



# THE CAROL WOODS NEWS

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December 2003

## CAROL WOODS WINTER SOLSTICE

God rest ye merry, Gentlemen  
And Ladies! Again the holidays  
Are here. Hang holly, light log of Yule,  
Never mind it's now gas-fueled.

From Carol Woods, our friends we greet;  
Our Board and those priority-listed,  
All who do in committee meet  
For us, be thanked. And hugged and kiss-ed.

Here does do gambol with their fawns,  
Finding refug from the traffic's roar.  
Nature's not red in tooth and claw  
Except, of course, on Croquet lawn.

To all parading on Harkness Drive  
We give a seasonal high five.  
Carts, dogs, and tricycles, *sil vous plait*,  
The speeding limits do obey.

To Pat, a wreath. Sweet-smelling sprigs,  
Figs, and fragrant thig-a-ma-jigs.  
A fun-loving lass, this best of c-e-o's.  
So shall we add a box of oreo's?

To Ken, for expertise our plaudits -  
The *sangfroid* with which he passes audits -  
Let the New Year be free of cares,  
Like unbudget'd-for pool repairs.

For Dave, the daily wheels of wellness  
He greases. All his name should bless  
When blow-drying they their tresses,  
Little they know of power stresses.

Clinical Services? A real lifesaver!  
And Med-Records is much in favor.  
To them we give our willing *carte blanche*  
To save us from Medicare's avalanche.

In Dining's daily fare, rejoice!  
They pique our palettes with such choice  
Of viands and fishes. Best not to substitute  
Chocolate pie for unforbidden fruit.

To Grounds, Housekeeping, we give thanks  
For swift removal of snowbanks.  
For catching dust 'neath our settees.  
Disaggregating our debris.

To those must labor Christmas Day  
We wish for them relief that's jolly  
A jest, a risque toast-horseplay-  
An interval of sheerest folly.

On New Year's Day, the old year sever!  
Hence cheques should read "Two-nought-nought-four."  
Forget we old acquaintance? Never!  
Recalling names might be a chore.

*(Bob Metzger and friends)*

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## ROAD SCHOLAR

So many opportunities for adventure; so little time!  
So much information available; so little space!

Areas around Chapel Hill, Orange County, the Triangle, and the State of North Carolina are superbly rich in opportunities for adventure through outdoor activities. We will focus only on birding, hiking, fishing and boating.

Birding and related activities are available at Carol Woods. Our Bird Club meets monthly for a program and residents monitor a 30-box Bluebird trail which has fledged an average of 135 birds annually over the past 5 years. Our personal living spaces are surrounded by bird-baths and feeders. There are several "birdy" viewing spots on the wild sections of our 120-acre campus. In 2003, a pair of redshouldered hawks fledged 3 young from a nest 50 feet behind the guesthouse and visible to many residents of Building #2. Both the New Hope Audubon Society and the Chapel Hill Bird Club have monthly educational meetings and weekend half-day birding trips open to members and the public.

Hiking options abound on our Harkness Circle and on some short wooded trails. Chapel Hill has a growing greenways

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**Continued from page 1 Road Scholar**

system with a bond supported master plan designed to promote connectivity and walkability throughout this wooded town along Booker, Bolin, and Morgan Creeks. Maps are available from the Parks and Recreation Department. The Triangle Greenways Association, The Triangle Land Conservancy, and the Rails to Trails organization are making strides for trail connectivity all the way to Jordan Lake, 18 miles south. Both the Johnston Mill Nature Preserve, 400 acres owned by the Triangle Land Conservancy and the 8000 acre Duke University Forest, just 3 miles from Carol Woods across I-40, have scenic hiking trails along historic New Hope Creek.

Boating and fishing are available in 3 nearby lakes. Jordan Lake, a large Corp of Engineers lake operated as a State Park 12 miles from Carol Woods, has pontoon boat and fishing boat rentals as well as rental slips and boat ramps at Crosswinds Marina. Jordan Lake is a productive birding site for water birds and, in the last few years, has become a Bald Eagle nesting site.

Cane Creek Reservoir, a medium sized lake about 10 miles from town, and the smaller University Lake on the south edge of town are both watershed lakes for the Orange Water and sewer Authority. They rent boats, restricting motors to electric, and permit fishing.

Many Carol Woods residents play golf at the well-maintained Occoneechee Golf course which is just 8 miles through the rural countryside near Hillsborough.

We have not had requests for information about bicycling, rock climbing, surfing, snow skiing, RVing or horseback riding but all are available and we can provide personal consultation for accessing them.

*(Audrey Booth)*



**THANK YOU, FLORENCE SOLTYS**



December, 2003, marks the end of Professor Florence Soltys' second 6-year term on the Carol Woods Board of Directors. She leaves the position of Vice Chair of the Board and the work of the Board's Executive Committee, Planning Committee, Ethics Committee, and Health and Social Services Committee. However, there is no danger that she will leave her lifelong interest in and commitment to the needs of older adults in this community, state, and beyond.

