

Social Workers at Work

Lee Ann Bailey accepted the social work position at The Forest at Duke in September 1999. A second such position was subsequently created and filled a year and a half later by **Karen Sarine**. Today the two are still working together, with Karen having primary responsibility for the independent Forest residents and Lee Ann for those residing in Health Care.

We asked Karen and Lee Ann to tell us how they chose their profession and how they spend their working hours.

Lee Ann: I'm a graduate of Appalachian State. In my internship program I managed what would be considered a day-care case load and had to deal with any abuse cases that came in. I quickly realized that I wanted something more specialized, either in hospital or school social work. I began working at Rex Hospital in Raleigh in 1989 and am still associated with it.

"The jobs Karen and I have, have evolved over time with the different skills we have brought to the table. I have had long-term acute-care experience in the hospital. The liaison work I do between The Forest and the hospital when we have a resident there makes it very important to be able to talk their language. That makes a big difference in getting residents back to the proper level of care."

Karen: "I have been in health care since I was a candy-striper at age 15. Over the years my experience in health care has covered a wide range: medical assistant, ambulance squad volunteer (including driving the ambulance) managing physicians' offices, including the office of the medical director in a physical medicine and rehabilitation hospital. Along the way I received a degree in behavioral science.

Upon moving to North Carolina about 20



years ago, I became interested in long-term care. My initial introduction was working in a nursing home in Raleigh. During that time I began course work at NC State and ultimately earned a masters in education with a specialization in educational gerontology. I took a long, winding road to get where I am, and I have a wonderful, very rewarding job.

"I guess you could say that in my work I help people adjust to change. I am the residents' advocate. I try to educate them. Education is a big part of my job—educating families, educating residents as to what it's like to live in a CCRC like this, and, as changes occur, how I might be helpful if they go into the hospital, have a respite stay, or transfer to

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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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In Memoriam

Guy, Robert S. 0. February 6, 2008

Swanson, "Jerri" Geraldine Sandon
February 27, 2008

Wilson, Edna March 9, 2008

Grace Ann Hovet March 15, 2008

President's Podium

The Community Relations Committee of TFAD, which has seven resident members, presented the Community Service Fair on March 14. **Sylvia Kerckhoff**, former mayor of Durham, who has been a member of the TFAD Board of Directors for many years, chairs the committee. Residents **Peg Lewis** and **Trish Robertson** have provided especially strong leadership in the various activities and in support of the Durham Senior Center.

The event was well organized and provided helpful information about seven local nonprofit organizations:

The Council for Senior Citizens which offers a variety of activities and services that encourage seniors to be healthy, independent, and engaged. It also operates an adult day-care center.

Senior Pharm Assist helps seniors obtain and manage medications, focuses on prevention of medical problems, and offers practical help to improve the lives of seniors.

Project Compassion provides assistance and resources for people living with serious illness, care-giving services, and end-of-life support. This organizations has a cadre of 125 support teams with 1,000 volunteers.

RSVP – Retired and Seniors Volunteer Program places senior volunteers willing to help others at not-for-profit and public agencies that need help.

Duke Volunteers work in various areas throughout Duke Medical Center, including gift shops, the Emergency Department, and in specialized programs such as Hospital Hands, the Cancer Patient Support Program, and the Heart Patient Support Program.

TFAD Employee Tuition Fund offers financial help to students for books and tuition to foster personal growth through education.

Rogers Herr Middle School program provides volunteers to help students needing to improve their academic skills.

The TFAD Community Relations Committee

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Social Workers at Work...continued

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the Health and Wellness Center.

"I think that change is probably more difficult for the family than it is for the resident. I have found that for the most part, our residents expect change, even though at times it can be difficult."

Lee Ann: "Every day is very different. A major part of my job, starting in the morning—and I'm on call 24/7—is communication. I try to keep the lines open among the health-care team, the family, the resident, and the physician team. The more information people have, the less insecure they feel."

"A day for me is quite unpredictable. I'm a member of five different teams here at The Forest, and I have standing meetings with all of them. Medicare has brought a brand new dimension to my responsibilities. I have documentation and forms that I must deal with. We were already keeping this kind of record, but now we have to do it on a more formal basis. I have a role in so many arenas that any phone call can change my whole day."

"Over the course of a day I talk to residents, family members, staff, physicians and committees, and certainly in the course of that day I will be interrupted and have to go and do something different."

