

# THE FORESTER

Volume 10 Issue 1

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

October 2003

## Leslie Jarema: Learning the Ropes

"Long term care for the elderly" meant care by the family or by a nursing home when Leslie Jarema was an undergraduate. How did our Director of Health Services decide to go into this profession and learn how to manage a health care facility of a kind and complexity that hardly existed at the time?

"I didn't pick this profession, it picked me," she says.

Her college roommate decided to major in sociology and Leslie said "OK I'll take that too." She minored in psychology.

After graduation, her first job was with a state agency caring for abused and neglected children. Judges often returned the children to their abusing parents. Leslie couldn't stand witnessing that kind of cruelty, and, after six months, asked for a caseload of the elderly (often those abused by their children.) She tried to provide services that allowed them to remain in their own homes, which were depressing and often dangerous to visit.

At that time there were many laws against child abuse in North Carolina, but none designed to protect the elderly. There was prestige from working for children, but nobody seemed to care about old people. She joined a group lobbying for laws protecting the elderly and they were influential in getting the first such laws passed by the N. C. General Assembly.

To express her feelings about the elderly, she created a painting of an abandoned old man. It now hangs in her office and is often reproduced.

Leslie's advocacy for the elderly led to a job with the N. C. Department of Human Services, surveying nursing homes and traveling all over the state.

Later she took a job as a social worker in a nursing home, where she discovered that she was required to do every single job that had to be done: receptionist, accountant, report preparer, floor cleaner, care giver, and others. "I think that I was supposed to learn all of this."

After years of working in that marginal "teaching institution," she went to an upscale facility to handle marketing. The owners soon bought a new facility and put Leslie in charge. She started with no staff or equipment and built it up on a shoestring. Then she went from adult care to managing a 180 bed skilled nursing facility, studying for her state administrator's license at the same time.

*(Continued on page 3)*



Photo by Ed Albrecht

*The Forester*

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### Contributions for *The Forester*

Please place news items, articles, letters, and poetry contributed for publication in *The Forester* in the box of Pete Seay, Editor, Box # 1007.

## A Plea For "Best Advice I've Ever Gotten"

We know everyone at The Forest has been successful, or they wouldn't be here. You've earned a peaceful retirement.

Still in looking back, you must have received some good advice from someone, sometime, that has been helpful along the way. And certainly it would be of interest, and possibly of some help, to others. Or maybe it's been a motto, or a saying that guided you.

We invite you to write and share some of that advice with us. This is not an essay contest. It could be just several lines, adding a few sentences on how it affected your life in some way. (Please think in terms of about 150 words or less.) We'd like to print many such contributions in subsequent issues of *The Forester*.

Please take a few minutes to respond while your ideas are fresh. Don't wait till the sun shines, Nellie, don't wait till the cows come home, don't wait for the Robert E. Lee. Do it now, right now! (This is not an order, but a plea!)

Editor

## In Memoriam

Charles Victor Fields	June 6, 2003
Athanassios N. Chremos	June 11, 2003
Dorothy Hampson Pope	June 19, 2003
Roy Turnage Parker	June 20, 2003
Georgia Sugg Parker	June 24, 2003
Marjorie O. Chandler	June 24, 2003
Aubrey Willard Naylor	June 30, 2003
Robert Merle Colver	July 9, 2003
Martha Buchanan Wadsworth	August 6, 2003
James Ray Watson	August 24, 2003
Edwin H. Cady	August 30, 2003
William Rohrhurst	September 19, 2003

## Leslie Jarema

(Continued from page 1)

In 1994 Leslie was living with her three children in Raleigh. She drove to TFAD to interview with the Crapos for the position of Director of Health Care. The trip seemed so long that she decided, while driving, that she would not take the job. However, the visit impressed her very favorably and she changed her mind.

On her first day on the job here she learned that the state inspectors had written a 25 page report of deficiencies in the health care facility and threatened to close it down. A still well-remembered meeting was convened. The residents expressed their anger about health care services. The founders had toured the U. S. and learned a lot about CCRCs, but had not had enough time and necessary experience to find out everything about how a nursing facility should be run.

Leslie subsequently replaced almost all of the staff and contractors, and began going down the list of deficiencies until, at the next inspection, there were almost no deficiencies reported. We have had no deficiencies reported for the last six years. While "every barrel has a couple of bad apples," there are no bad apples, she asserts, among the health care staff at TFAD.

