

The Kendalight

Kendal at Oberlin Residents Association

August 2015

Volume XXII, Number 8

Living With Multiple Health Problems: What Older Adults Should Know

More than half of all adults 65 and older have three or more chronic (ongoing) medical problems, such as heart disease, diabetes, cancer or arthritis. Caring for older patients with multiple health problems can be tricky, even for healthcare professionals who specialize in caring for older people. For example, prescribing medications for a patient with multiple health problems is more difficult than it is when the patient has one health problem. A drug may be useful in treating one of the patient's health problems, but it might make another worse.

Here are some tips for working with your healthcare provider when you have several chronic health problems. **Get as much information about treatment options as possible:** You should work with your healthcare professional to understand all of your options for care and take an active role in deciding what kind of care you would like. For example, you should ask your provider to tell you how long each treatment option may take to work because some treatments may take longer than others to show benefits.

You should also decide if you want to make all of your care decisions on your own or include others -- such as spouses, family members or friends -- in the decision-making process. And you should always let your healthcare providers know right away if you have questions or concerns, want to stop

treatment or want to try something new. **Make sure your healthcare provider understands your priorities for care:** Decide what treatment outcomes are important to you. For example, you may want to remain as independent as you can, for as long as possible. Because of this, you may prefer a treatment with fewer side effects, even if this treatment may not prolong your life as long as other

(Continued on p. 9)

Thanks from 2015 Chalk Walk

The 2015 Chalk Walk committee thanks the 25 Kendal volunteers for their assistance at the 10th annual event on the sidewalks of downtown Oberlin. Kendal residents greeted participants, handled registration, gave out chalk and sold T-shirts.

In spite of a rainy start for the Saturday, registration was 915, a little less than 2014's 926, but substantially more than 2013. Once again, master artists joined artists of all ages to create masterpieces in chalk.

Share Great Fellowship, Music, Ice Cream at the CommUnity Ice Cream Social on Thursday, August 13

Kendal at Oberlin's CommUnity Ice Cream Social, our annual outreach to our friends and neighbors, will be held on Thursday, August 13, from 6:00 to 8:00pm. Once again, the event will take place at the corner of Maple and N. Pleasant Sts. Pleasant St. will be blocked off by the city to provide a safe setting. A local group will provide delightful music.

Join us for an evening of fellowship with our friends and neighbors (including Kendal priority list members) over an ice cream treat.

The Kendal bus will shuttle residents to the Social, leaving the Heiser entrance beginning at 6:00pm. Please be patient -- the bus will continue to circuit until the Social ends at 8:00pm. If it rains, the Social will be moved to the Heiser Auditorium. We hope to see you all!

**COFFEE HOUR WITH
BARBARA THOMAS
THURSDAY, AUGUST 13
9:30AM - LANGSTON**

**AFTERNOON
EXCHANGE
BARBARA THOMAS
TUESDAY, AUGUST 25
4:00PM - AUDITORIUM**

A Look Ahead at 2016 Budget Meetings

Thursday, September 3 – Kick-Off Budget Forum with Residents, 1:00 to 3:00pm, Heiser Auditorium;

Monday, October 12 – Budget Update with Resident, 4:00pm, Heiser Auditorium;

Thursday, November 19 – Final Budget Presentation, 4:00pm, Heiser Auditorium. -Ann O'Malley

-KaiO Staff Special Events Committee

KNOW YOUR KORA COUNCIL

How do you picture KORA Council? At a recent meeting of the Executive Committee, we were talking about resident involvement, leadership needs of the Association, and ways to explain KORA. I suggested that KORA Council supports the structure of the ship. It's the keel, the backbone of the ship to which the ribs of the hull are attached. It's not the most glamorous part; nor is it easily seen. But without it, there's no body, no above and below decks, no on-board parties! My analogy was greeted with silence, so I'm not sure that ship sailed! But this brings me to the topic of nominations and leadership!

At each meeting of the KORA Council, a member of the Kendal at Oberlin Board of Directors attends, providing an update from the Board and giving residents the opportunity to get to know the people who are giving their time and skills to piloting our ship and keeping it afloat. This month we heard from Ruth Ann Clark, one of three residents elected to the Board. She serves on a number of Board committees including the Nominating Committee which is beginning its work preparatory to elections in the fall. Ruth Ann noted that although it may seem early to begin this process, in fact there are several steps if it is to be done well.

Since our own Nominating Committee is beginning to prepare for KORA elections, Ruth Ann's description of the Board process is a good reminder. The first thing to note is that what we might call "succession planning" needs to be going on all year long. As new members of the community are welcomed and find their way in, we can be getting to know them and help them find opportunities to follow their interests and to use their skills. There is nothing predatory about this! A newcomer is not always comfortable

Nominations Sought for KORA Council

The KORA Nominating Committee's task is to prepare a slate to fill the available positions for KORA Council which consists of 11 councilors and four officers. To start this process, we ask residents to suggest people whom you feel would well represent you as councilors and/or officers. We recommend that these residents should have lived at Kendal for at least one year. Your suggestions should be submitted to Del Jenkins, Box #196, or Elizabeth Aldrich, Box #89, **in writing before August 15**. Please get the consent of the person whom you are suggesting and tell him/her that your suggestion does not guarantee that he/she will be on the Committee's recommended slate. There are more well-qualified persons than places available. From this pool of names, the Committee nominates a slate of candidates, which is presented at the KORA Annual Meeting in November for ratification by consensus. KORA's Constitution provides for nominations from the floor, in which case the election would be decided by ballot.