Karen: "I'm on the go all day, and no two days are the same. Some aspects of my days consist of problem solving, committees, and just "being there" when someone needs to talk. The days are unpredictable, and that's the fun in my job."

"I'm a resource person: a resident is downsizing and wants to know what to do with the furniture, needs to know where to get a new driver's license, needs help, or is worried about something. I don't mind running to the store for someone. I visit people in the hospital, of course, and visit people in the Health Center. We have companion services here, so if someone needs additional help for a period of time, I can set them up with a very nice companion. We have about 20 people in the companion program. Drug screening and background checks are done on all companions just as we do with regular employees."



Photo by Ed Albrecht

Lee Ann: "We try to avoid having to deal with emergency situations. If a resident calls the clinic and says he or she is not feeling well, one of the nurses will start the wheels turning to get some support for that person. If companion service is needed, Karen takes care of it, but if it's on the health care side and a bed is needed, I'm the keeper of the census. We will make sure that rooms are ready and the nursing staff's aware, and that necessary information gets there."

Karen: "I'm very interested in people and love to get them to talk about themselves, so early in my time here I started the Reminisce Group which meets monthly in the Club Room. We can have anywhere from six to twelve people at that group, and the residents choose a topic. There's a time limit so we get a chance to hear from everyone. It has turned out to be very interesting—hopefully for the residents—it sure is for me. We have started something similar in the Health and Wellness Center called Morning Moments, and I'm now meeting with residents in Olsen once a week."

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Social Workers...continued

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"There is a lot of crossover between Lee Ann and me. When people have a respite stay in the Health Center, and when people go to live in the Health and Wellness Center permanently, any history I can provide is helpful. Also, Lee Ann and I back each other up. If either of us is out, we cover for each other, and we've got a lot of other staff that support us. We're a team."

Lee Ann: "There are residents that Karen has had an ongoing rapport with, and she will continue to troubleshoot for them in the move to the Health Center. Karen and I communicate a lot in order to make the best possible service available. And it's different for every resident."

"There's no question that you can't ask the social worker. We're the point of contact, and if we can't answer a question, we can get it to the right person."

Reported by **George Chandler**

President's Podium continued

(Continued from page 2)

coordinates volunteers to reach out to our surrounding community and to gain personal exposure to those in need of help. Such reaching out is an extension of the spontaneous, helpful assistance that we offer daily to each other as friends and neighbors on this campus.

Bill Anderson

LOVE YOUR
LIBRARY



Spring has arrived! With warm weather it's a time to look for outdoor activities. Our sports and hobby shelves have books on golf, tennis, walking, fishing, and sailing. Then our nature section has books on pets that need to walk—dogs especially—and on various species of birds and bird watching. Gardening is another healthful outdoor activity, and we have many books on plants, trees, and landscaping. For longer excursions, read about safari opportunities and penguins. Here our travel selections are helpful. See the small round table between the big chairs, as well as the various guidebooks on the shelves above the computer. Then there's our entire travel section along the right wall. On the bottom shelf are our Elderhostel catalogs featuring trips all over the world, including sailing and train trips. Maps are on the top shelf in the copy room, and atlases are in the reference section behind the desk.

If spring brings family visits with children who need entertaining, see our children's section in the back right corner down low. Those books can be checked out. Of course, some of our video tapes will entertain children, as will our numerous puzzles. All are available.

Remember that to see our newest acquisitions, stop by the big table. Newly processed books are added frequently and are ready to be signed out. To find out what other residents are reading, just look at the rolling rack next to the large-print books.

For those who missed the presentation in the auditorium about Medicare certification and its implications, hard copies of the power point are available in our library. Be informed!

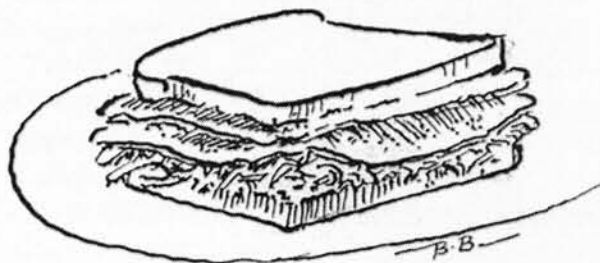
Our library is the place to go to help keep mind and body active.

Mary Ruth Miller

Where to Eat

In his apt encomium to the Activities staff in this paper, Pete Seay pointed out that the Triangle is unusually blessed with cultural opportunities. The same is increasingly true of restaurants, many of them in Durham. Three that come quickly to mind demonstrate the variety.

