

Carolina Estates

Gracious Retirement Living

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

SEPTEMBER 2019

CAROLINA ESTATES STAFF

Managers.....PETER & MARY BRETH
Management Team..DENNIS & LOUISE TWIGG
Executive Chef..... MATTHEW FRENCH
Sous ChefGARY BURWELL
Activity CoordinatorCHANTEL SMITH
MaintenanceRALPH LIPPERT
Bus DriverGENE SMITH

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.-2 p.m.:
Medical Appointments Only

HAWTHORN
SENIOR LIVING

Barbara McLeod: A Happy, Friendly Lady

By: Betty Devlin & Jerry Schultheiss

Strolling along the walking path of Carolina Estates is the friendly Barbara Keller McLeod with her dog, Charlie. She loves dogs, and Charlie's real name is "Charleston Marina By The Sea."

Barbara was born in Newtown, Pennsylvania, to Dorothy and Marvin Hickman Keller. Her father built homes and bridges, and was a politician. He served in Pennsylvania's House of Representatives and also in the Senate for over 30 years. President Dwight Eisenhower visited their home twice to campaign for her father. Her mother kept the books for her father's business.

Barbara had one brother, Howard, who played alto saxophone and clarinet for large bands, such as Tommy Dorsey. She spent one year at Green Mountain Junior College in Vermont, where she learned both to ski and do synchronized swimming.

Barbara married a man who worked at the University of Pennsylvania Veterinary School near Philadelphia. Together, they had one son and two daughters. Their son, Randy, is a Methodist Pastor in Wisconsin. His wife is also a Pastor. Barbara's daughter, Cindy, is an Executive Vice President of Wells Fargo Brokerage Firm. Her job includes annual trips to India. She lives in Richmond, Virginia. Her husband, Howard, worked for the Three Mile Island Nuclear Plant in Elizabethtown, Pennsylvania. He ended up working at Wells Fargo. Lynn lives in Greensboro and is on the staff of Christ United Methodist Church. Her husband is a District Attorney in Greensboro. Barbara has five wonderful, perfect grandchildren.



Barbara and Charlie

(Continued on Page 2)



What's Next? Our Walk To End Alzheimer's at LeBauer Park on Saturday, October 19th



Join us as Team Carolina Estates' Walk to End Alzheimer's at LeBauer Park on Saturday, October 19th. See your Team Captain (Mary Breth) for details.

Barbara McLeod: A Happy, Friendly Lady (Continued)

The marriage did not last, and Barbara moved to Charleston, South Carolina, along with her three children and her mother, and her brother lived there. A hospital gift shop is where Barbara was employed for over 30 years. A "Parents Without Parents" party is where Barbara met her second husband. He had two sons. One of his sons died from a heart attack, and the second son was killed by a drunk driver. A year later, her husband passed away from a broken heart.

Following his death, Barbara and her mother moved to Greensboro, North Carolina, close to Lynn. Barbara's mother was well traveled, and a favorite story was when she rode on a motorcycle sidecar on an African Safari.

She and Barbara were active members of the Morehead United Methodist Church in Greensboro. Barbara now attends Mount Pisgah United Methodist Church. Barbara's mother lived 111 years, the last twenty with Barbara. She loved taking care of her mother.

"Life has really been good to me," quotes Barbara. She is a very happy person, enjoying participating in activities and life at Carolina Estates.

Melanie Barnes and Gene Smith Wedding Reception

Melanie Barnes and Gene Smith celebrated their recent marriage with a reception for residents and invited guests here at Carolina Estates. The reception was held on Saturday, August 3rd, in the Atrium at Carolina Estates. Gene and Melanie were married on June 26th, 2019, in a private ceremony held in Las Vegas, Nevada. Gene is a bus driver for Carolina Estates and has been employed in that position for over five years. Melanie is a Registered Nurse with Cone Hospital. The happy couple is planning a honeymoon to Europe next spring.



Nancy, Melanie, and Bus Driver Gene Smith



Congratulations to Melanie Barnes and Gene Smith



The Joy of Professional Help with Dr. Corinne Auman

Dr. Corinne Auman, Certified Senior Advisor, is an experienced educator, researcher and entrepreneur. She currently teaches in the Gerontology Department at the University of North Carolina at Greensboro, is president of Choice Connections of North Carolina, and the author of the RockingChairSecrets.com blog. She can be reached at 336-215-1664.

As a professional geriatric care manager, I sometimes get asked, “Why would someone use a service like yours? Anyone can do what you do.”

