

The Kendalight

Kendal at Oberlin Residents Association

August 2022

Volume XXIX, Number 8

Primary Election Day

Tuesday, August 2
6:30am–7:30pm
Heiser Auditorium

Let's leave the parking spaces around Heiser Circle for our local voters on election day.



Please remember to bring a valid ID that includes your name and OHIO address when you come to Heiser Auditorium to vote.

A valid ID can be:

- Current OHIO ID or OHIO driver's license (can show prior OHIO address) **or**
- Military identification (no address needed) **or**
- One of the following, dated 12 months or less prior to Election Day **WITH YOUR CURRENT ADDRESS ON IT:**
 - * Copy of a current utility bill (including a bill from Kendal) **or**
 - * Bank or any financial statement **or**
 - * Government check stub **or**
 - * Paycheck stub **or**
 - * Other government document.

The following are NOT VALID:

- Notification mailed by the Board of Elections **or**
- Any document/card that does not show voter's name and current address (including U.S. passport).

Questions? Ask Kendal residents Mary Van Nortwick or Ann Francis, members of the Oberlin Area League of Women Voters.

Board Highlights, July 2022

The Board of Directors mid-year meeting was action-packed. For the past year, in addition to the impact of Covid, the board has focused on creating a Master Plan and a 5-Year Strategic Plan. We collaborated extensively with both internal and external parties to understand how the local community has changed as well as the models of senior living across the country. Both plans received initial approvals in March; then we reviewed the financial assumptions for implementing the plans. Not surprisingly, five years turned out to be very aggressive, both operationally and financially. Instead, we projected estimated costs over ten years and organized the work into six different phases.

The Strategic Plan with its seven key goals will still be implemented over a 5-year period. Kendal will schedule an auditorium program to review the six phases of the Master Plan with architect Anthony Hiti sometime in August or September.

The board also approved that Kendal Northern Ohio move ahead on permanent financing with Huntington Bank to mortgage College Village Apartments with additional dollars for capital improvements.

The Governance Committee has received individual board member annual assessments (required of all CARF accredited organizations) and will come back with observations and recommendations.

This month the board resumes its practice of dining with residents after alternate meetings.

~Barbara Thomas



CARF Accreditation Visit

Kendal at Oberlin anticipates a three-day visit by the CARF International Surveyor Team in October or November. The team will review administration, program, and financial standards (about 1500 in total). These visits occur once every five years. Visits have been virtual only for the last 2.5 years. If we have a sudden increase of Covid cases during the week of the visit, we can transition to a virtual visit using Microsoft Teams, similar to Zoom.

Many issues have come to light from the surveys and focus groups done in 2021 for the new strategic plan and master plan as well as themes in our We Care Connect surveys. These are referenced in newly updated documents such as the Accessibility Plan and the Cultural Competency, Diversity, and Inclusion Plan, required under the CARF standards. We will continue to use our in-person meetings to share and review these updated documents.

Kendal has applied to be reaccredited in three specific areas of CARF's continuum of care: Continuing Care Retirement Community (CCRC), Person-Centered Long-Term Care, and Dementia Care Specialty Program.

~Barbara Thomas



Kendal at Oberlin Residents Association

It was a long Covid wait, but we are delighted to have breakfast and lunch in Langston again. Traditionally, residents have welcomed others to join them at their tables, but some may feel hesitant. A new Community Table is available every day in the Fox and Fell. If you are single, new, or just without plans for dinner, check it out. We're glad the popular Solo Diners restarted in July as well (see p. 3).

A big thank you to Kari Inglis and others who have revised *The Yellow Book* directory of resident activities which is available digitally as well as in print (see p. 7). Now's the time to reconnect with a favorite activity or try something new. Contact people are listed in the index.

Over the past couple of years, Covid restrictions have resulted in KORA committees, subcommittees, and interest and support groups spending less than their budgeted amounts. As a result, we have accumulated funds which exceed what KORA Council feels are necessary as an emergency fund.

As we did in 2020, we have asked KORA groups to identify special projects which they have not been able to accomplish with their annual budget allocation. Deadline for requests is September 20. Council will decide in October which projects to fund.

~Mary Behm, KORA President 2022

KORA Next KORA Council Meeting
Thurs., Aug. 18 - 10:00am
AUD and KOTV

Fall LifeLong Learning Classes at Kendal

Our courses this fall will be presented via Zoom. You will be able to ask questions by using the Zoom chat function. To register for a course and obtain the Zoom link, please contact Kari Inglis. There is no fee.

The Emerging Supreme Court. Tues., Sept. 6; Mon., Sept. 12; and Mon., Sept. 19, 10:30am–12:00pm. Jonathan Entin, Kendal resident and Case Western Reserve University law professor, will follow up last September's popular course on the Supreme Court with a look at the current court.

This year the Supreme Court has handed down significant decisions that already have had a profound impact on American law and life, and it has agreed to hear several other cases that promise to have even more impact on our society. Recent cases dealt with abortion, the Second Amendment, religion, and the authority of federal agencies. Next term, the Court will consider important cases on affirmative action, LGBTQ rights, and election law.

This three-session course will point out some broad themes in what the Court appears to be doing and explore the implications of its emerging approach.

Session 1: Originalism, History, and Tradition. This session centers on the Court's seemingly single-minded focus on originalism, the notion that history and tradition are the controlling factors in deciding constitutional cases. We will examine different approaches to constitutional interpretation and contrast the current Court's approach to history and tradition with previous approaches to the use of the past in legal analysis.

Session 2: Review of the 2021–2022 Term. This session will look at some of the important cases from last year's term and their implications for the future. Discussion will address what the Court said and the response to those decisions.

Session 3: Preview of the 2022–2023 Term. This session will focus on key cases that are already on the Court's docket for next year: challenges to the legality of affirmative action in public and private universities, the availability of religious exemptions from LGBTQ rights laws, redistricting under the Voting Rights Act, and the so-called independent state legislature theory that could exclude state courts and independent commissions from addressing election-related disputes.