-Del Jenkins, Elizabeth Aldrich, co-chairs; Mary Lynne Grove, Ruth Miller, David Schaal

walking up to a committee chair, for instance, and asking to sit in on their committee or task force to see if it fits. Another step in succession planning is to begin two or three years before our term is up to mentor someone who is genuinely interested and has the gifts to take over when it's time for us to step down. We and they can feel good about the change when it comes.

Nominating Committee work includes assessing the needs and goals of the organization. In the case of the Board of Directors, Ruth Ann noted: Long- and short-term strategic planning is considered; an analysis of present Board members' gifts and strengths is made to see whether there are some needs not

yet met; a consideration of leadership needs is included; members of the Board are interviewed for their thoughts and suggestions; an invitation is made to potential nominees for an in-depth interview with opportunity for questions on both sides of the table.

Our KORA process includes some of these steps, of course, but there is a good reminder here to think seriously about what we need to keep the ship afloat and about our place in the crew. In the box at the top of this page, our Nominating Committee is asking you to suggest residents for office whom you feel would well represent you on KORA Council. Please give their request some serious thought!

-Ardith Hayes, KORA President

Something Old Is New Again

After 20 plus years of service, some of the furnishings in Heiser Center are showing their age. The chairs around the back reading table in the Library needed new fabric and padding. Harold Gibson from Furniture Tech gave the House Committee advice on the needed padding and furnished fabric samples. We chose a fabric and color that would complement the other chairs in the room. The chairs were sent out for Mr. Gibson to perform his magic. In a few weeks he returned the renewed chairs, commenting, "These chairs are of fine quality and should give you very good service for many years to come." Next on the list were the four chairs placed around the puzzle table and the four at the game table. The Woodshop glued a chair back and tightened up the bolts and screws on the eight chairs. Each needed new fabric, padding and webbing. Mr. Gibson brought out a variety of fabrics that fit our specification and we picked out a fabric that complemented the Lounge furnishings. A few weeks later the chairs were back with their "face lift." After 20 plus years of service, the chairs are still serving residents. You certainly get what you pay for!

-Harol Pesnit, Chair, House Committee

PROGRAMS

LECTURES

**First Thursday Health Lecture
No Lecture on August 6.**

**Third Thursday Lecture
No Lecture on August 20.**

BigBus Trip to the Cleveland MetroParks Zoo

Thurs., Aug. 13, 9:00am-4:00pm

Join us on a visit to this exciting 183-acre zoo. It is currently offering a special "giraffe encounter." The zoo is divided into areas developed to mimic the environment of the animals that are housed within. The areas are the Primate, Cat and Aquatics building, Waterfowl Lake, the Northern Trek, the Australian Adventure, the African Savanna, and the RainForest building. If the weather outside is frightful, hot or wet, you could spend the whole time in that two-story RainForest building, which is rainforest warm, ~80 degrees, and humid, but out of the sun or rain. It is one of the largest indoor tropical environments in the world. It has a waterfall, more than 10,000 plants and over 600 animals, free-flying birds from the tropical regions of Africa, Asia and the Americas, and a recreation of a tropical island where a simulated tropical rainstorm occurs periodically. It contains a cafeteria with "the best food in the zoo" and a gift shop. The Zoo's Welcome Plaza also has a food court and the Zoo's largest souvenir shop.

A tram runs between the entrance area and the two most distant areas. The walking surface throughout the zoo is either paved or asphalt.

TO RESERVE: Your check for \$20, payable to KORA and deposited in Box #120 will save you a place on the bus. Your name on the sign-up sheet only indicates interest.

Questions? Contact Pat Talbot.

TRIPS

Lunch Bunch: Clementine's, Olmsted Falls Wednesday, August 12

This charming Victorian restaurant at Grand Pacific Junction serves soups, quiche, a good choice of salads, and an array of sandwiches for every taste. Bus leaves Heiser at 11:30am, returning about 2:00pm. Place check to KORA for \$8.00 in Box #89 by Mon., Aug. 10. Lunch at your expense. Sign-up sheet posted Mon., Aug. 3.

Play Readers: Steel Magnolias Sat., Aug. 1 - 7:15pm - AUD

Note: After play has started no admittance until first scene break. Also please follow our ushers Guidelines. The entire play takes place in Truvy's beauty salon in Louisiana. Helped by her eager new assistant Annelle the outspoken wise-cracking Truvy dispenses free advice to the town's rich curmudgeon Ouiser; an eccentric millionaire, Miss Clairee; and the local social leader, M'Lynn, whose daughter Shelby is about to marry. Filled with hilarious repartee and not a few acerbic but humorously revealing verbal collisions, the play moves toward tragedy when, in the second act, the spunky Shelby (a diabetic) risks pregnancy and forfeits her life. We have a deeply moving play which is laced with humorous personal interactions. *-Jerry Berner*

Oberlin Summer Theater "Crumbs From the Table of Joy" Wed., Aug. 5 - 2:00pm - Hall

Lynn Nottage's play is the third in the summer series of works presented at the Oberlin Summer Theater Festival. The play is free but you must call 775-8169 to reserve tickets.

