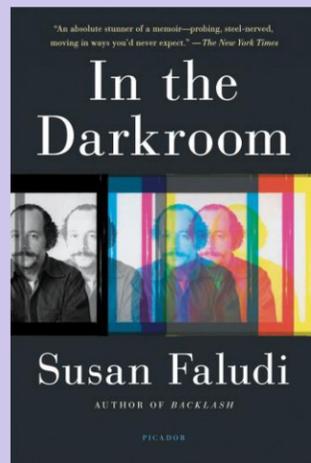




*"For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone."*

~Audrey Hepburn,  
May 4, 1929 –  
January 20, 1993



## May Birthdays

Charles Monahan – 5/1  
Tom Saieed – 5/1  
Anne Robinson – 5/1  
John Durfee – 5/3  
Greta Baron – 5/4  
Evelyn Norris – 5/6  
Bill Watkins – 5/6  
Bruce Grissom – 5/6  
Nita Murray – 5/7  
Liz Levine – 5/9  
Ann Harris – 5/10  
Jim Chimento – 5/13  
Gene Eisen – 5/14  
Ely Cherry – 5/15

Cathryn Zevenhuizen – 5/16  
Nancy Froehlke – 5/17  
Ann Bowes – 5/18  
Don Berg – 5/19  
Judy Anderson – 5/25  
Ellen Hall – 5/26  
Gene Bass – 5/27  
Lyn Devane – 5/27  
Rosemary Coniff – 5/27  
Emily Johnson – 5/30  
Diane Casey – 5/30  
Harold Huberfeld – 5/30  
Lu Medlin – 5/31  
Caroline Lockett – 5/31

## Remembering the Past, and Writing about It *cont. from pg. 1*

and began meeting every other Thursday at 10 am for two hours. They wrote about all kinds of experiences; how they met their spouses, the passing of a dear friend, life-shaping school incidents, grandma's cooking, etc.

Dr. Clark's suggestions had hit pay dirt. The initial reluctance that many felt quickly melted away as listeners chimed in with appreciation and similar tales.

"The first two or three pages will bring into focus any number of other memories or individuals for subsequent writings," says Jim. "It does not matter if the first topic comes from early or late in life. As this surge of memories comes forth, some happy, some very sad, the life writers find their confidence rebuilt and forget that their memory had seemed to be going away." Interested? Call Don Berg (846-9215).

## From Our Library: *In the Dark Room*

Susan Faludi has written an amazing autobiography. More is developing in *In the Darkroom* than the photography her father is known for. Estranged from her father, she goes to Hungary, where he grew up and where he has been living, to find out more about the family during World War II. When she finally meets him, she finds that *he* is now a *she*.

What was it that had made her father the way he is now, and how he had been treated before? Through her eyes, we see Hungary

as it was in World War II and how it is today. We see what Hungary did to its Jewish population.

On the cover of the book is a short paragraph: "Faludi's struggle to come to grips with her father's metamorphosis takes her across borders—historical, political, religious, sexual—to bring her face to-face with the question of the age: Is identity something you 'choose, or is it the very thing you can't escape?" Be prepared for an unusual and enlightening reading experience!  
-JE

# The Good Life

May 2019

Celebrating May

Physical Fitness & Sports Month

Older Americans Month

Meditation Month

Be Kind to Animals  
May 5–11

Teacher Day  
May 7

Mother's Day  
May 12

**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



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

## Taste, Travel, & Explore

The Cardinal is celebrating *Taste, Travel, & Explore* throughout the month of May with a "Southern Hospitality" theme. *Taste, Travel, & Explore* is a signature program unique to Kisco Senior Living. It is an innovative approach designed to inspire residents to take part in seasonal events embracing foods, activities and wellness practices from around the globe. It provides a diversity of cuisines and cultural wellness, encouraging residents and families to share stories and memories from personal journeys involving meals and experiences from vacations past. It encourages them to create new memories from adventures not yet taken.

As we visit the South in May we will

host our third annual Kentucky Derby party, a southern Mother's Day tea, a Low Country Boil, and Southern Bake-off, along with themed buffets, dining specials, movies, speakers and outings designed so that you may experience "Southern Hospitality."



*Experience "Southern Hospitality" during the month of May with our many special events.*

## Remembering the Past, and Writing about It

*By Don Berg*

Last November, some Cardinal residents gathered to hear about a program that helps older adults write about their lives. The speaker was Dr. Jim Clark, an acclaimed English professor emeritus at N.C. State University. He's been helping seniors in the area commit to paper some of their life experiences.

