

# THE FORESTER

Volume 1 Issue 1

April 1994

A Newsletter by and for the Residents of The Forest At Duke

## UPDATE ON MEDICAL CARE

A decision has been made to defer Medicare Certification of the Health Center until next year at the earliest, Ethel Foote, a member of the Health Care Committee, reports to The Forester. She adds that the decision has brought into focus several matters that deserve the attention of everyone.

Residents and their "advocates"--- that is, sons, daughters, friends--- should familiarize themselves with the provisions of their medical insurance coverage, including both Medicare A and B, as well as any Medicare supplement, or "Medigap," or other medical long-term care, home care, or nursing home insurance policies. Policy holders should know in advance what Medicare covers and what medical criteria govern eligibility. New 1994 Medicare Handbooks have been ordered for each residential unit of The Forest.

Ethel notes that when Medicare certification is reconsidered next year, it will be important for Kathy Gray and the Residents' Health Committee to know of all instances when a resident has been hospitalized three days or more, and if the physician and hospital discharge planner ordered daily skilled nursing or therapy in a skilled nursing facility, rather than intermittent skilled nursing or

therapy in a home setting.

Each neighborhood group Health Committee representative will be asking for volunteers willing to drive spouses and friends who elect to receive skilled nursing care in a Medicare certified facility.

Residents who send a note to Mrs. Crapo expressing their feelings about Medicare certification for Olsen Center are asked to give a copy to Milton Skolaut.

## TO OUR READERS

With this issue, we hope to launch the Forest At Duke residents' own newsletter on what we hope will be a long career. Since we have no precedent to guide us, we can shape the paper as time goes on to whatever form that you, our readers, desire. This issue is the work of a dedicated staff whose names you will find on page 2.

Our intention is to produce a newsletter that will, first of all, report news of interest to residents. In addition, we hope readers will submit short pieces of their own. Obviously, our space is limited, at least for now, so we must reserve the right to shorten if necessary. We also invite "Letters To The Editor" for our next and subsequent issues. Again, we ask for brevity, and reserve the right to reject scandalous, libelous, or otherwise inappropriate mail.

Our purpose is to be newsy and entertaining, not controversial. To achieve this goal, we will need the help of all our readers. In the end, it will be their paper, reflecting the life of this truly extraordinary community.

THE EDITORS

## REMEMBER TO VOTE IN THE PRIMARY ELECTION ON TUESDAY MAY 3

Our polling place has been changed. For more information about voting options,

please turn to VOTE on page 4

**The Forester**

The newsletter of the Residents' Association of The Forest at Duke. Published monthly except July and August by and for the residents.

**Publisher:****Bob Dunham****Managing Editor:****John Tebbel****Council Representative:****Mary Ruth Miller****Editorial Assistants:****Charlotte Cassels****Ellen Dozier****Evebell Dunham****Libby Getz****Dagmar Miller****Edna Wilson****Art and Word Puzzle:****Bob Blake****Photographer:****Ed Albrecht****Publishing Assistants:****Bess Bowditch****Madeline Hawkins****Edwin Lee****Carolyn Vail****NELSON'S NOTES**

People who study such things tell us that everybody dreams every night. Most of us, however, remember only a fraction of the nocturnal scenes which dance through our heads. Dreams are a normal part of life.

Like those that come during sleep, dreams that seize us when we are fully awake are also normal. Some are big dreams, and some are puny little things. For great things to happen, there must be a great dream. The Forest at Duke was created because someone had such a dream, and poured their energy and resources into making it come true. Those of us who are fortunate enough to live here give to Kathy and James Crapo our sincere gratitude for building The Forest at Duke, and for making it the finest Continuing Care Retirement Center in this area.

In studying the merits of Medicare for the Olsen Center, I had occa-

control fleas and mange. A second, more likely story is that the Saxon tribes used the very hard, durable wood of the European cousin of our Dogwood to fashion daggers, hence



sion to visit and learn more about other retirement communities. The Forest at Duke is truly the outstanding facility that we expected it to be. Where other prices are equal, the services do not compare with ours; where other services are comparable, the prices are much higher than ours.

