

# SPOTLIGHT ON BORA HARRINGTON

*Written by Judith Bond Bradley for the Communications Committee*



Bora, as we know her in The Cedars Fine Dining unit, is formally known as De Bora Harrington-Jaroszewski, and informally known by many in Chapel Hill as “Ms Bora.” She is our Cedars “Closing Manager” who multitasks behind the scenes for our dining services and has been on the staff for over 15 years. She came to our community with international experience and experience as a restaurant owner.

Bora was born in Raleigh, NC but because she was an “army brat”, as her dad was in the USA military, she spent much of her youth in Mannheim Germany and Paris, France, in addition to Fort Bragg, NC. As a result, she met people of different cultures and spoke three languages, and this had a great impact on many aspects of her life. An early tragic event in her life, which resulted in the death of her mom, brought her to North Carolina to stay with her grandmother during summers. It was through these stays that Bora got to love Chapel Hill and became a great Tar Heel fan that continues today. Bora attended Winston-Salem State University and ECU and developed an interest in business and medical technology. She worked as a phlebotomist at Pitt County Memorial Hospital while in college. Her college experiences also sparked an interest in owning her own business.

But first came marriage to an engineer, and a time working with her husband and managing their business. Bora also assisted in an Enclave job program for the physically challenged which was educational and a gratifying lifelong experience. Then came the birth of a daughter, Alexis. Later, there was a shift in Bora’s life resulting from a divorce and need for a new fresh direction. She worked in banking for a while and then secured a position in a resort at Massanutten, Virginia. The resort provided a good break, and she moved up in the system but, at some point, she decided to fulfill her dream of opening a restaurant in Chapel Hill. Her aim was to have a restaurant and lounge with an international flavor and music. One of her friends, Jamil who owns the Mediterranean Deli in Chapel Hill, and another partner helped her realize her dream. In the early 2000s, they opened a restaurant on Franklin Street called “Aladdins.” This restaurant and lounge had an American and international menu, instrumental music, and “hookah” (fruit juice tobacco) known in many ancient cultures as well as current Mid-eastern and Mediterranean countries. The restaurant was frequented by people of all different nationalities, especially UNC students. It offered full course meals during the day and a relaxing evening/nighttime lounge. The students loved it, as they did “Ms Bora.” However, Aladdins had to close after 8 years, and Bora again looked for other opportunities. This is when she came to The Cedars and began working with the fine dining unit. She fit right in, once again rose in responsibilities, and has loved the comradery and mutual respect of The Cedars fine dining workers. In 2020, Bora remarried, but unfortunately her second husband passed away recently. Bright lights in her life now are her dog, Ramsey, and her fierce devotion to the Tar Heels.



MARCH  
2024

# THE CEDARS POST

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# LET'S CELEBRATE

## ST. PATRICK'S DAY CELEBRATION WITH FLOBONE

Sunday, March 17, 2pm DuBose Activities Room

FloBone is a professional chamber duet that specializes in performing a variety of music genres with Jared Gilbert on trombone and Victoria Blalock on flute. Gilbert has performed with various professional ensembles in North Carolina, including the Greensboro Symphony, Winston-Salem Symphony, Piedmont Triad Jazz Orchestra, North Carolina Brass Band, Piedmont Wind Symphony, Greensboro Opera and more. In honor of St. Patrick's Day, the duet will perform light Irish Tunes.



## MOVIE OF THE MONTH - IMMEDIATE FAMILY

Monday, March 18, 2pm DuBose Activities Room

In his previous film, *The Wrecking Crew*, director Danny Tedesco recounted the history of American popular music of the 1960s through the stories of a group of studio session musicians who made indelible, if largely unsung (pun perhaps slightly intended), contributions to the recordings of artists ranging from Frank Sinatra and Bing Crosby to the Byrds and The Beach Boys to the Chipmunks. With his latest documentary, *Immediate Family*, he endeavors to do the same thing for the music of the Seventies and Eighties by focusing on four studio musicians - guitarists Danny Kortchmar and Waddy Wachtel, drummer Russ Kunkel and bassist Leland Sklar - and highlighting how their efforts helped to shape and define the soundscape of that era through the legendary tracks that they appeared on during that time. (2023)