Part of me wants to be offended by this statement, but the answer to the question is also exactly why the person is asking it.

You don’t know what you don’t know.

When it comes to navigating the senior living communities, hiring and managing caregivers, applying for Medicaid, or figuring out insurance, there is a lot people don’t know. Could they figure it out if they had unlimited time and energy to devote to the task? Maybe.

But in our hectic world, where family members already have families of their own and full-time jobs, they don’t have the luxury of unlimited time and energy to figure this stuff out.

Because here is the reality ... trying to figure this stuff out for a senior you love will be a full-time job, all by itself. So, if you don’t plan to spend the days and weeks it requires to figure out the complex world of healthcare and senior living, what can you do?

Step One: Hire professional help.

Whatever you are trying to accomplish, I promise there is a professional who can assist. Need home care? Hire a professional agency. Need to understand your mom’s long-term care insurance policy? Talk to an insurance agent. Need help managing your parent’s household or the caregivers you’ve hired? Call a geriatric care manager.



*Dr. Corinne Auman,
Certified Senior Advisor*

It will be some of the best money you have ever spent, and will ultimately save you from costly mistakes. Professionals can save you hours of time and energy, because they have devoted themselves to understanding much of what you are trying to figure out.

Step Two: Let the professionals do their jobs.

It is amazing the number of times that families hire a professional service, such as a care manager or a home care agency, but instead of relaxing and letting the professionals take the work off their hands, they continue to stress and try to do the work.

For example, a family may hire a home care agency to help take care of a senior. But when the caregiver arrives to help mom get dressed, the family steps in to do it themselves. Or a family may hire a professional to help them identify the best care community, only to then spend hours making phone calls on their own to communities that are not appropriate for their loved one.

Why would families hire a professional and then attempt to do the work themselves? It comes in part from caregiver guilt. As family members and caregivers we get so wrapped up in the idea that we should be doing the caring, or the calling, or at least something, that we find it difficult to let the professionals do their jobs.

But here’s the rub: The professionals are trained to do the tasks that need to be done, will do it effectively, and avoid the pitfalls or problems we don’t even know exist.

While they do their jobs, we can relax and spend joyful time with the senior we love. This allows us to be better wives, husbands, daughters, sons, friends, and neighbors, while insuring our senior gets the best care.

So caregivers, do what is best for the senior you love. Find qualified professionals, and then let them help you!

SEPTEMBER 2019

Birthdays

Herbert K., 1st
Jack M., 4th
Jody W., 6th
Claude S., 6th
Irvin O., 7th
Sara C., 8th
Rosie M., 11th
Janice K., 13th
Jo B., 14th
Gary B., 18th (Employee)
Evelyn H., 21st
Angie W., 22nd
Peggy E., 27th
Clifton M., 27th
Barbara M., 28th

Locations

Activity Room, AR
Atrium, AT
Billiards Room, BR
Chapel, CH
Dining Room, DR
Front Lobby, FL
Legacy Healthcare
Outpatient Clinic "Come
and Be Well," Rm 240
Library, LB
TV Room, TV

“To acquire
knowledge, one
must study;
but to acquire
wisdom, one
must observe.”
—Marilyn
vos Savant