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. Some of us are even impatient at times to see improvements happen. More than half of the residents have participated in volunteer efforts during the past year.

DeEtte 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 taken care of properly without putting our children through a guilt trip.

We have found that dream at The Forest at Duke.

-Nelson Strawbridge

**FLOWERING  
DOGWOOD**

These native trees, botanical name, *cornus florida*, are now in full and glorious bloom all around us. Why the name, "Dogwood"? Two stories are told; one is that the bark, which contains quinine, has been used to make a solution for bathing dogs to

"dagger wood", then "dag-wood", corrupted by early American colonists to "dogwood" to name the similar North American tree.

## A TOUR OF TFAD'S ART GALLERIES

*By Charlotte Cassels*

While you're walking the corridors of The Forest, it's now possible to brighten your journey by viewing the remarkable art gallery these corridors have become. The paintings are done mostly by residents, making The Forest unique among retirement communities in the number of artists who make this residence their home.

Before we get acquainted with the artists themselves, let's take a tour of the present collection. The pictures were chosen by Kathy Crapo, with the help of a representative from the Perry and Plummer Co., of Raleigh, who decorated The Forest. Some of the paintings are tax-deductible gifts by the artists or collectors and some are on loan. Still others are in storage awaiting future exhibits.

At the start of your tour, it will be helpful if you carry the TFAD map of apartments with you. Remember that elevators are numbered in the upper left-hand corner of the elevator's framework, with the floor numbers below it. To orient yourself to the whole building, as you face the entrance, the west wing is to your right containing elevators

3 and 4.

The multiple east wings to your left have elevators numbered from 5 through 9.

Beginning in the west wing, on the second floor, you'll find more than 20 eclectic mixed-media paintings and drawings between elevators 3 and 4, from the private collection of Julia Lewis, whose portrait by Alfred Maxwell also hangs there. No paintings are on the third or fourth floors of the west wing. Use the second floor corridor to go to the main lobby, and on the way you'll pass a watercolor by Bob Blake, called "Mighty Oak of the Forest," by Exit 3. He also is exhibited on the opposite corridor off the lobby.

Elevator 8 in the east wing will take you to the Patio level adjacent to the pool. Large, exciting artworks fill the walls, again from the Julia Lewis collection, done by Hector Herran on linen. He is a self-taught artisan from Chile. His work shows flowers and birds in bold designs. He has been exhibited in the Smithsonian.

Now take elevator 8 to the fourth floor. The wing on your left has no pictures, but the area around the elevator has a fine collection from Loma Young. There are three oil landscapes and two watercolors, with vibrantly colored flowers. Turning toward stairs 9, at 4033, you'll find a poster from the Metropolitan's "La Belle Epoque" of a few years ago, showing John Singer Sargent's portrait of Sarah Bernhardt. The area surrounding elevator 9 has four watercolors by

Ruth Phelps, and at the end of the corridor is a dancing girl, another Phelps water color. Taking elevator 9 to the third floor, there are more than twenty pictures painted by Dorothea D. Vann between elevators 8 and 9. All are oils, with several palette knife paintings, covering a wide variety of subjects, including several stylized flowers. Ms. Vann is the only artist shown on the third floor.

On the second floor, at elevator 9 are two scenes by Ruth Phelps and two by Margaret Reeves, plus the only work done by Dora Ramm, at apartment 2038, with another watercolor by Reeves titled "Trees", which hangs by stairs number 10. Also on the second floor, Bob Blake has twenty-three traditional watercolors by elevator 7, offering an opportunity to see the full scope of his work. At the opposite end of the corridor, Ruth Latty is showing four fine pastels by elevator 6.

Both elevators on the third floor offer special treats. At number 7, a knight and his lady emerge from a sheath of gold in a stylized brass rubbing, a gift from Edmund and Joyce Albrecht.

