

# Where Do Sigma Xians Retire?

**SIGMA XI**  

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**THE SCIENTIFIC RESEARCH SOCIETY**

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## INTRODUCTION

In the September eBlasts for Emeritus and Life Members, and in Vol. 1, Issue 2 of *Emeritus Member News* and *Life Member News* we published a request for advice from Emeritus member **Helen Simpson Vishniac** (1945). She asked her fellow Sigma Xians on which retirement communities offered more than just trips to the mall and Bingo:

“I may not be alone in having a question not addressed by [the Emeritus] newsletter. I have managed to remain active despite some health problems but the time will come when I need a retirement village type place rather than a condo in a town, which my friends have increasingly left and I have no family. One daughter-in-law suggested looking at places in her neighborhood on the perfectly correct assumption that I would want to live near family - her suggestion was a place where they play Bingo and go on trips to the mall. DUH. Where do really, really, retired Sigma Xians go? They sure as hell don't play Bingo!”

The response from members was overwhelming, and the advice given ranged from excellent to brilliant. One of the key points that arose from many of the replies was that the quandary on where to retire, after leading an active and fulfilling life enmeshed in research science or engineering, is of real concern to many members. Where are those “retirement communities that are more like college than like kindergarten?” one member asked.

With that in mind, we made a compilation of all the information sent into an advisory sheet for Sigma Xians who may be pondering exactly the same question as Helen.

### **Direct advice from the contributors**

Some members were happy to include their contact details if you would like to e-mail them direct regarding any further information.

### **Additional advice and comments**

We're always looking for additional advice to update this informational paper. If you have any advice, or any comments on how we can improve this paper, please e-mail Kristen Greenaway at [kgreenaway@sigmaxi.org](mailto:kgreenaway@sigmaxi.org). We'll create updated versions as new advice comes through.

### **Are there any Sigma Xi members in your community?**

Something that became evident during this project was picked up by Howard Kreiner, one of our contributors. He wanted to know if there were any other Sigma Xians living in his retirement community, Riderwood Village, in Silver Spring, Maryland. Perhaps he could establish a Sigma Xi Chapter there?

We ran a query on the Society's membership database and found that there are 16 members, including himself, living in Riderwood Village, two short of the 18 members it takes to set up a chapter. But, there are another 89 members living in Silver Spring who may be interested in joining a potentially new chapter.

Thus feel free to ask us to run a similar query, based on your location ([kgreenaway@sigmaxi.org](mailto:kgreenaway@sigmaxi.org)).

### **Sigma Xi's Affiliate Circle**

Another way to help create a Sigma Xi like-minded community is to encourage scientifically-interested folks in your community (who may not be eligible for membership in Sigma Xi) to join Sigma Xi's Affiliate Circle.

One of Sigma Xi's primary goals is to increase public engagement in science and technology. The Affiliate Circle is designed to help achieve this aim. It also allows Sigma Xi to recognize those who make or have made important contributions to scientific research, both inside and outside the laboratory, whether as science- or engineering-related professionals, friends of science, or students studying STEM-related subjects (a great gift for your children or grandchildren!).

While an Affiliate can't be considered one of the 18 Sigma Xi members you need to found a Sigma Xi chapter, you can definitely include them in your activities to help expand the range of personalities.

Further information on the Affiliate Circle and its dues structure can be found at: <http://sigmaxi.org/affiliate/overview/index.shtml>.

### **How is this guide set out?**

We've broken up everyone's suggestions into Sigma Xi's six geographical chapter-related regions, being:

#### **Mid-Atlantic**

Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania, Virginia, West Virginia

#### **North Central**

Illinois, Indiana, Iowa, Michigan, Minnesota, Ohio, Wisconsin

#### **Northeast**

Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, Vermont, Ontario, Quebec, Newfoundland

#### **Northwest**

Alaska, Colorado, Idaho, Montana, Nebraska, Nevada, North Dakota, Oregon, South Dakota, Utah, Washington, Wyoming, British Columbia, Alberta, Manitoba

**Southeast**

Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, Missouri, North Carolina, South Carolina, Tennessee, Puerto Rico

**Southwest**

Arizona, California, Hawaii, Kansas, New Mexico, Oklahoma, Texas, Mexico

Some suggestions relate to national organizations with communities scattered around the country. The **Kendal Corporation's** ([www.kendal.org](http://www.kendal.org)) group of continuing care retirement communities (CCRC) were mentioned a couple of times, particularly focusing on their sense of community, high level of care facilities and services, and cultural and intellectual stimulation. The **Osher Foundation's Lifelong Learning Institutes** ([www.usm.maine.edu/olli/national](http://www.usm.maine.edu/olli/national)) were also recommended, particularly for their proximity to universities and thus academic slant.

Again, please don't hesitate to contact us if you have any additional advice or comments on how we can improve this paper. Please e-mail Kristen Greenaway, at [kgreenaway@sigmaxi.org](mailto:kgreenaway@sigmaxi.org).

