

THE CAROL WOODS NEWS

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CAMP COUNSELORS AND ELDER SAGES

Camp Meadowwood returned to Carol Woods for its seventh summer. This day camp, sponsored by the Chrysalis Foundation, is designed to help children with behavioral and development difficulties master skills that will help them lead happy and productive lives. Carol Woods provides free use of the campus facilities and residents volunteer as counselors. For its role in hosting the camp and helping it expand, Carol Woods received the 2006 Social Responsibility Award from the N.C. Association of Non-Profit Homes for the Aging.

Forty-five children and twenty-four residents, led by **Lew Woodham** and the Chrysalis staff, participated in three one-week sessions. Among their activities were swimming, croquet, weaving, paper-folding art, and studying birds. A highlight of the week was peering into a nest of new bluebird hatchlings under the watchful eye of **Sue Fletcher**. One group of campers, impressed with **Libby Holder's** spunk in continuing her counselor role despite a recently broken arm, rewarded her with new Barbie dolls to use in her summer camp dioramas in Building Four. Each week concluded with a talent show. After the children's performances, the Carol Woods *Taptations* danced their way through several numbers, demonstrating to all that talent and a love for dancing know no age limits.



Lew Woodham
encouraging camper



Libby Holder with campers
and her Barbies

Two afternoons with "gifted" teenagers enrolled in the *TIP (Talent Identification Program)* at Duke University offered a different intergenerational experience. Coming from states throughout the southeast, they lived on the Duke campus and explored Asian thought and religions. Program director, Scott Morrow, said that in developing the first TIP classes he "thought it would be great to bring passionate fifteen year olds together with passionate eighty year olds"; that residents might serve as "elder sages" to the students. **Marnie Clark** helped him set up the procedures and first sessions at Carol Woods six years ago. Discussions took place in groups of six or eight, equally divided between residents and students. Many of the twenty-seven residents had participated for several years. One, **Lois Ann Hobbes**, formed a bond with a student that led to several years of correspondence.

This year's students had residents grappling with questions and issues such as, "How have your religious ideas changed in your lifetime?" "Can you identify any experience that really changed your life?" "What are the greatest challenges people our age have to face?" In contrast to residents' apologies for the economy, environment and unrest we are leaving to these idealistic young people, one student said she felt their greatest challenge was to avoid letting technology dominate their lives. Question: who learned more from whom?



Lois Ann Hobbes, Thelma Perkins and TIPers

EVERY DAY A JOKE!

Be sure to arrive ten minutes early at the Wellness Class in the Community Room. Laura Terry, the physical therapist, suggests you start with choosing a chair, the kind without arms. Be careful you don't topple the chairs left on the rack when you remove yours. Next, stake out your territory. Sit down and fling out your arms sideways all the way to your finger tips. If you haven't bumped your neighbor, you are all set. Next, search in the file for your personalized stretch band, sealed with your name printed on the plastic bag. The color won't match your outfit but will determine how you feel at the end of class. Next are weights. They should be heavy enough to impress your neighbor but don't overdo it. Promptly at 11 a.m. and not a whisper earlier or later, the regimen starts. If Laura is late, volunteers enter the fray. BREATHE! SHRUG! ELBOWS REACH FOR YOUR BACK POCKETS! Before your elbows have a chance to recover from your back pockets it's time for SIT TO STAND. This is designed to facilitate the use of toilets in China, so pay attention. Next come abdominals. Would you rather be a humming bird or a zombie basketball? If you go slower you can curl your biceps while others are zipping up the chicken wings. Now for the most important part. DO WE HAVE A JOKE FOR TODAY? Laughter is important for your health so you laugh no matter what the joke. You will need to be rebalanced after the joke so balance exercises are next! STAND ON ONE FOOT. WRITE NAME WITH OTHER FOOT. You may not be used to writing with your foot, but as you learn to balance, it will become more legible. You can side step with Fred Astaire before cool-down. Put away your weights, stretch band, and chair before you collapse. You'll probably feel better by the time you reach the top of the stairway. Just remember there's a joke every day.

Dorrie Prouty

THE MAN BEHIND THE MAILBOXES

It takes a cheerful heart to work sixty hours a week, parent four children from fourteen to two, plus share night duty attending new twin girls two months old. First of all, you have to pick a good wife named Jeri to share it all with. Next, your name has to be Deryl Copeland, the faithful mail provider for Carol Woods Retirement Community. And, as if that's not enough, only ninety percent of his assignment is here; he also has other mail stops along Weaver Dairy Road.

While Deryl continues to stuff boxes one Tuesday afternoon, I perch on a green stool and pose my questions.

"What'd you name the new girls?"

I wasn't expecting such a poetic response.

"Cierra Delaney and Cameron McKee," Deryl replies slowly, as if he might still be getting used to the idea. And savoring it.

When Deryl was nineteen, his dad put an official-looking notice in front of him; the Post Office was hiring. The rest is history. For fifteen years he worked a "park and loop" route, which was really a park and *walk* assignment. Then he came to Carol Woods where he's been ever since. He says it's a wonderful job, even working six days a week an average of ten hours a day.

