

Carolina Estates

Gracious Retirement Living

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

JANUARY 2021

CAROLINA ESTATES STAFF

Managers.....ERIC & AMY BENSON
Management Team..DENNIS & LOUISE TWIGG
Executive Chef.....JUSTIN GRIER
Activity CoordinatorCHANTEL SMITH
MaintenanceJACOB STITH
Bus DriverJACQUELYN 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

Jim and Joyce Burch: Facing the World Together

In Jonesboro, Georgia, Joyce was born to Louie and Melba Fleming. Louie was known as a meticulous painter. In McDonough, Georgia, Jim was born to Andrew and Jewell Burch and his mother, Verdie Green Barrana. In high school, Joyce enjoyed being a cheerleader and member of the Beta Club. Jim was a member of the Spanish Club, manager of the basketball team, and played football.

One day, Jim spotted a pretty girl at a nearby carnival, jumped on the nearest horse, and chased her around on the carousel. She was Joyce and they ended up getting married while still in high school, and they have been married for 68 years now. They have four children — two boys and two girls, seven grandchildren and 14 great-grandchildren. Called to the ministry, Jim attended Truet University, Shorter College, New Orleans Baptist Theological Seminary, and the Baptist Theological Seminary at Wake Forest. Joyce supported Jim by working at Belk, Vance Technical Institute, and North Carolina State where she retired.

Jim was ordained in 1962 by North Clarendon Church in Atlanta, Georgia. His first full-time church was First Baptist Church in Lula, Georgia. After over 40 years in the ministry, he retired. A precious member of the family is Trooper. Joyce found the little dog who snuggled right under her neck. Then on her way home riding to the airport, she was stopped by an Indiana Trooper. Later, they decided to name their dog Trooper, who likes to ride inside and around the building in Jim's power chair.

They toured Carolina Estates with their two sons and decided to stay. They enjoy the beauty of the building and the surrounding country. The friendliness of the people here has impressed them.



Joyce, Jim, and Trooper



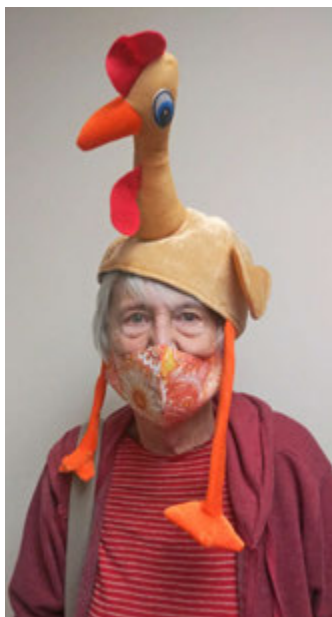
Fun Times at Carolina Estates

Fun times at Carolina Estates. Carolina Estates is a fantastic community!

It's filled with love and smiles!



Caroleen Minor dressed in her halloween costume



Betty Herbst



Happy Anniversary to the Townsends!



Kathleen doing some shopping off the community store cart



Veterans Day Missing Man Table



Amarylis and UMC Minister Lloyd



The Words of Dr. Martin Luther King

In honor of Martin Luther King, Jr. Day on January 18th, here are some of his most enduring speeches.

Montgomery bus boycott speech —

One of King's first public speeches took place on December 5, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.



"I Have a Dream" — King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on August 28, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

Nobel Peace Prize speech — In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on December 10, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

"How Long, Not Long" — On March 25, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one ... but we must keep going."

"I've Been to the Mountaintop" — King gave his final address in Memphis, Tennessee, on April 3, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.

Legacy Healthcare: Post-Holiday Blues

Feeling down and out after the holiday rush is over? After weeks, maybe even months, of decorating, shopping and wrapping, baking, visiting and being visited, the whole thing is over in a day or two. Some studies show as many as 25 percent of Americans suffer from low-grade to full-blown depression after the holidays. The hype and excitement and, yes, expectation, for jolliness buoy up many in the buildup to the Big Day then back to reality. You're not alone. Here are some helpful tips to help overcome those blues.

- Take care of yourself. After a month of eating more sugary foods and big portions, get back on track with a healthy diet.
- Exercise regularly. Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function.
- Call a friend. Steer the conversations away from a festival of complaints and commiseration, to a lively conversation of what has been going well and what you can laugh about.
- Make a pact with yourself. Do something small but positive for yourself at least five times a day. Stay in that hot shower a few extra minutes. Get nicely dressed and comb your hair. Make the bed up clean. Straighten up your kitchen. Make yourself a cup of tea and let yourself have 10 minutes to savor it.
- Arrange things to look forward to. The holidays aren't the end of life as we know it. They are only the end of the holidays. It's time to shift the focus to everyday things that give us pleasure.

From Your Legacy Friends in Apt 240.