## 4EVER UNSTRUNG CEDARS UKULELE CONCERT

Friday, March 22, 4pm DuBose Activities Room

4Ever Unstrung is the Cedar's very own mostly ukulele band. The group was formed in 2022 by Suzanne Bullock, her ukulele teacher Rollie Olin, Pat Beyle and Bonnie Farb. The group enjoys playing and singing a variety of songs - mostly folk, gospel, and country. They "jam" at Suzanne's place every week - learning new songs, playing old favorites, preparing for upcoming shows, and having fun making music together! Before our renovations began, they performed for the residents at DuBose and for all of you in The Cedars Ballroom. Recently, they brought some of their gospel music to the Cedars' Sunday church service and will continue to do so every few months. Now the band is busy preparing a set of songs to play for you. They hope you will come to watch, listen, and sing along at this fun event!



# BEYOND THE CEDARS

## TOUR OF GALLOWAY RIDGE'S ART COLLECTION

Thursday, March 14, 9:15am Lobby

Join us on March's Ackland Away for the Day trip to Galloway Ridge, home to over 275 works of art including prints, photographs, watercolors, wood carvings, oil paintings, textiles and other media! Roger Berkowitz,

director emeritus of the Toledo Museum of Art and a former chair of the Ackland's National Advisory Board, began envisioning a permanent art collection for Galloway Ridge in 2020. He had the pleasure of leading a dedicated Art Advisory to establish standards for an art collection. Acquisitions were sought from artists, galleries, and auction houses across the world. The Galloway Ridge art collection is the hidden gem of Chatham County! **Register on Cedars Connect beginning March 1 at 9am, deadline March 6. Cost: \$32 for docent tour, chicken salad lunch and transportation. Maximum 8 people.**



## ENDSWELL ART GALLERY AND RELIQUARIUM TOUR

Thursday, March 21,  
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 March 1 at 9am, deadline March 19. Cost: \$7 for transportation. Maximum 12 people.**

## HORSE AND BUDDY

Monday, March 25, 9:30am Lobby

Horse and Buddy owns 35 gorgeous acres of land in New Hill, NC. Silver Saddles is a program created by Horse and Buddy, a group dedicated to spreading equine assisted therapies, designed to connect seniors with horses through bonding experiences. Horses provide opportunities to boost awareness about certain behaviors and may even help lessen the effects of anxiety, loneliness, and pain. **Register on Cedars Connect beginning March 1 at 9am, deadline March 21. Cost: \$25. Maximum 12 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.



## DUKE SYMPHONY ORCHESTRA

*at Baldwin Auditorium*

Wednesday, March 6, 6:30pm Lobby

## PLAYMAKERS REPERTORY COMPANY

Sunday, March 10, 1:30pm Lobby

## TOUR OF GALLOWAYS RIDGE'S ART COLLECTION

Thursday, March 14, 9:15am Lobby

## CAROLINA BALLET

Saturday, March 16, 1pm Lobby

## CHAMBER ORCHESTRA

Sunday, March 17, 2pm Lobby

## ENDSWELL ART GALLERY AND RELIQUARIUM TOUR

Thursday, March 21, 1:30pm Lobby

## HORSE AND BUDDY

Monday, March 25, 9:30am Lobby



## 3/1 FRIDAY

9:30am Balance Basics **D-AR** ■  
 10:15am Balance Challenge **D-AR** ■  
 11am Fit Friday: Strength and Conditioning **D-AR** ■  
 1pm Chess Club **CV2** ■  
 1pm Mexican Train Dominos **CV4** ■  
 1:30pm Men's Bridge Group **CV3** ■  
 3pm Canasta **CV4** ■

## 3/2 SATURDAY

10am Cribbage **CV2** ■  
 1:30pm Modern American Canasta **CV2** ■  
 2pm Hand Canasta **CV3** ■  
 2pm Mexican Train Dominos **CV4** ■

## 3/3 SUNDAY

11am Interdenominational Service **D-AR** ■  
 7pm Ladysmith Black Mambazo **LB** 🎵 ■

