

Our Connections with Durham's Civil Rights Movement

by Robyn Sloan

The City of Durham was important during the height of the Civil Rights movement, but you may not be aware of some of the connections to The Forest at Duke. My interest in this subject was spurred after learning that our marketing department's **Corinne Garrett** has several noteworthy relatives who were instrumental in steering Durham toward racial equality.

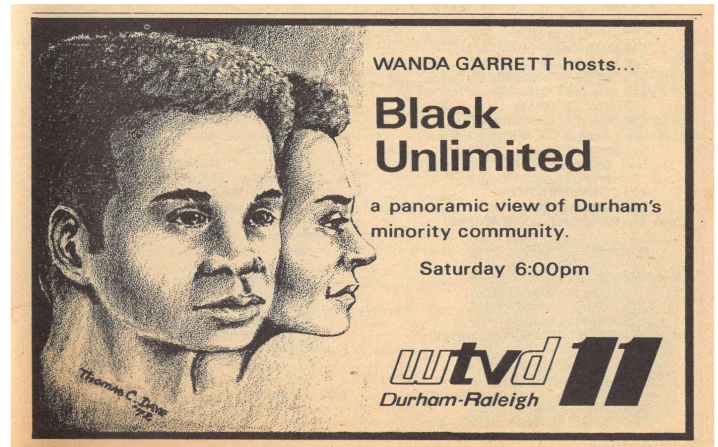
Corinne's great-grandfather, Dr. York David Garrett Jr., owned a thriving pharmacy in the heart of Black Wall Street on Pettigrew Street; it was one of the Black businesses that was destroyed by the



Corinne Garrett

Durham Freeway construction through the Hayti community 55 years ago. Many pages have been written about Corinne's grandfather, Nathan T. Garrett Sr., who worked unrelentingly to advance equality for all minorities. This Yale graduate opened the first Black-owned accounting firm in NC and practiced as a CPA for 40 years. He grew up in the African-American middle-class whose members were the founders of financial and medical institutions. A respected civic leader who served as Chair on the Board of Directors for North Carolina Mutual Life Insurance and chair of the Minority Economic Development Advisory Committee to the U.S. Secretary of Commerce, Garrett eventually became an honored Duke trustee emeritus.

His wife, Wanda Garrett, was accomplished in her own right. She and her husband were co-chairs of a bond initiative to construct and improve city streets, water and sewer lines, and public spac-



WTVD in 1973

es. She was the first Black woman on North Carolina TV, hosting "Black Unlimited" to interview members of the Durham community. Wanda played bridge with **Ida Dark**, who is the first African-American and first music educator to be inducted into the National Teachers Hall of Fame. **Myrna Adams**, Duke's first Vice-President of Institutional Equity, was also part of Wanda's circle of friends.

Margaret Keller participated in the charrette formed to find a solution to the volatile desegregation issues facing Durham public schools in 1971. (A film, *The Best of Enemies*, based on [Osha Gray Davidson's book](#) of the same name, describes that civil rights drama.) During the time of protests, Duke student **Mary Lou Everett** had a car and retrieved dorm mates from rally sites on the West Campus when they needed to leave.

Connections with former Forest residents include **Connie Watts**, the granddaughter of both Dr. Aaron Moore, the first Black doctor of Durham and founder of Lincoln Hospital, and John Merrick, founder of North Carolina Mutual Life Insurance Co. and of the Mechanics and Farmers Bank. **Bill Griffith**, Dean of Student Affairs at the time of

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The Forester

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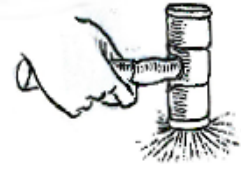
The Forester staff has suffered some editor retirements and needs more residents to volunteer. Contact Lisa Camel at the above e-mail for more information.



Winter is Departing

This and earlier editions of The Forester are available in full-color digital PDF format from the RA Website <https://ForestRes.org>.

