

THE *Celebrating 25 years of Learning, Growing, and Contributing*
CAROL WOODS NEWS

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September 2004

The Pioneers

1979-1980

Dorothy Brown
Louise Comtois
Chrystine Culbreth
Virginia Elder
Margaret Garvin
Medora Hurst
William Huyler
Elizabeth Mason
Susan Mengel
Bob Severance
Margaret Shetland
Carolyn Wallace
Wesley Wallace
Marguerite Watson
Gertrude Willis

LOOKING BACK

Into the forest, surrounded by mud, they came, first two, then three, and twelve months later, in September of 1980, there were over 200 of whom we still have fifteen! They were called Pioneers although one referred to them as Virgins! A couple kept horses at a farm across Weaver Dairy Road - perhaps with the thought that it could assist in a getaway. They had to prepare their own meals since Dining Services was not available until Thanksgiving.

All of us smile when we look back on that first Thanksgiving meal: like the first Pilgrims, hunger made us duly grateful when outside caterers finally arrived with our dinner.

The bonds they formed are still strong, twenty five years later and the tradition of self government, initiative and community spirit they developed continues to this day.

One still lives in the central apartment into which she moved in 1979, several others are still in independent living, more in Assisted Living and in the Health Center, but all are fully included in the whole of Carol Woods' community. They have had to go through many changes in the life of the campus. When the first expansion in the late 80's was proposed, many objected, saying they were "happy with a Ford: we don't need a Cadillac!"

In time, a swimming pool, croquet lawn, a greenhouse, a bocce court were added. I can't remember the order they came in, but I do remember that a couple of my friends weren't exactly pleased by the additions and changes. So many new people to know, and so hard to remember all the names.

Reconciled now and agreeing that growth has added to the diversity and vibrancy of life, they have welcomed the Newcomers and made new friends.

In the very early days, everyone was enthusiastic about potential gardens and

foundation plantings but no plans existed. When a landscape gardener was hired, he required each resident who wanted a garden to prepare a plan and only if he approved, could the garden be started. That prudent beginning established the foundations of the beautiful campus today. The Work Order system was developed by a resident with some military experience, (the Quartermaster Corps?) A resident who needs help from Maintenance, Housekeeping, or Grounds, phones in a Work Order that is then appropriately routed and put in line for action and record keeping.

Continued on page 2

Continued from page 1 **Looking...**



One of Margaret Garvin's trees

My ten-year-old-great-grandson asked me, "Gran, why do you say you live on the Carol Woods "campus"? I told him that it's because this is a place where you never stop learning, just like a college campus. There are more smart people to talk with here than anywhere I've ever lived. Sometimes I've been so busy I have to remind myself that I'm supposed to be retired.

There are living legacies of the early years. Perhaps chief among these is the fact that two residents are now elected by the Board of Directors to serve as full voting members. Six sturdy magnolia trees on the campus were grown from seeds planted by a Pioneer in the first couple of years. There is a small building on the edge of the campus, originally known as The Pout House when it was built by a resident who wanted a space to get away from her husband so she could work on craft and other projects. After a while it was used as an office

by the Director of Facilities Planning and now it houses Building and Maintenance files. Several daphne shrubs continue to provide fragrance to a succession of residents in garden apartments; they were grown from cuttings taken in the first few years.

I have to brag about our campus: rolling lawns, all kinds of trees, something in bloom the whole year round, a pond – most years. We've had at least one family of ducks, one year, even a pair of swans.

As they have aged in place the Pioneers have met many challenges. It is difficult to leave an independent living unit and accept the help and care that is available in Assisted Living and the Health Center. Though moving may have presented problems, it also opened the door to new opportunities. Some things had to be passed on to family but the most treasured possessions can move to the new residence, including in one case, a collection of model trains that is displayed on narrow shelves occupying three walls! Once moved, all agree that it was the best decision, as good as the one to come to Carol Woods in the first place.

