



THE CAROL WOODS NEWS

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THE CHANGING CAROL WOODS LIBRARY

From the very beginning, the library at Carol Woods has been a source of pride and joy. The first residents, unable to house all their books in their smaller quarters, entrusted some to the library, and new arrivals have continued to do so. An influx of newcomers last year brought an unusual bounty, including magnificent art books. The result is that with only a minimal budget the collection has mushroomed to approximately 5,000 volumes, offering recreational reading as well as general information, a delightfully eclectic collection. Open twenty-four hours a day, residents sign out and return their choices by self-service.

While regular print books remain the mainstay of the collection, the library has branched out to include other media including hundreds of paperbacks (mostly popular mysteries), a sizeable collection of large print books, audio tapes, and a new video collection with VHS films and DVD's. Bulging periodical shelves boast 60-plus titles, ranging from news and financial media to magazines covering the environment, science, consumer needs, and such varied titles as *Architectural Digest*, *Poetry*, and *Wine Spectator*. From the sale of unneeded books we purchase more new titles and bestsellers.

Meanwhile, special collections continue to expand — an impressive collection of 85 books written by our residents, a Chapel Hill/North Carolina collection, and

books on art techniques and crafts. A small library of health-related subjects is available in the Health Center. There is even a small juvenile collection for visiting grandchildren. Satellite libraries are housed in each residential building. The library serves as a depository for minutes of meetings, committee reports, and other official Carol Woods documents. Most recently, with the help of our Pastoral Counselor, we have set up a small library of books on spirituality.

We continue to fine-tune the collection to satisfy reader wishes. We have long known that fiction, mysteries, and current titles are always in demand, but we discovered additional interests from a user survey taken last summer. In non-fiction, biography and history were overwhelmingly the favorites and other requests ran the gamut from craft books to more old classics, poetry and plays, to books in foreign languages.

The library is managed entirely by dozens of volunteers from book-lovers and former librarians to cabinet makers, architectural consultants, computer program designers and operators for cataloging. The main collection is housed in a lovely room with furnishings given by an early resident. A recent renovation resulted in more accessible shelves, space for sitting and browsing, display and work areas, and an even more inviting atmosphere.

(Jean Joseph)



FREQUENT RIDER

As a native Manhattanite accustomed to traveling on buses and subways, I must admit I came to Carol Woods with some trepidation. I had never learned to drive and wasn't about to take it up at this stage in my life. How would I manage to take advantage of all the Triangle had to offer? It wasn't long before I became acquainted with our excellent Carol Woods van service. Three times a day I could go anywhere in Chapel Hill or Carrboro at no cost. All I had to do was call the front desk and let the receptionist know where I wanted to go.

At first I was one of only a few riders each day but gradually, as people gave up their cars, ridership increased. Not only was it convenient, but it was also a social occasion. Under the leadership of the van driver, service expanded and excursions were arranged to various malls in the area. We have an excellent driver who is always thinking of ways to keep his passengers happy, even arranging lunches at his favorite Italian restaurant. Now, people who normally drive, at times choose to go on the van instead.

Today the van is used by many residents for trips to shopping areas, medical appointments, the UNC campus and hospitals, businesses and recreational activities. A schedule is posted on the bulletin board, and copies are available in the room with the in-house mailboxes. In addition, the van is used by the Transportation Committee to transport residents for a modest fee to various cultural and other events in the area such as theater and concert series and individual productions suggested by residents.

The Chapel Hill bus service at our front door provides free, regular, and frequent service for a direct route to the UNC campus, the UNC hospitals, and the center of town. We at Carol Woods are fortunate indeed to have these services, and in the past three and a half years I have accumulated quite a few frequent rider miles!

(Carol Daniel)

PHYSICAL FITNESS

Throw away your rocking chair. Attending an exercise class introduces you to a new zone. You will find muscles you didn't know you have, an alphabet of an anatomy: biceps, deltoids, triceps and more.

Learn how to breathe. I started to do that the moment I was born but there's more to it than that. Does your back ache? Do you struggle out of your chair? Learn to sit and spring to cadence all the while counting off in French, Greek or gibberish. Now you are a linguist.

