



THE CAROL WOODS NEWS

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RESIDENTS WITH BIG HEARTS LEND A HELPING HAND

Carol Woods Resident **Jeanne Madigan** values the contributions of every member of her community. That's why, when she noticed that some residents in Assisted Living and the Health Center sometimes had a difficult time engaging in the larger community, she decided to do something about it.

Jeanne and Carol Woods Resource Coordinator, **Pam Kyff**, put their heads together and started the Companion Corps. The Companion Corps provides an opportunity for Carol Woods' resident volunteers to help enrich the lives of other Carol Woods' residents through simple interactions that help to demonstrate that someone cares. "We officially started up in January of 2004 as more of an escort service to and from community events, but in 2005 we decided to branch out to other activities as well," Jeanne said. "A lot of times families don't have time to visit as often as they'd like," said Kyff. "The Companion Corps allows residents to feel that friends are coming to see them individually, not just because they're volunteers."

The Companion Corps fosters friendships by pairing residents that share common interests, job experiences or hometowns. Pam Kyff assists in making these pairings, while Jeanne does all the behind the scenes work that has made the committee so successful. For instance, she makes frequent recruitment announcements in the *Friday Memo*, and sends reminder notes to all of the escorts, keeping them aware of weekly programs.

The activities that Companion Corps volunteers engage in include nature walks, library visits, coffee in the social room, Scrabble games or simple conversations in the comfort of their own homes. Soon after moving to Carol Woods, **Jacqueline Sices** felt a need to become involved in a service group. She worked with Hospice in her hometown in New

Hampshire, and she missed the gratification she felt in serving others. She can often be seen taking other residents on walks or visiting people in their homes. "It's not a one-way street, I get a lot out of it; it may not always develop into a relationship on a personal level, but that's normal. A little fresh air can go a long way toward improving people's outlook. Going outdoors just opens them up." Jacqueline is so involved in the Companion Corps that she often meets with multiple residents three to four times a week. As a former President of the Hospice of Hilton Head, **Caroline Sikorsky** shared Jacqueline's desire to continue her efforts at Carol Woods. "I wanted to have a more personal relationship. My goal was to visit with a single person that could benefit from my visits." Although the Companion Corps is meant to be a positive experience for volunteers, sometimes difficult emotions may come up and elicit the need for peer support. "The residents of Building Four are sometimes physically or cognitively challenged, and it can be very daunting dealing with these various challenges," Jeanne said. "We decided to meet once a month to discuss problems and ideas that have come up."

"People helping people" is what the Companion Corps is all about. Although it began as a service to residents with higher needs, residents of all ages and abilities are benefiting from this tremendous effort made by a small group with big hearts.

Kelly Hinesley



FITNESS AT CAROL WOODS

Call it Fitness or Wellness, a Center or a Program and you will use “buzz” words which came along in the past decade nationally and at Carol Woods. In the outside community there are golf courses, tennis courts, spas and other available facilities for our use whether we came from Chapel Hill or moved to Carol Woods from other places.

But at Carol Woods there are more and more opportunities for staying fit and healthy. After 8 - 10 years of effort the indoor pool became a reality in 1992. It is used heavily for classes, lap swimming and free time. The Fitness Center opened in 1997 and has steadily improved in the quantity and quality of equipment. Larger pieces are high grade commercial ones that are designed for older folks. Members of the Fitness Committee teach how to use the equipment, but do not plan individual programs. Croquet, bocce, gardening, fishing, horseshoes, ping pong, dancing and a variety of exercise classes are available. Tai Chi is available once a week. Often used for exercise are the inside corridors during the storms of winter or the heat of summer. Harkness Circle, the one-mile road around the Carol Woods campus, is used by 6 am walkers and other less hardy souls at many other times of the day.

Under the direction of our Physical Therapists, five hours of strengthening exercise are offered

weekly. An additional hour is offered for a fee by an outside Certified Instructor. A variety of physical activities are available to meet specific needs tailored for our age group. There are five areas of need for most of us: strength, flexibility, balance, cardio-respiratory and weight.

What is an adequate weekly exercise program to gain or maintain fitness? Minimally 3 aerobic activities of 30 minutes each time and strengthening plus joint stretching twice a week for a minimum of 30 minutes each time. We should try to allow time for fun and play because the truth is that, if exercise programs are eliminated or not followed in their entirety, regression begins again. Research has shown that even a modest amount of activity can be effective in helping older people delay physical and mental decline.

Ideas about fitness will no doubt change in the next decades as they have in the past. Expert opinion will almost certainly advise more activity rather than less. We can expect that Carol Woods' fitness facilities will continue to grow, spearheaded by residents and supported by management.

Margaret L. Moore



CONCERTS AND LECTURES

Concerts

- April 26 – Leslie Alperin, Cello, Debra Coclanis, Piano
- May 3 – Meredith Violin Choir
- May 10 – R. Luby and S. Klebanow, violin
- May 17 – Durham School of the Arts Soloists

Lectures

- April 13 – Rich Beckman – Photo Essay
- April 20 – Jock Lauterer – Roaming the Mountains with Pen & Ink

From an Air France magazine

In a Japanese hotel

You are invited to take advantage of the chambermaid.

