

THE CAROL WOODS NEWS

Celebrating 25 years of Learning, Growing, and Contributing

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EVERYTHING YOU'VE EVER WANTED TO KNOW... AND WERE AFRAID TO ASK

Carol Woods Residents Association is a complex organization with customs, traditions and a committee structure that have evolved over 25 years. It provides a collaborative model for making decisions about resident life. All residents are automatically members of the association unless they opt out in writing. It is assumed that everyone has a responsibility to be part of the community in greater or lesser degrees of active participation. The Association works through an elected Residents Council and numerous committees.

The Council is responsible for the committee structure, establishing new committees when necessary and working with the committees to provide the activities that residents want. Since there are several distinct neighborhoods in the campus, most committees try to reflect the various geographic areas in their membership. Ten of the committees, called Advisory Committees, coordinate with different members of the management team to ensure that residents needs and interests are addressed. Examples are the Decorating Committee, Dining Services, Gardens and Landscaping, Health and Social Services, and Finance.

Other committees are Resident Service Committees. Their members staff the Library, arrange the art exhibits, book the Saturday night movies, plan trips, arrange bus transportation for concerts and plays, allocate hours for the various activities of the Swimming Pool, staff the gift shop, provide Wednesday concerts and Thursday Evening

lectures, write articles for the *Carol Woods News*, etc.

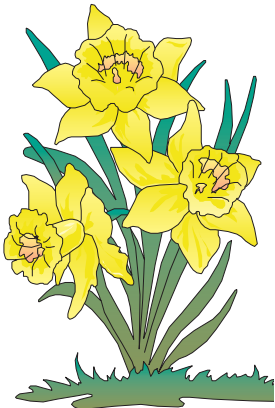
All the 39 committees, their chairs and members are listed in the back pages of the annual phone directory so that residents have a guide as to which committees might deal with an issue they want to raise. The Association President is responsible for naming the committee chairs and those chairs invite members to serve on their committees.

Beyond committees, there are numerous interest groups: bocce, croquet, bridge, ping-pong, bird club, book reviews, Children's Center volunteers, PC Users, Mac Users, and many others. These are entirely self-organized, but also form a part of the Association.

When problems are referred to the Council, it is likely to consult an appropriate committee or establish an ad hoc one. As an example, last year concerns were raised about the safety of using electric carts and walkers in the Assembly Hall. After several months of study and research, the Safety and Security Committee proposed a plan that all the groups using the Assembly Hall can follow.

The Council and the committees inform residents of activities, events and concerns through regular reports in the monthly Association meetings. The Carol Woods President/CEO or her representatives use the Council and the Association meetings to bring residents up to date on management concerns.

(Diane Henderson, President of the Residents Association)



Wednesday Evening Programs

- 3/17 Greg McCallum, piano
- 3/24 Women's Glee Club, Susan Klausmeyer
- 3/31 Bruce DeWetter Smith, flute
- 4/7 Elaine Funaro, harpsichord
- 4/14 String Trio - Luby, Wissick, Tsong
- 4/21 Woodwind Trio
- 4/28 Flute, A. devSharonne

Thursday Evening Programs

- 3/18 Past and Future of Chapel Hill
- 3/25 Nathaniel Hawthorne
- 4/1 Peace Research and Education
- 4/8 Word Shed
- 4/15 Durham Savoyards
- 4/22 Photo Essay
- 4/29 Flemish Art

WELL-BEING

On the Carol Woods table of organization, there is a position called *the Director of Well-Being*. **Heather Altman** holds it. In February Heather celebrated her one-year anniversary with Carol Woods.

Heather is highly articulate. More than one member of our community has described her as “exuberant”. She admits that she is a “fast talker”. One cannot help but find infectious her enthusiasm for Carol Woods and for the concept of well-being which prevails here.

The title *Director of Well-Being* may strike many as bizarre since it is difficult to conceive of *Well-Being* as something directed, dispensed, or administered. First, *Well-Being* is not to be confused with *Wellness*. The notion of *Wellness* means the absence of illness or a debilitating condition. Traditionally, it is understood solely in terms of one's physical health. *Well-being* has a broader and somewhat more subjective and temporal sense for residents, according to Heather. She thinks of well-being as concerned with the meaning and purpose of one's life. It recognizes the importance of each individual's unique social, emotional, spiritual, cultural and intellectual, as well as, physical needs.

Everyone at Carol Woods plays an important role in ensuring that we have a community where all residents can be fulfilled through a wide-range of possibilities. Heather sees herself as a resource to residents and staff in identifying and coordinating a comprehensive set of opportunities campus-wide that speak to residents' well-being interests. She wants to ensure that the opportunities stay broad in scope and are accessible to all members of the community, regardless of a resident's abilities or location. She is quick to add that she is NOT an Activities or Social Director! Residents at Carol Woods have always been and will always be in charge of their own activities.

