

The Cardinal at North Hills



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A KISCO SENIOR LIVING COMMUNITY



Amy O'Keefe to Speak on Pandemics

Amy O'Keefe, assistant professor of history at Meredith College, has already built a following at The Cardinal. In January she lectured on pandemics (smallpox, cholera, plague, and Ebola). In February, as part of The Cardinal's Asian expedition, she discussed how Buddhism traveled from India to China along the Silk Road.

In March, Dr. O'Keefe will discuss illnesses again. On March 14, she will lecture on AIDS and religion in Cameroon, Haiti, and the U.S., and on March 28 about government responses to SARS and COVID-19 in Taiwan, China, and the U.S. (She will speak at 3:30 pm each day.)

O'Keefe, who is proficient in Mandarin, has a Ph.D. in modern Chinese history from the University of California, San Diego. Her fascination with China began when she took two trips to Nanjing, China, as an undergraduate at Brigham Young University. We, too, benefit from that fascination and her knowledge of history.

March 2022



The Oak City Polka Group at our 2021 Celebration.

The Cardinal Celebrates St. Patrick's Day

By Ashleigh Wood

Saint Patrick's Day is celebrated annually on March 17th, on the anniversary of Saint Patrick's death. Ireland has been observing this holiday from the ninth or tenth century. On March 17th, 1601, the first Saint Patrick's Day parade was held in Ireland and what is now St. Augustine, Florida. From that point on, more parades and celebrations were held in cities such as New York and Boston. Today, people from all over the world recognize the holiday, primarily in the United States, Canada, and Australia.

We plan to have our own celebration here at The Cardinal on Thursday, March 17th. This year you can look forward to some old-style Irish music, played by the "Oak City Polka Group." The Daniels Dance Troupe will be here to perform traditional Irish dancing. Authentic Irish food, such as corned beef and cabbage or shepherd's pie, will also be served alongside a cold Irish brew! Please come out to join us as we celebrate all that the Irish culture has to offer!



Resident Birthdays

03/02	Matilda Smith
03/04	Lucy Rhame
03/07	Phil Johnson
03/07	Sara Jenkins
03/11	Patricia Morrison
03/12	Mary Douglass
03/14	Deanna Hill
03/14	Frances Massey
03/16	Harold Rotman
03/17	Libby Powell
03/18	Ada Carroll
03/18	Anne Blackman
03/20	Dolores Stone
03/20	Terry Lefort
03/21	Fredrick Adams
03/21	Shelby Phillips
03/22	Alyce Peoples
03/26	Michael Blackman
03/26	Sarah Ellen Archie
03/30	Kathleen Monahan
03/30	Ronald Levine

Notable Quotable:



Glenn Miller, born March 1, 1904

"A band ought to have a sound all of its own. It ought to have a personality."

Connections: The Cardinal's Memory Unit

By Harriet Jablonover

A friend who plans to move into East Tower asked me about memory care at The Cardinal. Realizing I had little knowledge about Connections except for the few times I volunteered, I contacted Mekeisha Smith, Cardinal's memory care manager, who has been here for over two years.

Who qualifies for the unit, in which there are 18 places? I asked. The prospective resident will have had a diagnosis of dementia and /or Alzheimers. "They must ambulate, be able to stand and pivot." There are three staff members on each daytime shift, two at night.

What are the goals? "We try to keep them at the same level as when they arrived." said Mekeisha. Relationships with family members generally improve when the family no longer have to be caregivers. The daughter can be the daughter again, and the family has less stress. Their loved ones are "connected" to and being taken care of by professionals. Doctors Making House Calls (the physician group that serves The Cardinal) sees patients, or the residents can keep their own providers.

Both Cardinal residents and outsiders serve as helpful volunteers.



Resident with Pet Therapy Dog, Delilah

Volunteers bring dogs (thanks, Lisa Stevens, and the "Sit Means Sit" dog trainers), read to the residents (thanks, Kathryn Carroll) and play the piano (thanks, Don Berg).

Ashleigh Wood, a Wellness associate, does the programming for Connections residents. It is impressive to see the calendar with the schedule of events. Ashleigh, who has worked with dementia patients for over three years, said residents should have physical exercise every morning and mental stimulation during the day. "Joggin' your Noggin" is a book of activities Ashleigh uses. Usually, 7 to 8 residents participate in each activity.