Sign up for Kendal bus.

Cooper Festival Pianists Tues., Aug 4 - 7:15pm - AUD

Seven outstanding pianists from the Cooper Piano Festival will play music of Beethoven, Scriabin, Chopin and Liszt.

Northern Ohio Youth Orchestra Summer Symphony Concert Sat., Aug 15 - 11:00am - AUD

In this special pre-lunch concert, students from The Northern Ohio Youth Orchestras Summer Symphony day camp for young string players, grades 4 through 9, will present an exciting mix of works for string orchestra and chamber ensembles, led by conductor Peggie Willett.

Madrigal Memories?

Anyone interested in singing madrigals is invited to gather around the stage piano in Heiser Auditorium on Monday, August 10 about 6:30 p.m. Experienced music readers especially encouraged; 20 copies of "The A Cappella Singer" will be on hand. Come, enjoy delightful part singing.

-Carol Longworth and Dianne Haley

Courtyard Garden Concerts

Listen to music before dinner on Fridays in August at 4:00pm.

Aug. 7 - Helen Taylor, piano.

Aug. 14 - Adam Sarata, classical guitar.

Aug. 21 - Dennis & Judy Cook, folk singing.

Aug. 28 - Joe Marotta, accordion.

Grobe's Fresh Produce Returns to KatO

Our popular Grobe's Fresh Market is being held in Heiser Lounge from 10:30am until 1:30pm on Fridays through August.

The reason we can keep the prices as low as possible is because we, the residents, volunteer to be the cashiers! Want to help? Call Janet Kelsey Werner to volunteer.

Sunday Movies in Whittier Lounge at 7:00pm

August 2 - A Prairie Home Companion (2006): A private investigator (Kevin Kline) keeps tabs on the proceedings as cast and crew of Garrison Keillor's long-running radio show prepare for the final broadcast. PG 13.

August 9 - Neptune's Daughter (1949): Musical romance with Esther Williams as a bathing suit designer and Betty Garrett as her sister who mistakes bumbling Red Skelton for famous polo star (Ricardo Montalban).

August 16 - American Graffiti (1973): On the last day of summer vacation in 1962, four friends cruise the streets of small-town California listening to classic rock'n'roll tunes on the car radio. PG.

August 23 - Dirty Dancing (1987): Spoiled teen-aged girl (Jennifer Grey) learns something about real life from a Catskill resort's dance instructor (Patrick Swayze). PG 13.

August 30 - Picnic (1955): Drifter (William Holden) stops off in small Kansas town to visit old pal and ends up luring away pal's girlfriend.

Saturday Foreign Film August 8 - 7:15pm -AUD

The Singing Revolution (2007) - Song was the weapon of choice for the Estonian people when they sought to free themselves from decades of Soviet occupation. Thousands gathered in public to sing forbidden patriotic songs and to rally for independence. The young people coming together to sing gave the nation a new spirit, notes Mart Laar, a Singing Revolution leader featured in the film and the first post-Soviet Prime Minister of Estonia. The film tells the moving story of how the Estonian people peacefully regained their freedom and helped topple an empire. *-Dwight Call*



Art Gallery News

The "Kendal Collects Show" will be followed by Timothy Callagan's paintings of people and places in the Kendal Gallery, Matthew Gallagher's "Encaustics" in the Friends Gallery, and in the Community Gallery, a display of needlework quilts created by the "Twisted Stitchers," a group that meets regularly at Kendal to spend the day sharing ideas and company as they stitch away. A reception for Timothy Callagan will be held in the Heiser Lounge on Friday, August 21, at 4:30pm. Plans for a celebration of the completion of Bob Cothran's four-panel mural are underway. (Yes, four panels. Don't miss the small one tucked in the window wall between the first and second panels!) The event is tentatively

scheduled for Thursday, September 17 at 4:00pm in Heiser Lounge.

Reminder: If you have art work in the "Kendal Collects Show," it must be picked up on **Monday, August 17 between 8:30am and 9:30am.** If you need help getting your artwork back to your home, please contact Marilyn Myerson (Box #129 or 775-1202), Arn Lewis (Box #60 or 774-3815) or Nina Love (Box #8 or 774-4196).

Saturday Night Movie August 15 - 7:15pm - AUD

Cider House Rules (1999) - Based on John Irving's novel, this is a heart-warming and compelling story of how far a young man is willing to go to find the place where he really belongs. The film is a double Academy Award Winner: Michael Caine for best supporting actor, and John Irving for Best Screen Adaptation. PG-13.

