

The Kendalight

Kendal at Oberlin Residents Association

April 2020

Volume XXVII, Number 4

A Message from Barbara Thomas... Dealing with Loss in a Way Never Experienced at Kendal

As we watch the news and connect with friends by social distancing and newly discovered technology, we are all reeling in our effort to grasp the challenges COVID-19 has brought to our lives. It is not unusual to talk openly about coping with losses that come with aging. Our shared losses of the last two weeks are starkly different and affect us in ways like nothing before at Kendal. We share a fear of this “lurking enemy” that has torpedoed our world. It has robbed us of the freedom to move about as we wish and banned vital things we always took for granted: dining and wine with good friends; live concerts; table tennis, swimming, or exercising classes to start the day; heading out to the grocery store at will; volunteering at the food bank; a warm hug; the ease to linger on our campus in thoughtful conversations; and attending the memorial services of cherished friends. It is so hard, actually painful, to wake up absent of the normal anticipation of things that bring meaning to our every day.

Already, Kendal has had two of our resident family leave this world under quarantine restrictions. Not being present to show the love and caring that is part

Continued on page 11



Dr. Joyce Benjamin Treats Cabin Fever

Cabin fever is a side effect of the COVID-19 confinement. Dr. Joyce (a PhD, not THAT kind of doctor) has some remedies. Some require tools but many do not. The doctor prescribes doing something enjoyable at least once a day. Repeat as necessary.

Start a New Hobby. If you don't have art or hobby supplies on hand, you can try your hand at sketching with pencil or pen and paper. You can write letters or emails to friends and loved ones, compose a joke for WKAO slides (submit to wkao@kao.kendal.org), or an essay, story, or poem for *Eureka!* (submit to *Eureka!* open mailbox). There are also lots of crafts to try: paper quilling, origami, cell phone photography, magic tricks with household objects, etc. Learn to juggle (use rolled-up socks; don't start with knives).

Read a Book. Physical books are in the Kendal Library. Electronic downloads are available from the public library and other online sources like Project Gutenberg, Internet Archive, or Google Books. Audiobooks are available from Librivox, Project Gutenberg, or Open Culture. For a fee, *Audible.com* has a wide selection of audio books, magazines, and newspapers. Try their free introductory offer.

See May Kendalight for more prescriptions.



Spring Fling! Has Flung...

After 25 years, Spring Fling has succumbed to the Coronavirus.

The glorious array of country dancers, tap dancers, line dancers, square dancers, ballroom dancers, a chorus of singers, and a number of special individual acts, plus the Kendal Strings and the Toot Sweet Recorders, to say nothing of the Stephens Care Center Bell Choir, the SCC art group that makes invitations, the Art Studio Crew that festoons the ceilings and hallways, plus the after-party hosts: all are keeping up the good work in spirit while waiting for a safe new date sometime in the future.

Many thanks to all of you for your patience and care in protecting everyone from this unexpected danger. The planning committee will reconvene as soon as it makes sense.

~Program Committee, Special Events



Kendal at Oberlin Residents Association

I write a report for each meeting of the KaO Board of Directors. I began my March report: *The Kendal at Oberlin resident community has begun 2020 with a flurry of activity. The auditorium is busy nearly every day.*

So much for that report! Now as I write this, I have very little KORA activity to report. The auditorium is dark. The dining rooms are closed. The hallways are quiet. I do not hold out much hope that this current situation will have changed by the time you receive this *Kendalight* issue.

This is not to say there has been no resident activity these past several weeks. I have heard of creative ways residents are staying connected and reaching out to one another and to staff, albeit with a least 6 feet of separation. Emailing and text messaging has increased. More residents have taken to communication via Facebook. Independent living folk have connected with Stephens Care Center friends waving through windows. I imagine even more creative (and safe) ideas for connecting are emerging.

The tireless dedicated work of our staff has been exemplary in this difficult time. They are being ever vigilant on our behalf with communication that is clear, timely, and transparent. In the months ahead we will continue to thank them for their selfless efforts.

One item of business that I do have to report is that Tom Taylor and his team have completed the KORA 2019 financial audit. This clean audit will be presented to KORA Council the next time we meet. We thank Randy Wagner for his thorough and competent management of the KORA treasury.

As we get through this challenge, may we all stay safe and virus-free; may we be creative in finding ways to connect with and care for one another.

~Gary Olin, KORA President

Be Alert! Severe Weather Season Is Here

Our winter's frequent and wide temperature fluctuations have already brought severe weather to our region, but the spring season brings a stronger threat of severe weather, ranging from thunderstorms with damaging winds and heavy rains to tornados. This severe weather occurs especially in April through August. Kendal has a Safety Plan and Procedure that residents and staff must follow to avoid injury in the event of a Weather Warning. **Here are Kendal shelter areas:**



- **Heiser Community Center:** Public restrooms, auditorium, and interior corridors **away from windows.**
- **Apartment Building:** Bathrooms (if no windows), laundry rooms, stairwells, and corridors **away from windows.**
- **Stephens Care Center:** Public restrooms, bathing rooms, interior corridors, and resident bathrooms **away from windows.**
- **Cottages:** Bathrooms and closets inside, **away from windows.**

When the National Weather Service issues a Tornado or Severe Thunderstorm Warning for Lorain County, all residents and staff members should respond immediately by taking precautions and seeking safe shelter.