President's Podium



by James Freedman

Have you been scammed? Fraud targeting seniors is an increasingly troubling issue, with scams becoming more sophisticated and losses growing alarmingly. In 2023, over 101,000 victims over the age of 60 lost over \$3.4 billion dollars—an average of \$34,000 per individual—a significant increase over 2022. Retirement communities are often targeted, due to the perception that older adults are more trusting, have substantial savings and may lack awareness of modern scams. Understanding these scams and taking proactive steps can help us protect ourselves.

What are the current common scams targeting seniors? Most fall into the following general categories:

- **Imposter Scams:** a scammer poses as a trusted individual such as a family member, government official, or tech support agent. A common variation is the "grandparent scam" where a fraudster impersonates a grandchild in distress, urgently requesting money for an emergency.
- **Medicare and Health Scams:** fraudsters pretend to be Medicare representatives, requesting personal information to "update records" or "resolve an issue." They often aim to steal identities or submit false insurance claims.
- **Sweepstakes and Lottery Scams:** victims are told they've won a big prize but must pay a fee or provide bank details to claim it. The promise of riches entices victims to send money repeatedly.
- **Investment and Lottery Scams:** unscrupulous individuals pitch "can't miss" investment opportunities or offer to assist with pension management.
- **Tech Support Scams:** a fraudster calls and claims to be from a reputable tech company, warning of a virus or issue with a computer; or you may get a computer popup alert that some-

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President's Podium

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thing is wrong and provides you with a "Support" number to call. The fraudsters persuade victims to grant remote access or, as a minimum, pay for unnecessary services.

- **Sweetheart/Romance Fraud:** What starts out as an online "pen pal" connection develops into a request for money for medical or other needs when the relationship and trust deepens over time.

Unfortunately, the scammers are getting more sophisticated, and the approaches are getting very complex with the availability of artificial intelligence to assist them in making realistic videos and voice audio to support their claims.

Why do the scams work? The psychology behind any scam is to exploit emotions and vulnerability. Common tactics include:

- **Creating Urgency:** a scammer pressures victims to act quickly, bypassing critical thinking.
- **Building Trust:** the scammer uses personal information (often obtained easily online) to appear legitimate.
- **Tapping into Fear or Greed:** the scammer plays on fear of financial insecurity or the allure of sudden wealth.
- **Exploiting Isolation:** seniors who feel lonely may be more susceptible to building relationships with scammers.

What can each of us do to avoid being a victim?

- **Stay Skeptical:** always question unsolicited calls, emails, or messages asking for money or personal information. How a scammer asks for funds is an immediate red flag: do not use MoneyGram, Western Union Money Transfer, gift cards where the scammer requests the code number on the back, Zelle, Venmo, or Bitcoin machines; in each of these the money transfer is usually instantaneous and irreversible. Do not give *anyone* your credit card number and security code

either, unless you initiated the call.

- **Verify Identities:** contact family members or agencies using official numbers, not those provided by the caller.
- **Never Share Personal Information:** avoid giving out Social Security numbers, bank account details, or Medicare information over the phone or on a "strange" web site.
- **Be Wary of Urgent Requests:** scammers thrive on panic. Take time to evaluate any request calmly.
- **Use Technology Wisely:** keep all your devices updated with security software and use strong, unique passwords for all internet accounts.
- **Sign Up for Alerts:** enroll in the National "Do Not Call" registry and consider fraud alert services from banks or credit card companies.

While senior fraud is a serious and important issue, knowledge is the best defense. By staying informed, verifying communications, and discussing potential scams openly within the community, we can make it more difficult to be victimized. Staying vigilant and informed increases our ability to foil scammer schemes and thus ensure that our retirement years are free of this kind of financial loss and emotional distress. 🌿



*Peanut Butter Festival
Shantel Shows Off the Various Treats*

Robyn Sloan

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Duke's Allen Building takeover, played a significant role in the hiring of Black faculty by serving on the President's Council of Black Affairs. ([*Point of Reckoning: The Fight for Racial Justice at Duke University by Theodore D. Segal*](#) is a detailed portrait of the incident.)

