

# Carolina Estates

Gracious Retirement Living

4434 Old Battleground Road • Greensboro, NC 27410 • Phone (336) 282-6133 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

JANUARY 2019

## CAROLINA ESTATES STAFF

Managers.....PETER & MARY BRETH  
Management Team .... DENNIS & LOUISE TWIGG  
Executive Chef .....MATTHEW FRENCH  
Activity Coordinator .....CHANTEL SMITH  
Maintenance .....RALPH LIPPERT  
Bus Drivers .....GENE SMITH & WALT POLLING

## OFFICE HOURS

Daily: 7 a.m.-7:30 p.m.

## TRANSPORTATION

**Monday, Wednesday & Friday,**  
**9 a.m.-12:30 p.m.:** Shopping/Errands Day  
**Tuesday & Thursday, 9 a.m.-12:30 p.m.:**  
Medical Appointments Only

HAWTHORN  
SENIOR LIVING

## Ellen Lewis: A Savvy Southern Lady

By: Dot Latham

Ellen McIntosh Lewis was born in Spartanburg, South Carolina, the daughter of Daisy and Frank Lewis, both Georgia natives. She has two brothers, Nat and Bill, and both live in Georgia with their families. After several moves as a child, Ellen spent most of her teenage years in Atlanta, Georgia, where she graduated from high school.

She attended Women's College in Greensboro, North Carolina (now UNC-G) and graduated with a degree in French. While in college, she discovered a real interest and love of foreign languages which she pursued the rest of her life, learning German, Russian, and Italian and at present, is studying Portuguese. After Ellen graduated, she met and married Tom Macfie, an engineer. They moved to Greenville, South Carolina. Tom and Ellen had three children, Tom Jr., Evalyn, and Kathleen. They and their spouses are all educators or clergy. Ellen has six grandchildren and one great-grandchild.

Ellen is a lifelong Episcopalian and while living in Greenville, she was very active in her church, assuming many leadership roles. She was also very active in politics and served on the Greenville Museum of Art Board of Directors and the Board of Children and Family Services. Ellen also went back to school and got a graduate degree in counseling which led to becoming a consultant to the school system and the court system.

After 20 years, Ellen and Tom's marriage ended and Ellen moved to Boone, North Carolina. Ellen went back to school, got another graduate degree in her field and went to work as a consultant to the schools and the courts. She became very active in the Episcopal



Ellen Lewis

(Continued on Page 2.)



## Ellen Lewis: A Savvy Southern Lady (Continued)

church and ended up marrying the rector! She joined a "Witness For Peace" mission group and went to Guatemala at the end of that country's civil war. Ellen says, "We lived for a short time with natives in a new settlement in the northern part of the country." They had returned after escaping to Mexico: "It was one of the most moving events in my life!"

Actually, I discovered in our conversations that Ellen has traveled quite a bit in her life. She has been to most of the European countries, as well as Russia, Turkey and Greece. She spent four months in Oxford, England babysitting for Pamela, Tom Jr.'s wife, who was a visiting professor. She had a wonderful two months in Paris and three months in Russia visiting her other daughter Kathleen who was a teaching Fulbright professor.

After 25 years, her second marriage ended and Ellen, now retired, took a position as a Dorm Mom at the University of the South in Sewanee, Tennessee. Ellen told me this was a job she really loved. Her daughter Kathleen was now living in Greensboro and teaching at UNC-G. It didn't take Ellen long to decide to return to Greensboro. She loved it and at one period in her life, she had spent 14 years here and had belonged to St. Andrews Episcopal Church and had been very active in their outreach ministry serving as a Stephens Minister and Hospice Volunteer. She became interested in Centering Prayer and belonged to a group who were learning this method of deepening their prayer life. She has integrated the practice into her personal prayer life. She takes her faith very seriously and attends St. Andrews Church when she can.

Ellen feels she made a good decision when she decided to move to Carolina Estates. She had visited several other communities but when she came here to visit and our manager couple, Peter and Mary Breth, were so warm and welcoming and so helpful, it didn't take her long to decide that Carolina Estates was where she wanted to be. In the over two weeks Ellen has been here, she has already visited around in the dining room and made many new friends. This attractive, friendly lady is very easy to get to know and someone you really would like to have as a friend. She tells me she loves to play the piano, she is an avid reader and lifelong student and she writes poetry. Although she is still busy getting settled, I have no doubt that, true to her nature, this multi-talented lady will soon be very involved in the life of Carolina Estates.

