



# THE CAROL WOODS NEWS

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## SHOPPING FOR THE SHOP

When **Ginger Davis** and I were asked to be co-buyers for the Carol Woods Gift Shop more than nine years ago, little did I realize that this would be a new career for both of us. Since then we have logged many hundreds of miles commuting between Greensboro, Charlotte, Seagrove and various points in between (Ginger driving and I navigating), always on the lookout for new and exciting items for the shop.

Our days begin early in the morning and last late into the night as we shop, record and then price each item before displaying them on the shelves. Both of us were novices when we began, but we have long since stopped worrying about every single purchase, wondering whether or not it will sell, hoping instead that our own good judgment will prevail. Now the vendors with whom we have dealt over the years call us the Bobbsey Twins, and they know what interests us.

We continue to search for items that people can buy as gifts rather than those found in a convenience store, as we want the shop to be a place that will be used not only by residents and staff but by out-of-town guests and visitors as well.

Lest you think that the life of a buyer is a glamorous one, consider the time we were marooned at the Ramada Inn for three nights, due to a snow and ice storm. When we weren't chasing roaches (Ginger is particularly fond

of them), we spent our time looking at each other or the weather channel trying to decide when it was safe to get back on the road. The parking lot was like an ice rink, and the only food we had came from Domino's. It was a long time before either one of us could face a pizza again. The fact that we were still speaking to each other by the time we arrived home was a minor miracle.

Shoppers that we are, however, we are always excited about every new adventure and eagerly look forward to seeing what each new show will bring.

*Carol Daniel*



*Ginger Davis, Jane Young and Sally Rohrdanz admire a necklace*

## COMMUNITY CONNECTIONS FOR SENIORS

We who live at Carol Woods are glad we chose to be here but are aware that the majority of senior citizens, either by choice or necessity, do not live in a continuing care community. As they age they may face major challenges to their ability to live fully and independently in their communities. Our CEO, Pat Sprigg, who has observed and studied elder care extensively, reminds us of disparities in services to seniors and encourages us to look beyond our campus to the communities around us. This has become a mission for both residents and administration.

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*Betty McGowan selects a card*

## THE SECRET LIFE OF LORI RILEY-GRAVES, REGISTERED DIETICIAN

At a weekly bridge game recently, somebody was overheard saying, "Whatever does the dietician do here, anyway?" Another chimed in. "Dietician, I didn't even know we had one." This sounded like an important subject for a *Carol Woods News* examination.

For 32 hours every week, Lori Riley-Graves lives and works in a small office you pass on your way to the Clinic. She's tall and smiley, with black hair and very blue eyes, and the calm manner of a good listener. Proudly, she describes the qualifications of a Registered Dietician as someone who is fully licensed after intense formal studies and an extensive national exam administered by the Commission on Dietetic Registration.

With those legalities aside, we talk about Lori's activities here at Carol Woods. First, she works as part of a multi-disciplinary health care team for residents living in buildings 4, 5, 6 and 7. The team completes assessments, develops plans-of-action, and communicates regularly with residents and caregivers to make sure residents' needs are met.

Residents come to Lori for one-on-one consultations on subjects like unintentional weight loss, digestive problems, weight control, food allergies, and more. She oversees transitional diets for residents who may require daily changes in their fare; for example, gradual upgrades from liquids to solids, or the need for high calorie supplements.

Chef Steve Playne and production supervisor, Shawn MacDonald, use a computer program to analyze the recipes prepared in the kitchen. With Lori's support, part-time (8 hr/week) Dietician, Karen Hutcherson, reviews the analyzed recipes, determines if the item meets heart-healthy guidelines, and communicates her findings to Steve. The goal is to have at least one heart-healthy entrée at every meal.

