

PLEASE READ!!! Very Important Information about the ASP!

2007 has been full of changes for CAHEC's Community Programs, but we're fully staffed and back on track now! One of our major focuses going forward will be standardizing our application processes.

Because of the volume of Adult Scholarships we process, we've specifically looked at streamlining how we handle the applications. The first resolution we've made is to remind everyone of (and then strictly adhere to) the program's guidelines. I know that sounds a little intimidating, but I promise it won't make any more work for you and may even result in fewer "harassing" phone calls from us.

The following are the guidelines we want to highlight:

- 1) Residents are eligible to participate for up to four years...the time does not

Every year CAHEC sets caps based on our annual budget for the number of Technology Learning Centers and Resident Wellness Centers we will

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necessarily have to be consecutive, but the maximum is four years.

- 2) For students receiving Pell, we only cover tuition and fees...we do not cover the cost of books and supplies.
- 3) Students must maintain a 2.75 grade point average...this is per semester, not cumulative...in order to receive additional funding after making less than a 2.75 in a semester we've sponsored, a student must obtain a 2.75 in a subsequent semester without CAHEC contribution.
- 4) If a student needs to withdraw from a class for any reason, he/she must notify CAHEC prior to withdrawing from the class.
- 5) CAHEC will not reimburse for books & supplies until we have received the syllabus...anything not on a syllabus will only be reimbursed with a signed letter from the instructor on

school letterhead confirming its requirement.

- 6) The complete application must be submitted prior to our deadline (two weeks after the school's drop/add date) ...there is a growing tendency for schools to deny financial aid not received in their offices by this deadline.
- 7) Send only completed applications to CAHEC, unless clearing it with our office first...this includes filling out all blanks on the application form.
- 8) If all residents of a household are full time students, the applicant must submit a student status affidavit and requisite documentation.
- 9) In order to obtain any undisbursed portion of a scholarship within the scholarship year, the student must complete a renewal application.
- 10) Please ensure that all applications are legible.

provide. In 2007, we reached the caps in October, so that means we actually had to say no to every site who sent us a TLC or RWC application in November and December.

"WHAT!?!?" you may ask, but really, it's true.

"How do I prevent that from happening to me in 2008?" Get those ap-

Don't Miss Out!

plications in early!

The best time to send a TLC or RWC application is as soon as you place in service. That's usually the same date of your Certificate of Occupancy. Don't wait a year for the deadline or you may miss out!

If you have any questions, please call or email:
Katherine Occhipinti
kocchipinti@cahec.com
919-532-1792.

Trivia, Anyone?

- What destination is known as the “sweetest place on earth?”
- What city is “the most important city in the world?”
- Where is the Anderson Farm?
- Where in South Carolina can you see pig, chicken, and *ostrich* races?
- Where is the Cowee Tunnel?
- How much can you do with \$300 per person?
- Where can you walk through life-size scenes from the Bible?
- Where can you find a Bengal tiger in Tennessee?
- Where can you take a dip in the pool in *October*?
- Which town boasts of having North Carolina’s only true stern-wheel paddle steamer?
- What is the most popular destination for Senior Recognition Program recognition trips?

Caroline Motley from Cashie Apartments knows **Hershey, PA**, is the “sweetest place on earth.” Her favorite part of their trip to Amish Country was the chocolate factory. Cashie partnered with a local church to go to Lancaster, PA. Their tour consisted of the Dutch/Amish Country, Hershey Park, shopping, and a live play called “In the Beginning”.

Attendees from Parkview Manor could tell you that **Washington, DC**, is often considered the most important city in the world. While there, the group toured the White House and visited Union Station.

Patricia Sholes and Mable McLean from Cedar Trace Landing found Anderson Farm in **Myrtle Beach, SC**. Their favorite parts of the trip were riding horses and the hay ride. Cedar Trace started their Myrtle Beach trip with a Calabash Dinner buffet, consisting of over 170 items and over 24 home-made desserts! They also enjoyed the “Good Vibrations” production at The Carolina Opry and a stop at the Tanger Outlets on the way home.

Believe it or not, you can see pigs, chickens and ostriches race at the **Dixie**

Stampede dinner attraction in **Myrtle Beach, SC**! Bettie Taylor from Elders Peak said it was the best part of her trip. Her group also got to see a show at the Medieval Nights Theatre.