Fun Fitness in 2022: All About Balance Wed., Aug. 17 - 7:15pm - AUD and KOTV

The Fitness and Wellness Committee is presenting monthly programs focusing on the benefits of activity and exercise, utilizing current recreational activities and fitness programs presented by our Fitness Department. This month, Jill Tvaroha will present *On Balance: How to Keep It and How to Improve It*. She will talk about classes offered that focus on balance and give some exercises to do at home to improve your balance.



**COFFEE HOUR WITH
BARBARA THOMAS
WED., AUG. 10 - 9:30AM
FOX & FELL, ZOOM, KOTV**

**AFTERNOON EXCHANGE
BARBARA THOMAS
THURS., AUG. 25 - 4:00PM
AUD, KOTV**

**DISCLOSURE STATEMENT
ANN O'MALLEY, CFO
FRI., AUG 26 - 4:00PM
AUD, Zoom**

First Thursday Health Lecture

Our Thursday Health Lectures are on hiatus for August and September.

Look for our program's return on October 6. ~Bud Spierling

Coming Soon! Insurance Workshops

Donna Weber, KaO insurance coordinator, will present these workshops in September and October in the Kendal Education Center and via Zoom:

- **Sept. 7, 10:00am** - Things to Consider During Open Enrollment.
- **Sept. 22, 10:00am** - How Medicare Advantage Plans Work.
- **Oct. 5, 10:00am** - Traditional Medicare with Retiree or Commercial Insurance.
- **Oct. 20, 10:00am** - Traditional Medicare with Medigap Insurance.

Check the September *Kendalight* for dates, times, and locations.

Lunch Bunch: Miller Nature Preserve and Orchid Café, Avon Wed., Aug. 10 - 11:30am

We'll eat at the café and have an opportunity to visit the conservatory and gardens.

Sign up for the Kendal bus. Fare: \$10.00. Pay when you board the bus with cash or a check made out to KORA. Lunch on your own. 🚌

Solo Diners Tues., Aug. 23 - 5:30pm - Den

Join solo Kendal residents monthly for dinner and conversation in the Den. There is no planned agenda – just informal sharing.

A sign-up sheet is posted by the open mailboxes the week before.



Solo Diners: Come fill our table!

🎵 Music at Kendal 🎵

Live Chamber Music at Kendal at Oberlin

The regular Sunday afternoon concerts are suspended until fall, when students return. There may be occasional student concerts over the summer.

Watch WKAO and the bulletin boards for information.

Cooper Competition Returns to Oberlin

Founded in 2010, the Thomas and Evon Cooper International Competition is dedicated to presenting a competitive opportunity for outstanding young musicians between the ages of 13 and 18 years. It culminates in a final round where the top three competitors perform a full concerto with orchestra.

The competition alternates between violin and piano. The summer of 2022 is dedicated to the violin. The final round will be in Warner Concert Hall with the Canton Symphony Orchestra conducted by music director Gerhardt Zimmerman on Fri., Aug. 19 at 7:30pm.

Kendal will send buses to three events, including the final concert.

~Allen Huszti

Watch Encore Programs Mondays at 7:15pm on KOTV



Aug. 8 - Age of Fracture. Daniel T. Rodgers, Henry Charles Lea Professor of History emeritus at Princeton University, speaks on transformations in social ideas in the last quarter of the 20th century. His book, *The Age of Fracture*, deals with challenges to mid-century concepts of national consensus, managed markets, gender and racial identities, citizen obligation, and historical memory. It won the Bancroft Prize in American History in 2011. (From April 19, 2022)

Aug. 15 - What We Can Learn About Human, Climate, and Forest History from the Rings in Trees. Valerie Trouet, a globally recognized tree scientist, is a professor in the Laboratory of Tree-Ring Research at the University of Arizona and a UA Distinguished Scholar. A dendrochronologist for almost two decades, her research focuses on the climate history of the past 2,000 years and allows us to put current climate change in a long-term context. Valerie introduces the science of dendrochronology, guiding us through its main applications in climatology, ecology, and archeology, with a wide variety of examples. She recounts some of the stories the rings in trees can tell us. (From May 5, 2022)

Aug. 22 - Readers Theater: Shakespeare in the Park. Don Parker's one-act play features three women, each with different problems and griefs, who are touched by words of the Bard coming from an unlikely source. Yet a mysterious stranger has a dark side that gives the women a different focus on life. Directed by Don Parker. (From May 21, 2022)

NOYO Summer Symphony Concert Fri., Aug. 12 - 12:00pm AUD and KOTV

The middle-school-aged string players attending the annual Northern Ohio Youth Orchestra Summer Symphony Camp return to Kendal with a special program of selections they have been learning at camp with conductors Peggie Willett and Katie Holaway.

Susan Ellinger, piano Sun., Aug. 21 - 4:00pm AUD

Susan Ellinger, Associate Director of Oberlin Conservatory Professional Development, plays music by Chopin, Schubert, and Brahms.

Saturday Night Movies

7:15pm - AUD, KOTV

Aug. 6 - A Midsummer Night's Dream (1999) Adaptation of Shakespeare's comedy about lovers whose romantic affections are manipulated by fairy magic, updated to a 19th century Tuscan hill town. Kevin Kline, Stanley Tucci, Michelle Pfeiffer, Rupert Everett, Calista Flockhart.

Aug. 20 - Three Identical Strangers (2018) Encore of documentary about three identical triplets placed with three separate families who meet as young men and learn that they were the unknown subjects of a study. Ken Cheek leads a discussion after the film.

Aug. 27 - The Lady in the Van (2015) True story – a London playwright develops an unlikely friendship with an eccentric homeless woman who “temporarily” parks her van in his driveway and proceeds to live there for 15 years. Maggie Smith at her best!