For decades Leslie has been "on call" 24 hours 365 days a year. When her children were young, they often went on night calls with her and learned to care for and love the elderly.

*The Forester* asked about the differences between a for-profit and a not-for-profit "adult care facility."

A facility that is for-profit can never, Leslie believes, make a profit and at the same time provide adequate care at the Medicare-Medicaid reimbursement rate. It costs more to stay in an Econo Lodge than the state reimburses a nursing facility. The state doesn't provide enough money to do the job right, but has created a vast array of regulations and associated reports to challenge the facilities. There are more regulations for nursing homes, she argues, than for nuclear power plants. In a not-for-profit institu-

tion the excess of revenue over costs is plowed back into the operation.

On management style, Leslie's guiding principle is "Do the right thing." No one has ever accused her of being indecisive. She finds that potential employees and potential residents seek answers to the same questions. Is it clean? Are the residents taken care of? Are the opinions of employees and residents considered? Are they treated with respect?

We must end with a fashion note. Leslie obviously gives much thought to her wardrobe, and her attire draws almost as many comments as Mary Ann Ruegg's beautiful hats.

A later issue of *The Forester* will address plans for the new assisted living wing.

Tom Gallie

## Volunteer Help Wanted

With the resignation of Noel Freeman as chairman of the Greenhouse Committee and keeper of the Greenhouse, there exists a need for one or even two persons to care for the Greenhouse and its contents. The job lends itself to two persons. One part has to do with caring for the environmental controls – cooling, heating and water spray system. The other part is care of the plants brought there by the residents. A technically minded person might like to take on the former, while the latter begs for a "green-thumb" type.

The Greenhouse Committee pitches in for big events like a general clean-up, so the job is not totally all-by-your-lonesome. This is an important job that requires from 5 to 10 person-hours per week. The pay is abysmal – zero. The rewards are tremendous — the satisfaction of seeing growing things prosper under your care. Orientation for the job will be provided.

Interested persons are urged to contact **Craig Harris**, at 489-5685 or [charris4@nc.rr.com](mailto:charris4@nc.rr.com). Please let us hear from you. We need you!



## A Love Story

Green Bay, Wisconsin, is a town famous for its professional football team, the Packers, and around here it's also famous for being Jean Mason's home town. The intense love affair between town and team is well known, but recently Jean found a way to tell the town and her family, especially her mother, what being a part of Green Bay means to her.

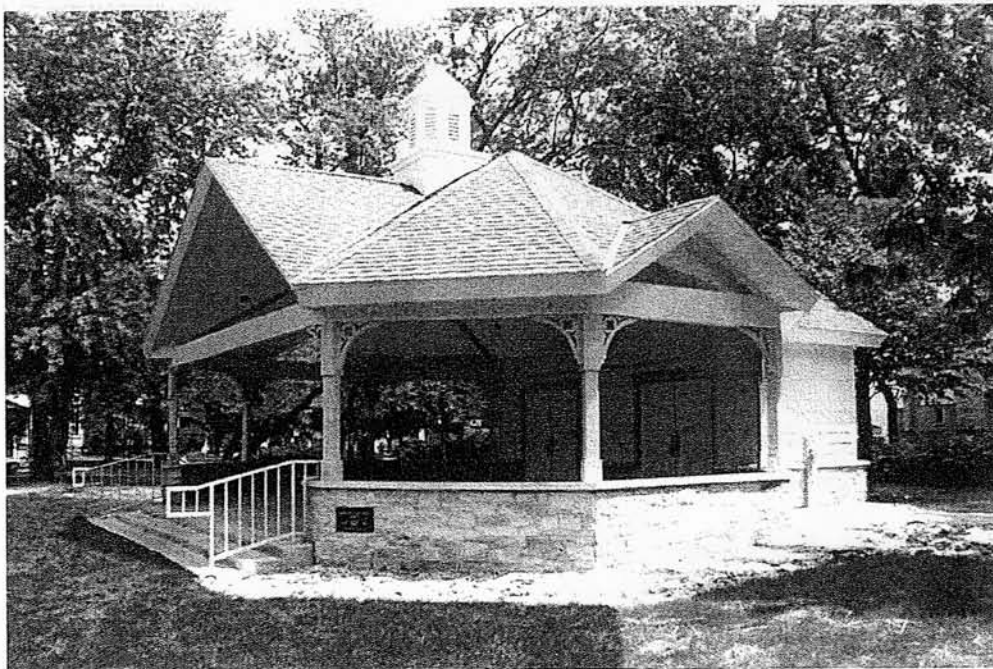
Jean's mother, Mildred, who died in 1996, lived in the center of Green Bay for 93 years. The family home, one of those splendid, rambling old 19<sup>th</sup> century houses that dot the American landscape, looked out toward the nearby village park, a social center where people came to hear the band play on Saturday night. Jean was born and brought up in that close-knit world, where her mother was a strong influence and single-handedly led the campaign to clean up the city's air pollution. She was awarded a citation of honor for this success in a ceremony at the White House.

