

Calling Dr. Buhr

Gwendolen Buhr has wanted to be a geriatrician since high school. "At first I wanted to be a pediatrician, but my mother worked as a nurse with older people, doing crafts in a nursing home. I used to go and do the crafts. I found I enjoyed their company. They were interesting to talk with."

Dr. Buhr was born in Dallas, Texas and attended high school there, graduating as valedictorian. She earned honors with her science degree at Southwestern University, 30 miles north of Austin. She became an M.D. at the University of Texas at San Antonio. She continued her training, first at Greensboro and then at Duke, where she met her husband. He is a research professor in biochemistry at Duke.

Once she was a big Dallas Cowboy fan, but now her main rooting interest is Duke, particularly women's basketball. She still watches the San Antonio Spurs play basketball. Her active hobbies include jogging and lifting weights, a program in which she feels she has fallen behind a bit. She and her husband both garden ("Me veggies, him flowers.") She also enjoys reading, mainly nonfiction and memoirs, with an occasional mystery thrown in.

She sees her job as "Basically trying to keep people healthy and active so they can have the best quality of life." She hopes to get to know each patient "as a whole person" and points out that Dr. Galanos had 12 years to get to know the people at The Forest. "It takes time."

Dr. Buhr has been medical director of five nursing homes in North Carolina, including one in Smithfield, where she spent a day each week. At The Forest she is available three half days per week. Her primary nurse, Mitzi Goodwin, works five days a week and would call her to come over

for a special case. Additionally she says there is always a nurse on duty at Holbrook or Olsen. If a serious problem arises, she advises residents to push their "protect" buttons because a doctor will always be on call.

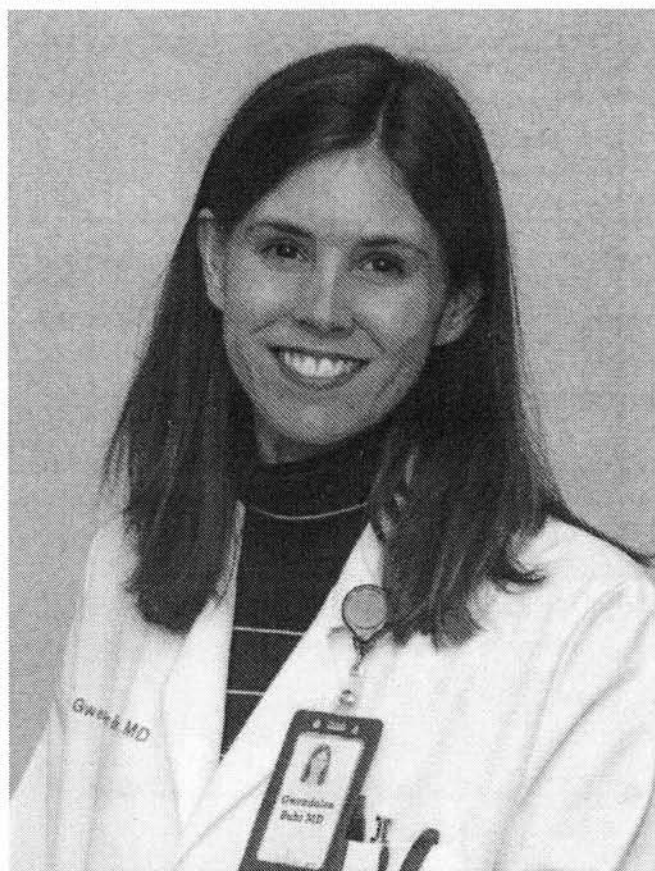


photo by Ed Albrecht

Dr. Buhr has been impressed by the low turnover of nurses in the assisted care units. She credits Diane Long, director of nursing, noting many care facilities have a much more frequent turnover.

(Continued on page 3)

The Forester

The newsletter of the Residents' Association of The Forest at Duke, Inc., 2701 Pickett Rd., Durham, NC 27705-5610. Published monthly except July, August, and September by and for the residents.