Where did the years go? I sit here in my favorite wing chair watching the world go crazy on TV. I'm cozy, I have friends, I have good food and loving care. We've come a long way together!

(Natalie Fiess & Jane Berryman)

I'm the life of the party...even if it lasts until 8 pm

 I had a perfectly wonderful evening. But this wasn't it.

Groucho Marx

FIRST PLACE WINNER

Dorothy “Dee” Joesting Brown and her husband Ralph, were Carol Woods’ very first residents, arriving in August 1979, bringing with them two looms, a spinning wheel, a golden retriever and two Arabian horses, which were boarded across the street on a farm. When asked whether at 97 she rested a lot in the day, she threw back her head and scoffed, “I don’t have time for that! I am so busy and there’s so much paperwork to read.” She rides a stationary bike and lifts small weights to keep strength and muscle tone.

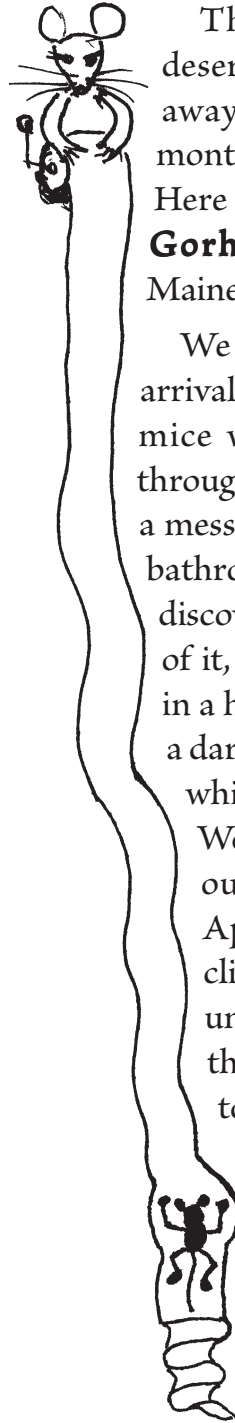
From pioneering in Alaska in the 1930s and building log cabins with her first husband, Henry Joesting, her life has been filled with adventure, romance and surprises. It is fitting that her talents as an artist should cap all previous honors with national recognition. Her woodcut of the Ashby Valley in the Blue Ridge Mountains of Virginia recently won recognition from the Commission on the Accreditation of Rehabilitation Facilities and the Continuing Care Accreditation Commission. It will hang in the new CARF-CCAC offices in Washington, D.C.



LOOKING AWAY

The campus sometimes looks deserted because so many people are away. Some go for as long as three months to the mountains or to Maine. Here is news from **Roger and Nancy Gorham**, spending the summer in Maine:

We had a significant challenge on arrival in cleaning up after a number of mice who made themselves at home throughout a cold Maine winter. What a mess on all three floors. I went to our bathroom in the middle of the night and discovered the toilet paper, about 20 feet of it, had been unwound and piled up in a heap. Very curious until I noticed a dark shadow in the adjacent bath tub which I at first thought was a Carol Woods cockroach, but which turned out to be a little meadow mouse. Apparently he had been trying to climb up the toilet paper which kept unrolling beneath him like going up the down escalator. He finally got to the top and made the mistake of jumping into the tub where he was stuck. “Build a better mouse trap” they always say. He was escorted to the woods in the morning.