## Welcome To Our New Residents

**We would like to welcome our new residents to Carolina Estates!**

**Rudy Moore:** Apartment 118

**Stephen Serenko:** Apartment 131

**Margaret Barrow:** Apartment 225

**Joanne Bogaty:** Apartment 305

**Ron Nichols:** Apartment 317

We welcome all of you to your new home and to the extended family of Carolina Estates. Please see any of our management staff or our Ambassadors who are listed below for any assistance. We are here to help you in your transition. Please plan to come to our Newcomers' Reception held on the last Thursday of each month.

### **Your Ambassadors Are:**

Annah Townsend, 106

Betty Devlin, 111

Janice Kent, 126

Darlene Thorarinson, 127

Earl Price, 132

Paul Chandler, 213

Mary Nowacki, 312

Dot Latham, 320

Eloise Wilder, 341

## All Aboard ... The Hawthorn Express

Full Steam Ahead! Beginning the week of January 21st through February 8th, Carolina Estates will be boarding a high-speed, luxury train — The Hawthorn Express! The Hawthorn





## How the World Celebrates the New Year

In the U.S., the New Year is often ushered in with parties, fireworks and a midnight kiss. The rest of the world revels in a variety of traditions.

**Spain** — At the stroke of midnight, people in Spain eat 12 grapes, one for each month of the year ahead, for good luck.

**Russia** — In the country's region of Siberia, divers plunge into icy lakes to place a New Year tree, or "yolka," beneath the water's surface, symbolizing a new beginning.

**Germany** — Germans give a sweet greeting to January 1st by eating the jelly doughnut known as a "Berliner," "Pfannkuchen" or "Krapfen."

**Japan** — All across this Asian nation, the sound of cities ringing in the New Year can be heard at midnight, when bells chime 108 times as a cleansing ritual.

**Colombia** — Those hoping for travel adventures in the coming year will carry an empty suitcase with them, a custom in Colombia and other Latin American countries.

**Greece** — Symbolizing renewal, onions are hung on doorways as a good luck token.

**Brazil** — To bring prosperity and good luck, Brazilians wear white on New Year's Eve and toss white flowers and candles into the ocean.

**Turkey** — At midnight, people here sprinkle salt on their doorsteps, which is believed to bring peace and good fortune.

**Finland** — A crafty custom in Finland is to melt down some tin and then pour it into cold water. When the metal hardens, the shape it forms gives a prediction for the year to come.

**Romania** — For protection in the new year, many dress up as bears and perform a dance to scare away bad luck.

## Trailblazing Book Club

From beauty samples to meal kits, you can get just about anything delivered to your door by way of a monthly subscription service. One of this trend's earliest trailblazers was the Book of the Month Club.

In 1916, adman Harry Scherman and his business partners launched the Little Leather Library Corporation, a mail-order service that offered small leather-bound copies of classic novels to subscribers. When that venture ended, Scherman banked on the same idea and co-founded the Book of the Month Club in 1926.

Since many people did not have easy access to new books, the club provided members the convenience of receiving a hardcover book each month by mail. These Book of the Month selections were often from up-and-coming authors. The first year, Ernest Hemingway's "The Sun Also Rises" was featured.

In time, the Book of the Month Club brand gained literary prestige. Many of its selections went on to become Pulitzer Prize winners, including Margaret Mitchell's 1936 novel "Gone With the Wind." By 1966, the club's membership had grown to 1 million subscribers.

Today, the club is a web-based subscription service, and members have the added perk of discussing their reads with fellow members, the selection committee and authors in the club's online forums.

Express will be transporting its passengers to these amazing destinations:

- Germany
- France
- Italy

As we make our scheduled stops at each destination, we will be experiencing the



*Hawthorn Express  
Train to Germany,  
France, and Italy*

food, history and culture of each of these beautiful countries. Be sure to attend the Kick-Off Party to get your Eurail Pass and Travel Itinerary. If you have any additional questions like what to pack or weather conditions, be sure to check in with your Hawthorn Express conductor Chantel for all the details!



