

# THE CAROL WOODS NEWS

is published each month except July and August. It is distributed to residents, applicants on the waiting list, and other interested persons.

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Chapel Hill, North Carolina

January 2009

## SIGNS OF SPRING ALREADY?

Carol Woods residents love to walk around the paths and woods of our community. We enjoy the flowers of the summer gardens and the autumn leaves that delight us. In the cold months of the new year, though, we walk a little faster, but we still notice many plants beginning to bloom.

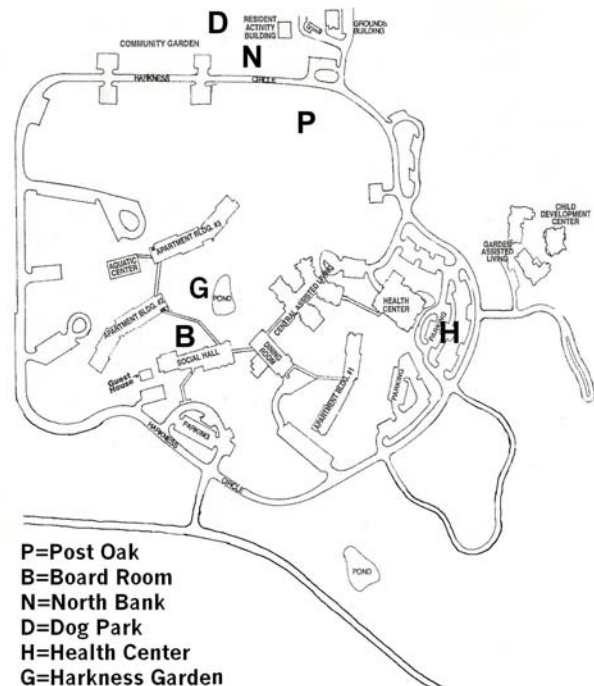
A flowering apricot, near the dry stream bed in the Post Oak Garden (P), is opening now, its small flowers wafting a wonderful fragrance through the crisp air. Many shrubs stand tall. Winter camellias are blooming all around, from those in many residents' gardens to the quiet garden behind the Board Room (B). There also, we see the proud, upright yellow blooms of the mahonia, an architectural plant that is most appreciated in winter. Winter jasmine, a non-fragrant shrub with yellow flowers, grows vigorously at the top of the North bank (N)—winter honeysuckle, a "stay-put shrub," kin to the honeysuckle vine that we all know from childhood, has a wonderful scent as we walk along the entrance to the kitchen.

Sometime in February, *Pieris Japonica* starts blooming. It is a small shrub, with flowers that hang delicately downwards. Walk by the homes on the north side of Harkness Circle, near the dog park (D), and there are several varieties of blooming viburnum. *Spirea* with its little pinkish-white blooms and small leaves, nicely fill niches of the landscape. Be sure to notice, in the parking lot of Building 4 (H), a tall long, graceful hedge with small bright blue flowers. Gently pinch its leaves and sniff your fingers. Yes, that is the herb rosemary, really effective and lovely as a hedge.

Look down at your feet as you walk around Harkness Circle. Wood hyacinths are blooming as are hellebores, adding their quiet elegance to the gardens along many paths. **Judy Smallwood** finds the purple and white hellebores in her garden "very satisfying". Crocuses are emerging, but not so many. **Marian**

**Stephenson**, a resident who speaks in strange botanical words, says, "We need to do something about getting more crocuses, especially the tommies - *Crocus tommasinianus*, which squirrels and voles don't care for so much - and so lovely." The endowed Harkness Garden (G), near the pond in the center of the campus, will have many spring-time flowers this spring. In early December resident volunteers and Robin Holmes from the grounds staff planted more than 200 large jonquils (daffodils) at its edges, with lots of smaller bulbs under-planted.

By February, purple grape hyacinths come up in several places. Many gardeners plant these to mark where the daffodils and tulips will soon grow. Later on, you'll see purple-flowered *Vinca major* emerging as it spreads its roots throughout the woods. Walk the interior paths of Carol Woods. Many surprises are there for the discovery. Look closely and you'll be delighted with the earlier signs of spring. Your feet may be cold, but the early flowers will warm your heart.



