

Forest Commons Forums 2023

All Forest Park neighbors and interested friends are invited to attend this annual forum series. We hope these talks will increase our sense of community and appreciation for where we live. Plus help us make informed decisions about how we live now, and how we wish to live as we age. Please join us on these dates.



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Saturday, January 21 at 4:00 PM (*via Zoom**)

One Hundred Years of Growing Up and Living in Cameron Park as Experienced by Robert L. McMillan Jr.

Mr. McMillan will talk to us about his experiences living in Cameron Park and the many changes that have occurred over the years.

Robert McMillan, who will turn 100 this year, was born in a front room of the house at 1810 Park Drive in 1923. He raised his own family in the beautiful stone house at 216 Hawthorne where he lived until a few years ago. Mr. McMillan and his wife raised 6 children in that house. Mr. McMillan graduated from Wake Forest University and then the Law School of UNC, Chapel Hill in 1949 and practiced law for nearly 50 years, with a primary focus later in his career as a trial lawyer in the field of criminal defense. Mr. McMillan served as an officer in the U.S. Marine Corps during World War II and the Korean War.

**If you are on the Forest Park listserv, you will automatically receive a Zoom invitation to this Forum. If you are NOT on the Forest Park listserv but would like to attend, send an email to forestcommonsraleigh@gmail.com and you will receive an invitation.*

Tuesday, February 21, 7:00 PM (*Multipurpose Room, [YMCA](#), 1603 Hillsborough St*)

Adaptive Equipment

Presented by Sonya Clark with the North Carolina Assistive Technology Program, N.C. Dept. of Health and Human Services

Remaining independent is a goal that all of us wish to achieve as we continue to live in our homes or care for our loved ones. Sometimes that requires modifications in a variety of areas. In this talk we will hear recommendations such as: assessing types of walkers, altering bathtubs and showers, purchasing easier-to-use kitchen gadgets and appliances, accessing large print materials, etc. Sonya Clark will talk about some of these devices and answer your questions.

Tuesday, March 28, 7:00 PM (*Multipurpose Room, [YMCA](#), 1603 Hillsborough St*)

Current Cardiology: Problems, Diagnosis, Treatment, and Prevention Update

Presented by Dr. Rajesh Vakani, a cardiology physician with North Carolina Heart and Vascular at Rex Hospital

This talk will provide an update on the different kinds of cardiology problems that are common — heart disease and atrial fibrillation, and how these conditions are diagnosed and treated. Dr Vakani will also cover ways that we can prevent these problems from developing.

Thursday, April 20, 6:30 PM Tour and 7:00 PM Talk, (*[St. Mary's School](#), Smedes Hall, 900 Hillsborough St.*)

St. Mary's School: Why all Girls?

Presented by Julie Ricciardi, Associate Head of School for Institutional Advancement at St Mary's School. She has been at St Mary's School since 2015 and served previously as Vice President for Engagement and Executive Director for Development and Alumnae Affairs for William Peace University in Raleigh.

This talk will provide an historic overview of St. Mary's School, covering how the school got started. The talk will look at where St. Mary's is today, its current strategic plan and campaign vision.