

# THE FORESTER

Volume 1 Issue 3

June 1994

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

## PROGRESS IN HEALTH CARE

Progress in health care reform at TFAD is moving along at an encouraging rate of speed. That was the message delivered recently by Leslie Jarema and Diane Long to a neighborhood meeting of Silver Maple and Forsythia Courts.

Ms. Jarema, Director of the Health Care Center, reported that the most significant change has been the establishment of a rotating schedule for an entire week. It was not easy, she said, to convince the nursing staff that caring for patients was a seven-day job. Many had been hired with the understanding that the schedules would be fixed from Monday to Friday, but the seven-day schedule is now in effect. Two new clerical people have also been employed, an addition which has made "a great difference" in the way the Center operates, according to residents.

To ensure smooth operation, Ms. Jarema told the neighborhood meeting, she makes regular walks around the premises and becomes involved with everyone. She welcomes people who approach her with questions or concerns. Since she came on the scene, new policies have been established for handling such matters as procedures in case of death, security for medicines and medications, procedures for admitting and discharging patients on doctors' orders, and pa-

tients' laundry. These changes are important because of state regulations, enforced by inspections.

Diane Long, R.N., Director of Nursing, makes her rounds every morning, and is closely involved with patients' health routines, including administration of medications. She described her efforts to develop a competent, caring nursing staff at a time when it is difficult to find good help. When interviewing applicants, she determines whether they have documented good attendance records, and assesses their willingness to meet the requirements of a rotated shift for the full seven days. That eliminates the need for agency help on weekends. She also looks for evidence of such personal qualities as kindness and graciousness, to each other as well as to residents and management staff. All health care personnel are required to be registered and experienced.

Ms. Long reported that of

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## TIME IS RUNNING OUT...



So sign up in the Activities office or buy your ticket in the Gift Shop for the **TFAD HOME TOUR**, Sunday June 26th, 2 to 5. Tickets \$3, to benefit the Benevolence Fund. Don't miss it!

## Tax Refunds for Amended 1992 Returns Are Arriving!



Filing amended 1992 tax returns for the updated medical deduction has yielded results for some TFAD residents, according to Hal Muncaster. One resident has received a refund of more than \$9000, which could be the first of many, Hal says. Residents who haven't re-filed should consider doing so promptly, both federal and state returns. If you aren't sure, talk to your tax advisor.

## NELSON'S NOTES

The Department of Insurance has the responsibility of monitoring the financial condition of North Carolina's forty-three Continuing Care Retirement Centers. This is done by requiring all of the facilities to furnish annually a Disclosure Statement similar to that of The Forest at Duke.

Among the information included is the schedule of Monthly Service Fees, including a five-year history and projections. These fees are set by the CCRC's based on the need as they see it, and the Department of Insurance has no authority to question any anticipated increases. The Department has begun a study to determine if they should seek legislation authorizing them to control

See **NELSON** on page 6

**The Forester**

The newsletter of the Residents' Association of the Forest at Duke, 2701 Pickett Rd., Durham, NC 27705-5610.

Published monthly except July and August by and for the residents.

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**EDITORIAL**

So far, so good.

That's how we feel about *The Forester* after our first three issues, as we take two months off to let the summer do with us what it will.

When we resume in September, there is one major question to be answered. Will the residents of TFAD look upon *The Forester* as their paper, and not the product of individuals or the committee that controls it? And if they do, will they contribute news and information of all kinds for subsequent issues? We will try to print every contribution, although space limitations may occasionally require a postponement. Of course the editorial staff will be constantly wracking its collective fertile brains to dig up items of interest, and do the necessary report-

**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 signed and should be typewritten and limited to 100 words or less. Views expressed in letters are those of the writer and are not necessarily those of The Forester.

**To the Editor**

Reflections on the 50th anniversary of D-Day: They have called it the "last good war." But regardless of the definition, the second world war was certainly the one that totally united the American people. My four years as a student at Duke University coincided with our four years of involvement in that war. It is a strange feeling to be back here, fifty years later, as the world commemorates D-Day.