AMW

## ROSES TO OUR STAFF

Delighted as we were finally (after six years) to get THE CALL from Carol Woods, there was so much to do! Aside from the giving, selling, and tossing, we found ourselves answering queries from friends and former colleagues nationwide: *What is a Continuing Care Community? Why not just downsize and move to more sunshine?* Patiently we answered about our desire for a place where we could live whatever our physical conditions became. We described Carol Woods' great Health Center with the caveat, "Of course we don't expect to use it for years, but everybody does eventually." ... Yeah, right!

Thirteen months into our residential tenure, I was unceremoniously popped into the Health Center, in isolation yet, as the shingles vesicles (correct name for the blisters, I was to learn) kept erupting first at my left temple, then into my hair, and finally around my left eye and down that side of my face.

Pain you can't imagine, and the feeling that my head was now an early jack o' lantern! No matter, the kind and tender nurses and aides treated me as if I were Paris Hilton. Even as those of child-bearing age were forced to don the cumbersome gowns, masks, and gloves, their patience was unending. Even while the most I could do was groan, their sympathetic murmurs and light touches were reassuring that surely someday it would end.

I learned a lot through this experience. First I learned from the medical personnel that the correct term for shingles is Herpes Zoster, encouraging, huh? I came to appreciate the Clinic and Health Center in a way I never could have without this experience. Unfortunately, I also learned that Zoster doesn't necessarily end once the vesicles have faded. Post-shingles pain is a stark reality I am still experiencing, but with their help I offer many thanks to our Health Center friends who make this a real *Continuing Care Retirement Community*.

LB

## FIRESIDE CHATS

On a Monday, Tuesday, and Wednesday in November Carol Woods' President and CEO, Pat Sprigg, had a second series of informal chats with residents in the Social Lounge. Some made a special effort to come; others happening by seemed to like the sound of things and stayed.

These chats had been postponed because Pat was called to her mother's bedside. After reassuring us of her mother's well-being, Pat talked about the accreditation process that had just been taking place on campus, both being questions that many had already been asking her. Then she called on those of us who raised our hands (she knows us all by name) to sound off with whatever was on our minds. Our financial status was an important subject (we will "weather the storm"). Questions were raised regarding health care, safety, the master plan, and anything pertaining to food. It seemed to this reporter that the majority of issues concerned ways in which we all might protect our resources and money. Pat was totally up to date and conversant with every issue. The lunch hour came too quickly.

GD

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## WELCOME NEW RESIDENTS



**Dorothy Kirschmann** (Apt. 3110) was born in Connecticut and spent most of her life there. Shortly after she graduated from Laurel College she met and married her husband George, a Project Engineer at Uniroyal. More important for Dorothy, his avocation was art. Her living room is full of some of his lovely paintings (he created more than 350). It was through exposure to art and artists that Dorothy had a wonderful exciting life including extensive travel.

When Dorothy's son reached eighth grade she resumed her career as a junior and senior high school guidance counselor. She also served as a volunteer for Habitat for Humanity and in libraries. She and her husband retired to Myrtle Beach, South Carolina. She later moved to Carrboro to be nearer her son George, an architect, who lives in Durham with his family. It was he who thought she would like Carol Woods.

Win Berg

## WELCOME NEW RESIDENTS - Continued



**Bert and Ellen Kaplan** (Apt. 1308) moved here from Chapel Hill. Bert grew up in Strasburg

in the Shenandoah Valley of Virginia. Ellen was born in Germany but has lived in the United States since 1939 and in Chapel Hill since 1942.

Bert was educated at Virginia Tech, UNC-CH (PhD), Edinburgh, and Cornell University (Post-doc). He served in the US Air Force during the Korean War. His academic career (1960-1999) was spent in the UNC-CH School of Public Health, Department of Epidemiology. He has had visiting appointments at Stanford and Cornell.

Bert continues to participate in UNC seminars in cardiovascular disease epidemiology, and in the UNC-CH Humanities Seminar on Freud's contribution to science, psychiatry, literature. Within Duke's Center for the Study of Aging he is a senior member of the Program in Religion and Health.

