

Our Unique New Village



Residents stroll on the street, enjoying the sunshine streaming through the glass roof of the atrium. A glass-walled elevator completes the feeling of openness. The design gives no hint of its real purpose.

It sure doesn't look like a hospital or a health care facility! This issue of *The Forester* celebrates the unique design and beauty of the recently opened assisted living addition to our Health Center.

Leslie Jarema, praised by Steve Fishler as the principal planner of the facility, laid out design goals well before the architect, Alan Moore, was selected.

The major goal was to make the Center feel like a village, consisting of a number of small distinctive communities that will appeal to sophisticated residents.

A vital characteristic is openness, as compared to a feeling of confinement. Many years of observation of the behavior of residents who need assistance convinced Leslie that the residents prefer open spaces, where they can keep an eye on what is going on, rather than traditional activity rooms. Light from the sky and windows and the choice of colors adds to this effect.

Another criterion is that the village be real, as opposed to something like a Disneyland fantasy. There will be extensive use of real flowers and plants.

Yet another goal is variety. There are ten small dining alcoves and cafes, each furnished in a distinctive style. Colors of apartment doors, styles of lighting fixtures, and geometric shapes enhance the uniqueness of each

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The Forester

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In Memoriam

Louis E. Swanson	February 28, 2004
Ruth Nash	February 28, 2004
Ewald Busse	March 7, 2004
Shirley Wilkerson Elkins	March 7, 2004
Philip Vincent Eshelman	March 11, 2004
Beverly R. L. Dalton	March 15, 2004
Frederick Juer	March 19, 2004
Mildred Brouwer	March 28, 2004
Bloss Vail	April 2, 2004

President's Podium



For those of you who have not read the minutes of the last Residents' Board meeting, you should know that we have a new board member. Due to the unfortunate death of Dr. Bud Busse, I appointed, and the Board confirmed, Gene Moriarty to complete Bud's term on the Board. Gene will also chair the Health Committee.

Bud had served as Health Committee Chair for almost six years, and will be sorely missed.

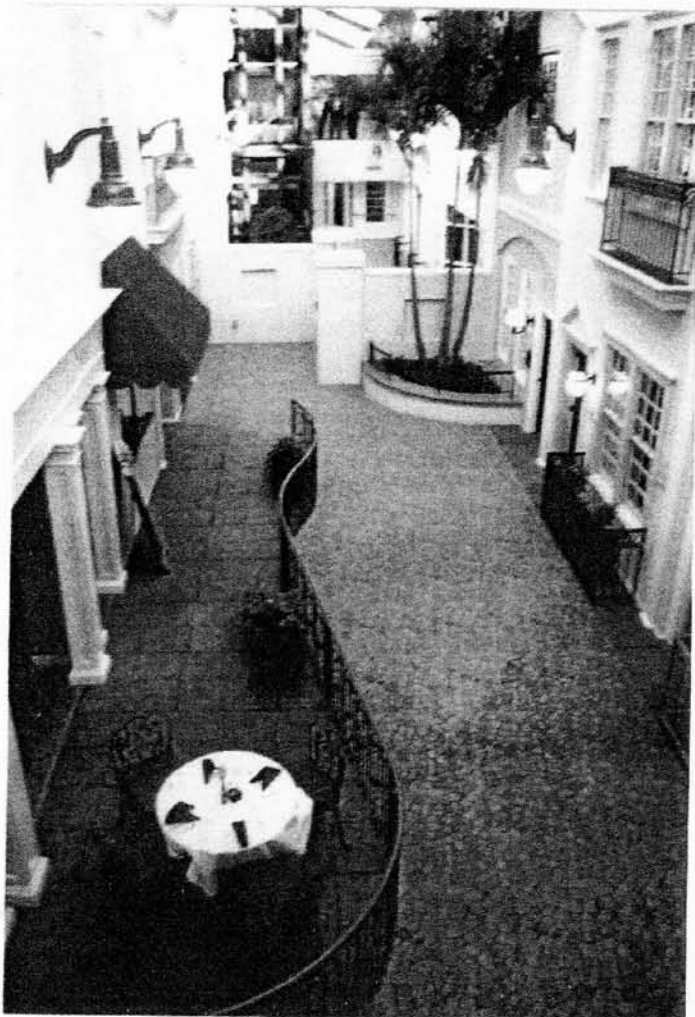
If you have been monitoring the dues collection chart on the bulletin board, you know that we did not reach our goal for a balanced budget. Our collection rate this year was 83%, compared with 60% last year. Any deficit will be made up from our reserve funds.

