



A Sampling of Words of Gratitude

by Carol Carson

from a talk delivered Sept. 18, 2022

Have you ever wondered how many people have lived at The Forest at Duke over its 30 amazing years? I have, and I even made several starts at estimating the number. I never got very far, gave up, and asked those who might know. The answer: almost 1500. Think about it: only 1500 people have walked these halls as residents.

As I was preparing for this event today, I thought I might find words of gratitude expressed by some of those 1500 people and share them. Luckily, I discovered the archive of *The Forester*, the publication by and for residents. I offer excerpts from two previous *Forester* articles as samples of residents' words of gratitude.

The first is from an article in the very first issue of *The Forester*, April 1994. Nelson Strawbridge, then president of the Residents' Association, wrote this:

... The Forest at Duke was created because someone had a dream and poured their energy and resources into making it come true. Those of us who are fortunate enough to live here give Kathy and James Crapo our sincere gratitude for building The Forest at Duke

We are not yet mature, and growing pains are sometimes evident, but progress is being made in all areas. Our management and staff are dedicated and committed to continuing improvement. The residents assembled here are all exceedingly interesting neighbors. They were very successful before retirement, and they are willing to help make The Forest at Duke ever more successful

[My wife] and I also had a dream that during our later years we would live in relative comfort among caring, neighborly people, and that no matter what our future health might be, we would be properly taken care of

We have found that dream at The Forest at Duke.

In an article appearing 28 years later, in April 2022, as the current president of the Residents' Association, I rounded up comments from grateful residents, including these:

- During the pandemic, meals arrived at our cottage doors even in the freezing rain.
- For those of us who quarantined following positive COVID tests, assistance from the clinic and dining staff carried us through.

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The Forester

The newsletter of the Residents' Association of The Forest at Duke, Inc., 2701 Pickett Rd., Durham NC 27705. Published monthly except July, August, and September by and for the residents:

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Columnists

President's Podium



by Carol Carson

As TFAD winds up celebration of its amazing first 30 years, we can add a salute to the energy and foresight of the residents who got the Residents' Association up and running.

Not surprisingly, residents came together in a purposeful way very soon after a critical mass moved into their new residences. A first set of officers and committee chairs, appointed by the administration, began meeting weekly (yes, really weekly, there are minutes to prove it) as early as November 1992. A first task was to roll out what became the Employee Appreciation Fund. Another early task was setting down in writing an operational framework, which the early leaders called their "constitution." The group then proceeded to hold elections, which they did starting in March 1993.

The new officers and directors soon moved to "incorporate"—that is, they attained from the State of North Carolina the legal status of a nonprofit corporation, The Forest at Duke Residents' Association, Inc. One of the "incorporators" signing the May 1996 document was **Margaret Lewis**, better known to us fellow residents as "Peg." Following the incorporation, the leaders sought tax-exempt status from the Internal Revenue Service. Both incorporation and the IRS status continue today.

As early as April 1994, the organization was sufficiently vibrant to launch the publication of *The Forester*. With a stated purpose of being "newsy and entertaining," the first issue's content accordingly included both substantive coverage of bringing Medicare beds to The Forest and an original scrambled word puzzle challenging readers to find words such as "barn," "Pickett," and "Glenn" (as in Arrington, who even then was plainly a key person to know).

Intrigued by any of this history? You might want to check out the archives of *The Forester*, which can be found on the RA website,

<https://www.ForestRes.org>

(At the website, type as your username **resident** and as your password **RAweb2701**.)



Our Publishing Objectives

The Forester is published by the Residents' Association. "Our purpose is to be newsy and entertaining, not controversial, ...reflecting the life of this truly extraordinary community," as announced in our very first issue in April 1994. *The Forester* serves as a vehicle for the writings and artistic expressions of the residents, and should preferably be the work of the people living here, present or past.

