

SPOTLIGHT ON GUSTAVO MONTANA, MD

Interview by Rich Hendel for the Communications Committee



Little would the young medical student Gustavo Montana realize that the unsanctioned (illegal?) little clinic he set up with a priest in Bogota, Colombia, would play an important part in his life. In 1960 when he came to America from Bogota, Gustavo had hoped to do the internship and surgical residency before returning home. Being a foreigner with poor language skills, he didn't have many choices and ended up at Cambridge City Hospital. Unbenown to him, C.C.H. had lost the accreditation for the surgical teaching program, so eventually Gustavo moved on to another Carney Hospital in Boston where he was able to continue training in surgery. However, Carney

Hospital did not offer the kind of academic training he hoped for. By chance one day Gustavo saw an add about a program just being organized in the relatively new field of radiation oncology, at Yale University. He applied, and partly because he had had that clinic in Bogota as well as some training in surgery in Boston, he got an immediate invitation to New Haven. Despite his language skills still being a bit of a problem, his 6 years at Yale changed his life. In the final year he became an instructor teaching other trainees.

One of his former colleagues at Yale invited him to join in the radiation oncology program at Harvard. It was not an entirely happy two years, so when he saw there was a new program in radiation oncology being organized at Vanderbilt, Gustavo moved to Nashville. By then he was not eager to return to Colombia as the country had grown unsafe. In 1971 he was invited to come to UNC to set up the radiation oncology department. After 13 years in Chapel Hill, frustrated by interference and control of the state legislature, he accepted an invitation to Duke where he became vice chair of the department. In 2001 Duke University named the Gustavo S. Montana Professorship in his honor. He retired in 2015.

Gustavo Montana comes from a modest family in Bogota. When his father was 15 years old, he had walked over 100 miles from the family farm to Bogota where eventually he became a butcher. Gustavo's mother, a skilled seamstress, came from a prestigious Colombian family. It was she who encouraged the children to study. There were four: the oldest was his sister. Gustavo was the youngest of the three brothers. In high school Gustavo had thought he might like to study to become an architect until an uncle convinced him that doctors were far more likely to be financially successful.

In retirement Gustavo now had time to learn to play the piano. His granddaughter's teacher agreed to take him on. He had loved classical music while still a child, but found learning to play the piano at age 80 was frustrating. His other passion was art. As a young medical student, he found it useful to draw the medical problems he was studying. While on sabbatical in Toulouse, France in 1989, he attended a Van Gogh exhibit and was so excited about the artist's use of color and the strokes that he began a serious study of his work. Since, he has become somewhat of an expert and has taught ten successful OLLI classes at Duke.

In 1964, while at Yale, he met his wife, Joan, on a blind date and married her in 1964. They have 3 wonderful and loving daughters and 3 priceless and beautiful granddaughters. Together, they have had a wonderful life. Gustavo and Joan moved to The Cedars in 2014.



AUGUST
2023

THE CEDARS POST

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LET'S CELEBRATE

SUMMER MOVIE MATINÉES



SINGIN' IN THE RAIN
Sunday, August 6, 2:30pm DuBose Activities Room

Singin' in the Rain is an American musical romantic comedy film directed and choreographed by Gene Kelly and Stanley Donen, starring Kelly, Donald O'Connor, and Debbie Reynolds and featuring Jean Hagen, Millard Mitchell and Cyd Charisse. It offers a lighthearted depiction of Hollywood in the late 1920s, with the three stars portraying performers caught up in the transition from silent films to "talkies." (1952)



THE OLD MAN & THE GUN
Sunday, August 13, 2:30pm DuBose Activities Room

Based on the true-life exploits of bank robber Forrest Tucker, this serio-comic tale recounts his daring escape from prison at age 70 and the long string of heists that preceded the bandit's final arrest at age 78. Starring Robert Redford, Casey Affleck and Danny Glover. (2018)



THE PURSUIT OF HAPPYNESS
Sunday, August 20, 2:30pm DuBose Activities Room

Chris Gardner is smart and talented, but his dead-end salesman job barely pays the bills. When he and his son are evicted, they face trying times as a desperate Chris accepts an unpaid internship at a stock brokerage firm. Starring Will Smith and Jaden Smith. (2006)



THE AFRICAN QUEEN
Sunday, August 27, 2:30pm DuBose Activities Room

As the First World War breaks out, a proud and pious missionary finds herself navigating a multitude of perils: the harsh African wilderness, dastardly German soldiers, and the sharp-tongued, gin-soaked steamboat captain who is her only ticket to safety. Starring Humphrey Bogart and Katharine Hepburn. (1951)