Among his many contributions, Duke's legendary track and field coach **Al Buehler** stands out for inviting NCCU's track team to train at Duke's track during the height of segregation and joining with their coach LeRoy Walker to host international meets. Perhaps you know of the 5K wooded trail that circles the Duke University Golf Club and bears his name. Al and **Delaina Buehler** were married for 64 years. ([*Starting at the Finish Line: The Coach Buehler Story produced by Amy Unell*](#) is a biopic about his many contributions.)

Julia Taylor, a member of the first TFAD board, was a granddaughter of Dr. Stanford L. Warren, cofounder of NC Mutual Insurance Co. and of the Mechanics and Farmers Bank; he promoted literacy in the Black community via the Durham Col-

Beyond acting individually, TFAD residents have also shown a willingness to stand up for what they believe. Names of previous and current residents are listed on a 1963 Pledge of Support for Durham merchants who show equal treatment for all without regard to race. Published in the *Durham Morning Herald*, the Pledge urged merchants to "take honorable and progressive action" regarding the integration of Durham's stores, theaters, hotels, motels, and restaurants. Two days later Mayor Wense Grabarek's Durham Interim Committee issued a report of such significant accomplishments that Durham made national news.

Durham's history of significant equal rights struggles contributed to achieving civil rights here and across the country. I am proud to know that TFAD residents have been willing to urge fair treatment of all citizens, though even today challenges continue. The federally funded highway program under the guise of urban renewal that created highway NC 147 decimated 500 businesses and 4,000 families that were part of a thriving



Durham Colored Library, 1913

ored Library Inc., for which he donated land to build a modern library when it outgrew its earlier locations. That library is still a valuable part of the Durham County Public Library system today.

Jean Bradley Anderson's [*Durham County: A History of Durham County, North Carolina*](#) is undoubtedly one of the most comprehensive sources for understanding Durham's economic, political, social, and labor histories.



Stanford L. Warren Library, 2011

Black community in Durham. Broken promises have failed a sector of our population, with efforts toward restoration having limited success. Hopefully, Forest residents will continue to stand up for our community by supporting solutions that serve all citizens. ‡

Centenarians at The Forest: Ginny Mullinix

by Deborah Tunstall Tippet

When I first joined the TFAD Early Admission Program in 2022, Mary Ann Ruegg invited me to join her Saturday night dinners to get to know the residents. I remember my first dinner sitting next to an elegant, gracious, well-dressed woman who told me the story of moving here. Ten years ago, after having a life-threatening surgery, her children urged her and her husband to move closer to them. She asked the doctor if she would live long enough to make it worth all the bother. He stated, "I've done my work, now it is up to you and God." When I asked her age at the time of the move, she replied, 93. With genuine surprise, I questioned, "but that would make you 103 now?" She calmly said, "Yes, dear."

Our oldest resident, Virginia (Ginny) Mullinix, will be 106 on February 24. In 1919, Ginny was born in Wayne PA into a happy, religious family of her parents Jane and Arthur McGinnes and an older brother, Art. Ginny said that her faith has sustained her for her



Ginny Mullinix at 105

entire life, giving her direction and comfort through challenging times. Many of her activities and friends revolve around the Presbyterian Church. She never heard her parents raise their voices, and they always wanted her to be happy. Her mother had been a music teacher who traveled by horse and buggy to teach in various schools. Ginny reflected that her mother could have been an

opera singer if she had not chosen to marry and raise a family.

Early in life, Ginny loved sports, music, and dancing. When she was nine, she won a Charleston contest. Her father built a tennis court (and miniature golf course) on their property. She continued to play tennis until she moved to The Forest.

In 1940, Ginny graduated from Beaver College with a degree in Early Childhood Education. She remains grateful to Beaver which provided her a scholarship; during the depression her family could not have afforded college tuition for two children. She thrived at Beaver, and if you look at her Yearbook, you can see that she was a leader on campus, being recognized in the *Who's Who Among American College and University Students*.

After graduation, she returned home and started teaching the first grade in a poor rural area. She earned \$25.00 a week and had 40 students in her class. After two years, a family friend asked her parents to invite a college student from out of town to dinner, a young man transferring to Philadelphia so he could join the service in WWII. When Ginny met him, she was dismayed he was so tall and skinny. Only later, when they danced, did she fall in love. Even though Ed Mullinix was ready to enlist in the Navy and go to war, they married in 1944. She traveled with Ed on the Troop Train and stayed in California until his return.