JANUARY  
2019

Birthdays

Joan Henderson, 2nd  
Harry Pappas, 8th  
Gene Conry, 11th  
Dot Latham, 12th  
Frank Alleva, 14th  
Mary Breth, 14th (Employee)  
Marjorie Roberts, 15th  
Jane Ellen Walsh, 17th  
Margaret Barrow, 19th  
Joanne Bogaty, 20th  
Brandon Griffin, 20th (Employee)  
Nancy Jones, 21st  
Paul Chandler, 23rd  
Theresa Ottaviano, 26th  
Dave Sintak, 31st

Locations

Activity Room, AR  
Atrium, AT  
Billiards Room, BR  
Chapel, CH  
Dining Room, DR  
Front Lobby, FL  
Legacy Healthcare  
Wellness and Therapy  
Gym, Rm 308  
Library, LB  
TV Room, TV

“The beginning  
is the most  
important part of  
any work.”

—Plato

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
				<b>NEW YEAR'S DAY 1</b> <b>Medical Appointments, FL</b> 9:30 <b>Radiant Chair Exercise with Chantel, AR</b> 10:00 <b>Blood Pressure Check with Options, TV</b> 10:30 <b>Stamping Handmade Cards with Chantel, AR</b> 2:00 Rummikub, Bridge Club, BR 2:00 Wii Bowling, AR 3:00 <b>Bingo with Chantel, AR</b>		<b>2</b> <b>Shopping &amp; Errands, FL</b> 9:30 Radiant Chair Exercise with Chantel, AR 10:30 <b>Catholic Communion, CH</b> 2:00 Bridge Club 2:00 Hand and Foot 2:00 Writers Group, LB 7:00 <b>Senior Learning Series with the Managers, TV</b> 		<b>3</b> <b>Medical Appointments, FL</b> 9:30 Radiant Chair Exercise with Chantel, AR 10:30 Hangman with Chantel, AR 1:30 Walk with Legacy to Myrtle Beach, AT 1:30 Make Your Steps Count with Cathy @ Legacy, AT 2:00 Rummikub, Skip-Bo Club, BR 2:00 <b>Chef/Resident Meeting, AR</b> 7:00 Dominoes, AR		<b>4</b> <b>Shopping &amp; Errands, FL</b> 9:30 <b>Radiant Chair Exercise with Chantel, AR</b> 10:30 <b>Arts and Crafts with Chantel, AR</b> 2:00 <b>Apple Cider Chat with Chantel, AR</b> 2:00 Bridge Club, BR 2:00 Canasta, BR 3:00 <b>Bingo with Chantel, AR</b> 4:30 <b>Happy Hour (Everyone is Welcome), AR</b> 7:00 Poker, BR 7:00 Movie and Popcorn Night, TV		<b>5</b> 9:00 <b>Mystery Outing, FL</b> 10:00 Bridge Club, LB 2:00 Rummikub, BR 2:00 Wii “Jeopardy!,” AR 2:00 <b>Music with Bethany Uhler, AT</b> 3:30 <b>Dime Bingo, AR</b> 7:00 Games & Social Time, AR	
9:15 Worship Hour with Tommy Lawrence, CH 10:00 <b>Mt. Pisgah Church Bus Pickup, FL</b> 11:15 <b>Bible Study with Dr. Darnley, AR</b> 2:00 Connect Four Board Game with Myrl, AR 3:30 <b>Hot Cocoa Social, AR</b> 6:30 Wii Bowling, AR		<b>7</b> <b>Shopping &amp; Errands, FL</b> 9:30 <b>Radiant Chair Exercise with Chantel, AR</b> 2:00 Bridge Club, LB 2:00 <b>Cardio Drumming Class with Chantel, AR</b> 2:00 <b>Carolina Estates Chorus Practice, AT</b> 3:00 <b>Bingo with Chantel, AR</b> 3:30 <b>Holy Communion with Dr. Craven Williams, CH</b> 7:00 Poker Club, AR		<b>8</b> <b>Medical Appointments, FL</b> 9:30 <b>Radiant Chair Exercise with Chantel, AR</b> 10:00 <b>Blood Pressure Check with Options, TV</b> 10:30 <b>Stamping Handmade Cards with Chantel, AR</b> 2:00 Rummikub, Bridge Club, BR 2:00 Wii Bowling, AR 3:00 Bingo with Laura, AR 		<b>9</b> <b>Shopping &amp; Errands, FL</b> 9:30 Radiant Chair Exercise with Chantel, AR 10:30 <b>Catholic Communion, CH</b> 2:00 Bridge Club 2:00 Hand and Foot 7:00 <b>Senior Learning Series with the Managers, TV</b>		<b>10</b> <b>Medical Appointments, FL</b> 9:30 Radiant Chair Exercise with Chantel, AR 10:30 Hangman with Chantel, AR 1:30 Make Your Steps Count with Cathy @ Legacy, AT 2:00 Rummikub, Skip-Bo Club, BR 7:00 Dominoes, AR		<b>11</b> <b>Shopping &amp; Errands, FL</b> 9:30 <b>Radiant Chair Exercise with Chantel, AR</b> 10:30 <b>Arts and Crafts with Chantel, AR</b> 2:00 <b>Apple Cider Chat with Chantel, AR</b> 2:00 Bridge Club, BR 2:00 Canasta, BR 3:00 <b>Bingo with Chantel, AR</b> 4:30 <b>Happy Hour (Everyone is Welcome), AR</b> 7:00 Poker, BR 7:00 Movie and Popcorn Night, TV 		<b>12</b> 9:00 <b>Mystery Outing, FL</b> 10:00 Bridge Club, LB 2:00 Rummikub, BR 2:00 <b>Music with Corey Simms, AT</b> 3:30 <b>Dime Bingo, AR</b> 7:00 Games & Social Time, AR 	
