

Carolina Estates

Gracious Retirement Living

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

FEBRUARY 2021

CAROLINA ESTATES STAFF

Managers.....ERIC & AMY BENSON
Management Team..DENNIS & LOUISE TWIGG
Executive Chef.....JUSTIN GRIER
Sous ChefWILLIE LANE
Activity CoordinatorCHANTEL SMITH
MaintenanceJACOB STITH
Bus Driver.....JACQUELYN GRAVELLE

OFFICE HOURS

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

TRANSPORTATION

Monday & Friday, 9 a.m.-2 p.m.:

Shopping/Errands Day

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

Medical Appointments Only

Wednesday, 9 a.m.-2 p.m.: Scenic

Outings and Shopping/Errands Day

Meet Your New Executive Chef Justin

Chef Justin is 29 years old, married and has three beautiful boys, ages 5, 3 and 1 year old. He is from Salisbury, North Carolina. He started out as a kitchen helper in 2010 at one of our other Hawthorn Communities, Oak Park Gracious Senior Living, and worked his way up to become an Executive Chef in 2017. He has been with the company for 11 years and has won three Culinary Pride Awards and one Gingerbread House Contest throughout all the other Communities. Congratulations, Justin, and we are so thrilled to have you here at Carolina Estates.



Justin Grier

Celebrating Black History Month

Each February, America observes Black History Month. This tribute to African Americans who have made an impact on the U.S. and the world was born from one man's call to action.

Historian and author Carter G. Woodson wanted the contributions of heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created a weeklong event to promote Black history, and chose the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial. When President Gerald Ford signed the proclamation, he urged everyone to join in the "tribute to Black History Month and the message of courage and perseverance it brings to all of us."

HAWTHORN
SENIOR LIVING



Where the Heart Is

Because heart disease is fast becoming the No. 1 cause of death, primarily among women, Americans are doing all that they can to raise awareness. Since 1963, February has been recognized as American Heart Month.

Many campaigns have since been started, including Go Red for Women, The Heart Truth Campaign and National Wear Red Day.

Go Red for Women was started in 2004 by the American Heart Association as a way to make women aware of the facts about heart disease. With various activities, Go Red for Women raises money to fund research and

educational programs. The Heart Truth Campaign has a similar mission to raise awareness of heart disease, predominantly in women. The symbol for both campaigns has become the red dress, meant to show that heart disease does not only strike men, but women as well. As a way to promote the red dress symbol and heart disease awareness, wear red on February 5, 2021.



Groundhog Stars

Every year, in the early hours of February 2nd, Punxsutawney Phil is pulled from his temporary tree trunk den at Gobbler's Knob in western Pennsylvania. There, thousands gather and many more watch on TV to see if Phil sees his shadow. If he does, it's a sign of six more weeks of winter. If he doesn't, spring is just around the corner.

But there are other weather-forecasting groundhogs who take the spotlight on Groundhog Day. Phil has a rival across the way in eastern Pennsylvania: Grover the Groundhog. Head to the Midwest and Buckeye Chuck carries on the tradition in the Buckeye State of Ohio.

In New York City, Charles G. Hogg, also known as Staten Island Chuck, makes his prediction from his log cabin home at the Staten Island Zoo. For over 50 years, western New York has looked to Dunkirk Dave for a seasonal projection.

Down South, folks in Raleigh, North Carolina, check in with Sir Walter Wally outside the city's science museum. And there's the Cajun groundhog, a nutria rodent named Pierre C. Shadeaux, who forecasts how long spring will last before the summer heat hits Louisiana.

Committed: Six Years of Service

Join Chantel in the Activity Room on Wednesday, March 3rd, at 3 p.m. for an Ice Cream Social. Chantel started working at Carolina Estates March 3, 2015. She started out as the 3rd floor housekeeper and was promoted to Activity Coordinator in April 2018.



Say It With Heart

With Valentine's Day and American Heart Month, February is focused on the heart. The universal symbol of love is also found in many common expressions.

Home is where the heart is — This means that your home is the place where you are the happiest, whether it's an actual location or simply being with people you love. The saying has been attributed to the ancient Roman author Pliny the Elder.

Young at heart — An older adult who has a youthful outlook and a zest for life is said to be young at heart, no matter his or her real age.

Follow your heart — Someone who makes a decision based on emotions or intuition follows his or her heart.

Absence makes the heart grow fonder — Being apart from someone special can strengthen your feelings for that person. The idiom is centuries old and was made popular by an 1800s ballad.

Wear your heart on your sleeve — People who express their emotions freely and openly are said to wear their heart on their sleeve. The first written use of the phrase was in William Shakespeare's "Othello."

Heart of gold — Just as gold is valuable, a person who is kind and generous is valued and is described as having a heart of gold.



Holiday Postcard Making

Due to Covid, 2020 was a really hard time for all of us. During the holidays Chantel and Robin from Legacy Healthcare had taken pictures of the residents and had the residents write a message on the postcard and we mailed them to their families.