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**President's Podium**

Here is some information that may be of interest to some of you. I completed a little research on how you pay for prescription drugs when you are in health care (HWC). The Forest has a contract with *Neil Medical* to provide individually packaged daily dosage of prescription drugs. This contract also covers other services, such as: medication dispensing carts, inspection of "on hand" medications to insure date compliance, stocking the emergency medication cabinet, etc. The pharmacy bills the resident's insurance company (if there is one), and then any unpaid amount is billed to the resident. Supplies that are used while you are in HWC are billed on your TFAD monthly statement.

A requirement of the Accreditation process is to maintain a file on independent resident needs, and determine if the CCRC is meeting those needs. Our resident Accreditation Committee, in conjunction with staff input, is designing a questionnaire to determine what your needs are, and how well those needs are met. There will be an annual update, in order to keep your file current. A cover letter will accompany the questionnaire, explaining the purpose and processing.

Jim Shuping

In Memoriam

Mary Anne O'Rourke Lewis February 6, 2006
Verna Bell A. "Bo" Boteler February 22, 2006

Dr. Buhr

(Continued from page 1)

She likes to travel, visiting western states like California, New Mexico and Colorado, and has made overseas trips to England, Spain, China, Amsterdam, and her favorite, Italy. When she and her husband travel, they must find temporary lodging for their pet, Kelly, a cat of indeterminate years.

What advice does Dr. Buhr offer residents? "We need to know what your preferences are. Be sure to file a living will with us. It's important to have your medical history on file and to have a complete physical examination once a year."

Mal Oettinger

Officers

Representatives of the Eastern Region of the Continuing Care Community Residents of North Carolina (CCCR of NC) met at Belle Meade in Southern Pines. Twenty attendees represented 10 of the 13 eligible retirement facilities in the Region.

The entire Eastern Region will meet on Tuesday, April 25 at Belle Meade. The theme will be "Living to the Max." A noted Duke University professor will be the primary speaker.

Officers nominated for the 2006-07 year were: President: Bob Wyatt of Belle Meade, Vice-president: **Ned Arnett of The Forest at Duke**, Secretary: A I Duprey of St. Joseph of the Pines, and Treasurer: Gloria Wyatt of Belle Meade

Objectives

The Forester is published by and at the expense of The Residents' Association. Its purpose is to inform and entertain the residents. It serves as a vehicle for the writings of the residents, and should, to the extent possible, be the work of the people living here. It is not a "gripe sheet" and should exercise restraint in publishing controversial opinions. It also serves as a resource for preserving the history of The Forest at Duke.



Bouquet of the Month

To Gus on his 102nd Birthday

There's a young fellow named Gus
Who's really much older than us.
His business was babies
But now it's the ladies
Who cause the commotion and fuss.

His marbles are all in their place.
Not a wrinkle he has on his face.
He's both sweet and sour
Depends on the hour,
Depends on the lady or place.

Libby Getz

Gus we love you

Wanderlust

Hildegard — the name alone suggests a woman of mystery, adventure, intrigue. It calls to mind the Hildegard of movie fame, the sexy cabaret singer of French torch songs. Our neighbor, here at The Forest, Hildegard Ryals will tell you quickly that she doesn't do torch songs. However, what an adventure her life has been.

Walking into her home, one is immediately aware that hers has not been a sedentary life. Among the beautiful old pieces of American Empire furniture, most of which were collected by her late husband, Professor Clyde Ryals, are souvenirs from countries world wide. Hildegard has been, and continues to be an avid traveler. There are few places in the world where she has not set foot.

Hildegard Scheffey was born in Philadelphia. She was the fourth child in a family of five. She attended public school in the early elementary years, then moved on to Baldwin, a girl's boarding school west of Philadelphia. In high school she attended the Madeira School in Virginia, then on to Mount Holyoke for college. In her junior year she boarded a freighter, as she explains, not a floating five star hotel, and headed for Germany to spend a year abroad.



The beginning of her travels.

The year spent in Germany was exciting. Not only did she learn German, being immersed in the language by living with a German family, but she was able to travel throughout Western Europe, learn the customs and become familiar with the European culture. The German family became her second family and she thrived in her new home. She attended the University of Bonn, which in those years was somewhat stark but still housed, and is today, in a beautiful old historic palace. Needless to say, she made friends everywhere she went.