If you sway when you walk, you can improve your balance with exercises like standing on one foot like an awkward stork and progress to looking like a ballet dancer. You may think that you can't do that but you can because our instructors have a combination of professional training in physical therapy and a fine understanding of the limits of endurance for our age group.

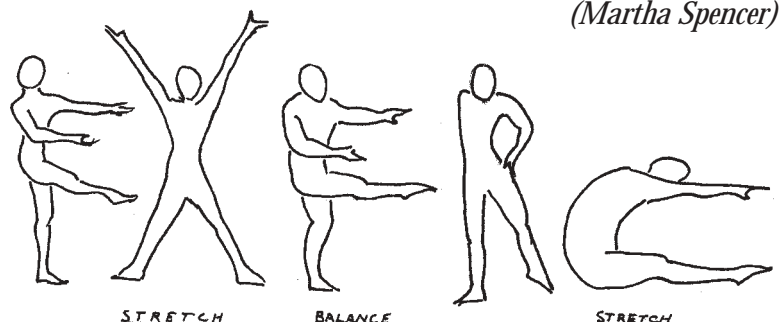
Exercises have names. "Proud chicken", "zip up your jacket", and "remove a tight shirt" are silly but they add to the spirit and the fun. Of course we use equipment such as therabands and weights.

Glossary: Therabands are strips of stretchable fabric, 36"long x 4"wide increasing in density and colorcoded to indicate tension. Weights, formerly called dumbbells, now are formally called weights.

The best part is that there is an air of levity throughout the session with the instructor. Exercises are interspersed with humor. What does the well dressed gymnast wear? Anything goes as long as it is comfortable. You will be surprised by your own accomplishments. Starting as a wimp, you may progress to a jock and enjoy yourself too.

After an hour of exercise you are invigorated with a sense of well being and accomplishment. Do you think you are finished? No chance. There is an exercise class every week day on campus at Carol Woods.

(Martha Spencer)



WELCOME NEW RESIDENT

Fran Weaver (Apt. 166) was born in San Diego and between there and here has lived in many places including Massachusetts, New York, South Carolina, Florida, and India, where she cemented her friendship with **Renee** and **Hans Krusa**, also there with the Ford Foundation. But while there her husband died and Fran returned to Chapel Hill with their four children.

Fran's education and career path began at the Packer Collegiate Institute in Brooklyn and at UNC where she met her husband. The couple had lived in Chapel Hill before going to India and when Fran returned here she entered library school, specializing in archives and manuscripts, ultimately working with resident **Caroline Wallace**. Fran has many friends in town, a number of whom are living at Carol Woods. She served six years as a Carol Woods Board member. Among her many interests are books, bridge, tennis and gardening.

(Maggie Behn)

Epigrams or Eternal Truths for Carol Woodsians

Once over the hill, you pick up speed.

Don't fail to miss tomorrow's doublehitter!
(Bob Taylor quoting Dizzy Dean)

Junk is something you've kept for years and throw away three weeks before you need it.

We strive not to make too many wrong mistakes. *Yogi Berra*

Going to church doesn't make you a Christian any more than standing in a garage makes you a car.

By the time you can make ends meet, they move the ends.

Opportunities always look bigger going than coming.

SHORT NOTES...

As the Children's Center enrollment increases, so do opportunities for Carol Woods residents to interact.

This month we learned to swipe! We attended a Swipe Card Meeting where we received the card and learned the art, the procedure for crediting meals in the Dining Rooms.

Armchair Travelers went to Moscow and St. Petersburg with the **Heuers** and hiked in the Rocky Mountains with the **Linkers**. Documentaries took us to Harlem with a film essay on jazz and, more locally, with television coverage of local events by TV stations in the Carolinas.

Music at Carol Woods in March:

Akal Dev Sharonne, flute and Alla Neshatayava, piano
UNC Chamber Singers - David Stuntz, director

The Legacy Chamber Players - Betty Pease, violin;
Elsbeth van Tongeren, cello; Albert Zaranka, piano

Thursday Evening Programs in March:

Update on UNC Hospitals, Eric Munson, CEO, UNC Hospitals

Pediatric HIV in 2003: Domestic Tranquillity & International Turmoil, Dr. Ross McKinney, Jr.