**And many thanks to all the Sigma Xi members  
who took the time to contribute!**

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# OUR MEMBERS' RESPONSES

## MID-ATLANTIC

Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania, Virginia, West Virginia

- I retired in 1992 from the Center for Naval Analyses and remained in our house until 2003. Nearing 80, and aware that a transition from being a couple to widow or widower status would be much harder for the survivor if we stayed in the house, we researched retirement communities, finally settling on Riderwood Village ([www.ericksoncommunities.com/rwv/](http://www.ericksoncommunities.com/rwv/)), an Erickson community near Washington, D.C. (there now are many such in many parts of the US, see their Web site [www.ericksoncommunities.com/locations](http://www.ericksoncommunities.com/locations)). Before that we had looked seriously at a Hyatt facility in Chevy Chase; even put down a deposit. While waiting for an apartment to become available in that 200-300 person community, we observed that while activities were listed in the literature, the people we could see seemed mostly to be sitting in the lounge, or standing in doorways talking, not engaging in any kind of purposeful activity. The Erickson community, now filled to its capacity of about 3000, presented a very different aspect. An in-house TV program runs all day with listings of group meetings on a host of subjects, discussion groups, travel planning by a resident group, along with, it must be said, Bingo and trips to the mall, to museums, concerts, movies and restaurants. This e-mail isn't the best place to go into the actuality of living here and observations about the social dynamics of the population of the community, which does include a goodly number of people with good credentials in physics, mathematics, engineering, as well as social and political sciences. If you'd like further correspondence on the subject, send me an e-mail, and I'll try to give more of a flavor of the ups *and* downs of this kind of living.

**Howard W. Kreiner (1954)**

[kreinerh@comcast.net](mailto:kreinerh@comcast.net)

- Unfortunately, I can't remember the name of the place, but my major (physics) professor in college was for a number of years in a community that sounds interesting: trips to plays and concerts in Washington, D.C., visiting lecturers (some who were residents), etc. He said the place was known as a 'retirement community for eggheads', being many former professors, teachers, Ph.D.s and other professionals. I visited him and his wife there a few times and the general ambience was quite attractive. It's located in Maryland, a short ride east of Washington. I believe it's sponsored by the Episcopalian Church, but is non-sectarian.

**Jay Tittman (1949)**

[neutronman@juno.com](mailto:neutronman@juno.com)

- Retirement places with some spark?! I suggest you consider Ingleside at King Farm, Rockville, Maryland ([www.inglesidekingfarm.org](http://www.inglesidekingfarm.org)). Occupancy is

tentatively scheduled for early 2009. The marketing director at Ingleside at King Farm is Ms Tamara Stout, and her phone number is 301-590-0801.

**Anon**

- Try The Quadrangle in Haverford Township, Pennsylvania ([www.sunriseseniorliving.com](http://www.sunriseseniorliving.com)). Near Haverford and Bryn Mawr colleges and Villanova University. It was too expensive for me.

**Anon**

- For retired Sigma Xi members looking for a retirement community, let me suggest The Quadrangle, 3300 Darby Rd, Haverford, Pennsylvania ([www.sunriseseniorliving.com](http://www.sunriseseniorliving.com)). My husband and I have lived here happily for 12 years. It was started by Quakers from Haverford College and was designed to encourage 'the life of the mind.' Although they couldn't get the financing (it's now owned by Sunrise) residents try to keep true to that. We even have a Sigma Xi club with lectures once a month by scientists who live here. We also have language classes or meetings (including Japanese, French, Yiddish and maybe Spanish). And lots of concerts. We have a 10,000 book library, a computer room and lots more. If all this sounds like a commercial, I'm sorry. But since those of us who live here like to encourage interesting new people to come, I must also add that our food is delicious.

**Dorothy (Dotty) Wolfe (1952)**

[dwolfe@snip.net](mailto:dwolfe@snip.net)

## **NORTH CENTRAL**

**Illinois, Indiana, Iowa, Michigan, Minnesota, Ohio, Wisconsin**

- Years ago, I was comparing my hectic life as a faculty member at Iowa State University in Ames, Iowa, with that of a colleague who was at a government research laboratory. At the time, I commented to him on how I was working very hard to keep many balls in the air, while my colleague's life, being focused almost entirely on research, seemed so simple. However, his response trumped my minor complaints when he said, "Yes, but where would you rather retire?" Indeed, Ames, Iowa, is an excellent place to retire, and my colleague eventually took another position at a German university, and he is happily retired in that location. Among the attractions for retirees in Ames for intellectual stimulation are the courses at the ISU College for Seniors ([www.isualum.org/en/college\\_for\\_seniors/](http://www.isualum.org/en/college_for_seniors/)), the many events presented at the Iowa State Center ([www.center.iastate.edu/index.asp](http://www.center.iastate.edu/index.asp)), and the concerts presented by the Town and Gown Chamber Music Association ([www.amestownandgown.org/Main/HomePage](http://www.amestownandgown.org/Main/HomePage)). Those who wish to remain active in Sigma Xi activities and attend chapter lectures can affiliate with the Iowa State University Chapter. Although there are certainly many other excellent towns and cities across the nation where it would be great to retire, here is one author's list that includes Ames in the *Top Ten Cities for Younger Retirees*: [www.bharatbhasha.com/real-estate.php/63527](http://www.bharatbhasha.com/real-estate.php/63527) or