When staff members announce that a weather warning has been issued, please cooperate and follow directions to seek safe shelter – even if the warning comes during a meal in our dining rooms!

Facility Services and Stephens Care Center have weather radios that will send watch, warning, and advisory announcements. They will notify the Heiser Community Center of imminent severe weather and all-clear messages. Oberlin's and Kendal's warning sirens will sound only when Oberlin is in the direct path of an approaching tornado or other violent storm.

Since these sirens may be difficult to hear, please monitor your weather radios, computers, and TV messages to stay updated on the latest weather advisories. Be self-reliant and self-aware for your safety!

~Toni Merleno, Director of HR & Operational Services / Risk Manager

April Suggestions & Concerns Committee Meeting Has Been Cancelled

But you are welcome to send a suggestion or concern to chair Marjorie Porter, either by email to porter@msu.edu or by putting a note in her open mailbox. Your message will be shared and discussed with other committee members via email, and you will receive a response.

For the time being, let's all keep our spirits up by staying in touch with friends and neighbors by phone and email! ~Marjorie Porter, Chair, Suggestions & Concerns

Kendal 2020 Directory Additions and Corrections

Malcolm Peel – check email and phone with Front Desk.

Ruth Ann Peel – check email and phone with Front Desk.

Betty O'Connor – check email with Front Desk.

Thelma Morris – check email with Front Desk.

Connie Bimber – Remove email address.

Health Lecture Tick Talk - What You Need to Know About Ticks Jonathan Bass, MD POSTPONED to June 4

Dr. Bass is Board-certified in Dermatology and Dermatopathology and Associate Professor at Case Western School of Medicine.

Save the Date for Oberlin's Chalk Walk Saturday, June 20

We hope we will once again be able to invite you to take part in this event. However, given the circumstances surrounding COVID-19, the city is assessing the ability to hold Chalk Walk as scheduled.

For years, Kendal residents have been involved in this popular event that includes master artists, local artists, and scores of community members of all ages who create beautiful, whimsical, and unique works of chalk art on our downtown sidewalks.

Artists! Writers! Here's Your Chance to Shine

Kendal's writers and artists are frequent winners in the regional competition sponsored each year by LeadingAge Ohio, the premier national advocacy group for life plan communities. The date to display and compare our contributions with those of some of the best senior writers and artists in northern Ohio is Wed., June 10, from 6:00-8:00pm and Thurs., June 11, from 10:00am-3:00pm. The place will be Jennings, 10204 Granger Road, Garfield Heights. COVID-19 PRECAUTIONS PERMITTING, OF COURSE.

But be thinking about submissions. Finish that knitted boa, lacquer the collage, glaze that clay pot, correct the spelling in your short nature essay, string those wooden beads, revise your poem or memoir, mount that photo, and prepare to submit your best work. Art and writing by an individual or a group are welcome. Whether you live in Stephens Care Center or in independent living, all submissions are accepted. Winners' works are sent to the statewide show at LeadingAge Ohio's annual meeting on August 27 at the Hilton in Easton, near Columbus. The Winners' Bus will take you to the exhibit and celebratory lunch.

For art work: Get details and submission forms from Amanda Hooley, Jameson House Life Enrichment Coordinator.

For writings, contact Anne Palmer or Thelma Morris.

Deadline for Kendal submissions: May 5. Don't be late!



Plan Now for July 4th Fun!

Our Kendal has celebrated the birth of our country on every July 4th since the founding of our community. We hope to continue this tradition with a day full of special activities this year.

Join the Merry Band! If you play an instrument and would like to join in playing for the July 4th parade, contact the coordinator Tom Morgan. As we did last year, the Merry Band will sit in the shade at the Heiser entrance portico. Others parade; the band sits and plays! We already have four players lined up: trumpet, trombone, flute, and clarinet.

The Kendal at Oberlin Precision Lawn Chair Brigade is scheduled to do our inimitable thing in our July 4th parade. We joyfully welcome anyone who would like to join our jovial band of jolly marchers. We have chairs available! Contact Don Parker for details.

Kendal residents have regularly staffed the booths to register participants and provide chalk.

Watch for more details in the May *Kendalight*. ~Dina Schoonmaker

Ohio Light Opera Bus Trip Thursday, July 16

If you signed up and paid for the trip to see "The Gondoliers" at the Freeland Theatre in Wooster, know that the Ohio Light Opera manager tells us the performance is still scheduled!

If It's Spring ... It Must Be Time for the Plant Sale! However...

Imagine a bright red geranium in your window, or a soft green leafy begonia by your door, or a plant that thrives on being mostly ignored and hardly ever watered!

For many years, the KaO annual Plant Sale has offered plants such as these, and many more, for sale in early May in the West Corridor (near the Kendal Early Learning Center). Established plants and seedlings ready for outdoor planting or indoor arrangements were available in a variety of colors, sizes, and shapes of leaves.