What brings forth these ruminations was our recent four-day display of photos of residents who had served in the war. There was much laughter as we tried to identify our fellow residents, but -- more importantly -- there was a warm feeling of comradeship. Once again, we are all in it together, though fifty years later.

Dagmar Miller

ing and editing to get them into print. But in the end, the future success of this newsletter (we like to think of it, rather, as an under-sized newspaper) depends on the willingness of residents to be a part of it. Think about this during the dog days (why aren't there any cat days?), and if you will, act upon it come autumn.

—John Tebbel

**RESIDENT SURVEY PLANNED**

The Forest at Duke will be surveying all residents in late June as part of the Quality Assurance program. The results will be used to help our management team evaluate current services as well as make adjustments in our upcoming budget.

**To The Editor:**

Congratulations on Vol. I, Issue 1. Aldous Huxley is credited with the following advice (paraphrased from memory):

"When you approach a landlord about renting an apartment, don't start with questions about costs. First, engage in discussion with the landlord regarding your respective philosophies of life. If your points of view are compatible, the practical arrangements will fall into place."

Given appropriate adaptations, do you think that is good advice for all of us at TFAD?

A. Keith Smiley

**To the Editor**

Help! My granddaughter asked for my help the other day, and now I'm turning to you. It all stems from one of those seemingly simple questions kids like to ask. Turning to "The Empress Wore No Clothes" in her new politically correct fairy-tale book, she wondered out loud why the people around the Empress didn't simply come right out and tell her that she wasn't wearing any clothes. "How come, Pop? If she would just face the facts and put on some clothes, everybody would live happily ever after."

"She wouldn't and they wouldn't," I answered. "Facing facts

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## ARTIST-IN-RESIDENCE

**Ruth Phelps***by Charlotte Cassels*

Her family came to America in the early 1900s from Germany and settled in a small community of Germans where the Monongahela and Allegheny rivers meet to form the town of Pittsburgh. An only child, Ruth Seifert Phelps was greatly influenced by her parents.

German was the family language at home, and Ruth often felt discriminated against at school during World War II.

Her father, Max K. Seifert, was the organist at the famous pioneer Smithfield German Evangelical Protestant (Congregational) Church, which was founded in 1782. He was

also co-founder of the Pittsburgh Symphony and a member of the orchestra from 1933-1966. Ruth left that environment in 1942 to earn her B.A. in organ and Music Education at Carnegie Tech's Music Department. She also earned a Diploma in Organ at the Juilliard School of Music. Then yet another world opened up when she went to college in Middlebury, Vermont, for an M.A. in German. While at Middlebury College, Ruth's artistic talent first came into being when she co-authored "Bristoler Tanbuch," a handbook of German folk-dances, by doing all of the illustrations and the musical scores in the book. That wasn't the only cause for celebration at that time. She fell in love with one of her folk-dance pupils, Leland R. Phelps, and as she recalls, "It was the last time he danced to my pipe!"

**SUMMER READING**

Publishers once regarded summer as the dull season, but no more. Summer lists have been growing for some time, and this year they're not only large but new works by brand-name authors are being launched. Here are some titles you may want to look for.

Leading the pack, of course, is John Grisham's new novel, "The Chamber" (June), with a million-copy first printing. In August, Tom Clancy's fans will have "Debt of Honor," and the ever-flowing Danielle Steel will present us with "The Gift" in July. On a more literary plane, E. L. Doctorow's "The Waterworks" arrives in June.

Among the more esoteric offerings are Michael Kernan's "The Lost Diaries of Frans Hals," a fictional account of the painter's life (June); Diane Ackerman's "A Natural History of Love," also in June; and in that same crowded month, Walter Mosley's much heralded thriller, "Black Betty."