[www.midiowanews.com/site/tab1.cfm?newsid=18207090&BRD=2700&PAG=461&dept\\_id=554321&rfti=6](http://www.midiowanews.com/site/tab1.cfm?newsid=18207090&BRD=2700&PAG=461&dept_id=554321&rfti=6). Although my wife and I still manage to maintain our home in Ames, many of our retired friends have moved either to Northcrest Community ([www.northcrestcommunity.org/](http://www.northcrestcommunity.org/)) or to Green Hills Retirement Community ([www.greenhillsrc.com/index.cfm](http://www.greenhillsrc.com/index.cfm)). Both of these excellent retirement communities have their own local programs, but they also can provide convenient transportation to and from events at Iowa State University.

**John R. Clem (1966)**

Distinguished professor of physics (emeritus), Iowa State University, Ames, [clem@ameslab.gov](mailto:clem@ameslab.gov)

- I am writing about an intellectually and culturally alive retirement community that you might consider joining. I am an Oberlin College emeritus professor who for 12 years has been a resident at the remarkable Kendal at Oberlin ([www.kao.kendal.org](http://www.kao.kendal.org)) Continuing Care Retirement Community (CRCC) in Ohio, a very active and stimulating organization with members from around the country representing many professional, cultural, political and social interests. The community is based on a Quaker philosophy that celebrates the lives of everyone and encourages new learning experiences and expressions of each person's wishes and talents, as well as maintaining a strong sense of community and providing services to the larger community. Kendal is a 'continuing care' community on a lovely 95-acre campus of cottages and apartments with full health services, facilities for all kinds of programs (even Bingo for the interested!), and very good exercise and recreational facilities. A great asset for Kendal is that Oberlin College and its outstanding conservatory are nearby in this small city, which means that throughout the year fine music and a great variety of other fine cultural and intellectual programs, including attending classes, are available. Also many Kendalites provide volunteer services at the college, in the city school system and for many other city organizations.

**Albert (Al) J. McQueen (1966)**

[Albert.J.McQueen@oberlin.edu](mailto:Albert.J.McQueen@oberlin.edu)

## **NORTHEAST**

**Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, Vermont, Ontario, Quebec, Newfoundland**

- Several years ago my wife suffered a series of strokes that incapacitated her and dictated our move from our house to a retirement center. I chose the Whitney Center in Hamden, Connecticut ([www.whitneycenter.com](http://www.whitneycenter.com)), just eight minutes away from my office at the Kline Biology Tower at Yale. I occupy a small apartment on the fourth floor of the residence building and my wife is a permanent resident of the nursing home on the first floor, in a separate wing. The center is populated largely by retired professionals, many of them Yale emeriti. It has a busy schedule of lectures, discussions, movies, arranged visits to museums and performances of various kinds and trips to noteworthy natural environmental locations. These, plus the many events at Yale, make New Haven



anything but a dull place to retire. I should also mention that most of the residents are politically liberal or centrist, and that political discussions are frequent and spirited.

**Arthur W. Galston (1943)**

Eaton Professor Emeritus, Department of Molecular, Cellular & Developmental Biology, Yale University

[arthur.galston@yale.edu](mailto:arthur.galston@yale.edu)

- We have found an answer which seems to work well, in a retirement complex close to a major university. We moved to Evergreen Woods in North Branford, Connecticut ([www.evergreenwoods.com](http://www.evergreenwoods.com)) three years ago. There are about 300 residents at all levels of education and competence. A lot are retired university faculty. We are 15 minutes (in cooperative traffic) from the Yale campus and from downtown New Haven. There is a lot of music and theater, and opportunities to attend lectures on all subjects including science. Evergreen Woods runs busses to major events from New York to Boston and all stops between for visits to museums and special concerts such as Tanglewood. A similar arrangement, at Whitney Center in New Haven, is within the city and even closer to Yale. They have a similar population, but with even a higher percentage of university retirees. From what my friends tell me, comparable possibilities exist around many other major educational centers. I know that there are similar arrangements near Dartmouth in New Hampshire, and in Exeter, New Hampshire, which is near Boston, and near UCSD in La Jolla, California.