Steve Morris, a retired navy man from Dallas High School Apartments, knows Cowee Tunnel is located in **western North Carolina**. His group passed through the tunnel on their trip from Dillsboro to Bryson City aboard the Smokey Mountain Railways’ Tuckasegee River tour. In Bryson City they explored the train museum and still had time to experience some great bluegrass music at the Opryhouse.

The residents at Parr Place are a tightly knit family group. They pool their monthly resources and cook for each other and those who are unable to cook for themselves. They decide in advance what meals to prepare and then take turns cooking so everyone has a good meal all month long. As you can see, good food is very important at Parr Place so, in order to **get the most out of their award**, they went on three separate dinner trips.

Doris Deese from Whispering Oaks explored life-size scenes of the Bible at **Christus Gardens** in **Gatlinburg, TN**. She was also impressed with where they stayed at Zoder’s Inn, saying, “Such a beautiful view from the hotel, it would take your breath away.” During the remainder of their trip they saw Ripley’s Believe It or Not and Ripley’s Aquarium and still had time for some miniature golf.

Loretta Strickland from Robins Park said her favorite part of their trip to **Gatlinburg, TN**, was the **Magic Beyond Belief** show which included a *Bengal tiger*! While they were there, they also enjoyed a

murder mystery dinner and took in the Dixie Stampede.

The participants from LaSalle at Lincoln Heights and Courtyard at Highland Park were joined by Irish Holmes of CAHEC for a lot of swimming during their three day **cruise to the Bahamas** aboard Royal Caribbean’s Sovereign of Seas. Sadie Brice from Highland Park said her favorite part of the cruise was the aquarium at the Atlantis Resort, in Paradise Island. Throughout the rest of the cruise, the group relaxed by the pool, shopped aboard the vessel, and enjoyed some great cuisine.

Bessie Brooks from Wallace Senior Village could tell you **Wilmington** claims to have the only true stern-wheel riverboat in North Carolina. They took a cruise aboard the Henrietta II and its history was narrated by the captain. Her group took three different day trips and spent time at the Duplin Winery as well as caught a show at the Carolina Opry. Watch out fellas because these ladies sure know how to have a grand time! Check out their picture below.

Golden Leaf Apartments took their third trip to **Myrtle Beach, SC**, this year. They always opt for a package deal, which includes their hotel and two shows. This year they stayed right on the beach and had a great time at the Alabama Theater and Legends in Concert.

Please call or email Katherine Occhipinti with any questions about the SRP:
kocchipinti@cahec.com
919-532-1792



Do You Like Piña Coladas?

Isn't it funny how one person's experiences can affect you? I recently attended a journaling workshop at Pinecrest Manor and while I was there, I had the opportunity to meet Christine Nichols, Ella Montgomery, and Nancy Walker (all attendees on Pinecrest Manor's October SRP trip to Boone, NC).

Christine smiles, and tells me how the view of the mountains from her hotel room made her feel spiritual. She also says she likes helping people so much, the time spent accumulating her 100 hours was just as enjoyable to her as the weekend in the mountains. Ella smiles and reveals, "I wrote a poem about the trip." And it's

with sadness she tells me she won't be able to attend this year's trip because of health issues. When I ask Nancy, "What did you enjoy the most?", she tells me in detail about the mist rising up into the crystal blue skies above the rolling mountains: "God's Painting," she calls it. She also talks about the wonderful meals she ate over the weekend and their trip to the Moses Cone Memorial Park. Finally, Nancy gasps and with a sparkle in her eyes says, "Let me tell you about the biggest drink I've ever seen! This virgin piña colada was enormous! I told the waitress there was no way I could drink all that!" It was a marvelous revelation, one that brought laughter to

everyone sitting at our table.

