



THE CAROL WOODS NEWS

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WHEELS

A motorized wheelchair is quite different from those other aids to locomotion we call scooters. Driving right up to a table becomes a very useful feature, not only for dining but for taking part in meetings, playing cards, doing paper work, and so on. The entire campus becomes accessible to us without the need to transfer. There are problems. If it is raining and we're carrying a bundle, we need a third hand for an umbrella, since we steer with one hand. The instruction manual cautions avoiding direct exposure to water or dampness. Another problem is seeing what's behind, but fortunately the turning radius is about zero so we can avoid backing into people.

Staying seated in the chair to be transported to places off campus via specially equipped buses and vans opens up the entire range of medical, cultural, religious, educational and entertainment activities in the surrounding area. At Carol Woods, three different types of vehicle provide these specialized services: a Carol Woods bus, a Carol Woods van, and a Chapel Hill E-Z Rider van. The latter provides service by appointment 7 days a week, for \$14.95 for 12 round trips.

Some personal challenges arise. We can get to the library and the mailbox here, but like short people we have a problem with top shelves and high mailboxes. Fortunately, most of the time there is a friendly resident available. And as for recognizing tall people towering over us, they need to adopt the open midriff style of attire so we can recognize them by their jewel-adorned belly buttons.

All in all, we find motorized wheelchairs a boon, especially when we remember to feed electricity to the deep-cycle batteries for 8-14 hours daily.

(Bob Davis and Wes Wallace)



The Poncho Solution

SENIORS OF THE YEAR

In June **Myra Ledyard** and **Lew Woodham** received the Ernest B. Messer Award given annually by the North Carolina Senior Citizens Association. They were cited for their leadership, unselfish contributions to community, and their positive attitude toward aging.

Myra, a former police commissioner at the Outer Banks where she and her husband retired, has been involved in many aspects of life at Carol Woods but she's best known for chairing the quilting group which is made up primarily of health center residents. She does much of the preparatory cutting and piecing or designing the appliques to be sewn. Handmade quilts were sent to children in Afghanistan in 2002, to children on a Navajo Indian reservation, needy children in Kentucky, expectant mothers on Carol

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THOUGHTS ON THE EXTENDED POLITICAL SEASON COMING UP; RESIDENT ACTIVITY AT CAROL WOODS

Carol Woods residents speak with many voices on almost any issue you name because they look at the world through their own lenses of experience and perspective.

We pride ourselves on welcoming and encouraging the diversity that is a hallmark of our resident population. So how does this play out at Carol Woods where, as a Retirement Community, we enjoy federal, state and local tax exemption? Our federal exemption is based on the IRS code for a charitable non-profit organization. This prohibits the organization's participation in partisan political activity. Carol Woods Charter Documents from the state of North Carolina reinforce these 501(c)3 requirements.

Does this keep residents from expressing their own political opinions and biases? Not that I've noticed! What limitation does our IRS code 501(c)3 designation require of us? It requires that activity supporting or opposing any candidate for office or political party not take place in our public spaces. You won't see campaign posters or signs on our bulletin boards or decorating our front lawns. You won't find campus-wide distributions of campaign brochures in your in-house mailboxes.

Want to hear your favorite candidate explain his or her position? If it's done in a candidates' forum with the candidates' opposition also invited to speak, that's fine. If you want a candidate to have the floor all by him or herself, invite the candidate to your apartment with as many friends and neighbors as you can accommodate.

Does everyone understand the implications of our 501(c)3 status the same way? No, some contend that it's a limitation on free speech. But that's not true. Conversations at the salad bar, at a dinner table, or a hallway are testimony to that many times a day. Also, residents plan a variety of gatherings focusing on particular issues.

Many residents are politically active and outspoken. We write partisan letters to the local press and media. We also enjoy protection from bombardment of political biases in our community public spaces. This is an important measure of respect for the diversity of political outlook among us. We need to be aware of this, especially when the year ahead is sure to generate intense political concerns and expressions.