Other old reliables will be with us too: Mary Catherine Bateson's "Peripheral Visions," described as "a kind of memoir" (June); Anne Rivers Siddons' "Downtown," in July; Cormac McCarthy's "The Crossing" (June); and Elizabeth Marshall Thomas's "Tribe of the Tiger" (July).

Unclassifiable, and certainly the oddest yet most natural combination of talents in recent memory is "Love, War, and The Art of Politics," by Mary Matalin, George Bush's sharp-tongued campaign adviser, and James Carville, who performed the same service for Bill Clinton. If you recall, they fell in love during the campaign, or maybe before, and either are or about to be married. Naturally, the book is described as "a campaign memoir." Peter Knobler, a writer who wasn't campaigning for anybody, gets the "with" designation, meaning he wrote the book. All this is coming to your neighborhood bookstore in August.

—John Tebbel

Married in 1947, both Leland and Ruth received scholarships to study in Zurich, Switzerland, and had a whole year's honeymoon exploring Europe. Ruth finished courses for a Ph.D. at Universitat Zurich and later at Ohio State University. Returning to America, Leland taught German at Northwestern University while they raised their family of three daughters during their stay in Evanston, Ill. At that point, Duke captured Leland to be German Professor, which led to his position as head of the German

Department. Ruth helped start the Durham Arts Council and the Chamber Music Society and is a former member of the Board of Mal-larne Chamber Players.

After teaching German and folk-dancing, giving countless organ, piano, clavichord and chamber music recitals and classes, Ruth finally turned to her latent interest in art.

Through the Duke Faculty Wives Organization, she started an

see ARTIST on page 4

## LIB'S TIPS

BY LIBBY GETZ  
PINCHHITTING FOR LIBBY  
ELLEN DOZIER

If there is anything that tastes better than locally grown vegetables, fruits and berries, then lead me to it! These can be found at the farmer's Market on Roberson St., Carrboro, each Saturday from 7-12:00 AM, rain or shine, from April through December. There are also eggs, honey, goat cheese, jams, jellies, baked goods, cut flowers, all kinds of plants plus elegant and unique crafts. Remember, the early bird gets the choice. Some vendors offer coffee or cold lemonade for the thirsty. WCHL

(1360AM) Saturday 7:30 AM provides a market report. In case Tuesday is a better choice, there is a market at Cedar Falls Park on Weaver Dairy Rd. (close to Carol Woods) that offers much of the same produce. I can provide a map to both markets.

Too hot to leave your air-conditioned car to drop off soiled shirts or dry cleaning? The Cleaners in Parkway Plaza, back of South Square, offers curbside parking, just a sidewalk from car to counter. Usually it's two-day service, and those grease spots are gone. Lost buttons replaced free.

The brand new North Carolina Museum of History at 109 E. Jones St., Raleigh 27601, holds more artifacts than I can list, but they will send a brochure to those who request one. Walk-in tours begin in the lobby on weekends, no

registration needed, Saturdays at 10:00, 11:30, 1:00 and 2:00 and Sundays, 2:00 and 3:30. There is underground parking at 50 cents per hour or \$4.00 all day and free parking on weekends at the lot across Wilmington St. from the museum. A handicapped entrance is located off Jones St. The main entrance is located off Edenton St. Non-travelers can spend lots of summer hours there and learn more about N.C. than its natives know. More directions offered on request.

Did you know that A Southern Season offers senior discounts every Monday and Friday? It is a well kept secret I discovered only recently. Wellspring, both Durham and Chapel Hill, offer discounts Monday and Wednesday, but they advertise.

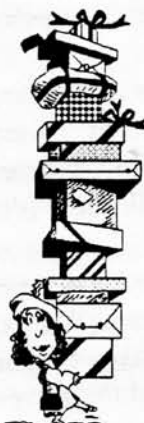
## ARTIST

Continued from page 3

art class in watercolors with Nadine Vartanian as their teacher. Art became an obsession, and from that time in 1961 until now, Ruth has produced one fine watercolor after another. She has an unerring sense of color, a comprehensive feel for perspective, plus a fine gift of observation in nature while she captures seasons, places, and joy in all her works.

