



Carolina Estates

Gracious Retirement Living

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

DECEMBER 2020

CAROLINA ESTATES STAFF

Managers..... ERIC & AMY BENSON
Management Team .. DENNIS & LOUISE TWIGG
Executive Chef GARY BURWELL
Community Sales ROBYN JONES
Sous Chef CHARLES STREETER
Activity Coordinator CHANTEL SMITH
Maintenance JACOB STITH
Bus Driver JACQUELYN GRAVELLE
Lead Housekeeper MALLERY FIELDS

OFFICE HOURS

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

TRANSPORTATION

Monday, Wednesday & Friday,
9 a.m.-2 p.m.: Shopping/Errands Day

Tuesday & Thursday, 9 a.m.-2 p.m.:
Medical Appointments Only



HAWTHORN
SENIOR LIVING

Meet Your Maintenance Man: Jacob William Stith

At 25 years old, Jacob is a very intelligent person, likely to make us a good maintenance man, living in Rockingham County. He attended Dalton High School and participated in many activities including playing football, running track, and singing in the school choir. He went on tour with the choir as they traveled and sang. He was also a member of the National Honor Society and graduated fifth in his class.

While in school, he was active in school-permitted jobs. Jacob worked as a dog kennel tech taking care of animals while people were on vacation. He was also a salesman for Cut-Co. After graduation, while looking for a permanent job, he did outside work.

Jacob enjoys owning a miniature dachshund. He also likes video games for eye-hand coordination and has a virtual reality headset which puts you in a different world. Jacob learned mechanical trade on his own by watching other people. He could take something apart and put it back together again called reverse engineering. This is his first indoor job. Jacob says, "it's a nice job, not too busy but does pick up from time to time. Everybody has been nice to me."

As told by: Betty Devlin, Jerry Schulthesis



Happy Holidays

During this pandemic, holidays and special occasions with your loved ones have been very difficult this year. Carolina Estates' staff team would like to wish you and your family a Happy Holiday. We will get through this together.



Meet Our Community Sales Manager: Robyn Jones

My name is Robyn Jones and I am the new Sales Manager here at Carolina Estates. So here is a little bit about me ... I have been married to the love of my life and best friend for over 29 years and we have one daughter named Kaitlyn, who is 24 years old. We live here in Greensboro, North Carolina and love spending time with family and friends. My husband is an Executive Director of Business Analytics at Cone Health and our daughter is a hair stylist here in Greensboro. I graduated from the University North Carolina Greensboro in 1993 and majored in Nutrition/Dietician. After college, I went to work for Well Spring Retirement Community here in Greensboro and was the Nutritionist and Assistant Executive Director of Dietary for over 10 years. From there, I decided to obtain my administrative license so I could become an Administrator of Assisted Living and Memory Care communities and have done that for the past 15 years. I really look forward to meeting all of you here at Carolina Estates!

Holiday Safety: Legacy Healthcare Service

As the holidays are upon us, it is important to remain safe when going out whether it is shopping, going over to a loved one's home, or staying in your own home. Here are some quick safety tips to keep in mind to get you through the holidays safely!

- Deck the halls ... safely! Position decorations and presents out of the main foot path of the home.
- We all love holiday lights. However, do not depend on the tree lights to guide your way; make sure to have decent lightening throughout the home when walking around as low lighting is a leading cause of falls!
- The gift-giving season is chock-full of wrapped boxes and bags of all sizes. Our hands and rollators can fill up pretty quickly; let your loved ones help you carry things!
- Beware of winter weather hazards when out and about; look carefully for ice and snow!
- Grandpets: We know how much they love you. While they're sniffing and wagging tails at your feet to say hello, say your hellos and give your love while waiting for them to calm down before continuing to walk.
- When visiting your loved ones, don't be afraid to ask for any accommodations that could keep you safe and prevent a fall or accident!

Happy Holidays from your friends at Legacy Healthcare Services!



Gingerbread Fast Facts

Gingerbread is loved all over the world and has become a holiday tradition for many. Below are 10 fun facts all about this sweet treat!