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>9:15 Our Daily Bread, CH</div><div>10:00 Mt. Pisgah Bus Pickup, FL</div><div>11:15 Bible Study with Dr. Darnley, AR</div><div>2:00 Wii Jeopardy, AR</div><div>2:00 Scrabble, Rook, Farkle, UNO, BR</div><div>3:30 Adult Coloring, Word Search, AR</div><div>7:00 Dominoes, AR</div></div>	<div><div>LABOR DAY</div><div>Shopping & Errands, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Exercise with Christina, AR</div><div>11:00 Technology Monday, AR</div><div>2:00 Bridge Club, LB</div><div>2:00 Carolina Estates Chorus Practice, AT</div><div>2:00 Fit Beat Drumming, AR</div><div>3:00 Bingo with Options, AR</div><div>7:00 Poker Club, AR</div></div>	<div><div>Medical Appointments, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Go Chicken Fat Go with Chantel, AR</div><div>11:00 Jewelry Making, AR</div><div>12:30 Ambassador Club Meeting, FL</div><div>2:00 Horse Racing, AR</div><div>2:00 Blood Pressure with Melanie, AR</div><div>2:00 Sequence, BR</div><div>2:00 Rummikub, Bridge Club, BR</div><div>3:00 Lucky Bucks Bingo, AR</div><div>7:00 Dominoes, AR</div><div>7:00 Movie Night, TV</div></div>	<div><div>Shopping & Errands, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Exercise with Christina, AR</div><div>10:30 Catholic Communion, CH</div><div>2:00 Bridge Club</div><div>2:00 Music with Pat Wade, AT</div><div>2:00 Scrabble, Rook, Farkle, UNO, BR</div><div>7:00 Senior Learning Series, TV</div></div>	<div><div>Medical Appointments, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Go Chicken Fat Go with Chantel, AR</div><div>11:00 Brain Game Trivia with Chantel, AR</div><div>2:00 Rummikub, Skip-Bo Club, BR</div><div>2:00 Chef/Resident Meeting, AR</div><div>3:00 Chair Volleyball, AR</div><div>7:00 Dominoes, AR</div><div>8:20 Thursday Night Football, TV</div></div>	<div><div>Shopping & Errands, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Go Chicken Fat Go with Chantel, AR</div><div>10:30 Blood Pressure Check, AR</div><div>10:30 Arts and Crafts, AR</div><div>2:00 Let's Make Trail Mix Snack, AR</div><div>2:00 Sequence, BR</div><div>2:00 Bridge Club, BR</div><div>3:00 Bingo, AR</div><div>4:30 Snack and Chat Happy Hour, AR</div><div>7:00 Poker, BR</div><div>7:00 Movie and Popcorn Night, TV</div></div>	<div><div>9:15 Our Daily Bread, CH</div><div>2:00 Rummikub, BR</div><div>2:00 Wii Bowling, AR</div><div>2:00 Bridge Club, TV</div><div>2:00 Music with Patrick Kenny, AT</div><div>3:30 Dime Bingo, AR</div><div>7:00 Games & Social Time, AR</div><div>7:00 Movie Night, TV</div></div>
<div><div>9:15 Our Daily Bread, CH</div><div>10:00 Mt. Pisgah Bus Pickup, FL</div><div>11:15 Bible Study with Dr. Darnley, AR</div><div>1:00 Sunday NFL Football, TV</div><div>2:00 Scrabble, Rook, Farkle, UNO, BR</div><div>2:00 Wii Jeopardy, AR</div><div>2:30 Family Feud for Alzheimer's, AR</div><div>3:30 Adult Coloring, Word Search, AR</div><div>4:30 NFL Football, TV</div><div>7:00 Dominoes, AR</div><div>8:20 NFL Football, TV</div></div>	<div><div>Shopping & Errands, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Exercise with Christina, AR</div><div>11:00 Technology Monday, AR</div><div>2:00 Fit Beat Drumming, AR</div><div>2:00 Carolina Estates Chorus Practice, AT</div><div>2:00 Bridge Club, LB</div><div>3:00 Bingo with Options, AR</div><div>7:00 Poker Club, AR</div><div>7:00 Monday Night Football, TV</div></div>	<div><div>Medical Appointments, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Go Chicken Fat Go with Chantel, AR</div><div>11:00 Jewelry Making, AR</div><div>2:00 Horse Racing, AR</div><div>2:00 Blood Pressure with Melanie, AR</div><div>2:00 Sequence, BR</div><div>2:00 Rummikub, Bridge Club, BR</div><div>3:00 Bingo, AR</div><div>7:00 Dominoes, AR</div><div>7:00 Movie Night, TV</div></div>	<div><div>PATRIOT