Four of her watercolors are hung in TFAD, by elevator 9 on the 4th floor, as well as a charming dancing girl at the end of the corridor. Two scenes are also shown by elevator 9 on the 2nd floor, and by apartment 3006 on the 3rd floor.

With a saucy smile revealing a dollop of her mother's French ancestors, she says with great happiness, "I've had more fun in my life!"



## Library Bookends

10% WOW! Yes, that is right, The Library Committee has negotiated a ten percent discount for you on books you buy at two local bookstores. **The Regulator Bookstore** on 9th St. (near Wellspring) and **The Little Professor Book Center** at Woodcroft Shopping Center have both consented to give TFAD residents discounts on books and other purchases. The Little Professor Book Center will even deliver books that you order over the telephone. Further details will be available soon so that you will know exactly what to do to receive the discounts.



Do you know what **OASIS** is? The Durham Public Library brings books to our library every 2nd and 4th Thursday from 2 to 3 p.m. It's somewhat like a Bookmobile, except that the books are brought right into our library. Usually the newest books are available. About half of the books they bring are **LARGE PRINT**. If you do not find what you want, they will try to get it and bring it on their next visit. Please come and see what they have to offer; it is much easier than going to Shannon Library or downtown. Hostesses Louise Goshorn and Elizabeth Copeland will be glad to help you.

In the Medical Section of the library we now have a collection of catalogs for information about aids and technology for the hearing impaired and visually impaired. If you need help finding the catalogs, please ask the library aides, or call 493-7641.

—Jean Weil



## WELCOME NEW RESIDENTS !

### **John and Betty Gray**

Moved here from River Hills, SC. John originally from Iowa; before retirement was an actuary and life insurance company executive. Betty was from New York State and was food editor for major magazines. Special interests: travel, opera, golf, bridge; John: tennis; Betty: gardening.

### **Bruce and Helen Guyselman**

Came here from Pinehurst. Both were originally from the Midwest. Before retirement, Bruce was Professor of Biology, Helen was a specialties buyer for an exclusive jewelry store. Special interests: travel and reading; Bruce: photography.

### **John and Katherine Holton**

Joined us from Washington, DC. They're native Texans. John was Sr. Government Relations Counsel for the American Bankers Assn. Katherine managed family and home activities. Special interests: Travel, bridge, reading.  
(Photo not available, will be in September issue. —ed.)

### **William (Bill) Ingram**

Arrived here from San Marino, CA. Born in Maryland and lived 30 years in California. Before retirement, Bill was an executive of Reynolds Metals Co. Special interest: travel.

### **Lucille Petrea**

From Durham. Native Tar Heel, lived 53 years in Durham. Before retirement taught 22 years at Durham Academy. Special interests: reading, bridge, travel.

### **Betty Sandler**

Was resident of both St. Petersburg, FL, and Pittsfield, MA, before coming here. Massachusetts native. Before retirement, Betty was a teacher. Special interests: music, art.

### **Margaret (Gibby) Williams**

From Durham. A native of North Carolina and a Durham resident since 1938. Before retirement, she was secretary to the Dean of Trinity College. Special Interests: travel, bridge, walking.

Cut here if you wish to add these pictures to the Photo Directory



**Lucille Petrea**  
Apt. #1039 489-0326



**Margaret (Gibby) Williams**  
Apt. #2035 489-3167



**Betty Sandler**  
Apt. # 4035 490-1475



**John and Betty Gray**  
59 Forest at Duke Dr. 493-1241



**Bill Ingram**  
Apt. # 1035 493-6015



**Bruce and Helen Guyselman**  
Apt. #2026 419-7495

## REMINDER—EMPLOYEE APPRECIATION FUND

The final date for receiving residents' contributions to the Employee Appreciation Fund is June 24. Nelson Strawbridge's letter to residents sent May 24 explains the purpose and distribution of the fund and the suggested formula for figuring your gift. If you need assistance with your calculations, Hal Muncaster, Apt.#3046, phone: 490-6613, has generously volunteered to help.