## 3/4 MONDAY

8:30am Cardio Combo **D-AR** ■  
 9:30am Balance Basics **D-AR** ■  
 10am Pilates Fusion with Joan z ■  
 10:15am Balance Challenge **D-AR** ■  
 11:30am Tai Chi **D-AR** ■  
 12:30pm Play Reading Group z ■  
 1pm Poker **CV3** ■  
 2pm Chess Club **CV2** ■  
 2pm Mexican Train Dominos **CV4** ■

## 3/5 TUESDAY



8:30am Total Body Strength & Stretch **D-AR** ■  
 9:30am Sit & Be Fit **D-AR** ■  
 1pm Mah Jongg **CV4** ■  
 1pm Golf Croquet **GL** ■  
 1:30pm Mah Jongg **CV2** ■

## 3/6 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■  
 1pm Party Bridge **CV4** ■  
 2pm Mah Jongg **CV2** ■  
 6:30pm Duke Symphony Orchestra **LB** 🎵 ■

## 3/7 THURSDAY

8:30am Cardio Combo **D-AR** ■  
 9:30am Sit and Be Fit **D-AR** ■  
 11am Cedars University **D-AR** ■  
 1pm Golf Croquet **GL** ■  
 1:30pm American Canasta **CV3** ■  
 3pm Scrabble **CV4** ■

## 3/8 FRIDAY

9:30am Balance Basics **D-AR** ■  
 10:15am Balance Challenge **D-AR** ■  
 11am Fit Friday: Strength and Conditioning **D-AR** ■  
 1pm Chess Club **CV2** ■  
 1pm Mexican Train Dominos **CV4** ■  
 1:30pm Men's Bridge Group **CV3** ■  
 3pm Canasta **CV4** ■

## 3/9 SATURDAY

10am Cribbage **CV2** ■  
 1:30pm Modern American Canasta **CV2** ■  
 12:30pm Duplicate Bridge **D-AR** ■  
 2pm Hand Canasta **CV3** ■  
 2pm Mexican Train Dominos **CV4** ■

## 3/10 SUNDAY



*Daylight Saving Time Begins*  
 11am Interdenominational Service **D-AR** ■  
 1:30pm PlayMakers **LB** 🎵 ■  
 2:30pm Movie Matinée: *Upgraded* **D-AR** ■

## 3/11 MONDAY

8:30am Cardio Combo **D-AR** ■  
 9:30am Balance Basics **D-AR** ■  
 10am Pilates Fusion with Joan z ■  
 10:15am Balance Challenge **D-AR** ■  
 11:30am Tai Chi **D-AR** ■  
 12:30pm Play Reading Group z ■  
 1pm Poker **CV3** ■  
 2pm Chess Club **CV2** ■  
 2pm Mexican Train Dominos **CV4** ■

## 3/12 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■  
 9:30am Sit & Be Fit **D-AR** ■  
 1pm Mah Jongg **CV4** ■  
 1pm Golf Croquet **GL** ■  
 1:30pm Mah Jongg **CV2** ■

## 3/13 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■  
 1pm Party Bridge **CV4** ■  
 2pm Mah Jongg **CV2** ■

## 3/14 THURSDAY

8:30am Cardio Combo **D-AR** ■  
 9:15am Tour of Galloway Ridge's Art Collection **LB** 🎵 ■

9:30am Sit and Be Fit **D-AR** ■  
 11am Cedars University **D-AR** ■  
 1pm Golf Croquet **GL** ■  
 1pm Let's Talk Cinema Film *Past Lives*  
 Followed by Discussion **D-AR** ■  
 1:30pm American Canasta **CV3** ■  
 3pm Scrabble **CV4** ■

## 3/15 FRIDAY

9:30am Balance Basics **D-AR** ■  
 10:15am Balance Challenge **D-AR** ■  
 11am Fit Friday: Strength and Conditioning **D-AR** ■  
 1pm Chess Club **CV2** ■  
 1pm Mexican Train Dominos **CV4** ■  
 1:30pm Men's Bridge Group **CV3** ■  
 3pm Canasta **CV4** ■  
 4pm Kreativittyyy **D-AR** 🎵 ■

