

Celebrating Our Roots:
Kendal at Oberlin's
15th Anniversary

A Historical Potpourri

October 1 and 2, 2008

From the *Oberlin News-Tribune*
of September 28, 1993:

“Kendal’s approach is based on the philosophy that retirement and growing older can still bring new opportunities for personal growth and development, even if emerging limitations necessitate a degree of dependency.

Kendal’s goal is to enhance the quality of life and to provide high quality health care for each resident, while treating each resident with dignity and respect.

The Kendal at Oberlin lifestyle seeks to make the later years productive and stimulating.

Residents have the opportunity to share in building an interesting and vital community as they cultivate new relationships and pursue lifelong concerns.”

Kendal's Origins

By Eva Greenberg

Quakers have a long history of concern for the elderly, and as the world's older population grew, so did that concern for meeting their needs. In 1900 there were 3.1 million people in the United States over 65, and the average life expectancy was 47 years. By 1975 that number had increased to 21.8 million, and their life expectancy had jumped to 71.3 years. The Religious Society of Friends began to realize that existing facilities would not be adequate to serve the increasing needs of the senior population. Furthermore, young families often lived in places far away from their aging parents. Health care costs were on the rise, and American lifestyles were simply not in tune with the needs of the elderly.

In 1963, the Philadelphia Yearly Meeting, which is the central organizing body for Quaker meetings in the Philadelphia area, appointed a committee to study the issues dealing with the care of aging Friends. Members of the committee hired a social worker, Dorothy Cooper, to work with them and to counsel older persons and their families. Their efforts resulted in a number of substantial bequests and eventually led to the establishment of Kendal at Longwood and Crosslands near Philadelphia, which first opened in October of 1973.

The selection of a name for this new community was an important aspect of the planning process. According to *An Act of Faith: the Kendal at Longwood Story*, a booklet published by Kendal-Crosslands in October 1988 on the fifteenth anniversary of that initial opening, Eleanor Stabler Clarke, 1896-1995, a Quaker by birth who lived at Kendal at Longwood, had this to say on the subject: "Part of the enjoyment of creating something, such as building a new community, is the selection of a name for it - a name that will help give it personality and explain its background. What pleasure William Penn must have had thinking up *Philadelphia* to express his ideal of a city of brotherly love. So, with the Board of Friends who wanted a community for retired persons in southeast Chester County, there was the desire to express in its name the background of the group which would build it. It seemed logical to ask a Quaker historian for suggestions." Thus, the Board wrote to the biblical scholar and writer, Henry Cadbury, who replied with a list of places in northwest England, an area known as "the Birthplace of Quakerism." Of all the town names on that list, the Board selected Kendal.

The town of Kendal in England is situated in the valley of the river Kent; hence the name, Kendale, in time shortened to Kendal. It is in one of the most beautiful parts of the country, namely, the English Lake District. Once known for its wool, the town of Kendal now has many attractions for all ages, including some outstanding museums.

The name Kendal was also associated with the fund raised by Margaret Fell to meet the expenses over and above those that could be borne by the pioneers, those establishing the first retirement community, themselves. In other words, a resident assistance fund was put in place before the first Kendal even opened.

Other Kendals have followed. In addition to the original Kendals at Longwood and Crosslands in Pennsylvania, there now are Kendal at Hanover in New Hampshire, Kendal at Ithaca in New York, Kendal at Lexington in Virginia, Kendal at Granville in Ohio, and Kendal on Hudson in New York. And, of course, our own home, Kendal at Oberlin, which this week is celebrating its own 15th anniversary.

In recent years, the Kendal family has expanded to include Kendal at Home in Westlake, Ohio, which joined Kendal at Oberlin under the Kendal Northern Ohio umbrella; Barclay Friends in West Chester, Pennsylvania; and The Lathrop Community in East Hampton, Massachusetts.

How Kendal at Oberlin Began

By Anita Reichard

First published in the September 2003 *Kendalight*

It was January 1987. The same small group was meeting for lunch at the Oberlin Inn. But this week the conversation brought shocking news. It was reported from George Simpson's retirement party that he and his wife were moving to Columbus, that they could no longer manage their large home and necessary health care. Suddenly we realized that every one of us might soon be facing the same problems.

