



THE CAROL WOODS NEWS

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CAROL WOODS AS FINANCIAL SAFETY NET

Of the various benefits woven into the fabric of Carol Woods, perhaps one of the most reassuring, is the Resident Financial Assistance Program. It serves to ensure true "peace of mind" for every person who makes the decision to move to Carol Woods.

During the admission process, Carol Woods works with prospective residents to consider the long-term financial prospects of living at Carol Woods. Even the best-laid plans, though, can change. Volatility in the economy or even a very long life can cause personal assets to dwindle.

Once a person moves into Carol Woods, financial issues need not be a concern. Should one's assets decline significantly, Carol Woods has set aside reserves to speak to this situation. The concept of a reserve fund has been part of Carol Woods financial funding since the organization's beginning in 1979. The funding sources for the reserve are threefold; one is through Board designation of corporate assets the second is by way of generous charitable gifts that are tax deductible and the third comes from profits of the resident run Gift Shop. The current overall Resident Reserve balance is approximately one million dollars.

Carol Woods establishes asset thresholds at which levels residents become eligible for assistance. The idea behind the assistance is to make it available long before an individual's assets are depleted. By offering assistance earlier, a resident's lifestyle is protected. One need not worry about cutting corners unnecessarily. Without this worry, quality of life is enhanced, ultimately contributing positively to an individual's overall health.

If any resident becomes concerned about a current or projected asset base, he or she may contact either Carol Woods' President/CEO or the Vice President of Finance to discuss concerns confidentially. If need is indicated, assistance is provided with equal attention to confidentiality. At any given time, there may be only a few residents who receive financial assistance, and the vast majority of residents may never need it. Nonetheless, it is a comfort for all to know that the safety net is in place should unexpected situations arise.

*Pat Sprigg
President, CEO*

BREAST REDUCTION AND BILATERAL LIMB AMPUTATION –

(From an Anatomy Lecture by Bob Brashear.)

The patient*, warm and rested, is placed in a supine, reversed lithotomy position with the legs tied together at the ankles. One begins by palpating the jugular notch and keels of the sternum down to the xiphoid process. Parasternal incisions are made down to the level of the costal cartilages on both sides. 6.0 mm coronal slices are then made through the entire breast and the slices are put in sequence on a platter.

Next the ankle ligature is incised, the legs are abducted and the adductors cut down from their pelvic origins. Further abduction will expose the glistening iliofemoral ligament, which is then incised. With further abduction the head of the femur pops out of the acetabulum, and the remaining muscles can be cut and the limbs easily removed.

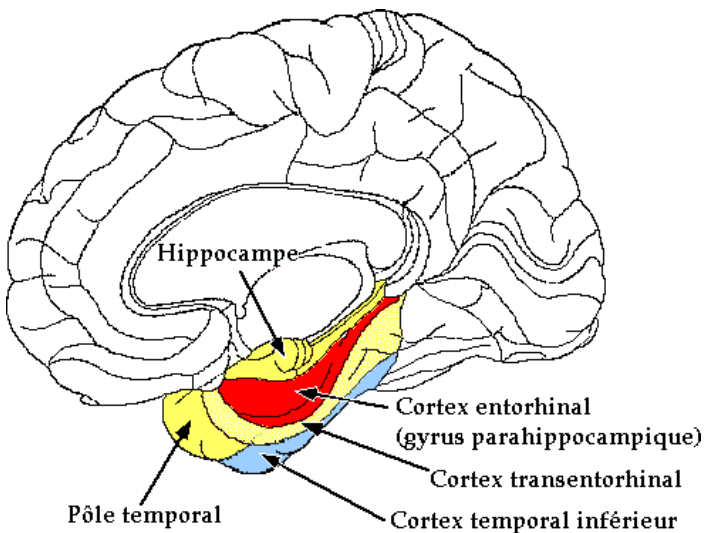
* a turkey

A ROSE BY ANY OTHER WHAT?

It starts with that instant nothing-space in the middle of your otherwise perfectly efficient brain. The woman who just passed you in the hall said hello and called you by name! You remember her face from dinner last Tuesday but...her name...HER NAME! You were properly introduced only forty-eight hours ago. Where in the world has her name gone?