The editors welcome essays, poems, artwork, photos, and opinion pieces consistent with our purpose. *The Forester* is not a "gripe sheet," nor a vehicle for promoting particular religious or political views, but a forum for exchanging ideas, sharing life experiences, and celebrating residents and their work. Because our monthly space is limited, the editors ask for brevity and reserve the right to reject scandalous, libelous, or otherwise inappropriate material. The editors welcome opportunities to work with residents to shape submissions to suit the needs of our format. ♣

Library Science 101

by Carol Reese

Welcome to the Next 30 Years!

Perhaps this anniversary is a good time to review the purpose of the TFAD Library and the nature of its collection. The Library's purpose is to meet the leisure and intellectual needs of the residents. The collection was developed to this end: to provide TFAD residents with a wide variety of materials covering six broad categories—fiction, nonfiction (with an emphasis on American history), mystery, biography, large print books (all categories), and non-print items.

Approximately 90–95% of our collection has been developed through generous donations of books by residents and, sometimes, future residents. Our preference is for current fiction, biographies, and nonfiction books of broad interest. Our Acquisitions Policy explicitly excludes textbooks and advanced science/technology publications since we are not a research/teaching library. In addition, due to space limitations, we do not accept cookbooks, travel guides, gardening, oversized “coffee table” books, or books that have been written in or defaced in any other manner. But, please do donate books you think we should have that fit within the goal of the collection and its Acquisitions Policy.

Thanks to the generosity of residents and an annual stipend from The Forest, the Library has a small budget to purchase books—currently large-print books and replacements for heavily used books that are falling apart.

Older Adult and Shut-In Service (OASIS)

If our Library doesn't have what you want, search the Durham County Library's online catalog at <http://Durhamcountylibrary.org>. If you find what you want, you can pick it up at a Durham County library or you can ask the county OASIS staff to bring it to The Forest. Their phone number is (919) 560-0152.

Speaking of Volunteers

The Library “staff” is made up of volunteers who give generously of their time to keep the Library functioning. The main functions of volunteers at the Circulation Desk are to help check books in/out and to reshelve items in their proper locations in the Library. While the volunteers have been trained in these specific tasks, they are not professional librarians. If they cannot answer your question, please leave a note, and we will try to find an answer for you. 🌿



In Memoriam

Jean Prevost	June 11, 2022
Patricia Cooney	July 6, 2022
Ginnie Jones	July 28, 2022
Ketki Shah	August 22, 2022

Georgann Brophy	July 2, 2022
Herbert Carson	July 22, 2022
Bettie McLaughlin	August 14, 2022

NOONTIME ENTERTAINMENT

The Blues Rockets

with Tommy Raven & Brother Dan



*Two members of The Blues Rockets, Tommy Raven (a.k.a. **Tom Small**) and Dan Cunningham, entertained with blues favorites at noon on September 5th.*



The Blues Rockets are a rocking blues band that has played throughout the Triangle—songs from blues masters, current blues standards, rock and roll classics, and original Blues Rockets compositions.

Photo credits: Sanford Berg, Richard Ellman, and Judy Jo Small

Welcome New Resident**Janet Levy**

Cottage 17 571-214-2519

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Welcome to Janet Levy, who comes to The Forest from many years in her townhome in Durham. She is enthusiastic about life here and getting to know fellow residents. A native of Memphis, she grew up in Kansas City MO and is still in touch with many very close friends there. She holds a BA in Psychology from the University of Kansas, an MA in Psychology from University of Missouri at Kansas City, and a PhD in Educational Research from the University of Kansas. Her doctoral minors were Mathematics and Computer Science.

Janet's favorite course in college was Experimental Psychology, especially the data analytic portion. This experience led toward a 35-year career as a data analyst. The last 15 years of that career she spent at the National Institute on Drug Abuse and at the Duke School of Nursing. In both positions she focused on biostatistics—analysis of data from health science surveys and experiments. At Duke she taught courses in statistics and wrote statistical sections of NIH grant proposals.