At elevator 6, Mr. and Mrs. Earl Davis have given a portrait of a Guatemalan couple done by Don Juan Sisay, one of Guatemala's foremost native painters. Apartment 3006, on the



**Please see ART on page 4**

## TFAD ART CONTINUED

third floor, has the only other work on that floor, a watercolor of mountains and lake by Ruth Phelps.

Only the art in the public rooms has not been done by Forest artists, with the exception of the Party Room, which shows the work of Dorothea Vann. Pictures in the living room are reproductions from the Raleigh decorators. There are three Audubon engravings printed and colored by R. H. Havel, hanging over the buffet; an oil above the fireplace by C. Whatney; a flower print near the couch, done by J. Redoute, and a reproduction of a monkey in a fruit still life.

Perhaps the most valuable art on display is in the bar, given to TFAD by Marjorie Jones in memory of her parents, John R. and Julia C. Jones. There are four "First State" engravings of the Vendute Di Roma, by Giovanni Battista Piranesi, the celebrated engraver of the 1700s. Very few of these originals have survived. The only known survivors are those found in the Academy of St. Luke in Rome.

Across from the etchings in the bar is a reproduction bought from the decorators, depicting a dog and a bowl; nothing more is known about it.

In the billiard room, are two very old French block prints given by Carolyn and Bloss Vail. They came from the Vail family home in Chicago. One is a portrait of Napoleon, and the other celebrates Bastille Day.

The portrait in the private dining room came from Hong Kong, where it was purchased by John and

Elizabeth Getz in 1950. It was presented to TFAD as a gift. At that time, the communists were beginning preparations to take over, and people were selling their treasures before they evacuated. The picture is a study of a war mandarin and his wife.

## WHAT'S IN A NAME ? A ROSE BY ETC.

Our readers may wonder how we arrived at the name, *The Forester*. The explanation is simple: at our formation meeting after two participants independently came up with that name, the group concluded that it described the identity we wanted our newsletter to project and the decision was made.

We didn't have to go through an intensive name-search like the fellow we heard about down in the Ozarks. He told a friend that he wanted to publish a local newspaper but couldn't decide what to name it. The friend suggested he look at names of other newspapers and select one he liked.

Sometime later the friends met and the budding newsman said that he had found the perfect name. He said proudly, "I'm naming it *The Pine Knob Arkansas Saint Louis Post-Dispatch*."

## VOTE!

We live in Precinct No. 43. Our new polling place is Forest View Elementary School at 3007 Mt. Sinai Road. Directions will be posted in the foyer on election day.

## UPDATE ON THE PIANO FUND

Charlotte Cassels' one-woman campaign to raise money for the purchase of a new grand piano to replace the old upright in the auditorium has resulted in the collection of \$5,400 from residents. For these contributions, Charlotte has kept a careful record of each contributor, the amount given, date of check, and receipts for deposits from the TFAD administration. The figure above does not include a donation from TFAD management, which is now administering the fund.



Further contributions are expected from residents which will enable the fund's expert advisers to buy the best possible instrument for under \$10,000. The cost of new grand pianos runs into five figures, as high as \$30,000 or more.

## ESHELMANS' SON HONORED

Dr. Curtis Eshelman of Durham, son of Phil and Clare (#2037) was named Family Physician of the Year by the North Carolina Academy of Family Physicians on March 25. Dr. Eshelman was cited for his outstanding community involvement. Congratulations, Neighbors!

Curbside voting is available for those with walking handicaps. If you'll be absent Election Day, "one-stop" voting is offered at the County Board of Elections office at the old court house downtown.

## LIB'S TIPS

BY LIBBY GETZ

Having trouble finding a good drycleaner in the area? Someone who can cope with a fragile velvet dress or white kid gloves? We've found one: GIGI's French Cleaner, 3600 North Duke Mall, call 477-0770

## LETTERS TO THE EDITOR

Residents are invited to write letters to the Editor for publication, subject to space limitations. Topics should be of general interest to our readers. Letters must be typewritten and signed and should be limited to 100 words or less. Views expressed in letters are those of the writer and are not necessarily those of The Forester.

