

THE CAROL WOODS NEWS

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THE FUN OF BEING AN "N"

At Carol Woods the Research Committee makes recommendations to management that residents may be solicited to participate in research studies. Each study focuses on a particular population and needs a specific number of subjects, known as "N", to provide statistically significant results.

Approved studies are usually described by their principal investigator at a Residents Association meeting to inform and to gain volunteers. Residents know that even though a particular study may not provide any personal benefit (although some do), the information may contribute societal benefits over the long term. Our N makes the decision to volunteer and, prior to actually starting the study, reads a detailed protocol, and signs a consent form. Then the fun begins.

If the study measures long term memory in aging, there is a broad range of tests. The favored one is a story to be read to N and repeated back, all about poor Anna Thompson, a school cook in South Boston who gets robbed and thus faces an empty larder for her four small children. How is the investigator going to control for the fact that in a longitudinal study, over the years, N is going to become more familiar with Anna and her problems, rather than grow fuzzy with aging, as hypothesized? For logical reasoning, the standard test is to count back by 7 from 100. That's so well known that people practice it. Copying geometric drawings that have little basis in reality is another favorite. Next N is asked to repeat random numbers back in numeric sequence, maybe simultaneously with random alphabetic letters to be repeated sequentially. It's sort of like juggling candlepins and balls at the same time while blindfolded. Finally, poor N has to draw the geometric design again from memory

If the study is about respiratory patterns during sleep, not only does N get a couple of free nights in a strange bed, but also gets rigged with sensors on the head, each

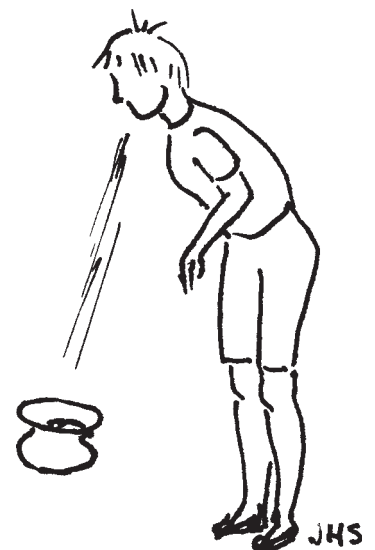
with an umbilical cord connected to a remote recorder, elasticized stockinette around the chest plugged into another recorder, and a finger oxygen recorder similarly attached. The experience is better than a sci-fi movie. By the second night of the same procedure, it almost seems natural.

In a balance training study, N increases her ability to defy gravity while mastering ever greater challenges. By the time N is able to walk rapidly back and forth about 30 feet while turning her head from upper left to lower right and simultaneously quoting poetry, she's proven that either balance training is effective or poetry is elevating.

Another study considers the effect of medications on the senses. For taste, N does a lot of sipping, spitting, and rinsing. The flavored liquids (sweet, sour, salty, metallic, etc.) are presented in trays filled with 18 sets of tiny cups. Identifying the stronger may be baffling. N's ability to smell is measured by sniffing from bottles with mystery odors. Sense of touch is evaluated by placing N's hand in a box and responding to the feeling of vertical or horizontal grooved objects on a fingertip. Vision and hearing measurements come from the usual charts, reading and listening. Memory testing is interspersed with sipping, spitting and sniffing, keeping mental capacity on the alert. Alertness is important so N doesn't knock over the "spitoon".

It is a lot more fun being an N than being a researcher. And it's never statistically significant.

*Written by two Ns
(All research subjects are
anonymous)*



SHORT NOTES...

Did you know that we have a sizeable crew of resident rose volunteers who keep the fence roses blooming? By clipping off the spent blossoms, the entrance to Carol Woods remains lovely.

Two Forums, one presented by **Mark Holmes**, Director of Dining Services, prompted lively questions. We're looking forward to Chinese food, cold soup, and other items on the new menu cycle. Another forum, from **Ken Reeb**, VP of Finance, presented the 2002 audit.

Thursday Evening Programs in May:
Impressions of India and Cambodia, **Bob Seymour**
A Talk with Gerda Lerner, one of the first women's historians, born in Vienna in 1920, escaped to USA in '38, speaking and reading from her recently published political autobiography.
U.S. Policy in the Middle East, **Curtis Jones**, Foreign Service Officer, Ret.
An Overview of the Early History of Orange County, Elizabeth Ryan
What It Takes to Make a Ballet Dancer, Betsy Bullen

Wednesday Evening Programs in May:
The Fourmost, 4 hands and 2 pianos playing Bach, Brahms, Joplin, Kern etc.
Barbara Clyde, Don Hartman, **Dot Lineberger**, Betsy Mann
Seasons of Life, a musical narrative premiered with an all-Carol Woods cast:
Ellie Lawson, **Donna Mayo**, **Terry Nestor** the composer, **Pearl Seymour**, and **Mark Weber**.

Friday Night Armchair Travelers and Documentaries have included the Philippines, Manitoba, and old Burma plus Rosa Parks, Degas, and The Supreme Court.

The greenhouse may be closed for the summer but there's more greenery than before at poolside.

