

Celebrating 25 years of Learning, Growing, and Contributing

THE CAROL WOODS NEWS

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HISTORY OF THE SWIMMING POOL AT CAROL WOODS

Soon after Carol Woods opened in 1979, some residents sought to have a swimming pool added to the campus. **Dee Brown** and **Mildred Handleman**, key players, envisioned an outdoor facility, a backyard pool, financed by residents. They enlisted a group of enthusiasts who supported the proposal.

The idea met with little support from management, but the group persisted in their effort, soliciting funds. By 1985 they had promises of approximately \$30000 toward their goal. As the drumbeat for the pool continued, the issue was a frequent topic at Resident Association meetings. Residents were strongly for or against the idea, and vocal. Was it fair to those residents who would not use it, while there were alternative means for exercise that would not require such expense? **Harry Case**, long-time president of the Residents Association, visited several Continuing Care Retirement Communities (CCRC) with pools to learn their experiences. His report to the Residents Association furthered the case for the pro group.

When plans for expansion were announced in 1989, an indoor pool was included. It was to be a 30-35 foot pool, 4-5 feet deep, but later enlarged at the urging of Board member (now resident) **Bob Seymour** to about 50 feet long, and attached to the corridor near Building 3. **Pat Sprigg** appointed a resident committee to work with the architects and management on the details of the pool and its amenities. **Miki McHenry**, chair, surveyed CCRCs with pools and several decisions were made. It was to be a pool with no food and beverage facilities. It would not have an outside deck. The pool office would permit good visibility for a proposed pool employee.

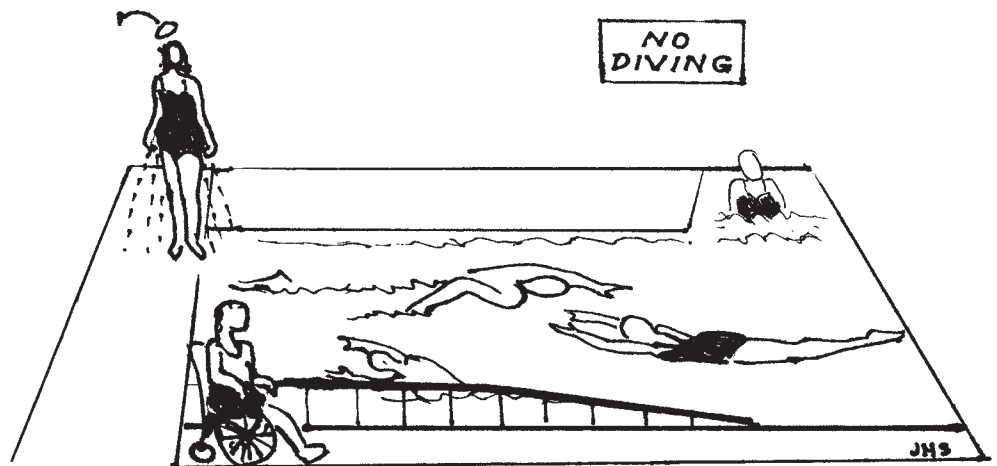
On November 23, 1992 the pool opened, meeting Arthritis Foundation standards with pool temperature at 86-88 degrees, and having a qualified aquacize instructor. Ellen Cohen has filled that role since the opening. The times for lap, free swim, and aquacize were established and have changed little. Standards relating to pool use, personal hygiene, and safety precautions were developed, including not being in the pool within a half hour of hearing thunder or

seeing lightning. For the first three months, the committee started cautiously with residents only. After that, guests were included and staff, and eventually their families were invited. By July, 1993, health center residents, with staff assistance, were using the pool.

An assortment of minor problems appeared. The architects had a mural of a stylized quilt painted on the wall, strongly disliked by the residents, and soon the pristine walls returned. At first the pool was staffed by a lifeguard but lack of availability and retention of qualified lifeguards made it impractical. Resident volunteers stayed at poolside in shifts for awhile but it was finally determined that the most practical and safe system was to require each swimmer to have a buddy (adult), who was either at poolside or in the water. Classes were held to teach residents about lifesaving equipment and how to rescue people from the pool.