Editor, The Forester:

We participants in Stretch'N'Tone encourage residents to join us any Monday, Wednesday and/or Friday from 8:30 to 9 AM in the new exercise room. Maria leads us in a variety of exercises to stretch muscles and work joints of our bodies. She observes our movements and tries to accommodate us whether we want to sit, lie on the floor or stand. Her program is balanced for exercising both our upper and lower bodies. We have lively music and no monotonous routine. Maria cautions against doing any movement that is uncomfortable, yet she pushes us for a good workout! Men and women welcome.

Molly Simes

Are you stymied for ideas, trying to find a birthday gift for that special person who has absolutely everything? How about a ride over the Triangle in a hot-air balloon? For \$250, you and a friend can buy an hour or up to an hour-and-a-half aloft---with champagne. For details, call Aerial Ascension, in Raleigh, at 387-1088.

If you want something more down-to-earth, let's say a singing gorilla who arrives on your doorstep with a clutch of balloons, all this can be yours for \$45. Call: Balloons For Fun, at 286-9431.

Pants too long? Skirt too tight? Try Rose, at Oriental Tailors; she's a whiz at alterations. You'll find her in the arcade, a few doors from the chapel Hill Well-spring at 99 E. Elliot Rd. Chapel Hill- Call: 929-0499. Incidentally, there's a good knit and needlepoint shop next door to Rose.

Have you heard about Foster's Market, just down the road on

15-501, flanked on the left by the Fred Astaire Dance Studio? Just beyond Fred's is a cottage like structure. That's Foster's, a pared-down version of A Southern Season combined with a neighborhood farmers' market. They have great takeouts: Soups, salads, irresistible desserts. If you order in advance, you can also get simply wonderful quiches for 8 to 10 at \$12. The address is 2694 Chapel Hill Rd., call 489-3944.



## Gardening in the Forest

by Edna Wilson

We live in a Triassic Basin, a geological formation formed from weathered sandstone and shale. It is a very firm clay base (subsoil), the chief limitations being poor drainage and high shrink-swell potential, very sticky, strongly acidic and highly erodible.

Poor drainage is responsible for many of our planting failures. Test the drainage by digging a hole about 12" deep and filling it with water. Check it for 24 hours. If it drains in 3-4 hours the drainage is good; 5-12 hours means it is moderate. If it is more than that, you should "plant high" to avoid root rot diseases. High plantings dry out faster than traditional plantings but survival chances are better.

Break up the soil and add organic materials (compost); do not use sand or peat. Dig a shallow saucer or plant on top of the existing soil with 1/3 to 1/2 the rootball above ground level. Gently loosen and spread roots around the saucer. Backfill with native soil mixed with organic matter, lime if indicated, plus 1-2 tablespoons Super-phosphate per plant (no other fertilizer). Mix thoroughly and mulch. Water well and pay close attention to watering until plants are established. Planting in raised beds is highly recommended for vegetables and flowers.

For more detailed information on planting call the Durham County Cooperative Extension Service Master Gardener desk at 560-05.25

## NEW BOOKS FOR SPRING



We're now in the middle of what publishers like to call their spring season. Here are a few of the high points readers can look forward to, courtesy of Oasis or your bookstore.

This season's big blockbuster, if you can believe advance announcements, will be "The Day After Tomorrow," by Allan Folsom, soon to be a major motion picture at your neighborhood theater. Also a Book-of-the-Month Club selection. This international thriller is said to have everything.

A possible runner-up is Sally Beauman's new one (remember "Destiny"?) due in May. Sally got a million-dollar advance for her first novel, and this tale of love and intrigue all over the map is said to be potentially an even bigger money-maker.

Mystery fans can look forward to the latest in Sue Grafton's homicidal journey through the alphabet, "K Is For Killer." Then there's also "Nine Lives To Murder," by Marian Babson.