The small town Jean grew up in is a city of 93,000 today, but the old homestead still looks out

on the St. James Park. There, August before last, Jean found a way to honor her mother and the city they both loved. In league with her brother, a well-known television director, she planned and presented to the city a splendid bandstand for the Park. The two supervised every stage of its creation. It will house not only band concerts, but civic ceremonies, weddings, speeches, municipal presentations, and entertainment of all kinds. In July, an Army band from Minnesota played there, beginning a Freedom Tour. The bandstand has won top honors, a Park Design Award from the Wisconsin Park and Recreation Association. The St. James Band Shell is now booked solid: school concerts, park and recreation activities, a blues concert, movie night, children's art fest, a traditional tea party fundraiser, community unity day, and two weddings.

A plaque on the shell honors Jean's mother, and on it is engraved a butterfly. She loved butterflies, and at the dedication ceremony a number of white butterflies flew in out of the Wisconsin blue to grace Jean's gift.

John Tebbel



St. James Park Bandstand

## A Little Bird Told Me

Fall has come to The Forest — the Dining Room is open again; the "Sun Birds" are returning from the North and Duke has won two football games! Among the first to arrive were **Dorothea Vann** and **Libby** and **John Getz**. **Molly** and **Frank Simes** spent September at Wrightsville beach, until the hurricane arrived.

Many residents traveled and/or had families and guests visit. **Mildred Fuller** attended a family reunion in Pennsylvania. **Melba Reeves** and family members went to Arlington National Cemetery for the Military Burial with full honors of her late husband, **Admiral Claude Reeves**. **Jean Mason** flitted to several places including the Adirondacks, and Green Bay. **Jayne** and **Glenn Jackson** visited with her brother who lives at Land Between the Lakes in Kentucky. **Jim Matthews** vacationed in California. **Anne Rice** flew to Oregon to spend time with son, Joel, and his family. **Collin** and **Betty Ostrander** visited several places in Minnesota including Albert Lea and Duluth. **Caroline Long** was in Missouri.

Some enjoy cruises the most — **Phil** and **Clare Eshelman** took a river boat down the Mis-

issippi from St. Paul to St. Louis. **Mary Ruth Miller** went by freighter around the Great Lakes from Montreal to Duluth.

**Steve Baxter** traveled to Salzburg and Bayreuth to attend operas. Each appearance required formal wear. Perhaps we will see some of those ruffled shirts at dinner! **Carl** and **Loma Young** signed up for a Mystery Tour. The destination turned out to be New Orleans.

Proud grandparents include **Bill** and **Dot Heroy** whose 14-year old grandson gave a great performance in the lead role of *Fiddler on the Roof* and **Bill** and **Harriet Fine** whose grandsons' firm had a full page story in the *New York Times*. All the members of this firm are graduates of Yale School of Architecture.

**Ruth Dillon**, with help from some of her friends from The Forest, planned and produced a memorable wedding (with bears) for a granddaughter.

**Ed Lee** was featured in *Hamilton College Quarterly* as an outstanding alumnus. **Grover Smith** celebrated his birthday with **Barbara** and all the members of the immediate family.



Jean Mason's Family Home

## Isabel

Dire warning for days —  
Finally Isabel made landfall.

Outside  
Trees leaned to hurricane force  
Leaves danced a furious ballet  
Rain slammed against windows

Inside  
All was dark and silent  
Later — a patch of pale moonlight  
on the carpet!

Florence Manning

## Friend of the Bride or Groom?

Picture the hectic preamble to a family home wedding! Just days before the first guests are due, an uninvited guest arrives. We had known there were a number of bears in the area, but had no personal contact with one until he tore open a plastic container of lawnmower oil and left the cement porch floor of an adjacent building slick as ice.

