

Mohamed Barrie—Our Clinic Nurse Manager

by Carol Oettinger and Shannon Purves

Mohamed Barrie has been with us at TFAD since 2019 when he joined the Health and Wellness staff as the nurse supervisor on the night shift. On December 7, 2020, he moved to the Clinic to take on the job of nurse manager. Mohamed earned his RN at MedLife Institute. And, this coming fall, he'll receive his



Photo by Bennett

Bachelor's degree in nursing from North Carolina Central University.

Asked what made him want to become a nurse, Mohamed answers, "My mother is the reason why I became a nurse. She is my inspiration. Also, I had a deep desire to do something to give back in service to others.

Nursing is that platform for me."

Mohamed was born in Monrovia, Liberia, in 1987. When he was three years old, his mother, widowed when his father was murdered in a civil uprising, gathered her nine children and fled to neighboring Sierra Leone. There the family lived in a refugee camp for fifteen years during which time civil unrest arose in Sierra Leone as well. His mother worked as a nurse in the refugee camp and was paid, Mohamed says, "in rice." The children attended such schools as were available in the camp while the family awaited refugee asylum placement. "So," says Mohamed, "most of the time, when I'm asked where I am from, my response is Sierra Leone because that is where I grew up."

In 2005, Mohamed, two of his siblings, and their mother received their documentation to emigrate to America and their place assignment—Colorado Springs, Colorado. Five years later all four became

citizens of the United States. Mohamed's mother, now 68, lives in Pennsylvania as do his two American siblings. Five other brothers and sisters live in Africa, some in Liberia and some in Sierra Leone.

Now settled in Creedmoor, NC, with his wife, Tokie—a fellow Liberian whom he met in Philadelphia!—and their three children (one boy and two girls, ages seven, four, and one), Mohamed has taken on yet another commitment. He is Associate Minister of the Mt. Vernon Missionary Baptist Church of Creedmoor. "I am so grateful to God for blessing me, and I will always look for ways to pay back. Nursing allows me to use my skills and gifts to aid in the healing process and connect meaningfully as well.



Photo by Bennett

The ministry has allowed me to serve humbly and to esteem others above me."

Those of us who have had the pleasure of knowing Mohamed through his nursing can affirm his sympathetic and understanding care. We believe him when he says, "I really enjoy working here at The Forest. The people here are very inspiring and very warm. The staff is just awesome." These are the words of a man who is himself very inspiring and very warm. We are happy—and very lucky—to have him here as a part of our Forest Family. 🌿

The Forester

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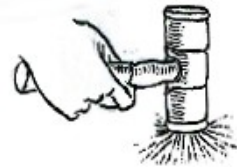
Columnists

Lois Oliver

Carol Oettinger

Carol Reese

President's Podium



by Lois Oliver

Forest residents will miss Sandy Mouras, as she left us last month for a new career opportunity at Carolina Meadows. She has led the Department of Resident Life with skill and caring and with much attention to detail. We wish her every success in her new opportunity.

The Resident's Association Activities Committee has worked with Sandy to keep us all busy and active. The number of activities is so extensive, it is easy to overlook some gems. We can exercise, enjoy music, take OLLI classes, meditate, dance, go to the movies, and find good reads in the library. All without danger of exposing ourselves to the virus.

We can see the light at the end of the pandemic tunnel as vaccinations gradually become available to all. In the interim, stay well and stay safe. ☘

In Memoriam

Susan Dunlevy	December 26, 2020
Robert Mace	December 27, 2020
Nancy Wardropper	December 28, 2020
J. Stanley Barlow	January 10, 2021
Ellen Flach	January 13, 2021
Barbara Pavan	January 19, 2021

In This Issue...

On pages 6–9 of this issue we continue to report on the projects that TFAD residents took on when it became apparent that COVID-19 would seriously disrupt resident life. Collected by Phil Baer, the stories have been updated and edited by Jo Mooney and the respective residents.