1. Gingerbread houses originated in Germany.
2. It is said that Queen Elizabeth I came up with the concept of the gingerbread man, after wanting to present them to visiting officials as gifts.
3. Unmarried women in England would often eat gingerbread men for good luck in meeting a husband.
4. The largest gingerbread house in the world is 60 feet by 42 feet and is worth 35,823,400 calories.
5. To be considered gingerbread, the recipe must feature ginger as a dominant flavor, and use either honey or molasses to add sweetness.
6. According to the Swedish tradition, you can put the gingerbread in your palm and make a wish. You then have to break the gingerbread with your other hand. If the gingerbread breaks into three, the wish will come true.
7. At the Ritz-Carlton Dove Mountain in Tucson, Arizona, there's a life-size gingerbread house where you can book for a private lunch or dinner during the holiday season.
8. During the holiday season, gingerbread spice is a popular purchase. According to McCormick Spice, 3 million ounces of ground ginger are sold during this time of the year. To put that number in perspective, this amount could make 450 million gingerbread men.
9. Over time, gingerbread baking became a highly regarded profession. In fact, in the 17th century, only professional gingerbread bakers were allowed to bake gingerbread. The only exceptions were at Christmas and Easter.
10. Although gingerbread houses had been around since the 1600s in Germany, they really became popular after the Brothers Grimm published their Hansel and Gretel fairy tale in 1812. Bakers in Germany, where the Grimm brothers were from, showed off their gingerbread houses at annual Christmas markets. Soon gingerbread houses became a Christmas tradition around the world.

Fun Activities for December

Gift Wrapping: Tuesday, December 1st, 8th, and 15th, at 10:30 a.m., Activity Room

Out to Lunch: Wednesday, December 2nd, at 11 a.m., Front Lobby

Stamping Christmas Cards: Wednesday, December 2nd, at 3 p.m., Activity Room

Door/Wreath Decorating: Thursday, December 3rd, at 3 p.m., Activity Room

Find The Elf on the Shelf: Friday, December 4th, 11th, and 18th. Bring the elf to Chantel in the Activity Room for a prize.

Making Salt Dough Ornaments with Chantel and Robin: Wednesday, December 9th, at 3 p.m., Activity Room

Gingerbread House Making: Thursday, December 10th, at 3 p.m., Activity Room

Hannukah Menorah Lighting: Thursday, December 10th, at 6 p.m., Atrium

Resident/Ugly Sweater Christmas Party: Wednesday, December 16th

Virtual Christmas Parade: Friday, December 25th, at 9:30 a.m. Live on TV Channel ABC 11

Hallmark Christmas Channel Movies on Channel 49

Welcome to Your New Home

We welcome all of our newest residents at Carolina Estates. We are so excited you have chosen Carolina Estates to be your new home.

- Wendell and Carol Stephens, Apt. 126
- Patricia Henson, Apt. 238



DEC 2020

Birthdays

Gene M., 10th
Keyshia Seegars, 13th (Employee)
Willie S., 17th
Faye R., 18th
Eloise W., 20th
Darlene T., 21st
Elsie S., 23rd
Lorraine K., 24th
Diane N., 31st

Locations

Activity Room, AR
Atrium, AT
Billiards Room, BR
Chapel, CH
Dining Room, DR
Exercise Room, EXECR
Front Lobby, FL
Legacy Healthcare Outpatient Clinic, Rm 240
Library, LB
Private Dining Room, PDR
TV Room, TV