-Donna Van Raaphorst

The Gilbert & Sullivan Festival Returns to Kendal

Following the success of the G&S Festival last summer, we will begin our second festival on August 12 with the movie, "Topsy-Turvy" (shown in two parts), followed by three operettas:

Wed., Aug. 12: Topsy-Turvy (1999) - 4:30pm and 7:15pm - AUD. Film tells of the stormy relationship of Gilbert and Sullivan and how they came to write what some consider to be their finest operetta, "The Mikado." R.

Fri., Aug. 14: The Mikado - 7:15pm - AUD. There is great humor in a mock execution and decrees attempting to control the morals of society.

Tues., Aug. 18: Princess Ida - 7:15pm - AUD. This operetta satirizes feminism, women's education and Darwinian evolution.

Fri., Aug. 21: Yeoman of the Guard - 7:15pm - AUD. The only Gilbert & Sullivan collaboration that is not a satire. Sullivan wrote in his diary, "No topsy-turveyism, very human and funny also."
-Allen Huszti

Kendal 2015 Directory Further Additions and Corrections

Joanne Busiel - New mailing address: Check with Heiser Reception Desk.

Eileen Dettman - New email address: Check with Heiser Reception Desk.

Larry and Arlene Dunn - No land line. Check with Heiser Reception Desk for cell phone numbers

Bob and Diane Follet - No land line. Check with Heiser Reception Desk for cell phone numbers

Bill and Elizabeth Hole - Check with Heiser Reception Desk for email addresses cell phone numbers

Kendal Resale Shop Talk

Benefiting Kendal Resident Assistance Fund and Community Charities

The columnist returns:

Dear Resale: What's been happening lately in your shop? Heard any good stories?

Dear Customer: Glad that you asked. This past month I witnessed a beautiful story unfold. I share it with you by permission of the folks who own the story: The son of a resident who lives in Patterson had major surgery and wanted to visit his dad afterward. But the son needed to sleep in a recliner following his surgery. His dad found a recliner for sale in our Shop and bought it. Just before the son's visit, Facility Services moved the chair to a Kendal Guest Room.

The result: Father and son had a very good visit that weekend!

Then when the son returned home, Facility Services moved the recliner to the dad's room in Patterson, replacing his lift chair which can now be used in other Stephens Care Center rooms. It seems the dad's motor chair sits, reclines and lifts -- a great variety of useful positions.

All was well for this family visit. We were happy to have had a part in making it possible.

Dear Resale: That is a beautiful story. It seems like your shop is involved in lots of stories about tender places in our lives.

Dear Customer: Yes, we are. And it is a great privilege to be of service in this way. So many parts of our community work to make this kind of life together possible.

Furthermore, we are helping the Resident Assistance Fund along the way. In the month of June we received \$3,177.38, with \$30 of that amount coming from the Threads group. Our team of volunteers are working together beautifully, enjoying one another and their work. Even new resi-

dent Nancy Lombardi has stepped up to the plate to cover for Ruth Ann Clark as chair when Ruth Ann is away. And most of the time customers now remember to write "Kendal at Oberlin" on their checks instead of the old RAF. It is okay for "RAF" to be a detail on the memo line of the check. Life is good. Enjoy your summer!
-Ruth Ann Clark, Chair, Kendal Resale Shop

Environmental Dashboard Project Wants Feedback

As part of a grant, Kendal at Oberlin received an Environmental Dashboard screen (mounted on the wall opposite the reception desk) that displays information on Oberlin's water and electricity usage and community news. Last fall some Kendal residents volunteered to take a survey that tested how effective different kinds of messages are on these screens. Now the Oberlin Environmental Dashboard Project is asking us to volunteer to participate in a follow-up survey. Many of the questions are similar to those asked in last year's survey. The Project will do another more official survey over time after more Kendal data is reflected on our Dashboard.

Since the Dashboard focuses on promoting community, the Project notes that for each survey completed it will donate \$3 to an Oberlin nonprofit (including Kendal groups) to be chosen by the participant from a list at the end of the survey. To volunteer, click on https://oberlin.qualtrics.com/SE/?SID=SV_6PEDxPsDUPZSDel. Surveys must be submitted by Aug. 14.

Oberlin Family Fun Fair Saturday, August 8, Downtown Oberlin, 10:00am - 4:00pm

It's time for Oberlin's annual downtown festival featuring a Classic Car Show on West College St., kids' activities (offered by local and regional nonprofits), merchant sidewalk sales, music and more. Stop by to enjoy the fun!

News & Views Domestic Issues Fri., Aug. 21 - 10:30am - AUD

Update on the controversial Common Core Standards and Testing for public school grades K-12. Presenters will be: Oberlin Schools Curriculum Director, Firelands Schools Superintendent, and a teacher in the Oberlin Schools. They will discuss costs, standards and opposition. No fee or registration. All are welcome.

News & Views Foreign Issues Fri., Sept. 4 - 10:30am - AUD

"Ebola: A Terrorist That Can Be Defeated" is the topic. Since this is not a topic covered in the "Great Decisions" briefing book, here are two possible study materials:

- For a short summary of the Ebola virus disease history, in Google enter: "cfr.org Ebola backgrounder." A printed copy will also be available in the Kendal Library.
- A copy of "Outbreak," the 60-min. PBS video, is in the Kendal Library. It covers the recent outbreak of Ebola in West Africa. *-Al Carroll*



Vision Impaired

Low-Vision Support Group

The Low-Vision Support Group meets at 4:00pm in the Green Room on second Thursdays.