Headed for fame and already a candidate for the James Beard Award as Best New Restaurant is Watt's Grocery. This bistro-like spot on Broad Street near Club Boulevard is the dream realized of Amy Tornquist, who has a flair for turning local produce into gourmet dishes. The spot is already heavily booked and its only downside is that many people tend to be pretty noisy. N&O columnist Barry Saunders says they have the best Reuben's sandwich in town. Not only is it delicious but it can make two meals



The big news is the prices are very low for the quality. I thought this might be a perfectly reasonable device to attract customers. Ms. Tornquist said no. "I want this to be a neighborhood restaurant. I try to keep entrees no higher than nineteen dollars." Service is enthusiastic – the young waiters could be getting ready to put on a show in a Mickey Rooney-Judy Garland movie. A fried oyster appetizer was superb and nearly a whole meal, the salad contained unusual and intriguing ingredients, spare ribs were far above rib-joint standards with fresh apples and a pintade was a savory and spectacular bird. Dessert was dandy, and the little boxes they provided made

for a grand lunch the next day.

A place to test self-restraint (if you like that sort of thing) is Blue, a seafood restaurant next to Vin Rouge on Hillsborough Street as it meets Ninth. On Tuesday they offer 12 Gulf oysters for six dollars or the same number of Bluepoints for thirteen. The former are good, the latter exquisite. For an epicurean layout, add the homemade potato chips and glass of Ventamina, a Sicilian white grown with oysters in mind. They have fine fresh fish, but some folks find it hard to get beyond those oysters. The atmosphere is particularly friendly, and a covered outdoor porch gives room to stretch.

Tonali's, an unassuming spot, is worth the trip. By no means a Tex-Mex restaurant, it is genuine Mexican, the Spanish equivalent of haute cuisine. It is located on the right side of Shannon Road in a tiny shopping mall next to the post office. Bright and cheerful, Tonali's is owned and operated by the former top chef at the University Club (he created the eggplant Napoleon). There are some variations on the customary Mexican fare, but starting with the homemade tortilla chips, the dishes are unusual and very satisfying. Mushrooms, avocados, tender chicken, tasty pork are used in a variety of foods, well presented and should please vegetarians and carnivores. They recently acquired a wine and beer license, and the white Spanish rioja goes well with the seasoned but not over-spiced entrees. The desserts are all homemade; flan and crème brulee particularly recommended.

Escoffier

Celebrating with Gus

The Ritz Theater was crowded, but not hushed, when we assembled to celebrate **Gus Eliason's** 104th birthday. **Jennifer Perry** presided over the distribution of plates of snacks while we all talked and waited, and waited. Jennifer announced that Gus would be about ten or fifteen minutes late because he was being interviewed by the *Herald-Sun* and the *News and Observer*. At last Gus was wheeled in to universal applause. He gave us a grin and said "A great day was had by all!" More applause, he was given a ceremonial hat, and **Jane Hamilton** read her tribute to him, printed below, after which Jane's husband presented a slide show of Gus's life accompanied by music, starting with "Take Me Home, Country Road" and ending with Louis Armstrong singing "It's a Wonderful World."

Then the cake, complete with candles. As Gus blew them out we all sang "Happy Birthday." Then **John Friedrich** with "Happy Birthday" on his trumpet. Everyone was beaming with pleasure as Gus left us with "If anyone wants more cake, see me" and a hearty "Happy New Year!"

When Gus had his hundredth birthday the Cumberland, Maryland *Times-News* published an article titled "Dr. Gus, Cumberland's Beloved Pediatrician" quoting various former patients. Judge James S. Getty went to Memorial Hospital one Sunday morning, having scalded his foot while draining his furnace. Gus was in the hospital and treated him. He went back for a checkup on a regular schedule for six weeks. Gus would say "All right Jimmie, you can come back now." Then for the benefit of the waiting children, "This is the biggest baby we have."

When Harvey May was four or five he had a bellyache but when the family got to the office the doctor had left. The May family hopped in the car and drove around the corner, spotting Dr. Eliason walking home. They stopped the car, Gus got in the back seat, and they drove around the block four or

five times while he diagnosed Harvey.

In the 20s and 30s he carried a tracheotomy kit in his bag when he made housecalls and performed any necessary tracheotomies on children with diphtheria.

As **Gene Magat** and I sat waiting for Gus's appearance at his party, Gene wondered what Gus's actual name was, so I looked it up. It is **Harold N. Eliason**.