Second Saturday Film

Aug. 13 - 7:15pm - AUD

Wadjda (2013) Saudi Arabian film loaned by resident Lynn Killean. A winning and wonderful tale of a 10-year-old girl making her voice heard in a patriarchal society that seeks to silence her.
~Dwight Call

The Kendal cable channels are:

- WKAO: 919, 19-1, OR 95-100
- KOTV: 920, 19-2, OR 95-101
- WSCC: 921, 20-1, OR 96-100

Sunday Movies

7:00pm - WSCC

- Aug. 7 - The Maltese Falcon (1941)
- Aug. 14 - Denial (2016)
- Aug. 21 - The Outlaw (1943)
- Aug. 28 - Robot and Frank (2012)



Art Gallery News

The biennial *Kendal Collects* show continues in all three Galleries until Monday, August 15.

Look for *Kendal Creates* next summer, showcasing artworks created by the talented residents of Kendal at Oberlin.

On August 16 new exhibitions will appear in each of our Galleries. The **Kendal Gallery** will present a retrospective of paintings, prints, ceramics, and more by Avon, OH, artist Elaine Albers Cohen from August 16 through October 10. Her artist talk is scheduled for September 9 at 4:00pm in Heiser



Lounge.

The **Friends Gallery** will show photography by Oberlin resident John Seyfried from August 18 through October 12.

The walls of the **Community Gallery** will display *Dumpster Book Art*, by Oberlin artist Dar McDonough, collages made from books and magazines pulled from the dumpster in an attempt to give the images a second life or a new life, from August 19 through October 13.

The **Marketing Office Window** will show recent creations from the Kendal Art Studio. The **Curio Cabinet** will feature an exhibit of the origami creations of local artist James Peake.

More artist talks for these exhibits will be scheduled. Look for announcements on the Kendal bulletin board and WKAO.

Monday Documentaries

7:00pm - WSCC

Aug. 1 - Elizabeth & Margaret: Love & Loyalty (2020)

Aug. 8 - Reversing Roe (2018)

Aug. 15 - Attack on Pearl Harbor Part 1: Countdown to War (2022)

Aug. 22 - Attack on Pearl Harbor Part 2: Massacre (2022)

Aug. 29 - Attack on Pearl Harbor Part 3: Declaration of War (2022)

Tuesday Themed Films

1:00pm - WSCC

Aug. 2 - King Richard (2021)

Aug. 9 - The Eyes of Tammy Faye (2021)

Aug. 16 - Nightmare Alley (2021)

Aug. 23 - Little Miss Sunshine (2006)

Aug. 30 - Who's Afraid of Virginia Woolf? (1966)

KENDAL RESALE SHOP

Benefiting Kendal Residents Assistance Fund (RAF) and Community Charities

SHOP!

Wednesday–Saturday
11:00am–5:00pm
(closed Sunday–Tuesday)

DONATE!

Bring your donations of clean, gently used, ready-to-wear clothing and usable household items to the box outside the shop, 24/7.

Given to RAF, year to date:

Total contribution: \$27,831.

Thursday Movie Musicals

2:00pm - WSCC

Aug. 4 - Hello, Dolly! (1969)

Aug. 11 - 42nd Street (1933)

Aug. 18 - Funny Girl (1968)

Aug. 25 - The Gay Divorcee (1934)

For movie descriptions and details, see www.imdb.com.

Cleveland Orchestra S1 Series 2022-2023

Each year we organize bus transportation from Kendal to Severance Hall for the Cleveland Orchestra S1 Sunday afternoon series. We are planning buses for the four concerts of the S1 series for all those who have renewed their subscriptions and who plan to take the bus, as well as for new subscribers who wish to do so.

In 2022–2023, the S1 series concert dates are Nov. 27, 2022; March 5, April 16, and May 14, 2023. Great news! This year Music Director Franz Welser-Möst plans to conduct two of the S1 concerts.

New residents and others interested should order tickets for preferred seating directly from the Cleveland Orchestra Box Office (www.clevelandorchestra.com) or call 216-231-1111.

For those using the bus, a sign-up sheet will be posted on the counter opposite the mailboxes later this summer. The bus (fee to be determined, based on number of riders) leaves Kendal at 1:30pm and returns to Kendal by 6:30pm. The bus offers a convenient way to attend Cleveland Orchestra concerts, with drop-off and pick-up at the main door.

For more information about concerts and orchestra buses, contact Anne Martin or Randy Wagner.

LeadingAge Art & Writing Program Returns, Virtually

Check Kendal's *Weekly News Update* and bulletin boards for submission instructions for the 2022 LeadingAge Ohio Arts & Writing Resident Forum.

~Coordinators Anne Palmer,
Thelma Morris, Don Parker

Great News: Glass Recycling's Back!

Beginning August 1, we will be able to bring our glass bottles (both clear and colored glass) and jars to our trash rooms for recycling. Kendal has contracted with a glass recycling company in Cleveland that takes the glass to a center that recycles it into new glass bottles. They will be picking up our glass every other week.

We will need to separate our glass containers from the plastic recycling. There will be a separate bin for glass and there will be a sign clearly designating that it is for glass only. Please remove all lids and rinse out the bottles, but there is no need to remove any metal rings from the bottle necks. Please contact Facility Services at 440-775-9899 with any questions.

~Environmental Concerns Committee

Kendal Newcomer Introductions Return in September on KOTV

Meet new residents when the Newcomers Committee broadcasts its next introductions in September.

We will continue to provide these televised interviews over the coming months as new residents arrive. Be sure to tune in to learn more about our newest neighbors.

~Sharon Furrow



Photo Credit: Chautauqua Trail

August 9 Big Bus Trip Cancelled

The trip to Lake Erie's shore that was to have included visits to Marblehead Lighthouse and the Wolcott Keeper's House and a concert at the Lakeside Chautauqua community has been canceled. Not enough participants signed up to cover basic costs.