There will be no meeting on Thursday, August 13.

Reading of *The Kendalight* Saturday, August 1, at 11:00am in Whittier Lounge

NOTE TIME! Barbara Reeves will read the current issue of Kendal's newsletter. All are welcome!

Welcome Kendal's New Residents

Christina B. and Ronald L. Price

Christina: I was born in Kansas City, MO, and raised in Plattsburgh, MO, where my father was the town dentist. My mother was a church organist and piano teacher, and I have been immersed in music my entire life.

I studied piano at the Kansas City Conservatory of Music from age seven through high school and in my senior year won an audition to perform as piano soloist with the Kansas City Symphony in 14 concerts held in Kansas City high schools.

My music studies continued at Oberlin Conservatory of Music as a piano major and later as a voice major where I enjoyed studying at the Mozarteum in Salzburg, Austria, my junior year. It was at Oberlin that I met my future husband, Ronald Price, and we were married on my graduation day from Oberlin. We enjoyed living in several cities, including New York, Pittsburgh, Louisville, KY, and Washington, DC, before moving to Cleveland in 1971. Cleveland has been a wonderful place to live and raise our three daughters and also ideal for pursuing my musical interests. I taught voice at the Cleveland Music Settlement for 20 years; was vocal coach and guest soloist for Ohio Boychoir; soprano soloist at Plymouth Church of Shaker Heights for 28 years; member of Robert Page Singers for 8 years; soloist with the Cleveland Orchestra; and a member of Plymouth Trio (soprano, oboe and keyboard) for 19 years, publishing two CD recordings. I presently serve as vocal coach at Cleveland Heights High School where I give weekly lessons to a dozen students.

I am a member of NATS (National Association of Teachers of Singing) and Mu Phi Epsilon.

I am looking forward to rejoining Oberlin and becoming a part of the Kendal community.

Ronald: I was born and raised in Pittsburgh and always wanted to become a physician. I loved music but not fraternities, so Oberlin College was a perfect fit. I majored in mathematics, graduating in 1961 Phi Beta Kappa and Sigma Xi (the scientific research society).

At Oberlin I sang in the Oberlin College Choir where I met my future wife Christina. After four long years, during which Christina was in Europe for one and I was in New York for another, we were married on the day she graduated from the Conservatory.

We then traveled, common with physicians in training, from Columbia University College of Physicians and Surgeons in New York; the Health Center Hospitals of the University of Pittsburgh; the Medical Center in Louisville, KY; and finally the Children's Hospital of the District of Columbia. I then joined the faculty at the Cleveland Clinic Foundation as a pediatric ophthalmologist, spending 20 years there and then 22 years at University Suburban Health Center, affiliated with Case Western Reserve University. During these 42 years I cared for many wonderful children as well as teaching residents and medical students; performing research under a National Institutes of Health grant as an adjunct professor of physics at John Carroll University; lecturing and writing numerous papers; and designing office spaces, both at the Cleveland Clinic and at University Suburban Health Center. I participated in medical politics, serving as President of the Staff of the Cleveland Clinic; President of the Acad-

Cardinal Shop Needs Volunteer Cashiers

The Cardinal Shop serves the residents and staff of Kendal and contributes most of its profit to the Resident Assistance Fund and a small amount to the Staff Emergency Fund. In order to stay open five days a week from 10:30am to 1:00pm (and until 3:00pm on Fridays), we need volunteer cashiers.

We also need someone to close the cash register at the end of the day and balance the money with the reported sales.

If you can help us, drop a note in the Cardinal Shop open mailbox.

emy of Medicine of Cleveland and Northern Ohio; Counselor from Cleveland to the Ohio State Medical Association; and Delegate from Ohio to the American Medical Association. Christina and I have three wonderful daughters: a social worker, a nurse manager, a college professor; and eight fantastic grandchildren. We are looking forward to a quieter, more structured existence at Kendal.

Recent Moves

Norm and Ann Craig moved from Oberlin to a Kendal Cottage in mid-July.

John Matsushima moved from Fairview Park, OH, to a Kendal Cottage in mid-July.

Anita Parins moved from Brandywine, MD, to a Kendal Cottage in mid-July.

Upcoming Moves

Tom and Judy Riggle will move from Oberlin to a Kendal Cottage in early August.

Looking for Someone Special?

You'll find biographies of all residents, newcomers and oldtimers, in "Who's Here" on the library center bookcase. Look for them!

September Talk with Medical Ethicist Planned by Conversations Working Group

A Conversations Working Group has been formed by the two dozen Kendal residents who together studied "Being Mortal," by Atul Gawande. Through a series of events and exercises, the Group will urge Kendal residents, and seniors more generally, "to engage in a series of conversations with their families and close friends, and with their doctors and other health caregivers about late-in-life issues, and living life to the fullest as long as possible."