Only minor tweaking of the schedule has occurred and the original basic policies are still in place because suggested program and facility changes have not proved practical. By 2003, pool use had grown to an average of 645 signing in per month. **Art Southard**, the staff member responsible for the pool facility since its opening, is not only the licensed operator but also oversees upkeep and secures improvements such as the wonderful new water sanitizer and a window fan for summer. Time has shown that the original plans and organization have provided an effective aquatic program.

(Janet Campbell)



WHAT'S UP AND WHERE WE'RE GOING

On Friday, February 27th, **Pat Sprigg** met with a full Assembly Hall audience to present an overview of the focus groups with which she had met since the first of the year. The focus groups were small, 14 or 15 residents, and carefully included a mix of those who had lived at Carol Woods for many years as well as those of a few years or months. Two themes were directed to each group: What has made us what we are? What do we need to do for the future?

On the 27th, as well as at all the groups, we were reminded that 45% of the population of Carol Woods has lived here for less than 5 years and 23% for less than 2 years. "Is the voice of the community," Pat asked, "the same as it was 12 years ago when I came?" Drawing from pages of notes from the 17 meetings, she read statements both critical and complementary which your CWN editor has had the nerve to collect, select, and present:

We were not complacent in those January and February groups. We praised ourselves, stating that there was a spirit of community (all welcome/feels like home) and a sense of real connection. We affect each other. Accepting responsibilities has been successful: resident driven activities, communication, patience, constructive disagreement, open dialogue, respect for staff, suggestions, and keeping informed. There is a need to reach out and to know each other, to be supportive and caring on a broad basis. Taking out meals is an important convenience but eating in the dining room is a way to know and appreciate others. Coffee time in the lounge is another and we want more opportunities for sociability with newcomers.

What are the distinguishing features of Carol Woods? Residents spoke of our tolerance for differences, the openness and availability of management, the long term staff, and the community of equals which lessens a we/they attitude. Roles are clearly defined; no one is assigned to a committee as in the

academic world. Our independent local board has good chemistry and frequently asks for the resident position on a current topic. Decision making is slow and deliberate and that is acceptable. Priorities are set with consideration for what is long term, what is short, and what will benefit the most people. The labor market, future needs, and planning get attention with decisions made from the bottom up: residents, staff, management, and board.

What should we pass on to a person considering Carol Woods? Be patient; accept the community mindset and the respectful collaboration. Trust others, being aware that much has been determined by what is good for the majority. This is no cruise ship, country club, or hierarchy. We are not separated by where we came from, and reading the history of Carol Woods is impressive and enjoyable. Carol Woods is a community made up of no strangers; it's where staff is a part of the whole and board members eventually move in.

Ten years from now residents want Carol Woods described on the cutting edge of such communities, a strong image of aging well which retains today's values. We want to keep the community participation role at a high level in Orange County. We want to remain secular. We treasure the park-like setting and the understated elegance. In 2014, we want to celebrate 35 years of learning, growing, and contributing.

The voice of the Carol Woods community through the focus groups, was as varied as the residents and served to provide some healthy soul-searching. It was not the voice of 1992, when Pat Sprigg arrived, but appears to have built on that solid reputation with a diverse population of happy, cantankerous, needling, overly ambitious, creative, industrious, and ever lively Carol Woodsians.