And on the back page you will meet Kelsey Fry who has been teaching us to use new technology—most notably the Viibrant electronic information system and the Zoom conferencing and seminar system. ☘

Library Science 101 African American Writers

by Carol Reese

For the months of January and February, the Library is highlighting works by African American writers. African-American literature is as old as this country.

These first published works were described as slave narratives. As the abolitionist movement gained support in the country, a number of publications about slavery provided evidence for political advocates. One example is Frederick Douglass's autobiography, published in 1845. While our Library doesn't have Douglass's original publication, we do have a biography of Frederick Douglass by David W. Blight called *Frederick Douglass, Prophet of Freedom*. Here you will learn of his many writings, speeches in the cause of freedom – a man who was born a slave, who became the most famous living black person in the world. For a fictional account of that pre-Civil War era period, try Colson Whitehead's *Underground Railroad*; a luminous, furious, wildly inventive tale that shines a light on one of the darkest periods of history.

For a remarkable true story of slavery, survival, and miscegenation in the South from the pre-Civil War era through Reconstruction read Pauli Murray's *Proud Shoes, the Story of an American Family* [in Durham], an absorbing, often funny, tale that makes us think we can be better than we are.

With the beginning of the 20th century, African American writers grew more prominent in the areas of fiction and poetry. The movement became known as the Harlem Renaissance since it was centered

geographically in New York City's Harlem neighborhood. Zora Neale Hurston was one of the many notable figures from this time period. Her best known work is *Their Eyes Were Watching God*. Set in central and southern Florida in the early 20th century, it has been regarded as influential to both African American literature and women's literature.

In the later decades of the 20th century, significant African American writers emerged, such as Alice Walker, Toni Morrison, and James Baldwin. Walker's *Temple of My Familiar* is an ambitious examination of racial and sexual tensions; while Toni Morrison's *Song of Solomon* is a search for identity. James Baldwin is represented by his book *If Beale Street Could Talk*. Unlike the previous books, it is a small story that is a moving and very traditional celebration of love. It affirms not only love between a man and a woman, but love of a type that is dealt with only rarely in contemporary fiction—that between members of a family, which may involve extremes of sacrifice.

These are just some of the publications in this book exhibit. There are many more authors represented such as Brit Bennett, Ta-Nehisi Coates, Maya Angelou, and Michelle Obama. And if you are a mystery lover, there is always Al Roker's *Midnight Show Murders* for a little thrill.

As you can see, these writers will not only entertain you but help shed light on our shared history. 🌿



NEEDLES

by Banks Anderson

Needles have been essential tools dating back to our earliest archaeological records. They have been upgraded from eyed and sharpened bird bones to the small caliber hypodermic needles we see puncturing deltoids daily on TV. Small hollow metal needles are a relatively recent advance. Egyptian healers some 5,000 years ago, however, used bronze needles to puncture the eyeball and couch cataractous lenses. Couching is the process of shoving an opaque lens backward and out of the pupillary opening. With the cataract now resting on the globe bottom, there is an unobstructed path for light and crude vision is restored. In the twentieth century itinerant couching surgeons were still active. Leaving an Indian village after restoring some vision was prudent because infection or late inflammation again blinded most patients – but not all. Sewing fabrics or skins was of course the major utility of needles for millennia.

Whether penetrating an eyeball or sewing an animal hide, a requirement was a sharp point. When the HIV virus arrived, care givers worried that needles and blades carrying HIV virus could slowly kill them after an accidental stab. One-way plastic containers labeled SHARPS were mounted on walls to dispose of used instruments. The sterilization and reuse of needles and scalpels was abandoned. Terrifying accidental needle punctures through rubber gloves while threading needles or sewing up wounds in operating rooms were not uncommon. But fortunately, so long as the needle had no bore, virus transmission did not occur. Nevertheless eyed needles were abandoned. Sutures were purchased in packs specifying both the caliber and type of thread and the size and type of needle. The needles were swaged on to their threads and all were discarded after use.