WHY I GET UP EARLY IN THE MORNING

It's dark, six o'clock in the morning, my internal wake-up call goes off. I'm restless and eager to get on my feet. What is it that energizes me to get out of bed at that time? Maybe it's knowing that in the early morning all things are possible. There's an optimism that comes with the beginning of the day, a fresh start. Coffee is my unique morning ritual. At other times of the day I think with pleasure about that first cup. I'm not a connoisseur, though I certainly recognize a weak tasteless brew. It's the ritual of starting the day that makes the coffee important.

Fortunately, the Raleigh News & Observer is delivered at exactly six o'clock - not fifteen minutes earlier or later. I have the pleasure of opening the paper and savoring the important events of the day. Not to say I don't dread some headlines - "More Bombing of Iraq," "Tar Heels lose to Duke." I can take the bad news better in the morning.

If I listen to bad news at night I can't sleep. Where do I start in the paper? I do the Cryptoquote puzzle first. It is reassuring that my mind still functions for one more day. I'm ready now for the call at seven fifteen from my friend Julia asking for a Cryptoquote clue. She makes me feel smart. On the same page I read only two comic strips: "For Better or Worse" and "Boondocks." Next: the editorial page. It is a

good day if I find one of my favorite columnists - Paul Krugman, Bob Herbert, Molly Ivins or Ellen Goodman. I scan the Letters to the Editor, looking for the name of a friend or a subject that interests me. Then it's back to the rest of the paper; it takes about an hour.

Now it is time to put on my swim suit. Often I'm lazy and don't bundle up for the cold walk to the pool, but I'm signed up for the seven-thirty lap swim. Before I know it, I'm in the water and happy to be there. Lap-swimming is a kind of meditation for me. I let go of my thoughts, relish the water, and rejoice that my old body can still do it. Comradeship of other early morning swimmers adds to my well being. I end with a quick shower, hair wash, slathering of moisturizing cream and then I'm almost ready for the day.

Back home I sit in my favorite chair looking out to the woods. I check the calendar and make lists of things to remember. By that time I've been up for two and one-half hours, I've had two cups of coffee, eaten two pieces of home-baked whole wheat bread, and exercised my body and mind. The early morning ritual ends and I join the outside world.

Lois Ann Hobbs

(Next month we'll look for somebody who doesn't really wake up until dinnertime.)

WHAT'S GOING ON HERE

Lew Woodham* had a cold
How could the Furies be so bold?
Computers crash
Pictures fall
Bocce ceases
Our nerves are unstrung
How long, we feared, would our Campus hold?
If Lew Woodham kept his cold?

Margaret Heyboer

* Lew Woodham was selected as Volunteer of the Year in 2004 by the North Carolina Association of Non-Profit Homes for the Aged.

In the lobby of a Moscow hotel across from the Russian Orthodox monastery.

You are welcome to visit the cemetery where famous Russian and Soviet composers, artists and writers are buried daily except Thursday.

In Belgrade hotel elevator

To move cabin, push button for wishing floor. If the cabin should enter more persons, each one should press a number of wishing floor. Driving is then going alphabetically by national order.

WELCOME NEW RESIDENTS

Caroline and Dick Wasicko and their cat **Nudge** (Apt.3218) came to Chapel Hill two and a half years ago from St. Simons Island, Georgia, to await entrance to Carol Woods. Caroline is a native of Texas and grew up in San Antonio. She received several undergraduate degrees before earning a PhD at the University of Texas in Austin, and taught sociology and anthropology at Trinity University and Angelo State University, both in Texas. She has two married daughters currently living in Pasadena, California and Dubois, Wyoming and two grandsons, both lawyers, who work in Pasadena and Chicago, Illinois.

Dick grew up in Yonkers, New York. He received aeronautical and electrical engineering degrees from Rensselaer Polytechnic Institute and the USAF Institute of Technology at Wright-Patterson AFB, Ohio. He served there as a research and development officer in the Air Force, and as a civilian engineer. Later he joined NASA in Washington, DC. He was detailed to the staff of NATO's Advisory Group for Aerospace Research and Development outside Paris, France, for four years.

Caroline and Dick met in Yugoslavia on a Smithsonian trip in 1982 when both were still working. Caroline retired a year later and moved to Washington where her two daughters lived at that time. After Dick retired he and Caroline alternated living in the mountains of Maryland and on St. Simons Island for over fifteen years. Both have enjoyed working with clay and plan to become involved with the pottery activity at the Craft Shop. Dick also does woodworking, especially woodturning, and enjoys Bocce. Caroline plans to resume watercolor painting and continue water aerobics and Tai Chi.

Marion Baker

Gabrielle Falk (Apt.3200) spent her early years in Breslau, Germany, until Hitler came to power when the family began a series of moves, in France and Switzerland. In 1948 she came to the U.S. Gabrielle got a good job in the engineering research department of Standard Oil, Indiana. Later she worked as a secretary for Enrico Fermi in Chicago. She met her husband in Chicago. Two of her sons were born while they lived in southern California and the third son was born in Maryland.

They moved to Raleigh in 1968 where Gabrielle continued and expanded her activities in a great variety of civic organizations: the League of Women Voters, a Hunger Task Force, a Tenant's Rights Organization, the Raleigh Chamber Music Guild, the NC Bach Festival and also taking courses at NC State. In 1994, after her husband's death, she moved to Durham continuing many of the same activities. At Carol Woods she does not expect to be idle.

Ellie Lawson

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CAROL WOODS

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