Physical fitness has played a large role in Janet's life. She has long been an avid tennis player. Currently she teaches dance and aquatic fitness at UNC Wellness Centers in Chapel Hill and Cary. She is looking forward to joining classes at The Forest's fitness center, and she has enjoyed pottery classes led by **Joan Cohen**.

Janet lives with a dog named Amarrame, which means "love me" in Spanish. This animal is stunningly beautiful with a reddish coat and golden eyes. He is an Ibizan hound who was found tied to a post, and abandoned in Spain. "He is now being spoiled beyond belief." 🌿



Gifts that Keep on Giving

by Ellen Baer

What's a MODGY vase? If you know the answer to this question, good for you! I found out only a few days ago when I stepped into our Forest at Duke Gift Shop and saw right there on the counter a real rose in an unusual vase made of—what? Something hard? Something soft? Something colorful, for sure. It turns out that such a vase is not only watertight but also collapsible and expandable, made of thin but sturdy plastic that has been decorated with fancy designs like van Gogh's *Starry Night*. I admit that I thought MODGY was an acronym, but no, it doesn't stand for anything like Marvelous Original Decorative Gear for You. Instead, it's the name of an Ohio-based company that specializes in unique gift products.

The greeter/seller behind the counter that day was **Mary Anne Walker**, who has been a gift shop volunteer worker for seven years. She showed me other attractive gifts ranging from the fanciful to the practical—including soaps and socks, pop-up paper bouquets, and tee shirts with Forest logos. There were also items difficult to get anywhere else, like books written by residents and wooden items made by residents in the woodworking shop. Recently several vintage products from the Encore Store have been added as well. With all these items, plus the new and interesting things that Gift Shop Manager **Lynn Langmeyer** has added to the collection this year, the selection of gifts is more diverse and more appealing than ever. Even on a slow day like today, when she might sell only one scarf, Mary Anne is positive about the shop, knowing its benefit to all residents, not only those who no longer drive but also those who just want a more peaceful and more personal shopping experience than they can get online or in a department store.

As I was leaving, she reminded me that all the proceeds from the gift shop support the Benevolent Fund. That's been true since the beginning when a temporary sign saying "Gift Shop" caught the eye of a new resident, Priscilla Squier, soon after the Forest at Duke opened in 1992. With the blessing of Kathy Crapo, one the founders, she organized a team of residents who took it from there, starting with an allocated space but not much else. By agreement, management didn't provide any financial help for



*Mary Anne Walker, Lynn Langmeyer, and
Diana Spock in The Forest's Gift Shop*

the shop, so at first it was just a card table and four women hoping for customers. Fortunately, Priscilla had run a gift shop in Virginia before moving to The Forest, and her previous connections in the business world paid off with suppliers willing to extend credit to stock the new shop. An article in *The Forester* 20 years ago titled "It's a Gift" told the story of the beginning of the gift shop, described as "our oldest Forest institution, and one of its best." It noted that at the time of the article (2002) the top sellers, in addition to greeting cards and various sorts of glassware, were stuffed animals that included then popular Beanie Babies.

Volunteers have always run the gift shop, and that tradition continues today. Lynn took over as manager in July 2021, and now she counts on 14 residents (including herself and volunteer coordinator **Diana Spock**) as workers in the shop. She'd like to welcome more, and she'd also like to get suggestions for what products residents would like to see in the shop. Meanwhile, she invites everyone to drop by and see how far the gift shop has come since its days as a card table. You can still get special greeting cards and pretty glass objects and non-glass objects (like MODGY vases), but, fair warning, the stuffed animals have been replaced by perky little rubber duckies. They make me wish I had a bath tub, or a very young grandchild. ♣

A Party on Pickett . . .