Joanne Ferguson

"Owed" to Becky

Watch the fat spots go away—
See new muscles bulge each day—
Note your increased range of motion—
Rub the sore spots with some lotion—
Feel endurance time improve—
Check how well the "bod" can move—
Then you just won't want to quit—
'Cause "baby"—you are "getting fit."

John A. Friedrich



A Timeless Tribute to Gus

We are all gathered here today to pay tribute to our dear beloved Gus;

He remains an ageless wonder to all of us.

His skin is tight and wrinkle free;

How he manages to look so young, it remains a mystery.

There is still a touch of auburn color to his hair;

How he does it naturally—it's no fair.

Yes, our Gus is one of a kind;

And he does not have any trouble speaking his mind.

There have been many people who have inquired about Gus's secret of staying young and carefree;

And these are some of the answers that he has given to me.

"Hell, I don't really know.

It's just not my time to go."

"Genes most likely along with a little luck from the Man above, and it never hurts to fall in love."

Get up early every morning and take a shower,

That's where I get my energy and power."

"Eat a heavy breakfast of buckwheat pancakes with sausage gravy, bacon and eggs, and drink real coffee with cream and sugar, not decaf."

"Tell lots of jokes, keep your sense of humor and don't forget to laugh."

"Get your exercise and sleep with the window open every night."

"Don't go to bed mad; stay up and fight!"

"If there are too many noisy people around,

Just nod to them as you turn your hearing aid down."

"Eat fresh fruit along with plenty of cookies and chocolate candy.

It will keep you sweet and feeling dandy."

"Change your shoes every other day; be kind to your feet."

"Keep plenty of body powder and cologne on hand to keep smelling sweet."

"Give a friendly hello to everyone you meet."

"Sit outside at least 30 minutes every day in the sunshine,

and leave your worries behind."

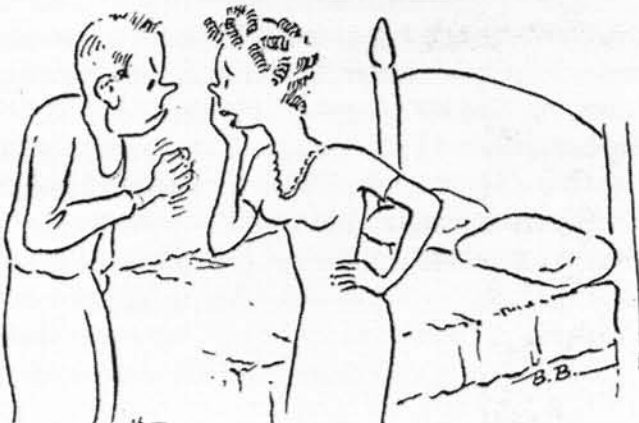
"Remember life is what you make of it, so don't get discouraged and never quit."

So there you have Gus's secrets of doing such a fabulous job of getting to 104;

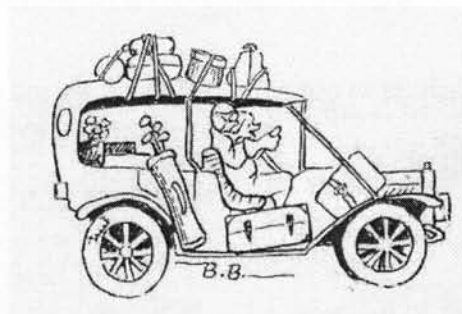
My birthday wish to you is let's celebrate many, many more!

With my deepest love and affection from one of your greatest admirers,

Jane Hamilton



TFAD TRAVELLERS



Spring is here and the travel bug will soon be biting. Where to go? For information the library has books and brochures to help you.. For inspiration here are some places recent residents have been.

There have been more short trips than long during this past month or so. At the end of February **Libby** and **Harry Whitaker**, accompanied by **Mary Ann Ruegg**, went to Wintergreen, VA, for the annual weekend for handicapped skiers in which their son participated. **Molly Simes** drove to Petersburg, VA, thankfully on I85 rather than I95, to spend several days with her daughter from northern Pennsylvania as February changed into March. Early in March **Nell Rubidge** drove a friend from D.C. to Jacksonville, FL, to meet two other tennis friends for a "girls' weekend." **Judy** and **Bill Louv** had a personal trip as the only ones on a Tuten tour of Cajun Louisiana, where they found history, music, and food fascinating.

