

In Good Hands

"Activities" is its name, and "Active" is the right word for its operations and the four people who make them happen.

It has been a year since Robin Harper took over as Activities Director; she has steered the program on a steady course along channels which she had a large part in establishing. This was a wise move, for Activities has drawn the highest approval rating of all Forest departments, and it clearly did not need a major overhaul.



photo by Ed Albrecht

Robin joined The Forest staff as Assistant Director in August 1992, a month before the first residents began to move in. Her academic training was in arts education, and she earned her Bachelor of Fine Arts degree from East Carolina University.

She taught art to the youngest of primary school children in Durham and then went off for an adventurous tour in Africa with Habitat for Humanity.

Upon her return, Robin took the job as Assistant Activities Director at The Forest, and, as she now candidly admits, she looked upon it as a stop-gap-until the kind of job she really wanted came along. It didn't take her many months to decide that she had already found it.

Robin ungrudgingly credits her years of on-the-job experience as Lucy's deputy as excellent preparation for her present position. Forest residents and management can be thankful that someone with that kind of hands-on experience was ready to take over as director of the program.

The four-person Activities staff has functioned as a team from the start. Each member, past as well as present, has brought to the job skills which complement and fill out those of the others. Robin, as already noted, brought with her experience in art education which stood her well in establishing and nurturing the various art and craft lessons and workshops available to Forest residents. Lucy Grant had an almost unparalleled knowledge of the Triangle community, especially among its artists and performers.

Assistant Activities Director Maura Moore has been at The Forest less than a year, but has already demonstrated that she has special skills to contribute. Maura brings to her new position a background in theater performance and education. If there were questions about the extent of her talents, these had to have been eliminated from the minds of all those attending the Resident-Staff Holiday Celebration in the auditorium the week before Christmas. Maura not only produced and directed the show but served as MC and contrib-

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President's Podium



The Forester

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J. Leonard Goldner
Patricia Ann Ringwald
Dorothy M. Shoenhut

December 6, 2005
December 13, 2005
December 20, 2005
December 24, 2005
December 31, 2005

From time to time I will use this column to expand on subjects of resident interest that are not adequately covered in the Disclosure Statement.

This month I will discuss the "reimbursement procedures" for the Clinic located in The Forest At Duke Health and Wellness Center (hereafter referred to as the Clinic). These procedures are misunderstood by many residents, especially with Medicare being such a hot subject.

We have many medical support contracts, e.g., physician, therapy, laboratory, supplies, etc. I will discuss only physician, therapy and laboratory.

Physician: We have a contract with Duke Private Diagnostic Clinic to provide a staff Medical Director, and also to provide primary medical care services to our residents. Dr. Buhr fills both of these positions. Dr. Buhr has her own MEDICARE provider number; therefore, when you receive services from the Clinic, The Forest bills MEDICARE for those services covered under Part B, using Dr. Buhr's provider number. The Forest receives the reimbursement from MEDICARE into our general revenues. Part of your monthly service fees are used to supplement the MEDICARE reimbursements, and also to supplement the Health and Wellness Center costs.

Therapy: Now, let's look at the therapy procedures. We have a contract with Legacy in Raleigh, NC (at no cost to The Forest) to provide various therapeutic services (physical, occupational and speech) to our residents when ordered by The Forest's Physician. This is accomplished by having Jane Hamilton and other therapists on site to perform services ordered by Dr. Buhr. The Forest provides space, and some equipment, for the therapist's work. All billing is done through Legacy,

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and any reimbursement is retained by them. They have their own MEDICARE provider number, and MEDICARE reimburses them directly for their services. If any therapeutic services are performed without The Forest's physician's order, or if MEDICARE has determined that additional services would not benefit the patient, the resident would bear all costs. Dr. Kim Johnson serves the residents in the Olsen and Biltmore neighborhoods and she, or the geriatric fellow she supervises, can order therapy.

Laboratory: We also have a contract with Select Diagnostics and they bill Medicare Part B, and private secondary insurance, for lab work that is covered, and receive the monies directly, as Legacy does.

Jim Shuping



Bouquet of the Month

Here's to Priscilla and her wondrous Gift Shop. Aided by Teri and the many volunteers, they provide on-the-spot wares for residents' convenience — and all in that mini-space. From their inspired efforts, \$3000 has recently been given to the Benevolent Fund. Three Cheers!!