Photo credits: Richard Ellman and Morgan Henderson. September 15, 2022

. . . Music, Games, and NC BBQ

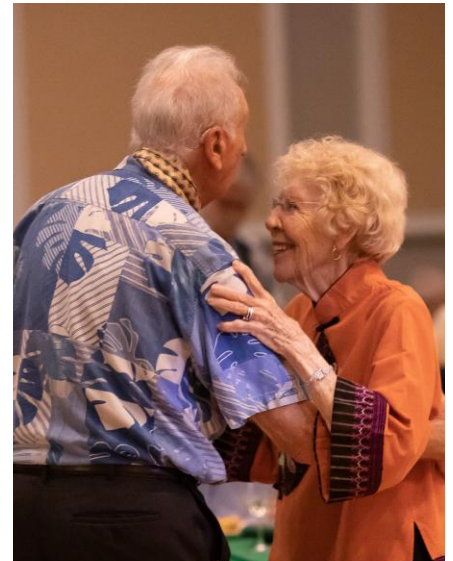


A Night at The Forest . . .



Photo credit: Morgan Henderson. September 17, 2022

... with Music and Dancing



Gardening—with a LOT of Help from Friends

by Pat Thompson

A garden blooming with tennis balls on waist-high stakes! What is this? Thanks to **Lois Fussell**, Forest resident and long-time gardener, I have not only learned the benefit of attaching old tennis balls to the tops of stakes surrounding my garden, but Lois also shared the balls she'd used for years in her garden plot, which I have inherited. If you're familiar with the video "A Christmas Story," you know that you don't want "to shoot your eye out"; neither do you want to poke your eye on a garden stake. Lois and other Forest colleagues have provided me, a novice gardener, many hours of learning and satisfaction.

Having inherited Lois's plot, I knew I would have great sun, a previously well-cared-for plot, and, probably, trouble growing tomatoes. Armed with about eight gardening books from the library, I set about my quest to learn from others.

Lucky me! **Mary Lou Croucher** gifted me two tomato plants (Oh! Oh! Tomatoes!) and a basil plant for starters. Mary Lou counseled the importance of planting the tomato "stem" deep, packing the soil high around it in order to promote formation of additional roots that will anchor the plant firmly in the ground as it grows. Mary Lou also cautioned that I should prune out little side shoots from the main stem to ensure stronger, more vibrant growth. She was right. Although only one of my three plants survived, one from Mary Lou produced about 15 flavorful tomatoes. My unexpected success in growing them made this harvest twice as satisfying. Swiss chard, zucchini, jalapeno peppers, eggplant, basil, and rosemary were among my other produce. Indigenous wildflowers and coleus rounded out the successes.

In addition, I enjoyed seeing what worked well in other gardens nearby. I admired **Wes Steen's** healthy and prolific dahlia plants as well as his surround fencing, a work of carpentry art. **Ruth** and **Gene Yonuschot's** tomatoes gave the lie to the idea that tomatoes won't grow in the Forest gardens.

A discussion with **Forrest Dixon** about my burgeoning zucchini plant resulted in a recipe for zucchini pie, a favorite of his family. He also shared an easy, efficient watering method. Take a

plastic milk bottle or other container, pierce the bottom with a single small hole, fill the bottle with water and place it right next to one's plant. The slow steady drip allows the water to penetrate deep into the ground, allowing plant roots to grow deep. After this method is used for several days, a plant can survive longer without daily watering. This method can also revive a plant that's wilting from lack of water.

Prior to starting my garden plot, I had attempted some gardening next to my cottage, where clay soil was totally discouraging. **Judy Mace** shared a unique gardening method which holds promise for my future cottage garden. It is straw-bale gardening. Start with a fresh bale of hay, which can be purchased from a garden center such as Home Depot. The bale should be surrounded by some sort of container or "fencing," such as a plastic storage container or even a discarded box that will hold the bale as it disintegrates. Judy has used this approach in the past with tomato and pepper plants. She usually starts seeds indoors and then transplants the seedlings after she has "conditioned" the straw bales. (The Internet confirms that conditioning should be done about 20 days before one is ready to plant and involves adding nitrogen fertilizer and water to holes made in the straw to encourage bacteria to activate. Just about everything grows well, according to the Internet article, in the environment of a straw bale—root crops, vining plants, leafy greens, and flowers. Little soil is required when it's time to plant in a conditioned straw bale. The Internet provides articles and excellent how-to videos.)