Barbara and Charlie



The Hickeys



Frances B.



Marion G.



Herbert K.

FEB 2021

Birthdays

Frank Alt., 3rd
Penny W., 6th
Doris S., 9th
William Wood,
12th (Employee)

Locations

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

**Affordable
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floor across from
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for more information
at 919-208-5247.

**“We must
absolutely take
care of one
another.”**

—Ruby Bridges

—Ruby Bridges

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Shopping and Errands, FL 1 9:30 Chair Fitness in New Zealand with Chantel, AR 10:00 The Knitting Group, LB 10:30 Test Your New Zealand Knowledge, AR 10:30 Walker Decorating with Annah, AR 2:30 Bridge, BR 2:30 Bingo in New Zealand, AR 3:45 Bingo in New Zealand, AR 7:00 Downton Abbey Series, TV	9:30 Yoga in New Zealand with Robin and Chantel, AR 2 10:30 Chair Drumming in New Zealand, AR 10:30 New Zealand Challenge Puzzle Sheets, AR 11:30 Door Decorating with Chantel, AR 2:30 Bingo, AR 3:45 Bingo	Shopping and Errands, FL 3 11:00 Out to Lunch, FL 2:00 Blood Pressure Clinic, AR 2:30 Learn How to Crochet with Chantel, AR 2:30 Scattergories Board Game, BR 3:30 Kiwi Scavenger Hunt, AT 7:00 Great Courses Learning Series, TV 	9:30 Chair Fitness in New Zealand with Chantel, AR 4 10:30 Chef/Resident Meeting, AR 2:30 Skip-Bo, BR 2:30 Swap Shop in New Zealand, AR 7:00 New Zealand Movie Night, TV	Shopping and Errands, FL 5 9:30 Chair Fitness in New Zealand with Chantel, AR 10:30 Arts and Crafts with Chantel, AR 2:30 Canasta, BR 2:30 Bingo, AR 3:45 Bingo, AR 7:00 Movie and Popcorn Night, TV	10:30 Wii Bowling, AR 2:30 Bingo, AR 2:30 Canasta, BR 7:00 Movie Night, TV 
10:30 Worship Service, CH 3:00 Matinee Movie: The Crown Series, TV 6:30 Super Bowl LV, TV 7	Shopping and Errands, FL 8 9:30 Stronger Seniors Exercise, AR 10:00 The Knitting Group, LB 10:30 Chair Volleyball with Chantel, AR 2:30 Bridge, BR 2:30 Bingo in New Zealand, AR 3:45 Bingo in New Zealand, AR 7:00 Downton Abbey Series, TV	9:30 Movement with Robin, AR 9 10:30 Cardio Drumming with Chantel, AR 2:30 Bingo, AR 3:45 Bingo 	Shopping and Errands, FL 10 9:30 Let's Move with Chantel, AR 10:30 Writers Group/Pen Pal Writing with Chantel, AR 2:00 Blood Pressure Clinic, AR 2:30 Learn How to Crochet with Chantel, AR 2:30 Scattergories Board Game, BR 7:00 Great Courses Learning Series, TV	9:30 Chair One Fitness with Chantel, AR 11 10:30 Valentine Cookie Making with Chantel and Justin, AR 2:15 Manager/Resident Meeting, AR 2:30 Skip-Bo, BR 3:00 Wii Open Bowling, AR 3:00 Scrapbook Making with Chantel, AR	Shopping and Errands, FL 12 9:30 Stronger Seniors Exercise, AR 10:30 Arts and Crafts with Chantel, AR 2:30 Canasta, BR 2:30 Bingo, AR 3:45 Bingo, AR 7:00 Movie and Popcorn Night, TV 	10:30 Wii Bowling, AR 2:30 Bingo, AR 2:30 Canasta, BR 7:00 Movie Night, TV
VALENTINE'S DAY 14 Happy Valentine's Day 10:30 Worship Service, CH 11:30 Valentine's Day Dinner, DR 1:00 Valentine's Day Dinner, DR 2:30 Name That Tune with Eric, AT 3:00 Matinee Movie: The Crown Series, TV 7:00 Movie Night, TV	PRESIDENTS DAY 15 Shopping and Errands, FL 9:30 Stronger Seniors Exercise, AR 10:00 The Knitting Group, LB 10:30 Mardi Gras Mask Making with Chantel, AR 2:30 Bridge, BR 2:30 Bingo in New Zealand, AR 3:45 Bingo in New Zealand, AR 7:00 Downton Abbey Series, TV	16 Wear Your Mardi Gras Beads 9:30 Movement with Robin, AR 2:00 Mardi Gras Photo Booth, AT 2:30 Bingo, AR 3:45 Bingo	ASH WEDNESDAY 17 9:30 Scenic Outing with Chantel, FL 2:00 Blood Pressure Clinic, AR 2:30 Scattergories Board Game, BR 3:00 Aim Hearing Aid Cleaning, AR 3:00 Ambassadors Meeting, LB 7:00 Great Courses Learning Series, TV	18 9:30 Chair One Fitness with Chantel, AR 10:30 Brainteasers with Chantel, AR 2:30 Activity/Resident Meeting, AR 2:30 Skip-Bo, BR 3:00 Wii Open Bowling, AR	Shopping and Errands, FL 19 9:30 Stronger Seniors Exercise, AR 10:30 Arts and Crafts with Chantel, AR 2:30 Canasta, BR 2:30 Bingo, AR 3:45 Bingo, AR 7:00 Movie and Popcorn Night, TV	20 10:30 Wii Bowling, AR 2:30 Bingo, AR 2:30 Canasta, BR 7:00 Movie Night, TV
10:30 Worship Service, CH 3:00 Matinee Movie: The Crown Series, TV 7:00 Movie Night, TV 21	Shopping and Errands, FL 22 9:30 Stronger Seniors Exercise, AR 10:00 The Knitting Group, LB 10:30 Chair Volleyball with Chantel, AR 2:30 Bridge, BR 2:30 Bingo in New Zealand, AR 3:45 Bingo in New Zealand, AR 7:00 Downton Abbey Series, TV	23 9:30 Movement with Robin, AR 10:30 Cardio Drumming with Chantel, AR 2:30 Bingo, AR 3:45 Bingo	Shopping and Errands, FL 24 9:30 Let's Move with Chantel, AR 10:30 Writers Group/Pen Pal Writing with Chantel, LB 2:00 Blood Pressure Clinic, AR 2:30 Learn How to Crochet with Chantel, AR 2:30 Scattergories Board Game, BR 6:30 Book Club with Amy, LB 7:00 Great Courses Learning Series, TV	25 9:30 Chair One Fitness with Chantel, AR 10:30 Brainteasers with Chantel, AR 2:30 Skip-Bo, BR 3:00 Wii Open Bowling, AR 3:00 Scrapbook Making with Chantel, AR	Shopping and Errands, FL 26 9:30 Stronger Seniors Exercise, AR 10:30 Arts and Crafts with Chantel, AR 2:30 Canasta, BR 2:30 Bingo, AR 3:45 Bingo, AR 7:00 Movie and Popcorn Night, TV	27 10:30 Wii Bowling, AR 2:30 Bingo, AR 2:30 Canasta, BR 7:00 Movie Night, TV
10:30 Worship Service, CH 2:30 Name That Tune with Eric, AT 3:00 Matinee Movie: The Crown Series, TV 7:00 Movie Night, TV 28						