“Time together as a family is a gift.”
—Joanna Gaines

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>10:00 Therapeutic Coloring, AR</div> <div>12:00 Five Star Christmas Hallmark Channel 49</div> <div>7:00 Board Games, AR</div> <div>7:00 Movie and Popcorn Night, TV</div> <div>8:00 Bells Are Ringing Hallmark Channel 49</div>
	<div>10:30 Worship Services, CH 6</div> <div>2:00 Christmas by Starlight Hallmark Channel 49</div> <div>3:00 Scrabble with Herbert, BR</div> <div>6:00 Good Morning Christmas Hallmark Channel 49</div> <div>7:00 Movie Night, TV</div>	<div>Medical Appointments, FL 1</div> <div>9:30 Strength and Stretch, AR</div> <div>10:00 The Knit Wits Knitting & Crocheting Club, LB</div> <div>10:30 Gift Wrapping, AR</div> <div>2:00 Chicken Dance with Chantel, AR</div> <div>3:00 Bingo, AR</div> <div>8:00 Christmas at the Plaza Hallmark Channel 49</div>	<div>Shopping and Errands, FL 2</div> <div>9:30 Radiate Exercise, AR</div> <div>10:00 Intro to Mindfulness Class with Ken, CH</div> <div>11:00 Out to Lunch, FL</div> <div>2:00 Blood Pressure Check, AR</div> <div>3:00 Stamping Christmas Cards, AR</div> <div>7:00 Senior Learning Series, TV</div> <div>8:00 The Christmas House Hallmark Channel 49</div>	<div>Medical Appointments, FL 3</div> <div>9:30 Strength and Stretch, AR</div> <div>10:30 Brain Training, AR</div> <div>2:00 Chef/Residents’ Meeting, AR</div> <div>2:30 Skip-Bo, BR</div> <div>3:30 Door/Wreath Decorating, AR</div> <div>8:00 If I Had Only One Christmas Hallmark Channel 49</div>	<div>Shopping and Errands, FL 4</div> <div>Find the Elf on the Shelf</div> <div>9:30 Radiate Exercise, AR</div> <div>10:30 Gnome Craft, AR</div> <div>2:30 Canasta, BR</div> <div>3:00 Dime Bingo, AR</div> <div>7:00 Movie and Popcorn Night, TV</div> <div>7:00 Poker, AR</div> <div>8:00 A Nashville Christmas Carol Hallmark Channel 49</div>	
<div>10:30 Worship Services, CH 6</div> <div>2:00 Christmas by Starlight Hallmark Channel 49</div> <div>3:00 Scrabble with Herbert, BR</div> <div>6:00 Good Morning Christmas Hallmark Channel 49</div> <div>7:00 Movie Night, TV</div>	<div>Shopping and Errands, FL 7</div> <div>9:30 Radiate Exercise, AR</div> <div>10:00 The Knit Wits Knitting & Crocheting Club, LB</div> <div>11:00 Tech Class with Chantel, AR</div> <div>2:30 Bridge, BR</div> <div>3:00 Bingo, AR</div> <div>6:00 Christmas Next Door Hallmark Channel 49</div> <div>7:00 Poker, AR</div>	<div>Medical Appointments, FL 8</div> <div>9:30 Strength and Stretch, AR</div> <div>10:00 The Knit Wits Knitting & Crocheting Club, LB</div> <div>10:30 Gift Wrapping, AR</div> <div>2:00 Chicken Dance with Chantel, AR</div> <div>3:00 Bingo, AR</div> <div>8:00 Christmas Waltz Hallmark Channel 49</div>	<div>Shopping and Errands, FL 9</div> <div>9:30 Radiate Exercise, AR</div> <div>10:00 Intro to Mindfulness Class with Ken, CH</div> <div>2:00 Blood Pressure Check, AR</div> <div>3:00 Making Salt Dough Ornaments, AR</div> <div>4:00 12 Gifts of Christmas</div> <div>7:00 Senior Learning Series, TV</div>	<div>HANUKKAH BEGINS AT SUNSET 10</div> <div>Medical Appointments, FL</div> <div>9:30 Strength and Stretch, AR</div> <div>10:30 Brain Training, AR</div> <div>2:30 Skip-Bo, BR</div> <div>3:00 Gingerbread House Making, AR</div> <div>6:00 A Veterans Christmas</div> <div>6:00 Hannukah Menorah Lighting, AT</div> 	<div>Shopping and Errands, FL 11</div> <div>Find the Elf on the Shelf</div> <div>9:30 Radiate Exercise, AR</div> <div>10:30 Baking Christmas Cookies, AR</div> <div>2:30 Canasta, BR</div> <div>3:00 Dime Bingo, AR</div> <div>6:00 Christmas with the Darlings Hallmark Channel 49</div> <div>7:00 Movie and Popcorn Night, TV</div> <div>7:00 Poker, AR</div>	<div>10:00 Therapeutic Coloring, AR</div> <div>3:00 Bingo, AR</div> <div>6:00 Cross Country Christmas Hallmark Channel 49</div> <div>7:00 Board Games, AR</div> <div>7:00 Movie and Popcorn Night, TV</div>