We redoubled our precautions even as we loaded our larder for the coming festivities. At dinner the night the groom's family arrived, we stared out the window at a great black bear ambling nonchalantly down the steps to the house. Our Scottish "in-laws-to-be" couldn't believe this was happening in New York!

We increased the number of "dump-runs" to lessen our appeal, but Act III found Bruin sitting in my son's rented SUV front passenger seat (with a large chunk of the backrest missing), surrounded by torn garbage bags. (A window had been left open.) A steadily growing audience finally sent him loping into the woods.

THE WEDDING HAPPENED. The many tantalizing odors of festive cooking advertised our desirability to the bear. The number of people in residence declined sharply.

Five nights after the ceremony, the bear crashed through an open window (screened, but open) into the kitchen. He cleaned up the lollipops (leaving the sticks) and the cookies, tore open numerous boxes of cereals, various flours, Jell-O, and savaged a gallon jar of mayonnaise with which he painted the tile floor. Three frightened octogenarians stood watch on the second floor while the Forest Ranger, summoned by phone, finally persuaded Bruin to leave, and shot twice as the bear climbed a tree. He escaped, wounded, but managed to elude trackers and dogs alike. A week passed before I once again heard him grunting and scavenging around the kitchen door. He tore out three

screens as I yodeled and beat on a pot to scare him off. He did go, but not before he left his paw print on the window beside the two he had made the night he broke in.

The Adirondacks made its statement:

THIS IS "FOREVER WILD" COUNTRY. CLOSE YOUR GROUND FLOOR WINDOWS AT NIGHT.

Ruth Dillon



## A Couple of Limericks

An ex-pirate named Hawk  
Caused his neighbors to gawk.  
He used teak from his deck  
For planking the walk.

A youth called McNerd  
Slapped an ostrich, we've heard;  
The ostrich snapped back—  
There's a hand in the bird.

George Chandler



## Library Notes

The TFAD Library has had a busy summer, providing entertainment for many people. We have received many new books, including 20 large print ones from one generous donor, plus a dozen or more from another donor, as well as other gifts. For listeners, we have many new audio books and videotapes. For jigsaw puzzle fans, we have many new ones. (Look for the 2003 tags on at least fifty of these.) The locator files for our collection and listings of the audio books and videotapes are now hanging in convenient places. (A complete card file, of course, would require more time than our volunteers have.)

Magazines keep coming for our use and for sharing with the Veterans Hospital and Duke Cancer Center. The VisualTek machine has been repaired and is ready for readers who need to enlarge a page. The copy machine, which belongs to the Residents' Association and is housed in the Library, is back to its old rules — payment on the honor system. (Doris Fields and Bette Gallie can be called for assistance.) The resident Wellness Book, kept in the cabinet above the wash basin in the copy room, is being well used to keep people informed.

Please keep the donations coming — preferably current ones. Just place them on the front desk for our Library helpers to sort and distribute. We want to keep our magazine rack full for our readers before we start re-distributing any. Any books we cannot use, such as duplicates, go down to Holbrook or to the Durham County Library. Some we offer to a book buyer to make money for Library expenses.

Our book collection needs to keep circulating. If you have a book or tape you've kept out for a month, that's too long! Please return it so that others can use it — especially the popular best-sellers. Just lay it on the front desk for Library helpers to take care of. (Leaving it elsewhere can cause problems.) Note also that all hardback books, audio books, and video tapes must be signed out on the

cards inside the back cover or box. Music tapes and CDs can be signed out in the notebook on the desk. Paperbacks need not be signed out. Just take them and return when finished.

Remember that the Library does have an audiotape player which can be signed out. See the desk assistant, since it is kept locked up.

The Library is a great place for mental stimulation. It's really much more than just a source of entertainment. Use it!

Mary Ruth Miller



## OOPS — Sorry for the slip

How could we possibly have failed, in our last issue, to include Ruth Phelps' name in the long list of residents who have graduated from the prestigious Juilliard School of Music?

Especially Ruth, well-known as an expert in both organ and piano performance, as a teacher, as a director of choral groups, as a church organist for 63 years, not to mention being the grandmother of a talented granddaughter who gave piano recitals in our auditorium at the ages of 14 and 16.