Most older adults don't think of

themselves as writers, he said. Most never imagine that their lives are even worth writing about. He had few "requirements" other than that we be prepared to read our stories (about two double-spaced pages) to the group.

Ten or so residents liked the idea

*cont. on pg. 4*

## Eye in the Sky, The Drone Zone

*By Stephen Mullis*

*Stephen Mullis is a Maintenance Technician for The Cardinal.*



*The Cardinal drone.*

Technology is becoming a huge asset in today's modern world, especially here at the Cardinal. From tablets that control lighting and thermostats, to Alexa devices that can be operated through voice command, we lead the way with a wide variety of technologies here in our community.

The weather has a huge impact on a drone's GPS calibration. The ideal setting is a sunny day with little to no clouds. On April 11 Cardinal resident Alec Whittaker and I brought two drones together and attempted to fly them behind the clubhouse. Alec has been flying his personal drone around the back of the Cardinal (recreationally) for a few months. Unfortunately, the interference between the two drones was too high so they could only fly one at a time.

It was still a great show, and a surprising turnout. Several residents came to view the flying, including Eric Ellwood, who owns a personal drone as well. Others included Alma Whittaker, Gene and Jackie Eisen, Richard and Jane Stroup, and Wellness assistant Lindsey Hager.

There will definitely be more flights in the coming months!

Back in February, the maintenance department decided to purchase a drone to monitor our rooftop HVAC units. This saves the maintenance technicians from climbing three different ladders at least two times a week. We can fly our drone over the rooftops in about ten minutes and ensure that all the unit fans are operating. This drone has been registered with the Federal Aviation Administration and will only be operated by trained Cardinal technicians.



*The drone lifts off.*

## The Buzz



*What residents want other residents to know.*

- Stay tuned for more information on our 2019 Community Garden.
- We are looking for volunteers for our Rock Steady Boxing program! If you are interested in being a volunteer to help with our classes, please contact Susan or Lindsey in Wellness.
- The first Recycling Club Meeting will be held on Friday, May 5, at 3:00 pm in the Family Room. Join us to brainstorm on ways we can make our community more sustainable.
- Ernie Kastner, Facilities Management Director, will be holding an interest meeting on May 7 at 11:00 am for a Men's Bible Study.
- Get your cookbooks out! On May 27, there will be a "Southern Dessert Bake-Off" and we are looking for competitors!

## "You've Got Mail"



*One of our Connections' residents getting everyone's mail to distribute.*

The Cardinal provides ample opportunities to all of our neighborhoods for fun, engaging programs. We are particularly excited about a new program for our memory care residents in Connections.

We have created and recently implemented a new program called "You've Got Mail." We have placed a mailbox out in the Connections' courtyard where we go check the mail as a group each Monday. We spend time sharing the letters and cards and then spend time responding to their mail.

As a fellow resident of the Cardinal, you are also welcome to send messages to our

Connections' folks, whether it be a short "Happy Birthday," pictures, stories, or memories—you can write to a specific person, or you can write to the group. If you are interested, you can hand write it or send it via email to Susan.Drury-Rohner@kiscosl.com. Everyone loves getting mail, so we encourage the whole community—residents, family members, and associates to be a part of this program. We have included this on our calendars (select Saturdays @ 1pm) if you would like to come write.

We thank you to those who have already sent letters and we are working with Connections' to write back.

## We Can Watch Documentaries, Too



*Learn more about this "dynamic duo," Bonnie & Clyde during this month's documentaries series.*

As a Cardinal resident, you probably know about the feature films shown three times a week, but have you considered something more serious? The Cardinal shows a series of non-fiction documentary movies, about an hour long, each Thursday night at 7:00.

Ann Janvier of Wellness selects the movies, which are usually grouped around a monthly theme. In April, for example, residents got some insight into the Internet and social media. One of the films was "Facebook Follies," which contained true stories of people whose lives were changed (for the worse, not better) by Facebook postings. Another documentary raised concerns about children watching digital screens for hours on end.

In May, we'll focus on southern themes. For example, you can learn the true story of Bonnie and Clyde—not the romanticized version from the 1967 movie with Faye Dunaway and Warren Beatty, but a Public Broadcasting System documentary. You can visit Appalachia, which includes the "most diverse temperate forests on Earth."

Then there's "Hell's Fury in Tennessee," which reconstructs a fierce Civil War battle, using footage from its reenactment 130 years after the event. You can learn about state spying on the civil rights movement in "Spies of the Mississippi." On the lighter side, you can also learn about the legends of what lurks around the southern bottom lands in "Southern Fried Bigfoot."