The following year it was back to Mount Holyoke and graduation. Hildegard had a special Holyoke classmate who also had spent her junior year in Europe. After graduation the two of them were determined to return to Europe to see all the things they had missed. So the two of them began to plot!

Her friend's name was Belle and Hildegard was "Boots" a nickname she had acquired in college. Thus was born the "Boots and Bell" travel club. They arranged a trip to Europe while sitting in a bar one evening. They mapped it all out on cocktail napkins. Boots would be responsible for Germany and Holland and Belle would do France and Switzerland. They would share Italy. And so it began! Nine students signed up for the tour and off they went on another freighter. After 10 days they landed in Hamburg where they met their new source of ground transportation, a big old Volkswagen bus with five gears and a luggage rack on top.

Belle was the first designated driver. The only problem was that she had never driven a stick shift before. Belle was a quick learner and after many jerks and jolts they were on their way. The tour was planned for eight weeks and there were a few ground rules that the leaders insisted upon. Most important was that everyone must save the roll that they were given with their breakfast, and it must be wrapped in a napkin, which also must be saved. This was to insure that when they stopped for lunch at a market they could buy cheese and other fillings for their rolls. Lunch was always a

(Continued on page 5)



Hildegard at home in her own Garden of Eden at The Forest at Duke

picnic and the napkin, of course, was an insurance for bathroom stops.

Such a fun trip! Boots, of course guided them through Germany with great confidence. Here their first stop was at Hildegard's German family in Bonn. From Germany they traveled by Rhine boat to Switzerland, then on to France and Italy. Each country and city brought a new experience, some mishaps, and much laughter. Hildegard smiled as she told about their old VW bus breaking down in France. A new part had to be ordered, so they were grounded for a few days. They were not far from the beautiful Loire Valley. There they rented bicycles and pedaled their way around the countryside. This turned out to be a highlight of their trip. Fortunately the delay did not cut short their time in Paris. It was a grand trip and quite successful. Apparently the "Boots and Bell" group was remembered all over Europe.

After putting their group safely back on the homebound ship, they, too, decided it was time to return and assure their families that they were ready to stay on home territory, for a while, anyway.

Hildegard went to live in Washington and received her MA in South Asian Studies at the Johns Hopkins School of International Studies. Af-

ter graduate school she was off again for another adventure. This time to Tokyo, working in international relations. When she left Japan, Hildegard was bitten by the travel bug again. Before heading back to the United States she visited Indonesia, Cambodia, Viet Nam, Burma, India, Nepal, Istanbul and Bombay. Traveling alone was not the same as traveling with a companion, but the thrill of new discoveries, new people, and different cultures was an exciting experience.

Upon arriving back in this country Hildegard moved to New York and worked in Nelson Rockefeller's campaign for president. She later worked for William H. Whyte on *Cluster Development 1964*, an important publication and a study of the changing urban and suburban land-use patterns, a job she loved.

Finally, the lure of family took precedence over the allure of New York. Hildegard returned to Philadelphia and bought a townhouse close to her work at the University of Pennsylvania. In 1971 "on the street where she lived" she married Clyde Ryals, an English professor at the University of Pennsylvania. In 1972 they moved to Durham where Clyde joined the Duke University English department. Hildegard now had her traveling companion.

She also had time to pursue her lifelong passion, working to improve our environment. She has labored tirelessly and enthusiastically to promote the improvement of our county. Hildegard serves on numerous boards in Durham, and was instrumental in compiling the *Durham County Inventory of Natural and Cultural Resources*. This was officially adopted in 1986 by the city and county of Durham.

Those of us who live at The Forest owe a vote of gratitude to Hildegard. If it weren't for her and her committee, our lovely pond and the old historic cabins that adjoin the property would have been destroyed. As Hildegard says, she doesn't sing but she does have one "torch" song; "We must all be responsible for being the stewards of the Garden of Eden."

Peggy Quinn

Our Many Linguists

The Forest At Duke may not be accredited yet nor be Medicare certified in our Skilled Nursing Facility; but there are many assets to boast about, including the astonishing number of graduate degrees among residents. Musicians and artists add their talents to the mix. You may be surprised to learn how many residents are reasonably fluent in two or more languages. Here is a partial list.