(Shirley Collins)

SENIORS OF THE YEAR *continued from page 1*

Woods staff as well as friends in the health center. Some of the quilts are sold in the Carol Woods Shop. Myra was also involved in establishing the Newcomers Group and in participating in *The Carol Woods News*.

Lew came to Carol Woods from Schenectady, N.Y. where he was a social worker, a fitting preparation for his many contributions and involvements here. A handyman with varied skills, he quickly earned the title of "Mr. Fixit" as chair of the Maintenance Volunteers committee. Lew is also the resident liaison to the Orange-Person-Chatham children's therapeutic camp, Camp MeadowWood, which Carol Woods hosts each

summer. He recruits residents and matches their interests with activities like fishing, storytelling, crafts, croquet, and his favorite, bocce, which he brought and taught to CW residents.

Myra and Lew are living examples of the opportunities that come with aging. They have both put their nimble minds and hands to work providing meaningful activity for their friends and neighbors in the health center and all over Carol Woods. Myra donated her award to the Resident Assistance Fund and Lew gave his to a fund to purchase state-of-the-art hearing devices for the Carol Woods assembly hall.

(Carol Woods News Editors)

WELCOME NEW RESIDENTS

Sue (Susan) Fletcher (Apt. 153) and her springer spaniel, Rosie, came here from Amherst, MA where she lived for 40 years while her husband was on the faculty of U Mass. Sue grew up on a farm near Salem, NJ, graduated from George School, Trenton State College, and she has an MS in Education from U Mass. She taught high school English, tutored children with learning disabilities, and taught first grade in Shutesbury, MA.

At the inception of the Hitchcock Center for the Environment, Sue was president of the Board of Trustees. After her husband's death 8 years ago, she headed the Shutesbury Education Foundation, named in his honor. She has been involved in 4H since childhood, recently as 4H leader, and chair of the Amherst 4H program. She has 2 daughters and 4 grandchildren. A former resident here piqued her interest in Carol Woods, and she has family nearby.

(Janet Campbell and Beth Jukes)

Jeanne Madigan (Apt.2113) is a native of St. Paul, MN and received her BS in Sociology and Occupational Therapy from the College of St.Catherine's.

Her first job was in Corpus Christi, TX as an Occupational Therapist in a children's hospital, after which she taught and supervised pediatric O.T. at the University of Illinois. She obtained her master's degree in O.T. from the University of Southern California and returned to the Medical Center in Chicago for teaching and administrative work while earning her Ed.D degree at Loyola University. She became Department Chair of O.T. at Virginia Commonwealth University (Medical College of Virginia) in Richmond where she stayed until retiring to Lexington, KY.

Jeanne's interests include playing bridge, rock gardening, bowling, fine needlework, and making stained glass. She came to Carol Woods as a veteran of "Try It You'll Like It" and the exploration of 7 other retirement communities.

(Julia Watkins)

Harold Grunewald (Apt. 1118) moved to Carol Woods after 20 years in Hillsborough where he and his late wife, Marcia, operated an antiques business. He's expert in American glass and Marcia specialized in Georgian and Victorian jewelry.

Harold grew up in East Troy and Elkhorn, Wisconsin. He received his BA from Lawrence College at Appleton, Wisconsin in 1951 with majors in Economics and English. After graduation, he worked in Chicago for the *Tribune* and Peoples Energy. He started his antiques business in Galena, Illinois in 1973. He has one son, a free-lance graphics designer in Chicago and one granddaughter.

The broad list of Harold's interests include genealogy, art, gardening, body fitness, and music. He plays the piano and he sang tenor with the Chicago Orchestra chorus. He is a member of St.Matthews Episcopal church in Hillsborough.

(Bill Bland)

The interesting backgrounds of **Barclay "Bob" and Nancy Martin**, who have just moved into Apt. 150, will enhance the quality of the Carol Woods Community.

Nancy grew up in Utah on an Indian reservation. After completing her undergraduate degree at Occidental College in Los Angeles, she came to UNC-CH for graduate work in psychology. Grant Dahlstrom was an advisor on her doctoral dissertation. For twenty-one years she served on the faculty of the UNC School of Medicine in the field of Developmental Disabilities.