**Anon**

- Your concern about where to live in retirement is one a lot of us can share. About 13 years ago my wife and I realized that we could actually stop working and move where ever we wanted. I had an active consulting practice that I could just let run down. It actually took another nine years to run out. We moved to Brunswick, Maine because it had a small but very high class college, Bowdoin. The community offers a lot of cultural activities and Bowdoin has a good library system which we have access to through the 'Friends of Bowdoin' program. This also allows me to audit classes in Bowdoin. I think the college hopes that we will remember them in our will, and we have. Maine is a small state with lots of needs which offers the opportunity to participate in many worthwhile civic programs. I run a program called Maine School Science Volunteers (MSSV), which takes a lot of time and occasionally provides some recognition. You can find out about that program on our Web site: [www.maine-ssv.org](http://www.maine-ssv.org). There are many projects here that cater to retired seniors. These range from 'ding-dong-dells' to very nice private house developments with limited accommodations to the needs and desires of seniors. I assume these exist everywhere. It's great if you don't mind the winters.

**Edmond R. Pelta (1952)**

[EKPELTA@GWI.NET](mailto:EKPELTA@GWI.NET)



- I would suggest trying to find a retirement community in a town or city where there is a Life Long Learning Institute sponsored by the Osher Foundation (based in Maine) or a university ([www.usm.maine.edu/olli/national](http://www.usm.maine.edu/olli/national)). Such communities exist in Pittsburgh, Pennsylvania and in Morgantown, West Virginia and in many other localities throughout the U.S. Transportation may be a problem, but if you can get to the classrooms you can take courses in various subjects, ranging from drama to engineering, and even teach a course in your own specialty if you wish.

**John E. Hall (1956)**  
[jed4759@yahoo.com](mailto:jed4759@yahoo.com)

- There are few easy answers. I live in an intensely academic community, Amherst, Massachusetts (among the Five Colleges), and am enduring an excruciatingly long wait for an apartment in the local attractive retirement community. I undertook a serious review of alternatives a few years ago and decided to wait out the local one, where I know at least a few people. The community does offer a lively cultural choice, both within the residence and outside, among the colleges.

**Dena F. Dincauze (1967)**  
[dincauze@anthro.umass.edu](mailto:dincauze@anthro.umass.edu)

- After graduate school, some small amount of academic experience and many years of research in the industrial world (including routine attendance at trustee meetings to provide environmental advice), I retired to Kendal on Hudson, New York ([www.kohud.kendal.org](http://www.kohud.kendal.org)), one of the dozen Kendal Corporation 'continuing care retirement communities' (CRCC) scattered about the northeastern portion of the U.S. Our establishment is quite new and excellent. It boasts some 300+ independent living residents, with approximately 35 activities committees spontaneously formed by residents, a fine exercise room, indoor pool, fitness staff, very good food, amazing river views, bordering a large state park, etc. The four buildings, including the independent-living, assisted-living and skilled nursing facilities, are all connected by "glass" bridges with fine Hudson River views. Thus we are independent of the weather (it snowed yesterday) in attending any activities and in visiting our friends, relatives and neighbors who have moved to smaller apartments or the assisted living or skilled nursing areas. But I'm also writing to tell you a story about Kendal at Ithaca ([www.kai.kendal.org](http://www.kai.kendal.org)), in the same town as Cornell University. It seems that among the number of Cornell faculty members that have retired to Kendal at Ithaca are several former physics department members, including the former chairman. When asked by a reporter whether the best U.S. physics department was at Cornell, he responded "No, it is at Kendal". Kendal communities are commonly located near colleges and universities. The president of Oberlin College said, "Kendal residents bring a wealth of experience to our students and faculty. When students work side by side with former diplomats, scientists, teachers, engineers, and many others, they find wonderful role models and friends". This also fairly characterizes our residents, and those at other Kendals. We have a continuous series of courses for residents taught by former and

present faculty from nearby colleges and museums, including European, Middle East and American history, with painting, drawing, opera, natural history, writing, current events and weekly lectures and discussion groups on related topics (many of which are given or led by residents). The bad news is that such desirable communities usually have substantial waiting lists! This is probably more than anyone wants to know, but we are active, stimulated and happy!

**John W. Blake (1956)**

[jblake@alum.mit.edu](mailto:jblake@alum.mit.edu)

- At the University of Toronto we are in the process of organizing a retirement living facility primarily for university retirees. The idea is modeled after several in the U.S; a good source of information is the AROHE Web site: [www.arohe.org](http://www.arohe.org). An example is: [www.villageatpennstate.com/communitywithin.htm](http://www.villageatpennstate.com/communitywithin.htm).