That's the way it's supposed to work! However, the future of the Plant Sale is uncertain.

The Committee is considering some alternative ways to make plants available to the Kendal community should Kendal's hard closure still be active. Watch for further news about the Plant Sale in the May *Kendalight*.

Want to work on the Plant Sale? The Horticulture Committee welcomes your help. Contact Prudy Hall, Joan Long, Barbara Green, or Nancy Snyder for information about ways and times to help. ~Prudy Hall



Report from The John Bartram Arboretum: Native Plant Month

Because native plants make a contribution to our ecology, April has been named Native Plant Month in Ohio. Here at Kendal with the John Bartram Arboretum, we have been working to increase the diversity of our plants, emphasizing natives because we know they are especially valuable. What is it that makes them so valuable?

Our native plants and animals have developed together over the centuries and depend on each other. Birds and other creatures that have lived here for ages feed almost exclusively on the seeds and insects from our native plants. Restoring our native plant habitat is vital to preserving this biodiversity, according to the Audubon Society. For instance, as reported in *Why Native Plants Matter*, the research by entomologist Doug Tallamy shows that native oak trees support over 500 species of caterpillars whereas ginkgos, a commonly planted landscape tree from Asia, host only five species. Can you imagine how busy chickadee parents are since it takes over 6,000 caterpillars to raise one brood of chickadees? It sure helps to have caterpillars nearby. That doesn't mean that we don't want any ginkgos in our arboretum, and we do have several. It just means that we want to be aware of the whole picture and that plant choices do have meaningful effects on populations of birds, butterflies, other animals, and what they need to survive.

Besides, when the right native plants are put in the right locations, they generally survive better during Ohio's highly variable weather and require little maintenance once established, making for savings of time and money. They contribute to the soil, conserve water, need fewer pesticides, and help keep the air cleaner as part of a more natural landscape. At the same time, they support pollinators and provide food and shelter for a variety of wild-



Art Gallery News

As you can easily surmise, no new art shows will be going up in the near future. However, we can continue to display the current shows.

Taha Benadada has graciously agreed to let us keep his paintings up for as long as necessary, so the **Kendal Gallery** walls will thankfully not be bare during this time. The work of three textile artists originally scheduled to go up this spring has been rescheduled to fall 2021.

Roy Jenkins has also kindly agreed to leave his photographs in place in the **Community Gallery** for as long as needed.

life. Thus, building a more native landscape is what is recommended in our recently adopted Kendal at Oberlin Master Landscape Plan. Cheers for Kendal at Oberlin and for our State of Ohio in recognizing the benefits of native plants!

~Anne Helm for the Arboretum Committee

Note: A valuable resource on this topic is *Essential Native Trees and Shrubs for the Eastern United States, The Guide to Creating a Sustainable Landscape* by Tony Dove and Ginger Woolridge.

Kendal Resale Shop Talk

Benefitting Kendal Residents Assistance Fund and Community Charities

Spring Items will be on display when the Resale Shop reopens. Spruce up your wardrobe and find special and unique items for this new season.

And the **Pop-Up Sale**, which was postponed, will pop up when all can come to shop. We'll let you know.

Resale Shop deposits to RAF totaled \$4,817.45 for February.

~Shirley Taylor, Kendal Resale Shop

And given the difficulty of removing art from the Stephens Care Center and the impossibility of gaining access to hang a new show in the **Friends Gallery**, **Katie Krueger** has graciously agreed to allow her artworks to remain there so that Stephens Care Center residents will also be able to have their gallery filled with colorful art.

All three artists deserve our deep gratitude for allowing us to continue to show their work during this very difficult time. Our walls would not be so bright without their art!

For the foreseeable future, the miniature portraits by **Elizabeth Locke's** grandmother remain in the **Marketing display window** and the collection of **Curious Critters**, created by **Michele Hannon**, can be viewed in the **Curio Cabinet**.



Kendal Nature Sightings

1/17/20-3/9/20

1/17, Purple Finch, flocks of Goldfinches, Juncos, and House Finches at feeders at #26, Maureen Bailey (hskp); 1/18, Eastern Bluebird, #138, Judy Cook; 1/20, Robins, #34, Nancy MacRae; 1/31, Red-winged Blackbirds, tree north of Heiser Circle, Anne Martin; 2/8, 4 Does walking through maple swamp, Nina Love; 2/8, 3 Tufted Titmice south perimeter walk, Charlotte Elsner; 2/8, 2 Red-shouldered Hawks soaring and calling over Farmer's Pond, Jane Cheek; 2/9, Red-winged Blackbird, 3 Bluebirds, and 1 Chickadee at Farmer's Pond, Prudy Hall; 2/9, Caroling Wren at Buttonbush pool, Prudy H.; 2/10, Doe and 2 Yearlings at entrance to Kendal 7:00pm, Anne M.; 2/11, Great Blue Heron flying low over Farmer's Pond, Anne M.; 2/11, Downy Woodpecker on tree near Farmer's Pond, Anne M.; 2/12, 2 Muskrats on Farmer's Pond, Alan Lockwood; 3/9, 2 Scaup on Island Pond, Maureen B.