JAN 2021

Birthdays

Jim S., 5th
Frank All., 14th
William R., 15th
Dennis Twigg,
15th (Employee)
Marjorie R., 15th
Jane Ellen W., 17th
Ken H., 18th
Ratanza Y., 19th
Nancy J., 21st
Paul C., 23rd
Sheldon S., 25th
Theresa O., 26th

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>NEW YEAR'S DAY1</div> <div>Shopping and Errands, FL</div> <div>9:30 Radiate Exercise, AR</div> <div>2:30 Canasta, BR</div> <div>3:00 Bingo, AR</div> <div>7:00 Movie and Popcorn Night, TV</div> <div>7:00 Poker, AR</div>	<div>2</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>3</div> <div>10:30 Worship Services, CH</div> <div>3:00 Movie Matinee, TV</div> <div>7:00 Movie Night, TV</div>	<div>4</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>2:30 Bridge, BR</div> <div>3:00 Bingo, AR</div> <div>7:00 Poker, AR</div>	<div>5</div> <div>Medical Appointments, FL</div> <div>9:30 Movement with Robin, AR</div> <div>10:00 The Knit Wits Knitting & Crocheting Club, LB</div> <div>2:00 Chicken Dance with Chantel, AR</div> <div>3:00 Bingo, AR</div> <div></div>	<div>6</div> <div>Shopping and Errands, FL</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>7</div> <div>Medical Appointments, FL</div> <div>10:30 Brain Training, AR</div> <div>2:00 Chef/Residents' Meeting, AR</div> <div>2:30 Skip-Bo, BR</div>	<div>8</div> <div>Shopping and Errands, FL</div> <div>9:30 Radiate Exercise, AR</div> <div>10:30 Baking Christmas Cookies, AR</div> <div>2:30 Canasta, BR</div> <div>7:00 Movie and Popcorn Night, TV</div> <div>7:00 Poker, AR</div>	<div>9</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</div> <div>10:30 Worship Services, CH</div> <div>3:00 Movie Matinee, TV</div> <div>7:00 Movie Night, TV</div>	<div>11</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>2:30 Bridge, BR</div> <div>7:00 Poker, AR</div>	<div>12</div> <div>Medical Appointments, FL</div> <div>9:30 Movement with Robin, AR</div> <div>10:00 The Knit Wits Knitting & Crocheting Club, LB</div> <div>2:00 Chicken Dance with Chantel, AR</div> <div>3:00 Bingo, AR</div>	<div>13</div> <div>Shopping and Errands, FL</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>14</div> <div>Medical Appointments, FL</div> <div>10:30 Brain Training, AR</div> <div>2:00 Mgr/Resident Meeting, AR</div> <div>2:30 Skip-Bo, BR</div> <div></div>	<div>15</div> <div>Shopping and Errands, FL</div> <div>9:30 Radiate Exercise, AR</div> <div>2:30 Canasta, BR</div> <div>7:00 Movie and Popcorn Night, TV</div> <div>7:00 Poker, AR</div> <div></div>	<div>16</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>17</div> <div>10:30 Worship Services, CH</div> <div>3:00 Name That Tune with Manager Eric, AT</div> <div>3:00 Movie Matinee, TV</div> <div>7:00 Movie Night, TV</div> <div></div>	<div>MARTIN LUTHER KING JR. DAY18</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>10:30 Test Your Hawaiian Knowledge Trivia, AR</div> <div>2:30 Bridge, BR</div> <div>7:00 Poker, AR</div> <div></div>	<div>19</div> <div>Medical Appointments, FL</div> <div>9:30 Movement with Robin, AR</div> <div>10:00 The Knit Wits Knitting & Crocheting Club, LB</div> <div>11:00 Kona Coffee Tasting, AR</div> <div>2:00 Chicken Dance with Chantel, AR</div> <div></div>	<div>20</div> <div>Shopping and Errands, FL</div> <div>9:30 Radiate Exercise, AR</div> <div>9:30 Hula Moves in Hawaii, AR</div> <div>10:00 Intro to Mindfulness Class with Ken, CH</div> <div>2:00 Blood Pressure Check, AR</div> <div>3:00 Blue Hawaiian Meet Your Neighbor Social, AR</div> <div>7:00 Senior Learning Series, TV</div>	<div>21</div> <div>Medical Appointments, FL</div> <div>10:30 Brain Training, AR</div> <div>2:30 Skip-Bo, BR</div> <div>2:30 Yellow Medication Bag Information, AR</div> <div>7:00 Movie Night in Kauai, TV</div> <div></div>	<div>22</div> <div>Shopping and Errands, FL</div> <div>9:30 Radiate Exercise, AR</div> <div>10:30 Baking Christmas Cookies, AR</div> <div>10:30 Kona Coffee Bean Eye Cream, AR</div> <div>2:00 Pineapple Smoothie, AR</div> <div>2:30 Canasta, BR</div> <div>7:00 Movie and Popcorn Night, TV</div> <div>7:00 Poker, AR</div>	<div>23</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></div>
<div>24</div> <div>10:30 Worship Services, CH</div> <div>3:00 Giant Games with Manager Amy, AR</div> <div>3:00 Movie Matinee, TV</div> <div>7:00 Movie Night, TV</div>	<div>25</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>10:30 Test You Fiji Knowledge Trivia, AR</div> <div>2:30 Bridge, BR</div> <div>7:00 Poker, AR</div> <div></div>	<div>26</div> <div>Medical Appointments, FL</div> <div>9:30 Movement with Robin, AR</div> <div>10:00 The Knit Wits Knitting & Crocheting Club, LB</div> <div>11:00 Relaxing Hand Massages in Fiji, AR</div> <div>2:00 Chicken Dance with Chantel, AR</div> <div>3:00 Bingo, AR</div> <div></div>	<div>27</div> <div>Shopping and Errands, FL</div> <div>9:30 Radiate Exercise, AR</div> <div>10:00 Intro to Mindfulness Class with Ken, CH</div> <div>10:30 Aromatherapy in Fiji, AR</div> <div>2:00 Blood Pressure Check, AR</div> <div>3:00 Coconut No Bake Snack, AR</div> <div>7:00 Senior Learning Series, TV</div>	<div>28</div> <div>Medical Appointments, FL</div> <div>10:30 Brain Training, AR</div> <div>2:30 Skip-Bo, BR</div> <div>2:30 Activity/Resident Meeting, AR</div>	<div>29</div> <div>Shopping and Errands, FL</div> <div>9:30 Radiate Exercise, AR</div> <div>10:30 Coconut Lotion Bar, AR</div> <div>2:00 Coconut Water Smoothie, AR</div> <div>2:30 Canasta, BR</div> <div>7:00 Movie and Popcorn Night, TV</div> <div>7:00 Poker, AR</div>	<div>30</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>31</div> <div>10:30 Worship Services, CH</div> <div>3:00 Movie Matinee, TV</div> <div>7:00 Movie Night, TV</div>						