A native of Little Rock, Arkansas, Bob attended Virginia Military Institute for two years and, after service in the Army, took baccalaureate and doctoral degrees at Stanford. For eighteen years he was on the faculty of the University of Wisconsin, and matched that with eighteen at UNC-CH in clinical psychology.

The Martins each brought to their marriage three children from their previous marriages, and they have, in all, thirteen grandchildren. Nancy's mother, Florence Marimon, has been a CW resident since 1993. One grandson is in our Children's Center.

Nancy has special interests in quilting and gardening; both she and Bob like snorkeling and adventurous sailing, e.g. island hopping through the Caribbean.

(Bob and Eleanor Broadus)

WELCOME NEW RESIDENTS *continued*

Marion and Jim Summerville (Apt. 3217) arrived in Carol Woods from Signal Mountain, TN where they had been active in church and community for 42 years.

Marion grew up in Tuscaloosa, AL; her degree in Home Economics is from University of Alabama. In recent years she started 2 investment clubs, served on town council for 16 years as commissioner, treasurer, and mayor, and volunteered 10 years on a hot line for abused women. From The Signal Mountain Community Guild she received Woman of the Year in 1981 and in '91 she received the Community Leadership Award from U of A. Her hobbies are reading, bridge, genealogy, and china painting.

A native of Birmingham, AL, Jim's studies at U of A were interrupted in 1943 by Army service in Europe. He received his BSChE from U of A in 1948 and his MSChE from Southern Cal in 1949. Jim worked 37 years for DuPont, retiring in 1986. Recently he was made Life Deacon at the Signal Mountain Baptist Church. His interests are carving, wild flowers, reading, cooking, baking cookies, computers, and woodworking.

The Summervilles married in 1949 and have 3 daughters, a son and 8 grandchildren.

(Thelma Boyd)

Epigrams or Eternal Truths ...

Mary Lesta Carlo says that her mother's favorite was "When you get both ends to meet, somebody moves the middle!" She also adds a favorite Yogi Bera quote: "In the years ahead when you come to the fork in the road, take it." Another Bera quote an editor favors is: "Listen up, because I have nothing to say and I'm only going to say it once. If you don't catch the ball you catch the bus!"

Dalys Vogel (Apt. 2119) was born in Panama but spent her adult life in Ann Arbor, MI where she received her BA in music from Nazareth College, her MA in Spanish from the University of Michigan, and her MA in English from Eastern Michigan University. She and her husband, Leo, were on the staffs of the University and the public schools. They had two children.

Dalys served as a reader for the College Boards, as a teacher to educators in undeveloped countries, traveling to China, Russia, Poland, Indonesia and Africa, and also accompanied US students to Latin America and Europe during spring breaks. She has served in leadership roles in the AAUW.

In Chapel Hill retirement, Dalys has been a sorority house director, a docent at Ackland Art Museum, a member of the Executive Service Corps and St. Thomas More choir, and on the board of the Friends of the Senior Center. She enjoys reading, music, crocheting, quilting and physical fitness activities.

(Gerald Holt)

Edith Welch (Apt.1112) is a second generation Carol Woodsian; her mother, Helen Crockford, was one of our Pioneers. Edith grew up in Chapel Hill and graduated from UNC. After attending Katherine Gibbs in New York, she married Edmund Welch in 1945. Due to Ed's work with YMCAs and Physical Education, they moved frequently: from Vicksburg, MS to Pensacola, FL to Atlanta, GA to Greensville, NC and finally to West Virginia Institute of Technology in Montgomery, WV. Edith worked for MCJunkin Corp. in Charleston. In 1992 they moved to Chapel Hill. Now, due to his Parkinson's Disease and Bipolar condition, Ed is in Assisted Living at Carolina House of Chapel Hill.

Edith is interested in gardening, reading and needlepoint. Since she's back in Chapel Hill, she been helping reconcile the weekly offerings at Chapel of the Cross. She is amazed at how many of her friends are already here at Carol Woods.

(Marty Ensign)

SHORT NOTES...