The Magic of a Word

I never cease to marvel at the wonder of the English language. A single word can have two or more meanings. The word “wonder” becomes quite different if you simply add “full” at the end. To use the word “wonder” suggests speculation about what might be, while adding another syllable is giving it a sense of excitement.



At the present time I am thinking of two of the most special words in our language. Two of the most often used words are “gonna” and “tomorrow.”

I could not find “gonna” in my dictionary. I must speak to Mr. Webster about that. I am sure he will be embarrassed at such an oversight. Yet the word is used constantly. We are always saying “I'm gonna do so and so.”

When you join that word with “tomorrow” you've got it made. “I'm gonna write all those letters tomorrow.” That is the most wonderful cop-out in the English language!!! So we thank Mr. Webster and the unknown wordsmith who have been so gracious in blessing us with those two most enabling words.

I cannot imagine a world without those two glorious words. I would be deep in doo-doo without them.

Peter Robinson



photo by Ed Albrecht

Ruth Powell, Maura Moore, Becky Binney, Glenn Arrington, and Robin Harper

In Good Hands

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uted a highly applauded and highly professional vocal turn.

Fitness Coordinator Becky Binney not only oversees a fantastic collection of sophisticated exercise equipment but can provide a fitness program designed to meet innumerable physical problems.

The senior member of the Activities staff, in length of service, is Glenn Arrington. He had been on the job a week before Robin arrived. If Glenn were not available, working (and walking) fast, silently, and efficiently, life at The Forest would probably come to a standstill. He has his finger in many of the things we have come to depend upon like the in-house mail boxes, the Count Me In ' Book, the regular weekly shopping trips, displays in the foyer, and your birthday balloon.

One might say that the Activities program, like Topsy, just grew. The density of that growth has meant that occasional overlaps in scheduling

are inevitable, and this is one of the things that worries Robin. How can all the varied activities be fitted into the limited number of days and hours available?

When one thinks of what is offered, one can only wonder that there aren't even more conflicts.

Consider just the regularly scheduled transportation that residents have come to rely upon, including rides to artistic and athletic events and church services and the weekly shopping runs.

Add to these the many non-series events to which transportation is provided and the wide variety of entertainment programs in the auditorium, and you are still only scratching the surface. Also to be fitted in are the hands-on arts and crafts classes and the full slate of fitness programs provided under Becky Binney's supervision.

Robin has made it a major goal to improve communications between her department and Forest residents. With the activities schedule as full and as varied as it is, residents need to know well in

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advance what programs are available if they are to plan their schedules.

Robin and Maura continue to work to improve the monthly Activities Bulletin to make it easier for residents to find and sign up for forthcoming programs that will interest them. Channel 8 programming has recently been expanded to include announcements of events in the Assisted Living and nursing wings, such as the movie matinees in the Ritz theater, that might interest the independent residents.

At The Forest today, activities specially tailored for residents of the assisted-living and nursing-care wings are provided, mostly on-site, under the capable and imaginative direction of Mary Godbey. It is one of Robin's goals, however, to make sure that all Forest residents know that they are welcome to participate in the activities planned by her team, even if they are largely designed with the interests of the independent residents in view.

Communication, of course, works both ways. It is equally important for the Activities staff to know in advance what the attendance will be at any given event, especially where use of The Forest bus is involved. There have been occasions recently when the number of those actually showing up when the bus was ready to depart was only a small fraction of the number who had originally indicated their intention of attending the scheduled event. Perhaps the best way for Forest residents to show their appreciation for the hard work put in by the Activities staff would be to sign the Count Me In Book early and, even more important, to cross their names off the list promptly if their plans change.

Robin came to the job with ample experience and inherent skills, and she has demonstrated her capabilities as a manager and principal spokesman for her program. Those who have kept an eye on her progress have seen her display new levels of poise and confidence in her own abilities.

Activities at The Forest at Duke are in good hands.

George Chandler

When They Were Young(er)



The "beauty queen" pictured below and the "movie star" above are now residents at The Forest. Can you recognize them? Identities will be revealed in the February *Forester*.



From Bruno to Igor to Skitch

What are the odds of making it in the music world with no formal training in music until age 12? Norman Greenberg beat those odds when he entered high school at age 12 and took advantage of free instrument lessons. At that time in New York City his school of 10,000 had bands and orchestras and opportunity everywhere. Norman feels that without the advantages of an urban environment it would have been tough to pick up his skills.