Although goose quills attached to animal bladders were used for experimental animal injections in the

mid 1600's, it was not until the mid 1800's after Dr. Wood attached a syringe to a bored needle that medical and opioid injections began. With the discovery of insulin and cocaine-derived local anesthesia in the 1920's, hypodermic needles and syringes were to be found in the homes of diabetics and in the offices of most dentists and all physicians. SARS CoV-2 vaccine, insulin, and Novocaine are distributed in multi-dose vials. Safely injecting is not trivial. The sterile needle with syringe attached is used to penetrate the previously sterilized membrane top of the vial. The vial is turned upside down to bring the fluid next to the membrane. The tip of the needle is positioned in the fluid and the syringe plunger pulled back to aspirate a dose of fluid measured by the markings on the syringe barrel. This creates a vacuum in the vial and before aspirating the next dose, air must be injected into the vial. The simplest and quickest part of vaccination is the actual injection. The preliminaries and documentation take longer. Overestimation of the number of vaccinations possible in a day by those imagining it to be only a few seconds per stick seems common.

Documentation is much more important than with the influenza and herpes zoster (Shingrix) immunizations. After your needling, guard your data card. Make a copy, and when you get your second booster shot, be sure your card is updated. I suspect that soon proof of immunization may be required to easily gain entry to commercial aircraft and lounges, to board cruise ships, to sit at bridge tables or even to visit our Health & Wellness section. The benefit of possessing that card can be expected to last for a couple of years. Be sure to sign up for your needle! 🌿

Banks Anderson, MD, is Professor Emeritus of Ophthalmology at Duke, amateur astronomer, ham radio operator, and frequent contributor to The Forester.

TWENTY YEARS AGO IN THE FORESTER

Be My Valentine by Ellen Cheek Dozier

The love of a man and woman
Released from passion of youth,
Is often full of surprises
With its pure unvarnished truth.

Gone the barriers of teen years
When one questioned every move,
It seems inane when recalling
The huge need one's worth to prove.

With time what seems to sparkle most
Lies deeper than meets the eye,
Tenderness, yes, but blithe spirit
Heads the list to qualify.

Lucky the pair who discover
Chemistry that draws them near,
And cheers to this heartfelt month that
Honors what they feel all year.

(Volume 7, Issue 5, February 2001)



The Top Nine Things Only Women Understand

9. Why it's good to have five pairs of black shoes.
 8. The difference between cream, ivory, and off-white.
 7. Crying can be fun.
 6. Fat clothes.
 5. That a salad, diet drink, and a hot fudge sundae make a balanced lunch.
 4. Discovering a designer dress on the clearance rack can be considered a peak life experience.
 3. The inaccuracy of every bathroom scale ever made.
 2. A good man might be hard to find, but a good hairdresser is next to impossible.
- and the number-one thing only women understand
1. Other women.

—Anonymous

(Volume 7, Issue 5, February 2001)

Welcome New Resident

Carolyn H. Borden
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Carolyn was born and raised in Carthage, NC. She went to Meredith College for her BA in Music: Voice and Public School Music. During college she was involved in theater, concerts, sports, and her church. After graduation she taught music to fifth to eighth graders in the public schools in Goldsboro, NC. She did some regional music programs and directed choirs.

While teaching in Goldsboro, she met her husband Frank K. Borden III (always called just K.), whose family had founded Borden Brick and Tile in Goldsboro. They were married in 1959 and lived in Durham, where K. was plant manager of Borden Brick and later president of the company. Carolyn tried to find teaching positions and did some substitute teaching. Then her children began arriving and she settled in to child rearing and managing their home. K. passed away in 2016.

She was a member of the Junior League and was an active volunteer in their community activities. She was also involved with the Debutante Society, and active in St Philip's Episcopal Church. After the family moved to Hope Valley Carolyn transferred her church membership to St Stephen's Episcopal Church.