Meet Our New Bus Driver, Jacquelyn

Our new bus driver, Jacquelyn (but she goes by Jackie), was born and educated in Beaver, Pennsylvania, and attended Beaver Senior High School. She was a daredevil gymnast, especially enjoying the trampoline and the balance beam. Softball was an additional activity.

After graduation she worked at a deli for two months then worked in Washington, D.C., for the FBI filing papers for 11 months. She found the job very boring and decided to resign to become a waitress again at O'Donell's.

In 1979 she got married. She and her husband, Pete Harner, had a son and a daughter four years apart. During this time she worked at Memco for six years before the business closed down. When their children went to school Jackie opened a daycare in her home for four years. Then she returned to waitressing.

In Montgomery County, Maryland, in 1995 she started driving a school bus for special needs children for 16 years. She thoroughly enjoyed the kids, including a set of twins who threw their socks out the window every day. She worked for a brief time in building maintenance. Following that she approached a close friend, the owner of Coughlin Transportation. She became a driver there for private schools from 2011 to 2020. When Covid-19 hit she had to quit.

When a friend extolled the virtues of Greensboro she decided to try it out. She now happily lives in a two-bedroom townhouse located in Kernersville, North Carolina. She accepted a job driving the bus for Carolina Estates. She has proven to be an excellent driver.

On a favorite day you may find her on the beach under an umbrella breathing in the ocean breezes, or in town browsing the antiques and consignment shop.



Jacquelyn Gravelle

Chitchat Corner With Chantel: “Staying Positive in a Negative World”

It's hard to ignore the information shared on TV, on social media and even from each other. There's so much negative talk that it can really have an impact on your spirits, your mind and your life. I know this is a very challenging time that surrounds us right now, but we still have to be kind to each other, have empathy for each other, have patience with one another and genuinely care about each other. Whether our skin color matches, our thought process differs, our beliefs vary, or our lives are at a different stage — we have to remember if you say that you love God, all

that makes us different should bring us together. Hate of any type has no room in making this a better place to live in. Embrace more of what is beautiful, count all your blessings seen and unseen, and spread a lot of love. A lot of love will, if enough is shared, change our negative world into a positive one!



Goodbye, 2020! We Made It — 2021 Is Here!

Happy New Year! Wishing everyone health, wealth and happiness in the new year ahead. May the days be filled with eternal happiness for you and your family!



Caroleen and Grover M.



Chantel and the housekeepers



Lorraine K.



Mary N.



Part-time servers



Sandra E.



Frances B.



Managers Eric and Amy



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