

# For Our Longer Lives

By Kathy Werle

## Catching up and keeping on

Everyone loves a party. By the time you read this article, Pine Knoll Shores will have had a Celebration of Life party honoring its many enduring golden oldies who have reached the age of 90 or are nearly there. The details of that big event, along with photos, will appear in the January issue of *The Shoreline*.

The party was conceived, produced and directed by members of the Age-Friendly Advisory Committee in their ongoing mission of offering town residents the information they need to live independently in their homes as long as they wish and further support healthy aging, well-being, satisfaction and quality of life for our older residents.

There are eight domains of community life identified by the World Health Organization (WHO) that influence the health and quality of life of a town's residents. One of them, socialization, has been shown in many studies to be critical to avoid isolation, which can be a killer. It is not unusual for people to become more isolated as they age—they no longer work outside their homes; physical exercise and athletic endeavors become more of a challenge; their friends begin leaving to enter assisted living facilities or be closer to family or, worse, dying.

Sponsoring the November Celebration of Life party was an opportunity to do something about encouraging socialization by identifying and bringing together, in a social setting, the many town residents who are, or will soon be, nonagenarians or centenarians. Residents of all ages were encouraged to attend to meet, greet and hear their stories and secrets of a long life.

Since its inception in 2015, the Age-Friendly Advisory Committee has sponsored monthly forums (Third Thursday Forums at Four) to bring critical and timely topics relevant to aging to our OPALS (older people with active lifestyles). We have brought in knowledgeable speakers who have shared their expertise on topics as diverse as financial resilience, long-term care alternatives, geriatric wellness, transportation, making our homes safer, nutrition, technology, hiring a caregiver, hearing aid technology, sleep disorders, downsizing, finding joy in life, the business of dying, acupuncture and pain management, charitable giving and bike safety.

In the February 2018 issue of *The Shoreline*, we ran a recap of the forums going back to 2015. Since that issue, the advisory committee has been busy identifying other topics of interest to our OPALS and has presented forums on navigating Medicare, with a counselor from the Seniors' Health Insurance Information Program (SHIIP); on discovering our roots through genealogy; on becoming informed about super bugs; on the value of creating a bucket list; and on recognizing the critical conversations we should be having with family.

We have been working diligently on our 2019 agenda and will kick off January with our very own expert on the real story of the NC Real ID. What is it and of what value is it to each of us? We hope you will be able to attend and hear the answers to those questions.

The Age-Friendly Advisory Committee is grateful for the many speakers who have given generously of their time and talent to bring topics of interest and critical importance to our citizens. The SHIIP counselor who met with attendees in October graciously agreed to return to town hall and set up appointments where a SHIIP counselor would meet personally with individuals, prior to the December 7 deadline, to have the discussion about the various options Medicare recipients have and which would provide the most coverage for the least amount of money for the individuals' needs.

Not only are we grateful for our speakers who share so much of themselves, but also for the many OPALS who continue to support our forums through their attendance. As always, we are searching for topics of interest to our citizens for

future forums and welcome your suggestions as we all continue growing healthier, smarter and more informed together.

Suggestions for future forums may be submitted to Sarah Williams at town hall at SWilliams@townofpks.com, or by calling 247-4353, ext. 13.

# American Music Festival

By Linda Seale

The American Music Festival is proud to continue its 29th season of presenting chamber music to Carteret County in the New Year. Concerts are held on Saturdays at 8 p.m. at the First Presbyterian Church in Morehead City.

The first concert in 2019 will be presented on January 26 by the **Aizuri Quartet**, quartet in residence at the Metropolitan Museum of Art. *The Washington Post* is quoted as saying that "[e]very note is lovingly crafted and savored." They have won prestigious awards around the world. Included in their performance will be works by Shaw, Mendelssohn, Beethoven and Webern.

On February 23, Duke University's **Ciompi Quartet** will present an evening of piano and strings. The group will be joined by pianist **Barbara McKenzie** and French double bassist **Hugo Abraham** for quintet favorites from Brahms, Schubert's Trout Quintet, and Mozart's G minor Quartet. The Ciompi Quartet will be introducing its new cellist at this concert.

**Concert rescheduled.** The **Caroline Shaw and the Jasper Quartet** concert that was cancelled due to Hurricane Florence has been rescheduled for March 9. Ms. Shaw hails from Eastern North Carolina and has made a name for herself as a vocalist, violin/violist and composer. She has astonished both the pop and classical music worlds with her work and enjoys residencies with the Guggenheim, the Kennedy Center, the Lincoln Center, Carnegie Hall and the Metropolitan Museum of Art. The Jasper String Quartet will join her to present both her work and the Brahms Viola Quintet. In her honor, the state of North Carolina proclaimed Caroline Shaw Day.

The final concert of the season will be April 13, featuring the **Vera Quartet**, artists in residence at Indiana University and comprised of young artists from Spain and Cuba. They have won the Plowman and Yellow Springs Chamber Music Competitions, and their program offers vivacious performances of Turina, de Falla and Ginastera, works which launched them into the US and European spotlight.

Whether a classical music "newbie" or a seasoned aficionado, prepare to be wowed. We bring you an international assembly of artists whose passion speaks to the heart, which is what makes American Music Festival concerts unforgettable. Join today. You cannot hear music like this without going to Raleigh, Washington or New York.

Concerts tickets are \$32, which covers the NC entertainment tax and mailing fees. For more information, contact Linda Seale at 726-0478.



The Aizuri Quartet will appear at the First Presbyterian Church in Morehead City on January 26.