9:15 Worship Hour with Tommy Lawrence, CH 10:00 <b>Mt. Pisgah Church Bus Pickup, FL</b> 11:15 <b>Bible Study with Dr. Darnley, AR</b> 2:00 Connect Four Board Game with Myrl, AR 3:30 <b>Hot Cocoa Social, AR</b> 6:30 Wii Bowling, AR		<b>14</b> <b>Shopping &amp; Errands, FL</b> 9:30 <b>Radiant Chair Exercise with Chantel, AR</b> 2:00 Bridge Club, LB 2:00 <b>Cardio Drumming Class with Chantel, AR</b> 2:00 <b>Carolina Estates Chorus Practice, AT</b> 3:00 <b>Bingo with Chantel, AR</b> 3:30 <b>Holy Communion with Dr. Craven Williams, CH</b>  7:00 Poker Club, AR		<b>15</b> <b>Medical Appointments, FL</b> 9:30 <b>Radiant Chair Exercise with Chantel, AR</b> 10:00 <b>Blood Pressure Check with Options, TV</b> 10:30 <b>Stamping Handmade Cards with Chantel, AR</b> 2:00 Rummikub, Bridge Club, BR 2:00 Wii Bowling, AR 3:00 <b>Bingo with Chantel, AR</b> 		<b>16</b> <b>Shopping &amp; Errands, FL</b> 9:30 Radiant Chair Exercise with Chantel, AR 10:30 <b>Catholic Communion, CH</b> 2:00 Bridge Club 2:00 Hand and Foot 2:00 Writers Group, LB 7:00 <b>Senior Learning Series with the Managers, TV</b>		<b>17</b> <b>Medical Appointments, FL</b> 9:30 Radiant Chair Exercise with Chantel, AR 10:30 Hangman with Chantel, AR 1:30 Make Your Steps Count with Cathy @ Legacy, AT 2:00 Rummikub, Skip-Bo Club, BR  7:00 Dominoes, AR		<b>18</b> <b>Shopping &amp; Errands, FL</b> 9:30 <b>Radiant Chair Exercise with Chantel, AR</b> 10:30 <b>Arts and Crafts with Chantel, AR</b> 2:00 <b>Apple Cider Chat with Chantel, AR</b> 2:00 Bridge Club, BR 2:00 Canasta, BR 3:00 <b>Bingo with Chantel, AR</b> 4:30 <b>Happy Hour (Everyone is Welcome), AR</b> 7:00 Poker, BR 7:00 Movie and Popcorn Night, TV		<b>19</b> 9:00 <b>Mystery Outing, FL</b> 10:00 Bridge Club, LB 2:00 Rummikub, BR 2:00 <b>Country Music with Rick Allred, AT</b> 3:30 <b>Dime Bingo, AR</b> 7:00 Games & Social Time, AR 	
9:15 Worship Hour with Tommy Lawrence, CH 10:00 <b>Mt. Pisgah Church Bus Pickup, FL</b> 11:15 <b>Bible Study with Dr. Darnley, AR</b> 2:00 Connect Four Board Game with Myrl, AR 3:30 <b>Hot Cocoa Social, AR</b>  6:30 Wii Bowling, AR		<b>MARTIN LUTHER KING JR. DAY 21</b> <b>Shopping &amp; Errands, FL</b> 9:30 <b>Radiant Chair Exercise with Chantel, AR</b> 2:00 Bridge Club, LB 2:00 <b>Cardio Drumming Class with Chantel, AR</b> 2:00 <b>Carolina Estates Chorus Practice, AT</b> 3:00 <b>Bingo with Chantel, AR</b> 3:30 <b>Holy Communion with Dr. Craven Williams, CH</b>  7:00 Poker Club, AR		<b>22</b> <b>Medical Appointments, FL</b> 9:30 <b>Radiant Chair Exercise with Chantel, AR</b> 10:00 <b>Blood Pressure Check with Options, TV</b> 10:30 <b>Stamping Handmade Cards with Chantel, AR</b> 2:00 Rummikub, Bridge Club, BR 2:00 Wii Bowling, AR 3:00 Bingo with Laura, AR		<b>23</b> <b>Shopping &amp; Errands, FL</b> 9:30 Radiant Chair Exercise with Chantel, AR 10:30 <b>Catholic Communion, CH</b> 2:00 Bridge Club 2:00 Hand and Foot 7:00 <b>Senior Learning Series with the Managers, TV</b> 		<b>24</b> <b>Medical Appointments, FL</b> 9:30 Radiant Chair Exercise with Chantel, AR 10:30 Hangman with Chantel, AR 1:30 Make Your Steps Count with Cathy @ Legacy, AT 2:00 Rummikub, Skip-Bo Club, BR 7:00 Dominoes, AR		<b>25</b> <b>Shopping &amp; Errands, FL</b> 9:30 <b>Radiant Chair Exercise with Chantel, AR</b> 10:30 <b>Arts and Crafts with Chantel, AR</b> 2:00 <b>Apple Cider Chat with Chantel, AR</b> 2:00 Bridge Club, BR 2:00 Canasta, BR 3:00 <b>Bingo with Chantel, AR</b> 4:30 <b>Happy Hour (Everyone is Welcome), AR</b> 7:00 Poker, BR 7:00 Movie and Popcorn Night, TV		<b>26</b> 9:00 <b>Mystery Outing, FL</b> 10:00 Bridge Club, LB 2:00 Rummikub, BR 3:30 <b>Dime Bingo, AR</b> 7:00 Games & Social Time, AR 	
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## Fun Times At Carolina Estates