In his book, Dr. Gawande describes his own coming to recognize that most doctors don't help prepare their patients to deal with the difficult choices that terminally ill patients and their families often face. He urges seniors and their families to begin conversations early about such questions as: What is important to you if your time is limited? What are important things you want your family, friends and/or doctor to understand about end-of-life care? What fears do you have about getting sick or needing medical care?

Such conversations are too often delayed until a diagnosis of terminal illness. The Kendal Conversations Working Group will urge residents and their families and close friends to begin much earlier, and be prepared to initiate such conversations with their doctors and health care team while not under the stress of emergency or serious impairment.

As its first event, the Group has set up a presentation and discussion on September 24 featuring Dr. Kathryn Weise, a medical ethicist with Cleveland Clinic.

Plans are underway for a pilot, informal dinner table discussion among several people who will preview a Dr. Gawande video. Other presentations, discussions and workshops for Kendal residents are planned. *-Don Reeves*

Nest Box News

The breeding season is winding down. As of July 26, the New Russia Township Park of 30 nest boxes has **fledged nine additional eastern bluebirds** since the end of June and currently has one active bluebird nest containing four eggs due to hatch before August 1. The park also fledged 11 American tree swallow chicks and one house wren nest containing five chicks in July. The more modest Kendal trail of 13 nest boxes successfully **fledged four bluebirds** from the nest box by Meadow Pond, bringing the total to **eight eastern bluebird** chicks fledged at Kendal this year. The six tree swallow chicks in nest boxes last month also fledged. There are no longer any active tree swallow or house wren nests.

Most gratifying, no bluebirds or tree swallows -- in either the New Russia Township Park or here at Kendal -- were victims of English house sparrow attacks this summer which took a large toll in previous years.

An interesting sideline has been to search milkweed plants for **monarch butterfly** eggs and larvae in both New Russia Township Park and on Kendal's Wildflower Hill. When found, they are brought to Bill Schreiner who protects them from parasitic wasps.

He feeds and nurtures the larvae in his cottage until they each form a chrysalis. These he hangs in front of his Cottage #15 where, if your timing is lucky, you can watch the emergence and unfolding of a monarch butterfly. When the chrysalis turns black (indicating the blood is filling the wings), it will hatch within an hour or two. Bill also collects the larvae of the **black swallow tail butterfly** found on dill plants where they feed and lay their eggs. *-Nina Love*

Environmental Concerns

Committee Film

Wed., Aug. 26 - 7:15pm - AUD

Merchants of Doubt (2014) -

Inspired by the book by Naomi Oreskes and Erik Conway, this film takes audiences on a satirically comedic, yet illuminating ride into the heart of conjuring American spin. Filmmaker Robert Kenner lifts the curtain on a secretive group of highly charismatic, silver-tongued pundits-for-hire who present themselves in the media as scientific authorities -- yet have the contrary aim of spreading maximum confusion about well-studied public threats ranging from toxic chemicals to pharmaceuticals to climate change.

-Dina Schoonmaker

Kendal Kryptogram #126 -by Nina Love

RZ X WXT DBOXND CRD WRTY

XTY TE MEWXT COXHD CRW,

RD CO DURPP MHETK?

-NOT HEARTDET

Solution to Kryptogram #125: "Progress might have been alright once, but it has gone on too long."

-Ogden Nash

Time to Sign up for the Shuffleboard Tourney

It's time to find a partner and sign up for the 2015 Shuffleboard Tourney! Sign up by Friday, August 21, on the sign-up sheet below the Activities Bulletin Board. Schedule of team play will be posted and placed in your mailbox on or before Friday, August 28. Play will begin on Monday, August 31, and conclude at the end of September (depending on the number of participants).

No previous experience is necessary. You may practice any time the courts are open with the equipment which is stored in the north stairwell, first floor of the apartment building. Courts are in the covered walkway next to the apartment parking lot. Call Ed Wardwell for any questions or help.

This is a great game for all ages and abilities; the emphasis is on fun!

Saturday Walks

Join us for a leisurely 1 to 3 mile walk off the Kendal campus. We meet at the Heiser Reception Desk at 9:00am to car pool. Walks will be postponed if it is raining.

Aug. 1: Oberlin Reservoir

Aug. 8: Vermilion Reservation

Aug. 15: Black River Reservation/
Bur Oak trailhead

Aug. 22: Carlisle Reservation/
Meadow Loop Trail

Aug. 29: Findlay State Park

If you have any questions, please contact Jerry Berner.

Table Tennis Monthly

The clackety-clack of table tennis balls moved into high gear during July. As of the 24th, we had topped the June average of nine players per session, reaching nearly 12. To the fun of all, three sets of visiting grandkids got to try their skills at the table; also, four long-sidelined players eagerly returned to the game, and our exclusive table tennis T-shirt made its debut. Not least, our table in the apartment house got plenty of visitor use. All in all, a banner month for Kendal table tennis! Take note, new residents (not only, but especially!): If you once played ping pong in the garage with Uncle Bill -- or never played at all -- look in on one of our morning sessions! See for yourself why our diverse bunch is so enthused about table tennis. *-Sidney Rosenfeld*

Game of Four-Square Resumes Play in August

Four-Square, a friendly game that can improve your coordination, balance and timing, resumes play on Thursdays, 1:30-3:00pm in Heiser Auditorium. All are welcome, regardless of experience or skill.

