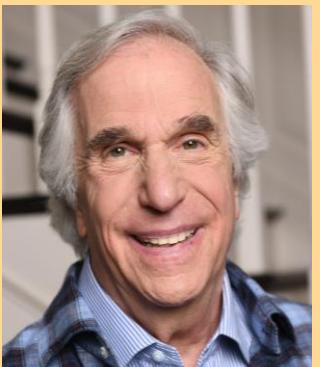


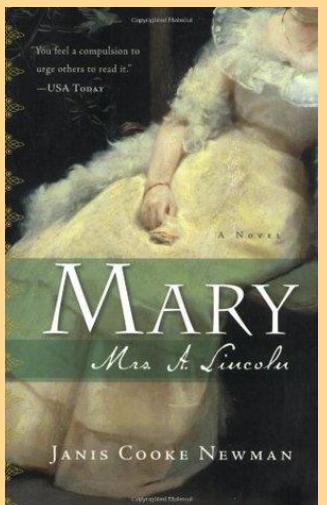
October Birthdays

Mildred Brinson – 10/1
 Blanche Bacon – 10/2
 Frances Wooten – 10/2
 Charles Blanchard – 10/3
 Warner Hall – 10/11
 Gail Juras – 10/11
 Andy Powell – 10/12
 Julia Daniels – 10/14
 Mary Owens Fitzgerald – 10/14



"I live by two words: tenacity and gratitude."

~ Henry Winkler,
 October 30, 1945



Let's Celebrate Our Resident Referrals *Cont. from pg. 1*

our residents who have referred friends who have moved to The Cardinal. Our residents are our best ambassadors, and it is our pleasure to have this special lunch for them each year.

If you have referred a friend in the past 12 months who has moved to The Cardinal, please be on the lookout for an invitation to this

lunch. Also, if you have moved to The Cardinal in the past 12 months based on a resident's referral, you will receive an invitation to the lunch as well. We look forward to thanking Cardinal residents in person at this exciting celebration!

Ann Janvier is The Cardinal's sales and events coordinator.

From Our Library: *Mary, Mrs. A. Lincoln*

On the book's cover is a sentence from a *USA Today* review of *Mary, Mrs. A. Lincoln*, by Janis Cooke Newman, and you'll know just how correct that sentence—"You feel a compulsion to read it"—actually is. Another entire page, front and back is devoted to 15 other short sentences from other rave reviews. And right after you finish reading the over six-hundred pages, you too will feel a compulsion to tell others the same as well. I couldn't resist.

Newman's well-written historical background—the tremendous difficulty of the Civil War period and Mary's role as it played out as the president's wife in a divided country, and the sad truth about the life Mary lived after Lincoln's

assassination give much proof of her instability. The death of two of her sons; her actions, especially as she irrationally spent money she did not have, believing she was being followed and believing she too would be killed were further proof of that instability. Eventually, Robert, the third son, insisted that she needed to be kept in a mental institution after a dreadful breakdown—and be confined there for the rest of her life if necessary.

Newman did wide research, and has presented Mary to us, leaving her final imprisonment for us to decide the sad, sad case for or against that heart-breaking imprisonment—but not leaving much choice. *-J.E.*

Gene Glenn – 10/18
 Katharine Johnson – 10/22
 Alec Whittaker – 10/24
 Rachel Smith – 10/26
 David Cockman – 10/27
 Nancy MacCormac – 10/28
 Rita Kinsey – 10/30
 Sara Herman – 10/31
 Katie Ogan – 10/31

The Good Life

October 2019



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

Celebrating October

Mystery Series Week
October 6–12

National Chess Day
October 9

International Artists Day
October 25

All Hallows Eve
October 31

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

We're Gearing Up for Active Aging Week

The Cardinal, along with thousands of other supporters will celebrate Active Aging Week from October 1-7. Active Aging Week was initiated in 2003 by the International Council on Active Aging and is a campaign that "calls attention to and wholeheartedly celebrates the positivity of aging today."

This campaign is used to showcase the abilities of older adults as fully participating members of our society and show that regardless of age or health conditions, adults over age 50 can live a full life in all dimensions of wellness including physical, social, spiritual, emotional, intellectual, vocational, and

Let's Celebrate Our Resident Referrals

By Ann Janvier

We urge Cardinal residents to take advantage of our Resident Referral Program. Invite your friends to a meal or any activity that you enjoy here at The Cardinal. If your friend decides to join our community, you will receive a \$2,000 referral reward, which will be credited to your monthly rent after your friend completes 60 days of residency.

The number of connections that

environmental. Wellness at The Cardinal already incorporates these dimensions of wellness into our residents' everyday lives.

In the first week of October, however, there will be some extra programs for our residents to participate in. We will have programs such as a "Friendly Feud" brain game, line-dancing with Legacy Health Care, a Tai-Chi Demo, a Wii Bowling Tournament, and a happy hour at "Stir," a new nearby restaurant.

Check your calendar for dates and times. You'll find programs listed in brown type that are special to The Cardinal's Active Aging Week.