For your information a new treasurer's report format has been designed, and will appear on the bulletin board as of the end of each month.

Remember the Event Reports that were implemented at the beginning of the year (to report problems or questions submitted by the residents?). Well, they have trickled to zero over the past two months. This must mean that everyone is happy! We have logged sixteen event reports since November 1, 2003. Ten have been completed and six are pending. I have no plans to terminate this program, and I encourage continued participation by the residents.

I am looking for someone who has digital photography and computer photo editing experience to conduct a feasibility study. The objective of the study would be to determine if we could produce our pictorial directory in-house. Please call me (419-4080) if you are interested, so we can discuss the study in more detail.

Jim Shuping



(Continued from page 1)

living unit and gathering place.

Medical and sick-room equipment is deemphasized wherever practical. No medical charts will be displayed in the waiting room of the new clinic. Nursing stations are minimally disruptive to the homelike atmosphere.

The feeling of spaciousness is carried into the apartments. There are no single-room units in the new wing. Most have a small living room, a kitchen-breakfast room, and a spacious bathroom.

Maximum independence for the residents is the overall design goal.

Much attention has been given to signs, to help both residents and visitors remain well oriented.

Finally, the existing areas, Holbrook and Olsen, which are currently being renovated, will be integrated with the new communities.

Photos by Ed Albrecht

Two views of the street, showing the extension of a sidewalk café into the strolling area.



A pleasant gathering alcove, with comfortable and attractive furniture and a good view of one of two new gardens.



One of many dining places. The openness was achieved through bargaining with the enforcers of obsolete building codes. It says "Let's go in."



A charming walkway through a group of apartments, each with its porch/patio encouraging neighborliness.



The theater features old movie posters, functioning spotlights, large screen, and grand piano.



Each neighborhood of residents has its own distinctively styled restaurant. Here we have one featuring warm colors and art deco pictures, easy chairs by the window, and striking artifacts.



A gathering place is located at the intersection of two walkways and is open on three sides. To the right you see a convenient, but unobtrusive, nursing station. Signage provides orientation.

Library Notes

Are you a browser? In our library, that is a good word! Our shelves contain many books which have been read and enjoyed over the years by our residents, who are now sharing them. The only way to find them is to browse the shelves, using the Locator File hanging by the VisualTek machine on the wall to the left of the front desk. This list gives the shelf numbers, which are written in black on each section of shelves. The shelves are also labeled.

Fiction and biography sections are filled with titles which may be unfamiliar, and may not indicate the content of the book. Many of the titles themselves are intriguing, and the only way to get to know them is to give the book a try. I remember as a young reader that an unusual title would entice me to check out the book. Usually I found that I enjoyed it very much. For instance, do you know *The Dark Frigate* by C. B. Hawes or *Vanished* by Fletcher Knebel?

Sometimes here we seem to have a "herd mentality" — one which encourages us to read only what our friends have read. This limits our range considerably. Try something different!

Also, remember the classics. The reason they are considered classics is that they have stood the test of time, with universal appeal. Many of them are worth re-reading, especially if the last time you read them was many years ago. How about the Georgette Heyer novels or Inglis Fletcher's North Carolina ones? How long has it been since you've read W. M. Thackeray's *Vanity Fair*? Then there are James Michener's many volumes, all of them informative. Mystery fans will find numerous titles in the classroom, plus paperback fiction.

Don't forget to sign out all books, except the paperbacks, using the card in the back inside pocket. Anything else without a card should be entered in the notebook on the desk. Tape cassettes have cards too.

One item which should have been included in last month's "Notes" was a tribute to



Bouquet of the Month

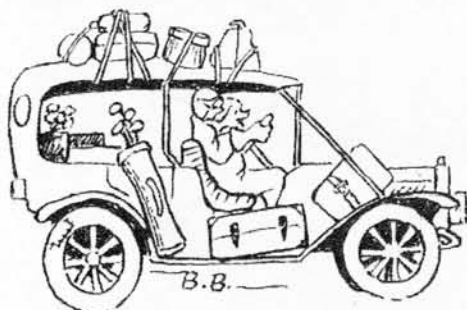
The bouquet is offered to Leslie Jarema, who had a dream and saw it to fruition. For many years Leslie has been a leader in reforming the environment in which aging people live. She has long been an active member of the North Carolina Coalition for Long Term Care Enhancement. The Forest at Duke has benefited from excellent health care in the past and, under Leslie's guidance, we are turning a new corner. The new Assisted Living facility appears to be a national trendsetter for style-of-living innovation.