Karl Heiser decided to do something. He invited some representative Oberlin citizens to his home on St. Patrick's Day. Jephtha Carrell, David Clark, Bill Long, Dorothy Luciano, Anita Reichard, Diana Roose, and Betty Weinstock met with Karl. They explored hopes, possibilities, and problems and resolved to start working.

We knew what we wanted: a community of interesting, involved, caring people of diverse backgrounds, a way to continue living stimulating contributing lives, a way to maintain the quality of our living as we became less physically able, as much independence as possible in activities and daily living, a sense of security, excellent and available health care, relief from burdensome chores, easy access to educational and cultural opportunities, to music, art, and travel.

It was a big order, might cost forty to fifty million dollars and was probably more than we could manage on our own. So we visited some well-known retirement communities and learned everything possible about others. None of them really provided what we wanted. Finally, four of us went to visit Kendal at Longwood. We were impressed! And we were able to persuade them to work with us.

It took work, hard work. The board for most of the development period included Jephtha Carrell, David Clark, John Elder, Karl Heiser, Ann Jensen, Bill Koebnitz, Dorothy Luciano, Tom Piraino, Anita Reichard, Ed Schwaegerle, and Dr. Jim Stephens. We met once a week.

We made lists; we devised publicity; we wrote hundreds of letters (not many computers in those days); and we spent hours on the phone. We organized meetings: open meetings, usually at churches or libraries with speakers from The Kendal Corporation; gatherings, all over the East and the Midwest, usually in private homes with a board member as speaker; priority group meetings, of those who had already signed on, to provide more information or to start building a sense of community. And we conducted bus tours to Kendal at Longwood.

Largely through the efforts of David Clark and Oberlin College, we acquired the ninety-two acres we now occupy. We built the list of priority members to 250 so that we could hire an architect. With much assistance from Nancy Weber-Sutter of The Kendal Corporation, we solved the problem of the Certificate of Need (CON) for skilled nursing beds.

We worked hard, but we also had fun. We ate lots of cookies, enjoyed delicious meals at the homes of board members, met many wonderful people, and made some great new friends.

We had some discouraging days, but we also had some memorable triumphs: when we got our "fertilizer" money (almost twice as much as we had aimed for - in about half the time); when we closed the deal on the land; when we finally got the CON; when we added the last name to the priority list, making a total sufficient for financing; when we broke ground.

And it was all worth the effort!

Kendal at Oberlin's Founding Residents

(in the order in which they arrived; those still living are underlined)

October 1993

Custer, Benjamin A.

Custer, Emiko H.

Funkhouser, Mary L.

Moore, Samuel A.

Moore, Jane H.

Reynolds, Harriet

Wright, Elizabeth L.

Bassett, Virginia Ruth

Boase, Paul H.

Boase, Marjorie B.

Boase (Flanigan), Constance W.

Holbrook, Dorothy B.

Hutchison, William M.

Hutchison, Janet B.

Long, Herbert S.

Long, Charlotte R.

Tibbetts, William D.

Tibbetts, Katherine K.

Balogh, Sara C.

Hunt, Esther. C.

Largent, Robert M.

Largent, Vera M.

Regli, Constance W.

Svete, Irene E.

Young, Keith R.

Young, Victoria K.

Coffin, Kenneth P.

Coffin, Frances D.

Morgan, Maxwell G.

Morgan, Muriel P.

Verlie, E. Joseph

Verlie, Elizabeth E.

Young, Evelyn

Jones, Eddythe M.

Merritt, Helen K.

Schwimmer, Helen M.

Sprow, Clementine H.

Stephens, James T.

Stephens, Jeanne H.

Stevenson, Nicholas

Baum, Marian H.

Foreman, Marion B.

Peterson, Lois G.

Renfrow, William B.

Renfrow, Antoinette S.

Adams, Margaret Ellen

Evans, Mary C.

Evans, David

Jones, Owen T.

LeBeau, Constance J.

LeBeau, Marjorie M.

Milliken, Elizabeth

Miraldi, Mary K.