The Borden children all stayed relatively close by. Kennon is in Durham in commercial real estate, James is retired in Florida, Michael is CEO of Carolina Ceramics Brick Co. in Columbia, SC, and Margaret is a teacher in Durham.

Carolyn is a member of the House and Garden Club and of the Tourist Club. She is working on putting together the long history of the Borden family. She is happy to be at The Forest where she is close to her old friends and her family. 🌿

Reaching Out to Others During COVID-19 Shutdown

A series stimulated by Phil Baer’s observation that the restrictions imposed by the COVID-19 pandemic provided newly found “free time” for doing things long delayed or crowded out by the busyness of life.



Preserving and Sharing Memories

by C'Ann & Bob Saterbak

What an opportunity the coronavirus has brought us! Bob and I are both avid photographers; and, as a result, we have LOTS of 8mm movies, Super-8mm movies, prints, over 25,000 35mm slides, and too-many-to-count digital images which we’ve been moving with us since the last century. During this forced slow-down, we decided that the time was right to attack!

In order not to be overwhelmed by the sheer numbers, we began with a certain topic. We reviewed the related inventory, discarded most pictures, and digitized the remaining which we arranged chronologically. Next, we edited the images and began building pages in Shutterfly scrapbooks. Our oldest photographs date to the 1880’s; our newest are from the 2020 Christmas holidays. This is still, and will remain, an ongoing project.

We relied on professional help with our movies. Only a few of the 8mm movies from my childhood were salvaged. However, the Super-8mm movies of our daughters digitized beautifully! Our grandson and I worked for several months editing the movies. Then, Bob and I narrated them; Ben added period music and a hyperlink index. We presented thumb drives with 110 clips to our daughters as Christmas gifts. As we anticipated, our grandchildren were quite entertained watching their mothers: rolling down a sand dune in Saudi Arabia, riding a bicycle up a dirt pile by mistake, and licking the icing off their first birthday cakes. We all agreed that this gift was one of the best ever! 🌿



Remembering with My Brother

by Ken Parker

Before my mother died, almost 25 years ago, she wrote a reminiscence about our dad’s life. My brother and I, at one time, discussed ideas about printing it with a map and photos showing the locations of many of the places in Denver that she mentioned. He still lives in Denver, and we never got around to it. Now I had no more excuses to get on with the project.

As the project started to come toward an unwelcomed conclusion with lots of time still on my hands, I decided to add some “historical vignettes” with descriptions and histories of buildings and events in her narrative. One example is the death during WWII of my cousin. Using the on-line service provided by the volunteers of “FindaGrave.com” I learned his date of death and regiment, allowing me to describe the action that probably took his life.

One outcome of the project, once my brother received his copy, was to provide openings for conversations. My brother is older so we each had our own, often different memories of the places, people, and events that our mother describes. Though we have different lives in different places, we can share our understandings of the past. 🌿



Key	Page	Feature
1	6	228 Gilpin St.
2	6	Steele School
3	7	345 So. William
4	8	West High School (old)
5	8	Ohio Avenue Congregational Church
6	9	Denham Theater
7	9	1010 So. York St.
8	10	Denver Municipal Auditorium

Reaching Out to Others . . .



Greetings with a Flourish

by Lynn Langmeyer

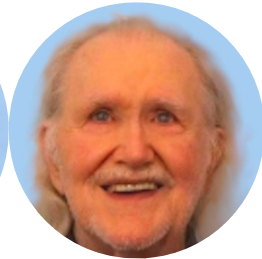
Prior to August 2000 I made annual winter greeting cards for friends and relatives because I didn't like commercial cards. My cards were simple: no graphics, just words.

I retired in August 2000. With this additional time, I started making birthday cards, thank you cards, congratulation cards, and special event cards (marriage, winning an award, graduation, having a baby, bar mitzvah, bat mitzvah, etc.). Those cards included graphics, stickers, and other embellishments and were fun projects. The collection came with us when we moved to The Forest in June 2019.