Library Notes

Donations suspended. As of March 17, the Kendal Library has stopped accepting donations due to the suspension of our transfers to the cancelled Friends of the Oberlin Public Library book sale. We hope this is a short-term situation, but currently we have six boxes of books (donations from residents and withdrawals from our collection) that may have to go to recycling or trash, because neither we nor OPL has room to store them. If you have only a single, important, brand-new book to donate, we can take that, but for the time being, we cannot accept older books in any quantity.

DVD shelves. We have heard many appreciative comments about the accessibility of the new DVD shelves, which are especially popular with residents seeking entertainment as they hunker down for an unknown period of sheltering in place.

The shelves were built in our Woodshop by Jim Sunshine and John Brandenberger with lumber and other supplies funded by Kendal. Our thanks to Jim, John, and Carl in the Woodshop and Greg and Ryan in Facility Services for making possible improved DVD shelving that also frees two additional sections of shelving in our crowded book stacks.

Mysterious yellow dots. Wondering about the yellow stickers proliferating on our books and DVDs? They identify low use items for possible weeding in our ongoing review of the collection. Identifying low use is the first step in a labor intensive process and means likely but not automatic withdrawal. New resident Kari Inglis has taken on yellow-dotting the non-fiction and large print books, while Barbara Green works on inventorying and weeding the DVDs.

Returns. If your increased time at home leads to some tidying, be on the lookout for library books and DVDs to return. Too much of our committee's time is spent dealing with overdue and missing books that should be readily available to the Kendal community. Our collection of mass-market paperbacks is always available for use without formal check-outs and due dates.

~Mary Clare Beck, Library Committee

Plea for Fresh Flowers

The Floral Creations Committee is always grateful to residents who are willing to provide flowers from their gardens in the spring, summer, and autumn for the arrangements in Heiser Lounge.

Please let Dina Schoonmaker know by email if you are willing to let us cut your beautiful flowers, what you plan to grow, and when you expect blooms. We always cut sensitively but are also happy to have you cut your own and leave them in the Floral Creations/Art Studio.

~Dina Schoonmaker



Wildlife Special Interest Group

From Kara Phillips, Kendal at Oberlin Grounds Coordinator:

Information Concerning Geese

“Residents are allowed to harass geese until the birds are nesting. Once they begin nesting, residents are not to harass geese anymore. Nesting just clearly began this week.

“Once goslings hatch, we will encourage the geese to take their goslings elsewhere to raise them. They typically nest at one location and then take and raise their young at another location.”

Pet Projects: Cats and Distemper

A raccoon found in January on Kendal property was sick with canine distemper. **Question to Dr. Joseph Urig, DVM, Fox Vet Clinic:** “Can cats contract this form of distemper from a raccoon?” **Answer:** “Raccoons can carry and fall victim to either feline or canine distemper virus. They are different viruses but symptoms are similar, so unless the raccoon was tested for which specific virus it contracted, it’s hard to tell which it had. That being said, it is not common for cats to get distemper from raccoons, but possible.” This is one reason cats on Kendal property are not permitted to roam free, per Resident Handbook guidelines! ~Kathy Caldwell

Upcoming Moves

Rollin and Anne Conway will move from Oberlin, OH, to a Kendal Cottage in early April.

Jim and Andréé Underwood will move from Vermilion, OH, to a Kendal Apartment in mid-April.

Nick and Lillie Long will move from Lafayette, LA, to a Kendal Cottage in late April.

Recent Move-Ins

Ann Fuller moved from Oberlin, OH, to a Kendal Cottage in early March.

Recent Transfers

Bob Hefner moved from his Cottage to Whittier in early March.

IN MEMORIAM

EMILY PUGSLEY
MARCH 13, 2020

SABRA HENKE
MARCH 21, 2020

More About Kendal Residents



Kathleen and Richard Hazelton

Kathy:

I grew up in Maple Heights, OH, where I attended the public schools. I majored in French and minored in English at Ursuline College and then went on for an MA in French at Fordham University.

I taught French at the Mayfield (OH) High School in the early 1970s where I met Dick Hazelton, a Spanish teacher with whom I shared many interests. We married in 1973.

After teaching for five years, I spent two years as a paralegal at large law firm and then two decades as a communication specialist in the Cleveland office of a global management consulting firm where I worked on reports and presentations to clients and developed and delivered communication training programs in the United States and Europe.

In 2000 I launched a writing, editing, facilitating, and training business.

Some of my most rewarding work has been serving as a writing coach for students in Stanford University's Graduate School of Business and facilitating mergers of Catholic churches in the Cleveland Diocese.

Recently, I have been writing articles for a law firm and coaching doctoral students on their dissertations.

Dick and I have three children – a daughter who has served developmen-

tally delayed clients, a son in the Marines, and a daughter who is a Montessori teacher and yoga instructor in the Denver area. We have five grandchildren who live in North Carolina and Illinois.