Schaeffer, K. H.

Schaeffer, Eunice B.

Schwaegerle, Edward G.

Schwaegerle, Ruth C.

Hoerr, Janet U.

Singleton, Robert C.

Singleton, Wanda R.

Spelman, Gordon

Spelman, Kathleen M.

Taylor, Richard W.

Taylor, Sadie W.

Brashares, Charles M.

Brashares, Edith O.

Byles, Janet K.

Byles, G. Huntington

Current, Phyllis

McCorkle, Hugh F.

McCorkle, Lois P.

White, James W.

Baker, Ruth S.

Gage, Alan

Gage, Nancy

Laird, John H.

Laird, Helen E.

Lester, Catharina D.

Weigl, Etta Ruth

Eddy, Ernest

Eddy, Jane

Kurtz, Edith M.

Canalos, G. Virginia

Cotabish, Alice M.

Daffin, Norma

Flynt, Mary A.

Lewis, Mary Jane

Histed, Margaret E.

Richards, Louise S.

Simonson, Roy W.

Simonson, Susan M.

Stocker, Beth K.

Ailey, Robert J.

Ailey, Mary F.

Spelman, Elizabeth L.

Worcester, Florence E.
Slajnar, Millie
Smith, Audra C.
Weinstock, Robert
Weinstock, Elizabeth B.
Ernst, Joan K.
Milliken, Elizabeth D.
Christie, Bettie L.
Heath, Elaine

November 1993

Gabalac, Frieda
Hasse, Gordon W.
Hasse, Frances S.
Kane, Ellen
Neill, Elizabeth M.
Stiles, Elizabeth W.
Wilcox, Dorothy H.
Fisk, Mary W.
Lucioli, Clara E.
Prescott, Polly
Prescott, Katherine
Meints, Nelle G.
Sable, Doris S.
Lilie, Ellen Anna
MacKay, James A.
MacKay, Gladys G.
Stechow, Ursula
Johnson, Jr., William C.
Warch, Willard F.
Warch, Pauline R.
Steele, Arthur R.
Steele, Elizabeth
Appleton, Lloyd O.
Appleton, Linda S.
Gladieux, Bernard L.
Champney, Kathlyn B.
Metcalf, Sarah H.
Mosher, Harriet J.
Geissal, Marjorie N.
Dixon, Elizabeth M.
Wagner, Helen
Rotermund, F. Elisabeth
Simpson, Alice H.
Thompson, Priscilla E.
Smith, Miriam Waldron
Wright, Jean F.

Neavill, Elizabeth B.
Poporad, Anna
Arthur, Margaret R.

December 1993

Burton, Anne H.
Cook, Margaret J.
Dugan, Joyce S.
Hallock, Jeffrey
Hallock, Myriam L. (moved away)
Hallock, Richard R.
Hansen, Ruth E.
Metzger, G. Herbert
Metzger, Madelyn L.
Roose, Gretchen
Roose, Kenneth
Arnold, Paul B.
Arnold, Sarah C.
Buck, Jane
Licklider, Adelaide
Licklider, Templin
Leonard, Barbara
Leonard, Margaret
Melcher, Anna S.
Reichard, Joe
Reichard, Anita
Anderson, David
Anderson, Molly
Farnsworth, Charles
Farnsworth, Kathryn
Runyan, Elizabeth
Runyan, William
Shaver, Alice
McIlroy, Amy
McIlroy, Donald
Mitro, Eleanor
Lapham, Lowell
Lewis, Dexter
Turner, Ralph
Walker, Mary Emma
Walker, William
Yinger, Milton
Yinger, Winnie
VanDyke, Don P.
VanDyke, Mary Louise

**Employees who have been
at Kendal at Oberlin
for 15 years**

Becky Bolyard
Becky Butler
Laurie Dupee
Terry Fries-Maloy
Jon Hall
Dotty Holzhauser
Kathy Knipper
Terri Lanham
Judy Miller
Ann Pilisy
Sheila Scott
Michele Tarsitano-Amato
Ramie Ybarra
Bev Zimmerman