Editor

## Jim Thompson Writes Again

If there's one thing you can say about Jim Thompson — and that isn't easy because there's so much to say — it's that he's versatile. Chalk up 21 years in the Navy doing operational engineering, a stint as director of Environmental Services at a 900-bed CCRC, Director of Support Operations for five skilled nursing facilities, and a licensed Nursing Home Administrator — all this before he came to us as Director of Facility Services. And, now, in his spare time, he's becoming a writer. There isn't much left.

His new career began in February when *Nursing Home* magazine printed his article on safety in a long-term-care environment, meaning ours, which is described in detail. Then, in May, he outlined the construction process which is ongoing in our new Assisted Living addition, for *Assisted Living Success* magazine. On the drawing board now—that is, his computer—is an article on the renovation of our Health Center, especially the wallpaper and carpeting, for *Executive Housekeeping* magazine.

As if that isn't enough, he's doing work for Measurement Inc., a Durham-based organization which prepares questions for state standardized tests. Here Jim's specialty is organizing material for courses in the physical and environmental sciences. This is after hours work, when the rest of the Thompson family has gone to bed. His output is three questions a night, 90 per month.

In what could laughingly be called his spare time, Jim is involved with the Silver Chair training program for industry, writing safety training courses for housekeepers and others, a program now expanding to take in long-term care. He's currently devising a course for workers in long-term-care institutions.

The Thompsons are a writing family. His wife, Gail, has sold magazine articles. Jenna, his younger daughter, who works in our Health Center, has already demonstrated literary talent, and her sister, Tory, is a teacher, which also involves writing. So far, the head of the house is several laps

ahead in the literary race, but as all writers know, it's a fast track and a long run to the stretch.

John Tebbel

## October Dance

Throngs rush to see each majestic height  
Inspired by the sight, sensing its plight  
Marveling the splendor bright.

No sadness here, the orbits have sway  
Metronome ticking each moment away  
It's time to twirl and dance.

Pivoting in gowns of sparkling hue  
Leaves affirming by style a longing to  
Celebrate the last dance.

Sweatered children with mittened hands  
Tumble and prance in enchanted land  
Play leap frog and hand stand.

Quick as a wink as tots are a-sleepin  
Chill air portends the brisk winter creepin  
As the wind tests its dance.

Like a giant bear paw with one robust sweep  
Blustery blasts wipe the bright vision bleak  
Erase the October dance.

Memory lingers past the day; to dance  
Capture joy, adds richness to life's way  
Grateful for each October dance!

Melba Pifer Reeves



## Bouquet of the Month



This is actually a three month's bouquet, for the June to September period in which the Dining Services Department brilliantly solved the problem of feeding us all so well and so cleverly, first without the Café, and then without the Dining Room.

The plan for this miracle of loaves and fishes came initially from the sainted hand of Barrie Lobo, though he quickly gives all the credit to his co-workers: Laurie Lach, Linda Gardler, Kristina Wallace, Scott Worden, Rebecca Safarczyk, Hunnel Lopez, Peter Hoffman, and Residents' Dining Service Committee. Their works included:

Keeping the Dining Room open for breakfast, lunch, and dinner while turning the private dining room into a miniature Café and allotting a section of the main Dining Room for the casual diners.

Smoothly moving us to the Auditorium, re-fitted to seat 90 diners (while still allowing reservations) and with no waiting to be seated. (Mysteriously the tables disappeared and reappeared to allow full Auditorium activities.)

Devising an intricate system for ordering take-out meals that worked without a hitch.

Shrewdly expanding the dining options for all by keeping the Café open from 7:30 am to 6:30 pm, with the Studio available for choice seating.

The efficient and pleasant dining service we have enjoyed throughout this period could only have resulted from the heroic efforts of the Dining Service Staff.

Editor

## Welcome New Residents

Lewis and Pat Anderson  
Apartment 4014 489-1089

Pat attended Ohio State and Duke School of Nursing. Lewis studied at Mississippi State, Duke, and Pennsylvania. After his return to Duke to teach botany, he met Pat when he was a patient of hers in Duke Hospital. He saw action in the Navy in the Pacific aboard a carrier during WW II and then returned to Duke. There, even now, he is preparing a book on peat moss. The Andersons have five children. Pat, since the children left, has been looking after elderly friends, including several at TFAD. One daughter taught French after earning a degree at the Sorbonne; another has her doctorate in psychology; and the third is an officer in the Coast Guard. One son is retired from Japan Air Lines, and the other is director of the San Francisco Zoo. There are 11 grandchildren and 9 great grandchildren.