Thanks to some residents' contributions to Carol Woods, new trees are being planted here and there to replace some of those lost in the winter ice storms.

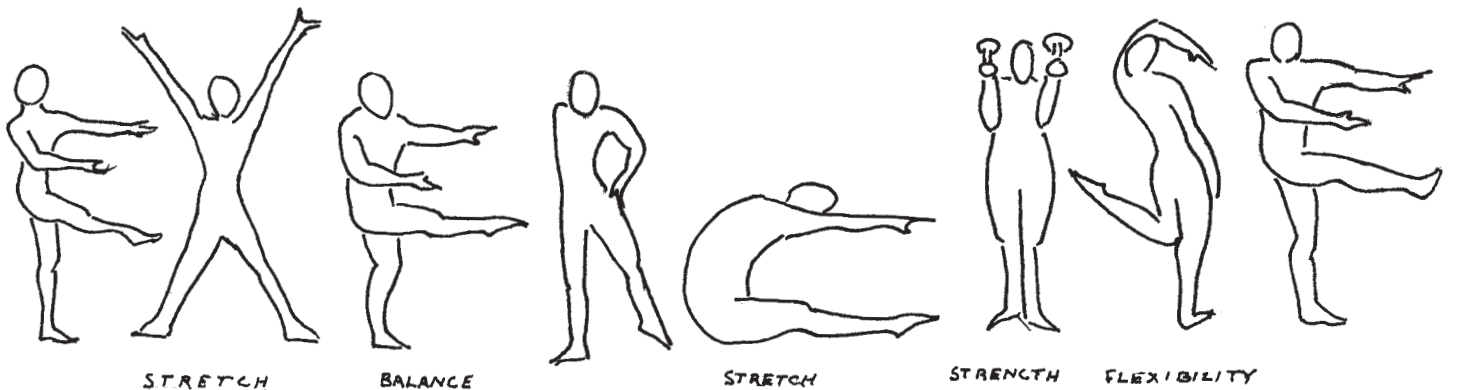
Pat Sprigg held two forums at the end of May to bring us the results of the Resident Feedback Survey which showed that 98% of us are satisfied with our move to Carol Woods! She presented highlights from the 95 pages of single space typing of resident comments.

Sundae Sunday was bountiful on the Magnolia Terrace and, on another day in the Social Lounge, we had a winetasting party from the fine variety on the dining room menu.

Sounds of joy and excitement are heard along the pathways of campus as the children from the Center explore our area, enjoying our gardens, our dogs, and our climbing stones. We now have 11 different countries represented in the attendance at the Carol Woods Children's Center

Twenty-two wait staff 2003 high school and university graduates were honored at our traditional reception for parents, grandparents, siblings, residents and staff. They were recognized by **Art Ernteman**, Service Manager, who announced each honoree and read the names of the university from which each graduated or the college/university they will attend. \$5500 was distributed among the graduates, awards based on the number of months they have worked at Carol Woods.

The Fitness Fun Fair on May 27 should become a tradition for moving us into action. It was lively with active croquet (carpet variety), pingpong with many participants, and putting for the golfers. Tennis was represented and the bikers wore handsome helmets. Fine displays provided the facts about everything else. Groups demonstrated yoga, folk dancing, tai chi, and exercise class activities. We were urged to drink water but not in the swimming pool and we each received a balloon to blow to improve our breathing. We were invited also to exercise by planting flowers, by walking, dancing, and by participating in Senior Games.



WELCOME NEW RESIDENTS

Marion Highriter (Apt. 1314) is a second generation Carol Woodser; her mother was an initial resident. Born and raised in Wilkes-Barre, PA, she graduated from Mt. Holyoke College and did graduate work at Yale School of Nursing and at Harvard School of Public Health.

Marion worked for a United Nations/Church World Service Community Development Project in South Korea with visits to projects in Vietnam, India, and Iraq. She came to Chapel Hill in 1968 to teach public health nursing at UNC-CH, a long and successful career with a wide variety of experiences relating to her interest in the developing world as well as USA, Thailand, and Russia.

An active volunteer at Carol Woods since its inception, Marion currently enjoys travel and keeping up with friends, the United Nations, the League of Women Voters, the NC Citizens for Public Health, her church, and other interfaith activities.

(Thelma Perkins)

Mary Ramus (Apt. 148) is a native of Atkins, Arkansas, educated at Southern Methodist University in Dallas, TX. Following graduation she headed to New York City and pursued careers in theater. She finished a degree in Early Childhood Education and had jobs in Day Care Centers in the area including a research project for autistic children. In 1968 she developed an Early Childhood program under the Psychology Department at Nassau Community College. Twenty years later, with retirement in view, she moved to Fearington Village where she lived until coming to Carol Woods.

A member of The World Education Fellowship, an international group favoring the Dewey philosophy, Mary traveled extensively in Japan, China, Australia, and India. These experiences spawned her interest in Japan and the Far East. Intrigued by Eastern philosophy, she earned a Masters in Asian Studies. It is understandable that her longstanding interests remain in the arts: music, dance, theater.

(Claire Kunkel)

Pearson Stewart (Apt. 1212) has been a Chapel Hillian for nearly 50 years.