Between June 2019 and December 2019 we met enough people for my winter mailing to be expanded by 15 or so recipients. The locals got cards without my Annual Letter update although with decorations. Then I noticed that I knew some of the people whose birthdays were listed in The Forest Forward. So, I started making birthday cards for those people too.

Then, The Pandemic hit! The COVID-19 pandemic has motivated me to improve my card making skills and improve my embellishment collection. I will continue making cards (as long as there aren't forty people in a month with the same birthday). Making decorated cards is time consuming and satisfying. And I like the feedback I get from recipients.

The pandemic has also encouraged me to start knitting again. In my former life as a mother-to-be and a mother, I knitted for my daughters: buntings, blankets, sweaters, hats, and miscellaneous. I still have some items (somewhere). I am knitting scarves for a temple program that donates them to a local church. I definitely will continue knitting. ☸



Gifts of Laughter & Song

by Diane Goff & Jim Staley

Under the auspices of their newly created DiJim Studio, Diane and Jim have been collaborating in the "Cloud" to create videos in two categories.

In a *comedy category* they have completed four videos of sketches taken from the Carol Burnett show, other TV shows, and stand-up comedians.

A *songbook category* is more extensive— dozens of videos with hundreds of songs from four sources:

- The *Great American Songbook*, composers from the first half of the 20th century;
- The 100 best songs from the first 100 years of the movie industry, as determined by the American Film Institute;
- Songs from the National Recording Registry of the Library of Congress;
- The 100 most important American songs of the 20th century selected by National Public Radio.

The music types include pop songs such as "All or Nothing at All" by Frank Sinatra and "Over the Rainbow" by Judy Garland, jazz songs such as "Swing, Swing, Swing" by Benny Goodman and "Take Five" by Dave Brubeck, rock such as "Don't Be Cruel" by Elvis Presley and "Rock Around the Clock" by Bill Haley, Big Band era songs "Begin the Beguine" by Artie Shaw and "In the Mood" by Glenn Miller, country songs such as "Crazy" by Patsy Cline and "The Gambler" by Kenny Rogers, show tunes such as "Shall We Dance" from *The King and I* and "Oh, What a Beautiful Morning" from *Oklahoma*.

Jim provides the technical expertise for the project; Diane is responsible for the creative side. According to Jim, "Diane has the final word on content." ☸

Meeting the Challenge During COVID-19 Shutdown



Setting a Goal

by Eunice Grossman

This task is rather intimidating as I have spent an ridiculously inordinate amount of time getting to know ME.

What I have come to know is that all those happy hours Herm and I spent buying Art (sculpture and paintings) are still wonderful memories, but the Art is no longer anything but possessions and I would not miss them if I gave them away. That is a surprise to me.

I also learned that each day, without a project or a goal to accomplish makes for a long, much too languorous time. Make a *goal*, Eunice. That is what I have learned.

I've also learned *new clothes* would not be a good goal as I face two closets filled with "good" clothes I don't need or would never miss! I could easily get along with the following

- 2 pairs of long pants
- 3 tops: 2 sleeveless and 1 with sleeves
- 2 warm coats
- 2 jackets
- 3 sweaters of differing warmths
- 2 pairs of comfortable walking shoes
- 1 pair of slightly dressier
- 7 pairs of underpants

and for makeup:

- eyebrow pencil
- moisturizer
- rouge.

Several *good goals* would be to

- Stop taking so many daytime naps
- Read the *NYTimes* every day to keep up with the world
- Stop watching so much TV
- Watch only the worthwhile shows on Netflix
- Walk at least 35 minutes every day—hopefully outdoors. ♣



Playing with Fabrics

by Susan Smith

Once upon a time I was a quilter. That is, until every family member had enough throws and wall hangings to last a lifetime. Fortunately as projects waned I discovered the art of needle felting—Eureka! an intriguing new pastime. Then The Forest called.