Since 2011 we have volunteered in various roles at the YMCA of the Rockies in Colorado. I am involved in Move to Amend, a grassroots organization seeking a constitutional amendment to get money and corporate interests out of politics.

I also help run a summer camp for adopted Latin American children and do some family history research and memoir writing. I'm excited about pursuing new adventures at Kendal.

Dick:

Growing up on a small dairy farm in Andover, OH, I could not imagine all that life had in store for me.

Farming was a tough life, and I didn't enjoy it. I did enjoy attending school, where I got a good education from knowledgeable, loving teachers in a building housing grades one through 12. My favorite courses were history and foreign languages – Latin and Spanish.

In 1962 I started college at Kent State University, majoring in history and minoring in Spanish. I enjoyed Kent as much as high school and returned there some years later to get my MA in Spanish.

On completing my undergraduate degree in 1966, I got my draft notice. Fortunately, I had applied to the Peace Corps and received my acceptance letter around the same time.

From 1966 to 1970 I lived in Colombia, South America, where my work was in agriculture – something I knew about. I loved this time and the wonderful people I met.

When I returned to Ohio, I got a position teaching Spanish at Mayfield High School. I was there from 1970 to

1998. While there, I met Kathy Murphy, and we were wed in 1973. I would like to tell you how important she has been in my life, but words cannot do it.

After Mayfield, I taught Spanish as an adjunct professor at Notre Dame College of Ohio. I also taught for a few years at Pardes School, a small Jewish school in Beachwood, OH. While there, I enjoyed studying Hebrew.

My interests are classical music, reading, walking, and living in peace. Kendal is a great place for this. I also volunteer as a Redcoat at Cleveland's Playhouse Square theaters. Life from the farm to Kendal has been an adventure that I want to continue.



Kari Inglis

At my door, you see three flags. I was born in Norway, my husband was half Scot, and our family is American. I was born during Nazi occupation in Oslo, but in 1949 my family moved to NY when my father took a job with a Norwegian company. We got our green cards in the 1960s, and I became a citizen in 1984.

I went to the Garden City, NY, schools and attended the University of Rochester where I met my husband Bill through our common interest in theater.

Bill and I married in 1962, and in 1963 moved to Seattle and the University of Washington for Bill's graduate work. I worked at the Library in Manuscripts and Archives. Our sons were born during this time.

After Seattle we moved to the DC area, to Arizona State, and eventually

OSU. We remained in Columbus for over 40 years. I attended OSU for my educational media certificate and was hired by Bishop Watterson High School where I remained for 24 years. In retirement I worked at the Columbus Museum of Art as their volunteer librarian/archivist.

Bill and I loved the Stratford Shakespeare Festival. We attended every summer from 1995 until Bill's death in 2014.

We also traveled all over the West and drove across the country many times. The last trip was the complete Oregon Trail, including every marker and historic site. We also visited Greece, England, France, Barcelona – even Tahiti. We visited Norway multiple times, most recently with my sons and their families.

Life has been kind to me and continues to be so. Thank you all for your kind welcome to my new world.



Theresa and Randall Matthews

Theresa:

I was born in Houston, TX, and lived in Spring Branch until college. Randy and I met at Vanderbilt our sophomore year (1970). We married in 1978 while I was in Austin during my pediatric residency and Randy was up at Harvard doing a post-doc in organic chemistry.

We finally got to share the same household in 1979 after Randy got a job with Procter & Gamble in Cincinnati. We lived there in our “starter home” for the last 40 years.

I enjoyed attending the Cincinnati Symphony Orchestra Friday morning concerts for 39 of those years and am looking forward to all the “listening opportunities” in Oberlin and the surrounding area. I hope to get back to practicing piano though it has been at least 25 years since I sat down to do so!

Until the trees provided too much shade, I maintained a vegetable garden and experimented with planting perennials and bulbs to see which ones would survive.

I worked for 20 years as the City of Hamilton Well Child Clinic doc ending 12/31/1999. I became a certified child passenger safety tech (CPST) for several years. I took an adult education class to learn T'ai Chi Chih and received my Teacher Certification in 2000.

After that I thoroughly enjoyed the S.A.G.E. (Series in Applied Gerontology Education) elective in the School of Nursing while getting an MPH at OSU in 2003.

We have enjoyed cruising Alaska and the Caribbean and taking courses at the John C. Campbell Folk School in North Carolina. We try to get together with Randy's family including the niece and nephews once a year.

I have been a member of Al-Anon Family Groups since 1989 and will continue to be active in service in that fellowship until I am no longer physically or mentally able to do so.

Randy:

I was born in Kansas City but lived my first 10 years in Cedar Rapids, IA. When my father was transferred to Texas, our family relocated to Dallas where I finished high school.

I went off to college at Vanderbilt University in Nashville, ending up with a double major in chemistry and math. More importantly, I met my future wife Theresa!

After finishing a doctorate in organic chemistry at the University of Texas at Austin and a post-doc stint at Harvard, I accepted a research position with Procter and Gamble in Cincinnati.

Theresa and I, having eloped the previous year, moved to Ohio to start our new lives together in 1979.

Nothing particularly noteworthy happened for the next 25 years.