Steve Fishler and many others deserve our thanks for making the addition to the Health Center a success. Jim Thompson was the coordinator and overseer of the construction. Steve, Jim, Ed Scott, the Project Manager, and the Project Team worked with architect Alan Moore, contractor Weaver Cooke, and others to coordinate planning, financing, and construction. They made the dream come true.

Thank you all.

Mary Lou Wolfe. We miss her faithful dedication and her expertise in the library. She worked every Sunday afternoon, plus many more hours at home on her computer, producing numerous cards and other materials. Most important, she created four directories: the Locator File, lists of the Video Cassettes and of the Audio Books, and the list of Modern Library volumes which are hard to see on the bottom shelf of the classroom. Her services to our library surely deserve a star in her crown!

Mary Ruth Miller



Resident Ramblings

April means daffodils and showers and also presenting correct figures to the IRS on the 15th. Since you are now in a "math mood," here are more figures to consider. The survey of "life work" as written in your biographies is now complete and shows an astonishing variety of accomplishments. This is not a scientific study — biographies are missing from some newer residents and also from a few people who have been here longer. Some may have had two careers — so the total will be more than the number of us.

Accountant 6	Agriculturalist 3	Architect
Artist 3	Attorney 3	Author 10
Auto Dealer	Banker 2	Broadcasting 2
Business 9	Cabinet Officer	Chemist 3
College Administration 7		Computing
Composing and Conducting 3		Contractor
Designer	Dietician 3	Editor 5
Engineer 13	Fashion	
Foreign Service 5		Geologist
Hearing Children	Home Economics	
Homemaker Fulltime 42	Homemaker, Volunteer 53	
Librarian 7	Life Insurance 2	
Medical Illustrator	Medical Research	Marketing 2
Military 17	Missionary 2	Music 6
Nurse 14	Painter 3	Peace Corps
Pharmacist	Physician 7	Priest
Professor 32	Public Relations	Public Service
Real Estate 2	Secretary 15	Social Work 3
Stock Broker	Teacher 27	
Tool and Die Maker		

Here are more numbers. Do you know how many plants there are here at The Forest in the public rooms, up and down the halls, and in Holbrook and Olsen? Over half are located in the two health centers. The number varies but usually it is around 185! There are 18 varieties and there are more *Spathiphyllum* (peace lily) than any other variety. Once a week they are all checked and watered as needed. Some are watered twice a week. About 75% have been given by various residents, and 25% were brought here by **Bob Blake**. He is responsible for their health and well-being. The greenery adds a great deal to the beauty of our interiors. Bob has been assisted at various times by **Milt Skolaut**, **Barbara Seay**, and **Hildur Blake**. We are glad for your "green thumbs."

It is becoming pretty and spring-like here; but there are still a number of travelers. **Earl Davis** and **Sarah McCracken** will travel to Holland to see the tulips. **Mary Ruth Miller** and **Marjorie Jones** are off again — this time on a cruise down the Mississippi from St. Louis to New Orleans. **Ann Barlow** went to Connecticut to visit her son and his family. **Edna Wilson** flew to Chicago and joined a group for a tour of the Southwest. **P. J. Burns** went to Baltimore for the installation of his daughter-in-law as minister in her new church. **George** and **Harriet Williams** are off again to Charleston. **Jean Tanner** was looking forward to a reunion with her daughter and her college age granddaughter. **Ruth Smith's** family were here to help celebrate her 100th birthday. **Bill** and **Ginny Goldthorp** were in Tampa to visit son and family. **Bob Guy** took a trip to the Baja Peninsula. It included whale-watching and boating to pat the whales on their backs!

Mary Gates

Growing Pains

Garden Plots

Last year's plot users have reclaimed their plots for the coming season, but chairman Frank Melpolder reports there are six plots (two raised) available now. Our annual clean-up day has been scheduled for Saturday 9:00AM on April 24. We hope the gardeners will turn up to lend a hand. If you don't know our gardens, come have a look. There is no charge for a plot but you must keep your plot and the surrounding grand path weeded.