Judy also shared expert advice about drying and saving seeds from previous successful gardens for the following year. (The secret is sealed freezer paper.) She has successfully propagated plantings from her previous houses: azaleas, blueberry bushes, rhubarb, and a walnut tree.

As Lois once told me, there are as many different opinions about gardening as there are gardeners. I expect to continue to listen to all of them. Gardening this year has been a wonderful outlet for this novice gardener and an introduction to many Forest gardeners and their ideas. ‡

Living with Gratitude

The anniversary celebrations culminated in an auditorium service on Sunday, September 18, focused on Gratitude, “the healthiest of human emotions; the more you express gratitude for what you have, the more you will have to express (Sarah Haney/Zig Ziglar).”

Durham Council Member Jillian Johnson presented a Proclamation declaring September 18 Forest at Duke Day.

Current TFAD Board Chair, Harvey Cohen, MD, spoke about planning for evolving future-resident expectations very different from those of 30 years ago and even today.

Judith Ruderman offered four short poems by Mary Oliver and a Hebrew prayer of gratitude. Myrna Adams reflected on the importance of Diversity, Equity, and Inclusion, especially with respect to our team members who, while often out of sight, contribute to our well being because they *care*.

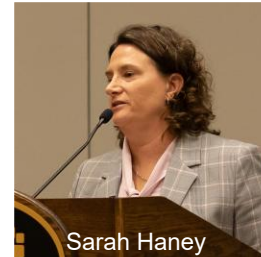
In closing remarks CEO Anita Holt recognized three Pioneer Residents, four Pioneer Team Members, and the many in the audience who have contributed as volunteers within The Forest and the Greater Durham community. 🌿



Jillian Johnson



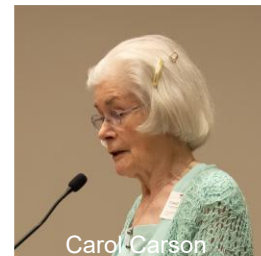
Harvey Cohen



Sarah Haney



Judith Ruderman



Carol Carson



Myrna Adams

Words of Gratitude...

(Continued from Page 1)

- Security staff were there in a crunch—e.g., helping with dead car batteries and making midnight runs to the ER.
- Anita, working with the Medical Team and the rest of the Leadership Team, pivoted quickly and decisively as Omicron swept into North Carolina. TFAD fared well, escaping any loss of life among residents and team members.
- Somehow team members—housekeepers, nursing staff, maintenance guys, everyone—keep smiling from behind their masks!

Over time and across situations, what I see as the common theme in these samples is gratitude for fellow residents and staff who together make The Forest at Duke a caring, engaged community.

Briefly, I'd like to add some personal words that support this theme. My husband, Wes, and I moved into our cottage 12 years ago. Before coming here, we did extensive research. We visited CCRCs from Pennsylvania to North Carolina and in Texas and California. We recorded our observations on a spreadsheet that listed characteristics of the CCRC that we were looking for. We gave special weight to three characteristics:

- an international airport,
- good medical facilities, and

- a university town. (“University town” was our code for a lively cultural scene.)

For these three characteristics, our choice of TFAD has proven to be a good one:

- Taking off from RDU, we have traveled to all seven continents.
- The excellence of the Duke medical facilities has benefitted us to an extent that we never, ever would have anticipated.
- Here at The Forest and in the surrounding community we have found music, theater, museums, and a church home.

So our spreadsheet served us well.

But more recently, when we think about what we are grateful for, we have concluded that the spreadsheet was not the complete guiding light we thought it was. It did not identify something that has become very important to us.

What has been especially important to us, what we are *most* grateful for, is being engaged in a mutually supportive community. To us, this has meant making our contributions to the community and benefitting from the contributions of others, both residents and administration and staff.