In Oakland, she got a job supervising volunteers with the Red Cross. She remembers the doctor asking if she could work with the "basket-cases," who turned out to be men who had lost all their limbs. With a great deal of courage and kindness, she learned to help those most in need.

After the war, Ed and Ginny returned home; she got a job with BellTel so he could complete his law degree at the University of Pennsylvania. When Ed graduated, she told him she wanted to start a family and stay home to raise the children. Their two children, Marcia and Ted, would later give her four grandchildren and two great-grandchildren.

Ginny was involved in her community, from tutoring low-income children in Philadelphia

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Deborah Tunstall Tippet

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to serving on various boards and organizations, including the Red Cross. She enjoyed traveling to the city for concerts and theater and loved being a mother and grandmother. Once she even got to have tea with the Queen Mother when her husband was at a law conference in London.

When Ginny and Ed moved from Pennsylvania to The Forest, she began immediately serving on every committee offered. She said that she always wanted to know what was going on and wanted opportunities to meet people. Her most recent challenge has been with skin cancer. Her doctors did not want to operate on a person her age, but she asked for a second opinion and last fall was treated with radiation. She recalls it was a marvelous experience where she was met at the Duke Cancer Center every day at the front door with someone who took her in a wheelchair to various appointments. The staff gave her a party on the last day. Now the tumor is gone and you can see her with a variety of jaunty berets to enhance her new look. I reminded her that it might be more due to the trip she took to Florida to be with her son and his family over Christmas. She just smiled.

Ginny lives independently in her apartment and walks to meals with the aid of a walker. She gave up her car at age 100, then rented a car at 101 to take her grandson to the mountains. She enjoys going out to eat and to the movies with her friends. She has over ten friends who fly in to visit her on a regular basis. To keep life-long friends, Ginny advises, you must invest in relationships, and she regularly writes letters and calls her friends.

When I asked what has contributed to her successful aging, she replies, "heredity, never smoking or drinking, and just being lucky and physically active all my life." I would add having a great zest for living and curiosity about the community and the world, sprinkled with a tenacious attitude and gratitude for the life she has been given. ‡

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This article is the beginning of a series which will profile our centenarians, to be written by Sherrill Blazer and me. If you are 100 or over, please let us know, because we want to be sure we include you!

THE FOREST DIARY

- * Before Fred and I settled into The Forest, we were quite busy moving things in before the big day. On one of those trips from Cary, I pulled into the driveway of our new cottage, and the garage door wouldn't open. I pushed the button over and over, but the door wouldn't budge. Then I looked at the front door and suddenly wondered, "When did I hang this wreath?" It was in that moment that I realized I was in my next door neighbors' driveway, and I attempted to drive away before they noticed me.

However, as I backed away from Paul and Linda's cottage and approached ours, I saw my neighbors across the street, Sue and Ron, sitting on their porch. Judging by their gestures, I imagine they were discussing the mysterious ups and downs of our garage door. After we got to know Ron and Sue, they admitted that this first impression had led them to conclude that I might be a bit weird. In all of the years that followed, they never revised that opinion.

Heike Doane

- * A couple of months after moving into TFAD, I was invited to play bridge in Durham with eleven other friends. One lady was from Raleigh, and I did not know her well. Over the bridge table we got to talking, and she asked me where I lived in Durham. I replied that I had "recently moved into The Forest." My new friend gave an audible gasp, and, with a mixture of astonishment and horror, asked, "You mean you are HOMELESS?"