## HEALTH CARE

Continued from page 1

the 30 beds each in Olsen and Holbrook, about half (or 15 in each) are filled. The staff now numbers 15 people, a few of them part-time positions. The goal of eliminating agency help on weekends is close to being met, she said. Eight new people have been hired, and there is a day as well as an evening supervisor. New personnel are given general and nursing orientation, and hands-on training under supervision during the first two weeks of employment. There is a continuing education program for all staff, intended to change behavior and help the staff to grow. Ms. Long requires careful documentation of all procedures. "If it wasn't documented, it didn't happen," she says.

Under discussion are procedures to ensure the safety of Alzheimer patients. Another possible change in the future, Ms. Jarema said, involves engaging a new local contractor for delivery of prescriptions to the Center and the community at large. (For this report *The Forester* is indebted to Helen Francis and Nan Parmentier.)

## FOREST RESIDENTS HONORED

### TRIBUTE TO ANDY BLAIR

On May 15, West Virginia Wesleyan College conferred the honorary degree of Doctor of Laws upon TFAD resident, Andrew L. Blair. Although not an alumnus of Wesleyan, Andy has served for 25 years as a trustee of the college. The citation recognizes Andy's "distinguished professional law career...his service to the college and to the United Methodist Church... his exemplary moral standards... and his unflagging good humor." Congratulations, Dr. Blair!



### NELSON

Continued from page 1

increases which they determine to be unreasonable. They are not seeking to control the level of services which these Monthly Service Fees provide.



At the time that I and others from The Forest at Duke and from other CCRC's attended a hearing in Raleigh about this proposal, claims were made that some CCRC's have raised fees more than the level of services requires; others contended that the government cannot effectively control prices unless it also controls services, and that the Department of Insurance does not have sufficient resources to evaluate the wide variety of services in different facilities.

Representatives of the Department are now visiting eleven of

### DR. HARRELL AT OXFORD

George T. Harrell, M.D., TFAD resident, retired physician and medical educator, had the honor of presenting the opening paper to the joint meeting of the American Osler Society (of which George is a charter member), the Osler Club of London and the World Federation of Neurology, at Green College, Oxford University on May 11. The paper described a rare clinical interest of Sir William Osler, renowned late 19th, early 20th century medical educator who greatly influenced practice of internal medicine and pioneered in preventive medicine.



the CCRC's in North Carolina. On June 6 they visited Carolina Meadows, whose Monthly Service Fee increased 8% this year, and reportedly received a mixed reception. On June 8 they visited Carol Woods, where Monthly Service Fees were increased 4% this year and found those residents to be wholeheartedly opposed to further government control of their facility. Since TFAD is a comparatively new operation, it is not expected that they will visit here.

On Wednesday, June 15 at 2:00 PM in our auditorium, however, the subject will be a part of a discussion led by Dr. Harry Groves, President of CCCRNC, who supports the Department's review of fees. Everyone is invited to come and learn more.

--Nelson Strawbridge

# the savvy traveler

by Dagmar Miller

Last month I wrote about Key West's ambiance. This month, as promised, I'll tell you about hotels, restaurants, and things to do.

First, the trip is very simple: RDU non-stop to Miami and

thence to Key West via commuter plane. The drive from Miami takes from three to four hours.

**Hotels:** The **Pier House**, on the Gulf at one end of Duval Street, is my top choice. The several buildings are low-rise, set in lush gardens. There is a pool, Jacuzzi, small beach, three outdoor restaurants, and a formal dining room which is one of the best on the island.