Greenhouse

A special gathering took place at the greenhouse last month when Eric Ottoson came from Duke Gardens to talk about the care and culture of orchids. Everyone who attended thought it was most helpful. Eric made specific comments about the different plants and demonstrated the proper repotting technique. Recently I counted 106 orchid plants in our greenhouse with 23 different owners. Many of them need repotting.

Bruce Burns, the new greenhouse Chairman, had an annual meeting of the committee in March. He acknowledged the years of dedicated management by Noel Freeman. During the months that the greenhouse did not have a Chairman, a large infestation of mealy bugs occurred. Bruce has sprayed the affected plants several times, and the situation has improved. The committee will have to be more watchful of plants brought into the greenhouse. He has asked for help in monitoring and maintaining plants and welcomes volunteers.

April 15 will be clean-up day at the greenhouse. The committee will start at 9:00AM. All plants with no owner's name will be discarded. The benches and glass will be scrubbed and disinfected. We ask that all plants that grow outdoors be taken home by resident owners before the clean-up date to make our job easier.

Grounds

Chad has done some heavy pruning this winter, which should improve the looks of our grounds.

The hollies have been "limbed up" in the rose garden to give more room for the roses. Chad has replaced and redistributed the roses at the living room end of the rose garden for an improved appearance. The tree replacement work has been completed. Several Yoshimo cherry trees have been planted by door 5 and in the northeast corner of the rose garden. The landscaping around the new building is progressing nicely. We are all looking forward to seeing our lovely grounds looking even better.

Here's hoping for good growing conditions this year.

Betty Niles Gray



The Rose Garden

Some of my old stalwarts on the Rose Garden Committee are falling out after years of fun and faithful service, and I need new people to help keep the garden groomed and to arrange flowers for the lobby.

I feel sure there are gardeners among all you young, vigorous new residents, and I'm asking you to get in touch with me at 490-0511, Apt. 2008.

This is a great committee and you'll love being a part of it. I'd be most happy to talk with you and spell out what's expected.

Join us!

Bess Bowditch

Ad Lib

"Money, money, money makes the world go round." Cabaret



Target

When the pharaohs were building the pyramids, what did the ancient Egyptians think? Did the sight of these monuments rising out of the sand delight them or did they think them a foolish waste of effort?

I have read that the French were aghast when the Eiffel Tower was first erected. It was a sacrilege to put such an industrial structure among the chestnut trees! Time mellows. Now the French warmly embrace the tower. It is their logo. It is one of their biggest tourist attractions. They light it up like a Christmas tree every July 14th. They have strung it with elevators and have tucked in a restaurant here and there.

We have been watching with apprehension two enormous edifices rise out of the debris of South Square. They are red, massive and have a somewhat Soviet look to them. Will we learn to embrace them as the French have the Eiffel Tower? Will archeologists decades hence dust off shards and pronounce them worthy of a footnote? I think not.

In early March one of these monoliths, TARGET, opened its doors to reveal itself to the

public. I was curious. I went. The parking lot was awash with cars. Fortunately there was a flock of handicapped spaces near the front entrance. Once inside I found TARGET (to the cognoscenti, Tarjay) welcoming. The store has something neither Belk nor Walmart has — that is, class. You are immediately struck by how bright everything is — the shining white floors, the tomato red shopping carts. The aisles are wide and the shelving blissfully low. The service is unbelievable. At the end of almost every aisle is a telephone. If you are lost or need assistance, all you have to do is pick up a phone and someone will be at your elbow within two minutes. In spite of a jammed parking lot, the store was busy but never crowded. The left side of the building is the food section, the right, the department store. The displays are neat and done with taste. Though I had only intended to have a "look see," I left with a cart full. Everything was priced so irresistibly low. What my cart contained was a gorgeous white orchid plant (\$21.99,) a red umbrella (\$7.99,) a picture frame (\$6.99,) an Isaac Mizrahi jacket (\$27.99) and matching skirt (\$24.99,) and a toothbrush holder shaped like a martini glass (\$9.99.)

Incidentally, as you enter there is a rack of maps of the store. Take one. It will help you navigate. If you find the size of the store daunting, there are electric carts available. Happy shopping! Target's motto — "Expect more. Pay less." Target is an offshoot of Marshall Field's.

Medical Note

There are three things you should do if you think someone has had a stroke:

- (1) See if she can smile.
- (2) See if she can speak in complete sentences.
- (3) See if she can raise her arms.