JAPANESE

Teruko Bronfenbrenner

GERMAN

Erika Guttentag
Elizabeth Krakauer
Ruth Phelps
Leland Phelps
Trudy Taub
Christel Machemer



UNITED STATES



CHINA

CHINESE

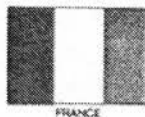
Fey Chu
Julia Chu
Alice Chen
James Chen



GERMANY

FRENCH

Michel Gavardin
Yolande Beerstecher
Berthe Kuniholm
Gene Magat
George Boguslavsky
Janet Holley
Trudy Taub
Roy Melbourne
Joel Colton
John Blackburn
Nancy Wilson
Hildegard Ryals



FRANCE

RUSSIAN

George Boguslavsky
Gene Magat



NETHERLANDS

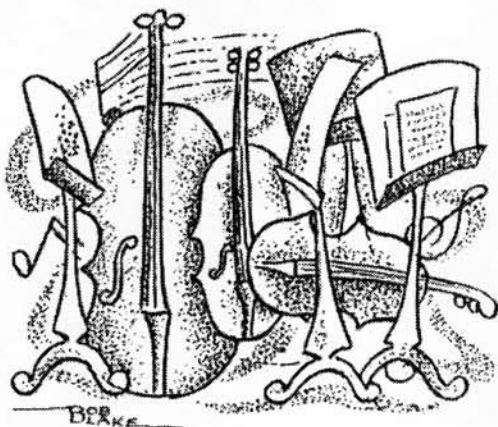
DUTCH

Elisa Nijhout
Neomi TePaske

Residents are invited to add other residents' names and other languages to this list.

Gene Magat and Mary Gates

Chamber Music's Charm



What is it about chamber music that packs buses to Duke from The Forest? For one thing, it's easier to follow the themes and melodic threads than when listening to symphonic music, and it's more intricate than a solo instrumental recital. At the Duke Chamber Arts concerts, one hears some of the world's greatest performers. A strong Forest connection is that resident Leland Phelps was director of the concerts for many years.

From the ineffable joy of some of Mozart to the majesty and profundity of late Beethoven to the eccentric, yet intriguing, Bartok, string quartets are among the mightiest mood-determiners in music. The Ciompi Quartet, the magnificent group resident at Duke and honored internationally, offers a wonderful opportunity to observe the workings of the clock, by welcoming students at the Duke Institute for Learning in Retirement to their rehearsals.

I've sat in on a couple of these classes and found it fascinating to watch the dynamics among the quartet members. Fred Raimi, the cellist, has seniority — he's been with the quartet since 1974. He is an amiable bear, who sometimes smokes a pipe during rehearsal. He will sometimes gently cuff the cubs, the scholarly and polite violist Jonathan Bagg and the talented violinist Eric Pritchard. The second violinist, Hsiao-Mei Ku, sometimes gently moderates disagreements, though she can advance her musical positions assertively.

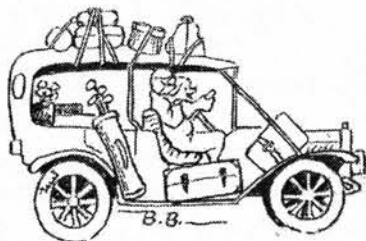
All these talented, opinionated artists realize they must get along with each other and work together. On each work the players will have to agree to coordinate their preferences as to how the composer would want his work played. (In fact, all four members feel strongly that new music deserves to be heard, and they sometimes work with the composer to realize a conception.) Mutual respect demands that each member's suggestions be entertained, if sometimes overruled. For example, in a late Beethoven quartet, should a certain passage convey elegance or should it be "a bit bizarre?" The members are in accord with other scholars when they decide a certain movement should be "a little crazy," with the first violin "lurching" a bit. Says Raimi: "I like it pretty weird."