Family visits were the reason for several travels. **John** and **Jean Blackburn** spent a long weekend at the beginning of March in Pennsylvania, and **Dot McCall** was on Amelia Island for ten days in mid-March with her children and second grandchild. **Carol Scott** was in Columbia, SC, twice to see her great-grandson, help (just a little) her daughter move to a house of her own, and celebrate that daughter's birthday. **Winston** is currently driving **Tom Frothingham** on a "family run" to New England, while Tom reads a book (so Tom said)!

There were longer trips also. In February **Becky Binney** and her husband had a wonderful visit to New Zealand with his family in Auckland and also on trips out, including the Coromandel Peninsula,

which Becky described as "shockingly beautiful."

Ann Barlow and a friend were in Italy and England for the first three weeks of March. **George** and **Evelyn Wilbanks** shortly after moving here also went to England, where they have a home in London, to stay from March 8 until April 26. Meanwhile **Frank** and **Dudley Sargent** were away for 35 days in February and March on a cruise to Australia, New Zealand, the South Pacific, and Japan, while **Nancy Wardropper** was gone for about the same time to Antarctica.

Jerry Perlmutter was closer to home in Chicago for the first two weeks in March for a quarterly, intensive visit to patients from his former psychiatric practice. He said it was quite cold, though with little snow, but warmed up the day after he left!

A special late note about a late winter visit: **Bob Machemer's** brother Peter from Germany spent several weeks here in January and February, and the two men used The Forest woodwork shop and Bob's own shop to construct an intricate Chinese pagoda trimmed in gold leaf that Peter had long wanted to build and for which he brought plans. Unfortunately he took it home with him, so we cannot see and enjoy it.

As for Smithsonian places visited—**Terry Bronfenbrenner** has visited 13 places on 6 continents; **Marion Atwater** 20 places, 5 continents; **Gene** and **Phyllis Magat**, 15 places, 5 continents; **Barbara Blair** 13 places, 5 continents; **Joel Colton**, 13 places, 4 continents; **Elizabeth Dube**, 15 places, 5 continents; **Jerry** and **Murry Perlmutter**, 11 places, 7 continents.

Carol Scott

Whoa! It's Not That Bad!

Among many of us there seems to be a phobia, a dread of some day being transferred to our medical building. It's as though we will be greeted by someone with horns and prodded by a pitch fork.

The feeling is natural. We all want to live, but at the same time not age. Everyone realizes that unfortunately nature doesn't work that way. If we don't make a sudden exit, life will inexorably catch up with us; a bad fall, a questionable ticker, or just joints or other parts that don't work as they should. Everyone wants to be fully independent but has to accept help when needed.

I've spent a week in Olsen and found it comfortable and relaxing. My real experience and knowledge comes from my wife Mary's six months there after a serious crippling stroke. She had no use of her left side, had to be fed with a tube and needed help with any kind of movement. I am so grateful for the loving care and attention from the nurses such as Debby, Seresa, and Dottie, and the aides such as Maria, Joyce, and Gail. When I had a problem with a

cree from above, **Diane Long** backed me up with no questions asked. When medical consultation was

needed one of the two assigned physicians responded promptly. Also specialists came over from the hospital to check and advise. When it was necessary to go to the Duke Clinic, transportation was arranged and Floyd performed with his usual efficiency. All in all, I thought the medical care was superb.

Don't expect a flow of brilliant and witty conversation in the dining areas, but then I haven't noticed a constant overwhelming torrent of such in the Café or Dining Room, with the exception of the Men's Club where one can be a bit ribald and off color without appearing crude. Also if you are somewhat mobile you can eat upstairs as well as attend programs in the auditorium.

All in all, I don't have any gloomy outlook about the possibility of living in one of the medical areas in the future. Of course it's not home, but be thankful that you are much better off and comfortable than 99% of U.S. citizens with similar health problems.

Frank Light

Who Are They? by Mary Gates



Vocalist with Phil Spitalny's All Girl Band



Graduate Chemist, Columbia University

Wandering in The Forest



At the Gathering Table the other morning I found **Caroline Long** talking about her father, who was a champion Mississippi River 10-mile swimmer, won many medals, and of course taught his children to swim. In 1939 the family was headed for the re-opening of the New York Worlds Fair. Caroline's older brother William had injured his knuckles, which got infected, so he ended up in a hospital near Grayland, Kentucky.