**C. Douglas Creelman (1961)**

President, RALUT (Retired Academics and Librarians at the University of Toronto)

[creelman@psych.utoronto.ca](mailto:creelman@psych.utoronto.ca)

## **NORTHWEST**

**Alaska, Colorado, Idaho, Montana, Nebraska, Nevada, North Dakota, Oregon, South Dakota, Utah, Washington, Wyoming, British Columbia, Alberta, Manitoba**

## **SOUTHEAST**

**Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, Missouri, North Carolina, South Carolina, Tennessee, Puerto Rico**

- Look for a university town where there is an OLLI - Osher Lifelong Learning Institute ([www.usm.maine.edu/olli/national](http://www.usm.maine.edu/olli/national)) or an equivalent program. The 15-year-old Auburn University Academy for Lifelong Learners (AUALL) just became OLLI at Auburn, Alabama with funding for extended course offerings, but it has been going strong all those years with courses in everything from astronomy to water-color painting. We have classes based on books (eg. *First Mothers* by Cokie Roberts), film series (eg. Carl Sagan's *Cosmos*), or local enthusiasts like the retired sports publicist who is tracing his Native American ancestry and teaches fascinating classes of American Indian history and culture. In many classes participants do all or part of the teaching, as in the class on 'Lesser Known American Heroines' that I will be leading this fall. I am a retired associate professor of physics at Auburn University whose degrees are actually in physical chemistry. Much of my university teaching was in physical science classes for teachers-to-be and as the scientist member of teams teaching an interdisciplinary course based originally on J. Bronowski's *Ascent of Man*. My first classes for AUALL were based on the *Ascent of Man* tapes, but I have also led classes on fairy tales (I used to write them for my children; now I just collect them), on globalization, based on Thomas Friedman's books, and two based on Jared Diamond's *Guns, Germs, and Steel* and *Collapase*. Obviously, I have learned a

lot besides physics and chemistry along the way. In addition to Auburn, I know the University of Nebraska has an OLLI, and in all there are 101 of them in the U.S.

**Charlotte R. Ward (1951)**

[w\\_cutis@bellsouth.net](mailto:w_cutis@bellsouth.net)

- Your quandary is a common one these days, and my wife (70) and I (72) are facing it. Our solution here in Gainesville, Florida is The Village ([www.thevillageonline.com](http://www.thevillageonline.com)). We are on the list for one of the cottages, but will probably be in an apartment one day. The nice thing about facilities like this is that there are a range of support types on one campus, from independent to assisted living to Alzheimer's care. It is a pretty place, with many activities on-site, plus proximity to the University of Florida and educational and cultural activities. The Village is also just across the street from Santa Fe Community College. It is within bicycling distance (on a side path) from a supermarket, liquor store, restaurant, etc. Gainesville itself is becoming highly regarded as a retirement town. My wife and I moved here from Upstate New York nine years ago when we finally figured out that we didn't have to do snow anymore. We have nearly full-time jobs running a citizen support organization for a local state park ([www.prairiefriends.org](http://www.prairiefriends.org)), and see that there are many more opportunities for active and committed people. We continue to bicycle (well, recumbent tricycle) on the many paved bike facilities in this part of Florida, managing about 25 miles on a Saturday morning, which gets us out of town and into true wilderness in a short time.

**George H. Edwards (1959)**

[gedwards@atlantic.net](mailto:gedwards@atlantic.net)

- I am 68 years old. I worked for the US Army as a food scientist/engineer until I retired in 1999. I live in an over 55 retirement village (Century Village) in West Palm Beach, Florida ([www.centuryvillage.com/WestPalmBeach.htm](http://www.centuryvillage.com/WestPalmBeach.htm)). This is a large area with between 13,000 and 14,000 residents in the winter months. Many people (like me) become 'snowbirds' in the warm months and head north. We have everything we need within the (gated) village area. We have many swimming pools. There's also a large clubhouse with a 1200 seat theater with very reasonable professional shows two or three times a week. And free movies. Within the clubhouse are many activities including hobby classes, a library, a woodworking shop, etc. There is frequent free transportation to shopping areas. There's also a medical center on site. If you have a car and can drive (I do) there are several art museums and professional theaters close by. About 30 minutes away is a baseball stadium where the Marlins and Cardinals hold spring training and play minor league baseball. There is an active MIT Alumni Association which I belong to. The maintenance fees are reasonable. Real estate taxes are not overwhelming. My wife and I have lived there since our retirement and have enjoyed it. Unfortunately, Marianne passed away [in August 2007]. If anyone would like to contact me for other information, that would be good.