Diana Spock

Cab Drivers I Have Known

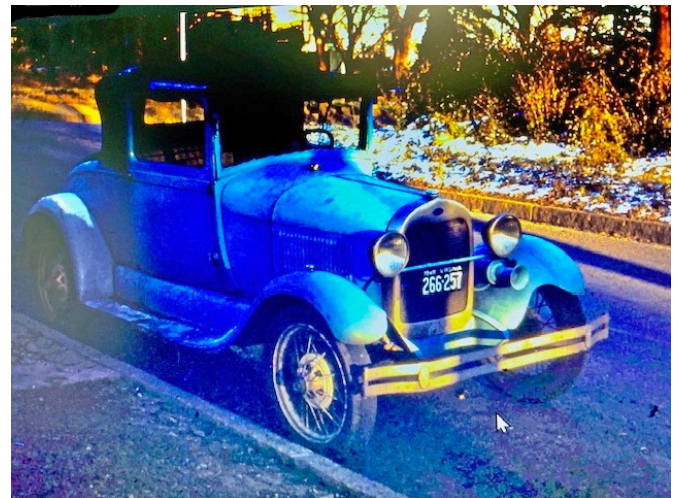
by Ted Harris

Just like the rest of us Americans, Uber and Lyft drivers as a group form a melting pot. In my case they have been Black, white, Turkish, Egyptian, Palestinian, and Afghan. These cab drivers I know very briefly, only for 35 or 45 minutes or so, depending on traffic. When I am invited to a family function at the home of Tim, my son in Raleigh, he makes arrangements for me using one of the two taxi companies, Uber or Lyft. He always tells the driver how old I am—I suppose he's thinking that they will handle this ancient cargo with extra care because of its age.

My usual plan is to sit in the front seat to learn about him/her and have as much fun as possible. A trip is a success if there is some sign of friendship from the driver at the end of the ride. I learn the driver's name and family specifics: marriage, children, and grandchildren. Our conversation subjects also include main employment, since for most drivers this is part-time work supporting their main job. I ask them how long they have been at this work and whatever else these questions lead to. The experiences that I learn about are always informative and fun.

- The Egyptian was a graduate of the textile school at North Carolina State University. His father had been in the textile business in Cairo. He was the last of 12 children, and he and his Lebanese wife immigrated to America. I wondered whether I would make it safely home because his car hiccupped every now and then, skipping a beat and restarting.
- A white woman driver had been the daughter of a southern Baptist minister. Her marriage life had been up-and-down, with two husbands, the last of whom cheated on her, and she was no longer married. Her father had died, and her mother had remarried a high school sweetheart. It was then that she learned to drink wine, and it was a wonderful experience. Her first time apparently she got tight. The driver's sister did not think anything of the fact that her mother was remarried again, and my driver was pleased her mother was finally enjoying life. Upon arrival she came around to the front of the car where Tim was standing meeting us. She gave me a big hug and kiss—a first-time event from a cab driver for me.

• Marvin, a large Black man wearing shorts, works for Duke University in a warehouse in RTP where old and out-of-date books and documents are stored. North Carolina State University also stores their books there. At the current time, there are 90 million items stored in this warehouse. As we were driving, I told Marvin a story I thought he would like about me driving my baby blue Model A Ford from Lynchburg to



Virginia Tech. Along came a carload of young Black men, six of them, who took advantage of my top speed of 50 miles an hour, pulling in front of me, slowing down, and then speeding up. One time they passed me and all of them were grinning. Finally they got bored and went on ahead, and as I came along, they were all standing on the side of the road. When I passed, they bowed. Marvin chuckled, and when we got to Tim's, Marvin called me a teddy bear.

- There was a female driver whose name I don't remember, but I do recall that she was a sixth-grade teacher and her mother was the first elected Black woman in Fulton County, GA.
- There was a Black woman driver named what sounded to my ears like "Acie-mxe." The radio revealed she liked classical music, and she confirmed that in conversation. She had two sons, though she really hadn't wanted any children; her husband had insisted. So far she had only one grandchild. We had a most pleasant time together, and it was punctuated by a hug at the end of the ride. ♪

Bringing Healing in a Turbulent Land: Michael Hamilton in Afghanistan in the 1960s

by Louise Scribner

Afghanistan today is a hub in the violent wars and religious conflicts in the Middle East and a training ground for Al-Qaeda from which to launch terrorist attacks. It was a place where we responded to the 9/11 attacks, temporarily toppling the Taliban in a twenty-years' war, and a country whose departure by the US as ordered by former President Biden is still a continual sore point. But what was it like to be a member of the Peace Corps in Afghanistan sixty years ago, assigned to this scenic, exotic land to work as a doctor? A doctor with the intention of promoting world peace and friendship through voluntary care for citizens who badly needed medical care and comfort?