The game: We bounce and return a ball to each other, standing in a court of four adjacent squares. The object is to keep the ball going. Each time you misplay a bounce, you are relegated to the row of chairs on the sidelines where you await your return to the court as other players are sidelined. You can play, rest, and talk, all in the same game. Try it for fun and fitness. You'll like it. *-Dan Reiber*

The First Church United Fellowship and Unitarian Universalist Kendal Gathering will not meet in August. Join them again in September. All are welcome!

RELIGIOUS SERVICES AT KENDAL

Episcopal Service

Saturday, August 8, 11:00am,
Gathering Room, Rev. Brian Wilbert

First Church Service

Sunday, August 16, 4:00pm, Gathering Room

Roman Catholic Mass

Friday, August 21, 10:00am, Crossroads

Society of Friends

Sundays, 10:30am, Whittier Lounge

Unplugged Energy Conservation

Could unplugging six gadgets at night save you hundreds of dollars? Yes! Many electronic devices use energy even when turned off, costing the average household \$100 a year. The worst offenders -- and easiest to unplug -- are personal computers, cable boxes, audio players, televisions, digital picture frames and video game consoles. We pay a lot for such stand-by convenience.

For some time now, I have had computer, printer, cable and Wi-Fi plugged into a power strip that I turn off at night or when away. Another strip has the scanner, external hard drive and TV which I turn on only when in use (which is seldom).

Food for thought?

-Jim Helm

**An Informational Chat with Senior Independence
10:00-10:30am, Apt. #155
Wed., Aug. 12 and Aug. 26**

The Kendalight

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

Consulting Editor: Robert Baldwin

Managing Editor: Elizabeth Aldrich

Proofreaders: Kathy Reichard, Mary Simons

Photos: Eleanor Helper

Production: Don VanDyke

Deadline for the September 2015 issue of *The Kendalight* is August 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 *Kendalight* open mailbox. All articles must carry a signature and telephone number.

What Older Adults

Should Know... (Cont'd from p. 1)

treatments. This is just one example -- you should ask your healthcare professional how different treatment options will affect the aspects of your life that are most important to you, such as your level of independence, stamina or pain.

Ask questions about "trade-offs" between benefits and risks of treatments: Most medications and other treatments have both benefits and risks. Talk with your healthcare provider about possible benefits of each treatment, as well as possible drawbacks such as increased risks of disability, new health problems and poorer quality of life. Understanding all of the pros and cons of each treatment will help you decide which option is best for you.

Let your healthcare professional know immediately if a treatment doesn't seem to be working or is causing problems: Since there isn't a lot of research examining how older adults with complex health problems respond to treatments, your healthcare provider may not be able to predict exactly how a treatment will affect you. Because of this, it's very important for you or your caregiver to tell your healthcare provider -- right away -- if a treatment doesn't seem to be working or is causing side effects.

Speak up if your treatment plan is too complicated to manage: Studies have found that the more complicated treatment instructions are, the more likely patients are to stop following them. Let your healthcare provider know if your treatment becomes too complicated or difficult for you to follow. And make sure you understand all instructions before you leave your healthcare provider's office. Ask him or her to work with you to make instructions as simple and easy-to-follow as possible.

Make the most of treatments that cause few or no side effects: Your



Dining and Nutrition Services

Upcoming Special Events

Thursday, August 13, 6:00pm to 8:00pm

CommUnity Ice Cream Social with musical entertainment at corner lot on Maple and N. Pleasant Sts. Kendal bus shuttle service. Bus will continue to circuit until the Social ends at 8:00pm

||| **Solo Diners** and **SPINACH** are on summer hiatus. Both invite Kendal residents -- newcomers and oldtimers -- to join them again in September. |||

healthcare providers should make the most important and effective treatments the highest priority. Your treatment plan should fit your needs and preferences, while getting you the most benefits and least amount of risks. Among other things, your healthcare professional should be able to tell you about non-medication treatment options -- and how to use those when possible -- to avoid potentially dangerous interactions between medications as well as other potential side effects. Ask your health care professional if there are non-medication options for at least some of your symptoms.

Excerpted with permission from the American Geriatrics Society's Health in Aging Foundation. Permission was obtained by Kendal resident Dr. Lal Arora.

Spice up your Life on a Budget Community Outreach Lunch
Tues., Aug. 18, 11:30am-1:00pm
The Lodge at New Russia Twp. Hall, Butternut Ridge Rd.

The focus will be on eating well on a low income, featuring "farm to table" local produce. Kendal's Registered Dietician Sue Campbell and Chef Scott Stonestreet will participate and a delicious lunch will be served.

Please call 440-935-8117 by August 10 to reserve your space. Presented by Kendal Senior Independence Home Health and Kendal at Oberlin.

