



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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HAPPY VALENTINE'S DAY! IT'S INCOME TAX TIME AGAIN!

When wrestling with income tax arithmetic this year one of the important items to consider is the portion of monthly fees paid to Carol Woods during 2004 that can be taken as a medical deduction. Residents have received a letter from Ken Reeb, Vice President of Finance and Planning, giving management's opinion as to the percentage of Carol Woods' monthly fees which may be considered a medical expense for the purposes of income tax deductibility. For the year 2004, that is 39%. The applicable "monthly fee" is identified as "Carol Woods Service Fee" in the monthly statements.

While management is not in a position to provide individual tax advice, and cannot guarantee that the IRS will continue to accept Carol Woods' opinion, our method of calculation has been reviewed carefully by the IRS in the past and has been found acceptable. This matter should be referred to private professional tax advisors for further review to determine its applicability to individual situations.

Monthly fees paid to Carol Woods provide the revenue for general living expenses such as housing, food, and the bundle of routine services we enjoy as part of our agreement with Carol Woods. A separate portion of the fee is allocable to health and medical services, and it is this part that is deductible. We contribute to a pooled risk fund, much as a prepaid insurance premium, against whatever future actual costs we may incur. Just as other healthcare insurance premiums are deductible, as for example the part of Social Security that is diverted to Medicare, so is our own prepaid contribution for health services deductible for the long-term care that Carol Woods agrees to provide for us in our resident contract. Individually we may

require less or more expense throughout our life, but it is our share of the whole risk that is considered a deductible healthcare obligation.

For individuals who have taken up residence at Carol Woods during 2004, there is the substantial entry fee which is also, in part, considered a pre-paid healthcare expense and similarly deductible. The percentage of that fee is computed separately and residents to whom it applies have an additional explanatory paragraph in Ken Reeb's letter. For the year 2004 that percentage is 40%.

Roger B.Gorham



REMEMBER THIS!

Eyeglasses, prescription medications and dental bills are deductible medical expenditures



UNUSUAL ADMISSIONS TO CAROL WOODS

In recent years there have been a few new residents who fell below the average entry age of 74. Some have been as young as 55, with a spouse 65 or older in order to meet entrance requirements. This younger cohort reports on the ease of adjustment and the energizing effect of a new kind of life. One was so young as not to be eligible for Medicare; she and her husband came from a city in the northeast; they felt that moving from a distance encourages newcomers to adjust to community life while making new friends and finding new opportunities. In her case she emphasized how helpful it was for her to deal with her husband's final illness among close friends and neighbors. Having him in the Health Center on campus made spending time with him much easier.

Another young couple briefly hesitated about moving because they were still enjoying a dream house completed only four years prior. They are almost surprised at how content they are, relieved of home maintenance chores, pleased at the ease with which they can take trips without worrying about their house. In fact his wife says that he acted "as if he had been let out of a box!" Among the things they treasure is that people respect their choice of remaining uninvolved in committees at Carol Woods.

On the other end of the spectrum, another couple came in their early 90's from New York City where they had participated in all the cultural riches. Now in his mid-nineties he is very busy with a variety of activities on campus and recently appointed as chair of a new committee that plans a Summer Festival of entertainment at Carol Woods. All this in spite of the fact that his wife is in the Health Center following a stroke which limits her mobility but not her intellectual life.

Using her electric cart she is able to attend community meetings, concerts and lectures. "Can you imagine what it would have been like for us if she had had that stroke in New York City? In a million years I never thought we'd end up in a place like this!"

A much younger wife of a new resident was frequently asked during their first few weeks here whether she was helping her parents move in! And she, for her part, has been astonished to see the high level of intellectual curiosity and involvement by the much older, long time residents. "I wondered whether there was something in the water here or the air they breathe that makes them be so active at an advanced age."

Natalie Fiess

HUMANITARIAN RELIEF FOR TSUNAMI VICTIMS

Our Geriatric Nurse Practitioner, Shirley Tuller, was contacted last week by the U.S. Navy and Project Hope, asking her to accept a 30-day volunteer assignment (Feb. 25th of March 25th) aboard the USNS Mercy for the humanitarian relief effort in the Pacific for tsunami victims. Shirley was contacted because of her 10 years of previous service in the Navy and because Project Hope was particularly in need of excellent Nurse Practitioners. While Shirley remains deeply committed to her work with Carol Woods residents, she also feels this is a unique opportunity

to make a contribution to this worthwhile effort. Following consultation with the Board, the Resident Council and our group of physicians, Pat Sprigg decided that is wholly in keeping with Carol Woods' purpose and mission to support Shirley in this endeavor. We have the opportunity to send "the best of the best" as an emissary toward this great mission and we are fortunate to be able to do so. During her absence the clinic staff will work diligently with physicians to minimize any inconveniences to residents and assure that health care needs are being addressed.