Your companion of many years presses your arm and hisses softly into your ear, "She's the one who was sitting next to.. next to.. next .." But no revelation comes, you laugh together, greeting other good people who hatefully remember your name while you have completely forgotten theirs.

Blame your hippocampus:



This clever brain tissue is not an obedience school for ugly quadrupeds banished from the zoo for bad behavior. It is the organ in your brain that transfers names of people, books, tools, etc. to the reliable domain of long-term memory.

Maybe. You hope.

But there's a lot of stuff that can interfere. As people age, their hippos can shrink, even as their owner's waistlines expand. Short term memory loss can happen in early Alzheimer's, oxygen deprivation, or injury. And, of course, simple distractions or inattention make us lose names, too. Among other culprits, experts are checking

out the causal relationship between stress and memory. In otherwise healthy people, researchers claim, stress actually creates an excess of cortisol, a substance linked to hippocampus shrinkage. Recently a team at McGill University in Canada subjected laboratory rats to a super-stressful environment for three weeks. (Read them political news for twenty one days?) Then they measured the rats for their cortisol levels and recorded the shrinkage in the hippocampus. The good news is that after the rats were placed in a peaceful, comforting environment for one week, their cortisol levels and the hippocampus returned to normal. There is also evidence that depression can pucker your hippocampus but fortunately there is medication for that. Some experts recommend including cruciferous vegetables: broccoli, cabbage, cauliflower. And, of course, exercise and weight control are, alas, important. So brain research continues to provide hope for us all.

In the meantime, here from the Harvard Health Newswave are tips for planting names firmly in your perennial memory garden: (You've heard them all before, but you may have forgotten...)

1. When you meet someone for the first time, use their name in conversation.
2. Think about whether you like the name.
3. Recall people you know who may have the same name.
4. Associate the name with an image: e.g. Sandy with a beach.
5. Write the person's name in your address book.

Clearly it's unwise to allow yourself to become stressed out or depressed because you forgot a name. You'll just be shriveling your hippocampus, abetting the very villain you're out to outwit. At Carol Woods we simply say hello to everybody we meet in the halls, smiling warmly as we pass by.

J.B.

SINGLES AT CAROL WOODS

The Carol Woods community is spread out on 120 acres with over four hundred residents living in a great variety of dwellings – Upper; Lower and Middle Loop duplexes, garden cottages in the Historic District, three central apartment buildings and individual as well as two person rooms in Assisted Living and also the Health Center. Over time, each of these has developed into one or more “neighborhoods” with a variety of neighborly traditions. For instance, Building Three’s second floor has a 5 pm social hour on Sundays. The Lower Loop has a block party on the Sunday just before Labor Day. In the Dining Room there are several tables that are known as Fellowship Tables making it easier for anyone to join them and have companionship for a meal.

Residents who live alone have invented some schemes that particularly meet their needs. A group that calls itself The Six Ladies goes off campus once a month for dinner after a social hour in one of their homes. Members are available for simple things like airport trips or help with moving from a garden apartment into a central building. They can go along to a crucial medical appointments; it helps for one to be the note-taker while the other concentrates on questions for the doctor.

A Travel Network, organized by **Dot Cansler**, involves residents who have returned from interesting trips around the country or the world, coming together to tell their stories. They provide information about tours so that singles may arrange to travel together for companionship and to avoid the typically higher rates for singles.

Another little cluster of people regularly go together on Saturday mornings for coffee, a bookstore visit and/or a trip to the supermarket. When a single friend is in the Health Center, neighbors water plants, care for cats, bring needed items from the apartment, and, of course, visit to share the news of the “neighborhood.” **Ken Joseph** prefers to avoid committee work yet wants to be useful at Carol Woods so has made himself available for driving those who no longer have a car. He can take them shopping and/or to appointments off campus. If they insist on paying he asks that they make a contribution to the charity of their choice. We reported here about only few of the mutually supportive efforts that go on all over the campus.