I eventually took early retirement from P&G, and we began the long process of deciding where to retire, a journey ending with a spot on the waiting list for Kendal in Oberlin, a town and community that we fell in love with at first sight.

My interests include reading, gaming, crafting of various kinds, treasure hunting, lapidary work, singing along with my guitar, science and technology of all sorts, current events, and generally in pushing diletantism as far as I can.

I have enjoyed meeting so many accomplished and interesting people, and I am excited to join in this vibrant community. Maybe after a nap.

Kendal Kryptogam #181 – by Nina Love

**EMT BLO BTS LAA SKY WAMJYGZ CTS EMT
BLOOMS HYYX ZXGFOR WGMD BMDFOR.**

~XLCAM OYGTPL

Solution to Kendal Kryptogam #180: “No winter lasts forever. No spring skips its turn.” ~Hal Borland

Kendal Neighborhood Buddy System, Spring 2020

The Kendal Buddy System works campus-wide as a means to check personal safety. Through prearranged signals every day, residents communicate that they are safe.

Our Buddy System coordinators are concerned about how well the system fits our situation today in this new era of travel restrictions and social distancing. Some of our buddies may be in the Stephens Care Center, in the hospital, or out of town. Some residents previously elected to not participate in the Buddy System.

Coordinators are constantly revising their lists to fit the current needs of their neighbors. Please contact your coordinator if you would like to change your choice. Any decision that you make today can always be changed tomorrow.

Last year coordinators began collecting information for Kendal about who had a cell phone that could receive mass emergency texts. As of April 2019, we found 107 cell phones among the 207 occupied units that responded to that request.

Area coordinators are always glad to receive new information from their neighbors.

Current coordinators are:

- 1st floor apartments (145-168) – Betty O'Connor and Marilyn Burns
- 2nd floor apartments (245-268) – Kathy Reichard
- Phase 1 (188-199) – Mary Lynne Grove and Marian Lott
- Phase 2 (212-223) – Marie Evans
- Phase 3 (200-211) – Harol Pesuit
- Cottages 1-24 – Elizabeth Brinkman
- Cottages 25-52 – Sandy Siebenschuh
- Cottages 53-80 and 101-104 – Nancy Cooper
- Cottages 81-100 and 105-120 – Jill Wettersten
- Cottages 121-144 – Kay Rider

Thanks all for your help with this. The Buddy System really does keep us safer. ~Lynn Ayres, Buddy System Coordinator



All About OberlinKids

OberlinKids is a collaborative of partners, including the Kendal Early Learning Center, working together to ensure all children in the Oberlin City School District enter school healthy and ready to learn. It is powered by the United Way of Lorain County.

It offers free resources to families, such as Playgroups, Family Engagement Programming, Preschool Scholarships, and OberlinKids' signature On Track for Kindergarten.

FREE screenings, a tool of On Track for Kindergarten, are available for any child between birth and age five who resides in the Oberlin City School District. The goal of these developmental and social/emotional, play-based screenings is to give families an idea of where their child is developmentally and to provide them with resources, activities, and materials to ensure their child develops in a healthy and positive manner and enters kindergarten ready to learn.

ALL children, not just those whose parents or guardians have concerns, should have screenings annually.

A child's parent/guardian may complete the screenings online, conveniently on their own time, or in person, with the OberlinKids' director at the Oberlin Public Library or at the OberlinKids' office. A report is generated by the coordinator and emailed to the parent/guardian. The director is available by phone, email, or appointment in

OberlinKids' goal is to ensure that each child develops in a healthy and positive manner as well as enters kindergarten ready to learn.

Photo: OberlinKids

the Oberlin office to go over any referrals for service or any concerns.

Kendal Early Learning Center partners with OberlinKids to ensure children learn the skills that are needed to succeed in kindergarten. Since OberlinKids advocates for the importance of at least one year in a quality early learning education setting prior to kindergarten, over the last three years it has provided scholarships of around \$8,389 to Kendal Early Learning Center families. Both children and their families have benefitted.

OberlinKids collaborates with local agencies to connect children and families with resources that will help families as well as children.

To learn more, volunteer, or donate, visit www.oberlinkids.org.

*~Jeni Hoover, Director,
Kendal Early Learning Center*

Looking for Someone? Find biographies of all residents, newcomers and old-timers, in "Who's Here" on the Kendal Library center bookcase.

Did You Know? You can call 775-9868 to hear the Kendal announcements that appear on WKAO as well as menus of the day.

KENDAL LINKS!

**Take a look. Participate in the revamped Resident Bulletin Boards!
Transforming the Resident Activities/Town and Gown bulletin boards to meet present needs:**

In recent weeks, the Bulletin Board team has spent time putting notices of cancellations on various posters and creating large empty spaces. Several residents shared ideas about filling the spaces and making the bulletin boards useful. We consulted with Barbara Thomas and with Gary Olin, KORA President. The newly transformed boards, with Jean Slonneger's delightful drawings, are now up and running, awaiting **your** participation.

