



# THE CAROL WOODS NEWS

is published each month except July and August.

It is distributed to residents, members of the Priority List, and other interested persons.

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Chapel Hill, North Carolina

December 2011

## COMING TOGETHER—CAMPUS ENHANCEMENT CAMPAIGN

Creating a more visible and inviting main entrance has been a top priority. Improved signage will assist visitors with way-finding while offering a warm welcome through scenic design. Here's what you'll see:

- A high, covered overhang to protect passengers from the weather;
- Newly landscaped garden beds with year-round interest;
- Small flowering trees selected for fall color and winter interest;
- A potpourri of native and non-native plants;
- A small patio and bench near the front door;
- Large stones, small conifers, evergreen shrubs, and ornamental grasses to anchor the garden;
- An open, unimpeded view from Harkness Circle to the front door;
- A low stone and wood fence along a softly colored concrete sidewalk from Weaver Dairy Road to the front door.

Every element of the Campus Enhancement Project has been planned in response to the suggestions of current and future residents. Each gift received will help in our ongoing mission to improve quality of life, while remaining affordable to as many people as possible.

*Dottie Heninger*



## IN THE KITCHEN

I don't want to do anything.  
 Is it all right to do nothing for a while?  
 Well, I am heating soup  
 and making toast.  
 You know what I mean.  
 That's not anything.  
 I just need to  
 pet the cat.  
 Or hold someone  
 against my heart.  
 Hoping, wishing,  
 praying.  
 So much to do.  
 To be.

*Kay Cameron*

## THE SCOOP ON THE NEWS

On a Sunday afternoon in September, a *Carol Woods News* staffer asked, "How old is the *News* anyway?" No one seemed to know. **Nancy Martin** volunteered to do some research.

Before ground was even broken at Carol Woods, the 1977 Board of Directors published the first edition to inform prospective residents about the nature of the planned community and the latest building progress. (It was acknowledged that there was a lot of mud.)



Committee members **Betty Hughes** and **Janet F. Campbell** at the monthly meeting.

By June 1978 the *News* was inviting incoming residents to make a donation of furniture left over from the inevitable

downsizing of the old homestead. Such pieces would be vetted by an *ad hoc* Decorating Committee and used to beautify common areas. The Carol Woods Decorating Committee still performs this valuable function today. What items cannot be used are offered at wondrously low prices in the famous Bid Sale for employees and residents.



The circulation team prepares 1500 copies to be sent out in-house and via USPS. **Jan Paddock**, **Hattie Warner**, and **Ann Mack** are part of this team led by **Sherri Davis**.

Early newsletters included articles by builders, landscapers, and others involved in the development process, and also by those who would be living in the completed apartments. Once the first residents were moved in, the newsletter assumed its present role as an important communication to people waiting to move in, and those already in residence.



**Stella Lyons** faithfully folds copies each month.

In 1980 the Board of Directors authorized the formation of a Residents Association. One of the service committees they approved for support was The Carol Woods News. This publication was written, printed, and circulated by only one or two brave people such as **Anne von Storch** and **Donald Schier** (co-editors 1985-86), who solicited articles from other residents. It was not until 1991 that a committee of five or more members with shared duties became the norm.



**Anne Wright**, **Ginger Davis**, and **Ann Mack** discuss articles for the next issue.

Today, Editor **Anne Wright** and more than twenty volunteers put out the *News*. It is published ten months of the year for 460 residents, and for those people from all over the United States who are about to choose Carol Woods Retirement Community as a good place to live.

*Nancy Martin*

## SOCIAL SUPPORT—WHO NEEDS IT?

What does “social support” mean when you need it? Health changes, difficult relationships, moving to a higher level of care, end-of-life issues, loneliness, caregiver stress... these can lead to depression or anxiety. Social workers are here to help.

All residents were invited to a forum this past September, hosted by the Resident Health and Social Services Committee, to learn more about available social and emotional support from our professional staff. Some issues are addressed in support groups. Others benefit from individual counseling, or with a partner or other family members.

Who are the important names you might want to remember?

**Mark Weber**, MSW, LCSW, an ordained minister, works with residents on a range of topics, especially end-of-life issues and coping with grief and loss. He leads a grief and loss support group and a spirituality discussion group.

**Lindsey Dry**, MSW, works with residents in the Health Center, assisting with acute and chronic health problems and with changing needs for care. She also helps residents, families and staff communicate effectively.

**Donna Rabiner**, MSW, LCSW-P, provides counseling to both independent and assisted-living residents. Sometimes this means support for lifestyle changes requiring a higher level of care. She also conducts a caregiver support group and provides staff support and education.

At the forum, presenters also acknowledged the importance of our informal sources of social support, such as friendships among residents and involvement in committees and special interest groups.

*Shirley Collins*

## WINTER FEST IS COMING!

The Winter Fest Committee wants all of Carol Woods to enjoy the December holidays in style. For this we offer variety and enjoyment for many tastes. We'll present a premier performance of a new jazz group that includes two Carol Woods residents. A new ballet group will offer excerpts from “The Nutcracker.” Several bands return with new programs of old favorites. We will feature talent of all ages! Read our playlist below and you will see...

Each program, except the opera, will last one hour, beginning in the Assembly Hall at 7:30 p.m. People visiting in the community are especially invited to join us.

### WINTER FEST 2011

- Dec. 19 - Old North State Band
- Dec. 20 - International Ballet Academy
- Dec. 21 - Franklin Street Traditional Jazz Band
- Dec. 22 - The Tuba Quartet
- Dec. 23 - Truman Capote's "A Christmas Memory" (video)
- Dec. 24 - Traditional Carol Sing, with refreshments afterward
- Dec. 27 - The Kremer Quartet
- Dec. 28 - George Gopen Shares Poetry Favorites
- Dec. 29 - Andrew Tyson, outstanding young pianist
- Dec. 30 - Opera: “Die Fledermaus” (7:15 p.m.)



*Carol Parrent*

## COMING EVENTS

### Concerts – Wednesday Evenings – 7:30 p.m.

Dec. 14 – Sue Klausmeyer with “Cantari” (choir)

Dec. 19-30 – Winter Fest

### Lectures – Thursday Evenings – 7:30 p.m.

Dec. 15 – Claire Lorch, Carolina Campus  
Community Garden

Jan. 12 – No program (NC Symphony)

### Special Programs – Assembly Hall

Sat. Dec. 10, 12:30 p.m., piano students of  
Randy Shepherd

Sat. Dec. 17, 3:00 p.m., Christmas concert by  
Chapel Hill High School students

Tues. Jan. 3, 7:30 p.m., recital by students of  
Richard Luby

Fri. Jan. 13, 7:15 p.m., Paul Newell, “Mark Twain”



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