I packed away boxes of colorful fabrics for storage and planned to continue needle felting which requires only a lap or small table for a work area. But I decided to set up my sewing machine table (just in case ...) as a work space. Seven months later along



How I Organize My Office

by Chelley Gutin

I'm working on my office via the Swiss Cheese Method. That is I start by punching "holes" of various sizes in the project. Each hole represents the individual tasks, manageable in size. This method usually works well for me.

If I simply said "I'm going to re-organize my office..." I'd procrastinate forever. So far I've accomplished the first task: every piece of paper has to find a home (file folder, box, 3-ring binder, etc.), or it goes into the recycling file. Of course new papers keep arriving—but I manage them right away.

I'll soon be launching the next job, ruthlessly editing my file folders and boxes (lots of little holes). Thanks for asking. ♣



Meeting the Challenge . . .



came Covid-19. Adapting to outside visits with friends one afternoon we joined the Millers on their patio. Nancy showed us how to make a mask with a bandana and rubber bands. I theorized my quilting fabrics might work as a bandana substitute. Nancy had a better idea—the NY Times fabric mask pattern she had saved—would I like to see it? Needle felting materials put away, boxes of fabric opened, an addiction was born. And once again I am “playing” with fabrics! ‡



Making a Trail Guide by Walton Smith



In March Susan and I started talking walks on public access trails in the Triangle region. So far we have taken about 40 walks without duplicating our route. Most are within 20 minutes of The Forest at Duke, but they range from the Confluence Natural Area in northwestern Orange County, to the southern end of the Neuse River Greenway at the Wake-Johnston County Line southeast of Raleigh. Many are in the Duke Forest, Eno River State Park, along New Hope Creek, or in local parks and natural areas. Early this spring we walked the (empty) campuses of Duke and UNC and through the (then very quiet) downtown areas of Durham, Chapel Hill, and Raleigh. As many parks and historic sites have been closed this year, we have many places to go back to when COVID is behind us.

In the late Fall we walked the length of the American Tobacco Trail (ATT)—twice, taking each segment out and back. The ATT is an especially good walking trail as it is paved or graveled for the entire 22-mile length, kept in excellent condition, relatively flat, and interesting. There are parking areas about every two miles so it can be broken into segments of various lengths. If you haven't walked over I-40 on the ATT bridge, you should. There's an easy access to the bridge from the parking lot of the Streets at Southpoint mall where it is adjacent to the ATT.

As the number of different walks grew larger I began to take pictures of each trail and to make an entry in what I am calling the Triangle Trails Index (TTI). Eventually I hope to have a pretty good catalog of the trails in Durham, Orange and Wake Counties and also the cities of Durham, Chapel Hill, and Raleigh as well as the campuses of Duke, UNC, NC State, and other institutions with large publicly accessible campuses.

For each trail I am cataloging information about ownership, web site, location, watershed, and

How I Organize My Photos by Jan Tuchinsky



I decided to go through the photos that filled two drawers of a file cabinet. I was determined not to have to get another file cabinet. Even though so much is now digital, I still seem to accumulate papers that I feel I must retain.

The photos were, fortunately, in date order starting with 1970 and in the envelopes that printed photos came back to us. I started going through them, one or two years of pictures each day, as I sat at my dining table awaiting the delivery of dinner. Those two drawers have been reduced to a half drawer. I feel such a sense of accomplishment.

I must have thrown away hundreds and hundreds of photos of unnamed mountains, rivers, lakes, castles, monuments, etc. I kept in my half drawer only those of people. I mailed several piles of photos that I am going to mail to family members and friends. I can pat myself on the back and say “Well done.” ‡

(Continued on Page 11)

Laughter: The Best Medicine for All Ages

News from The Forest's Laughter Crafters

by Prem Sharma

The review of early writings and current scientific literature reveals considerable interest in the therapeutic value of laughter. In these health-conscious times, laughter may also be helpful in allowing people to manage with the restrictions in activities and social events.

Pindar, a Greek poet (518 to 438 BCE) wrote, "The best of healers is a good cheer." The Bible has over 40 references to humor. In the King James version Proverb 17:22 states: "A merry heart doeth good like medicine, but a broken spirit drieth the bones."