## 3/16 SATURDAY

10am Cribbage **CV2** ■  
 1:30pm Modern American Canasta **CV2** ■  
 12:30pm Duplicate Bridge **D-AR** ■  
 1pm Carolina Ballet **LB** 🎵 ■  
 2pm Hand Canasta **CV3** ■  
 2pm Mexican Train Dominos **CV4** ■

## 3/17 SUNDAY



*Happy St. Patty's Day!*  
 11am Interdenominational Service **D-AR** ■  
 2pm Chamber Orchestra **LB** 🎵 ■  
 2pm St. Patrick's Day Celebration with Flobone **D-AR** ■

## 3/18 MONDAY

8:30am Cardio Combo **D-AR** ■  
 9:30am Balance Basics **D-AR** ■  
 10am Pilates Fusion with Joan z ■  
 10:15am Balance Challenge **D-AR** ■  
 11:30am Tai Chi **D-AR** ■  
 12:30pm Play Reading Group z ■  
 1pm Poker **CV3** ■  
 2pm Chess Club **CV2** ■  
 2pm Mexican Train Dominos **CV4** ■  
 2pm Monthly Movie – *Immediate Family* **D-AR** ■

## 3/19 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■  
 9:30am Sit & Be Fit **D-AR** ■

1pm Mah Jongg **CV4** ■  
1pm Golf Croquet **GL** ■  
1:30pm Mah Jongg **CV2** ■  
2pm Cedars Lecture Series with  
Lowell Hoffman **D-AR** ■

### 3/20 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■  
1pm Party Bridge **CV4** ■  
2pm Mah Jongg **CV2** ■

### 3/21 THURSDAY

8:30am Cardio Combo **D-AR** ■  
9:30am Sit and Be Fit **D-AR** ■  
11am Cedars University **D-AR** ■  
1pm Golf Croquet **GL** ■  
1:30pm American Canasta **CV3** ■  
1:30pm Tour of Endswell **LB** 📖 ■  
3pm Scrabble **CV4** ■

### 3/22 FRIDAY

9:30am Balance Basics **D-AR** ■  
10:15am Balance Challenge **D-AR** ■  
11am Fit Friday:  
Strength and Conditioning **D-AR** ■  
1pm Chess Club **CV2** ■  
1pm Mexican Train Dominos **CV4** ■  
1:30pm Men's Bridge Group **CV3** ■  
3pm Canasta **CV4** ■  
4pm 4Ever Unstrung Cedars Ukulele  
Concert **D-AR** ■

### 3/23 SATURDAY

10am Cribbage **CV2** ■  
1:30pm Modern American Canasta **CV2** ■  
12:30pm Duplicate Bridge **D-AR** ■  
2pm Hand Canasta **CV3** ■  
2pm Mexican Train Dominos **CV4** ■

### 3/24 SUNDAY

11am Interdenominational Service **D-AR** ■

### 3/25 MONDAY

8:30am Cardio Combo **D-AR** ■  
9:30am Balance Basics **D-AR** ■  
9:30am Horse and Buddy **LB** 📖 ■  
10am Pilates Fusion with Joan **Z** ■  
10:15am Balance Challenge **D-AR** ■  
11:30am Tai Chi **D-AR** ■  
12:30pm Play Reading Group **Z** ■

1pm Poker **CV3** ■  
2pm Chess Club **CV2** ■  
2pm Mexican Train Dominos **CV4** ■  
3:30pm Finishing Touches Program **D-AR** ■

### 3/26 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■  
9:30am Sit & Be Fit **D-AR** ■  
1pm Mah Jongg **CV4** ■  
1pm Golf Croquet **GL** ■  
1:30pm Mah Jongg **CV2** ■

### 3/27 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■  
1pm Party Bridge **CV4** ■  
2pm Mah Jongg **CV2** ■

### 3/28 THURSDAY

8:30am Cardio Combo **D-AR** ■  
9:30am Sit and Be Fit **D-AR** ■  
11am Cedars University **D-AR** ■  
1pm Golf Croquet **GL** ■  
1:30pm American Canasta **CV3** ■  
2pm Members Meeting **D-AR** ■  
3pm Scrabble **CV4** ■