Caroline's father dropped her off on the banks of the Ohio River at Grayland so she could swim across the river. He said he would be back at three in the afternoon. So Caroline went into the river and swam to the other side. When she got over, there was no way to get out and catch her breath, so she clung to the roots of a tree while she gathered her resources for the swim back. When she made it back to the Grayland side the strong current had carried her far below her clothes, so she walked back, got dressed, and was ready to be picked up on schedule. The hospital wanted to keep William one more night so her father gave William bus fare and said they'd meet him at the Greyhound station in Washington and on they would go to New York. A resourceful family!

Reminisce this month once more was about travels.

George Chandler said he had engineered a boondoggle when he was special assistant to the under secretary of the Department of Transportation, very much involved in Alaska affairs, and trying to convince congress and the administration to fund modern ice breakers for the Coast Guard. In 1968 one of their ice breakers had got stuck in the ice in Antarctica and had to be pulled out by the Russians. So George and 30 congressional staff flew in a C130 propjet cargo plane to Thule, Greenland, then on to Nome, Alaska, to Point Barrow, took a cruise

through the ice, and went across Prudhoe Bay where they had just struck oil. He brought photographs that he had taken on the trip.

Elizabeth Dube is a member of The Travelers Century Club and brought the certificate they award to members who have visited 100 countries. Her certificate carried the astonishing number of 118. On a cruise that crossed the Arctic Circle the travelers stood on the edge of the swimming pool, and on a signal, jumped in and swam across. They could by this means say that they had swum across the Arctic Circle.

Martha Mendenhall spoke of Turkey, where she has friends and has made 5 or 6 trips. She is obviously in love with it and brought pictures of St. Sophia and The Blue Mosque. She regretted not getting to Troy, lamented the artworks that had been stolen and taken to East Germany, described the beautiful limestone of Capadocia, and told of a garden luncheon in Antalya with her friend in the foreign service—"It was the equivalent of having lunch at Blaire House."

Catherine Tillman said she had little to contribute but then mentioned being in Sitka, Alaska, in April when it was 89 degrees. She said the flowers grew huge on account of the constant daylight.

Joyce Albrecht loved the beauties of Japan and said at a little restaurant on the side of a mountain she was astonished to see Liv Uhlman at a nearby table. And sure enough, Ed took a picture of the two of them.

Willie Mae Jones loved watching the dogsleds in Alaska, spoke of the beauty of Japan with its bullet trains, and in China, walking on The Great Wall.

Editor

Zen Moment

I remember it like it was yesterday;
the breakers roaring beyond the dunes,
the gulls and terns wheeling free
above on the soft ocean wind,
and the other kids circling
up and down the street, totally carefree,
while the hot August sun blazed down
on me and my bike
as I sat helpless, totally ineffectual
on the hot blacktop, my knees scraped and
bleeding.

I'd tried a million times to ride the thing,
holding the bike motionless and secure
so I could get on carefully
and, when seated safely, start pedaling.
But it didn't work! The thing just fell over.
How could the other kids
jump on so carelessly
and whiz off down the street,
wheeling and circling free as the gulls and
the terns?
I just didn't get it!

Dad tried to help me,
putting my feet on the pedals,
holding me upright and giving me a shove.
Following his urgings I'd give the pedals
a few tentative turns, lose my nerve,
and flop over. Helpless as a turtle on its back.
For all his caring, he couldn't do it for me.

At last, in reckless desperation,
throwing all caution to the winds,
I made one final, desperate lunge
onto my bike, and while it was moving
began to pump the pedals furiously.
Forget the coaster brake, take a chance!
And suddenly I got it!
Like a gull with an injured wing, awkwardly
at first,
I was doing it, I was flying,
weaving my way down the street,
out onto the open road of boyhood adventure.

Ned Arnett



*Bob Blake's***Puzzle**

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

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

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In a Greenhouse

AFRICAN VIOLET	COMPOST	GRAVEL	ORCHIDS	SHOVEL
ANTS	DEBRIS	HEATER	PALM	SPRAYER
APHIDS	DIEFFENBACHIA	HOSE	PEAT	SUCCULENTS
BENCHES	FAN	INSECTICIDE	PERLITE	SLUGS
BLOWER	FERN	IVY	PESTS	THERMOSTAT
BONSAI	FIG	LEAVES	POT	TRASH
BULBS	FICUS	LOAM	POTHOS	TWINE
CACTI	FERTILIZER	MALATHION	RAKE	VERMICULITE
CHINESE EVERGREEN	GERANIUM	MANURE	SAND	WATER
CLAY CONTAINERS	GLOVES	MOISTUREMETER	SCHEFFLE	