

FIRE SAFETY AND YOU

I have been at Croasdaile Village a little over three months. It has been busy and fast-paced but rewarding. We have had many discussions in person and during various meetings regarding fire safety and procedures in our community. I think now would be a good time to review the fire safety items listed in the Resident Handbooks for improved safety.

The following information comes directly from your Croasdaile Village Resident Handbook (April 2009), Section 3: page 41:

Safety Procedures

Fire

If a resident smells smoke or spots a fire in his/her living unit, the following procedures should be followed:

- Remove all persons from the immediate area of the fire.
- Activate a fire alarm pull station in the hallways of the apartment buildings. Resident's smoke detectors are **NOT** connected to the main fire alarm system. It is important to activate a pull station. Cottages **DO NOT** have pull stations. Call 3333 or 9-911.
- **LEAVE** the apartment or cottage immediately, close but do not lock the door. Use the nearest fire exit to leave the area or walk down the open corridor and wait for Croasdaile Village staff assistance. See Assistance Requested During an Emergency (top of page 44).

When a resident hears a **FIRE ALARM** – the first rule is, "It is never a drill."

- Close all windows and doors (do not lock doors). Shut off fans and air conditioners.
- Remain in the apartment (shelter in place) unless directed to evacuate by Croasdaile Village staff or emergency personnel.
- Do not call Security, those phones must be open for emergency personnel.

Residents who are in the Village Commons, Ponder Auditorium, library or dining area when the fire alarm rings, should remain where they are until advised by staff. Halls and doorways must remain clear for emergency equipment.

Fire alarm testing is conducted periodically in the residential apartment buildings and is announced in advance.

Smoke and Fire Alarms (from bottom of page 44)

Learn the location of fire alarms in the corridors.

Smoke alarms in the living units are **NOT** connected to the

main fire alarm system. When the alarm goes off, if there is smoke, call Security, **3333**, immediately. If there is no smoke, a new battery may be required, call Maintenance, 3555. Usually the smoke detector will chirp when the battery needs replacing.

At frequent intervals, review the nearest exit in the event of evacuation of the building. Plan an escape in advance, noting two possible exits. Evacuation plans are posted throughout the buildings.

Maintenance will test smoke alarms on a regular basis.

I hope this review of fire safety procedures will help residents remain safe during emergencies and allow Croasdaile Village staff and emergency responders to assist in the most effective, organized manner possible. If you have any questions or concerns contact me at **2902**.

Stay safe and wear your PETs,

Alan Roberts, Safety & Security Director

- Question and Answer Session with Durham Police Chief, Jose' Lopez - March 24th - 10:00 a.m. in the Main Dining Room (café area). Chief Lopez will be discussing updates from The Durham Police Department.

- A **Lap Swim Buddy** is provided Monday, Wednesday and Friday 11:00-12:00. Call 2222 for more information.

- **ActivPilates** - every Thursday at 11:00 in the Lower Level Meeting Room.



- **Meet & Greet** - March 16th, LLMR, Dr. Soule from the Carver St. Vet Clinic will speak with residents about on-site pet services.



Patty Gentry and Carol Roycroft cooked and served food at the Good Samaritan Shelter on Monday evening, February 28th.

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Editor: Patty Gentry,
Resident Services

Thought For The Week

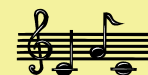
Courage is Grace under pressure.

~Ernest Hemingway

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Music Appreciation - Thursday, March 17th, "Ravel, on his Birthday" - 9:30 a.m. in the LLMR.



Croasdaile Village



THE VILLAGER

The United Methodist Retirement Homes, Inc.

AT DEWITT'S END

I was delighted to read that the resident and team participation in the Durham School of Science and Mathematics food drive was so successful. The residents of Croasdaile Village raised over \$13,000 for the drive, and actual food contributions literally filled the large transportation bus during Saturday's collections.

The DSSM kids collected a total of 559,885 pounds of food for the Food Bank of Central and Eastern North Carolina. This is a new world record; the previous record being 509,147 pounds. The

Croasdaile Village residents and team were an important part of that success, and I'd like to take this opportunity to express my appreciation.

I hope this is not the last time that our family works together for the betterment of the community at large. This was an admirable effort, and something about which we can all be proud.

Howard

NATIONAL NUTRITION MONTH

March is National Nutrition Month and the theme from the American Dietetic Association is eat right with color. Adding a variety of colors to your plate adds a variety of nutritional benefits. For example:

• **Green:** avocados, apples, grapes, honeydew, melons, kiwi, limes, artichokes, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

• **Orange and deep yellow:** apricots, cantaloupe, grapefruits, mangos, papayas, peaches, pineapples, carrots, yellow peppers, yellow corn and sweet potatoes

• **Purple and blue:** blackberries, blueberries, plums, raisins, eggplant, purple cabbage and purple-fleshed potatoes

• **Red:** cherries, cranberries, pomegranate, red/pink grape fruit, red grapes, watermelon, beets, red onions, red peppers, rhubarb and tomatoes

• **White, tan and brown:** bananas, brown pears, dates, white peaches, cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed pota-

toes and white corn.

To support this nationally recognized event the Fitness Center would like your favorite HEALTHY recipe!

Jan is asking Croasdaile Village residents to bring their favorite healthy recipes to the Fitness Center. Recipes can be submitted anytime during the month of March.

We will use all the recipes received and to make a Fitness Center Recipe Book to share.

Jan can be reached by calling ext. 2222.

Have a healthy month!