Occasionally, one member compliments another with no hint of obsequiousness. For example, Pritchard tells Bagg that he admires his lead-in to a movement: "crisp as a clock." The Ciompi Quartet masterfully accomplishes the goal set by the well-known musicologist Robert Martin: "When it comes time for a performance, there is often a conscious attempt to cover up the hard work of decision making, to give the performance a feeling of spontaneity. A fine performance has a feeling of inevitability about it, as though there had been no decisions to make."

Residents of the Forest, many of whom belong to the Friends of the Ciompi Quartet, have heard the group perform in our auditorium, sometimes presenting memorial concerts. George Chandler has commissioned Robert Ward to write a quintet for the Ciompi and oboe, which many anticipate eagerly.

Mal Oettinger

Note: Three world-famous quartets will be appearing at the Reynolds Theater in the Chamber Arts series: Miami quartet March 11, Takats quartet March 25, and Tokyo quartet April 29.



Resident Ramblings

Edna Wilson receives the Good Deed of the Month award for giving up a convenient parking space to someone with a greater need!

Here is a question for you. Starting at the Community Center to walk around the campus, are there more uphill steps going clockwise or counter-clockwise? A scientific study should be done because the number of outdoor walkers will be increasing as warmer days arrive. As you walk, don't forget to check the progress of the daffodils by the pond.

Frank and Dudley Sargent are flying to India to begin a cruise that will sail westward. **Ginny Putnam** recently entertained her niece and nephew from Eau Claire, Wisconsin. **Sally Sheehan** went with her family for a few days at Baldhead Island. **Evebell Dunham** was in California for a visit with her son and family. **Jean Mason** also visited her son in Naples, Florida.

We all thank **Carolyn Field** for sharing on our display shelves her hand-made violins and something about their construction. It has been a most unusual display that is both beautiful and instructive.

Herman and Eunice Grossman were in Florida and attended a special craft show. **Ellen Dozier** had a visit from her great-grandson. She was happy to see his parents too! **Penelope Easton** spent two memorable days in Washington, D.C. when her brother, Roger, received the National Medal of Honor from President Bush at the White House. He was the most honored of all the honorees! The celebration continued with a gala dinner at the Ritz-Carleton.

Mary Gates

LOVE YOUR LIBRARY



Help! Our *North Carolina Drivers Handbooks* have all disappeared! We're glad they're being used, but after you have taken the test, please return your copy to the library for someone else to use. Also, when you go to the licensing agency, bring back one or two new ones. We need to keep copies on hand.

Now available are copies of our library information sheet. They are on the big table until we get some new racks to hold them. There also are the mailing list removal information sheets. Help yourselves.

While you're at the big table, be sure to look at the recently acquired books on display. All are ready to be checked out. Many are old friends of residents who have enjoyed them in the past. Occasionally we have current best-sellers. On the table too are various publications which have no place on the magazine carousel, along with a box of free calendars.

The puzzle collection in the copy room has grown. Go check out a good one (in the brown file box on one shelf) to entertain yourself for a while.

Remember that the mind needs exercising as well as the body to avoid dementia and paralysis. Our library provides many opportunities for mental exercise and stimulation. To help you think, look at some of the non-fiction categories such as history, political science, art, and biography. These preventatives are all free. Just use them!

Mary Ruth Miller



When life's such a tormenting bitch
That you really don't know how to handle her,
The thing that you need
Is to pick up and read
A new limerick writ by George Chandler.

Lola Williams

Give the Beaver a Break

The beaver's life is tedious, involving lots of
chewing;
And he's got a reputation that could well be his
undoing.
He's expected to keep busy, to work on without a
pause.
But cutting trees for hours on end can tire a
beaver's jaws.
There are times when even beavers would be glad
to have a rest,
But they feel they must attack each task with more
than youthful zest—
To embark on every challenge like an active little
leaguer
The world, in short, believes that every beaver must
be eager.
The beaver is an engineer; we find his works
intriguing.
But building dams is damn hard work; it can be
quite fatiguing.
To make him work both night and day can put him
in a tizzy,
So let the beaver rest when he's not eager to be
busy.