The revamped boards have three key sections. The first two replace the Kendal Activities board (to the right of the Resident Birthdays, etc.), and the third replaces parts of the OC Conservatory/Town & Gown board:



- **Keeping Active at Home** – practical ways of staying active, fit, and upbeat in your residence (examples: use a soup can in each hand to do exercises; clear out a drawer that's been on your "to-do" list; keep a journal).



- **Reaching Out to Others** – ways you are reaching out to others (e.g., use Skype to see/hear a family member or friend, send a handwritten note or letter to someone, create and share a "brighten your day" card or e-card).



- **Virtual Connections** – local, regional, national, or international websites, photo gallery links, and "computer wallpaper" about Music, Art, Culture, Nature, Education, etc., that are free and accessible; plus listings for live-streamed concerts (e.g., a conservatory faculty recital); and special programs such as PBS Metropolitan Opera re-broadcasts and radio broadcasts of archived concerts, operas.



GUIDELINES

When you pick up your mail, look across at the boards (they will be updated daily with new entries).

Critically important:

DO NOT LINGER!

DO NOT CONGREGATE!

- If the road is clear (no one else there, or at least 6 feet away), take a look at entries on each board.
- If you see something new, something appropriate to you, make a mental "aha" note or jot down the idea or website quickly. Then go home and give the activity a try!
- Make your own contributions. *The essence of the transformed boards is **your** participation, your sharing of ideas and learning from each other.* To share an activity or virtual link:

1. Take an index card from the counter below the main board (or use one of your own if you have a supply at home).
2. Fill out the card. *Make sure each card has your name and residence number on the front* (take a look at the examples posted in each section).
3. Then bring it back and put your card(s) into the Bulletin Board open mailbox, on the far right of the boxes.

Do not pin up your cards yourself.

Each day, a member of the Bulletin Board team will check the box and post new cards.

We hope you will share some great, innovative ideas that benefit us all.

Thank you! If you have any questions, contact Anne Martin, Bulletin Board Co-Chair.

Like to Sew? "Threads" Needs You!

The Kendal "Threads" group do simple repairs for residents who can no longer sew for themselves. If you're a seamstress and interested in helping, call Gay Fischer, Nancy Cecil, or Eileen Dettman for more details. Normally, we will meet every Thursday from 10:30 to 11:30am in the Craft Room.

Please remember to wear your name tag so newcomers (and old-timers) can tie your name to that face!!



From Your Editors

Surprise: COVID-19 restrictions and a *Kendalight* with no April events!

Bet you thought this issue would be only two pages, if it came out at all!

But look at all the information important to Kendal residents that doesn't involve your usual meetings and activities.

The result is the expected 12-page monthly *Kendalight*, but with an empty April calendar. You can fill in the blanks with all those wonderful, interesting, inventive activities you've found to do at home. Or the virtual appointments you're now making with friends and family. Or the Zoom meetings your Kendal or off-campus committee chair is calling.

Another change is that *The Kendalight* will now be distributed to many residents via email. If you don't use an electronic device, you'll receive a hardcopy. This allows you to see each issue in glorious color and allows Don VanDyke to retire from his monthly job of printing hundreds of newsletters and stuffing them in mailboxes. Many thanks to you, Don, for years of service to *The Kendalight*, KORA, and Kendal at Oberlin.

We also thank the whole community for working to keep us safe during this emergency. Special thanks to Barbara Thomas, who allowed the editors to work together (briefly and at six feet of separation) in the Craft Room to produce this issue. *The Kendalight* will do its part to reflect community news and culture, as we each do our parts to adjust to this "new normal."

Stay safe and keep active!

~Elizabeth Aldrich and Suzanne McDougal

Composting and Recycling Instructions

Because of the new meal delivery program, Kendal is making some changes in our composting and recycling procedures.

- **COMPOSTING:** Green compost bags can now be picked up outside the Heiser Lounge entrance to the Langston. Filled bags should be deposited in the large bin in the same location.
Compostable paper cups and paper "clamshells" should also be deposited in that bin.
- **RECYCLING:** Clean glass bottles, tin cans, milk and juice cartons, and plastic containers marked on the bottom "1", "2", "3", "4" or "5" go in the RECYCLING bins in the Trash Rooms. Nothing else should go in the Recycling bins!
- **TRASH:** Any container marked on the bottom "6" or "7" should be placed in the TRASH bins in the Trash Rooms. This includes all Styrofoam soup containers, divided meal containers, and clamshell containers. All lids and all foil should also be placed in the TRASH bins.
- **PLASTIC BAGS:** The large plastic bags in which meals are delivered should be placed in the Trash Room containers designated for them. Oberlin Community Services can re-use them for food distribution. Do NOT put plastic bags in the Recycling bins!

Basic rule: WHEN IN DOUBT, PUT IN **TRASH**. Otherwise you may contaminate a whole load of compostable or recyclable material.