**Employees who have been with
Kendal at Oberlin
for more than 15 years**

Nancy Freed
Marcia Heckert
Barbara Thomas

**Presidents of the
Kendal at Oberlin
Residents Association**

Joe Verlie 1994-95
Jane Eddy 1996-97
Ruth Shaeffer 1998-99
Joe Luciano 2000-01
Tom Piraino 2002
Leonard Singer 2003
Alan Gage 2004
Mary Ashbrook 2005-06
Tom Piraino 2007
Robert Taylor 2008

**Chairs of the
Kendal at Oberlin
Board of Directors**

James Stephens 1987-90
Jeptha Carrell 1991
Tom Piraino 1992-94
George Bent 1995-2001
Richard Dunn 2002-03
John Picken 2004-07
Melva Tolbert 2008-

A few of the many “great ideas” that have enriched our lives through the years

The Kendal at Oberlin Library

From Betty Weinstock: “A Library Committee was formed before Kendal opened, and Bob Weinstock was its chair. In a report to KORA on June 19, 1994, Bob said, ‘Initially our [committee’s] purpose was to organize, set policy for, and bring into operation the Kendal at Oberlin Library for use by our community. It was essentially accomplished by January 4, 1994 – three months after the first residents arrived, and the first of more than 4000 donated books had been brought in cartons to the otherwise nearly empty library room.’ A quote from the minutes of a 2001 KORA meeting says that ‘Keith [Young], a long-time secretary of the Committee, made the in-depth study of Longwood Library that was crucial to the organization of our library.’

“I do not believe the committee met as committee before Kendal opened, but Bob wrote many longhand letters to the members with ideas as to procedure, policy, etc. For instance, they decided not to accept condensed books for the library, or foreign language books. They did decide to pay for a subscription to the *New York Times*, but all other materials, magazines, and books should be donated. (Later, other newspaper subscriptions were ordered, and some books, especially large print books, were bought.) I have not found a record of the first members of the committee, but as of 1996, some members were N. Stevenson, B. James, B. Custer, M. Miraldi, P. Leonard, C. Luciola, B. Christie, B. & B. Weinstock, L. Peterson, P. Current, G. Roose, R. Taylor, K. Tibbetts, A. Gage, S. Balogh, and K. Young.

“The shelving for the books in our Kendal at Oberlin Library was not there when the first residents moved in, but was finished about a month afterwards. After Kendal opened, and the shelves and the books to fill them arrived, cataloguing details were worked out with the help of Ben Custer, a past librarian with the Library of Congress and an expert on the Dewey system. Many helpers went through the cartons and chose the books we would keep (almost all of them: we needed books!), after which they were all catalogued and shelved. (It appears now to have been a mammoth job, but it was done!)

“Bob resigned the spring of the first year, and I took over as chair, followed in a couple of years by Nick Stevenson (who started, and continued until quite recently, the monthly article in the *Kendalight*). The room is a great one for a library, superbly planned by the architect – or whoever. And the library is a great addition to our community!”

Hallie’s Alley

From Frampie Ailey: “After the death of Hallie Laird in the spring of 1994, her husband Bert planned a nature project in her memory. Hallie’s Alley, a path through the woods around Green Pond, begins at a bridge across the ditch north of Meadow Pond that was built by Hallie’s brother-in-law, ‘Dutch’ Harley. The plan was completed with the help of several residents: Bill Hutchison, Alan Gage, and Bob Ailey. Bob’s job was to clear the path of wild roses and poison ivy. Bert Laird supervised the whole project.

“Now we can all enjoy this lovely spot, where last spring a wood thrush sang.”

The Clay Tennis Courts

From Ken Roose: “Kendal at Oberlin has two fine soft-surface (clay) tennis courts. How did this happen? Bill Renfrow and I had been tennis partners for more than four decades. Betty Weinstock was also an enthusiastic player. To begin the process, Bill and I were convinced that the surface should be soft so that older adults would find play easier on their knees, hips, and ankles. Bill and I then went to the Wooster Country Club to see how a laser-operated tractor was facilitating the construction of their clay courts.