Following three months of training in 1965, Michael and his wife Brigitte Broetz were sent to Jalalabad, near Afghanistan's capital city Kabul and the eastern border near Pakistan. Theirs was to be a two-year stint from 1965 to 1967 in this strange land known as the crossroads of Central and South Asia, loved as the "Miami" of the area for its tropical climate.

Before settling down stateside to careers, the Hamiltons had the desire to explore the world while putting their chosen vocations to work. Michael had gone to the Eastman School of Music as a flute student, receiving a Performer's Certificate, and then joined the US Marine Band, whose professional quality players often went on to prestigious orchestra jobs. Uncertain as to his readiness for this career, and following a visit to an uncle in London, a family health practitioner, Michael chose medicine as a career. His wife Brigitte was a graduate of Mt. Ida Junior College (at the University of MA-Amherst) and was a lab technician skilled in primary care.

What did Michael and Brigitte find in Afghanistan? Extremes of weather, including snowy mountains and, in Jalalabad in summer, heat up to 130 degrees. A country full of tribal conflicts with grudges, both past and present, often ready to be acted on. A developing land targeted as a desirable sphere of influence by the USSR, which was building not only farms but also Kandahar Airport, a future factor in the Cold War.

The Hamiltons got immediate on-the-job training. There were many sick Afghans in need of



Michael at His Desk

care and a critical dearth of antibiotics. Clinics were held in village mud houses with the aid of a *charpoy*, a woven mat on which to examine patients. Women's whole bodies were covered with a *burka*, and they were forbidden to uncover themselves even for medical care. Michael saw infections, pulmonary problems, and skin infections, and gave lifesaving inoculations for smallpox, which was rampant. He also gave lectures to young Afghan medical students.

Michael and Brigitte were able to travel and sightsee in the Hindu Kush mountains, travelling by bus and car. One notable road sign directed cars one way and those travelers on camels or donkeys into a less-frenzied route. Although Muslim culture made Afghanistan a "dry" country, homemade wine from grapes was prevalent. Exemplary of a society in which women were automatically secondary, young male dancers dressed and danced as women at parties and weddings. Women were present at these same events but at a far-removed seating, socializing among themselves.

Michael was astonished to find a severe lack of any modern medicines, but he recalls the entire experience as invaluable preparation for his subsequent internships in preventive medicine in poor communities in Lexington KY and North Carolina, where he worked at UNC. The work as well offered him an indelible involvement in a totally fascinating culture. ¶

The Librarian

by Beth Timson

You might remember “The Librarians” TV series from 2014. Those TV librarians were “an ancient organization dedicated to protecting an innocent world from a magical and fantasy-like secret reality hidden from view,” and they worked out of a mysterious sub-sub-basement of the New York Public Library. The job of the Librarian here at The Forest isn’t quite that dangerous—we all have our own reality at TFAD—but it is a highly valuable volunteer job.

Resident **Carol Reese** has been the Librarian at TFAD for the past eight years, but now she has retired from the job, and a new Librarian must take over the work. Carol explains that there are various facets to the Librarian’s job, and she has outlined



Carol Reese

them for this article to let those who might be interested in the role get a look at where their responsibilities will lie. Those fall into three main categories:

- Collaborating with residents who volunteer to help the TFAD Library. Volunteers are trained on basic library processes like book circulation and book shelving and take shifts to work that fit their own schedules. Those interested also form an Acquisitions Committee with the Librarian to manage the regular book sales and to order new books for the collection. Often the volunteers are the source of the theme and selection of books for the Library’s changing exhibits, and they work with the Librarian on plans for future Library activities.