How do you feel after doing these games? I asked Ashleigh. "I feel good when something goes well. Successful programming can improve quality of life. I hope what I do will continue to have an impact."

Mary Bowen Caputo Turns 100

By Mary Bowen Caputo

Cardinal resident Mary Bowen Caputo turned 100 years old on February 16, 2022. Born in Burgaw, North Carolina, she was Burgaw High School's valedictorian in 1938 and graduated from UNC-Chapel Hill in 1942.

Graduating with a degree in journalism, Mary went to work for Billy Arthur, owner of the *News and Views* in Jacksonville, North Carolina, a semi-weekly newspaper whose slogan was "The Only Paper in the World that Gives a Damn about Onslow County."



Mary Bowen Caputo

She was a reporter, proofreader, advertisement salesperson, and assistant editor.

One of Mary's first assignments was to interview the general at New River (which became Camp Lejeune). Mary conducted the interview, while Billy Arthur took the pictures. A few days later, Lt. Anthony Caputo, the general's aide-de-camp, called to ask about the pictures. This led to Mary's and Tony's first date. And that led to a love affair that lasted more than 75 years.

Mary and Tony were married just before he went overseas. While at Lejeune he was one of the officers who trained the Montfort Point Marines, the nation's first African-American Marines.

When Tony returned from

World War II, he saw his two-year-old daughter, Kathryn, for the first time. While at Quantico they had a son, Robert Anthony. Mary and Tony went on to have an active life as Tony served in the Marine Corps and as a diplomatic attaché.



Welcome New Residents

Sheldon Mazursky Apt. 332
Sondra Mazursky Apt. 332
Sarah Jenkins Apt. 113
Dave Starr Apt. 131
Oneida Starr Apt. 131

Sharing the Love

By Nita Murray

Cupids Ann Powell and Sheila Sullivan, my neighbors, shared their love for all of us by placing valentines for their fifth-floor (North Tower) neighbors to choose for their loved ones. The cards are gone now, but they lined the hallway along with hearts and chocolate candies—ours for the taking. Cards for daughters, granddaughters, sons, grandsons, husbands, wives, and friends! What a valentine! Thank you, Ann and Sheila.



Valentine Cards for Fellow Residents to Send.

The Cardinal's Chess Champions

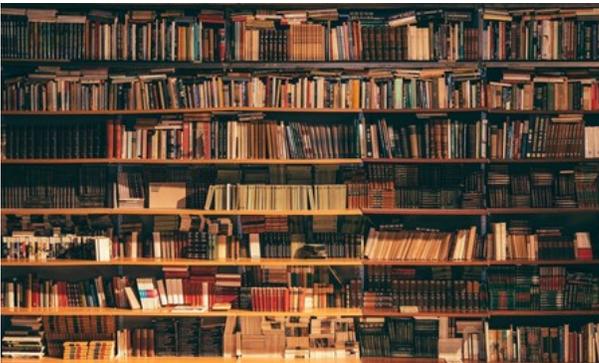


James Stancil, Deanna Hill, and Alec Whitaker
Challenge You!

By Ashleigh Wood

Maintenance associate James Stancil would like to invite you to a chess match. James is an avid chess player who has been playing since the 5th grade. He is excited to share his love of the game with the rest of The Cardinal. The Cardinal Chess Club welcomes experienced and non-experienced players. Whether you are interested in a serious match or would like to learn the game, James is here to help. The group meets each Friday around 2:00pm in the Billiards Room. Please see Wellness or James Stancil for more information or details. We hope to see you there. Check mate!

Military Books at the Library



The Library Has Added a Section on Military History.

By Jane Stroup

Most bookstores have a Military History section. The Cardinal library does, too. It is near the top of the shelf to the right of the window you face when you enter.

We have books about most of the major wars the U. S. has fought in. The American Revolution, for example, is the topic of *Revolutionary Summer* by noted historian Joseph Ellis. The Civil War is represented by Jay Winik's best-selling *April 1865: The Month that Saved America*, among others.

Our only entry for World War I is Margaret MacMillan's story of the peace conference after the war, *Paris 1919*. But we are rich in World War II books, such as Andrew Roberts' *Masters and Commanders*, Tom Brokaw's *The Greatest Generation*, memoirs by Winston Churchill, and Anthony Bevon's *Fall of Berlin 1945*. David Halberstam's *The Coldest Winner* is one of two books about the Korean War. History buffs, enjoy!