

THE CAROL WOODS NEWS

is published each month except July and August. It is distributed to residents, applicants on the waiting list, and other interested persons.

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Chapel Hill, North Carolina

March 2008

AN "UN-BORED" BOARD

Residents are pretty aware of the major components that keep our lives running smoothly here: we salivate over the tempting food; we luxuriate over our clean abodes; we admire and enjoy the lovely campus; and we exult over being able to dial #3315 with any question or problem. However, ask us about the Carol Woods Board and there may be a pause, a sense of appreciation but some uncertainty about what the board does.

Board documents include this explanation, ".... the Board of Directors does not manage the Carol Woods operation or direct its staff. That is the role of management. The Board governs, sets direction, monitors financial strength and policy, evaluates quality of service and market strategy, sets policy and works to see that policy and plans are implemented by management."

But what's this about an "un-bored" Board? Just this: both present and past members agree it's the most well run and satisfying such body on which they've ever served. One Board officer presently high on the priority list insists she won't accept admission until her term ends: "I enjoy this Board too much." When asked to what they attribute this positive experience, without exception they say such things as, "My skills and expertise are used in meaningful ways. I don't just SIT on this Board." Another comment was: "Carol Woods' CEO Pat Sprigg sees it as part of her job to USE the Board in real work for the Community, and we are constantly asked to give feedback on how this is working," and "There's no wasted time on this Board!" Indeed, according to Pat Sprigg, "The structure, function, and collaborative work of the Board were in large measure responsible for Carol Woods receiving the National Pathways to Greatness Award last year. (Pictured in the December 2007 *Carol Woods News*.)

Numbering twenty members (including three non-voting residents) the Board meets bi-monthly with additional committee meetings. Suggestions for the three-year terms come from residents, staff, and other members. Members come from a mix of backgrounds such as health care, law, marketing/public relations, business/finance, engineering/architecture, and community service. They receive no remuneration, only meals connected to Board business. Indeed, it's interesting that eleven former Board members are now residents as well as the fact that many on the priority list are former Board members.

The Carol Woods Board works by consensus—a notoriously slow mechanism unless the agenda and parameters are exceedingly well planned. Apparently this is genuinely the case at Carol Woods.

LB

KEEPING US HEALTHY

Carol Woods has many committees that serve so silently and so efficiently that few of us know they're there. One such is the Residents Health and Social Services Committee, which advises and works with Clinic Director Marsha Clarke, Director of Nursing, Amy Alexander, and the interim Director of Well Being, Mark Weber.

It works like this: Suppose the Directors have new information to communicate to residents about pain management (something we're all interested in as our joints get creakier). Together with the Residents' Committee, they may set up an open forum where the latest advice is presented and discussed. Or maybe there is restructuring of personnel or changes in nursing procedures or new

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THE YELLOW VISOR CREW

Gopher (gō'fər): "A burrowing North American rodent of the family Geomyidae having pocket-like cheek pouches" (Webster). Garden Gofer ('gärd-ŋ go'fər): A weeding, planting, tool-toting member of the Carol Woods family usually found working on Monday mornings helping keep our landscape healthy and beautiful.

Both of these critters frequent our campus, but more welcome by far are the Garden Gofers, a group of approximately nine core volunteers organized by **Marian Stephenson**, Chairman of the Resident Landscape and Grounds Committee. They work under the guidance of the Grounds Department to do some of the jobs on our 125+ acres that our grounds staff of eight has trouble managing given their other responsibilities. Supplied with yellow visors to identify them to other residents, these volunteers not only provide a service to the community, they meet some of their own need to enjoy the outdoors, revisit gardening skills they honed in their pre-Carol Woods yards, and have the companionship of other gardeners. The jobs they have tackled include watering drought-starved trees and shrubs before water restrictions were put in place, pruning shrubbery, weeding flower beds, pulling up invasive plants at the edges of the woods, planting pansies,

marking drought-killed trees and shrubs, and cutting down a large stand of bamboo that was marching ever closer to the main building.

When you see a gopher, try to protect your plants; when you see a Garden Gofer, offer a word of thanks or join the crew and get your own yellow visor.



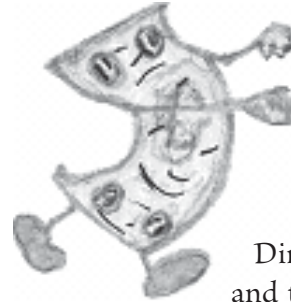
Thelma Boyd

NM



Bamboo cutters Dick Wood and Marian Stephenson

SAVVY SAVER



Many of you will recognize Savvy Saver, our conservation logo, but may not know its history.

Last August, the Director of Maintenance and the Director of Finance requested help from residents in a campaign to reduce utility usage to help offset projected rate increases. The Building and Facilities Advisory Committee agreed to coordinate appropriate educational and promotional efforts. Early on, it was determined a logo would be helpful. A subcommittee of **Jacqueline Allen**, **Bill Griswold**, and **Lew Woodham** selected the "running dollar bill" from various sketches by **Libby Holder**. The drawing's running stance conveys the immediacy of the need for action. The dollar body indicates that conservation not only contributes to the health of the planet, it affects our bottom line.

Introduced via a DVD at the November Residents Association meeting, the image tumbled onto the screen announcing in a charming voice, "I am here to help you with energy conservation. I will be reminding you to "SAVE a BUCK" by: Turning it off when not in use; Avoiding Peak Hours; Stopping the Drip; Taking shorter showers; Taking cold showers - oooo-taking cooler showers. But I need your help in finding my name."

After careful consideration of 77 suggested names, members of the Building and Facilities Committee selected "SAVVY SAVER."