Over the past decades, many scientists at universities and hospitals all over the United States have conducted research to illustrate that humor and laughter provide many benefits, including the reduction of stress, anxiety and tension; enhancement of memory; increased pain tolerance, hope and vigor; and of creative thinking and problem solving.

A study at the Loma Linda University School of Medicine indicated that when heart attack survivors watched 30 minutes of funny videos daily, they significantly reduced their risk of recurrent heart disease. Studies at the University of North Carolina and University of Vienna have demonstrated that hugging a loved one or a trusted friend also has health benefits as it brings about an increase in the body of an enzyme called oxytocin which helps lower stress, anxiety, and blood pressure and improves one's memory.

In 1995, Madan Kataria, MD, a physician specializing in internal medicine and cardiology in Bombay, India, reported that he had discovered the great health benefits of laughter especially after he had read a book titled "Anatomy of an Illness" written by Norman Cousins, editor of the *Saturday Review*.

Cousins was suffering from severe joint pains and emotional stress from a disease called Ankylosing Spondylitis. Cousins wrote that after he started watching the old funny segments of Candid Camera and other laughter shows, he gradually fully recovered from his illness.

Dr. Kataria held his laughter yoga sessions in a park in the morning and invited people to come and join him. He then had them look at each other and start laughing. Then, while laughing, he would have them start clapping their hands and do some warm up and deep breathing exercises. Dr. Kataria spread his message around and now there are said to be over 16,000 active Laughter Yoga groups in over 100 countries including the United States. In many places he is popularly referred to as "The Guru of Giggling." Dr. Kataria has speculated that since Laughter Yoga activities help strengthen immune systems, they may offer some protection against COVID-19 virus effects.

While not directly affiliated with Dr. Kataria's programs, The Forest's Laughter Crafters seeks to promote well being through laughter. Prior to the COVID-19 pandemic Laughter Crafters sponsored humorous movies, live comedians, and small-group laughter sessions. Perhaps when warmer weather returns we may be able to offer socially distant Laughter Yoga in the Rose Garden. Meanwhile there is a laughter bulletin board in the Community Center hallway displaying cartoons and jokes to entertain TFAD residents: look at them and laugh!... and laugh a bit with each other as you walk about with your masks on! You will feel better if you do. ¶

Prem Sharma originated TFAD's Laughter Crafters. Prior to TFAD, Sharma served as the Associate Dean for Academic Affairs and Alumni Relations of the Marquette University School of Dentistry. He is the author of three novels: Mandalay's Child, Karma's Embrace, and Escape from Burma.

Raw Sugar

by Tom Small

“Welcome to Starbucks,
My name is Sarah,” I think she says,
“What can I get started for ya?”

“A tall slightly wet cappuccino,”
I tell the metal box,
“And two raw sugars on the side.”

Putting on my COVID mask,
I remove the credit card from my wallet,
And drive forward to the window.

She gives me the hot paper cup,
But as she hands me the sugar, it happens.
Our fingertips touch!

I haven’t touched another human being
For more than eight months.
Sanitizer does not erase the unexpected jolt. ♪

Tom Small is a lawyer and judge expert in bankruptcy law. A tennis player and blues musician, his band, the Blues Rockets, performed regularly at some of Raleigh's funkiest nightspots.

Making a Trail Guide...

(Continued from Page 9)

comments that would make finding and using the trail easier. I include a list of organizations that own and/or maintain the trails, parks, and historic sites we have visited, and a list of sources of maps for the various trails and sites. Eventually, I hope to attach to the electronic version of the TTI photographs of most of the trails. When it is reasonably complete, I will find a way to post the information on the web or at least post a link to the file so that anyone interested in finding a place to walk in the area will be able to use it. Going forward, I expect to continue to take walks and to add places and photos to TTI.