The hotel is also conveniently located in the downtown area. None of this comes cheaply, but the prices vary with the season. The **Casa Marina Hotel** is at the other end of Duval, on the Atlantic Ocean. It has a larger beach, but one drawback is the necessity of taking taxis downtown. At the other end of the price scale is the **Eden House** on Fleming St. (one block from my old house) in the heart of the historic district. It has a swimming pool, garden restaurant, and you can walk everywhere. I have heard good things about a recently restored historic house (circa 1860) now operating as a guest house. The **Watson House** (525 Simonton St.) is in the historic district, has a pool, and some larger suites have fully equipped kitchens.

**Restaurants:** **Louie's Backyard** (700 Waddell St.) is at the top of my

list for food and ambiance. It is on the Atlantic and equally good for lunch or dinner. Expensive but worth it. **Trattoria Venezia** (Duval St.) is Italian with medium to high prices. **Rooftop Cafe** (310 Front St.) has light snacks to full meals, medium priced. **Turtle Kraals** at Lands End Village, one of the last areas on the Gulf not yet "gentrified," has excellent seafood and medium prices. **Rusty Anchor** on Stock Island (short taxi ride) is where the "real" people eat -- mostly shrimpers and the sailboat crowd. Medium priced: **Croissants de France** on Duval for breakfast, lunch, or light dinners.

**Shopping:** (There has been a proliferation of T-shirt shops along Duval Street. Avoid them like the plague.) **Fast Buck Freddie's** (500 Duval St.) has been described as an "upscale tacky department store." It has a little bit of everything.

**Michael's** on lower Duval. Superb jewelry made from old coins. **Tikal** on Duval. Women's clothing, mostly Guatemalan imports. **Sign of Sandford** on Simonton Street. A treasure house of hand-painted, original designs on tote bags, carpets, pillows, furniture, etc.

**Sights:** First take the Conch Train or trolley for a tour of the entire town. It is the best way to get oriented. **Hemingway House:** Hemingway bought it in 1931 and wrote many of his books while in residence. A word of caution (for non-cat lovers): about fifty descendants of his cats (though some dispute his original ownership) roam the house and extensive gardens as



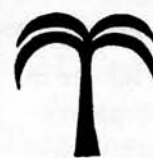
## NEW SERVICES AT BEAUTY AND BARBER SHOP

Jewell has added Kem Watkins to her staff in order to serve you better. Kem will offer manicures, pedicures, facials, scalp treatments, massage and hairstyling.

During June, all services scheduled with Kem will be \$2 off regular rates.

permanent guests. **Audubon House:** Audubon spent part of 1832 in the house, and a rare piece on display is the complete original Double Elephant Folio (*Birds of America*) by Audubon. **Harry Truman's Little White House** at Truman Annex: Key West was President Truman's preferred vacation spot, and recently the building he occupied was completely restored as a museum. Truman Annex, once the U.S. Navy Base, is now a newly developed residential/commercial complex. **Key West Sunset:** This is a daily celebration at Mallory Square. Although once a simple gathering of a few people, it is now a "happening" with a carnival atmosphere. But the sun still sets rather spectacularly and the people still applaud as it disappears from view. Cruise ships cannot be docked

during this time. Key Westers take their sunset seriously!



And after all the eating, shopping, swimming and fishing, perhaps the best of Key West is just sitting on the beach, letting the sand sift through your toes, lifting your pale face toward the sun, and enjoying the sight of pelicans flying overhead or diving for fish.



## SOME NOTES ON GOVERNANCE

Continuing care retirement communities, like TFAD, are "still in the process of 'inventing' themselves," says Harry E. Groves, president of Continuing Care Community Residents of N.C., in a recent speech about what has become a growth industry.

Beginning in the late Forties (even earlier in some places), the continuing care concept was one centered in church and fraternal bodies initially. They were operating in a freewheeling, unregulated way that quickly led to ruinous bankruptcies, until Florida in 1953 became the first state to regulate these institutions.