Savvy has already been busy. It appears on magnets attached to our appliances to remind us to avoid use during peak hours and has helped distribute flyers on Water Conservation and our Utility Usage. It will be increasingly evident in the coming months as our campaign progresses.

Residents responsive to Savvy Saver's message benefit us all.

Jim Summerville

WELCOME NEW RESIDENTS

Amie Modigh and **Sandy Venegoni** (Cottage 115) are retired Colonels from military reserve units. They arrived with “Richie”, a miniature Schnauzer, and “Ms Lucky”, a fifteen year old cat.



Amie, a native of Sweden and the youngest of four children of her Swedish father and American mother, graduated from U Conn after moving to her mother’s home state following high school. She became a U.S. citizen in 1960. Graduate work at UNC-CH led to a faculty appointment in that School of Nursing. Following completion of a Geriatric Nurse Practitioner program in 1976 she held positions in Nursing Administration, Education and Clinical settings, most recently as Co-Director of Geriatric and Extended Care at the Veterans Medical Center in Richmond, VA. A member of the US Air Reserve Nurse Corps for 29 years, she was activated during Operation Desert Storm, serving as Chief Nurse of Reservists at Walter Reed Medical Center. She retired in 1996. Favorite sports include skiing and watching Tar Heel basketball. Hobbies are photography, gardening (especially roses), bridge, and games on the beach.



Sandy was born and raised in St. Louis, the middle of three daughters. She spent her professional career in Administrative and Gerontological Nursing (BSN, St. Louis University; MN, Emory; PhD, Virginia Commonwealth University in Richmond). She had appointments in Schools of Nursing at St. Louis University, UNC-CH, Duke, Eastern Carolina University, and Virginia Commonwealth. She has had fascinating experiences with three Teaching Nursing Homes in three states. She served 23 years in the U.S. Army Reserves, including activation during Operation Desert Storm. Her hobbies include cooking, watercolors, learning to play the piano, travel, animals and outdoor activities.

Jack Reed



Lucia (Lucy) Pap (Apt. 1117) is a physician-writer who has published three books in English and some 360 stories in English and Spanish, five winning magazine awards.

Lucy was born and graduated from medical school in Buenos Aires. She traveled for a year on a Ketty Mirelman medical scholarship. Baylor University in Houston, Texas, and the University of Illinois, Chicago provided additional training. Married to another physician until his death in 2006, she has two children and five grandchildren.

On the medical faculty at the University of Illinois until retirement, Lucy was the first woman to receive the Faculty Distinguished Service Award (1999), for establishing an annual Medical Student Essay Contest on the humanitarian aspects of medical practice.

Currently, Lucy is working on completing an *Acute Asthma Score for First Responders*, is a member of the Board of Directors of the Friends of the Seymour Center, and enjoys writing, journaling, reading, classical music and travel.

NM

KEEPING US HEALTHY

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electives in nutrition. All these very relevant issues have to be shared. The Residents Health and Social Services Committee members function as the facilitators.

Committee chairman **Shirley Collins** reports that forums have included: *Hearing and the Aging Brain; Putting Yourself in the Driver’s Seat; Transitions to a Higher Level of Care; Stroke Education;* and the most recent, *Carol Woods’ Clinic and Emergency Health Care Services Around the Clock.*

JB

REPORT OF THE RESIDENTS ASSOCIATION

Our February meeting addressed progress on the usual wide range of Association activities. **Martha Gwyn** reviewed the extensive recycling “cascade” for charitable use of usable, but no longer needed personal and household items. **Margie McKinney** presented \$10,000 in Gift Shop receipts to the Resident Assistance Fund. Everyone is urged to redouble our water conservation efforts as the drought persists. A conservation task force is studying even more aggressive measures, along with overall energy conservation. Pat Sprigg celebrated Building 4 resident attendance at our meetings. The master planning process continues in its conceptual phase, and is undergoing cost-benefit analyses. Residents are involved throughout the process. In keeping with our policy of attracting and retaining the “best of the best” employees, staff have recommended a performance evaluation system for all employees to insure compliance with our core organizational values.

Ken Reeb, Sr.

CORRECTION

Our apologies; Art Southard was mistakenly identified as Dave Wilkerson in the boxing scene of the printed copies of the February Carol Woods News.

STAFF: Nancy Martin, Chair; Louise Baker, Jane Berryman, Ginger Davis, Betsy Hewitt, Denise Johnson, Mary Reeb, Burkhard Seubert and Anne Wright. Pat Bartell, proofreader.

Circulation: Barbara Allen, Janet Campbell, Helen Hawley, Beth Jukes, Eva Lynch, Jessie Lutz, Stella Lyons and Lang Prouty.

Pictures: Bill Bayliss, Nancy Martin.

CONCERTS AND LECTURES

Lectures:

March 20 - Ben Lloyd - Orange Co. Agriculture

March 27 - Tom Hanchett – Cartoon Southern Stereotypes

April 3 - Karl Campbell – Sam Ervin

April 10 - No Concert - Symphony

April 17 - Diane Corcoran – Near Death Experiences

Concerts:

March 19 - Allan Parrent, Tenor; Barbara Clyde, Piano

March 26 - Mayron Tsong, Piano; Nigel Boehm, Cello

April 2 - Terry Rhodes and students – *Cabaret “Zarzuela”*

April 9 - Hsiao mei Ku, Violin, Leonid Zilper, Cello, Ben Ward, Piano

April 16 - Thomas Otten, baritone

Special Programs:

March 18 - Katherine Boyes – Recital: Piano

March 29 - Leah Bar-On – Recital: Piano

March 30 - James Dargan – Recital: Voice & Violin

April 12 - East Chapel Hill High School Chorus

CAROL WOODS

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