Summer came in ... and we never had to use the drought lessons of a year ago. The lawncutters worked overtime and we were the envy of Ireland, a brilliant green. To tone down our fervor, two stop signs gained permanency on the circle, having little effect on the 6-7am mob of walkers.

We celebrated the Fourth of July in our traditional manner with singing and with resident voices reading the Declaration of Independence.

While our fearless leader, **Pat Sprigg**, was rafting on the Colorado, Carol Woods got a deficiency free report for 2003 which certifies us for Medicare.

June and July art shows featured in the dining room the work of Mark Hewitt, internationally known ceramist. Sandy Milroy exhibited in the Art Space in Building 5.

The Celebration of Summer, a staff recognition day, was rained out of the terrace setting but not out of games, prizes, refreshments and many cheers for the walls filled with pictures of staff who wear the star award.

MeadowWood, the therapeutic camp for 7-12 year olds, was held here for 3 weeks in June and July with resident participation during the program and with special exhibitions on the last day of each week.

The 2nd Annual Carol Woods Six Wicket croquet invitational was attended by players from Ferrington and Carolina Meadows.

In August we husked and feasted on a special gift of corn, enjoyed local peaches and reveled, as always, in exceptional tomatoes.

The Cash-N-Carry shop promoted a successful half-price sale just before the shop's August vacation.

The Computer Room has been open for extra hours unattended this summer. Does that mean that we have been promoted?

Welcome to our new Front Desk Secretary, Julie Carroll.

Carol Woods volunteers continue in action during all seasons but this summer they did park bench restoration and they kept our front fence roses beautiful. The toymakers and the quilters have continued their work and they and the Children's Center seek more helpers.

We have had 2 jazz concerts with the Robert Griffen trio and an evening of Joplin music. Saxophrass, four saxophones and percussion, played in a new setting, the gardens behind Buildings 6 and 7 from 6:30 to 9pm. The musicians and the Building 6 and 7 hosts provided a festive outdoor atmosphere for the first hour and when it rained, the large audience happily moved inside and the music continued.

Walter Stults and Jean Curtin were married at Jean's home in Maine on July 15. Carol Woods will be their winter home.



For this month a puzzle “In Other Words” — an elaborate way of saying many common maxims. Here is an example: *A mass of concreted earthy material perennially rotating on its axis will not accumulate an accretion of byrophytic vegetation.* In other words - a rolling stone gathers no moss!

This month’s puzzle:

Everything that coruscates with effulgence is not ipso facto aurous
Answer next month.
The editors welcome your contributions.

AFTER SEVENTY

Pamper the body
Prod the soul.
Accept limitations
But play a role.
Withdraw from the front
But stay in the fight.
Avoid isolation -
Keep in sight.
Beware reminiscing
Except to a child.
To forgetting proper names
Be reconciled.
Refrain from loquacity
Be crisp and concise.
And regard self-pity
As a cardinal vice.
(Anon.)



SUMMARY
Residents Association Meeting
June 10, 2003

The primary piece of business before the June meeting was the matter of incorporation of the Residents Association. Many questions were raised at the May meeting; no further questions or comments were raised in June and the vote was unanimously in favor of adoption of the plan to dissolve the Carol Woods Residents Association as of June 30, 2003, and to reorganize as the Association of Carol Woods Residents, Inc., a corporation organized under the North Carolina Nonprofit Corporation Act.

The Association applauded recent awards received by Carol Woodsians. Our Director of Dining Services, **Mark Holmes**, received the Distinguished Service Award from the N.C. Association of Non-Profit Homes for the Aging for his dedication and creativity in guiding us through the recent remodeling of dining services. Two residents, **Myra Ledyard** and **Lew Woodham**, received an award from the NC Senior Citizens Association for excellence in services to address the needs of older adults.

(The Carol Woods News Editors)

STAFF: Peggy Griffenhagen, Chair; Pat Bartell, Janet Campbell, Ray Griffenhagen, Bob Metzger, and Ann Woodham. Circulation: Anne Ramsay, Eleanor George, Helen Knight, Rachael Long, Stella Lyons, and Eleanor Street. Artist: Jean Spalding.

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