The resources that the Well-Being Department provides do not stop with Heather; rather, there are six other staff members who provide support and coordination on a range of issues relating to the mind, body, and spirit. **Pattie Wallon** and **Erin King** provide social work services and counseling support for the community; **Judy Benjamin** and **Sue Schwartz** provide life enrichment support for Buildings 4,5,6, and 7; **Pam Kyff** organizes many volunteer opportunities on campus and assists residents with the logistics of transitions; and **Mark Weber**, in his role as Pastoral Counselor, coordinates spiritual opportunities throughout campus and facilitates a range of discussion and support groups. Then there are the talents to pull from such areas as strength training and exercise supported by physical

THE CAROL WOODS HANDBOOK

It's Sunday and my toilet won't flush. *Dial O for Emergency Maintenance*. My cousins are coming for my birthday. Can they stay in the Guest House? *Pages 24, 30*. Can Dining Services cater a party in the Social Lounge for my birthday? *Page 29*. Can I plant a shrub in front of my apartment? *Grounds, page 24*. I don't want the ceiling fan in my bedroom. *Page 18*. My bedroom has no ceiling fan. Can one be installed? *Page 18*. The movers damaged one of my tables. Can it be repaired at Carol Woods? *Page 25*. What exactly are the duties of the housekeeper? *Page 20*. Where do I go to vote on Election Day? *Page 35*.

This is only a sampling of the information available in the Carol Woods Residents Handbook. A committee appointed by the Residents Council is currently working on updating and adding descriptions of the new Dining Room, the new Garden Assisted Living houses and new By Laws governing the activities of the Residents Association. Still, the 2002 Edition remains the first place to search, using the Table of Contents and the Index for answers to a great variety of questions. Publication of the 2004 Edition is expected before summer.

Together with the materials included at the back of the Carol Woods Telephone Directory, we can find the answers to most inquiries about life at Carol Woods. For answers to Life's Great Questions, tune in to Garrison Keillor on Saturday evening or look in the Handbook under Worship, *Page 35*.

(Natalie Fiess)

therapy, health promotion initiatives and educational sessions from the clinic, nutritional counseling and healthy meal options from dining services, and a whole array of programs and connections with resources from the larger community.

As for Heather's life before Carol Woods, she grew up in the Boston area and attended Brandeis University. She planned to be a high school social studies teacher but switched to the field of health education. She worked for Planned Parenthood Federation of America in New York City and before coming here worked at the Center for the Advancement of Health, a health policy think tank in Washington, DC. She became familiar with Carol Woods when she was in residence for her MA in Public Health at UNC. She lives in Chapel Hill with her husband, James, their two year old daughter, Sydney, and their two dogs, Sasha and Daisy.

(Bob Metzger)

WELCOME NEW RESIDENTS

Patricia (Pat) and Michael A. (Mac) Clarke (Apt.1202) have lived in Chapel Hill since 1992. The Clarkes moved here from Connecticut where they were commuters to their positions with Pfizer Inc. in New York City. Pat was an Executive Secretary and Mac, a chemist with a B.S. from the University of Leicester, spent 31 years in chemical sales and marketing.

Pat is a lifelong New Yorker and Mac, a native of Ipswich, England, came to the U.S. in 1974. He has three adult children and three grandchildren living in England. Mac's interests are jazz and reading. Pat's special interests are reading, movies, painting, and rooting for the UNC women's basketball team.

They have both been active in the Chapel Hill community where Mac is serving as a Board Member of OWASA and Pat has been a volunteer at UNC Hospitals for almost ten years. She is a Past President of the UNCH Volunteer Association and presently serves on the Board as newsletter editor. Pat is also a past recipient of the Elaine M. Hill Award for Outstanding Volunteer.

(Isabelle Webb)

Mary and Ken Reeb (Apt. 1309) came to Chapel Hill in 1987 when Ken became Chairman of Family Medicine at UNC Hospitals. He retired in 2000.

Mary and Ken grew up in the Midwest - Wisconsin and Illinois. They met at the University of Wisconsin and married in Alaska where they lived while Ken was in the Navy. After his discharge, they returned to Madison where Ken earned his MD. Their family and going to graduate school occupied Mary for the next years and she earned her PhD while Ken was on the faculty for Family Medicine and Pediatrics at Case Western Reserve University.

They have two sons and a daughter besides **Ken Reeb Jr.**, Carol Woods' Vice President of Finance and Planning. They have 13 grandchildren and one and a half greatgrandchildren and are proud to say that all their children are married to their original spouses and all have children.

Mary's interests are in religion, architectural history, literature and reading. She has been a teacher and a preservationist and has served on commissions for the Catholic Diocese of Raleigh. Ken's special interests are church activities, theology, Hispanic immigrant affairs, health care for the underserved and gardening.

(Glenna Chapin)

SHORT NOTES...

Golf Croquet, the winter round robin, began on February 9 and continues through March 27. If your golf skills exceed your croquet skills, your partner will compensate.

The spring bridge round robin signed up for a springy start at the end of February.

Margaret Moore, chairman of the Research Committee, has residents currently contributing in 4 active projects with positive feedback.

The Bird Club meeting in February viewed a PBS documentary, "The Life of Birds" by David Attenborough.

Peggy Griffenhagen reviewed *Queen Noor: Leap of Faith - Memoirs of an Unexpected Life*. Describing her life with King Hussein, the woman born Lisa Halaby grew into an active, contributing member of Jordan royalty.