- Management activities. The Librarian works with IT to keep the Library’s computers functioning well and the online collection data accurate. He or she reviews Library policies and processes and makes revisions when and as needed. The general “state of the TFAD Library” is also her or his purview to oversee: facilities clean and in order, books shelved, supplies ordered, Library subscriptions to papers and magazines delivered.
- Publicity and education. Typically, the Librarian writes an article for *The Forester’s* monthly issue, discussing some topic of interest to residents such as an upcoming exhibit of themed books, a new check-out process, or some new collaboration between the TFAD Library and the Durham Public Library. Signage within the Library is also his or her job, to point out new acquisitions or explain a new procedure—as well as putting a notice in *Forest Forward*.

Clearly it’s a vital job, managing an important part of the culture and life here in The Forest. It’s a job with responsible work, and it’s also a thoughtful job. What do our residents like to read? What might they want to read they don’t know about yet? Which donations should be kept and which ones sold? And the best thing, the very best thing, is getting to spend time with books and with people who love books! ♣



Exercise Bingo Winners- Jerry Richards, Eileen Richards, Kay Nelson, Ralph Nelson, and Brenda Featherstone

Through the Artist's Eyes

by Elodie Bentley

We often have a chance to hear authors speak about their works at book signings, lectures, classes. But we seldom get the opportunity to hear a visual artist explain what they create, the material choices, color choices, and more. This group of Foresters had that rare opportunity when they visited Bunny Koff's exhibit at Carol Woods.

One of our first questions was - why was

mostly from high end shops. They are transformed by her into something that retains the original but with added commentary. Another theme that we heard about were a love of Paris and we saw references in several of the paintings.

She shared that she had been asked to do a companion show to a Chihuly glass exhibit. She thought she had "arrived" as an artist! Chihuly leaves the work of setting up shows to his assistants and rarely is seen, she told us, but she became friends with those assistants. One painting from that show was on display.

She is fascinated with paper and uses a lot of handmade paper and specialized papers in her work, which gives a very different look and results

in different choices when it comes time to frame.

I think we have all enjoyed our own Bunny Koff work that hangs in the community center. There is a companion piece in the show, a color triptych that was the precursor to our painting. It was nice to see the first piece and tie it to the later piece.

the exhibit there? Well, some time ago, an artist friend of Bunny's asked her to do it. She was busy with other projects, then caught up in moving and all that goes with that, and forgot about it. Her friend reminded her after several years and she honored her promise!

The exhibit was very representative of her work. She was first a painter and added collage years later, though many of her collages include paint. The first impression of the show is color, bright, brilliant color. The next impression was the number of flower-referenced paintings; often the flowers are not defined. There are flowers but you don't always know what flowers. The exception to this is her poppies: clearly defined, bright. She enjoys poppies, she shared, as well as koi and fans. These are in a number of her works.

She was an English major, she especially enjoys poetry, which led to joining both loves in paintings of book covers. We learned that she had to deal with copyrights when she started these: how much of the original cover could be included in her work without violating the protections provided to the original creator of the book cover. Another "topic" she has used: shopping bags,



TFAD at Carol Woods for Bunny Koff's Art Show



Bunny Koff Art Show at Carol Woods

It was a remarkable day for us all, a unique experience about art from the artist herself. 🌿

What Did They Say?

By Carolyn Cone Weaver

I can *hear* them, but I can't *understand* what they're *saying*. It's so *frustrating*!

Has this happened to you in TFAD's Auditorium? Me, too – until I remembered that my new hearing aids have a magic button. And when I press that button not only can I hear the speaker – I can *understand* what they're saying! It's as if the clouds have parted and I can *HEAR*!

It's likely that your hearing aids already have the magical ability that allows you to hear what's being said or sung. Believe it or not, the technology – the Tele-coil or T-coil – has been around for more than 50 years. All we need is knowing how to use it.

Let's get technical for a minute: A Tele-coil, is a small copper coil inside many hearing aids (Assistive Listening Devices/ ALDs) and serves as a receiver or antenna. In a "looped" area the Tele-coil picks up the electromagnetic signal and streams it directly to our hearing aids. Lucky for us, TFAD's Auditorium is equipped with a built-in "looped zone," copper wire system that sends a sound signal to any ALD that has a Tele-coil -- and most do these days. However, the sound *must* be sent electronically, via a microphone. Tele-coil does not pick up acoustic sound!