“Our next task was to obtain the necessary clearances from Kendal at Oberlin. With these having been secured, I engaged Kenny Clark, Jr., a local contractor, to be the general contractor. The funds were put up by Weinstock, Renfrow, and Roose. We determined to use only the most durable materials, with the result that 14 years later, our fencing is rust-free and in fine condition. We engaged Mr. Paradis from New Hampshire to put most of the surface down using his laser tractor.

“As a fitting gesture, in early June of 1994, 25 Kendal residents came out to nail down the last of the tapes marking out the court. A picture of these active residents later appeared in a brochure of the Robert E. Lee Corp. of Charlottesville, Virginia, the principal producer of the clay used in the construction of courts such as ours.”

The Fourth of July Parade

From Katherine Prescott: “A group of us were having dinner about a week before the Fourth of July, 1994. Someone remarked that it was too bad that the Kendal agenda did not include any celebration of Independence Day. The result of that conversation was that Ann Burton more or less dared Clara Lucioli to organize a parade. So she did.

“On the morning of the Fourth of July we ‘came forth’ and marched around Heiser Circle. A large number of residents dressed up fancifully. Doris Sable led with her large flag. Don VanDyke provided taped music that most of us couldn’t hear, and some of us had whistles and bells or banged something. The Health Center residents in decorated wheelchairs and paper caps were included from the beginning.

“The parade lasted about fifteen minutes, followed by a gathering on the lawn where we admired one another’s costumes, and people with the most striking were called out for applause.

“Clara Lucioli, who initiated the event that has become a light-hearted tradition, just wanted us to have fun together. She was a very active member of the Program Committee and wrote a number of the scripts for the early dramatic Solstice celebrations. In her professional career, she was a distinguished librarian and a delightful storyteller. She was spontaneous and creative, with a unique sense of humor – a truly friendly person.”

Science Discussion Group

From Ralph Turner: “In the fall of 1994, I was having lunch with Tom Protzman in the Langston. We soon found that both of us were interested in the field of science – broadly defined. For several weeks, we continued our discussions in this field and never ran out of topics. It then occurred to us that others might want to participate as well, so we publicized the idea and were soon joined by others with a similar interest.

“For 14 years, we have continued to have a Science Discussion Group once a month. Members are invited to tell us about interesting topics they have encountered since our last meeting. These informal discussions reflect the current interests of our members.”

The Jazz Listening Group

From Lois McCorkle: “The Jazz Listening Group began as a continuation of a course called ‘Classic American Jazz Music: a Window on America and Ourselves,’ which was a part of Case Western Reserve’s Living Room Learning series and organized here at Kendal by resident Betty Spelman. The first class in the course offered here was held on October 2, 1995. During the course, we talked about the roots of jazz and listened to and discussed the performances of jazz bands, swing bands, big bands, etc., as well as individual musicians. It was a great course with an excellent teacher/leader, Gus Matzorkis. (Some will remember him for other courses he led here at Kendal as a part of the CWRU series. We enjoyed especially his series on Mark Twain called ‘Huck and Tom.’)

“When our jazz course concluded in mid-November, we all hated to see it end. By mid-March of 1996, several of us began meeting at 9 a.m. on Tuesdays in the Whittier Lounge – a room well-equipped with audiovisual equipment and where the course had earlier been held. With Ralph Turner and Hugh McCorkle serving as co-conveners of our interest group and as our audio and video engineers, we’ve been able to listen to and talk about jazz records, audio and video tapes, CD’s, etc, which we have brought each week from our individual collections. These continue as our Jazz Listening Group’s meeting time, place, and purpose today – thirteen years after our CWRU course began. Our co-conveners now are Harvey Culbert and Del Jenkins. Though our group has had additions and subtractions over the years, most of us still find it one of our favorite hours of the week.”

The Courtyard Garden

From Bill Schreiner: “When Kendal at Oberlin’s swimming pool was constructed in the late 1990s, there was an opportunity to enclose the area now known as the Courtyard Garden. The assisted living and health care wings had already formed three sides. The swimming pool and its hallway formed the fourth side to enclose an area approximately 125’ by 125’. A resident committee was formed to make suggestions as to what would happen to this large enclosed area. Joe Reichard, Helen Schwimmer, Frampie Ailey, Ann Grimes, and others, along with some staff members, suggested making it into an enclosed garden area. This suggestion was heartily endorsed by both staff and residents.