Pat Bartell

WELCOMING AND MENTORING NEW RESIDENTS

The Newcomers Committee with **Sue Fletcher** as Chair organizes social events and informative meetings where staff and residents tell about how things work at Carol Woods and ways that residents can volunteer on campus as well as in the larger community. A subcommittee, chaired by **Dot Cansler**, arranges for Mentors to assist newcomers during their first few days and weeks. These Mentors live close to the newcomer, deliver a minimum of written material containing information of immediate use and are available to answer questions. Generally residents who originally came from Chapel Hill will serve as Mentors to the newcomers from out of state, whereas those from “away” help those who come to Carol Woods from Chapel Hill.

N.F.

WELCOME NEW RESIDENT

Bettie Flash (Apt. #157) reports a full and far-reaching life which started in Massachusetts. She grew up in Southborough and in 1952, graduated from Smith College. After taking courses in a number of other schools, she received the MAT degree from UNC-Chapel Hill.

Bettie has taught in high school history courses in Kansas City, MO, Princeton, NJ, Ann Arbor, MI, Chapel Hill, and Durham (Carolina Friends School) as well as in Mexico, Lebanon, Spain and many other places. Her outlook is thus truly international. In addition, she has worked as a real estate agent.

Bettie’s two children and three step-children have enriched her life immensely. She has been a volunteer worker for Hospice and the NC Museum of Art and has served as an election judge. At the Quaker Meeting Bettie has served on numerous committees and has taught Sunday school. Her principal hobbies and interests are swimming, reading, opera and bridge.

Eleanor/Bob Broadus

WHAT'S GOING ON HERE

Dan Okun is always looking for talented artists to display their work in the **Carol Woods Art Gallery**. In September the Gallery featured work from the annual Merit Artists' Show that gave the Chapel Hill community a chance to see local talent ranging from paintings and photography to sculpture and modern art. Merit Artists **Barbara Cromack, Dottie Hall, Jeanne Madigan, Jean Stults** and **Oscar Sussman** drew a large crowd of admirers. During the month of October, the Pastel Society of North Carolina and glass artist John Geci have their work on display. Everyone is looking ahead to December when the next Residents and Staff Show will open to the public; Duke's Nasher Museum Art Curator Sarah Schroth will judge the show and choose the 2005 merit artists.

Six Teaching Company tapes containing 24 one-half hour lectures on differential and integral calculus have been made available to an emerging **Calculus Interest Group**.

With the high price of gas, using public transportation becomes ever more attractive. Chapel Hill city buses are **free** and come to the front of Carol Woods frequently throughout the day. Schedules are posted and available at the Front Desk.

CONCERTS AND LECTURES

Tuesday Concerts

Wed. Nov. 16 – UNC Women's Glee Club

Nov. 29 – Katherine Boyes, Piano

Dec. 6 – Paul Neebe, Roger Petrick, trumpet, piano

Thursday Lectures

Dec. 8 – Sarah Schroth - Duke Nasher Museum

SUMMARY OF THE RESIDENT ASSOCIATION MEETING OCTOBER 11, 2005

Edith Haubrichs introduced new residents: **Jessie and Donald McIntyre**. **Muriel Easterling** presented the Treasurer's Report. Unrestricted funds remain at just under \$15,000. **Jackie Allen** reminded us of the CCCR meeting in Greensboro on October 20, which will focus on the new Medicare Part D Prescription Coverage. The same topic will be the subject of a Forum here on the same day, Thursday, October 20 in the Assembly Hall, 10-11:30 a.m.

The proposal to change funding of the Residents Association was extensively questioned and discussed. A motion to adopt the change received a sizable endorsement; fewer than ten people voted "Nay". **Pat Sprigg** then introduced the new Resident Monthly "Flexible Meal Plan," to begin January 1, 2006. She explained that all new residents will have a contract under the new flexible of thirty meals per month. Those already here will have the option of changing to the new plan.

R.M.

STAFF: Natalie Fiess, Chair; Jane Berryman, Russell Graves, Ray Mack, Nancy Martin, and Mary Scroggs. Ann Kendall drawing
Circulation: Barbara Allen, Janet Campbell, Helen Hawley, Beth Jukes, Eva Lynch, Jessie Lutz, Stella Lyons and Lang Prouty.

CAROL WOODS

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