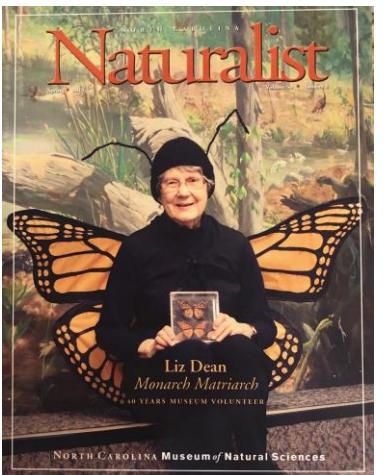
you have made over the years is limitless! So please make sure to share the news about The Cardinal at North Hills and connect your friends with our family.

On Wednesday, October 23, at noon, we will hold a "Resident Referral Lunch" to celebrate all of

Continued on pg. 4

Volunteer Extraordinaire—Liz Dean

By Jackie Eisen



Liz Dean as "Monarch Matriarch."

She had never taken a biology course (and was a CPA here in Raleigh at that time), when she noticed an article in the *News and Observer* about the Museum of Natural History starting a program for volunteers—no experience necessary. She was one of the first to volunteer, and that began what is now *Liz Dean's unmatched 40-year-relationship with the Museum.*

When she started, the museum was on four floors of North Carolina's Agriculture Building, where volunteers would walk around with carts filled with interesting specimens—until it was time for the museum to move into a larger place of its own. (Whole whales were not included in that cart, however!) By that time, Liz had already "learned a LOT about a lot of different critters including butterflies, spiders and whales." For each five-year period of service, the museum honored

their volunteers with an event. After twenty years of service as a docent, Liz was inducted into the "Order of the Golden Salamander." And Liz kept on volunteering. Then, after thirty years she had the identifying "smock" the volunteers wore all the time embroidered with her name. And Liz kept volunteering and volunteering.

Until, as a result of her very long and faithful work with the museum, Liz reached those unmatched forty, and Liz, in a butterfly outfit she had made for herself years before for a Halloween outfit, was declared "Monarch Matriarch" for her long career, and a delightful framed photo of her—with a photo of a scary-looking Jumping Spider—appears on a mock-up of the *Wildlife in North Carolina* magazine. This joins the other awards given to her and others at the completion of five-year volunteer intervals, those 40 years taking the lead!

The Buzz

- The Cardinal would like to welcome Mimi and Merle Bauer, apartment 529!
- Ever wondered what to do with cardboard that you are ready to get rid of? First, be sure the box is empty. Place packing materials in the proper trash or recycling bin. If you are able, break the box down so you have a

flat piece—sometimes a serrated knife is helpful. If the box is small, put it in a blue recycling bin. If it's large, place the flattened cardboard behind a blue recycling bin. If you cannot break down the box, place the empty box near a recycling bin. Think about our grandchildren—please recycle!



What residents want other residents to know.



A great opportunity for residents and associates to give back to the community.



Harold Huberfeld doing the "Ground & Pound" drill in The Cardinal's Rock Steady Boxing class.

A Holiday Food Drive at The Cardinal

By Dayle Masters

I am super-excited to announce that The Cardinal's team and residents will be helping local families who are less fortunate.

Our in-house food drive starts November 1. We as a community will be collecting non-perishable items for the Food Bank of Central and Eastern North Carolina. Please bring items to designated areas throughout The Cardinal or give

Rock Steady Boxing at The Cardinal

By Harold Huberfeld

In May of this year The Cardinal's Wellness department began offering Rock Steady Boxing classes to Cardinal residents who have Parkinson's Disease (PD) and who have their doctor's permission. Rock Steady Boxing is a unique exercise program based on training used by boxing pros, adapted for people living with PD. It includes exercises such as stretching, bicycling, running, jumping rope, strength training, balance, and non-contact boxing. Susan Drury-Rohner and Lindsey Hager in Wellness have designed the program at the Cardinal to be appropriate for Independent Living Cardinal residents with PD.

Both Susan and Lindsey received training at Rock Steady Boxing headquarters in Indianapolis, Indiana, and are certified Rock Steady Boxing coaches. While there are 871 Rock Steady Boxing affiliates worldwide, The Cardinal is the

them to any Cardinal associate. The Cardinal will also be having a friendly competition among associates. Each department will compete for the most volunteer hours. Those who can't devote many hours can donate items! Each item will be worth 5 minutes of volunteer time.

Dayle Masters is a lead server at The Overlook restaurant.

first senior living community in Raleigh to offer this program. I have been participating in a Rock Steady program on my own since July 2016, with a recent six-month break due to major surgery unrelated to PD. My experience is that Rock Steady Boxing is a great way for people with PD to fight back against the disease while having fun doing it. There is evidence that exercise of this kind can delay the progress of PD, and my personal experience is consistent with that finding.

Susan and Lindsey have provided a very high level of support to make the Cardinal program as safe as possible. In this connection Cardinal residents John Czinege and Blossom Rohner along with several Cardinal associates and therapists from the Legacy rehab department have graciously provided valuable help as "cornermen."