“As planning took place, it was suggested that the garden area include a gazebo and sunroom entranceway. After approval had been given, top soil was trucked in, and the walkway was installed, along with a base for the gazebo. A seven-station automatic watering system was installed for the gardening areas. Perimeter lighting was installed along the walkway. In early August of 2000, the committee put out a call to all residents for help in planting the perennials that had been ordered for the area. There was a good turnout, and within a few hours the perennials had been planted and watered, and with the watering system, I don’t think we lost a single plant.

“A couple of weeks later, the walkway was covered with a flagstone pattern. It was beautiful but caused problems from the start. It was too bumpy for both wheelchairs and walkers, and we

spent the next five or six years deciding what to do about it. The gazebo was assembled by the Woodshop Committee, and it has held up well through the years. The following year the sunroom was added, and it makes a nice entrance to the garden.

“After much discussion and research, in the fall of 2006 it was decided to take out the sidewalk and re-grade for proper drainage and install a new walkway. A smooth face coat of colorized sand was installed on the walkway and has worked well for the wheelchairs and walkers. This work was done in March, April, and May of 2007.

“Each year the perennial plantings are supported with 18 to 20 flats of annuals. In addition, I raise from seed a number of bi-annuals and hard-to-find annuals. All growing season there is something new flowering every few days.

“Over the past eight years, I have had the pleasure of caring for and sharing this garden with all the residents of Kendal, but especially the residents of the Stephens Care Center. It takes a lot of time and effort, but knowing how much it is appreciated by so many makes it a very pleasurable experience.”

The Genealogy Interest Group

From Don and Nancy Hultquist: “In November of 2002, we sent a letter to Kendal residents that began: *‘Since arriving at Kendal, we have met many residents with great interest, experience, and accomplishment in genealogical research and the writing of family history and memoirs. Collectively, the Kendal community has a great deal of expertise in these areas. In addition, there are many residents who would like help to begin or renew work on such research or writing. This letter is written to facilitate the formation of a family history interest group in which participants would help, teach, encourage, and listen to one another as each of us pursues our interests.’*

“The Genealogy Interest Group was generated in response to this letter. Participation was encouraged by reminding residents that 81% of Americans feel that they should write a book, and 2% actually do. Six years and 45 meetings after the first session, attendance and participation have grown. Forty different residents and five outside speakers have given a total of 77 major presentations. In addition, crowds as large as 100 were drawn to six presentations at which a number of residents briefly spoke about and exhibited a written genealogy, an ancestral portrait, an ancestral object, a family story, a Scandinavian tradition, or a DNA analysis. Among the most memorable meetings were four presentations on African-American family history and two ‘Genealogy Lock-In’ sessions sponsored jointly with the Oberlin Afro-American Genealogy and History Group.”

Kendalopolis, Kendal’s Miniature Golf Course

From Ben Lenz: “Pam and I moved in with 60 pieces of 1 ½” x 1 ½” x 8’ Pao Lopi, a tropical hardwood with a sixty-year outdoor life guarantee. When I found that the putting green here at Kendal was not used a great deal, I asked the Sports Committee if I could build a Miniature Golf Course on the putting green, assuring them that I would not impact it at all. With their OK, I started to work.

“Joe Luciano joined me, and we worked for more than four months to build it. The woodshop was filled with fine dust - everything was trial and error. We discovered that glue is not

very effective in joining the pieces; they all had to be screwed or pegged. Obstacles were designed – and failed – and were redesigned. The xylophone required the help of ethnomusicologist Rod Knight (son-in-law of Suzanne Villucci) and physicist Roger Bacon.

“The grand opening in May 2003 included a band, dignitaries, and many people. The course is popular among residents, staff, guests – and especially grandchildren.”