WHAT'S GOING ON HERE?

The bus for trips to UNC's Great Decisions Course (January - March) are fully subscribed.

Approximately 85 people used the Carol Woods busses to attend performances at Playmakers (UNC's repertory theater) production of *Copenhagen*. Many others drove independently to attend.

Residents are invited to participate in two Duke Medical Center research studies: Effects of Medication and Inventory of Depressive Symptomatology.

Jan. 13 resident Curt Jones, a retired foreign service officer, gave a talk Iraq: When Do We Get the Job Done?

At the end of December, on two successive Wednesdays, we were treated to DVD screenings in the Assembly Hall of the N.Y. Metropolitan Opera's 100th Birthday celebration. The first date there was an attendance of over 75 and on the next Wednesday, over 100 people enjoyed the event.

At the January Residents Association Meeting, Pat Sprigg read some comments received from staff members about what they had done with their Appreciation Gift:

My husband and I were able to buy Christmas gifts for a 7 year old girl that was sponsored by Dept. of Social Services. We absolutely could not do this without the appreciation check.

I am a single mother with only one income (no other source of money of any kind) I have no savings. I have two daughters, 10 and 11 years old. My car broke down. I used my gift to buy my children's Christmas gifts and get my car fixed. I could not have done it without this help.

I sent my money to "Partners in Health" and organization that helps people with AIDS in Africa and Haiti. I usually donate at the end of the year but this time I was able to give more.

WELCOME NEW RESIDENT

Selma Froom (Apt.2209) came here from Stony Brook, New York where her husband had been on the faculty of the Medical School.

She was reared in Chicago and completed a degree in science from the University of Chicago. With her husband she moved to Petaluma, CA. and raised four children. One son and one daughter are physicians; one son is a professor of music and another is a music record producer. Selma is lucky that her physician daughter lives around the corner from Carol Woods. She and her husband traveled to many countries in Europe, Africa and Asia.

During her years at Stony Brook she earned an MA degree in the techniques of teaching children with learning disabilities. She participated in many volunteer activities and was a teacher of "new math" in a public school. Among her many and varied interests are chamber music (she played the cello) and Stony Brook's "Round Table", a shared learning group. She is pleased to know how easy it will be for her to continue many of these activities at Carol Woods.

Gilda Verrati

WHAT'S GOING ON HERE? continued

My husband has been laid off and it did not look like we would have much of a holiday until I opened the envelope. While the money was a wonderful surprise please let the residents know that they give the gift of caring and respect to us on a daily basis. They are the reason I come to work everyday.

A vulture boards an airplane, carrying two dead raccoons. The stewardess looks at him and says, "I'm sorry, sir, only one carrion allowed per passenger."



Resident Association Meeting
THE ASSOCIATION OF CAROL WOODS RESIDENTS, INC.
Summary of the Meeting of January 11, 2005

The first meeting of 2005 began with all members of the Council in attendance.

Murial Easterling, Treasurer, reported that Carol Woods gave the Association \$4,000 to bridge the conversion of the fiscal year from January to December to July to June to match the activities year.

Diane Henderson announced the membership of the 2005 Nominating Committee: **Walter Stults**, Chair, **Jean Joseph**, **Miriam Alexander**, **Thelma Boyd**, and **Bob Brashear**.

Bob Seymour indicated that the Binkley Baptist Church has agreed to provide the residents of Carol Woods with religious services on the first Sunday of each month. Added to the services organized by other congregations, this means that Carol Woods residents will have ecumenical church services in the Assembly Hall every Sunday afternoon at 4:30 p.m

At the request of the Carol Woods Board of Directors, the residents were asked to express their opinions on the proposed no smoking policy in writing. The Council will summarize the issues and submit them to each resident for each resident's opinion.

Pat Sprigg recognized two 25 year Employees, **Mary Chestnut** of Human Resources and **Don Potter** of Maintenance. She announced that **Tony Bayless** of Landscaping and Grounds has been appointed to the Chapel Hill Storm Water Management Advisory Committee.

Leslie Roseboro plans to assemble all of the detailed procedures, forms, and programs into a *Reference Guide* to be located in the library for residents to use.

Ross McKinney

Concerts and Lectures

Wednesday Evening Concerts:

- March 2: Eric Pritchard, violin, Jane Hawkins, piano
- March 9: Flute, cello, harpist - Mallarme Chamber Players

Thursday Evening Lectures:

- Feb. 18: Brenda Schooner: American Diplomatic Missions
- Feb. 24: Margaret Dickson: NC General Assembly
- March 3: Wayne Christiansen Astronomy in Chile
- March 10: Gilbert & Sullivan: The Savoyards

STAFF: Natalie Fiess, Chair; Jane Berryman, Russell Graves, Ross McKinney, and Mary Scroggs.

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