I close with the hope that this sampling of words of gratitude begins to express the depth of our appreciation of The Forest at Duke on its thirtieth birthday. 🌿

A Special Tribute to a Special *Forester* Editor George Walton Williams IV, 1922-2022

by Shannon Purves

George Williams, a 23-year resident of The Forest at Duke, died on February 25, 2022, missing his 100th birthday by 228 days. Given the list of his remarkable lifelong accomplishments, we can imagine how he might have used those days: another children's book? (he had published five, one for each of his children and grandchildren); another role in an operetta from the Durham Savoyards? (a founding member, he directed four shows over the years, played a few principal parts and sang stalwartly in the chorus); Duke English Department Chair? (before his mandatory retirement in 1993 he had served as that as well as Chair of the Undergraduate Council, Secretary of the Faculty Council, Chair of the Educational Facilities Committee); and certainly a few more articles for publication in *The Forester* (where he was Contributing Editor from 2016 to 2022).

When Dale and I arrived as new residents at The Forest in July 2015, we hadn't realized that George and Harriet Williams, both of whom I had known growing up in Charleston SC, had beaten us here by 16 years. George greeted us in the dining room (actually, in the auditorium serving as the dining room that summer) our first evening and invited us to their apartment for welcoming wine and wisdom.

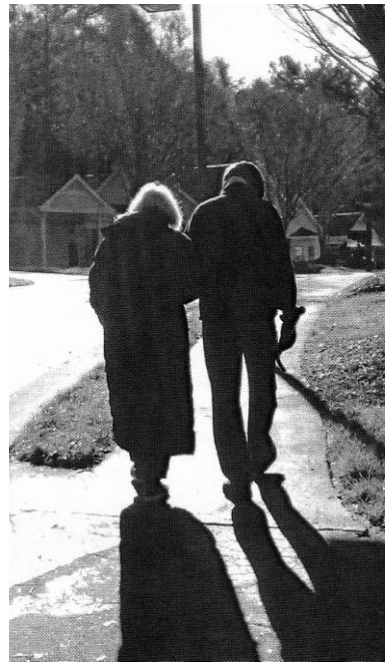
As a teenager, I had known both George and Harriet as fellow St. Michael's Church members. Sixteen years my elder, George sang in the adult choir and I in the junior choir. Not only did he have an amazing voice, his good looks inspired teenaged crushes. In 1953 he married Harriet, who is, almost 70 years later, still taking her daily walks.

An obituary article by Daniel Ravenel, published in the *Charleston Mercury* at the time of George's death, outlined his academic career:

George was educated in the public schools of Charleston...before entering Yale University with the class of 1944. His college program was interrupted after his junior year when he returned home to await his call for military service. After basic training ... he

was deployed with the 95th Infantry Division, Third Army, in France and Germany After the war, he resumed his senior year at Yale, graduating in 1947. Then he was off to graduate school at the University of Virginia, where he earned an M.A. After some years working at the Carolina Savings Bank in Charleston, a family tradition, he returned to graduate work at Virginia, earning a doctoral degree in Shakespeare Studies.

In 1957, just as I was heading for my second year in college, George and Harriet were heading to Durham, where he had taken a position at Duke as Assistant Professor of English. He ended his career at Duke 36 years later, having held those many advanced positions. The 36 included five sabbatical years studying at the



British Library and living in Blackheath and Greenwich in Southeast London. His professional specialty was Textual Criticism and, over his long career, he published many editions of Elizabethan and Jacobean plays as well as critical articles on literary topics and a history of St. Michael's Church... and those five children's books, one of which, *Of Mice and*

Bells, is about Revolutionary War activity in St. Michael's steeple.

George involved himself in *The Forester* from the very first. He published an article, "Second Thoughts on Shakespeare in Love," in the October 1999 issue,¹ the first he had access to. His second thoughts were insightful, funny, deeply informed—George to the max. ♣

¹ Accessible under Quick Links at the RA Website
<https://www.ForestRes.org>