Lori initiated and implemented a well-received weight-loss program that brings staff and residents together for fun competition, weekly evaluations, and informational discussions that make passing up the second helping easier to bear. One staff member, Paula Lane, lost 38 pounds during a competition, continued consulting with Lori afterwards, and shed 100 pounds in a year! Lori is in the process of expanding employee nutrition programs for the near future.

Lori loves meeting with residents. She is available to speak before groups and wants to be better known to everybody here. She has hopes of becoming more involved with newcomers as a regular part of the Carol Woods entrance procedure. Meanwhile, she's a wellness facilitator who relishes her mission.

Yes, Virginia, there is a Registered Dietician at Carol Woods. Stop in and say hello next time you visit the Clinic.

*JB with Lori Riley-Graves*

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*Continued from Page 1*

### COMMUNITY *Continued*

In 2006 Carol Woods received a planning grant from the Duke Endowment, a foundation that "seeks to fulfill the legacy of James B. Duke by improving lives and communities in the Carolinas through higher education, health care, rural churches and children's services." The grant allowed us to look at what we called "The Imperative," critical issues facing seniors today and the seniors of tomorrow. Following a leadership summit, and working with community groups, we developed a proposal, supported by our Board of Directors, for fostering and building connections among providers, organizations and consumers. To implement this proposal, *The Community Connections for Seniors*, we applied for and were awarded an additional \$996,900 from the Duke Endowment. The project is now in place and will run for the years 2008-2010.

With the grant, we will develop a model for earlier community-based care management for seniors that includes greater health promotion, longer support for them in desired living arrangements, and improvement in their outcomes during times of transition.

Other goals include workforce development, expansion of collaboration among care providers and area educational institutions, and increased student exposure to aging services career opportunities. In addition, we will convene leaders in public policy, business, education and service delivery to identify areas of collaboration and innovation to address needs of the older population throughout North Carolina.

We are proud to be part of this dynamic endeavor led by the project director, Heather Altman, a six-year veteran of our staff. We expect that some of us will become personally involved in the project. In the coming months look for news about the work the grant does in our wider community.

*AMW with Heather Altman*

## WELCOME NEW RESIDENTS



**Betty and David Hughes** (cottage 232) have been residents of Chapel Hill for 36 years. Betty, born and bred in Hawaii, attended Carleton College in Minnesota where she was a student of Enid and Henry Woodward, original residents of Carol Woods and parents of two of our fellow residents, **Ann** and **Henry Woodward**.

While pursuing a Master's degree in musicology at Cornell, Betty met Professor David Hughes, her future husband. They were married in Honolulu, spent a year in Berkeley, California, and returned to Cornell before moving to Chapel Hill. Betty worked in musicology under the renowned musicologist, Donald Grout, but took a break to raise her family. In the 80's her interest turned to microcomputers. She has retired from teaching computers at Durham Academy but continues to work with a few adult clients.

David is a native of Collingswood, NJ. He holds a BS from Drexel University, an MBA from the Wharton School, and a PhD in Economics from the University of Pennsylvania. He served in the Navy and taught at Cornell before becoming the Burlington Professor of Business at UNC for 25 years. He has had senior Fulbright grants to teach innovation at the National University of Ireland, Galway, and Auckland University, New Zealand. He has also been a visiting professor at UC-Berkeley, Louvain/Leuven University, Belgium, and Harvard.

Betty's interests include music, reading, computers and volunteering. David enjoys photography, sailing and ham radio. They both like to travel abroad. Their son, David, is married and lives in Chicago.

*Ginny Ullman*

### CORRECTION

Our apologies to the Foldas for placing incorrect pictures with their biographical sketch in our September issue. Here are the correct photos of Linda and Jerry.



**Linda and Dan Textoris** (Cottage 204) and Roebuck, their beautiful black Great Dane, are a fine addition to the lower loop.

Linda was born in Indianapolis and Dan in Cleveland. They met at Western Reserve where both completed college and Linda received her nursing degree. After college Dan completed his MA at Ohio State and his PhD at the University of Illinois. They were married in 1959 and came to Chapel Hill in 1965. They have three children (two sons and a daughter) and five grandchildren.