As the walks range from one to four miles in length, this project is taking a good bit of time in finding the trails, going out and walking each one, making the entry in TTI, and editing the photos. A good thing to do now when we have plenty of time and need outdoor exercise. ♪

Ghost of the Man

by Don Chesnut

You may not remember who I am,
You likely don’t much give a damn!
For I’m not the man I used to be,
Just a ghost of the man you used to see.

I’m not the man I used to be,
No longer the man exemplar,
Not quite so witty nor carefree,
Still reaching for that distant star.

I’m not the man I used to be,
A shadow of the person you knew,
The one who versified rhyme not free,
Whose writing always got good review.

I’m not the man I used to be,
We know clearly I’m not the same,
But take me as I am today,
There might still be good things to proclaim.

Look carefully at the one you see,
Get a glimpse of the man I used to be,
Beyond the limp and thinning hair,
You’ll see some accolades still there.

Eyes that twinkle, a smile that charms,
A greeting generous and warm,
Someone who always recalls your birth,
Someone who still values your good worth.

For this old man don’t shed a tear,
He’s happy with the life that’s his,
He’s just happy to be here,
And be the living man he is! ♪

Don Chesnut—Professor Emeritus of Chemistry at Duke, poet and playwright—is a frequent contributor to The Forester.

Computer Help Wanted

Part-time computer assistance is needed to work with *The Forester* formatting files. Some knowledge of XML-type commands would be desirable, but not details of specific instructions nor the versatile desktop publishing software *Scribus*. Contact editors Sharon Dexter or Dean McCumber for more information.

Viibrant, myforestduke.org, and Kelsey Fry

by Shannon Purves

Many of us have met Kelsey Fry in the ZOOM classroom where she welcomes us to the many helpful features of our website myforestduke.org accessible from the Internet. The same site is available from three kiosks—in Connections, at the Auditorium entrance, and in the Fitness Lobby—except personal information is omitted to protect privacy.



Photo by Bennett

The newest member of TFAD's Resident Life Department, Kelsey began her work here in April, not long after the COVID-19 pandemic had locked us down. A graduate of UNC with a degree in Communication Studies & Therapeutic Recreation, she'd been teaching, but decided she wanted a job that more directly involved her interest in recreation. As it happened, The Forest was looking for person with background in this field. Kelsey saw our ad, applied, and is now our Activities Coordinator.

By the time Kelsey joined us, Viibrant, Carrboro NC's customizable technology platform developers had customized our website and kiosks and, as Kelsey puts it, "We've been playing with it ever since." Over the summer, it was rolled out to a small group of resident "ambassadors" who were asked to give the Resident Life Department direct feedback on its offerings and the ease of its usage—what worked well, what could be clearer, suggestions for additional services. By this fall, the fiddled-with and revised version was ready to share with the full TFAD community.

And Kelsey was ready to show us how to make the best use of myforestduke.org. Lots of us have now taken advantage of her excellent training and have begun to regularly use the site and to applaud its

offerings. So far, we can use it to:

- request needed Maintenance repairs
- contact Housekeeping for service changes or questions
- register for upcoming events
- access Sign-up Genius for gym and pool reservations
- view the daily digital calendar of events
- read archived issues of The Forest Forward and other important memos from administration
- view online Pictorial Directories for both residents and select team members

And, though the dining rooms remain closed, we can access the daily menus and we will, eventually, be able to make our Greenwoods reservations.

Resident reaction and response have been generally very positive. Most of us see the value of what's offered all in one easily accessed place—"one stop shopping," so to speak. And, just as pleasing, immediate response to our contact.

Kelsey continues to conduct her training sessions on ZOOM—now available weekly. And while she admits she wishes she could present them face-to-face, those of us who've attended on ZOOM know she provides very clear understanding of a very helpful website.



Photo by Bennett

Asked for a final word, Kelsey says, "We are excited to bring this new technology to TFAD and appreciate the support it has received. As we continue to transition to this platform, the Department of Resident Life encourages everyone to give it a try, and reach out for assistance. We are here to help!" ¶