Even before he graduated, even before his Juilliard scholarship, he played under Otto Klemperer in the WPA Youth Orchestra. Once he "made it" as an accomplished French Horn player in the New York area, networking led to a busy musical career. At Juilliard he played under then Choral Director Robert Shaw, as well as The Forest's own Robert Ward (who later hired Greenberg for the Columbia University Band when Ward was the conductor of that organization.)

In 1947 the movie "Carnegie Hall" appeared—Norman playing under Leopold Stokowski with the New York Philharmonic. Recently the DVD of the movie has become available—ask Norman about his appearance! And he can also tell you about playing under the batons of Leonard Bernstein, Serge Koussevitsky, Arthur Fiedler, Artur Rodzinski, Carlos Chavez and many others.

Bruno Walter was one of the "good guys." There was, however, a French conductor of the Ballet Russe de Monte Carlo who was so difficult that the orchestra refused to play under him and thus, he was replaced. The four years with the Ballet Theater were more positive with a full orchestra under Max Goberman.

The premier of Stravinsky's "Symphony for Winds" as conducted by the master is memorable. At Stravinsky's insistence it was played twice on the first program because he didn't want reviews to be written after just one hearing!

Years with the New York Brass Quintet involved some traveling and recollections of Aaron Copland. Norman's been involved in a range of music from classical symphonic to Broadway musi-

cals, sometimes filling in for vacationing orchestra members. In the 1950s the job with the most security was the Radio City Music Hall Symphony Orchestra. (Rehearsing was done between shows!) There was a guaranteed 52-week contract with full benefits—even a cafeteria and gym. Some unique memories include playing for the Broadway show, "Music in my Heart," based on the life of Tchaikovsky, which folded after two weeks. Norman says there were more people playing in the orchestra pit than in the audience.



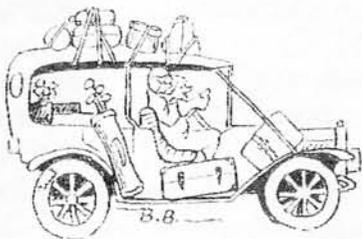
The TV series "Our Wonderful Town" meant an introduction to the conductor and arranger, Skitch Henderson. Norman describes it as bringing good pay, and Skitch as a great musician and a special kind of person.

Victor Borge, Norman says, is just as he appeared on screen—lots of fun. When Norman auditioned to join his orchestra, Borge asked, "Do you speak French?" A routine was worked up for Norman to appear with his French Horn and, when asked that question, he would swing into "The Last Time I Saw Paris." After endless practice, Norman was ready—only to be cut short during the actual program.

When pressed for his favorite areas of music, Norman says it's probably playing 19th century German and Russian composers with large orchestras. And he couldn't leave out opera, especially 19th century French.

He recounts the many changes through the years. In the 1930s all skilled horn players were European; teachers in the U.S. were all foreigners. Nowadays the Americans are supreme and fill the orchestra sections in the U.S. and Europe.

Virginia Jones



Resident Ramblings

Christmas, Hanukkah, and Kwanzaa have been celebrated with special feasts, time spent with family and friends, and music of many kinds. And now we can rejoice that every day is a little longer than the last.

Santa Claus had to look near and far — far and wide for many residents. **Betty Lamar, Jean Mason, Carolyn Vail, and Libby Getz** were at Fearington Village. **Mary Ruth Miller** went to Lake Burton in the North Georgia Mountains to celebrate her birthday and Christmas with relatives. **Sylvia** and **John McCormick** were on a cruise with some old friends. **Peg Lewis** was with her son in Phoenix.

Carol and Mal Oettinger went to Phoenix for several days and then came back to The Forest to host a large family gathering. **Kelly Matherly** and **John Setzer** also had a large family group for dinner at The Forest on Christmas. **Anne Rice** was in Oregon with her son and family. **Libby** and **Harry Whitaker** had their family holiday reunion at Wintergreen, Virginia the week after Christmas. Skiing and other activities were available.

Ann Campbell with her daughter went to Williamsburg for the famous Illumination Weekend. Ann also met her granddaughter and great grandbaby there.

Florence Manning had several visitors last fall including her son from Ontario, Canada; a niece from Oregon; and a granddaughter from Vermont were here for Thanksgiving. **Molly Simes** and **Evebell Dunham** spent a December weekend in Myrtle Beach and saw two wonderful shows. Evebell went to Kentucky to spend Christmas with daughter, Rita and family.