Dan was on the UNC-CH Geology faculty. He officially retired in 1988 but continued teaching until 1991 as an emeritus professor. He has served on several boards and is currently a board member of the Orange County Animal Services Advisory Board. He likes reading, walking, tennis and traveling.

Linda was a nursing supervisor at Home Health where she worked with several people who are now on staff at Carol Woods. She also worked with Hospice. She volunteers for the Department of Aging in the Fit Feet program and teaches Sunday School at Binkley Baptist Church. She enjoys quilting, sewing, gardening and traveling.

*Sara Hill*



**Mary Paterson** (Cottage 156) has lived in Chapel Hill for eleven years. She grew up an army brat, traveling from one post to another. During the war her father settled the family in Lenoir, NC. She attended Duke and is proud to join other "Dukies" here at Carol Woods.

When Mary met her husband, Grant, a Dartmouth graduate and a petroleum engineer, she renewed her peripatetic life in Alaska and in Ohio, mostly around the Toledo area and in Cleveland. During those years she worked in public television and hospital administration while she raised her four children. Presently she has one daughter in Chapel Hill, another in Davidson; one son in Washington State and the other in Michigan. She is proud of her eight grandchildren—all girls.

You will often see Mary walking around the campus with Lola, her big brown dog: it's great to have them here with us.

*Sue Fletcher*

## SEPTEMBER RESIDENTS ASSOCIATION MEETING

The meeting began with introductions of the Residents Council and four new residents. Treasurer **Lois Frost** reported the use and disbursement of this year's funds. **Jim Summerville** informed us that by exceeding our one percent goal of conservation of water and electricity we saved considerable money this fiscal year. Representatives from the local Retired Senior Volunteer Program (RSVP) reported that Carol Woods is making major contributions to the wider community through the volunteer efforts of residents. RSVP tracks senior volunteer hours throughout the community and noted that our residents are active in many venues including the Botanical Garden, Chapel Hill and Carrboro Libraries, numerous public schools, Meals on Wheels, Interfaith Council, Habitat for Humanity, Ronald McDonald House, and UNC Hospitals.

CEO Pat Sprigg reported that she and her staff are working toward a balanced budget for the coming year. We have a new rehabilitation coordinator, all nurse positions are filled and nursing students are doing their rotations in Building 4. Efforts are being made to dispense with disposable products in the employee café. Pat applauded the work of **Diane Henderson**, **Jean Joseph** and **Jane Arndt** on the new Resident's Handbook and recommended we all read it from cover to cover.

*Bill Bayliss, Secretary*

**STAFF:** Nancy Martin and Anne Wright, co-Chairs; Louise Baker, Jane Berryman, Ginger Davis, Betsy Hewitt, Denise Johnson and Burkhard Seubert. Pat Bartell and Catherine Clark, proof readers.

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

**Pictures:** Bill Bayliss, Nancy Martin.

## COMING EVENTS

### Lectures:

- October 16 - Health Policy and the 2008 Elections  
- Tom Ricketts
- October 23 - Current Economic Downturn -  
John Pringle
- October 30 - The NC Coast - Orrin Pilkey
- November 6 - Symphony Night, No Program
- November 13 - Japanese Culture - Jack Behrman

### Concerts:

- October 15 - Andrea Evers and Brooks DeWetter  
Smith - Flutes Hans Peter Hauck - piano
- October 22 - Hsiao Mei Ku, Randall Love -  
Violin, Piano
- October 29 - Clark Piano Quartet
- November 5 - The Janus Duo - Two Pianos
- November 12 - Fred Jakobowitz, Bonnie Thron -  
Clarinet, Cello

### Special Events:

- October 18 - Recital - Three piano students of  
Greg McCallum
- November 14 - The Ambassadors Swing Band



## CAROL WOODS

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