Notes From Ann Pilisy

Egg Alert Not a Safety Issue

As you may have seen in the news, the **Avian Influenza outbreak** has impacted numerous farms across the country. This outbreak has affected primarily supplies of egg and turkey. Egg companies, the sector hit hardest by the virus, and turkey producers are trying to contain the spread.

This is not a food safety issue at this time. As has been the standard for many years, all flocks are tested for influenza prior to processing. No birds diagnosed with Highly Pathogenic Avian Influenza are allowed to enter the food chain. Our vendors are managing any occurrences of influenza in their product in full cooperation with the USDA and state agency officials.

In some cases, our suppliers are simply no longer producing the pasteurized products we need to serve you: Liquid Eggs, Eggbeaters, and whole eggs pasteurized in the shell. As a result, we are conserving what supplies we can get for use in the Friends Corner and the Langston breakfast programs. For the present time until supplies improve, we will not be serving any eggs during Sunday Brunch.

To hear announcements and menus of the day, call 775-9868

SUN	MON	TUE	WED	THU	FRI	SAT
<h1 style="color: red;">August 2015</h1> <p>CCR = Crossroads Room HL = Heiser Lounge WCH = Warner Concert Hall ★ = Kendal Bus WHT = Whittier Lounge Bold Face = at Kendal</p>				Morning Conversation Group every Wednesday 10:00-11:00am - WHT Jehovah's Witness Bible Study every Friday, 10:00am WHT English Country Dancing every Sunday in August 7:15pm AUD		1 Walk in Park 9:00am Heiser Reading of Kendalight 11:00am WHT Play Readers: Steel Magnolias 7:15pm AUD
2 Quaker Worship 10:30am WHT Film: A Prairie Home Com- panion 7:00pm WHT	3 Bridge 7:00pm CCR	4 Recital by Cooper Piano Festival pianists 7:15pm AUD	5 Oberlin Summer Theater Festival: Crumbs from ★ the Table of Joy 2:00pm Hall -Free!	6 No First Thurs. Health Lecture	7 No News & Views Courtyard Garden Concert 4:00pm	8 Walk in Park 9:00am Heiser No First Church United Fellowship Family Fun Fair 10:00am-4:00pm Downtown Oberlin Episcopal Serv. 11:00am Gathering Room Film: The Sing- ing Revolution 7:15pm AUD
9 Quaker Worship 10:30am WHT Film: Neptune's Daughter 7:00pm WHT	10 Suggestions & Concerns 2:00pm CCR Bridge 7:00pm CCR	11 	12 SI Chat - #155 10:00-10:30am LUNCH BUNCH: Clementine's, ★ 11:30am-2:00pm Song Swap with Judy Cook 6:00pm HL Scrabble 7:15pm CCR G&S: Topsy-Turvy 4:30pm AUD - I 7:15pm AUD - II	13 BigBus: Cleveland Zoo 9:00am-4:00pm Coffee Hour with Barbara Thomas 9:30am Langston No Low-Vision Support Group CommUnity Ice Cream Social - Maple & North Pleasant Sts. 6:00-8:00pm	14 Courtyard Garden Concert 4:00pm G&S Film: The Mikado 7:15pm AUD	15 Walk in the Park 9:00am Heiser NOYO Summer Symphony Concert 11:00am AUD Film: Cider House Rules 7:15pm AUD
16 Quaker Worship 10:30am WHT First Church Serv. 4:00pm Gathering Room Film: American Graffiti 7:00pm WHT	17 BigBus trip to Tyler Farms local hydro- ponic greenhouse via Kendal bus 10:30am-noon No charge! ★ Monday Night Movie at Apollo (tx) Sign up for ★ Kendal bus Bridge 7:00pm CCR	18 Senior Community Outreach Lunch 11:30am-1:00pm New Russia Hall Lunch included. Call 440- 935-8117 G&S Film: Princess Ida 7:15pm AUD	19 No Unitarian Univ. meeting Pairs Bridge 7:00pm AUD	20 KORA Council 10:00am AUD No Third Thurs. Lecture	21 Roman Cath. Mass 10:00am CCR Domestic News & Views 10:30am AUD Courtyard Garden Concert 4:00pm Artist Reception 4:30pm HL G&S Film: Yeoman of the Guard 7:15pm AUD	22 Walk in the Park 9:00am Heiser
23 Quakers 10:30am WHT Film: Dirty Dancing 7:00pm WHT	24 Bridge 7:00pm CCR	25 Aft. Exchange Barbara Thomas 4:00pm AUD Song Swap with Judy Cook 6:00pm HL Orientation Concert: Select Conserva- tory Students ★ 7:00pm Finney	26 SI Chat - #155 10:00-10:30am Scrabble 7:15pm CCR Film: Merchants of Doubt 7:15pm AUD	27 	28 Courtyard Garden Concert 4:00pm Remembering Len Garver: Rod Knight Runs Len's Trolley 5:00-6:30pm HL	29 Walk in the Park 9:00am Heiser
30 Quaker Worship 10:30am WHT Film: Picnic 7:00pm WHT	31 Bridge 7:00pm CCR					