A School for Peace Born in Time of War - The College Cevenol, Tito Craige

The Durham Savoyards Sing Gilbert and Sullivan

Did you know that in addition to the Computer Room and the Computer Interest Group, there is a PC Computer Users Group and a Mac Users Group that meet regularly?

For the Book Review Group, Maureen Flanagan, history professor at Michigan State University, discussed her book, *Serving With Their Hearts: Chicago Women and the Vision of the Good City, 1871 to 1933*.

The winter six-wicket Golf Croquet Tournament winners are **Bob Taylor** & partners **Eva Lynch/Art Wilde**. The Croquet Spring Tournament, nine-wicket doubles, begins March 31 and lasts through May. "Even if you have not played croquet for 60 years, you'll find it all comes back to you", says chair **Roger Cromack**.

Continued on page 4

SUMMARY

Residents Association Meeting March 11, 2003

Jean Gregory, for the Welcoming Committee, introduced **Fran Weaver**, a new resident and former Carol Woods Board member.

Association Vice President **Bob Brashear** reported on topics considered at the two recent Council meetings.

Bob Gwyn announced that Elders for Peace is faxing a petition today to Washington, DC, voicing opposition to war, and invited residents to sign it.

Lew Woodham, for the Recycling Committee, announced that we have been called "one of the premier recycling centers" in the county and, as a result, have received 30 new and bigger barrels! It was noted that the leadership of **Ede Kaylor** and **Lois Harris** was instrumental in our early involvement in recycling.

Dining Services Committee Co-Chair **Martha Trull** announced that the use of swipe cards for dining services will begin on April 1, with the cards distributed at two learning sessions in late March.

Janet Campbell, Swimming Pool Committee Chair, encouraged all residents not currently in Florida to take advantage of the warm pool water.

Pat Sprigg introduced **Heather Altman**, our Director of Well-Being, and described her work in this new position. She also thanked **Shirley Collins** and the staff and residents who participated in the very helpful Forums on Transitions. She announced that the availability and cost of liability insurance for all continuing care retirement communities has become a major issue recently. The Feedback Survey forms have been distributed to all residents; the findings should be available in May. In preparation for the 25th Anniversary of Carol Woods, residents are encouraged to contribute "people" photographs for possible use in the 2004 calendar. **Natalie Feiss** was given a round of applause for her involvement in an article on retirement communities which appears in the current issue of the TIAA-CREF magazine.

(The Carol Woods News Editors)

SHORT NOTES...continued

A new art show began March 22 featuring birds and crafts. The display, in both the art corridor and the dining rooms, is the work of Marybeth Blackwell Chapman and Alix Hitchcock from Winston-Salem.

Signs of Spring: The Private Duty gardener, **Adam Miller**, has his sign-up sheet on the bulletin board. **Kristi Martin** has cleaned out the lost and found collection. We had green beer for St. Patricks Day. The beautiful star magnolias did not freeze before they bloomed this year. Christmas Rose in white, pink, and lavender, white and red Japanese Quince, and Camellias in many shades are contrasts to the yellows of Daffodils and Forsythia.

Elders for Peace continue to meet weekly to grieve, strategize, and provide mutual support.

Early morning lap swimmers enjoy the sun shining brightly through the windows and watching squirrels and birds cavorting outdoors while people cavort inside.

Residents of Building 1 and 2 report that remodeling work to enlarge kitchens and enclose decks is going well. The workmen's neatness and politeness compensates for the fact that they can't always be very quiet.

STAFF: Peggy Griffenhagen, Chair; Pat Bartell, Janet Campbell, Bob Davis, Ray Griffenhagen, and Ann Woodham. Circulation: Anne Ramsay, Ginger Bender, Eleanor George, Helen Knight, Ginny Littlefield, Stella Lyons, and Eleanor Street. Artist: Jean Spalding.

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