Lois Bateson's daughter is married to one of Dave Brubeck's sons. Dave gave concerts last month in London and the whole family, including Lois went along to England. The concerts were a great success, of course, and so were the parties including one given by the American Ambassador!

Have a Happy and Healthy New Year and don't break those resolutions!

Mary Gates

Take Me To Old Vienna

Surround me
with beautiful interiors
and waltzes light and gay.
When Straus' waltzes
fill the air,
my spirit soars away.

Dolores Gifford Johnson

The Hallwalkers

With their walkers
With their wheelchairs
With their trim physiques
Little poodles in their arms
Ah! The world is full of charms.

They greet you with a smile-
Hello!
You stop to chat with those you know.
The social life at FAD is here
In halls at every time of year.

Dolores Gifford Johnson

Welcome New Residents



Mary Ann Stone

Cottage 25

489-4396

A native of Winston Salem, Mary Ann Stone attended Randolph Macon Women's College and graduated from Duke. She lived and raised her family in Durham. She has three daughters, two sons-in-law and five grandchildren, all living in Durham, except for her oldest grandchild who teaches school in Washington, DC. Mary Ann volunteers at her church, is interested in Tai-Chi, and enjoys reading and what she calls low-key bridge. She was drawn to The Forest by its reputation as well as the presence here of friends.

Biographies Edited by George Chandler
Photos by Ed Albrecht

Bruce and Nell Rubidge

Cottage 51

402-8371

Nell was born and raised in Raleigh. She graduated from Duke in 1955. Bruce was born in Massachusetts but raised in northern New Jersey. He graduated from Princeton in 1953. Nell spotted Bruce in the subway in New York City in 1956, followed him home, and he, admiring her good taste, proposed almost immediately. Married in 1957, they had three children, twin boys and a girl. Now, they have four grandchildren, two in Greensboro and two in Westport, CT. They have lived in Larchmont, NY, Pittsburgh, and Chapel Hill. Nell has been active at the Sarah P. Duke Gardens since 1985. She proposed and developed the docent training program at the Gardens. She has a continuing interest in art, having served as a docent at the Carnegie Museum of Art in Pittsburgh and the Ackland in Chapel Hill. Bruce retired from his business as an investment adviser in Chapel Hill in 1994. He reads to the visually-impaired at the Triangle Radio Reading Service in Raleigh every Thursday. He served as a trustee of the University Presbyterian Church in Chapel Hill. He occasionally plays golf at the Chapel Hill Country Club and paints in acrylics, doing both, he claims, rather badly. He has recently "discovered" astronomy and brought an eight inch telescope to The Forest



Martha Votta

Apartment 4005 490-2974

Martha was born in Hazleton, Pennsylvania the youngest of fourteen children. When she was eight, the family moved to Detroit where she went to school and later worked as a secretary. As an Army wife, she and her husband, Michael, lived in California, Mississippi, and Texas. They moved to Durham about ten years ago to be near their son, Michael, Junior, a clarinetist and a Professor of Music at the University of North Carolina, Chapel Hill, where he conducts the University's wind band.

**John and Neomi TePaske**

Cottage 55 489-8802

The TePaskes are natives of Michigan, Neomi from Flint and John from Grand Rapids. They still have a second home near the northern tip of Michigan's lower peninsula, where they plan to spend much of next summer, as they usually do. They met when they were undergraduates at Michigan State University. Upon graduating, they were married and came to Duke where John earned his masters and, after service in the Army, his PhD. After eight years in Columbus, where John taught at Ohio State, they returned to Durham where he joined the Duke History faculty. His academic interests have centered largely on the activities of Spain in the New World. As a result the TePaskes spent a number of summers in Spain and a full year in South America accompanied by their then school-age children. Neomi made her career as a school psychologist, working mostly with elementary school students. The TePaskes have two married daughters, one, a physician, in Asheville and the other a counselor at the University of Michigan,



When Susan Shuping Broke Her Purple Band

An event in Sit & Be Fit

And why November 21, 2005 will go down in history:

Some people aspire to gain strength
Others are content simply to control weight
But oh what joy when an event occurs
And becomes an occasion for special people to boast
About interest in well-being, balance and strength,
Because they obviously have the most.