DAY</div><div>Shopping & Errands, FL</div><div>9:00 Hamrick's Shopping Bus Week Sale, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Exercise with Christina, AR</div><div>10:30 Catholic Communion, CH</div><div>2:00 Bridge Club</div><div>2:00 Grief Support Group with Kevin, CH</div><div>2:00 Scrabble, Rook, Farkle, UNO, BR</div><div>7:00 Senior Learning Series, TV</div></div>	<div><div>Medical Appointments, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Go Chicken Fat Go with Chantel, AR</div><div>11:00 Brain Game Trivia with Chantel, AR</div><div>2:00 Resident/Mgr. Meeting, AR</div><div>2:00 Rummikub, Skip-Bo Club, BR</div><div>3:00 Create Your Senior Picture Board, AR</div><div>3:00 Chair Volleyball, AR</div><div>7:00 Dominoes, AR</div><div>7:00 Movie Night, TV</div><div>8:20 Thursday Night Football, TV</div></div>	<div><div>Shopping & Errands, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Go Chicken Fat Go with Chantel, AR</div><div>10:30 Blood Pressure Check, AR</div><div>10:30 Arts and Crafts, AR</div><div>2:00 Sequence, BR</div><div>2:00 Bridge Club, BR</div><div>3:00 Bingo, AR</div><div>4:30 Snack and Chat Happy Hour, AR</div><div>7:00 Poker, BR</div><div>7:00 Movie and Popcorn Night, TV</div></div>	<div><div>9:15 Our Daily Bread, CH</div><div>2:00 Rummikub, BR</div><div>2:00 Wii Bowling, AR</div><div>2:00 Bridge Club, TV</div><div>2:00 Music with Ronnie Reaves, AT</div><div>3:30 Dime Bingo, AR</div><div>7:00 Games & Social Time, AR</div><div>7:00 Movie Night, TV</div></div>
<div><div>9:15 Our Daily Bread, CH</div><div>10:00 Mt. Pisgah Bus Pickup, FL</div><div>11:15 Bible Study with Dr. Darnley, AR</div><div>1:00 Sunday NFL Football, TV</div><div>2:00 Scrabble, Rook, Farkle, UNO, BR</div><div>2:00 Wii Jeopardy, AR</div><div>3:30 Adult Coloring, Word Search, AR</div><div>4:30 Sunday NFL Football, TV</div><div>7:00 Dominoes, AR</div><div>7:00 Music with John Houston, AT</div><div>8:20 Sunday NFL Football, TV</div></div>	<div><div>Shopping & Errands, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Exercise with Christina, AR</div><div>11:00 Technology Monday, AR</div><div>2:00 Fit Beat Drumming, AR</div><div>2:00 Carolina Estates Chorus Practice, AT</div><div>2:00 Bridge Club, LB</div><div>3:00 Bingo with Options, AR</div><div>7:00 Poker Club, AR</div><div>8:20 Monday Night Football, TV</div></div>	<div><div>Medical Appointments, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Go Chicken Fat Go with Chantel, AR</div><div>11:00 Jewelry Making, AR</div><div>2:00 Horse Racing, AR</div><div>2:00 School Yard Shenanigans Game, AR</div><div>2:00 Sequence, BR</div><div>2:00 Rummikub, Bridge Club, BR</div><div>3:00 Lucky Bucks Bingo, AR</div><div>7:00 Dominoes, AR</div><div>7:00 Movie Night, TV</div></div>	<div><div>Shopping & Errands, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Exercise with Christina, AR</div><div>10:30 Catholic Communion, CH</div><div>2:00 Bridge Club</div><div>2:00 Scrabble, Rook, Farkle, UNO, BR</div><div>7:00 Senior Learning Series, TV</div><div>7:00 Girl Scout Troop Performance, AT</div></div>	<div><div>Medical Appointments, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Go Chicken Fat Go with Chantel, AR</div><div>11:00 Brain Game Trivia with Chantel, AR</div><div>2:00 Activity/Chef Resident Corner, AR</div><div>2:00 Rummikub, Skip-Bo Club, BR</div><div>3:00 Chair Volleyball, AR</div><div>7:00 Dominoes, AR</div><div>7:00 Movie Night, TV</div><div>8:20 Thursday Night Football, TV</div></div>	<div><div>Shopping & Errands, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Go Chicken Fat Go with Chantel, AR</div><div>10:30 Blood Pressure Check, AR</div><div>10:30 Arts and Crafts, AR</div><div>2:00 Baking and Decorating Cookies with Chantel, AR</div><div>2:00 Sequence, BR</div><div>2:00 Bridge Club, BR</div><div>3:00 Bingo, AR</div><div>4:30 Snack and Chat Happy Hour, AR</div><div>7:00 Poker, BR</div><div>7:00 Movie and Popcorn Night, TV</div></div>	<div><div>9:15 Our Daily Bread, CH</div><div>2:00 Rummikub, BR</div><div>2:00 Wii Bowling, AR</div><div>2:00 Bridge Club, TV</div><div>3:30 Dime Bingo, AR</div><div>7:00 Games & Social Time, AR</div><div>7:00 Movie Night, TV</div></div>