Those of us who have followed the extraordinary novels of that Tidewater professor, John Barth, will welcome his latest, "Once Upon A Time," a reprise in a different key of "The Floating Opera." For those looking ahead to June, first choice for summer reading may be a surefire best-seller from Bob Woodward, of Watergate fame. This one (hold on now) is "Inside The Clinton White House."

The publishers promise a 400,000 firstprinting, and that's not spare ink.

Those looking farther---much farther---ahead here at TFAD may want to examine "Living To Be A Hundred," by Robert Browe. Well, it's one way to fill up our two health centers.

—John Tebbel

## Courting in The Forest

by Evebell Dunham

**Spring has sprung and courtships have begun!** The warbling song you hear is probably the male American Goldfinch which has started to grow his bright yellow plumage, and you may observe numerous aerial chases between the male and the female. They wait until late summer to build their nests.

If you have a bird feeder you may see one of the features of Cardinal courtship which is mate-feeding. The male picks up a seed, hops over to the female and tilts his head sideways to place the seed in her beak. Cardinal mate-feeding continues into the breeding period in early summer.

"Loop flights" are visual displays of male Mocking birds at the height of their spring territory formation and to help attract a mate. They sing from an exposed perch, fly up into the air, make a short loop and settle back onto the perch. They do not sing as much after they have found a mate and started nest building.

Flight displays and song are

part of the male Bluebird courtship as well. One of the displays is a butterfly-like flight in which wings are fluttered in slow, deep wing beats; another is hovering in front of the nest hole and a third is a lopsided flight with wings moving unevenly. Another part of their courtship is a "wing-wave" where the male lifts one or both wings while perched, or the wings may be also be raised and quivered. These antics have been observed at some of the recently installed nesting houses. We hope that the lady Bluebird approves and will move in.

For more detailed information see the series of *Stokes Nature Guides*

## KNOW YOUR CHANNEL 8 STAFF

You viewers of TFAD's Channel 8 may not know who sets up the transmission of the schedules, menus and music that come to you daily (and more or less regularly) from your TV set.

The resident responsible for designing and starting the system, training other programmers, and still a programmer and our mentor and guru is Bernie Bender. Other programmers are Don Ruegg, Bob Dunham and our newest recruit, Beth Upchurch. Welcome Beth!

For recording and showing the MacNeil/Lehrer Report thank Chuck Fields and Carolyn Vail. Chuck also runs the Thursday afternoon movies and special films such as "The Jewel in the Crown".

"I believe I shall never be old enough to speak without embarrassment when I have nothing to talk about." —Abraham Lincoln



# PUZZLE

reading up, down, forward, back-ward or diagonally.

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A C Y B M A I N T E N A N C E D F H
E J L R K M P N O G N I K R A P G Y
S K A O D L O P R N E G A T T O C T
U Q R T U N T Y H T A C X S U U V T
O I D U T S U I E C H H D B L A I O
H D E F H J L A K T N E D I S E R C
N E S L O A C E L E V A T O R B D S
E A S E E R T A M O T T E K C I P H
E C I G A M E R O O M E H H C N E B
R F B D A H C S E G C R E O H K G V
G J A R T N E M T R A P A L P N N A
K A K C L M S S A A O N P B L A I I
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L B C W L O O P G N I M M I W S O F
G S I T R U C W R O T C E R I D H A

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Apartment  
Bank  
Barns  
Bench  
Cafe  
Cathy  
Cottage  
Crapo  
Curtis  
Director

Dog  
Earl  
Elevators  
Fence  
Food  
Forest at Duke  
Forsythia  
Game Room  
Gardenia  
Glenn

Greenhouse  
Health care  
Heater  
Holbrook  
James  
Laundry  
Lucy  
Mail  
Maintenance  
Old Oak

Olsen  
Parking  
Pickett  
Plant  
Pond  
Pool  
Resident  
Rug  
Scotty  
Spa

Studio  
Swimming pool  
Tom  
Trees  
Wall  
Wellness  
Workshop

Pool is with swimming  
and also by itself