**Joseph (Joe) S. Cohen (1977)**

[jsc456@aol.com](mailto:jsc456@aol.com)

- I have been retired for many years. It became apparent years ago my wife and I needed an appropriate retirement facility. Most facilities dealt with us as if they were sending us off to summer camp. Several years ago we learned of Oak Hammock ([www.oakhammock.org](http://www.oakhammock.org)), in Gainesville, Florida. Oak Hammock is a CCRC facility (continuous care community) organized by University of Florida retirees, but not formally a part of UF. We have been here for three years. Our neighbors are great and the activities are challenging. We have been happy with the move. I am sure there are CCRCs organized by western universities that you might find interesting. For more information:  
[www.newlifestyles.com/sitemap/pei-ccrc-455432-std-03.htm](http://www.newlifestyles.com/sitemap/pei-ccrc-455432-std-03.htm)  
**Isadore Swerlick (1949)**  
[eswerlick@gru.net](mailto:eswerlick@gru.net)
- Northern Georgia (Blue Ridge)... small place, all the necessities, no heavy traffic... pretty place to retire in...  
**Anon**
- Try Carolina Meadows ([www.carolinameadows.org](http://www.carolinameadows.org)) and Carol Woods ([www.carolwoods.org](http://www.carolwoods.org)) in Chapel Hill, North Carolina. Lots of bright people.  
**PLC (1968)**
- No, I do not work for the Chamber of Commerce. However, I can assure you that North Carolina's Triangle area (Chapel Hill, Durham, Raleigh) offers a variety of excellent such accommodations. Because of the presence of three major universities (Duke, UNC-Chapel Hill, NC State) there are abundant intellectual opportunities, athletic events, galleries, theatre, music, art, crafts etc. at reasonable prices and with shuttle service to and from these places offered by the retirement facility. Prices are significantly lower than New York, Boston, Los Angeles, etc. Medical care is accessible and superb at Duke or UNC. Actually several of the retirement communities have Duke or UNC facilities on-site. Here are the Web sites for: Carol Woods ([www.carolwoods.org](http://www.carolwoods.org)), The Forest at Duke ([www.forestduke.com](http://www.forestduke.com)), Galloway Ridge at Fearington ([www.gallowayridge.com](http://www.gallowayridge.com)), Croasdaile Village ([www.croasdailevillage.com](http://www.croasdailevillage.com)), and Carolina Meadows ([www.carolinameadows.org](http://www.carolinameadows.org)). They all feature graduated living-from independent to infirmary. Because I do not know Raleigh well, those mentioned above are all in Durham or Chapel Hill neighborhoods. Undoubtedly Raleigh has many also.  
**Anon (1958)**
- There's a unique retirement community on the scenic Cumberland Plateau 10 miles west of Crossville, Tennessee. **Uplands Retirement Village** has an interesting history, and is special because of its low-cost, no-frills ethos, which has brought intellectual, progressive residents from all over, many with overseas connections. Because of its low buy-in and monthly costs, folks tend to come younger and put down roots in the community (300 retirees in a village of 600). Whence more vigor and a better male-to-female ratio. Full range of independent

houses (including build-your-own dream-house), condos, rental apartments, assisted living, nursing home. Attractive climate on the Plateau at 2000 feet elevation. See the URLs: [www.uplandsvillage.com/](http://www.uplandsvillage.com/) and [www.janeheald.net/uplands/uplandsfirstpage.htm](http://www.janeheald.net/uplands/uplandsfirstpage.htm).

**Mark Heald (1950)**

[mheald@frontiernet.net](mailto:mheald@frontiernet.net)

- I can say something about Puerto Rico, I believe, as a possible place to retire for Sigma Xians. Puerto Rico is going through very difficult times economically, and its infrastructure is highly flawed. In particular, mass transport is practically non-existent, except for a very hobbled bus system and a highly ballyhooed, very limited, city train serving a very small number of citizens in San Juan, greatly criticized (often unfairly) by the public, with little public support. The highways are more and more choked with cars (Puerto Rico is among the places in the world with the highest number of vehicles per capita), and the number of elderly (and especially those unable to drive) is exploding. Electrical energy (some 99% dependent on petroleum) is among the costliest in the world, and the water supply system is in great disrepair. Moreover, Puerto Rico comes to a standstill whenever there is a serious labor dispute involving the electrical workers (much sabotage), aqueduct and sewer authority workers, or the teamsters (who stopped traffic to the airport for two days not long ago). The climate has been fairly good up until now, although meteorologists say we are due for a very big change soon. Let's hope not.

**Anon**

## **SOUTHWEST**

**Arizona, California, Hawaii, Kansas, New Mexico, Oklahoma, Texas, Mexico**

- It might be too late for some, but some time BEFORE we retired, we began taking our vacations in a motorhome. That was a good deal of fun and we met many people who also did the same. Many of them, we included, have chosen to live full time in a recreational vehicle. We could tour the country at our leisure and stop where we liked. Then we joined a group known as "Escapees". This organization has a number of established campgrounds across the southern and west coast U.S. Camping fees, in general, are much less than in commercial campgrounds. The reason: members volunteer for nearly everything. Even the managers are volunteers. Other groups of Escapees have banded together to found cooperatives where the corporate group owns the campground and members can buy-in for a long term lease. We have a life time lease at the SKP Saguaro Co-op of Arizona. We have a small "casita" which serves as a day room. Our expenses amount to food, electric service, propane, telephone, and internet if desired. Our maintenance and operations fees are set yearly by the board of directors. These are in the \$600-800 range per year. Our park has 323 spaces and a waiting list of over 400. Clearly it is a choice place and well thought of. Other similar parks have differing financial arrangements. The people come from nearly every walk of life. We have retired M.D.s, Ph.D.s, more nurses than I

can count, as well as a variety of other professions. We tap their life experiences to run the place. The board of directors is elected from the leaseholders and each serves a three year term and receives no monetary compensation. We have a small paid staff plus a number of volunteers to handle the day-to-day business. If anyone is interested in more information, go to the internet and search for Escapees.