Photo by Ed Albrecht

## Welcome New Residents



Photo by Ed Albrecht

**Rhoda Garrett**  
Apartment 3030                      489-0148

Rhoda Garrett, after graduating from the University of Arkansas, became a teacher. While calling square dances at a USO club, she was offered a job. She worked as a USO recreation director at many different places in the United States, in Newfoundland, and Alaska. Along the way, she earned advanced degrees at Memphis State and Purdue. As a teacher, she had encountered students with a variety of physical, psychological, and emotional problems that interfered with their ability to learn and develop normally. She developed effective remedies which evolved into a Master's degree course called Developmental Learning at the University of Alabama, Huntsville. She taught and provided clinical counseling to children, young adults, and their families for over 20 years.



Photo by Ed Albrecht

**Judy and Bill Louv**  
Apartment 2031                      401-4073

The Forest at Duke is the Louvs third retirement domicile. They lived for a time in Dunedin, Florida, and came here from Fearington Village. They first encountered The Forest while attending a DILR course here and were particularly attracted by the beauty of the place. Judy is a native of Mount Lebanon, Pennsylvania, and went to Penn State. Bill comes from Malvern, Long Island. After graduating from Colgate, he joined General Electric in Schenectady, New York. Bill pursued his career as a financial manager with GE in Philadelphia and Judy served as supervisor of child-care personnel at the Montgomery County, Pennsylvania, Youth Center. She enjoys reading, swimming, and her friends, and takes part in volunteer work. Bill's interests include bridge, reading, fishing, and pool. The Louvs have six children and 13 grandchildren.



Photo by Ed Albrecht

John and Sylvia McCormick  
Apartment 3035 419-0666

The McCormicks came to The Forest from their first retirement home in Stuart, Florida. They were drawn to TFAD by the wide variety of available activities and our health care facilities. Also, their daughter is engaged in clinical research at Duke. Sylvia attended Marshall College, and both she and John earned Bachelors and Masters degrees from the University of West Virginia, she in Educational Administration and he in Chemical Engineering. John made his career with Union Carbide, and the family lived in Charleston, West Virginia, Charlotte, and Ridgewood, New Jersey. Sylvia was a secondary-school teacher and administrator in Charleston and Ridgewood specializing in health, recreation, and physical education. During the Second World War, she even coached boys' basketball and track. Both the McCormicks enjoy golf and travel. They have a son and a daughter and one granddaughter.



Photo by Ed Albrecht

Ed and Hilda Remmers  
Cottage 43 403-0812

Hilda became a Registered Nurse at a nursing school in Minneapolis, and received a BS degree in Nursing Education from Columbia University. She met Ed when she was working in an operating room at the University of California Hospital in San Francisco. After 25 years as a full-time wife and mother, she returned to nursing.

Ed earned undergraduate and graduate degrees from MIT in the 1950's. He joined the U.S. Navy and spent three spectacular years in San Francisco. His career was in the pharmaceutical industry and public health education. After retiring in 1996, he earned two more degrees at Rutgers. Their children are Ann, a manager of clinical trials for Pfizer Pharmaceuticals in Ann Arbor, MI, Barbara, an actuary teaching finance at Virginia Tech, and Philip, a missionary teacher in the Philippines.

The Remmers lived in Ridgewood, NJ for 42 years.



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Bob Blake's  
**Puzzle**

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

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

**Some Recent Residents**

ALEXANDER	COLTON	GARRETT	KRAKAUER	PAUL
ALICE	COOLIDGE	GILBERT	LEWIS	PENELOPE
ANDERSON	DIETRICH	GRIFFITH	LOUIS	REMMERS
BARBARA	DORIS	HENRY	LOUV	RHODA
BAXTER	EASTON	HILDA	MALCOLM	ROBERT
BILL	ED	HY	MATHERLY	ROSALIND
BLOCK	EDA	JEAN	McCORMICK	ROSE
BOB	ELKINS	JOEL	NED	SANFORD
BRYAN	FRUCHT	JOHN	OETTINGER	SHAWGER
CARL	GALLI	JUDY	ONDEK	SYLVIA
CHREMOS	GAY	KELLY	PAT	TANNER
				UNA

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