Today, having spread across the country, although largely an East Coast phenomenon, continuing care is still finding its way, legally and in other respects, Groves writes. "It has not even been easy to determine the branch of the law into which it falls," he notes, since it has "characteristics of property, of insurance, of finance, of corporations, both for profit and non-profit, among others." Even the name is varied, from "continuing care" to "life care," and other titles. Hotel chains, like Marriott, have further confused the scene by establishing for-profit centers.

In North Carolina, Groves says, these communities originate in religious bodies, fraternal organization, and uncategorized entities, like TFAD, all non-profit, with boards of directors, whose size ranges from a few to as many as 63. Only a minority have residents as full members, "usually only one, a very few two or more," Groves observes, and

### INVASION OF THE LITTLE GREEN MEN

I hope that I shall never see  
The yardmen pruning my shrubbery;  
For if I do I will grab my shears  
And trim off more than behind their ears.  
I took my cash and bought the best,  
Fertilized, watered and sprayed for pests;  
Willed them to grow healthy and tall—  
Only to find them massacred inside my wall.



—ellen c dozier

### GOLFERS UPDATE



**Ray Blackman  
Hits  
Hole-in-one!**

May 12, Raymond Blackman, playing at Lake Shore Golf Course, aced No.4, a 3-par hole. His feat was witnessed by residents Gene Ringwald and Carl Young. Attaboy Ray!

**New volunteer docent training starts in September at the Duke University Museum of Art.** No art history background necessary, just a love of people and art. The Museum will offer you continuing education in art history, help you to develop a touring style that is comfortable, introduce you to new people with similar interests. You are invited to join us. Interested? Call Bob Dunham at 419-0635 for information.

most often they are non-voting.

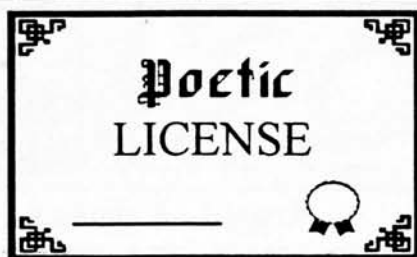
Groves believes that some of the governance problems in continuing care centers stem from prevailing patterns, or as he puts it, "the unique nature of the financial interest the residents have in their communities." Their property interest is unique, since they have no title, only a limited life estate, that is, the right to live there until they die. Grove points out that their interest is not like a stock investment in a corporation, even though they have transferred money to a corporate entity. Similarly, says Groves, residents' interest has some insurance protection, but is "quite different from traditional insurance....The monetary interest of residents in their community is truly unique; but the system of governance devised for them scarcely recognizes the complexities of that fact."

Assessing fundamental requirements for governance, Groves believes that "interaction between

the executive director, acting for the board, and the residents must take place through a residents' association and its committees that have a genuine role in determining the fee increases and spending decisions. Indeed, I know of no other way in which truly meaningful interaction can take place. Recognizing the need and importance for that kind of interaction and structuring it should be the highest priority for the board, the executive and the residents."

Potential residents, he concludes, are becoming more knowledgeable and more sophisticated about continuing care centers and their governance, and consequently will "look for the community where they have some fair opportunity to affect the decisions concerning their money....I would predict that the communities that recognize these facts will be the communities that will thrive in the coming century...."





## WATCHING

I sit by my bay window  
And watch my flowers grow.  
I see their tiny heads peek  
from the damp, dark earth below.  
I wonder where they get the  
strength  
to break and push their way  
through

Or know they can siphon a cup  
of the morning's fresh sparkling  
dew.

I ponder how they seem to guess  
when the sunshine is here to stay  
And that its warmth and rays will  
encourage their growth each day.  
I marvel how they meld and blend  
with my landscape's point of view  
and offer a natural picture  
that an artist would find hard to do.  
From a tiny black seed this occurs  
as sure as night follows day;  
Yet, I'm forever astounded  
at nature's fortitude and display.

