

MAPP MUSINGS

Two Heads Are Better Than One

Brainstorming Follow-Up

At the October members meeting, Gerald Miwa facilitated a brainstorming session of ideas to help increase participation in activities and volunteerism and to expand our educational program. Sharon Kuncl, Jim Friedman and Tim Ross worked with Gerald to prioritize the list and make recommendations.

Better and more frequent communication was at the heart of many suggestions. Members wanted to hear about activities, volunteer needs, groups and offerings in coordinated way. To this end, Sharon Kuncl volunteered to coordinate information flow about interest groups, social functions, educational programs, the Board and new

activities to MAPP's communication vehicles—the monthly calendar, the new weekly reminder, the website, and *MAPP Musings*.

There were a number of ideas related to the educational series, and Jan Wells is now working to incorporate many of them into that program. Gary Barnes will provide information on activities from other organizations that could inspire new MAPP activities. The final recommendation is that each participant in a group invite one other MAPP member to join in the activity. For this, we need YOU!

In This Issue

Brainstorm	1
From the President.....	2
New Members	3
Speakers Series	4
Activity Groups	4
Website Login Guidelines.....	5



Meadowmont Aging in Place Project



MAPP Annual Holiday Party

Get into the spirit of the season with friends and neighbors on Sunday, December 14 from 5:30 until 8:00 pm. This is a fun potluck event that has come to be a favorite among members. Watch your email for location and further details.

From the Desk of the President

With the collective decision to end Care Team and Transportation services as part of MAPP's core offerings, we are left with the task of recasting our mission. This doesn't mean that we are starting over but rather that we must identify our strengths and expand on them. This means finding new ways to stimulate engagement and participation in MAPP activities and being willing to propose or even lead new activity or interest groups, which could be short lived but fun while they last.

At the October members meeting, I offered to present some ideas for new activity/interest groups that I had seen offered at Rossmoor retirement community in Walnut Creek, California; that community has 9000 residents and over 200 clubs. My goal here is to report on some that I think might interest enough of our members to take hold. With each new MAPP member, we move closer to having the critical number needed for the successful launch of a new group.

Here are some interest group ideas: 1) Camera/photography, 2) Chess, 3) Companions club, 4) Computer/Mac users/ PC users,

5) Cribbage, Pinochle, Rummy, Canasta, Dominos, 6) Antiques, collectibles, 7) Folk, square, line, ballroom dance, 8) Partnership, duplicate bridge, 9) Investment, financial forum, 10) Garden club, 11) Genealogy, 12) Golf, 13) Fine arts performance, 14) Mystery book club, 15) Pickleball, 16) Poetry, or other writers group, 17) Travel, 18) Vegan cooking, 19) Current affairs discussion.

If you have interest in starting or joining any of these groups (or one not listed), keep in mind that the members make the rules. The group would decide when and where to meet, what subtopics to emphasize, the criteria for participation, which resources to draw upon, how to arrange transportation, what equipment to buy or rent, whether to have one or two coordinators, and such. There are no MAPP constraints other than those agreed upon by the participants. If you would like to start, join or coordinate a group, please contact me or, better yet, post on the MAPP Member Forum (www.mapp27517.org) to let others know of your interest.

Gary Barnes, president

2014 Board of Directors

Gary Barnes, president
Hank Rodenburg, vice president
Janice Wells, secretary
Gerald Miwa, treasurer
Nikki Rice, Madelyn Ashley,
Barb McLean
directors at large

2014 Board Meetings

November 12

December 4

(Annual member meeting)

New Member Spotlight

Meet Ursula Nebiker, Mary Ellen Toreson, & June Russell

Ursula Nebiker is a world traveler, having lived in six different countries before finding her way to Chapel Hill. She was born and raised in England. As a young woman, she moved to Switzerland where, working as a secretary/translator, she met her future husband, John, an American/Swiss doctoral student. They married in 1962. When John finished his studies in 1965, the couple moved to Tennessee, where he took a position at Vanderbilt, then on to the University of Massachusetts, Amherst.



A new position with the World Health Organization took John, Ursula and two young sons to Shiraz, Iran. After two years the family were transferred to Ethiopia. Ursula worked as a newsreader for a radio station. However, the Nebiker's stay was cut short by unrest in the country, and after a year, they returned to the U.S.

Wanderlust struck, and two years later, the family moved to Egypt where John worked with an engineering company at Port Said. Ursula loved their spot in suburban Cairo where she took Arabic lessons at the nearby American school with a jolly bunch of expats.

The Nebikers returned to the U.S. in 1979 when John took a position with the World Bank in Washington, D.C. He was with the World Bank until 1997; three of those years were spent in Paris.