Wednesday Evening Concerts

- 9/22 Meredith Chamber Players
- 9/29 Jonathan Bagg and Children
- 10/6 B.&J. Hulka, Violin, French Horn, Pauline Lederer, Piano
- 10/13 Deborah Coclanis, Piano
- 10/20 Hsiao Meika, Piano
- 10/27 Randy Reid, Guitar

Thursday Evening Lectures

- 9/16 Hal Crowther & Lee Smith “Prose & Cons”
- 9/23 Lars Schultz “USA & Cuba, What’s Next?”
- 9/30 McKay Coble “Playmakers Set Designs”
- 10/8 Gary Winzelberg, MD “Patient/Dr. Communication”
- 10/21 Mike Brown “Murals of Orange County”

LOOKING FAR AWAY

A Visit to Vietnam

In June, only a few months after moving to Carol Woods, I spent two weeks in Hanoi, Vietnam, providing training to the staff of the rehabilitation department of the National Hospital for Pediatrics. Their preschool for children with cerebral palsy is participating in a research project using a curriculum for handicapped infants and preschoolers developed by several of us while working at UNC and Duke. My job was to help them learn to use the curriculum and to make the modifications necessary for it to be appropriate to Vietnamese language and cultures.

I was picked up the first morning for the 20 minute motor bike trip to the hospital. I admit to being terrified as we wove our way through the motorbikes, cars, buses, and bicycles at intersections where there were no traffic lights. Yet, by the end of the first week I was comfortable on the back of a motor bike, much the amusement of my children (as long as they were my dependents, motorcycles were forbidden.)

Stark contrasts are everywhere. The internet centers (one hour for \$1.00) were filled with children playing games or searching the internet while out in the street men pushed hand carts cleaning up the garbage and trash swept into the gutters by shopkeepers and housewives. One morning I stepped outside my small hotel to see two women, each wearing a conical hat and carrying fresh vegetables carefully arranged in two baskets hanging from the ends of a pole over her shoulder. On the front steps of the hotel was a small altar bedecked with burning incense, small dishes of fresh fruit and a tiny cup of coffee. Yet the street was mostly filled with young professionals in modern dress, riding motorcycles and talking on their cell phones.

At one end of a street in the old city sits the “city market,” a huge dark un air-conditioned warehouse with a hundred or more individual vendors selling great piles of fish, vegetables, fruit, clothing, pottery, and household goods. At the other end, there’s a modern air-conditioned six-story “Mall” with glass elevators featuring every manner of high-tech gadget and name brand merchandise with prices similar to those in the U.S. Another section of the city features the imposing and spotless Daewoo tourist hotel only a few blocks away from the aging and overcrowded Pediatric Hospital with its peeling paint and overgrown grounds.

Vietnam is clearly on its way to becoming another “Asian Miracle.” I am glad I was able to visit before the miracle is achieved!

(Nancy Martin)

LOOKING AHEAD

CEO/Director **Pat Sprigg** returned in mid-August from her five month sabbatical, sending the following message in advance of her full report to be featured in our October issue.

...”When I run into residents, inevitably they say “enjoy this time, but don’t enjoy it too much that you do not return.” I am definitely returning and will be back mid-August. There is no doubt that I will return with more energy, focus, and crisper vision. My work is still a passion for me, however, I have discovered that it need not be my only world, and that in the long run I will be a better leader and decision maker if I practice balance and pay attention to the really important issues. “

WELCOME NEW RESIDENTS

Nancy and Paul Bess (Apt.146) Paul was born in Egypt to Swiss parents and in 1938 at age 12, was sent off to school in Switzerland. Separated from his parents by the war, he spent time in the Swiss army and eventually studied agricultural engineering at the Zurich Institute of Technology. In 1952 he traveled to Australia, found a job, remained for 13 years and there met his wife to be, Nancy.

Nancy, a genuine Tar Heel, grew up in Chapel Hill where her father ran Shields' grocery store near the corner of Franklin and Columbia. She graduated from UNC and among other jobs, did clerical/editing work for the CIA in Washington and at the UNC Business School. Seeking adventure, she and a girlfriend quit their jobs in order to work their way around the world. She met Paul in Australia and never completed her circumnavigation.

After marriage, they moved to North Carolina where Paul had a successful career with several companies as an inventor and engineer. He helped design a power supply for the NASA spacecraft, Pioneer. Nearby, they have a son, a daughter, and four grand children. They are "rock hounds" and enjoy collecting rocks and minerals and faceting gem stones.