Suggestions and Concerns Mon., Aug. 8 - 2:00pm Crossroads Room

Members of this committee will listen to your suggestion or concern in confidence (and privately, if you wish), discuss it with you, and refer the matter to the appropriate department head or committee chair. Questions? Contact Chair Anne Lockwood.

Calls for Participation

Kendal Artists and Writers

Have you written a creative piece, poem or short story on aging or being an older adult?

Have you painted a portrait, taken a photo, or created an illustration that defines (or redefines) aging?

Generations Today, the magazine of the American Society on Aging, is calling for submission of art of all types from now until September 12.

Pieces selected will appear in the November–December issue.

Send a picture of your painting or a copy of your poem or story to Alison Biggar, Editorial Director (abiggar@asaging.org). For more information, contact Thelma Morris.

Handbell Ringers

Bel Canto, Kendal's handbell choir for Independent Living residents, is looking for a few more ringers.

If you have a good sense of rhythm, can read music, like having fun, and enjoy learning something new, please get in touch with director Betsy Allen.

We meet weekly at First Church in Oberlin, UCC, Fridays, 10:30–11:30am. We will start rehearsals again in mid-September.



**Introverts Unite!
Contact Suzanne McDougal**

More About Kendal's Residents



Josie Jones

I was born in Wayne County, Kentucky, and since the age of five have lived in Ohio.

My dad worked for American Ship Building, which closed, and then he took a job as a stone cutter for the Cleveland Quarries. We moved into a company house in South Amherst that had neither running water nor indoor plumbing.

When I graduated, I took a job at a nursing home in Oberlin and worked my way through nursing school. I spent four years at University Hospital and seven years at Mt. Sinai Hospital.

At Mt. Sinai, I met Carol Bojanowski, a wonderful nurse who became a friend. We remained in touch, and she recommended Kendal at Oberlin when I was planning retirement. I followed her advice and am most happy to be here.

By the time I left Mt. Sinai, I had acquired an undergraduate degree from Ursuline College in Health Services Management and a Master's in Public Administration from Cleveland State University.

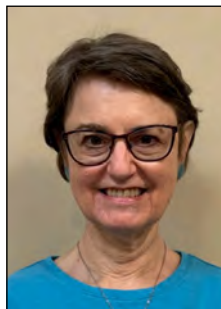
After leaving Mt. Sinai, I focused on Emergency and Outpatient Care, working at Cuyahoga Falls General, St. Luke's Hospital, St. Vincent Charity Hospital, and the Lake Health System.

I retired two years ago but was invited back as a consultant, so worked until moving to Kendal.

I was one of two children. My sister died at 64. My niece and family live in Amherst and my nephew and wife live

in Vermilion. Moving to Kendal has allowed me to live near family for the first time ever.

I have two Maine Coon cats, Murphy and Betty, who are large, gentle, and love each other and love to have admiration and petting. They have allowed me to meet many of my neighbors who have stopped by to meet them.



Polly McIlrath

I was born in Biloxi, MS, where my parents served at the end of WWII. My sister, brother, and I grew up in New Jersey, were educated in public schools, attended summer camps in Vermont, and learned to love NYC and New England.

Oberlin led my list of colleges in 1962, due to my love of music and languages. I was interviewed by Bill McIlrath (1954), assistant director of admissions. I began a double-degree program, majoring in German and music history. Bill and I met again during my fifth year, began dating, and married in 1969.

Following graduation in 1968, I worked four years as a secretary in the Conservatory, and two in the German/Russian department.

I earned my MA in speech pathology at Western Illinois University in 1981. We moved to Michigan shortly afterwards.

Bill served 17 years as head of college counseling at the Cranbrook/Kingswood School while I began working

with adult stroke patients at Beaumont Hospital in Troy, MI. I started the program with help from the mother ship and later became supervisor. My job included coordination of a stroke support group, "Cane & Able" which recently celebrated its 40th anniversary.

We enjoyed 15 years of retirement before Bill's untimely death in 2017, including Septembers in the town of Northport, at the tip of the "pinkie" of lower Michigan's mitt.

My three proudest achievements include my long association with Cane & Able, my 50 precious years with Bill, and 60 years of survival with Type I diabetes. I owe everything to Bill, the light of my life and my own personal continuous glucose monitor for years before I obtained the real thing.

I am grateful to return to Oberlin as a resident at Kendal.



Event Links

- For "inside Kendal" program links, **contact Carol Harvey.**
- For "outside Kendal" community cultural and educational ad hoc events, **contact Barbara Gordon-Lickey.**

Recent Moves

David Scholl and Ruth "Bunny" Hensley from Los Gatos, CA, in late July.

Judy Glaser to Jameson House in early July.

Upcoming Moves

Jerry Knapczyk and Satsuki Annino from Santa Fe, NM, in early August.

William "Bill" Witter from Madison, WI, in early August.

Looking for Someone?

Find profiles of all residents in *Who's Here* on our library center bookcase.



Outdoor drawing (quick studies, in any media) has a long tradition in art – *en plein air*, as the French call it.

Join a small group of Kendal residents who would like to try their

hand at simple, outdoor renderings with pencil, colored pencil, watercolor, or any other medium of your choice.

Mon., Aug. 8, 15, and 22 we will meet at 10:00am at the covered entrance to Lot 11 garage. We may walk a short distance to a convenient site for drawing or stay near the apartments. Material will be supplied, or you may bring your own. Wear a hat and appropriate clothing for outdoors. Questions? Contact Don Parker.

Repetition can be a meaningful tool in learning a new skill and having a sense of improvement. With the request to repeat some basic skills, we will begin the new Clay Workshop Mon., Aug. 8, and Tues., Aug. 9. If there is enough interest, we aim to have another workshop Aug. 18 and Aug. 19, building on those skills.

For clay workshops, please sign up on the posters on the Art Studio hall bulletin board or get information from Joyce's email newsletter about group happenings (the poster is attached).