The Precision Lawn Chair Drill Team

From Ben and Pam Lenz: “Kendal’s Marching Precision Lawn Chair Drill Team was started in 2004. It was based on a phone call from our daughter, Patty Bovie, who had gone to a Patriots’ Day parade in Rockport, Massachusetts, where she had seen Duncan Ballantyne’s Precision Lawn Chair Group. She encouraged us to start one at Kendal at Oberlin. Duncan mailed us his original routines, some of which we use, some of which we modified, and some of which we rejected. After all, walking backward or spinning chairs overhead would overload both our Care Center and the local osteopaths.

“Harvey Culbert was talked into being our esteemed leader, and, with the help of Eleanor Mitro, who had been a band director for many years, we got off on the right foot. We have become a legend in our own time, thanks to all.”

Eureka!

From Nancy Hultquist: “A board of twelve residents was formed in early 2004 to plan Kendal at Oberlin’s first ‘literary’ magazine. The community participated by submitting names for the publication, and after much deliberation and many good suggestions, the name *Eureka!* was selected. KORA agreed to provide funding, a good working relationship was established with a printer, and a major decision was made to use color on both the cover and one inside page. After the first two issues in May and October of 2004, it was decided to continue with three issues each year.

“Original contributions of creative work of virtually any kind (art work, photographs, non-fiction prose, fiction, reporting, etc.) from Kendal at Oberlin residents are welcomed, and occasionally from non-residents if the article deals with a KatO resident. Referees evaluate contributions, and any recommendations for adjustments are referred back to the author. *Eureka!* is published for the pleasure of Kendal at Oberlin residents and is completely controlled by the residents.

“There have been contributions from 105 different individuals to the fourteen issues of *Eureka!* Volume 5, Number 3, will be distributed soon.”

SPINACH

From May Zitani and Nancy Hultquist: “Four years ago, sitting before the Heiser fireplace, Leslie Farquhar and May Zitani found they had a shared interest in and concern about nutrition and its effect on health, and came up with the idea of providing a venue for residents with a similar interest to come together for dinner on a regular basis. Nancy and Don Hultquist joined in the effort (and have been principal contributors to the dinner programs ever since). On August 25,

2004, twenty residents gathered in the Private Dining Room for the first 'Healthy Eaters' dinner. Ben Lenz provided fresh peaches and melon, and May low-fat desserts.

"During the after-dinner discussion led by Don Hultquist, it was decided that the group would meet monthly; all interested residents would be invited; the format would be that of informal discussion facilitated by pertinent materials; discussion would include an exchange of ideas, new nutritional information, tips for healthy eating, and possibly recipes. Looking for a snappier name, 'Healthy Eaters' morphed into SPINACH (Senior People Interested in Nutrition and Community Health).

"The group continues to meet on the fourth Wednesday of each non-summer month in the Private Dining Room. As new residents have come to Kendal, a number have indicated a strong interest in nutrition and are participating in SPINACH. All residents are cordially invited to attend SPINACH dinners, but because of the limited seating available in the Private Dining Room, they are asked to sign up in advance on a sheet that appears on the shelf under the bulletin boards about a week before each dinner."

The S/S (Strengthening/Stretching) Exercise Group

This exercise group, which first started meeting on Monday, Wednesday, and Friday mornings in the Auditorium in 1994, still uses tapes recorded by Mary Emma Walker, a resident at Kendal at Oberlin from 1993 to 2005. This poem was written in 2006 by current resident Thelma Morris, in memory of Mary Emma.

Mary Emma's voice breaks through morning reveries
as we gather in the meeting room, limber up and
move in sync with exercise routines she once recorded.
We are guided firmly through arm stretches, leg lifts, lunges,
all suited to sedentary seniors eager to be fit.
No one is smiling; everyone intent on following the directions.

After fifty energetic minutes,
she instructs us to be seated and close our eyes.
Her voice grows soft as she tells us to breathe deeply
exhaling longer than our inhaled breath.
Sensations of serenity spread from head to neck,
to shoulders arms, trunk, knees and toes

A guitar thrums within the quiet of her absent presence:
"Stay in this state of total relaxation for as long as you like.
When you wish, open your eyes, get up from your chair,
and go forth to greet the glorious day awaiting you."
Good morning, good morning, Mary Emma.