George Chandler



Good Advice

STAFF NOTE: When I opened my old King James version of the Bible to read the Christmas story, I found the following. I'm not sure when I saved it or where it came from, but it seems to speak to me directly—right now. (Carol Oettinger)

LORD, THOU KNOWEST BETTER than I know myself that I am growing older and will some day be old. Keep me from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from craving to straighten out everybody's affairs. Make me thoughtful but not moody, helpful but not bossy. With my vast store of wisdom, it seems a pity not to use it all, but Thou knowest, Lord, that I want a few friends at the end.

KEEP MY MIND free from the recital of endless details; give me wings to get to the point. Seal my lips on my aches and pains. They are increasing and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of others' pains but help me to endure them with patience.

I DARE NOT ASK for improved memory but for a growing humility and a lessening cocksureness when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally I may be mistaken.

KEEP ME reasonably sweet; I do not want to be a Saint—some of them are so hard to live with—but a sour old person is one of the crowning works of the devil. Give me the ability to see good things in unexpected places and talents in unexpected people. And give me, Lord, the grace to tell them so.

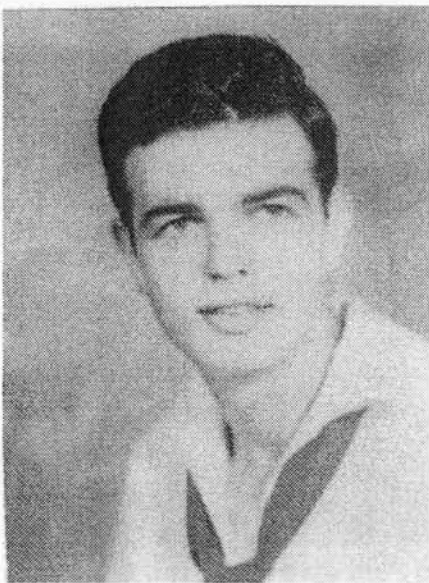
AMEN.

Guess Who?

Did you recognize in the February Forester
Jean Anderson and John Friedrich?
Who are these beautiful people?

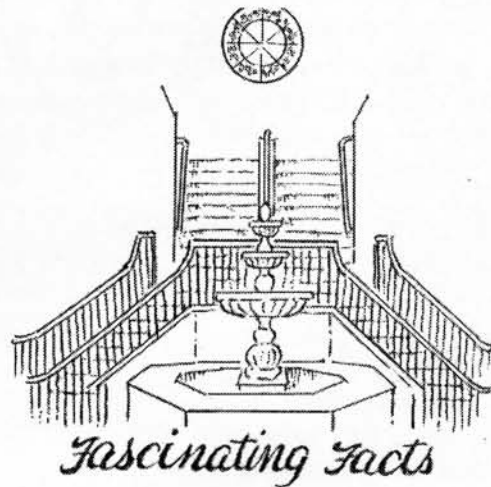


Julliard vocalist



Computer nerd

It's a Fact



1. How many residents call The Forest at Duke their home? Approximately 300 independent, and 90 in healthcare.
2. How many apartments, cottages, and healthcare residences does The Forest have? 160 apartments, 80 cottages, and 92 healthcare residences
3. How many employees does The Forest currently have? 250.
4. Approximately how many acres does The Forest at Duke occupy? 47.
5. To how many local organizations do Forest residents contribute either money or time? About 50.
6. How many different job descriptions are there at The Forest? 66.
7. How many meals does The Forest Dining department serve to residents, staff and guests in a month? Approximately 25,000 meals/month.
8. How many employees have been with The Forest for over 5 years? 79.
9. How many activities typically appear on the Activity Calendar each month? 225.
10. What is the annual operating budget for The Forest this year? Approx. \$16 million.

Courtesy of Beth Corning, Director of Marketing

The Magic of Words

The other day I went out on the deck for my daily exercise. I sat in my rocking chair. I always try to rock briskly and breathe deeply. It not only gets my circulation going, it also seems to present a great opportunity for contemplation. I especially enjoy the deck when there are beautiful white clouds sailing across a glorious sky.

I began to think about all that I can learn from such activities as playing solitaire. Solitaire is glorious. I can play it on my computer. The wonderful thing is that if I screw up, I simply push a soft button and new cards appear. My father at a similar age also played solitaire but he had to shuffle the cards and cut the deck when he screwed up. How primitive!!