<div>10:30 Worship Services, CH 13</div> <div>3:00 Scrabble with Herbert, BR</div> <div>7:00 Movie Night, TV</div> 	<div>Shopping and Errands, FL 14</div> <div>9:30 Radiate Exercise, AR</div> <div>10:00 The Knit Wits Knitting & Crocheting Club, LB</div> <div>11:00 Tech Class with Chantel, AR</div> <div>2:30 Bridge, BR</div> <div>3:00 Bingo, AR</div> <div>7:00 Poker, AR</div>	<div>Medical Appointments, FL 15</div> <div>9:30 Strength and Stretch, AR</div> <div>10:00 The Knit Wits Knitting & Crocheting Club, LB</div> <div>10:30 Gift Wrapping, AR</div> <div>2:00 Chicken Dance with Chantel, AR</div> <div>3:00 Bingo, AR</div>	<div>Shopping and Errands, FL 16</div> <div>9:30 Radiate Exercise, AR</div> <div>10:00 Intro to Mindfulness Class with Ken, CH</div> <div>2:00 Blood Pressure Check, AR</div> <div>7:00 Senior Learning Series, TV</div>	<div>Medical Appointments, FL 17</div> <div>9:30 Strength and Stretch, AR</div> <div>10:30 Brain Training, AR</div> <div>2:30 Skip-Bo, BR</div> 	<div>Shopping and Errands, FL 18</div> <div>Find the Elf on the Shelf</div> <div>9:30 Radiate Exercise, AR</div> <div>2:30 Canasta, BR</div> <div>3:00 Dime Bingo, AR</div> <div>7:00 Movie and Popcorn Night, TV</div> <div>7:00 Poker, AR</div> 	<div>10:00 Therapeutic Coloring, AR</div> <div>7:00 Board Games, AR</div> <div>7:00 Movie and Popcorn Night, TV</div>
<div>10:30 Worship Services, CH 20</div> <div>3:00 Scrabble with Herbert, BR</div> <div>7:00 Movie Night, TV</div> 	<div>WINTER BEGINS 21</div> <div>Shopping and Errands, FL</div> <div>9:30 Radiate Exercise, AR</div> <div>10:00 The Knit Wits Knitting & Crocheting Club, LB</div> <div>11:00 Tech Class with Chantel, AR</div> <div>2:30 Bridge, BR</div> <div>7:00 Poker, AR</div> 	<div>Medical Appointments, FL 22</div> <div>9:30 Strength and Stretch, AR</div> <div>10:00 The Knit Wits Knitting & Crocheting Club, LB</div> <div>10:30 Gift Wrapping, AR</div> <div>2:00 Chicken Dance with Chantel, AR</div> <div>3:00 Bingo, AR</div>	<div>Shopping and Errands, FL 23</div> <div>9:30 Radiate Exercise, AR</div> <div>10:00 Intro to Mindfulness Class with Ken, CH</div> <div>2:00 Blood Pressure Check, AR</div> <div>7:00 Senior Learning Series, TV</div> 	<div>Medical Appointments, FL 24</div> <div>9:30 Strength and Stretch, AR</div> <div>10:30 Brain Training, AR</div> <div>2:30 Skip-Bo, BR</div> <div>7:00 Christmas Eve Movie</div> 	<div>CHRISTMAS DAY 25</div> <div>Find the Elf on the Shelf</div> <div>9:30 Virtual Christmas Parade Channel 11</div> <div>6:00 Christmas Day Movie</div> <div>7:00 Movie and Popcorn Night, TV</div> <div>7:00 Poker, AR</div>	<div>10:00 Therapeutic Coloring, AR</div> <div>3:00 Bingo, AR</div> <div>7:00 Board Games, AR</div> <div>7:00 Movie and Popcorn Night, TV</div>
<div>10:30 Worship Services, CH 27</div> <div>3:00 Scrabble with Herbert, BR</div> <div>7:00 Movie Night, TV</div>	<div>Shopping and Errands, FL 28</div> <div>9:30 Radiate Exercise, AR</div> <div>10:00 The Knit Wits Knitting & Crocheting Club, LB</div> <div>11:00 Tech Class with Chantel, AR</div> <div>2:30 Bridge, BR</div> <div>7:00 Poker, AR</div>	<div>Medical Appointments, FL 29</div> <div>9:30 Strength and Stretch, AR</div> <div>10:00 The Knit Wits Knitting & Crocheting Club, LB</div> <div>10:30 Gift Wrapping, AR</div> <div>2:00 Chicken Dance with Chantel, AR</div> <div>3:00 Bingo, AR</div>	<div>Shopping and Errands, FL 30</div> <div>9:30 Radiate Exercise, AR</div> <div>10:00 Intro to Mindfulness Class with Ken, CH</div> <div>2:00 Blood Pressure Check, AR</div> <div>7:00 Senior Learning Series, TV</div>	<div>NEW YEAR’S EVE 31</div> <div>Medical Appointments, FL</div> <div>9:30 Strength and Stretch, AR</div> <div>10:30 Brain Training, AR</div> <div>2:30 Skip-Bo, BR</div> 		