If she fails any one of these tests, call 911. I realize men also get strokes, so you can change *she* to *he* in the above.

Libby Getz

Education Assistance Program

Miguel Peña, Dining Room Captain

A recent Forest Forward from Steve Fishler noted that 16 Forest employees from Dining Services and Health Services have received tuition and book assistance for the spring of 2004. Generous donations from residents enable this program to progress.

Miguel Peña, a typical recipient, has received grants for four semesters. He first heard of TFAD when he was assigned to come here and write a story about Ruth Smith. She was a member of the first family to own a Ford car! Later he was recruited at his school for our Dining Services. He has now been here nearly five years and works 32 hours a week.

He has attended the North Carolina Central University Law Program for two years and also takes courses at Durham Tech, which is associated with the program at NCCU. Next fall he plans to enroll at UNC Greensboro and study International Business and Finance. We hope that he will be back in our Dining Room on weekends. His long-time goal is to own his own law firm in France or Mexico.

Miguel, 19 years old, and his older sister are first generation Americans. His parents came from the Dominican Republic. His father is now a manager at Modus Media International and his mother is an elementary school teacher.

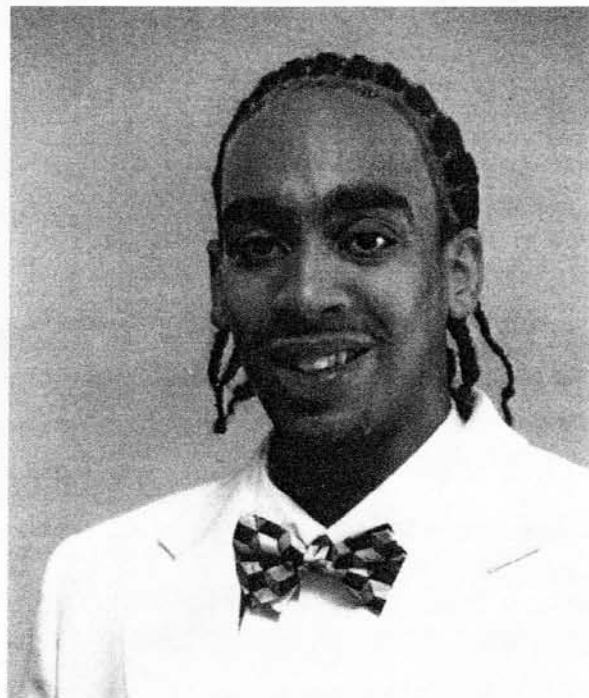
When Miguel has time, another interest is the Triangle Boxing Association. In the summer he visits his extended family in the Dominican Republic.

He expressed appreciation not only for the monetary help, but also for the interest and encouragement shown by residents. The diversity of our backgrounds fascinates him! Another big plus is the very helpful attitude of Barrie Lobo. The workers' school responsibilities are always a major priority and Barrie is flexible about schedules. The Forest at Duke is a good place for ambitious young people to work.

Contributions to help these students are al-

ways welcome. Checks may be made out to The Forest with memo naming The Education Fund. They should be sent to Linda Vannaman in the Administrative Office.

Mary Gates



Dates for Round Robin Bridge

The final matches of the Round Robin Bridge Tournament are being played in April. An awards luncheon is scheduled for Wednesday, May 19th in the dining room. All players, spouses, and other interested people are welcome. Do please sign up for lunch (\$5.50) in the Count-Me-In book in May.

Thinking about next year's tournament? Each player must sign up by June 30th on forms which can be found in the mail room area.

Betty Gray and Barbara Seay

Bob Blake's
Puzzle

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

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

Solar System

ASTERIODS	CORONA	GASES	NEBULA	REVOLVE
ASTRONAUT	COSMOS	GRAVITY	NEPTUNE	SATELLITE
ASTRONOMER	CRATER	JUPITER	PARTICLES	SATURN
ATMOSPHERE	DAY	LIGHT	PHYSICS	SOLAR
ATOM	EARTH	MARS	PLAINS	STAR
AXIS	ECLIPSE	MATTER	PLANET	SUN
BIG BANG	ELLIPTICAL	MERCURY	PLUTO	TELESCOPE
BLACK HOLE	ENERGY	METEOR	QUASAR	UNIVERSE
COLLISION	FUSION	MILKY WAY	REFLECT	WEIGHTLESS
COMET	GALAXY	MOON		