In November, she received the annual Trustee of the Year Award from the American Association of Homes and Services for the Aging at their annual meeting in Denver. She continues to serve as Associate Clinical Professor at both the Schools of Social Work and of Medicine, as Adjunct Professor at the School of Nursing and as a Member of the Geriatric Evaluation Clinic, all at UNC-CH. And there is more, for Florence Soltys is Chair of the Coalition for Better Geriatric Care, and Chair of the County Master Aging Plan.

It all began with her grandmother. As the eldest grandchild, Florence had a special relationship with her grandmother from whom she loved hearing personal histories. Later, raising a family in Boston, she became an active volunteer and developed skills in engaging others to work together on social problems in the community. Still later, a 90 year old neighbor in Chapel Hill strengthened Florence's love of work with older people and appreciation for their stories, their wisdom, and the way they had coped with adversity in their lives.

Many of us have known her work and have experiences to tell. Jerry Passmore, Director, Orange County Department on Aging says, "Florence Soltys is truly a positive example of how a university faculty member can share her expertise at the local and state level, inspire her students to do likewise, and make a unique difference in the lives of older adults." Mark Weber, Pastoral Counselor at Carol Woods and a former student of Florence comments on her fascination with people's stories and her focus on finding solutions to problems. William Friday, UNC President Emeritus, notes that "in her quiet yet persistent way she has moved the status quo - even in a medical school. She is successful because she is a compassionate and caring spirit who inspires all of us to do more and to be better at it." Pat Sprigg, Carol Woods CEO/President, describes Florence as passionate, energetic, persistent, focused, and persuasive." Jonathan Howes, Board Chair at Carol Woods, says "She has set a national model for services to the elderly."

Thank you, Florence, for all you have done and continue to do with and for our generation and those who follow.

*(Pat Bartell)*

## WELCOME NEW RESIDENTS

**Phyllis and Clarence “Lee” Sockwell** (Apt. 106) are 50 year residents of Chapel Hill and still maintain their farm, Tooth Acres Ranch, where Lee raises beef cattle and vegetables.

Phyllis, a native of Hartville, OH, graduated from Bowling Green State University and taught first grade before graduate studies at Duke which she interrupted to marry Lee, a professor of Operative Dentistry at UNC-CH. With 4 children, Phyllis’ served on many PTA boards, the Chapel Hill-Carrboro School Board and the Public School Foundation. Her term on the Carol Woods Board influenced their being here. Today, her main interests are their nine grandchildren; she also likes baking, gardening, antiques, and refinishing furniture.

Lee grew up on his family’s farm in Gibsonville, NC. In World War II, he served in the Navy’s hospital corps where he enjoyed assisting dentists. Afterwards, he completed a pre-dental program at Guilford College and dental studies at Emory University. He was invited to teach at the newly established School of Dentistry, UNC-CH, where he remained for 44 years. Following this, he volunteered 6 years with the Dental Foundation. He has served on the Orange County Planning Board and was collegiate adviser to the 4H Program. He enjoys travel (with Phyllis), making furniture, photography, and painting.

(Vivian and Bob Plonsey)

**John and Ann Sanders** (Apt.102) met in a summer-session history class at Meredith college where Ann was a student. She was born in Florida and raised in Virginia and Union County, NC. After graduation Ann took graduate courses at UNC and worked as a curator at NC Museum of History.

She and John married in 1954 and have three children.

John was raised in Johnston County, NC. He earned a BA in history and his law school J.D. at UNC Chapel Hill after which he clerked for Chief Justice John J.Parker of the 4th Circuit U.S. Court of Appeals. He joined the Institute of Government in 1956 specializing in state government and higher education organization and administration; he was Institute Director for 25 years. Also, he was Vice-President for Planning of the University system for 5 years during its expansion to 16 institutions. He served on the Carol Woods Board of Directors.

The Sanderses’ art and historic preservation activities have produced objects of merit, some of which are now displayed in the National Portrait Gallery, Blair House and the White House. Recently, John was honored by having his name added to the Institute Building’s name, the “Knapp-Sanders Building”. The Institute’s library has the “Ann Sanders Archives and Rare Book Room”, thanks to the gift of a family friend.

(Herschel Slater)

**Elizabeth (Betty) Grant** (Apt. 176) moved to Carol Woods from Durham, NC, where she has lived for 51 years. She was born in Indiana, raised in Maryland, and graduated from Mount Holyoke College, MA. While attending graduate school at Harvard, she lived in France with the Experiment for International Living and attended the Sorbonne.

After marriage, Betty and her husband moved to Durham where he was on the faculty at Duke. While her children were small, Betty also taught at the university on a part-time basis. Later she was an editorial assistant and librarian in the medical library. She was an active member of the League of Women Voters and eventually became state president. In 1939 she was ordained Deacon in the Episcopal Church and became a part-time chaplain at Duke Medical Center.