I wish life were as simple as solitaire. In the real world you often are in trouble: when you say the wrong thing, especially when it is at the wrong time, with the wrong person. There is no nice button you can push. Sometimes it is wise for a couple to go to a counselor and talk to each other with him there as a referee.

However, there are other ways to deal with the problem. Two of the greatest words in the English language are "I'm sorry". It does take two of you to give the words their proper meaning. The other person must accept them. Yet the words can be wonderful — full of wonder! It is far greater than pushing a button. It can even end with a hug and a kiss. That sure beats solitaire.

In addition to those two words, there are two other words equally glorious, although often spoken with far too little feeling. The words are, "thank you."

As we come to appreciate and use properly the four majestic words, living sure does beat solitaire.

Peter Robinson



Nature

"Big fish eat little fish."
Many tried to change this order,
with some success it's true.
Nature then became taboo.
But "the human condition"
is nature's way
to tell us it is here to stay.

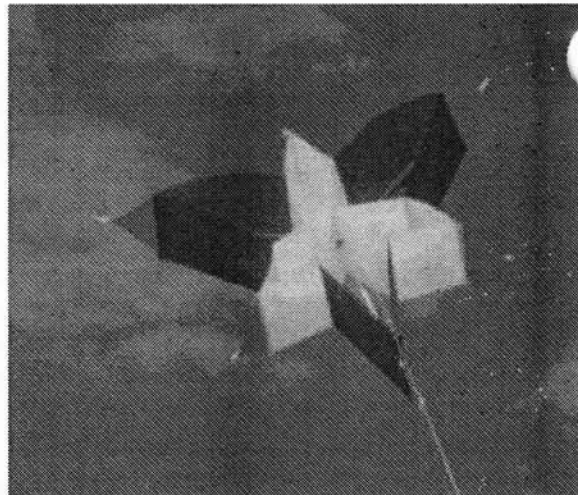
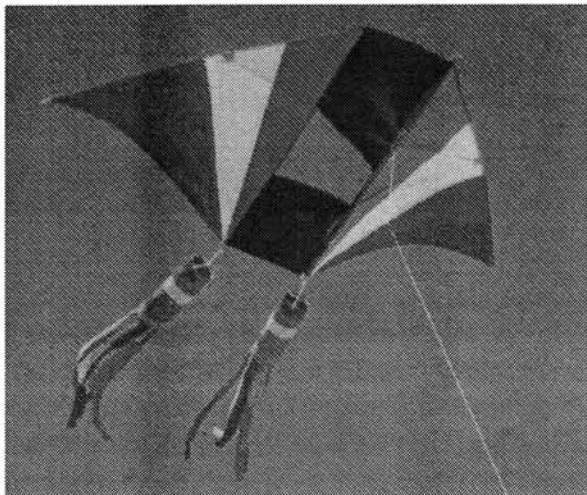
Dolores Gifford Johnson

Puzzle

Make four triangles
with just six sticks.

Equilateral is the name,
every angle like the others,
every side the same.

Dolores Gifford Johnson



KITES

How many years has it been since you flew a kite and proudly watched it soaring and dipping in a blue sky? For residents George and Geneva Boguslavsky it has been only months — probably they flew many last summer at Atlantic Beach.

The couple discovered kites at a festival in New Jersey in 1978, and they now own about 50, mostly British-made, three dimensional box kites. George was on the faculty at Rensselaer Polytechnic for many years, but they found that New York State was not ideal for kite-flying, so they traveled to the New Jersey Coast.

Since they moved to Durham to escape the cold, they pack up the 50 kites, which fold into small packages, and travel to Eastern Coast beaches including Florida and North Carolina. "Usually each of us controls a kite when we're out there flying" she says. But several are capable of lifting more than 100 pounds, so it takes two to handle those. "We frequently fly seven or eight in an afternoon and people on the beach thank us for the entertainment." They both agreed it was easy to learn to fly them. "If you have the proper wind there is nothing to it, and they will go right out of your hands. No running!!" What a show it must be!!

Mary Gates