RICHARD TAZEWELL
PIANIST
Friday, August 18, 4pm
DuBose Activities Room

ROBERT GRIFFIN
JAZZ PIANIST
Thursdays, August 10 & 31, 4pm
DuBose Activities Room

BEYOND THE CEDARS

STATE FARMERS MARKET, RALEIGH

Wednesday, August 9, 10am Lobby

Considered one of the nation's best and most modern markets, the 30,000-square-foot State Farmers Market positively dazzles with specialty shops, restaurants and produce stands. Shoppers can browse and take home everything from fresh fruits and vegetables to meat and dairy products and even beautiful plants and gifts. With so much here, you could spend part of the day wandering from one friendly vendor to the next and also enjoy lunch at one of the eateries. **Register on Cedars Connect beginning August 1, deadline August 14. Cost: \$12 for transportation. Maximum 13 people.**



ENDSWELL ART GALLERY AND RELIQUARIUM TOUR (RESCHEDULED FROM JUNE) Thursday, August 17, 1:30pm Lobby

Endswell is one of only three providers of aquamation in North Carolina, and the only one located in Central North Carolina (Hillsborough). Aquamation is an environmentally friendly alternative to fire cremation. Rather than using 1700-degree heat, aquamation uses a more gentle process, known as alkaline hydrolysis. As people learn about aquamation and the benefits of choosing this method of final disposition, it is becoming increasingly popular as an option for end-of-life care. Cedars Members are invited to learn more about the process during a tour of the Endswell Gallery and Reliquarium. **Register on Cedars Connect beginning August 1, deadline August 16. Cost: \$7 for transportation. Maximum 13 people.**

MAKE IT TO THE BUS ON TIME

Please call Laura at 919-259-7944 on regular business days if you have signed up for an outing and are unable to attend or call the Concierge at 919-259-7937.



STATE FARMERS MARKET, RALEIGH Wednesday, August 9, 10am Lobby

ENDSWELL ART GALLERY AND RELIQUARIUM TOUR Thursday, August 17, 1:30pm Lobby

GREENSBORO SCIENCE CENTER Monday, August 21, 10am Lobby

GREENSBORO SCIENCE CENTER

Monday, August 21, 10am Lobby

Experience the wonders of an aquarium, science museum, zoological park, and immersive 3D theater all in one attraction! See sharks, penguins, otters, stingrays, a fishing cat and other amazing animals from around the world in the Wiseman Aquarium. Get eye-to-eye with tigers, meerkats, gibbons, lemurs and other unique animals in the Animal Discovery Zoo. Walk among dinosaurs in Prehistoric Passages, experience extreme weather, and have fun in SciPlay Bay in the Museum. **Register on Cedars Connect beginning August 1, deadline August 17. Cost: \$30 for ticket and transportation. Maximum 12 people.**



THE CEDARS EVENTS

THE CEDARS GROUP EXERCISE CLASS SCHEDULE

Activity Room — Dubose Health Center

MONDAY

- 8:30-9:00 Cardio Combo – Julie
- 9:30-10:00 Balance Basics – Julie
- 10:00-10:45 ZOOM Pilates Fusion – Joan
- 10:15-10:45 Balance Challenge – Julie
- 11:30-12:15 Tai Chi – Nina

TUESDAY

- 8:30-9:15 Total Body Strength and Stretch – Kevin
- 9:30-10:15 Sit and Be Fit – Julie

THURSDAY

- 8:30-9:00 Cardio Combo – Julie
- 9:30-10:15 Sit and Be Fit – Julie

FRIDAY

- 9:30-10:00 Balance Basics – Joan
- 10:15-10:45 Balance Challenge – Joan
- 11:00-11:45 Fit Friday (rotating classes) – Joan, Kevin, others



WELCOME TO THE CEDARS SATELLITE EXERCISE SPACE

Forsyth 4th Floor Alcove

- Equipment available: treadmill, elliptical and NuStep
- Hours: 6am – 4pm, Sunday – Saturday
- PERS cord will be available; Members exercise at their own risk.
- Sanitizing wipes will be provided.
- Members should bring their own water and personal towels.
- Sign-ins are required.
- For instruction on using equipment, contact Julie Hardison at 919-259-7922.
- This exercise space will be available beginning on August 5 and will close upon completion of the new exercise spaces.