*Annah and Arlis, Happy 70th  
Wedding Anniversary*



*Thanksgiving Day. Great job, Chef  
Matt, Chelsea and Culinary Team.*



*Ira Godwin enjoys playing  
his 27 harmonicas.*



*Inez Jones*



*It's beginning to look a lot like Christmas!*



*Marie Lambert enjoying her family who  
joined us for Thanksgiving this year*



*Gingerbread house builders*



*Elsie and Jeannette  
getting into the  
Christmas spirit*





*Funny Money Auctioneer, Jay Abernathy*



*The painting by our own Chef Matt really completes the setting!*



*Paula Snyder entertaining us at our Hanukkah Party*

## Passing Time With Cuckoo Clocks

At the strike of each hour, a tiny toy bird pops through a door and cheerfully delivers its song: "Coo-coo!" This charming feature has made the cuckoo clock a classic timepiece.

Historians say the wall clock's familiar design originated in Germany's Black Forest region in the 1700s. By using a system of bellows, gears and weights, clockmakers there were able to replicate the cuckoo's call and regulate when the bird popped out to announce the hour. During the area's long winters, townspeople carved the clocks using logs from the forest, then sold their creations in the warmer months.

Two distinct styles of cuckoo clocks emerged over the next century. The traditional carved style is decorated with elaborate nature scenes, while the Swiss chalet style is a painted house, often with moving figures of people and animals. Both types feature two or three weights, often shaped like pinecones, which hang from the bottom of the clock and control its functions.

Various styles of cuckoo clocks can now be found, but genuine handcrafted ones from the Black Forest region are still prized favorites.



4434 Old Battleground Road  
Greensboro, NC 27410



## *Leave Your Winter Worries Behind*

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

*Carolina Estates*  
Gracious Retirement Living

**336-282-6133**