So, on November 21st, Susan Shuping surprised us with a laugh
By picking up a purple band and breaking it in half.
Some people do it standing up
And some do it sitting down
Yet when Susan starts her exercises
You better not laugh or frown.

She takes up her band on the sly
As if to show us something, or boast
Then comes the surprise: "Lights Alive!"
She does so much more than most.
The band snapped. Harrah, it smarts!
We didn't know she could be so grand
When strong Susan broke her purple band.

Caroline Long

Contributing poet's note to Editor: Please list ten reasons why this shouldn't go in *The Forester* (and NOT one reason repeated ten times.)

Editor's note: The importance of this submission is indicated in the demanding note above. Let the record also show that the "purple band" is a strong elastic band that is used in the most vigorous exercises and has never before been broken.





Winter is here, and with it come many good days to stay home with a good book or tape to watch or listen to. Come explore the TF AD Library's many offerings. In addition to recent titles, we have many of the old favorites which can provide a pleasurable re-acquaintance. Be sure to look for novels in both the main room and the classroom. The classroom houses all tapes (except a few medical ones), and all paperbacks, plus the hardback mysteries and various anthologies of good reading, including short stories. Down on the bottom shelf are the Modern Library books—classics that have stood the test of time.

For locations of other categories, be sure to check the directory hanging above the enlarger near the desk. All shelves are numbered. Fiction is shelved alphabetically by author, and biographies are alphabetical by subject.

We do welcome donations, especially items your friends here might enjoy. When bringing in magazines, though, please do not mutilate them by tearing off the address part. After all, addresses are public in the telephone book. Books and magazines in bad shape we just have to discard.

Please help us keep things in order by letting our library helpers shelve magazines alphabetically and put newspapers on their racks. We also take care of the re-cycling.

Our library has more than books, too. Drivers' Handbooks, maps, voting information, tax information, mailing list removal forms—many helpful materials are here. Soon we hope to have income tax information and forms available. (The North Carolina tax office has moved, though, and that information must be had by telephone.) When you have finished using your big tax books, the library will welcome them as donations.

The Durham County Library has designated February as "Love Your Library Month." Let's love

and enjoy both the County Library's OASIS program on second and fourth Thursday afternoons, and our own library all the time!

Lee Phelps has been taking our old magazines to the VA Hospital. He needs help from one or more who would gradually take over this job. If you would like to help Lee, please call him and discuss the arrangements.

Mary Ruth Miller

World's Shortest History Lesson

Henry the Eighth
To six wives was wedded
One died, one survived
Two divorced, two beheaded.

A Lament

Oft in the stilly night
Ere slumber's chain has bound me
I think of things I should have said
When others were around me
And of such woeful waste of wit
Constructively I weep
And often in the still of night
I kick myself to sleep.

Anonymous

Belated Seasonal Specials

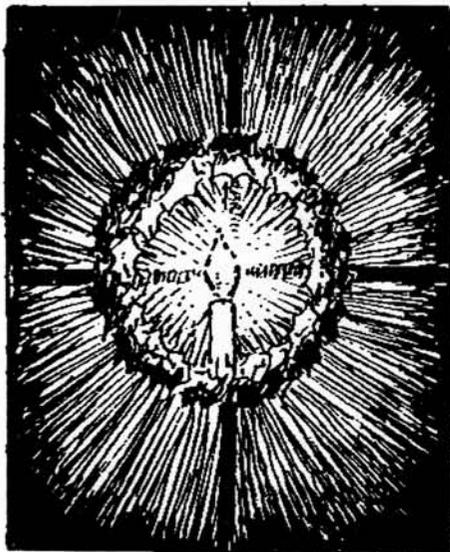
Christmas Gift to Night-time Travelers

Christmas lights of
red, blue, green, seem to
open doors to
love-trimmed homes.

Windows gleam
with candled friendship
warmth displaces
cold of night.

Christmas Gift
to weary travelers
trimmed with
multihues of light!

Florence Manning



Fall Foliage

This fall is Charlemagne's:
His crown of ancient gold and royal reds
lies on a mat of emerald pine.
He sweeps his mantle of brocade
across the aging fields,
abandoning a jewel here, a remnant there,
of oriental shades.

Ruth Phelps

— as inspired by Edna St. Vincent Millay,
who wrote:

"Lord, I do fear
thou'st made the world too beautiful this year,
My soul is all but out of me, — let fall
no burning leaf, prithee, let no bird call."