WELCOME TO CAMDEN VILLA FOR CARD GAMES

Camden 2, 3, and 4th Floors



- Small group card games (8 or fewer) will be welcome to reserve space in the Camden Villa
- Reservations must be made through the Programs Department, 919-537-0128 or 919-259-7944
- Hours: 10am – 5pm, Sunday – Sunday
- Each Member group will be responsible for setting up and putting away game supplies
- The space will be available beginning August 5 and will close upon completion of the new cardroom.

CAMDEN VILLA

CARD GAME SCHEDULE – AUGUST 2023

	2nd Floor	3rd Floor	4th Floor
<i>Monday</i>	2pm - Chess Club	1pm - Men's Poker	2pm - Mexican Train Dominoes
<i>Tuesday</i>	1:30pm - Mah Jongg		1pm - Mah Jongg
<i>Wednesday</i>			1pm - Party Bridge
<i>Thursday</i>		1:30 pm - American Canasta	3pm - Scrabble
<i>Friday</i>	1pm - Women's Chess Club	2pm - Mah Jongg	1pm - Mexican Train Dominoes 2:30 pm - Canasta
<i>Saturday</i>	10am - Cribbage 1:30pm - Modern American Canasta	2pm - 6 Hand Canasta	2pm - Mexican Train Dominoes
<i>Sunday</i>			

ANNOUNCEMENTS

JEWELRY REPAIR WITH EVA MOGENSEN

Friday, August 4, 2-3pm DuBose Elm Dining Room

CEDARS PORCH COLLECTION

Monday, August 14, 8:30am

Food should be out for pickup by 8:30am on Front Porches or Veranda Parking Lot Bench, or you can leave a check anytime with the Clubhouse Concierge. Questions, contact Joy Metelits at 919-933-0724.



GET INVOLVED

SHABBAT SERVICE LED BY CONNIE MARGOLIN

Friday, August 11, 4pm DuBose Conference Room (2nd Fridays)

GREAT SHORT STORIES

Monday, August 14, 10am

Three stories by Flannery O'Connor

A Good Man is Hard to Find

Good Country People

Everything That Rises Must Converge

Stories can be found in *The Norton Anthology of Short Fiction* and often online.

Lectures on DVD

EXPERIENCING SHAKESPEARE: FROM PAGE TO STAGE

Taught by Alissa Branch, MA Professor, University of Oklahoma

Thursday, August 10

11am DuBose Activities Room

No Cedars University August 3



UNSUNG HEROES OF WORLD WAR II: EUROPE

Taught by Lynne Olson, Historian, American University

Thursdays, August 17 through

September 28, 11am

DuBose Activities Room

World War II was one of the most harrowing and impactful events in human history. As an unparalleled international conflict and a major turning point in the 20th century, it has long engaged historians and storytellers alike. And the story of war is not just one of military might and panoramic battles. It is the story of humans, everyday people trying to do their bit in a world falling apart around them. When you dig around in the cracks of history, you can find an endless well of ordinary people doing extraordinary things.

With a storyteller's true gift for setting a scene and an eye for interesting details, Professor Olson takes you into the shadows of history to illuminate the stories behind the story. *Unsung Heroes of World War II: Europe* is a marvelous introduction to some of the most courageous figures in the war—all of whom did their best to defeat tyranny and restore freedom in their own countries and the world at large. Lynne Olson is a historian and New York Times best-selling author of eight books, most of which focus on World War II. She earned degrees in Political Science and Journalism at the University of Arizona (with Phi Beta Kappa and magna cum laude honors), followed by a master's degree in Literature at American University.

LEARNING OPPORTUNITIES

HISTORY OF THE CEDARS

with Bob Woodruff

Tuesday, August 15, 2pm

DuBose Activities Room

Join President, Bob Woodruff, for a look back on the history of The Cedars and his vision for the future.

Learn how a land grant to William Barbee in 1753 became the vibrant continuing care retirement community that you now call home.



A TASTE OF LA DOLCE VITA: ITALIAN WINE CLASS/TASTING WITH TEAM VINO

Tuesday, August 22, 3pm

DuBose Activities Room

With 20 distinct wine regions and over 1,000 grape varieties, Italy offers a lifetime's worth of wines to contemplate and enjoy. Join us in

August and sip your way to La Dolce Vita as we journey through four of Italy's richest wine regions. Drawing on Amy and Debra's personal connections to the family wineries represented, we'll explore the traditions and techniques of Italian wine making as we taste four classic examples of Italian wines. **Register on Cedars Connect beginning August 1, deadline August 18. Cost: \$25 per person. Minimum 15 people, maximum 25 people.**



July 4th cookout with Decatur Street Beat



DO YOU HAVE MORE BELONGINGS THAN SPACE?
 ...Then donate artwork (done either by you or others) or small household goods. All proceeds go to the Scholarship Program for Cedars' employees. The Scholarship Program provides scholarships for college application fees, college courses, funds for school supplies for K-12 children of staff, and funds for school supplies for high school students working here in the summer.