The Copelands have a place up on Kerr Lake. And a boat — one of his daughters had just been up on water skis for the first time the weekend before.

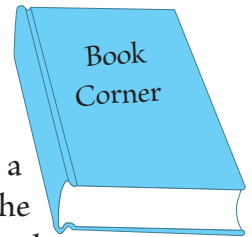
Deryl likes news programs on TV "even though things are in a mess right now". Food choices? He confesses to being essentially a "meat and potatoes man". On a schedule like his, he could certainly justify plenty of carbs. And maybe some toothpicks, not to use after his steak, but to prop up his eyelids 'til the new babies sleep through the night.

JB



BOOK CORNER

Residents' musings on favorite books or authors



The Immense Journey by Loren Eiseley is one of the few books that I can truly say has influenced my thinking through the decades. In an almost poetic spiritual prose this author explains the immense journey of life from the primordial ooze to human kind, but with types like us not the ultimate and final act in evolving life.

Loren Eiseley was my major advisor at Oberlin. Would that I could go back and hear again his

exquisite descriptions of how a particular bone changed over the eons. Or how a species changed or maybe disappeared. Yes, each of us is part of this immense journey with an unknown destination, if there is a destination.

Shirley Collins

Do you have a favorite book or author you would like to share?

WELCOME NEW RESIDENTS



Sandra and Henry Woodward (Apt. 173) are not new to Carol Woods. Henry's parents were pioneers at Carol Woods

and his sister is Ann Woodward (Apt. 217). They moved to Carol Woods from their Chapel Hill home having retired twelve years ago from Connecticut. Henry's professional life was in information technology with Travelers Insurance in Hartford. Since retirement Henry has developed an independent financial planning business so he leaves this campus each day doing what he loves most.

Sandra grew up in Springfield Ohio and Henry in Northfield, Minnesota. They met while students at Oberlin College. Sandy majored in music education at the Conservatory at Oberlin. Her instrument is the flute. Sandy has taught the flute, developed a flute choir at their church and plays with a flute quartet. Although Henry majored in economics at Oberlin, he, like most of his family, has appreciation for all kinds of music and sings in a church choir. They raised two children, a daughter now in Rochester, New York, and a son currently in San Diego Area. Sandy enjoys reading, volunteering and of course music. She likes to play bridge but does not consider herself a serious bridge player. They seem to be at home in their new setting among many new friends.

Mary Ann Gross



Marilyn Dyer (Apt. 142) and her husband retired from New Delhi, India, to Chapel Hill in 1979, a long way from San Jose, California, where she

had been born into a pioneer family that went west in a covered-wagon train in 1860. Marilyn says she was "Born without a sense of direction" but married a Ph.D. in Geography, Donald Dyer. He left university teaching to become a geographic attaché for the U.S. State Department and worked in eighty-seven countries.

Marilyn did undergraduate work at Northwestern University and graduate work at American University. Her two daughters, born in Gainesville while her husband was teaching at the University of Florida, currently live in Virginia Beach and in Santa Cruz, California.

Marilyn is interested in "the relationship between depth psychology and the spiritual dimension of life." In 1983 she helped found the C.G. Jung Society of the Triangle Area. She is an avid reader, loves classical music, and wishes she had nine lives to fulfill life's possibilities.

Sarah Davis

WELCOME NEW RESIDENTS *continued*



Thomas and Pat Humphrey (Apt. 2105) moved to Carol Woods from Durham where they had lived for many

years. Thomas grew up in Ft. Mitchell, Kentucky, and graduated from the University of Kentucky in Civil Engineering. He did Operations Research work in Germany for Esso Research and Engineering and then joined the Space Program in Houston, working for IBM, streamlining their operations. Thomas has two daughters, one living in Durham.

Thomas and Pat met in a DILR course at Duke. After Thomas' trip to Australia to research and document Echidnas, an animal native to Australia, they resumed their friendship. They married recently, just before moving to Carol Woods.

Pat grew up in Leicester, Massachusetts, and received a BA nursing degree from Bates College in Maine. After working at the Cornell University

Medical Center she was a professor of nursing at Rutgers, Duke and UNC. She was active in the American Diabetes Association serving as Vice-President.

Pat is a visual artist, a musician, and a lover of animals. She plays trumpet and xylophone. Volunteering for the North Carolina Zoo, she has "mothered" baby chimpanzees who were abandoned or abused by the mother. Thomas built a six foot square enclosure with rods, ropes and swings for the baby chimps. Pat has also owned several dogs, including champion show dogs, and has been a Tracking Judge for the American Kennel Club. She enjoys reading and audio books.

Thomas and Pat are enthusiastic square dancers and are considering organizing a square dance group at Carol Woods if others are interested.

Fran and Julian Davis

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Dottie Hall with student from Duke's Talent Identification Program



Glenna Chapin and camper folding paper butterflies at Camp Meadowwood

CAROL WOODS

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