**Charles B. Hoelzel (1958)**

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- I would like to suggest The Academy Village ([www.theacademyvillage.com](http://www.theacademyvillage.com)). Academy Village was founded by Henry Koffler, past president of the University of Arizona. It is located in sunny Tucson and offers a full program of courses, lectures and musical performances through the Arizona Senior Academy that is part of our community. The Village also offers a full range of fitness and health programs. Stimulating neighbors and friends have come here from all over the country to take part.

**Wayne E. Magee (1953), Ph.D**

Adjunct Professor, The University of Arizona

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- Check out Academy Village near Tucson, Arizona ([www.theacademyvillage.com](http://www.theacademyvillage.com)). I've never been there but a former president of the University of Arizona was involved in starting it, or advised it, or something. From what I've heard, it has the kind of intellectual stimulation and activity you are looking for. I think some universities may have retirement facilities associated with them, so you might inquire about that. My mother, not a scientist but formerly active in international development and still writing about it, seems quite happy at La Posada, a well-run non-profit retirement community in Green Valley, Arizona. I think a lot of people would be interested to hear what advice you've received. I only just 'retired' at 70 and still have a lab so am a ways from needing a retirement community, but it doesn't hurt to look ahead.

**C. William (Bill) Birky, Jr. (1959)**

Professor Emeritus, Department of Ecology and Evolutionary Biology, The University of Arizona Tucson, Arizona

- My husband and I did some looking and found the same thing as Helen. The "Duh" folks are everywhere. But I would add that one should find a place that answers one's needs. Green Valley, Arizona is 20 miles north of us and was founded 20-30 years ago by over 55s and had about 20 or more neighborhoods of that age. It was founded by retired teachers, so it has lively folks with things other than bridge, crosswords, bingo and such mind-dulling things. However, the folks there are in their 80s and too old for us. La Posada in Green Valley, Arizona ([www.laposadagv.com](http://www.laposadagv.com)) is its upper level retirement center and I know a few there who are still mentally active. We then looked at the upper end 'retirement centers' in Houston and found them to have more folks who should be in nursing homes - they are getting in too late and the monthly fees are around \$5000 a month after paying \$350-500K for the entrance fee, of which you



only get 90% back (upon demise or leaving) and do not benefit from any growth in equity or value. The former USAA Towers in San Antonio, 24 stories with a great view of San Antonio and a co-operative financial structure, allows you to resell your apartment at market value, so you (or your heirs) can do better, and their monthly fee is closer to \$1500 a month. There are lots of activities, and San Antonio is a lively town. There is an attached nursing home which is not part of the Towers at Park Lane, but you have that available. I wanted to do something in the visual arts, so an artist's colony like Tubac, Arizona (pop. 1200) was good. That it also had many golf courses at reasonable prices and with a great selection was good for my husband, as he can get out and keep lively with a group of men twice a week on the many less expensive golf courses. The weather here is truly remarkable. One month in summer is hot (July), but the rest of summer has the monsoons which cool things off. Do not equate all of Arizona to Phoenix, which is in a hollow and does have hot weather. We are at an altitude of 3200ft, so have cooler weather. No traffic, clear air and water. Mountain vistas. Emergency air evac helicopter. Fitness center with 360° views. No hurricanes, landslides, fires, earthquakes. A few surprise foreign visitors from south of the border occasionally, but they head for places of greater population. I believe we have a group of very high level intelligent people here in Tubac, but we have our limitations also. It sometimes takes a little looking, but that is part of the retirement game. I get the feeling that you have to just luck out.

**Carolyn B. Black (1970)**

- My for-profit retirement complex, La Costa Glen ([www.lacostaglen.com](http://www.lacostaglen.com)) is in Carlsbad, California. Fine weather all year. Close to the Pacific Ocean. Carlsbad city is well managed. Water district uses highest technology.

**Donald G. Wilson (1939)**

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- At age 82, I've been officially retired for many years, but after my husband died five years ago I moved back close to the Stanford University campus where I had worked at the Carnegie Institution's Department of Plant Biology for many years. Coincidentally, Classic Residences by Hyatt was building their newest retirement complex on the edge of the campus close to downtown Palo Alto, Menlo Park and the train station ([www.hyattclassic.com/go/palo-alto.html](http://www.hyattclassic.com/go/palo-alto.html)). I moved in just over two years ago, and it has been a perfect match. Stanford offers abundant lectures and concerts, and Hyatt provides transportation to various cultural events from San Francisco to San Jose. I can bike or take the campus free bus to the Carnegie Institution. Living here is not cheap, but I feel I get my money's worth. Also it includes medical care for the future.