Jody Pagano paganojody@gmail.com and Paula

Sloan paula.sloan07@gmail.com are overseeing the Silent Art Auction. They will happily come to view your potential art donations to see what will fit and sell in the space/time that is available.

Mary Gilland mary36gil@gmail.com is supervising the Unique Boutique which sells slightly used goods at incredibly low prices. All donations are screened by a committee as to their appropriateness. Your donation can be left at the Concierge Desk. (See the red box.) Here is what has sold well in the past: scarves, jewelry, handbags, tablecloths, napkins, glassware, and small household goods. Please, no clothes.

WE ARE STILL COLLECTING!



Fantastic cheese class/tasting with Stevie at the Cheese Shop in Carrboro!



Alison Terry's watercolor series

SUDOKU PUZZLE

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

Puzzle rating: **Hard**

			8	1	7			6
					9		3	
9		6			3			2
8		1		3				5
4				8		2		9
6			9			4		1
	1		3					
7			1	6	4			

Puzzle by websudoku.com

**REGULAR GROUP
 ACTIVITIES CONTACT
 INFORMATION**

- Chess ClubCarol Downs
703-282-6191
- Classic Canasta Sally Sullivan
919-489-6446
- CribbageMalcolm Jackson
919-951-7626
- Duplicate BridgeBetty White
919-967-4064
- Early BirdsJoan Bingham
919-968-3213
- Golf CroquetJoe Murphy
843-957-0674
- Interdenominational Service Nancy Cobey
919-259-7048
- Knit & StitchMargaret Rook
919-929-1497
- Library WorkdayNancy Lebo
919-259-7330
- Mah JonggNorma Kupersmidt
919-724-9070
- Memoir Writing Group.....Nancy Lebo
919-259-7330
- Mexican Train DominosSally Sullivan
919-489-6446
- Modern American..... Bonnie Farb
Canasta 561-613-7509
- Open Door Bible Study ...Nancy Cobey
919-259-7048
- Ping PongPat Kelley
919-489-0053
- Play Reading Group... Sue Bielawski
919-933-4428
- Poker.....Richard Orcutt
919-259-7533
- Pole Walking.....Joan Ontjes
919-219-5128

FITNESS ARTICLE

DRINK TO YOUR HEALTH!

Summer's heat and humidity are a dangerous duo that can lead to dehydration, a serious and sometimes life-threatening condition. As we age, our total body water decreases as does our thirst sensation. Dehydration can therefore happen much more quickly and more frequently in seniors.



The Cedars Club, Inc.

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Cedars Live TV.....Channel 1341
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Concierge 919-259-7937
Fax..... 919-259-7001
Spa & Salon..... 919-259-7940
Dining Reservations 919-259-7932
Work Orders 919-259-7918
Security 919-883-7666
Transportation..... 919-259-7740

Dehydration can cause:

- **Fatigue.** A major component of blood is water and a decrease makes your heart work harder. This makes everyday activities more difficult and can increase your chances of falling.
- **Confusion.** The brain is about 78% water, so a water shortage to your brain can contribute to mental foginess.
- **Urinary tract infections.** Your kidneys need water to filter waste from the blood and excrete it in urine.
- **Headaches.** These can be caused by stress, which is a result of the inability to cope with high temperatures.
- **Joint pain and muscle cramps.** Fluids act as natural lubricants that minimize friction between bones. Fluid loss can also lead to cramping of the muscles.
- **Decreased immunity.** Water is the major component of lymphatic fluid, which removes toxins and carries immune cells to fight infections and disease.

Tips for maintaining proper hydration:

- Set a daily fluid goal. Individual needs vary but a minimum of six to eight 8 oz. glasses can be a starting point.
- Do not judge your need for fluids by thirst; try to drink even if you are not thirsty.
- Hydrate yourself properly BEFORE exercising and continue to drink water during and after your workout.
- Increase your water intake by consuming lots of fruits and leafy green vegetables.
- Avoid alcohol, which is a diuretic.
- Carry a bottle of water when you are on the go, especially during the hot summer months.

(This article was adapted from News Canada)

The Cedars Post is published monthly for the purpose of advertising on and off campus activities.