Pumpkin Carving and Costumes

What a lot of fun we had door decorating, carving and painting pumpkins, and putting on our scariest and funniest costume suits.



Residents pumpkin carving



Alice Belton



Caroleen Minor



Staff team and the residents



*Annah, Arlis and Ratanza
decorating there pumpkins.*



*Sandra E. picking out pumpkin seeds
to make roasted pumpkins.*



Diane Nelson



Reindeer Games

These reindeer jokes are sure to “sleigh” you!

- Why don’t you see many reindeer in zoos?
Because they can’t afford the admission.
- Did Rudolph go to public school?
No, he was elf-taught.
- What game do reindeer play in their stalls?
Stable tennis.
- How do you get into Donner’s house?
Ring the deer-bell.
- Which reindeer has the cleanest antlers?
Comet.
- Where do reindeer like to stop for lunch?
“Deery” Queen.
- What do you give a reindeer with an upset stomach?
Elk-a Seltzer.

Ugly Christmas Sweater Party

An ugly Christmas sweater is any Christmas-themed sweater that could be considered in bad taste, tacky, or gaudy. The general consensus is that the more embellishments — tinsel, reindeer, Santa Clauses, candy canes, elves, presents, etc. — the uglier the sweater.



It’s hard to say who invented the first ugly Christmas sweater. As a matter of fact, we can presume that ugly sweaters were designed with the original intention of being fashionable. It’s only because of ever-changing fashion trends, that sweaters once deemed acceptable are now considered ugly. Inspired by the ‘80s as a clothing item, ugly sweaters were often featured on situation comedies in the 1980s. They were mostly cardigans, buttoned down the front. The Christmas theme entered around the same time, with the first mass produced Christmas garments being made under the name of “jingle bell sweaters” during the 1980s as well.

Join us in your very own ugly Christmas sweater on December 16th and see if you can take home the prize for the ugliest sweater.

Celebrating New Year’s Eve

The final night of the year is coming up. Count down with some festive facts about the revelry of New Year’s Eve.

- Ringing out the old year and ushering in a new one is a custom that goes back at least 4,000 years to the ancient Babylonians.
- The first places on the globe to greet the new year are the island nations of Kiribati, Samoa and Tonga, located in the South Pacific Ocean.
- Just across the international date line, American Samoa, a U.S. territory, is the world’s last inhabited locale to welcome in the year.
- New York City’s Times Square ball drop is a celebration that began in 1907.
- Singing “Auld Lang Syne” at midnight has grown into a worldwide tradition. The words roughly translate to “times gone by.”
- Puckering up for a New Year’s Eve kiss is said to bring good luck to a relationship and has roots in German and English folklore.
- Those novelty eyeglasses with frames shaped into the numbers of the coming year were invented in 1990 by two friends in Seattle.
- Causing a ruckus with noisemakers began as a way to chase off bad luck.
- Some don’t stay up to celebrate; in a survey, over 10% of people said they fall asleep before midnight.
- That cute little guy decked out in a diaper, top hat and sash is known as Baby New Year. He’s been a symbol of the holiday since the days of ancient Greece.



4434 Old Battleground Road
Greensboro, NC 27410



It's always Warm at

Carolina Estates
Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

336-282-6133