You can also contact Joyce by email or phone to sign up for the newsletter or to join a group. *~Joyce Parker*

THE YELLOW BOOK

The newly updated directory of resident activities called *The Yellow Book* is now available as a pdf file using this link: <https://kaores.net/kaores/files/2454.pdf?> or by asking Joyce Benjamin.

Print copies will be available in early September on request, in the Kendal Library, and by the KORA bulletin board.

Piano Protocols at Kendal

Kendal residents and their guests are reminded to respect the rules for use of the grand piano on the auditorium stage and the upright piano in the Penn.

- Do not move either instrument without permission of the Music Committee.
- Fold the heavy cloth cover and put aside on a chair. Do not put it on the floor.
- When leaving the piano, put the top down carefully, close the keyboard, and place the cloth cover over the entire instrument.
- If the light is flashing, notify Enid Cleary. The piano is thirsty!
- Do not put any food or other items on the piano.

Your guests are welcome to play the piano if these protocols are followed.

THANK YOU!



~Kendal Music Committee



WKAO Volunteers

The WKAO Committee invites new volunteers to join us. We post the daily events and menus that you see on the WKAO cable channel (919, 19-1, or 95-100), on your computer using the KORA website (kaores.kendal.org) WKAO button, and on the screen opposite the Heiser Reception Desk. WKAO is a vital part of keeping the community aware of Kendal at Oberlin activities.

To volunteer, contact Nancy Lombardi.

Save the Dates



**Where 2 Turn?
Tues., Sept. 20
10:00am
Green Room**

Starting in September, bring your questions (when you can't find answers elsewhere) or discussion topics to the Where 2 Turn group on the third Tuesday of each month.

Suggest topics to Suzanne McDougal ahead of time, or just drop in!

**Meet, Greet, and Eat
Is Returning!
Tues., Sept. 20 - Dinner
Fox and Fell**

The Meet, Greet and Eat (MGE) committee is announcing that the first MGE dinner since January 2020 will be held on Tuesday, September 20. Mark your calendars and look for more information on this popular event in the September *Kendalight*.

Kendal Kryptogram #209 – by Nina Love

ABCBDE DFG HBKBCLMN OPB QFG RSO

ABCBDE NOGBGH TN ULDB BFNTCE

APBGBH.

~LVHBW WFNP

Solution to Kryptogram #208: “No man has a good enough memory to be a successful liar.”
~Abraham Lincoln



Library Notes

Special Collections in the Kendal Library

Upon entering the library, the book stacks, rows of newspapers, and array of magazines dominate the eye. But that isn't all the library has to offer. Other collections, not so prominent, are housed in two large cabinets near the center of the room. The availability of information contained in these special collections is frequently overlooked or, more likely, unknown.

The top of the cabinet with the largest collection contains the binders of profiles of current residents, as well as profiles of deceased residents from 2014 to the present. Below, are binders of profiles of all other deceased residents of Kendal at Oberlin since it was founded in 1993.

Below the profiles is a collection of books on the history of Oberlin and Oberlin College as well as related topics, and college yearbooks, mostly from the 1940s through the middle 1980s and a few from the early 20th century.

The same cabinet also includes books on humor and a selection of picture and children's books. Another collection covers Ohio, including Cleveland, the Western Reserve, and Lake Erie and other Great Lakes.

New books added to the library are displayed on the top of the cabinet nearest the center of the room. The shelves below feature binders of health newsletters as well as magazines related to the environment and health. Behind the row of new books one will find flyers and brochures on current events around Northern Ohio.

The shelves below in this cabinet contain back issues of magazines. They also contain information from KORA including minutes of monthly and annual council meetings and the treasurer's report. There are binders of photographs from Kendal events.

The *Kendal Resident Handbook* can be found here as well as, for example, Kendal health care information and the Master Landscape Plan for Kendal at Oberlin. Annual reports from the Kendal Corporation are shelved here as well.

A surprising number of resources available in such a small space!

~Joan Long

IN MEMORIAM

IRENE "RENIE" SMITH
JULY 23, 2022

Where to Find Contact Info

- **Kendal at Oberlin Directory**, printed and distributed in February.
- **KaO PDF Directory**, distributed via email to all residents.
- **Bulletin Board**, near photos of new residents. Make these corrections and additions to your printed directory.
- **Online Resident Directory**, in the resident database (www.kaores.net), click "Directory." Note: you must either be on the Resident WiFi network or be logged in to access this information.



Local Farm Produce Comes to Kendal

Executive Chef Scott Stonestreet has arranged for produce from a local farmer to come to Kendal beginning this Friday, July 29, and continuing for the next five Fridays. It will be set up on the front entrance walk from 11:00am to 1:30pm.

Fresh produce can be purchased with CASH ONLY; and be sure to bring your own bag, too! Questions? Contact Priscilla Steinberg.