Carolina Estates' Honor Wall

For those of you who are new to our community or who do not know, we have a Honor Wall here at Carolina Estates. On this Wall, we feature the military veterans who live with us here at our community. If you are a military veteran and have yet to have your photo placed on our Wall, please see Chantel so that she can see to it that you have the place you deserve on the Honor Wall. Please bring with you a photo of yourself when you were in the service, but don't worry if you do not have one. Chantel will place your branches emblem in its place instead.



Carolina Estates' Wall of Honor

Mysterious Construction Project

Some of you might be curious about the construction project in the back of the building. Well, my name is Adam Jessup and I am here to tell you about it. I am a junior at Page High School and I am a Boy Scout member of Troop 216. I am working on getting my Eagle Scout rank and I am building an enclosed gardening bed center for my project. I was informed that deer have been eating crops that were planted in the old gardening bed and there was limited space to plant. I am constructing a gardening center that should fix these problems. It will be 8' tall and 12'x 15' wide. This will ensure no deer will be able to get inside along with plenty of room to plant. There will be a slope entrance and a wooden floor in the inside so it will be easily accessible. I think it will be a great addition to the community upon completion. I would like to say a special thanks to Activity Coordinator Chantel and Manager Dennis.



Boy Scout Members



Island Hopping 2021 Hawthorn Adventure

Swaying palms, powder-fine beaches, and clear blue waters — get ready Carolina Estates, for a tropical getaway you won't soon forget! Beginning the week of January 18th through February 5th, Carolina Estates will be embarking on an Island-Hopping adventure through the Pacific Islands! You'll enjoy three weeks of sun, sand, rest and relaxation as we explore these amazing destinations:

- Hawaii
- Fiji
- New Zealand

As we make our scheduled stops, we will be experiencing the food, history and culture of each of these beautiful destinations. Be sure to attend the Island-Hopping Kickoff on Wednesday, January 13th, to get all of your travel information. If you have any additional questions like what to pack or weather conditions, be sure to check in with your Travel Guide, Chantel Smith, for all the details.



Guess Who?

Guess who I am. Submit all answers to Chantel in the Activity Room to pick up your prize. The answer will be revealed in the February newsletter, so stay tuned. If you would like to be featured in the monthly newsletter, please see Chantel in the Activity Room.



This resident lives on the 1st Floor.

Follow Us on Facebook

We have a Facebook page! It is: [CarolinaEstatesgraciousretirementliving](https://www.facebook.com/CarolinaEstatesgraciousretirementliving).

Get your family and friends to follow us on Facebook! This way, they can see all the pictures of our residents doing daily activities and on outings.



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