Ellen has a BS from UNC-CH and an MA from Duke. She worked for many years as a computer programmer and research associate in the Department of Biostatistics at UNC-CH, and as a computer programmer at the Duke Alzheimer Center. She continues to work as a statistician in the Duke Cancer Center.

Both are enjoying the social and cultural life at Carol Woods. They expect to continue professional work at Duke and UNC while expanding their ties to the Carol Woods Community where they look forward to volunteering.

Most important, Ellen and Bert enjoy the blessing of two sons, and four grandchildren, now ages 2-6 (two boys, two girls).

*Sally Slack*



**Don and Janet Campbell** (Apt. 1109) lived in Chapel Hill for 18 years prior to their November move to Carol Woods. They met in 1952 while students at the University of

Michigan, where Janet was studying political science and Don was in the mathematics department. After graduation they moved to Los Angeles and Don became a programmer in the then new computer industry. Janet was a stay-at-home mother to their two children, Julia and James. Don worked for a number of different computer companies including General Electric and Honeywell as well as various start-up companies.

Janet returned to school earning an MA in Education and a Master of Counseling. Her career included positions as counselor, clinic manager and associate executive director at Planned Parenthood affiliates; and training, writing and editing work with other organizations. In Durham, she served as administrator of the Eno River UU Fellowship for six years before retiring.

Interests and hobbies for the Campbells have included traveling, hiking, running, bicycling, river running, photography and computer skills. Their biggest hobby adventure was a 1989 tandem bicycle trip from San Francisco to New York and on to Wisconsin. The trip took four months.

Janet and Don have six grandchildren. Eva, Angela and Andrew live in Canton, Ohio with their parents; Lucas attends Guilford College; Lillian and William reside with their parents in Milford, New Hampshire.

*Lucy Pap*

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## WHY WE LOVE CHILDREN

A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages.

"Mama, look what I found," the boy called out.

"What have you got there, dear?"

With astonishment in the young boy's voice, he answered, "I think it's Adam's underwear."

*Continued on Page 4*

## DECEMBER RESIDENTS ASSOCIATION MEETING

In keeping with the Holiday spirit, this busy gathering celebrated generosity and gratitude at Carol Woods. Anne Wood announced that residents have contributed \$158,172 to the employee appreciation fund, providing a \$772 gift for each full time employee. VP Rod Gorham reported Council meeting proceedings featuring the rich variety of Community Relations Committee charitable projects, and plans to enlarge the Craft Shop to accommodate a donated bigger and better kiln. Dottie Heninger outlined plans that respond to the Resident Satisfaction Survey to improve our quality of community life.

Jim Copeland, Chair of the Carol Woods Board, presented an informative and inspiring annual report, which detailed an impressive list of Board accomplishments and celebrated the maintenance of our traditions and values by the Board, our administration, staff, and residents.

Pat Sprigg announced next year's 4% fee increase – a remarkable accomplishment in this stressed economy! Her "Conversational Hours" for open-ended dialog with residents have been consistent with our Carol Woods traditions: widely attended, wide-ranging and productive.

*Ken Reeb, Sr., Secretary pro tem*

### WHY WE LOVE CHILDREN - Continued

A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, "Daddy, you shouldn't wear that suit."

"Any why not, darling?"

"You know that it always gives you a headache the next morning."



## COMING EVENTS

### Concerts

- January 21 Greg McCallum – Piano
- January 28 Jonathan Kramer – Cello
- February 4 TBA
- February 11 TBA
- February 18 Keowee Chamber Music – Kate Steinbeck, flute; Amy Bruksch, Guitar

### Lectures

- January 15 Symphony Night, No Program
- January 22 Hormone Replacement Therapy - Ed Davis
- January 29 Ethics of Arms Control – Allan Parrent
- February 5 Nano-technology – Celia Merzbacher
- February 12 Symphony Night, No program

**STAFF:** Nancy Martin and Anne Wright, co-Chairs; Louise Baker, Jane Berryman, Ginger Davis, Betsy Hewitt, Denise Johnson and Burkhard Seubert. Pat Bartell and Catherine Clark, proof readers.

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**Pictures:** Bill Bayliss.

**Map:** Bill Wright.

## CAROL WOODS

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