Nature Sightings

4/15/22–6/13/22

4/15, **Catbird**, singing near Buttonbush Bridge, Don Parker; 4/15, **Brown Thrasher**, singing at Meadow Pond, Maureen Bailey (hskp); 4/15, **Yellow-Rumped Warbler**, woods at Green Pond, Maureen B.; 4/17, **Deer**, behind #85 in quad, Barb Benjamin; 4/17, **American Killdeer**, rooftop Lot 11, Anne Martin; 4/18, **female Brewer's Blackbird**, #218, Mary Van Nortwick; 4/18, **Fox Sparrow**, #218, Mary V.N.; 4/24, **5 Cedar Waxwings**, #23, Betsy Baumbach; 4/24, **Cabbage Butterfly**, **Crane Fly**, #65, Larry Porter; 4/24, **Osprey**, flying above Kendal, Rachel Duncan (grnd); 4/24, **4 Trumpeter Swans**, over Kendal, Rachel D.; **Wood Thrush**, fluting in Maple Swamp behind #5, 6, 7, & 8, Nina Love; 4/27, **Yellow Warbler**, Farmer Pond, Prudy Hall; 4/28, **Ring-Necked Duck**, Rock Pond, Charlotte Elsner; 4/29, **Prothonotary Warbler**, #201, Maureen B.; 5/2, **Nashville Warbler**, near Meadow Pond, Anne M.; 5/2, **White-Crowned Chipping Sparrows**, #1, Joan Long; 5/2, **Swan-son's Thrush**, Green Pond woods, Maureen B.; 5/6, **Cormorant**, Farmer Pond, Charlotte McGowan; 5/6, **Baltimore Orioles (male and female)**, #33, Fred & Mary Behm; 5/8, **Great Crested Flycatcher**, **Palm Warblers**, **Green Heron**, wood edges of Meadow Pond, Lee Hefner; 5/8, **Rose-Breasted Grosbeaks**, #201 feeder, Lee H.; 5/8, **Spotted Sandpiper**, Farmer Pond, Prudy H.; 5/11, **Eastern Kingbird**, Rock Pond, Mary V.N.; 5/11, **Hummingbird**, Farmer Pond, Prudy H.; 5/12, **Great Blue Heron**, Center Pond, Carol Hall; 5/15, **Great Blue Heron**, flying from Center Pond, Larry P.; 5/16, **Great Crested Flycatcher**, building a nest in a hole in a willow at Troll Bridge, Maureen B.; 5/18, **Fox**, serpentine path, Anne Helm, Larry P.; 5/21, **large Snapping Turtle**, Buttonbush (Cont'd p. 10)

From the John Bartram Arboretum American Chestnut (*Castanea dentata*)

Since the loss of the glorious American chestnut to the chestnut blight fungus in the early 20th century, much work has been done to try to bring it back or to bring back something very closely related to it. The ink disease had weakened it a century earlier. Losing it changed the eastern American forests, for its range had extended from Georgia to Michigan.

The American chestnut sometimes reached more than 100 feet tall, with trunk diameter well over 10 feet. Its lumber was used for log cabins, flooring, posts, and poles. It was known for rot resistance. Its nuts were eaten by cattle, hogs, and people. The fungus killed the trees and caused their “sprouts to succumb to the blight and die back to the ground.”

Forest researchers and interested citizens (including the late Dan Ayres) worked diligently “to assist in the development of reintroduction strategies.” The USDA says there are as



American Chestnut Nuts
with Burrs and Leaves.

Photo Credit: Timothy Van Vliet 2004,
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many as 60 million sprouts in New York State alone. They provide a rich gene pool for restoration projects.

Five wild-type American chestnut saplings have been planted recently on Wildflower Hill. They are caged to escape damage by deer or rabbits. They are marked, so you can find them near mowed areas. It is very unlikely that they will live to old age and grow 100 feet tall. More likely, they will die of chestnut blight in 15 years. Hopefully they can flower and reproduce before doing so.

The ESF American Chestnut Project has developed a blight-tolerant American chestnut tree and is working to restore it to the forest ecosystems in the eastern part of the United States. This project, spearheaded by Prof. William Powell (known by our arboretum committee chair Alan Lockwood), may give our arboretum several transgenic Darling 58 trees, which carry one gene from wheat.

We will not be doing research here. Our purpose is education and awareness of the work being done elsewhere to bring back something very close to the historic, gorgeous American chestnut. See the Bartram Arboretum Blog for more information.

~ Anne Helm for the Arboretum Committee

References:

- SUNY College of Environmental Science and Forestry, www.esf.org
- American Chestnut Foundation, <https://acf.org>
- www.johnbartramarboretum.org Arboretum Blog, *American chestnut restoration*



Who Am I? I was created by the generosity of many people, and I continue to be nurtured by their ongoing gifts of time, talent, and treasure.

Who am I? People connect to the abundance, beauty, and grace of life through me: they nurture friendships, smile in the light of the morning sunshine, and dwell in the fragrance of the evening air. With me, they celebrate life's goodness, and warm their blood with exercise. I rejuvenate minds, bodies, and spirits.

When we are together, my friends immerse themselves in nature, fresh air, and windy gusts. Bluebirds are busy nearby, as are the butterflies. A hawk watches from a nearby tree. Flowers and other plants abound. Tiny insects work the soil. My neighborhood teems with life in all its richness.

I am steadfastly familiar and constant, yet ever-changing. I connect many places to each other, making the

community seem as one place. I help establish a sense of place, of home.

I foster chance encounters and brisk meetings of all sorts. The art of ambling is perfected through me. I am a place in which to remember one's life and story. I often hear joyful sounds of singing and laughter, yet I also hear tears of sadness.

Who am I? I am the perimeter walk on the grounds of Kendal at Oberlin. I am part of what helps to create a high quality of life in our vibrant community.

I invite you to reflect on the value I bring to your life and to our community, and I hope that you will consider



Bench on perimeter path overlooking pond.

Photo Credit: Suzanne McDougal

joining with your friends and neighbors in the effort to care for my well-being.

~ Rick Flood, KaO Development Specialist
(Submitted as a “writing sample”
when applying for this job)

Nature Sightings...

(Continued from p. 8)

Bridge Arboretum, Anne H.; **5/22, American Toad**, sidewalk near Rock Pond, Mary Clare Beck; **5/22, Leopard Frog**, lot 5, Mary Clare B.; **5/22, Egret**, Island Pond, Mary Clare B.; **5/22, Duck with 4 Ducklings**, crossing employee lot, Mary Clare B.; **5/23, Kingbird**, Education Center lawn, Betsy B.; **5/25, Black Poll Warbler**, singing in trees near #32, Maureen B.; **5/25, Scarlet Tanager**, tree near Troll Bridge, Anne M.; **5/25, pair of Northern Shovelers**, Farmer Pond, Prudy H.; **5/27, Common Yellow Throat**, singing near employee lot, Maureen B.; **5/29, young Deer**, grazing by lot 10, Mary Clare B.; **5/30, Heron**, hunting at Island Pond, Mary Clare B.; **6/1, Northern Flicker**, tree near Troll Bridge, Anne M.; **6/2, Chipping Sparrow with Red Mohawk**, back of #65, Larry P.; **6/7, Nuthatch**, #218, Mary V.N.; **6/8, Yellow-Shafted Flicker**, #64, Mary Clare B.; **6/9, female Orchard Oriole**, #218, Mary V.N.; **6/13, Muskrat**, in Buttonbush area, Anne H.