Betty’s children live in Virginia and in Houston. She enjoys reading, walking, choral singing, and traveling to Maine every summer.

(Ann Woodham)

### Wednesday Evening Programs

- 12/10 The Fourmost
- 12/17 A string quartet from the Juillard School
- 1/14 Durham Art School Chorale
- 1/21 Violin and Piano recital
- 1/28 Chamber Program of Woodwind Instruments

### Thursday Evening Programs

- 12/11 Lying
- 12/18 Athletics in the University
- 1/9 What’s This Dog Doing in the Dining Room
- 1/15 China
- 1/22 South Africa
- 1/29 Is There Trouble in the Magic Kingdom

## SHORT NOTES...

A dried herb and flower workshop conducted by the “Herb Garden Ladies” in November produced bouquets, potpourri, and arrangements created and enjoyed by residents and staff.

Residents were invited to visit two of the newly combined central apartments with staff present to answer questions. Residents were also invited to the Children’s Center for a visit and introduction to volunteer opportunities and special talent-sharing times there.

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### ***Continued from page 3 Short Notes...***

Elders for Peace presented speakers at two meetings in November. Professor Robert Keohane from Duke University addressed the audience on "War and exception: Do Democracy and Multilateralism Help?" **Florence Soltys** spoke on "Critical Issues and Challenges Facing Quality Elder Care".

Friday evening films have included "Civilian Casualties", a film about families who have lost loved ones in Afghanistan and a film "Brother Outsider: the Life of Bayard Rustin". **Anne** and **Charlie Heuer** provided armchair travelers with favorite walks they have taken: the Alps, Cornwall, Canada, and Italy.

**Bob Seymour** reviewed *Unfinished Life: John F. Kennedy, 1917-1963* by Robert Dallek, a book which covers Kennedy's severe medical problems, his dealings with his father and brother Robert, national and international matters.

A Health Forum on "Understanding Falls and Fall Prevention" was conducted by an occupational therapist and a member of the Geriatrics Department faculty of the School of Medicine at UNC-CH.

Residents had an opportunity to meet and to thank our Board of Directors for their hard work and dedication to Carol Woods at a wine and cheese reception after the regular November board meeting.

**Patty Wallon**, a Social Worker on the Well-Being staff and an accomplished potter, is the volunteer instructor for the new pottery group working in the craft shop.

Our new nurse practitioner, **Shirley Tuller**, was welcomed at a reception hosted by the Clinic and the Health and Social Service Committee.

The Fall Croquet Tournament closed with a well attended and tightly fought match between **Annette Rathbun** and **Walter Stults** and the victors, **Marty Ensign** and **Bob Martin**.

Chef **Steve Playne** and his wife Elissa have a daughter, Brooke Emmy, who was born on November 24th.

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**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.

## **THE ASSOCIATION OF CAROL WOODS RESIDENTS, INC.**

### **Summary of the Meeting of November 11, 2003**

**Sally Rohrdanz** introduced new residents **Phyllis** and **Lee Stockwell**, **Ann** and **Bill Wright**, and **Jackie** and **Dave Sices**.

Vice-President **Bob Brashear** chaired the meeting and a summary of topics considered and actions taken by the Council at its regularly scheduled meetings was presented. Director of Clinic Services **Marcia Clarke** introduced **Shirley Tuller**, our new Geriatric Nurse Practitioner, who will begin seeing patients the week of November 24.

Treasurer **Annette Rathbun** reported progress on the Employee Appreciation Fund. **Hans Krusa**, for the Woodworking and Crafts Committee, reported that a group is now working with clay weekly in the Craft Center, the kiln is working, and a wheel is on order. **Bob Taylor**, for the Displays Committee, presented a can of sardines each to the two residents who responded to the "contest" to identify the fish in the carved egret's mouth in the just-ending display. Art Committee Co-chair **Jean Parish** announced that the work of two former residents, **Lois Harris** and **Jane Sussman**, will be on exhibit in the art spaces in November. A long article about **Marguerite Watson** and Carol Woods appeared in a recent issue of *Mature Living* magazine and Marguerite was applauded.

The policy on the uses of in-house mailboxes, tabled at the last meeting, was reopened. Following presentations and discussion, residents voted to continue to use the present policy as stated in the 2002 Handbook. Bob Brashear stated in summary that it is clear that residents do not want mass distribution of information not directly concerned with Carol Woods, nor unaddressed messages, placed in their mailboxes.

**Pat Sprigg's** reported that Management, Residents Council, and Resident Committees will be working together to assess the survey information gathered during the accreditation process and identify issues needing attention. A series of small group discussions are planned to consider how decisions are made and priorities set for Carol Woods. She also presented a list of 50 extra work projects done by staff and management in recent months, in addition to regular assignments.

*(Carol Woods Editors)*

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