(Bob Martin)

Marian Stephenson, Roy Lindahl (Apt. 205) have lived in Chapel Hill for more than forty years. Roy grew up in Los Angeles and earned his B.S. and D.D.S. degrees at the University of Southern California after which he went on to the University of Michigan for a Master's in Dentistry for Children. He came to the UNC School of Dentistry in the early 50s and has served in a variety of positions, including the Chairmanship. Marian is a native of North Carolina with Bachelor's and Master's degrees from the School of Public Health. She taught for several years in the Dental School where she met Roy.

Their interests are numerous and varied, including golf and woodworking. Both are Rotarians and Marian has regularly met with the Sunrise Chapter's weekly breakfasts at Carol Woods. Roy was Chair of the Chapel Hill Board of Education during the turbulent integration years in the 1960's and Marian has been active in local Hospice units. She is presently chair of the Piedmont chapter of Rock Gardeners and also serves as Docent in the Ackland Art Museum. Their combined family includes seven children scattered across the country.

(Dolores Parry)

LOOKING TO NOVEMBER

The Primary Election on July 20 brought out over 70% turnout, much higher than most other precincts in the state and typical of Carol Woods' official Satellite Voting District. Voting takes place in the Social Lounge of the Main Building. Residents swing by, on the way to lunch or dinner, to see how many have already voted. Nurses bring less-mobile voters in wheelchairs. A few elections back, one especially senior lady asked "I know there's a crook on this ballot and I don't want to vote for him. Point him out to me." Of course, **Shirley Collins**, the Judge of the District, is forbidden to suggest candidates!

Judging by the many of bumper stickers appearing around the campus and the large number of residents working on projects to get out the vote, we can sense increased political activity around the campus in preparation for the November election.

THE ASSOCIATION OF CAROL WOODS RESIDENTS, INC.

Summary of the Meeting of June 8, 2004

The June Meeting of the Association was the last meeting of the year. Some Residents had already started on their summer vacation.

The incoming Treasurer, **Muriel Easterling**, gave the Treasurer's Report. **Bob Brashear** reported on the recent Council meetings; and **Shirley Fisher** introduced **Caroline Punte**, a new resident.

Tim and **Dottie Heninger** were introduced as the new Co-Chairs of the Community Relations Committee. They introduced Kathy Porter and Vicki Hill of the Orange County Office of Retired Senior Volunteers Program. Currently, 12 Carol Woods residents are involved in the RSVP activities.

Two residents were recognized for special awards: **Lew Woodham** was presented with the 2004 NCAN-PHA Volunteer Achievement Award for the Year in recognition of all his contributions at Carol Woods. **Lottie Applewhite** was given a Special Tribute on Alumni Day at the Brooks Army Medical Center in San Antonio, TX for her contributions as an Editor of over 5,000 medical manuscripts published in peer reviewed journals. **Diane Henderson** presented the highlights from her Annual Report. Dave Wilkerson introduced James Best, the new Director of Maintenance. Dave indicated that progress was being made on the upgraded telephone system.

(Ross McKinney)

CAMP MEADOWWOOD

The OPC (Orange, Person, Chatham) summer day camp met again this summer at Carol Woods. It is a free camp experience for 10 to 12 special needs youngsters, aged 6 to 13, each week for three weeks. Operated by the local tri-county Mental Health Association to serve youngsters with emotional, developmental, and mental disabilities and staffed with experienced counselors. They share use of the Carol Woods facilities, meals, and meeting space. The availability of the swimming pool, croquet court, bocce court, nature trails, and fishing pond make it an ideal location.

Interaction with the residents at the start of each camp day includes storytelling, music, coaching games, activities and crafts. It's an advantage to the kids to have the personal guidance and caring from an adult who is interested in them. It is a reciprocal benefit to the residents to experience the energy and appreciative responses of the young campers.

(Lewis Woodham)

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CAROL WOODS

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