Threads:

Drop Off or In Person

Thursdays - 11:00am–12:00pm
Craft Room

We do simple sewing jobs for residents only. We shorten pants, sew on buttons, patch holes, sew up seams, and mend toes of socks. Bring your clean, bagged items to the Craft Room anytime, place them on the table, and fill out the required work order form located on the clipboard.

Join us! Threads is looking for one or two sewers for simple sewing jobs. Call Nancy Cecil or stop by the Craft Room during open hours.

Need to Change a Date for a Scheduled Event? Notify *The Kendalight* and WKAO so we can update your event on the website or elsewhere!

Saturday Walks

Come explore walking areas off the KaO campus. The walks are leisurely, about 2–3 miles, and generally scenic. We meet outside the Heiser main entrance every Saturday at 9:00am (weather permitting) to carpool.

- **Aug. 6** Black River - Bur Oak
 - **Aug. 13** Lorain Pier
 - **Aug. 20** Bike Trail - Kipton
 - **Aug. 27** Rowland Preserve
- Questions? Contact Phil Pritchett.

Tennis Anyone?

Every Monday, Wednesday, and Friday at 8:00am, weather permitting, a group of Kendal residents, staff, and neighbors gets together on our beautiful clay-surface tennis courts for a friendly game of doubles tennis with rotating partners. Our players have varying skill levels and all are welcome. Main objective: get some exercise and have fun!

Come out and join us, even if you haven't played in a while or have never played. To be on our tennis alert email list, contact Arlene or Larry Dunn.

**Remember to wear
your name tag!**

Let's Dance!

English Country Dancing

Sundays - 7:15pm
Heiser Auditorium
Contact: Judy Cook.

Line Dancing

Mondays - 5:00pm
Heiser Auditorium
Contact: Dan Reiber.

Square Dancing

Tuesdays - 4:00pm
Heiser Auditorium
Contact: Donna and Larry Steele.

Rollator Line Dancing

Tuesdays - 5:15pm
Heiser Auditorium
Contact: Dan Reiber.
Where happy feet meet happy music.



Church Services

First Church in Oberlin, UCC
Sun., 10:00am, WSCC

Oberlin Friends Meeting
Sun., 10:30am, Ed Center and Zoom

Oberlin Unitarian Universalist Fellowship
Sun., 11:00am, Zoom

Roman Catholic Mass
St. Patrick's Cathedral, NYC
Sun., 11:15am, WSCC

Christ Episcopal Church
Sun., 12:30pm, WSCC, YouTube

Catholic Communion Service
Sat., 3:30pm, Green Room

Table Tennis Hours

Regular hours for table tennis have been set for Wednesday, Friday, and Sunday, 10:00am to 12:00pm in Heiser Auditorium.

Come and play! All are welcome!

~Sidney Rosenfeld, Co-Chair,
Sports and Recreation Committee

The Kendalight

Monthly newsletter of the
Kendal at Oberlin Residents Assn.
600 Kendal Dr., Oberlin, OH 44074
Managing Editor: Elizabeth Aldrich
Associate Editor: Suzanne McDougal
Proofreaders: Kathy Reichard, Mary Simons

Profile Photos: Sally Nelson-Olin

- Deadline for the September 2022 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 *The Kendalight* open mailbox.
- All articles must carry a signature and telephone number.



Dining and Nutrition Services



In case the origin of these Morsel columns is not clear to you, they come from the Dining Matters Committee.

We are six residents and three dining staff members who meet monthly to improve communication about dining issues between residents and staff. Resident members are Betsy Allen, Mary Clare Beck, Jesse Carlock, chair Barbara Pierce, Priscilla Steinberg, and Mary Simons. Our KORA liaison is Tom Konkoly.

The remainder of this column will be devoted to procedures for getting lunch in the Langston.

When you come into the service line in Langston, servers armed with tablets are ready to assist you with ordering. As soon as you have ordered, you are free to sit down to wait for your entree to be delivered.

Or you can continue moving in the line, where your first choice is to collect soup or salad. For an entree salad, you should gather the greens and other salad items from the salad bar to carry over to the main line, where you can add a protein of your choice for an additional charge. In the main line, you will find the ice cream, fruit, desserts, and beverages. Additional beverages such as water, coffee, and tea are at the end of the line.

You are free at any time to collect your beverage or dessert; just be sure that the server has written it down. If you decide to add something at any time, you can go get it, and the server will add your choice to your order. Ice cream cones are available upon request!

Each day you will find several special menu choices on the line, from which you can choose or ask for variations. For example, there will be a featured flatbread each week, but you can ask for other choices, like meat lovers, vegetables, cheese, or anything else

that strikes your imagination. By the way, these flatbreads have a thinner crust, are lower in sodium than the pizza we are accustomed to, and can easily become another vegan or vegetarian option. Each flatbread will be made to order and delivered to your table by a server.

The bowl selections are another example of Kendal's effort to offer a variety of choices to vegetarians and vegans in a single entree. You can combine any items you see on the line in your bowl. The ability to add different proteins makes the bowl option satisfying to all diets.

There is a weekly featured sandwich, or you can create one to satisfy your taste. There are lots of options: BLT, hamburger, or deli items such as ham, turkey slices, tuna, and egg or chicken salads. There are assorted breads and wraps, with gluten free options available. Again, your selection will be made to order and delivered to your table; no need to wait in line once you place your order.

The staff is still working out the details of this system. We hope that you will soon find signs listing choices in each section. And if you have an idea for an entree, just ask if you can order it!