Early in the month we were invited to submit a snapshot or photo of ourselves taken before the age of 25. In honor of Carol Woods 25th? Not entirely, but we entered into the invitation with fervor and were richly rewarded at the Valentine Party.

Valentine's Day was a celebration that started at 10 a.m. with serenades from the UNC Loreleis and the UNC Clefhangers and the Duke University Chorale (an impressive collection of college students who got up early on a Saturday morning!). Featured were Valentine's Day songs and old favorites. Congressman David Price was also present and the event was planned by A Helping Hand, a local group which Carol Woods has supported.

Continued on page 4

Marjorie "Mudge" Marsh (Apt.3101) grew up in Windsor, CT, attended the Loomis Chaffee School, the School of Occupational Therapy in Boston, and studied with a master craftsman and silversmith.

Mudge and her husband, John, lived in Winnetka, IL with their three daughters. John was a producer and director of commercial films. With a longtime interest in antiques and collectibles and four years of study and research, she established her own business in Winnetka conducting estate sales.

Twenty years ago Mudge moved to Chapel Hill where one of her daughters lived. She has six grandsons. She was a hospital volunteer for many years and is an active member of her church. Admittedly, Mudge likes to be involved and her interests include, of course, antiques, but also sewing and knitting, reading, including poetry, and she is a bridge player.

(Roz Lloyd)

Continued from page 3 Short Notes...

Valentine's Day continued in the afternoon with a party in the social lounge which showed 150 snaps and photos artistically displayed on screens, tables, and easels. We found a ballet star, a dignified lady in a mud puddle, a number of brides and a lot of military uniforms and the exhibit was especially fine because it was carefully labeled.

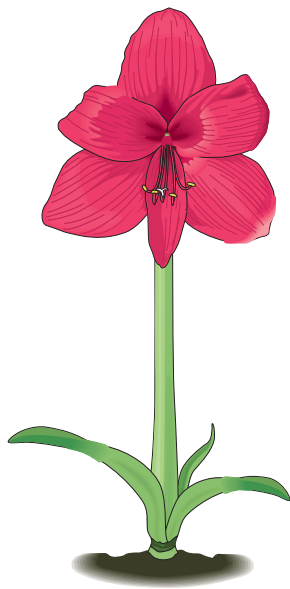
We have learned to watch the beginning and end of the Lehrer NewsHour on PBS Thursday nights FAST to catch the Carol Woods ads that many of us are in.

In March the Computer Room has two classes: Formatting Using Word and Word Features. Class size is limited and there are prerequisites.

Eva Metzger and **Bob Gwyn** received Lifetime Achievement Awards on February 18 from The Peoples Channel (TV Channel 8) during the first Burke Awards dinner. Both Eva and Bob were instrumental in founding the public access television channel in Chapel Hill and spent countless hours negotiating with the Time Warner Cable Company and bidding for the contract with the government of Chapel Hill. Both were original members of the board of the Peoples Channel and both served as president of the non-profit corporation. Eva serves as technical director of the program "In Praise of Age" and produces occasional programs such as the recent episode of "In Praise of Age, Croquet at Carol Woods".

We are told that Buddy (our inhouse bird, for those of you outside the community) has returned to her domicile in Building 5 — with her wings and nails clipped.

It is good to have a memorable name. On excellent authority we have word that a speaker at a prominent, nearby CCRC started his comments by saying that he was happy to be present at Carol Woods.



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

Summary of the Meeting of February 10, 2004

Julia Watkins introduced new residents **Mary** and **Ken Reeb** and **Mudge Marsh**.

Bob Brashear presented a summary of topics and actions from the Council's two recent meetings.

Among Committee and Activities reports, **Isabel Fowler** encouraged residents to volunteer during the UNC-TV fundraising "Festival" in March, **Abe Hirsch** invited residents to an orientation to the machines in the Fitness Room, **Leo Wagoner** reported on the petition being circulated regarding noise abatement on I-40, and **Dot Cansler** announced that ecumenical worship services will be held in the Assembly Hall on Sunday afternoons.

Jane Young, co-chair of the Carol Woods Gift Shop, announced that a contribution of \$12,500, the proceeds from the shop for the past year, is being made to the Residents Assistance Fund - an example of residents helping residents.

Ivor Collins, for the Bylaws Committee, effectively explained proposed changes and led the residents through the voting process on the proposed revised Bylaws, which were adopted unanimously.

In Pat Sprigg's absence at a national meeting, **Dave Wilkerson**, Vice President of Operations, reported that:

- long distance charges from the Carol Woods system have been reduced to 5 cents/minute,
- the planning committee for the 25th Anniversary, composed of residents, staff, Board members, has announced October 1 as the kick-off date for the celebration,
- management is assessing the possibility of a traffic light at the front entrance of Carol Woods.
- the participation of many residents, and in some cases their grandchildren and/or pets as well, was appreciated in the filming of the 15 second spots for the Jim Lehrer NewsHour, for which Carol Woods is a sponsor.

(Carol Woods News Editors)

CAROL WOODS

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