Patty Gentry

Information for this article was obtained from www.eatright.org

ASK THE EDITOR

Last week we announced there would be an “Ask the Editor” column in the weekly Villager. The column would answer questions asked by the residents and submitted to the Editor by placing them in a sealed envelope and leaving them at the Village Commons Reception desk: Attention Patty Gentry. Writers may remain anonymous if requested.

Dear Editor:

Falling is one of the most feared accidents for older people. When one comes into any door from outside, it is a severe hazard when it has rained or snowed. The floors can become very slippery. Why can't we resume placing a large rug just inside these doors?

Wow! This is an excellent question. Early American evangelist Lorenzo Dow coined a phrase that seems to speak well to this matter: “You are danged if you do, and danged if you don't!” (Actually, he said it a little differently, but I'll not do a direct quote.)

For years, we used large walk-off mats at all of our entrances to ensure that residents did not fall as a result of wet floors. The rugs certainly helped with this, and had the added benefit of protecting our carpets.

The problem is that the wrinkles and rolls in the rugs caused as many falls as they stopped. Many of our residents use electric mobility scooters and wheelchairs, and the rolls or wrinkles in the mats were caused when these machines crossing the rugs. Our team spent a tremendous amount of time attempting to straighten the mats, and they could not ensure that the mats would lie flat. We attempted to fix the situation by putting “no creep” pads and even two-sided carpet tape under the mats: neither method was effective. As the mats began to age, the problem was exacerbated, and falls or near falls became much more prevalent.

It was this issue that led me to direct that the mats be removed. Several of our best safety resources recommend

that communities cease the use of walk-off mats. The decision remains a point of contention, and is often debated.


Howard

HIGH FREQUENCY HEARING LOSS

High frequency hearing loss is a “sneaky”, subtle type of hearing loss. The individual with this type of hearing loss hears well in the lower tones and poorly in the higher tones. Only “half” of normal hearing is heard because there is still the perception of normal volume. Spouses and close friends are the first to notice and may complain about “selective” hearing.

Many individuals ignore high frequency hearing loss; especially if it is unilateral (one-sided) however, there are consequences. Common complaints of those with high frequency as well as unilateral hearing losses are difficulty understanding speech in background noise, misunderstanding punch-lines of jokes, difficulty following conversation in groups, and missing sarcasm or tone of voice. There is greater likelihood of withdrawal from social interaction due to amount of energy expended for understanding; gaps in conversations and less social confidence. This can lead to depression and poor relationship interactions. Missing out on the “incidentals” of conversations can erode relationships, a bigger cost than one expects from this type of hearing loss.

Anita Carroll, Audiologist



Happy Birthday

Louise Byrum – 11 Hazel Kayler – 11 Robert McCorkle – 12
Virginia Johnston – 15 Ginny Wilcox – 15
Betsey Miller – 17 Betty Ray – 17
Nancy Gilbert – 18 David Pendleton – 18

WHAT ARE YOU SAYING?

I was sitting in my bedroom on Saturday morning minding my own business when my cell rang. I looked at the caller ID and saw that it was an “unavailable” number. “Hmmm, who is trying to sell me something now?” When I answered, the gentleman on the other end began to talk at a rapid pace telling me something about using my credit card and gas rebates. At first, I thought it was my credit card company telling me that someone had been using my card, but after I asked the gentleman to slow down and repeat himself I learned that somehow he got my name, address and telephone number from a business with whom I had recently made a purchase.

He stated that he worked for a company called Vista Services and because I was a “preferred customer” I could get coupons and \$120 in gas rebates. I inquired as to which business gave him my personal information including the last four digits of my credit card number. He did not have that information. Does it make sense that this Vista Services receives personal information from anonymous companies? Hmmm, as I continued my questioning the gentleman told me that our conversation was being recorded for my safety. Interesting that he did not share this valuable information with me at the beginning of our conversation!

After most of my questions were answered I repeated the offer he made to me at the beginning of the call. I finally asked, “So this does not cost me anything? I receive these gas coupons and that is it, right?” Well, that was not it. He kept pressing me to verify my address and completely botched the word “Durham” so that he could send me the coupons. Eventually, he came clean and explained that the coupons had a 30-day trial period and if I wanted to discontinue receiving the coupons then I would have to call a number and let them know before the end of the trial period. Oh, I've been down this road before. When I was much younger and more naïve I fell for this ploy and gave the necessary information, but not anymore. If I did not cancel then I would be charged \$29.95 per month to receive coupons at “places I frequently shop”. How do they know where I shop? I barely use my credit card except for travel.

When I heard about the catch I quickly stopped the gentleman in mid-sentence and explained to him that I was not interested in receiving anything from his organization and would appreciate if they would take my name off of their list. There might be a sucker born every minute, but I am not one of them.

I am sharing this experience with so our residents can gain knowledge from my experience. It is okay to question people on the phone. I even have residents who will question me

when I call them and for that I am thankful. We live in a day and age when we need to be aware of our surroundings, and in addition think about who we give any information over the phone.

Jennifer King,

Health Care Administrator

NCSSM FOOD DRIVE

Congratulations to the N.C. School of Science and Math for breaking the world record for the most food collected for charity in one day. The existing Guinness record was 509,000 pounds of food collected. The school collected 559,885 pounds of food on Saturday.

Croasdaile Village residents and employees collected 34,391 pounds of this food.

All food collected was donated to the Food Bank of Eastern and Central North Carolina. All who contributed food or money should be proud that you contributed to breaking a world record.