<div><div>9:15 Our Daily Bread, CH</div><div>10:00 Mt. Pisgah Bus Pickup, FL</div><div>11:15 Bible Study with Dr. Darnley, AR</div><div>1:00 Sunday NFL Football, TV</div><div>2:00 Scrabble, Rook, Farkle, UNO, BR</div><div>2:00 Wii Jeopardy, AR</div><div>3:30 Adult Coloring, Word Search, AR</div><div>4:30 Sunday NFL Football, TV</div><div>7:00 Dominoes, AR</div><div>8:20 Sunday NFL Football, TV</div></div>	<div><div>AUTUMN BEGINS</div><div>Shopping & Errands, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Exercise with Christina, AR</div><div>11:00 Technology Monday, AR</div><div>2:00 Fit Beat Drumming, AR</div><div>2:00 Carolina Estates Chorus Practice, AT</div><div>2:00 Bridge Club, LB</div><div>3:00 Bingo with Options, AR</div><div>7:00 Poker Club, AR</div><div>8:15 Monday Night Football, TV</div></div>	<div><div>Medical Appointments, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Go Chicken Fat Go with Chantel, AR</div><div>11:00 Resident Art Show, AT</div><div>11:00 Jewelry Making, AR</div><div>2:00 Blood Pressure with Melanie, AR</div><div>2:00 Sequence, BR</div><div>2:00 Rummikub, Bridge Club, BR</div><div>3:00 Bingo, AR</div><div>7:00 Dominoes, AR</div><div>7:00 Movie Night, TV</div></div>	<div><div>Shopping & Errands, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Exercise with Christina, AR</div><div>10:30 Catholic Communion, CH</div><div>2:00 Bridge Club</div><div>2:00 Scrabble, Rook, Farkle, UNO, BR</div><div>3:00 "Meet Your Neighbor" Ice Cream Social, AR</div><div>7:00 Senior Learning Series, TV</div></div>	<div><div>Medical Appointments, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Go Chicken Fat Go with Chantel, AR</div><div>11:00 Brain Game Trivia with Chantel, AR</div><div>2:00 Rummikub, Skip-Bo Club, BR</div><div>2:00 Funny Money Auction, AR</div><div>3:00 Book Club with Brigi, LB</div><div>7:00 Dominoes, AR</div><div>8:20 Thursday Night Football, TV</div></div>	<div><div>Shopping & Errands, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Go Chicken Fat Go with Chantel, AR</div><div>10:30 Blood Pressure Check, AR</div><div>10:30 Arts and Crafts, AR</div><div>2:00 Music with Singing Cleric, AT</div><div>2:00 Sequence, BR</div><div>2:00 Bridge Club, BR</div><div>3:00 Bingo, AR</div><div>4:30 Snack and Chat Happy Hour, AR</div><div>7:00 Poker, BR</div><div>7:00 Movie and Popcorn Night, TV</div></div>	<div><div>9:15 Our Daily Bread, CH</div><div>2:00 Rummikub, BR</div><div>2:00 Wii Bowling, AR</div><div>2:00 Bridge Club, TV</div><div>3:30 Dime Bingo, AR</div><div>7:00 Games & Social Time, AR</div><div>7:00 Movie Night, TV</div></div>
<div><div>ROSH HASHANAH BEGINS AT SUNSET</div><div>9:15 Our Daily Bread, CH</div><div>10:00 Mt. Pisgah Bus Pickup, FL</div><div>11:15 Bible Study with Dr. Darnley, AR</div><div>1:00 Sunday NFL Football, TV</div><div>2:00 Scrabble, Rook, Farkle, UNO, BR</div><div>2:00 Wii Jeopardy, AR</div><div>3:30 Adult Coloring, Word Search, AR</div><div>4:30 Sunday NFL Football, TV</div><div>7:00 Dominoes, AR</div><div>8:20 Sunday NFL Football, TV</div></div>	<div><div>Shopping & Errands, FL</div><div>9:15 Our Daily Bread, CH</div><div>9:30 Exercise with Christina, AR</div><div>11:00 Technology Monday, AR</div><div>2:00 Fit Beat Drumming, AR</div><div>2:00 Carolina Estates Chorus Practice, AT</div><div>2:00 Bridge Club, LB</div><div>3:00 Bingo with Options, AR</div><div>7:00 Poker Club, AR</div><div>8:15 Monday Night Football, TV</div></div>					