(Peggy Griffenhagen)

Wednesday Evening Programs

- 4/14 String Trio - Luby, Wissick, Tsong
- 4/21 Woodwind Trio
- 4/28 Flute, A. devSharonne
- 5/5 Barbara Clyde, piano
- 5/12 Whang and Rowan, duo piano
- 5/19 FourMost, 2 pianos, 8 hands
- 5/26 Mark Furth, violin/viola

Thursday Evening Programs

- 4/15 Durham Savoyards
- 4/22 Photo Essay
- 4/29 Flemish Art
- 5/6 UNC Housekeepers
- 5/14 Is the US a "Benevolent Empire"? (Friday)
- 5/20 Why We Laugh
- 5/27 50th Anniversary, Brown vs Board of Education

WELCOME NEW RESIDENTS

Edith Haubrichs (Apt. 1317) was born in Berlin, Germany. After World War II, she and her husband Frank, an electronics engineer, lived in Rio de Janeiro for 5 years prior to immigrating to California. After retiring, they returned to Germany and lived near Cologne for 19 years. When her husband died, she came to Chapel Hill to be near her daughter's family.

Edith had obtained a business degree in Germany and when she lived in California she worked for 20 years as a trust officer at the Bank of America where she handled investments for many Hollywood celebrities.

She travels frequently to Germany and California. In Chapel Hill she spends time with her daughter's family and continues her activities - a sewing circle, a German conversation group, and Shared Learning. She says that the days never seem long enough for those in addition to her many hobbies: the internet, beginner bridge, handcrafts, theater, music, and walking.

(Doris Leonard)

Bill and Barbara Koch (pronounced Kuck) are settled into Apt. 220 on the "lower loop". They have lived in Chapel Hill since 1968 when Bill came to UNC as a professor of Anatomy; he continues to teach today. A recent newspaper report has recognized his participation in a project adapting "virtual microscopy" for teaching medical students. Barbara grew up in Hampshire, England, but went to Stanford for graduate school. That's where she and Bill met when both were graduate students in Biology. Her speciality was botany, his zoology.

They both are weavers, each with his/her own speciality in that field also. Barbara has a floor loom for pattern weaving as well as an old English style inkle loom made for narrow band weaving. Bill built his own tablet or card loom used to weave strong, patterned straps and belts.

Barbara enjoys gardening and knitting and joins that substantial group of retired Girl Scout leaders. A daughter and son-in-law live in Arlington, VA and a son in Cullowhee, NC. Bill and Barbara are looking forward to his wedding this summer.

(Shirley Collins)

STAFF: Peggy Griffenhagen, Chair; Pat Bartell, Janet Campbell, Ray Griffenhagen, Bob Metzger, and Ann Woodham. Circulation: Eleanor George, Beth Jukes, Helen Knight, Stella Lyons, Barbara Allen, and Eva Lynch. Artist: Jean Spalding.

SHORT NOTES...

Theater in the Social Lounge of Carol Woods on a Wednesday morning? A lively, costumed group from the Children's Center performed "Are You My Mother", a play designed to say thank you to residents for their help.

A new book group has been formed to read from Black authors, currently W.E.B. Dubois and Trudier Harris, reflections on growing up in the late 19th century and mid 20th. On the same theme Orange County has embarked on a countywide reading program to bring people together through reading and discussion of a common book, *Summer Snow: Reflections from a Black Daughter of the South* by Trudier Harris, Professor of English at UNC, with discussions to be held at Carol Woods on May 18th.

Six of our artists had a bright and successful one-day Color Workshop on the art of Paul Klee in March with Sandy Milroy. The Triangle Weavers have a display in the art corridor and dining room shelves of wall hangings, rugs, tapestries, scarves, and blankets in many materials and hues.

Carol Woodsians participated in the annual Crop Walk, a six-mile jaunt to combat hunger locally and around the world. Our sturdy leader was **Weezie Williams** and there were those also who were sturdy sponsors.

For the March book review **Natalie Fiess** chose "A Short Walk in the Hindu Kush" by Eric Newby. This was a frank and funny account of two Englishmen on a mountain-climbing expedition in 1956 in northeastern Afghanistan.

Concerned with the dearth of affordable housing for lower income families, residents have formed a group identified as the "**Henry and Blanche Clark** Habitat Volunteers at Carol Woods". They signed a partnership with the Orange County Habitat for Humanity affiliate to build a house in 2005. Resident volunteers will work with UNC graduate students from the Student Health Action Committee to finance and build a house near Rogers Road.