TFAD's Tele-coil system was installed when the Auditorium was refurbished in about 2017. (A T-coil life span is 30 years.) So you see it's been around for a while. However, most of us don't know that we have a modern system that allows us to hear performances clearly.



To know if a venue is looped, look for the blue universal loop sign (pictured to the left). This is your clue that you, too, could have access to brighter, clearer, understandable sound, whether it's the spoken voice or music,

via the Hearing Loop Technology -- *if* your ALDs are equipped with a T-coil – and *if* you have been

taught how to connect your ALDs to the system. Here at TFAD, the Auditorium's blue Tele-coil sign is on the wall to the right, just inside the main doors.

The Auditorium has two receivers that staff can provide for those who do not have hearing aids. Residents may borrow the receivers and listen through headphones that are also provided. For more information about the receivers and headphones contact Community Life at 919-419-4069, or request a device from the Community Life team member present.

Our Party Room's Tele-coil system is a Work in Progress. Once it is established, residents will be notified and the blue Tele-coil sign will be posted in the Party Room.

We're talking about TFAD's Tele-coil here, but I was surprised at how many varied venues use the technology, from theaters to classrooms, public transportation, and sporting events. (You would need to activate the Telecoil on your ALD to receive the signal, just like you do here.)

Check with your audiologist or hearing aid provider to make sure your devices have the Tele-coil installed. You might already have it and just need a little instruction on how to use it. There are optional settings for varying situations. In addition to the T-coil, my hearing aids have a setting for sound in a noisy restaurant, as well as others I haven't yet discovered.

Different hearing aids use different connection procedures. Some of you technologically-advanced folks program your devices with your phone. People like me, on the other hand, have to remember which tiny buttons on the phone's case do what – how many times to press which button to access which features.

Remember, though, that the presenter *must* be using a microphone in order that the clear, understandable sound you are striving to hear be transmitted to your ALD.

Once you've tuned in to this marvelous magic you can not only *hear* what the performers are

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The Forester is Going Digital!

By Dave Sloan

We are going the way of most modern periodicals – online. Our neighboring CCRC in Chapel Hill, Carol Woods, went this route with their resident magazine a couple of years ago, with great success. So did TFAD's own *Forest Forward*.

Why?

- Rather than increasing print runs when The Terraces are populated, we will be printing far fewer copies. This will save money, potentially staving off a Residents' Association dues increase.
- This will save paper. We've noticed that a number of copies of *The Forester* never leave the mailroom except via the recycling bin. Most of the copies taken home are soon discarded as well.
- The online version will have live (clickable) internet links. It will also allow us to include video and audio clips.
- Whereas printing *The Forester* requires an even multiple of 4 pages, the online version won't be so constrained.
- The staff of *The Forester* will no longer have to make monthly distribution in mailboxes.

The Plan:

- This March 2025 issue is available now on the new *The Forester* website: <https://theforester.net>. Try it. There you will find the "flipbook" version of the issue. You can enlarge it to full screen (computer monitor, tablet, or smartphone) and you can flip through it like a magazine. You can also find the website with Cubigo, on the "Information" cube.

- Beginning with the April issue next month, *The Forester* will no longer be placed in mailboxes. For those not able to view the online version, there will be copies available in a rack in the mailroom.

The Forester staff believes you will enjoy this exciting new opportunity. Check us out! 🌱



Winter is Departing

Carolyn Cone Weaver

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saying and singing, you can *understand* it! You might think it's magic but, in fact, it's modern technology right there in your ears. 🌱

For more information check out these links that my Doctor of Audiology, Ashley M. Wellons, provided (Hearing Health Care Services). Here are helpful facts not only about T-Coils but other Assistive Listening Devices!

<https://www.audiology.org/consumers-and-patients/managing-hearing-loss/assistive-listening-and-alerting-devices/>

<https://www.hearingloss.org/find-help/hearing-assistive-technology/hearing-loop-technology/>