### 3/29 FRIDAY

9:30am Balance Basics **D-AR** ■  
10:15am Balance Challenge **D-AR** ■  
11am Fit Friday:  
Strength and Conditioning **D-AR** ■  
1pm Chess Club **CV2** ■  
1pm Mexican Train Dominos **CV4** ■  
1:30pm Men's Bridge Group **CV3** ■  
3pm Canasta **CV4** ■

### 3/30 SATURDAY

10am Cribbage **CV2** ■  
1:30pm Modern American Canasta **CV2** ■  
12:30pm Duplicate Bridge **D-AR** ■  
2pm Hand Canasta **CV3** ■  
2pm Mexican Train Dominos **CV4** ■

### 3/31 SUNDAY

11am Interdenominational Service **D-AR** ■  
2:30pm Movie Matinée:  
*P.S. I Love You* **D-AR** ■

## ANNOUNCEMENTS

### JEWELRY REPAIR WITH EVA MOGENSEN

Friday, March 1, 2-3pm DuBose Elm  
Dining Room



### CEDARS PORCH COLLECTION

Monday, March 11, 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.

### FINISHING TOUCHES PROGRAM

Monday, March 25, 3:30pm DuBose  
Activites Room

Video Legacy with Jane Hauser

## GET INVOLVED

### SHABBAT SERVICE LED BY CONNIE MARGOLIN

Friday, March 8, 4pm DuBose  
Conference Room (2nd Fridays)

### GREAT SHORT STORIES

Monday, March 11, 10am Camden  
Villa 2nd Floor

*Ghost and Flesh, Water and Dirt*  
by William Goyen.

## CEDARS UNIVERSITY

Lectures on DVD

### THE AMERICAN WEST: HISTORY, MYTH, AND LEGACY

*Taught by Patrick N. Allitt,  
Ph.D. Professor,  
Emory University*  
Thursdays through May 9, 11am  
DuBose Activities Room



The brutal conflict of cowboys and Indians. Dusty, dangerous outposts policed by vigilante justice. The six-shooter showdown at high noon. Daring railroad heists and arduous cattle drives. These and other scenes from countless Western films have so shaped our conception of the American West that it's impossible to separate myth from reality. But how wild was the West? Was it really ever "won"?

According to historian and award-winning Professor Patrick N. Allitt of Emory University, the historical approach to understanding the American West has moved far beyond pop culture in recent years. "Nearly all the clichés and bromides of the old Western history have been discarded," he says. "We're now much more aware of the histories, not just of the people who happened to end up on top—but also the histories of the diverse peoples who were defeated or displaced."

## LEARNING OPPORTUNITIES

### LET'S TALK CINEMA

*Past Lives, 2023*

Thursday, March 14, 1pm Film Followed by Discussion Led by Linda Luftig in the DuBose Activities Room



Nora and Hae Sung, two deeply connected childhood friends, are separated after Nora's family emigrates from South Korea. Decades later they are reunited for one fateful week as they confront destiny, love, and the choices life makes. Directed by Celine Song. Nominated for Academy Award and Golden Globe Best Picture. In Korean with English Subtitles. 96% Rotten Tomatoes. Also streaming on Amazon Prime.

### WINE & PAINT WITH KREATIVITYYY

Friday, March 15, 4pm DuBose Activities Room

Come join us as we each create a beautiful painting with Kyndall Owens of Kreativittyyy.com. With friends from The Cedars and a glass of wine, it will be the perfect event to welcome spring. All materials provided. **Register on Cedars Connect beginning March 1 at 9am, deadline March 13. Cost: \$25. Maximum 10 people.**



### THE CEDARS LECTURE SERIES HOSTED BY DICK ISABEL

*with Lowell Hoffman  
Wilkes and Liberty*

Tuesday, March 19, 2pm DuBose Activities Room



Few know of the wonderfully radical and feisty John Wilkes who was a thorn in the side of King George III, became a hero to the patriot colonists and lives on in the names of our own Wilkes County and Wilkesboro North Carolina as well as Wilkes-Barre, Pennsylvania. Lowell Hoffman began a speaker series at The Governors Club, where he is a resident, and is well known for bringing interesting speakers to programs there; he is a history buff in particular.