The Poetry Reading Group is currently exploring American poetry from 1900-1960, a high period of creative spirit. It's good to compare the silvery cadences of Elinor Wylie with those of blunt James Dickey, for example.

On a day perfectly designed for a Championship Croquet Playoff, the team of **Bob Broadus** and **Weezie Williams** defeated **Janet Campbell** and **Beth Jukes**.

But we never rest — the Croquet Spring Tournament began five days later!

THE ASSOCIATION OF CAROL WOODS RESIDENTS, INC.

Summary of the Meeting of March 9, 2004

Association Treasurer **Annette Rathbun** reported a combined fund balance of \$28,300, all except \$2000 of which is committed to various Association activities. She thanked **Marion** and **Jim Summerville** and **Muriel Easterling** for their assistance with auditing and account balancing.

Bob Brashear presented a summary of topics and actions from the Council's two recent meetings. Council recommends that residents wear their name tags to Association meetings and other Carol Woods functions (as the Council members did to this meeting) to help us learn names.

Among Committee and Activities reports, **Leo Wagoner**, Co-Chair of the I-40 ad hoc committee, reported that the petition containing 352 signatures has been sent to State and Federal legislators with a cover letter requesting a meeting on ways to reduce noise generated by future widening of I-40. The committee will meet with town officials later this month.

Muriel Easterling, Sewing Committee Chair, announced a donation of \$2000 to the Carol Woods Staff Development Fund from the proceeds of their alteration service for residents.

Reporting that Orange County is the state leader in recycling, **Lew Woodham** thanked residents for their contributions and explained the locations for leaving smaller items such as eyeglasses, batteries, and ink cartridges.

Dave Wilkerson, Vice President of Operations, commented:

- A highly qualified candidate for Director of Maintenance has accepted our offer.

- Data obtained through the scanning of meal cards is used for planning purposes. It is critically important for cost-effective meal planning that we all remember to scan our cards.

- The new sprinkler system in the Central Apartments goes off only at very high temperatures, not by smoke or fire alarms.

- Resources are available for residents who live alone. These include the ring-checking system used in the central apartments, arrangements for regular phone checks by the Communication desk, pendants to wear, and the emergency pull cords in all apartments.

(Carol Woods News Editors)

The People at Carol Woods — Jack Chestnut

The following article features the first staff person hired in August, 1979. It was written for the Carol Woods Staff Newsletter, *Through the Woods*, by **Art Ernteman**, Service Manager of Dining Services.

When I first began working at Carol Woods I thought he was a resident. After all, I was not quite 2 years old when he began his service at Carol Woods. What I learned on a sunny winter day in January 2004 was contrary to that thought.

Jack Chestnut began working at Carol Woods in 1979. During his 25 years of service, Jack has been responsible for Maintenance, Housekeeping, Transportation, Assisted Living, Easy-Living, Grounds, and Security. If you have a question pertaining to Carol Woods and you are unable to find the answer, it won't be long before someone suggests, "ask Jack," and chances are he has the answer.

Jack Chestnut was born in Hillsboro, Ohio. He met his future wife Merry while working together, he as a bus boy and she as a "candy girl"! Jack married his high school sweetheart in 1964, while serving in the United States Air Force. They moved to North Carolina in 1972. Jack and Mary have two daughters and one granddaughter and live in Hillsborough, NC.

Jack has several hobbies which include collecting miniature antique pedal cars, playing table tennis, collecting Disney memorabilia with Merry, adding to his extensive marble collection, reading ancient history, bass fishing, and listening to soft country music.

Jack's role as Director of Community Contacts and Special Projects allows him to serve on over 11 boards and committees dealing with issues regarding older adults both locally and statewide. In 2003, he logged an impressive 700 committee hours.

From his upbringing to his military service, to his family, Jack lives his American dream. He has spent his last 25 working years dedicating his time to moving Carol Woods forward as a national model for not-for-profit retirement communities. If you want to know what it takes to stay committed for 25 years, through learning, growing, and contributing, "ask Jack"!

CAROL WOODS

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