Even though it was told jokingly and as an afterthought, Nancy's memory of the biggest drink she'd ever seen is the story that sticks out in my mind most strongly. I will forever remember that tale as the one that made everyone who heard it laugh until tears welled in our eyes. I know that from now on, every time I see a piña colada, I will think of Nancy Walker.

by BJ Aungst

The coming together of minds is a great thing.
We need to embrace each other now.
We need to remember and learning is the key.
We are strong in numbers.
As women we know what each other feels.
So let us come together to make this moment real.
-Ella Montgomery

I Remember...Journaling Workshops through the North Carolina Writers Network



Workshop Participants at Perfection Park

"I want to write about life's little treasures," one participant said, as we went around the circle saying why we had come to this workshop. Almost everyone nodded his or her head. We have this in common – we have each experienced a multitude of "treasures" worthy of recording, from the jazzy flow of a brother's saxophone to a quilt hand-stitched by a favorite aunt.

The people in this group have had their share of hardships as well – they share about strokes, multiple sclerosis, job losses, abuse, abandonment. One woman in her late seventies speaks in a thick accent of her father, a soldier in the German army. She remembers the love he showed her and her twin brother. She remembers the day he went away, and what it was like for her, at age nine, to hear her mother's keening when she

learned that her husband had died of starvation in a Russian concentration camp. "He was such a big man," the woman, whose name is Gretel, tells us, "with such an appetite. They gave him nothing but a bit of fruit." She wants her children to know about this and so much more; she wants to leave a record of her life. Heads nod again. We have this in common, too; we have suffered losses, and these, along with our joys, deserve to be recorded.

And so we open notebooks and begin. "Don't worry about spelling, or whether your sentences are complete," I say. "Don't try to start at the beginning of your life. Start anywhere. Any story told is better than no story told."

How do stories get onto paper? Word by word, beginning with any memory, the one they think of right now, hearing a poem by David Allen Evans which begins "Every time I smell Lava soap it is 1948..." Out comes a piece about chicken frying for Sunday dinner, another about gasoline fill-ups on a cross-country trip with a spouse many years ago.

The images flow as the participants prac-

tice listing and free writing, keeping their pens moving. A mother's sparkling white apron. The puddles dripping from thawing food because a small son emptied the freezer to fill it with snowballs for next summer. The voice of Franklin D. Roosevelt sounding in a high school auditorium full of students. One of them, now 82 years old, heard the words "Pearl Harbor" for the first time in his life that day. "I had no idea where it was," he writes, "though just a few years later I would be fighting in this war."

They look so surprised when they read their writing and see tears being wiped from eyes or hear laughter, as when one woman wrote about the time her small dog stole a ham bigger than he was from the table when no one was looking.

"I can do this," one of them says, confidence in her voice. Again, we are all nodding. Of course. No matter where we come from, no matter where we are going, we can tell our stories, the large and the small. We not only can, we need to, I tell them. For our stories connect us. They remind us who we are, and who we can be.

by Maureen Ryan Griffin
with the North Carolina Writers Network

CAHEC

7700 Falls of Neuse Road
Suite 200
Raleigh, NC 27615

Phone: 919.420.0063
Fax: 919.420.0449
www.cahec.com

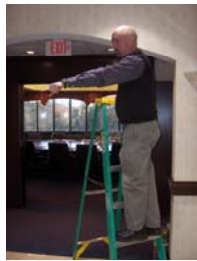
In Loving Memory of Lois Henderson
April 13, 1931 - December 01, 2007
Wallace Senior Village



CAHEC's mission is to raise and invest equity capital in qualified affordable rental housing developments through the use of low income housing tax credits, to empower residents in developments CAHEC helps finance, and to promote homeownership.

CAHEC Gets into the Holiday Season!

CAHEC's annual tree trimming, breakfast, and gift exchange was December 4, 2007.



Chris Stigall gives great directions.

The Fun Committee sponsored a holiday dinner for the staff December 6, 2007.

The FUNC formally invites you and a guest to our **2007 Holiday Dinner**

December 6, 2007
Michael Dean's



Cocktail hour 5-6 Dinner at 6:00pm



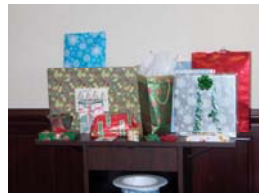
Tanya's decorating skills come into play.



Even Jill gets in on this action!



What a yummy breakfast!



It's almost time to open gifts.



Shopping...



Wrapping...



Ready to deliver!

The Social Responsibility Committee sponsored a Holiday Outreach event December 12, 2007.