John passed away in 2005 and Ursula made her way south from Amherst, Mass., to Washington, D.C., and finally to Chapel Hill to be near her son Steven and his wife Beth.

Mary Ellen Toreson was born in Hollister, California. She married Lowell in December of 1954, just months after he graduated from West Point. Thus began her life as an Army wife. The Toresons were stationed at bases across the U.S., including Alaska, and in Turkey and Germany. They have five children.



After 20 years of Army travels, the Toresons settled in Asheville. Mary Ellen became an adult student at UNC-Chapel Hill, where she graduated in 1980 with a degree in Sociology and Criminal Justice. While at UNC, she started and operated a new program for adult students. Those college years were a highlight of Mary Ellen's life.

Lowell passed away this year, and Mary Ellen takes great pleasure and comfort in her children, six grandchildren, and one great-grandchild. She is a regular at the UNC Wellness Center and an avid reader. Visiting with friends and neighbors is another of her favorite activities.

June Russell was born and raised in California.



Before coming to Chapel Hill, she lived in Maine, Connecticut, Idaho, Virginia and Georgia. Her travels now take her on visits to five of her children. The sixth one lives in Meadowmont.

Her favorite hobby is reading. June enjoys playing cards, dominoes, and movies. She now adds mah jong to her list of fun activities.

June is happy to be settled in Meadowmont and has enjoyed the warm welcome of MAPP. She looks forward to aging in place with MAPP members, friends, and neighbors.

MAPP Activity Reports

Riding the Tobacco Heritage Trail

On September 17 members of the MAPP Biking Group and their guests traveled to Virginia to ride a newly opened, 18.5-mile section of the Tobacco Heritage Trail. The section runs along Virginia's southern border from LaCrosse to Lawrenceville. The group rode 12.5 miles before strong headwinds, soft sandy surfaces, and trail-covering kudzu forced them to turn back.

In spite of poor trail maintenance and tire-grabbing surfaces, the group enjoyed the ride. It was an easy drive from Chapel Hill and the scenic countryside and adequate parking at the trailhead were all listed in the "positive" column. If you have a favorite trail, please pass it along to the Biking Group; we'd love to give it a try.



Kudzu-covered bikers Jim Svava, Gary Barnes, Jack Vogt, Ashley Vogt, and Barbara Miwa were photographed by Gerald Miwa.

Upcoming Speakers

November 21, 2014

Geriatric Care

Speaker: Isao Iwata, MD, PhD
UNC Division of Geriatric Medicine

December 18, 2014

Drugs: Prescription and OTC

Speaker: To be determined

January 16, 2015

Myths and Truths About Hydration

Speakers: Celine Marquez, RN
PhD Candidate, UNC School of Nursing
Katherine Kline, MPH
Masters, UNC Gillings School of Global Public Health

February 20, 2015

Forgive For Good

Speaker: Brenda Hunter, PhD
Psychotherapist and author

The Speaker Series has openings in 2015. If you would like to make a presentation or have an idea for one, contact Jan Wells (janicewells128@gmail.com)

How to Log Into MAPP27517.net

Our new website's most important feature is the members-only area, which is private, secure, and password protected. These instructions explain how to set up your personal login.

First-time login:

1. Use your internet browser to go to www.mapp27517.net
2. You will first see the Home page of the publicly available part of the website. Use the banner menu at the top of the page to navigate to various information areas.
3. To log onto the private part of the website:
 - a. Click the MEMBER LOGIN tab on the menu.
 - b. We have pre-registered all current MAPP members so you DO NOT click *New User? Click here to register.*
 - c. On the lower right of the page click *Forgot Password? Click here to reset*
 - i. This brings up a PROFILE screen where you enter your USERNAME and EMAIL. Your *permanent* USERNAME is your first initial followed by your last name with no space between (for example, gmiwa). For couples sharing the same email address Gerald or Jim can inform you of your username.
 - ii. Click "Reset Password"
 - iii. You will receive an email with a temporary password, which you can use to login the first time.
 - iv. After you have logged in, click the YOUR ACCOUNT on the menu
 - v. Click CHANGE PASSWORD
 - vi. Type the password of your choice in the blank under CHANGE PASSWORD, NEW PASSWORD
 - vii. Retype your new password in the blank under REPEAT PASSWORD
 - viii. You have now customized your password and are logged onto the members-only area of the website

Subsequent login:

1. Each time you go to mapp27517.net, you must login to get to the members-only area of the website
2. When you are finished or wish to return to the website's public area, you must log out. Do do this, click the little blue box in the upper right corner of the screen, just beside your name. The drop-down menu gives you the LogOut option.

Questions?

Contact webmaster Jim Friedman at 919-933-2339, jim@huckie.com or Forum administrator Gerald Miwa at 919-240-5592, gerald_miwa@msn.com.