for improving posture. The Boxing 101 Clinic is starting up for any one who is interested in learning boxing techniques.

As another highlight of March, the Cardinal is preparing for Parkinson’s Awareness Month in April by having a launch party for Rock Steady Boxing. Dr. Roque from UNC Healthcare will be here to talk about “What it Means to Live with Parkinson’s.” Lindsey and Susan from Wellness will share their experience from their Rock Steady Boxing training in Indianapolis.

Don’t forget to check your March calendar for specific days and times and sign up through K4.



Don’t miss the “All Things ACC Basketball” social on March 15 at 4:00 pm in the Living Room!



Coming soon to the Cardinal to residents with Parkinson’s.