**Jeanette (Jan) S. Brown (1950)**

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- I live near Stanford University; some of the local retirement places have still-active scientists, MDs, etc. in residence. We go to one of them (The Sequoias in Portola Valley, California) every week to get some exercise (square dancing). They do have a few bingo players there, but many residents are still actively



consulting and part-time teaching. My wife's aunt found an excellent place (she actually helped found it) associated with the University of New Mexico (from which she retired). My suspicion is that there will be suitable places in the vicinity of virtually any university.

**Paul S. De Carli (1965)**

- I'm in the San Francisco Towers ([www.ehf.org/sft/](http://www.ehf.org/sft/)), nine blocks from the Civic center and a support system within walking distance or short bus ride including opera, symphony, ballet, theater, library, museums and restaurants. It's an Episcopalian life care center with in-house primary care physician, assisted living and skilled nursing.

**Maylene Wong (1956)**

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- I remained employed as staff scientist until I retired at the age of 83. We began to consider local Santa Barbara retirement communities when we experienced some medical problems. We found at most retirement communities there was a long waiting period, none fewer than three years! We made our choice and repeatedly phoned them to learn if there was any progress. Suddenly we received a call and learned there was an opening, and we moved. The location was The Samarkand in Santa Barbara, California, a Covenant Retirement Community ([www.covenantretirement.com/sb\\_index.asp?cmpr\\_id=11](http://www.covenantretirement.com/sb_index.asp?cmpr_id=11)). It was disappointing to discover that the money we were saving for possible travel about the world at retirement was to meet the cost of residency at the retirement community. It was also a great psychological experience to be suddenly immersed among folks my own age (then my mid-eighties)! By contrast, in the years just before I retired, my fellow employees were mostly half my age! But since living in the retirement community I have more free time to devote to activities other than taking care of a house and home.

**Romuald Anthony (1951)**

- In Lawrence, Kansas we have two good places. I live in Brandon Woods ([www.brandonwoodslcs.com](http://www.brandonwoodslcs.com)) in a townhouse, but Brandon Woods has all levels, including apartments, assisted living and nursing. Presbyterian Manor in Lawrence ([www.presbyterianmanors.org/lawrence\\_pm.php](http://www.presbyterianmanors.org/lawrence_pm.php)) has similar facilities, but somewhat different financial arrangements. Both places have a lot of activities and many participate in University of Kansas activities from sports to lectures to continuing education (mostly for seniors). Retirees from other universities can join the Kansas University Retirees group, the Endacott Society (you must first join the KU Alumni Association, but you don't have to be an alum). This group has something with some intellectual content almost every day.

**Richard K. Moore (1943)**

Professor Emeritus, The University of Kansas

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- We moved from Wichita (University of Kansas School of Medicine) in 1998 to Sun City, Texas, in Georgetown, north of Austin ([www.sctxca.org/suncity](http://www.sctxca.org/suncity)). A senior community filled with happenings and opportunities to teach and learn. I've just now returned from a session of our Senior University - two sessions on Monday and Tuesday for six weeks, fall and spring. There are over 35 topics to choose from, and we're always looking for new faculty and subjects. I tell my children I'm going to get a job so I can take some time off! Impossible to get bored here - if there is something you want to do and it's not available, start your own group, as my wife did with the Stained Glass Club. Highly recommended.

**Robert T. Manning (1969) MD DHL FACP**

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- Your inquiry about retirement places sparked my interest. First, my wife and I moved into a Life Care Community – Carillon Senior Life Care – when we reached 80, just over two years ago ([www.carillonweb.com](http://www.carillonweb.com)), in Lubbock, Texas. The campus is immediately adjacent to Texas Tech University where I spent many years (Emeritus Prof). The life care concept is available in about 10% of retirement centers. In short – independent living, assisted living, nursing home, even a hospice – all on the same campus. One can stay in the nursing home for a short period, while receiving rehab, also available, or longer if not able to care for oneself. I think the biggest thing about a life care community is that your kids or relatives know you are taken care of what ever the circumstances. Bingo – one night a month. Other things; bridge as much as you want, transport to the symphony, local theater, university sporting events, banquet once a month with entertainment (even dancing), book reviews, movies, university events open to the public (Sigma Xi lectures!!) One can get involved in one of the committees that are part of the community governance. I guess what I am saying is that one can't keep up with everything – you pick and choose depending upon interest and energy level. Housing depends upon your needs. We have a 3 bedroom, 2 car garage independent living villa. Every place is different but there are a lot of options. All and all, retirement living isn't so bad. No more worries about the lawn, house repairs, etc. In our life, Bingo is at the bottom of the priority list!

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