Culinary Education: Brain Power

Food is not only fuel for our bodies, but it is also fuel for our brains! Nutrition plays a huge role in our cognitive ability.

Here are just a few nutrition boosters to keep in mind:

1. Antioxidants are food compounds commonly found in Vitamin C and E and beta carotene. Among many things that antioxidants do for the body are their ability to improve blood flow to the brain. Some foods to try that are packed with antioxidants include: kale, berries, beets, broccoli, onions, red bell peppers, oranges, cherries and most delicious of all, dark chocolate.
2. Omega-3 Fatty Acids are essential for good brain health! These fatty acids are most commonly found in certain types of fish, especially salmon, sardines, trout, tuna and whitefish. If you don't love fish, then try eating almonds, avocados, walnuts and flaxseeds.
3. Dark green, leafy veggies are filled with folic acids, which according to research is associated with faster processing of information and memory recall. So, make sure to stock up on your kale, spinach and collard greens.
4. As you grow older, drinking plenty of water is vital. Aging can cause your ability to detect thirst to decrease; therefore, drink water even when you are not thirsty. Being dehydrated can create a higher potency of medication in the body, an important fact for people who take high doses of medication.
5. Eat more healthy foods. Start by eating a half of cup of strawberries with breakfast, fill your sandwich with veggies for lunch, and a salad with your dinner. Make sure you have at least two snacks during the day such as apple slices, carrots or a banana.



Doris Owens' Family Reunion, By Cindy Joseph

A great time was had by all on Sunday, August 4th, at Carolina Estates. Resident Doris Owens was visited by her oldest son Richard, and his lovely wife, Maria, all the way from Barcelona, Spain. Because they only get to visit once a year at best, the family planned a family reunion for them to visit with all their cousins, aunts, uncles, nieces, and nephews. It was so much fun seeing the family together and enjoying each other. It had been roughly seven or eight years since everyone was together. Surprisingly enough, only a few were unable to attend. It was a great turnout for such an impromptu gathering. A special thanks to Mary and Peter Breth, Managers, and Chantel Smith for allowing us to use the Activity Room.



Doris Owens and family



Medication Timing by Dr. Jered Yalung, Pharm.D.

Understanding new medications can often be a daunting task. As we age, prescribing medication can be complex. Your doctor must factor in disease states, the correct drug class, the correct drug, dose, effectiveness, toxicity and side effects. In a sample of Medicare beneficiaries discharged from a hospital to a nursing facility, patients were prescribed an average of 14 medications! Between 1988 and 2010, the average number of prescriptions doubled in adults 65 and older! We are advancing in our medication knowledge, but this can lead to more confusion for you and adverse events. Not only do we have to remember what medication to take and how to take them, but we have to remember when to take them. Medication timing is a little known factor that can change effectiveness.

What is medication timing? Certain medications are taken at certain times of the day, while some should be taken with food and others without. Some medications can be given with other medications, but others must be taken alone.

What are some medications that benefit from timed administration? Some of your body's functions are reduced or enhanced at certain



Dr. Jered Yalung, Pharm.D.

times of the day, which results in administering medications at a specific time to improve therapy outcomes. For example, cortisol is reduced in the morning which can result in asthma flare-ups during this time period for asthmatics. Also, blood pressure tends to be elevated in the morning, and LDL (bad cholesterol) accumulates overnight, which makes evening doses of cholesterol medications (Statins) more preferable. Some medications should not be taken with other medications or supplements. For example, Levothyroxine (Synthroid)

should be taken on an empty stomach, which is why early morning timing is beneficial. Taking this medication with TUMS or even a multivitamin can result in reduced uptake of levothyroxine, which can lead to impaired thyroid hormone. Even certain antibiotics should not be taken with multivitamins! But not all medications should be taken on an empty stomach. The blood pressure medication Carvedilol, or Coreg, should be taken with food in order to reduce the likelihood of a rapid decline in blood pressure upon standing. These are just a few examples of medications that are affected by timing. Current investigations into older products already on the market support timing medication administration to enhance effectiveness.

What can you do? When in doubt, ask for help. You are not expected to know about every medication. However, a pharmacist can help with any medication-related questions. Having a pill box and medication reminders will help reduce missed doses.

If you need assistance with medication management or reminders, please call OPTIONS, the preferred home care provider, at 336-270-6647 and ask about our IL PLUS Program!

CVS Pharmacy Flu Shot Clinic

Pharmacy Manager Todd Bourn will be hosting a flu shot clinic here in the Activity Room on October 2nd from 9 a.m. to 12 p.m. and 2 to 4 p.m. Please make sure you bring your health insurance card. If you have any questions or would like to sign up, please see Chantel in the Activity Room.



Flu shot time



4434 Old Battleground Road
Greensboro, NC 27410



Fall in love...

with the season

Embrace Autumn without the worry of rising utility costs and home maintenance issues. Enjoy the freedom that our gracious retirement lifestyle has to offer. Please give us a call or stop by any day of the week for a complimentary meal and tour.

336-282-6133

Carolina Estates
Gracious Retirement Living