### TRANSPORTATION TO EARLY VOTING FRIDAY, MARCH 1

The Cedars will provide bus transportation to early voting at South Regional Library in Durham on Friday, March 1. The bus will be making three trips at 9am, 11am and 1pm. Please call Jonathan Dawes, Transportation Coordinator, at 919-259-7740 to sign up for your preferred time.

### TRANSPORTATION TO ELECTION DAY VOTING TUESDAY, MARCH 5

The Cedars will be providing bus transportation to Election Day Polls at Creekside Elementary on Tuesday, March 5. The bus will be making three trips at 9am, 11am, and 1pm. Please sign up by calling Jonathan Dawes, Transportation Coordinator, at 919-259-7740 to sign up for your preferred time.





Wonderful jazz concert with Jennifer Curtis and Gabriel Pelli



Outing to Bahama to visit a timber framed workshop



Valentine's Day celebration with Kevin Van Sant and Paul Creed with a delicious steak and lobster dinner



## REGULAR GROUP ACTIVITIES CONTACT INFORMATION

Chess Club .....Carol Downs  
703-282-6191

Classic .....Mary Ann Van Kampen  
Canasta .....919-943-8670

Cribbage .....Malcolm Jackson  
919-951-7626

Duplicate Bridge .....Betty White  
919-967-4064

Early Birds .....Joan Bingham  
919-968-3213

Golf Croquet .....Rhonda Innes  
919-259-7150

Interdenominational Nancy Cobey  
Service .....919-619-4534

Knit & Stitch .....Margaret Rook  
919-292-1497

Mah Jongg .....Norma Kupersmidt  
919-724-9070

Memoir Writing Group.....Nancy Lebo  
919-259-7330

Mexican .....Mary Ann Van Kampen  
Train Dominoes .....919-943-8670

Modern American.....Bonnie Farb  
Canasta .....561-613-7509

Open Door Bible Study ...Nancy Cobey  
919-259-7048

Ping Pong .....Pat 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

## 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: **Medium**

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

Puzzle by websudoku.com

# FITNESS ARTICLE

## LIFE IS BETTER IN MOTION

“Life is better in motion” is a slogan used to promote senior health and fitness. Research has shown that exercise does improve quality of life for older adults in many ways.

## FITNESS AND COGNITIVE ABILITY ARE CLOSELY CONNECTED.

A higher level of fitness can protect the brain. Researchers evaluated senior adults, gauging their fitness as they rode exercise bikes, then testing their thinking abilities. The fitter they were, the better their executive function (tasks such as attention control and memory).

## THERE’S NO NEED TO TAKE IT EASY (IF YOUR DOCTOR APPROVES).

Mayo Clinic experts say that training known as HIIT (high-intensity interval training) may be good at any age. It is based on working out at a high intensity for a short period (30-60 seconds), then slowing down for a longer period (2-3 minutes), then repeating. In those over age 65, HIIT appeared to boost the muscles’ ability to produce energy and trigger the growth of new muscle fibers, helping to counteract the muscle loss that comes with age.

## GET FIT, GET BETTER SLEEP.

Researchers looked at more than 24,000 adults 65 and up, assessing their physical fitness and their sleep. Fitter individuals had better sleep quality and duration, as they were able to fall asleep and stay asleep more easily.

## GONE ARE THE DAYS OF TREATING OLDER ADULTS LIKE A DIFFERENT SPECIES WHEN IT COMES TO EXERCISE.

Personal trainers who specialize in working with older adults find that whether an older adult has been a lifelong exerciser or is a late bloomer, great outcomes can result from exercise. Older adults who have depression often get improved mood once they start or resume exercise. Those with diabetes may be able to lower their medication doses, as their blood sugar drops with regular exercise. Activities are easier due to increased mobility.

Source: Senior Planet



The Cedars Club, Inc.

100 Cedar Club Circle, Chapel Hill NC 27517

Editor.....	Laura Booker, 919-259-7944
In-House TV .....	Channel 1340
Cedars Live TV.....	Channel 1341
Reception .....	919-259-7000
Concierge .....	919-259-7937
Fax.....	919-259-7001
Spa & Salon.....	919-259-7940
Dining Reservations .....	919-259-7932
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Security .....	919-883-7666
Transportation.....	919-259-7740



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