A native Bostonian, he earned his BA in History from Amherst College in 1940 and, after three years in the Navy, his Masters in City Planning from MIT in 1946.

Pearson was first in Chapel Hill from 1950 to 1953 and then moved to Warwick, RI as Planning Director. He returned in 1958 as Associate Director of the Research Triangle Committee and was later Vice President Planning for Research Triangle Foundation which was responsible for the physical form and

character of Research Triangle Park. He was also Executive Director of the Triangle "J" Council of Government.

Since retiring from the Foundation in 1990, he has been an informal consultant on various Orange County projects and a co-founder and past president of the Triangle Land Conservancy.

Pearson has a daughter in Massachusetts, a son in California, and three grandchildren.

(Bill Bland)

Ginny and Tom Ullman (Apt. 235) arrived at Carol Woods from Hilton Head Plantation where they spent a busy retirement life for 16 years. They grew up and lived near Chicago, in Winnetka, Glencoe, and Highland Park. After graduation from The University of Washington (Seattle), Tom served in the Naval Air Corps, completing law school at Northwestern where Ginny earned a BA and MA.

Ginny worked for many years as a Clinical Social Worker after her MSW from Loyola University. Tom's work in the Chicago area was in labor relations, general administration, marketing and sales. In 1960, he founded his own company.

The Ullmans have been very active in their local communities serving on committees of the School Board, Zoning Boards, water resource groups, play reading, Foreign Affairs club, Great Books, theology study, swimming, biking and walking. Their three children are widely scattered working in Denver, San Francisco and Louisville. Yearly family reunions will continue to take place in summer at the Ullman family cottage in northern Wisconsin, a cottage built by Tom's parents in 1922, where the entire Ullman clan has vacationed every year since Deertrail Lodge was built.

(Natalie Fiess)

Lawson Wynne (Apt. 1203) grew up in Gibsonville, NC and, while still in high school, he barnstormed in the area with teachers in an early prop plane.

After Elon College he spent 30 years in the Air Force and retired as a Colonel.

Lawson and his wife lived in many parts of the world after the war and for one assignment they drove with two toddlers from Key West, FL to Anchorage, Alaska in winter. They enjoyed Alaska and homesteaded on Clear Lake.

Upon retirement in Chapel Hill, Lawson became a realtor and was involved in the development of Village West subdivision. He was active in his church and sponsored national symposiums to help the Christian community better understand and use technology in carrying out its work. His two daughters live in Winston-Salem and in Greenville, SC. Besides his church, he is interested in golf, gems, and genealogy.

(Glenna Chapin)

SUMMARY

Residents Association Meeting

May 13, 2003

Julia Watkins introduced new resident Jane King, living in Building 2, and Sally Rohrdanz introduced Ginny and Tom Ullman, new residents of the Lower Loop.

Association Vice-President Bob Brashear reported on discussions and decisions made at the two recent Council meetings. The major focus was the possible incorporation of the Residents Association, including consultations with our lawyer, Richard J. Snider, Jr., and preparation for presentation of the issues to the membership.

For the Research Committee, Margaret Moore reported that two research projects have been approved for resident participation and she introduced the project spokesmen who gave brief descriptions. Upcoming events were announced. Henry and Blanche Clark were congratulated for receiving an award from Habitat for Humanity for their many years of outstanding service.

President Diane Henderson and Mr. Snider provided information and responded to questions from residents about the proposed plan to incorporate the Residents Association. Voting on this proposal will take place in June and, if it passes, adoption of Bylaws in September.

Pat Sprigg, President/CEO, announced that she will be presenting Forums soon on the major findings from the Resident Feedback Survey, and that the 95 typed pages of comments from residents will be important in planning future improvements. A Forum on the (clean) 2002 Audit Report will be presented by Ken Reeb, Vice President for Finance and Planning. The remodeled apartments in the Central Buildings are attracting considerable interest by Priority List members.

(The Carol Woods News Editors)

THERE'S NEW LIFE IN BUILDING 6

There once was a TV ad which exhorted us to "try it. you'll like it". I've tried it and I like it. Life in Building 6, Garden Assisted Living, that is.

Now that the warmer weather is here, time to laze on the back porch, gaze at the blooms which fellow-residents help plant and nurture, choose from an improved menu for dinner, even to party, as well as visit once in a while with the little kids in the Children's Center playground through the railings — to read to them, if you can get them to stay still for a second. And always a return to the peace of a spacious room to read and write, surf the laptop, listen to music.

"You're cutting yourself off," good friends warned. No way. My trusty steed (motor cart) can speed to Building 4 in under a minute, on to the main building in little more. "But what if the weather's bad?" they asked. Don't forget the superb undercover transportation service which Art Southard's team provides, I reply.

The best part of dwelling in Building 6 may not strike you at once, though. Assisted Living is not just sitting back to live the life of Riley. It is being given both the time and space to maximize everyday physical skills that once seemed lost forever — always under the helpful eyes of caring RAs (Resident Assistants). We should be so lucky!

(John Duguid)

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, Rachael Long, Stella Lyons, and Eleanor Street. Artist: Jean Spalding.

CAROL WOODS

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