



Bridges

A Newsletter for the Families and Friends of Carol Woods
Residents in Assisted Living and the Health Center

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Carol Woods' First 30 Years

(As seen by its first employee)

By Mark Weber, Pastoral Counselor

Jack Chestnut started working at Carol Woods before residents began arriving, and he currently serves as Director of Community Contacts.

Jack, how would you describe the relationship between residents and staff over the thirty years you have worked at Carol Woods?

“The collaborative spirit here, so different from many retirement communities, grew out of resourceful solutions to the challenges faced by our first residents and staff in 1979. Because a number of the Pioneers (as the first residents later called themselves) had already sold their homes, they had nowhere to go but to our unfinished campus. We got each apartment ready as needed, but very few of the amenities, landscaping and overall programs were in place. So, residents pitched in to make these things happen.

“Residents donated furniture, pictures, plantings, books and other items to be used in the shared areas. Since there was only a small staff, residents took on roles such as librarian, security assistant, and dining services advisor. Out of these grew our resident committee system, which now include ten advisory committees and over fifty service and special interest committees. Residents and staff have always worked side-by-side to complete projects. Regardless of where an idea originates, all of us want to help accomplish goals that make this a better place to live and a better workplace. And, in the process, many lasting friendships have developed.”

Jack, what is the most significant change you've seen in your 30 years at Carol Woods?

“Because Carol Woods was the very first, and for several years, the *only* continuing care retirement community in this area, many townspeople had an erroneous image of our early residents. The stereotype of a gated enclave of elite, frail elders was dispelled by the many residents who volunteered in the Chapel Hill community—at UNC Hospitals, the Chapel Hill Library, the public schools, and many, many more organizations in town.

“Any lingering misconceptions in the minds of townspeople who hadn't met one of these energetic and generous resident volunteers were erased in 1994, when Carol Woods participated in a town parade. A float bearing the banner, “Good Neighbors for 15 Years,” was followed by a host of residents sporting Carol Woods' tee shirts who walked the entire parade route from downtown Chapel Hill to Carrboro. Today, Carol Woods continues to be seen as a valuable community partner in Orange County.”



Carol Woods salutes Jack and our three other 30-year staff members (left to right): Ed Peppers, Jessie Pettiford, Jack and Jonnie Sharpe.

**30th Anniversary
Country Fair**

By Sarah Hyde,

Admission & Public Relations Coordinator

Carol Woods will be celebrating its 30th Anniversary with a Country Fair. Please know that if you are visiting on September 12th, you are welcome to stop by with your loved one. Featuring a traditional country fair-style atmosphere, this event brings residents, staff, board members and family together for food, fun, and fellowship.

The fair will take place between 11:00 a.m. until 2:00 p.m. under tents in the parking lot of Building 4 and will be wheelchair and scooter accessible. Hamburgers, hotdogs, funnel cakes, popcorn and much more will whet your appetite! There will also be an ice cream truck full of cold treats! Come enjoy a variety of games and activities, including face painting, a cake walk, an old car show, bounce house and Karaoke.

Please contact Sarah Hyde at (919) 918-3294 or shyde@carolwoods.org if you have any questions.

Congratulations!!!



Assisted Living buildings 6 and 7, our licensed Adult Care Homes, received deficiency free surveys in June from the Division of Health Service Regulation. We are very proud of our outstanding and committed staff that made this possible.

**Massage Therapy
Services Available**

By Marsha Clarke,

Clinic Director

Massage therapy is a service available to residents through a contractual arrangement with Denise Hyman, a licensed RN and Massage Therapist. Denise has 13 years of experience in therapeutic massage and has been providing these services at Carol Woods for more than 10 years. Her treatment room is located in a quiet, relaxing space in the pool complex.

Among the many benefits of therapeutic massage are: reducing muscle tension and stiffness; relieving muscle spasms; increasing joint and limb flexibility and range of motion; improving blood circulation and movement of lymph; relieving tension-related headaches and eyestrain; promoting faster healing of soft tissue injuries, such as pulled muscles and sprained ligaments; reducing pain and swelling related to injuries; reducing emotional or physical stress and anxiety; and promoting feelings of well-being.

If you are a family member interested in arranging services for your loved one, Denise can discuss how to best arrange payment for services and the possibility of providing services in Assisted Living or Health Center apartments.

Residents do not need a physician's referral to arrange a massage. To inquire about rates or to schedule a massage (30 minutes or 1 hour in length), call Denise Hyman at (919) 918-3552. The phone is often muted during therapy sessions, so please leave your name and phone number, and she will return your call.

Skype: An Electronic Bridge Between Carol Woods Residents and Families

*By Jen Wilson,
Director of Well-Being*

Wish you could see your loved one at Carol Woods more often?

While phone calls might help you feel connected between visits, they're not quite the same as face-to-face conversation. A new technology called Skype is available to connect Carol Woods residents and their families by voice AND face. This computer program allows you to make a call from one computer to another, and with the help of a microphone, speakers and a Webcam, you will be able to both hear and see the person you are talking with. It's easy to set up on your computer, and making the call is as simple as calling from a phone.

Family member Peggy Poppe brought the concept of Skype to Carol Woods and has been instrumental in testing it with us. She remarks that "I had been exploring this for awhile as my dad has been having a hard time hearing and communicating with us on the phone. Skype calling enables us to see each other and even if the conversations are limited, I think we both end the call feeling more connected than we do when using the phone alone. I at least know he is engaged with me briefly. It also lets me see how he looks as his condition changes. I think it is a great resource for families and thank staff for working through the glitches so that we all can use

this new technology for staying connected at a distance."

Ready to get started?

To prepare to make and receive Skype calls:

1. Ensure that you have a Webcam, microphone and speakers to use with your computer.
2. Download the FREE Skype software from www.skype.com. It is compatible with PC and Mac computers. A "set-up wizard" will help you create an account and Skype name.
3. Call Judy Benjamin, Life Enrichment Facilitator, at (919) 918-3223 to arrange a call day and time. Judy will arrange for a staff person to help your loved one at Carol Woods make the call from the Health Center's third floor public computer.

A copy of "Using Skype" is included with this issue of *Bridges* (as a separate attachment if receiving via email). This resource takes you step-by-step through the process of making and receiving calls.

We look forward to helping you feel closer to your loved one through Skype!



Lou Clissold at the computer in Building 4.



3 Carol Woods Resident Pioneers

**Carolyn Wallace, Louise Comtois and
Margaret Garvin (left to right)**



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