—ellen cheek dozier

### Cottage Recycle Pick- Up Summer Schedule



#### Alternate Wednesdays:

June 15, 29

July 13, 27

August 10, 24

September 7, 21  
Mark your calendar!

## WHAT A GRANDMOTHER IS

By a Third Grader

A Grandmother is a lady  
who has no children of her own so  
she loves other people's little girls.  
A Grandfather is a man Grand-  
mother. He goes for walks with  
boys and they talk about fishing and  
tractors.

Grandmothers don't have to  
do anything but be there. They are  
old so they shouldn't play or run  
hard. It is enough if they take us to  
the market where the "pretend  
horse" is, and have lots of dimes  
ready, or take us for walks and slow  
down passing things like pretty  
leaves or caterpillars. They never  
say hurry up or things like that.

Usually they are fat but not  
too fat to tie your shoes. They  
wear glasses and funny underwear.  
They can take their teeth and gums  
off. They don't have to be smart,  
only answer questions like why dogs  
hate cats and how come God isn't  
married. When they read to us  
they don't skip words or mind if it is  
the same story again and again.

Everybody should try to  
have one, especially if you don't  
have a TV because Grandmothers  
are the only grownups who have  
time. P S. Grandmothers have com-  
fortable laps. When they stand up  
their laps stick out in the back.

A little girl asked her Grand-  
mother if she was growing old and  
when her Grandmother said she  
guessed she was, the little girl said,  
"I thought so because the skin on  
your neck doesn't fit."

Noise proves nothing. Often a hen  
who has merely laid an egg cackles  
as if she has laid an asteroid.

—Mark Twain

## HEMEROCALLIS

Hemerocallis is blooming in  
The Forest ! Known to most of us  
as daylilies, they are sometimes de-  
scribed as "the perfect flower." The  
genus name, Hemerocallis, is from  
the Greek word meaning "beauty  
for a day." This perennial is one of  
the most frequently planted flowers  
in North American gardens, and in  
many countries, daylilies are prized  
not only for their beauty but for  
medicinal uses and for their edible  
buds, flowers and roots. You may  
have sampled the blossoms which  
may be added to salads for color.  
But please don't eat our daylilies!

—Evebell Dunham

### LETTERS

#### Continued from page 2

would be much too controversial,  
and they wouldn't dare. Besides, if  
she did, there wouldn't be any  
story."

However, my granddaugh-  
ter was much too smart to be put  
off with that kind of explanation - -  
answering a what with another what  
instead of a why. "Pop, that's not an  
answer. Why is facing facts too  
con-, contra-, contro-ver-sial?"

I had to admit that it wasn't  
a real answer, that I had none, that I  
had spent a lifetime in science facing  
facts, not spinning fairy tales. Then,  
snapping my fingers, I told her my  
brilliant idea. "Why don't I ask over  
at The Forest? Among the residents  
over there, I certainly ought to be  
able to find someone much more  
practiced in the art of answering  
that kind of question than I."

So, Forester readership,  
here I am seeking your help.

Gene Day

## BOB BLAKE'S

## PUZZLE

Each word below can be found by either  
reading up, down, forward, back-ward or diagonally.

```

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

```

applesauce  
asparagus  
bacon  
barley  
butterscotch  
cauliflower  
cake  
chicken  
chowder  
corn

crab  
cranberry  
custard  
eggplant  
fish  
fruit  
gravy  
ice cream  
lamb  
lasagna

leeks  
lemonade  
meatballs  
medley  
mocha  
mulligatawny  
mushrooms  
okra  
olives  
oysters

peas  
peaches  
peppers  
perch  
pie  
pork  
potatoes  
rice  
roast beef  
sausage  
sole

soup  
spinach  
split pea  
squash  
strawberries  
string beans  
stroganoff  
sundae  
tea  
turnips  
veal

Do enough people work this puzzle to make it worthwhile?  
The number of residents who told me they could not find Albrecht  
convinced me to continue to produce them, so I promise, no more  
false words.