NOTE: Some clear clamshell containers are marked both "6" and "COMPOSTABLE." Although they are made of biodegradable material, they disintegrate very slowly. Until we are assured that our composting service can handle them, please consider them TRASH. ~KORA Environmental Concern Committee



Bridge Results

March 2: 1st, Eileen Dettman; 2nd, Rebecca Cardozo

March 9 1st, Betty O'Connor

March 16, 23, and 30 bridge games were canceled

Saturday Walks

We now must restrict our walks to the perimeter path and its extension to Phase 2. We will still meet at 9:00am on Saturday near Heiser Reception Desk as long as there is interest.

Questions? Contact Phil Pritchett.

Table Tennis News

In keeping with the clamp-down on group activities, table tennis came to a halt in March. However, the table in the apartment building still gets regular use.
~Sidney Rosenfeld

The *Kendalight*

Monthly newsletter of the
Kendal at Oberlin Residents Association,
600 Kendal Dr., Oberlin, OH 44074

Managing Editor: Elizabeth Aldrich
Associate Editor: Suzanne McDougal
Proofreaders: Kathy Reichard, Mary Simons

Photos: Sally Nelson-Olin, Gary Olin

- Deadline for the May 2020 issue of *The Kendalight* is April 15.
- The editors regret that they cannot assume responsibility for errors in content in material submitted for publication.
- Note: Please submit articles by email to our address: Klite600@yahoo.com
- If no email access, please type article on separate sheet, sign and place in *The Kendalight* open mailbox.
- All articles must carry a signature and telephone number.



Dining and Nutrition Services

REMINDER: All the containers in which your daily meal arrives are trash. None are recyclable or compostable. Please! PUT THEM IN THE TRASH!!!

The clean plastic bags can be donated to Oberlin Community Services for food distribution. The bags are being collected next to the table where the green compost bags can be picked up outside the Heiser Lounge entrance to the Langston. Or place them in the OCS box behind the Penn.



DINING MATTERS

Did you know? A meal is defined as a soup or salad, an entrée with accompaniments, a dessert, and beverage. At Kendal, two beverages are offered (one with the meal and a coffee/tea with after-dinner conversation). Our contract with Kendal at Oberlin entitles independent living residents to one meal a day. We have the flexibility to occasionally use our meal credits for both lunch and dinner on the same day or even breakfast.



STAY CONNECTED

STAYING CONNECTED has become more of a challenge not only for the residents in the Stephens Care Center but throughout the community. This has been a trying time to stay socially connected.

Here are ways residents have been STAYING CONNECTED with their friends and family in the care center.

- A list of the residents in the care center and their room numbers is posted on the bulletin board outside the Kendal Early Learning Center. It is at the bottom of the Creative Arts Therapy display.
- The room numbers of the residents in the care center are posted on the outside of their windows. Family and friends go up to the window and visit from the outside. This cannot be done for the residents whose windows face either of the gardens. Visitors are not allowed in either garden.
- Residents have been calling and emailing their friends. Some residents have been able to communicate by Skype or FaceTime.
- Writing notes has been encouraged. It is requested that you **DO NOT LICK THE ENVELOPE**. Just tuck the flap inside the envelope. These notes are placed in the Stephens Care Center box hanging on the wall behind the open mailboxes.
- Some independent residents would like to write notes but do not know anyone in the care center. You can write an encouraging note without a specific person in mind. Place it in an envelope and leave the envelope blank. Place the envelope in Box #15. It will be collected and sent to Judy Bachrach, a resident in the care center, who will personalize it and pass it on to a care center resident.
- Some very creative residents, Donna Baznik, Anne Helm, and Mary Van Nortwick, made Silly Shamrock notes to hang on care center residents doors. Maybe you can come up with something creative, also.
- If you have tried various means to contact someone in the care center without success, get in touch with Elizabeth Hole, Care and Nurturing Committee.

However you do it, be sure to STAY CONNECTED!



Philanthropy: Expressing Care

“I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again.” ~William Penn

Dealing with Loss...

Continued from page 1

of living/dying has been excruciating. Knowing that more friends and loved ones may become ill, or even die, we must find new ways to bring us together in this extraordinary time. How will we mourn and how will we celebrate the lives of our family members and friends when we can't come together as we are so accustomed? There are no easy answers as we fight this lurking enemy COVID-19 in the weeks and months ahead.

I often turn to our *Values and Practices* for guidance when faced with new circumstances or uncertainty. This is no different. I find comfort in the reminder to find inspiration in new opportunities even if emerging challenges bring loss of independence. We can all relate.

I sincerely thank you for the many ways you have inspired me in these last weeks to overcome these restrictions. I am counting on all of you to innovate like never before as we find new ways to bridge our CommUnity in circumstances out of your and my control.

~Barbara Thomas



For the Vision-Impaired

Low-Vision Support Group: April meeting cancelled because of COVID-19

SUN	MON	TUE	WED	THU	FRI	SAT
<h1 style="color: red; margin: 0;">April 2020</h1> <h2 style="color: red; margin: 0;">Your Personal Calendar</h2> <p> CCR = Crossroads Room WHT = Whittier Lounge GaRm = Gathering Room Bold = at Kendal HL = Heiser Lounge tx = Tickets needed WCH = Warner Concert Hall  = Kendal Bus </p>			1	2	3	4
5	6	7	8	9	10	11
12 Easter 	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	