~Barbara Pierce

Low-Vision Support Group will not meet in August



~Terry Carlton

Grief Support Group Tues., Aug. 23 - 10:00am Green Room - All are welcome.

Dementia Friendly Discussion Group Fri., Aug. 26 - 10:30am Green Room - All are welcome.

Meet a Dining Star Jeff Seilik

Jeff started cooking in restaurants when he was 16! He learned a lot on the job. He had worked at another senior center for seven years when he saw an ad for a position at Kendal during the height of the pandemic.

He got the job as sous chef and loves working in the "back of the house" in several areas. Making food is what he wants to do, especially Asian dishes.

He lives in Elyria with his girlfriend Jasmine. They have an 8-month-old named Jack and an at-home eBay business.

When he has time, Jeff enjoys fishing and walking in the many parks nearby.

When you go into the Langston for lunch, you will see him behind the counter making the main items residents ask for. He would love to know and chat with the residents. Jeff is easily recognized as he is 6'8" tall!

~Priscilla Steinberg

Did You Know?

Call 440-775-9868 to hear announcements and menus of the day.

Trolley Run!








Rod Knight will run Len Garver's HO trolleys on Thurs., Aug. 11, 4:30–5:45pm in Heiser Lounge.

Hymn Sing-Along Sun. Aug. 7 & 21, 3:00pm - Penn

Dianne Haley leads us as we choose random songs to sing together. **All are welcome!**



Learning something new adds to your knowledge, but also is good for your mental health and can be fun! Read a book. Start a new hobby. Socialize. Communicate. Involve your Independent Living and Stephens friends and **STAY CONNECTED.**

SUN	MON	TUE	WED	THU	FRI	SAT
<p><u>First Church Service</u> 10:00am WSCC</p> <p><u>Quaker Worship</u> 10:30am Ed Ctr, Zoom</p> <p><u>RC Mass</u> 11:15am WSCC</p> <p><u>Christ Episcopal Service</u> 12:30pm WSCC</p> <p><u>Film (see p. 4)</u> 7:00pm WSCC</p> <p><u>English Country Dancing</u> 7:15pm AUD</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Centering Program</u> 11:00am WSCC</p> <p><u>Line Dancing</u> 5:00pm AUD</p> <p><u>Documentary (see p. 4)</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Themed Film (see p. 4)</u> 1:00pm WSCC</p> <p><u>Square Dancing</u> 4:00pm AUD</p> <p><u>Rollator Line Dancing</u> 5:15pm AUD</p> <p><u>First Woman Constable</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>News Currents</u> 2:00pm WSCC</p> <p><u>SCC Council</u> 4:00pm WSCC TBA</p> <p><u>Song Swap</u> 7:00pm Zoom, KOTV 8/10 & 8/24</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Musical Film (see p. 4)</u> 2:00pm WSCC</p> <p><u>Jazz Listening</u> 2:00pm AUD 8/4 & 8/18</p> <p><u>Ken Burns: The West</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Famous Composers</u> 2:00pm WSCC</p>	<p><u>Saturday Walk</u> 9:00am Heiser</p> <p><u>Catholic Communion Service</u> 3:30pm Green Rm</p> <p><u>Film (see p. 4)</u> 7:15pm AUD, KOTV</p>
<div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>Note:</p> <p>“Home” events (at Kendal) are in Bold.</p> <p>—</p> <p>“Away” events are not.</p> </div>	1	<p>2</p> <p>Primary Election 6:30am-7:30pm AUD - Bring ID</p> 	3	4	<p>5</p>  <p><u>Fresh Produce</u> will be sold on the covered walk to Heiser Center every Friday, 11:00am-1:30pm. Remember, cash only!</p>	6
	<p>7</p> <p>Hymn Sing-Along 3:00pm Penn</p>	<p>8</p> <p>Suggestions and Concerns 2:00pm Crossroads</p> <p>Encore: Age of Fracture 7:15pm KOTV</p>	<p>9</p>	<p>10</p> <p>Coffee Hour with BT 9:30am F&F, Zoom, KOTV</p> <p>Lunch Bunch Miller Nature Preserve and Orchid Café 11:30am–2:00pm </p> <p>Met Opera in HD <i>La Fille du Regiment</i> 6:30pm Apollo </p>	<p>11</p> <p>HO Trolley Run 4:30–5:45pm HL</p>	<p>12</p> <p>Northern Ohio Youth Orchestra 12:00pm AUD, KOTV</p> <p>Low-Vision Support Group will not meet</p>
14	<p>15</p> <p>Encore: What We Can Learn from the Rings in Trees 7:15pm KOTV</p> <p>Cooper International Violin - Round 1 7:30pm WCH </p>	<p>16</p> <p>Cooper International Violin - Round 1 Cont'd 7:30pm WCH </p>	<p>17</p> <p>Fun Fitness: All About Balance 7:15pm AUD, KOTV</p>	<p>18</p> <p>KORA Council 10:00am AUD, KOTV</p>	<p>19</p> <p>Cooper International Violin - Final Round 7:30pm WCH </p>	20
<p>21</p> <p>Hymn Sing-Along 3:00pm Penn</p> <p>Susan Ellinger, Piano 4:00pm AUD</p>	<p>22</p> <p>Encore: Readers Theater: <i>Shakespeare in the Park</i> 7:15pm KOTV</p>	<p>23</p> <p>Grief Support Group 10:00am Green Rm</p> <p>Solo Diners 5:30pm Den</p>	24	<p>25</p> <p>Exchange with Barbara Thomas 4:00pm AUD, KOTV</p>	<p>26</p> <p>Dementia Friendly Discussion Group 10:30am Green Rm</p> <p>Disclosure Statement 4:00pm AUD, Zoom</p>	27
28	29	30	31	<p>August 2022</p> <p>Zoom: See kaores.net and click “Calendar” for link.</p> <p>KOTV: Cable 920, 19-2, or 95-101</p> <p>WSCC: Cable 921, 20-1, or 96-100</p>		