

The **Kendalight**

Kendal at Oberlin Residents Association

August 2024

Volume XXXI, Number 8

Western Reserve Land Conservancy Tour of Oberlin Preserve Prairie

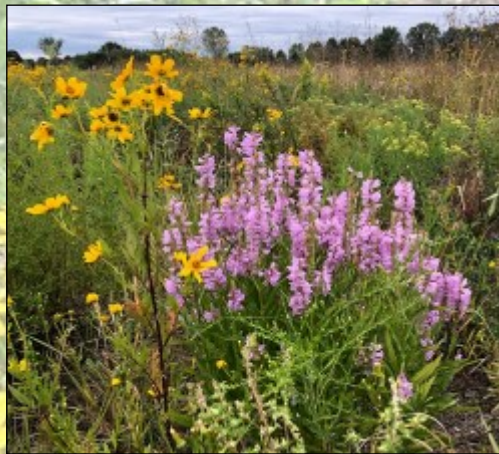
Thurs., Aug. 8 - 9:30am 🚌

[Rain Date: Mon., Aug. 19]

Sign up on the sheet by the open mailboxes. Kendal bus leaves at 9:30am.

Please wear long pants, closed sturdy shoes, a hat, and sunscreen for sun protection. Stay on trails; be aware of ticks. Bug spray provided.

Cosponsored by John Bartram Arboretum and KORA Horticulture and Environmental Concerns Committees. Hosted by Kate Pilacky, WRLC Firelands Associate Field Director, kpilacky@wrlandconservancy.org.



**COFFEE HOUR WITH
SETH VILENSKY**

**WED., AUGUST 14 - 9:30AM
LANGSTON, ZOOM, KOTV**

**AFTERNOON EXCHANGE
SETH VILENSKY**

**TUES., AUG 20 - 4:00PM
AUD, KOTV**



July was a month for rest, relaxation, and renewal. Now that we are refreshed, we are ready for August's preparations for an exciting new program year.

In my year and a half as KORA president, I have been increasingly impressed with the amazing skills, expertise, and devotion of Kendal residents. YOU make so much happen on our campus, both for your resident neighbors and for the broader Oberlin/Lorain County community.

Thanks to each and every one of you who has participated in one of our dozens of KORA standing committees, interest groups, support groups, political action efforts, and the many working groups of the KaO Board and Administration.

As we look forward to a vibrant fall, I am reminding every committee, large or small, to make sure your upcoming agendas include two important items.

First, make intentional plans to seek new members for your core planning group and new participants for your activities. We have a number of new residents who may not be aware of your opportunities. And some of the more experienced residents might be interested in a change or an addition to their activities and interests.

The second important agenda item for each group is succession planning. Intentionally planning for new leadership brings new ideas and energy to any endeavor. How is your group preparing the leadership of the future?

~Rollin Conway, KORA President 2024



**Next KORA
Council Meeting
Thurs., Aug. 15
10:00am - AUD, KOTV**

Fall Lifelong Learning Classes at Kendal

These courses will be offered only in Heiser Auditorium, with the exception of the December course. Doors will close at 10:35am. The Lifelong Learning Committee will provide instructions for registering via kaores.org.

“It Ain’t Nothin’ ‘Til We Say So”: An Imperial Supreme Court? Tues., Sept. 3, 10, and 17; 10:30am-12:00pm. Jonathan Entin, Kendal resident and Professor Emeritus, Case Western Reserve School of Law, examines the most recent Supreme Court term. The Supreme Court this past year issued a series of cases that will make it more difficult to prosecute former President Trump, are likely to restrict the scope of federal regulatory authority, and continue the trend of insulating voting restrictions from judicial challenges. We will review these and other rulings that seem to have enhanced the Court’s powers.

Session 1: The Presidency. This session will focus on the Court’s rulings on presidential immunity and the scope of executive authority as well as on state power to bar presidential candidates from the ballot under Section 3 of the Fourteenth Amendment, which disqualifies insurrectionists from holding federal or state office.

Session 2: Federal Regulatory Authority. Several cases last term portend significant changes to federal regulatory authority. These rulings repudiated the *Chevron* doctrine of judicial deference to agencies, restricted the ability of agencies to enforce their regulations, and set aside various environmental rules as well as a Trump administration ban on bump stocks. Other cases rejected efforts to restrict abortion access but almost certainly will not be the final word on those efforts.

Session 3: Voting, the First Amendment, and the Supreme Court’s Evolution. The final session will examine decisions relating to redistricting and voting rights, internet regulation, and political corruption, and will identify broader themes about the Supreme Court’s position in American law and life.

Civilization and Enlightenment: The Spectacular Art of Japan’s Meiji Period (1868-1911). Mon., Sept. 30, Oct. 7 and 14; 10:30am-12:00pm. Dr. Kevin R. E. Greenwood, Joan L. Danforth Curator of Asian Art at the Allen Memorial Art Museum, presents three lectures inspired by the recent full restoration of the Allen’s large bronze *Incense Burner with Dragon Base*, made during Japan’s Meiji era, and introducing the diverse art of the period. Long overlooked by scholars, appreciation for the creativity and technical brilliance of Meiji artists and artisans has flowered in recent decades with major museum exhibitions and publications.

Lecture 1: The Historical Context of Meiji Art. Discusses the historical, economic, and cultural roots of Meiji art, the forced opening of Japan to global trade and its effects on the arts, and the political significance of the Japanese arts of the period as a form of global “soft power.”

Lecture 2: From the Awe-inspiring to the Exquisite: the Diversity of Meiji Art. Focuses on representative examples of Meiji arts in various mediums, from decorative arts to paintings and prints, with works from the Allen and other collections.

Lecture 3: The Global Impact of Early Modern Japanese Art. Highlights the role of international exhibitions in creating the late 19th- to early 20th-century “Japan Craze,” and its wide impact on the arts and culture of Europe and North America.

Kendal Health Lecture New Brain Study at Cleveland Clinic Thurs., Sept. 5 - 7:15pm AUD, KOTV

Dr. Imad Najm, MD, a Cleveland Clinic neurologist, discusses a new study in which older subjects (people over 60) with normal brain and cognitive function are followed over a long period of time.

Dr. Najm may be looking for volunteers from our KaO population. He will be introduced by CEO Seth Vilensky, who knows him from his days at the Cleveland Clinic. ~Jack Secrist

Oberlin Equity Conversation Thurs., Sept. 26 - 1:00-2:00pm Green Room

We'll next meet with City of Oberlin Equity Coordinator Terri Richardson-Sanders in September for our monthly conversation on how we can support equity in Oberlin. Ms. Richardson is unable to meet with us in August.

Lunch Bunch:



1833 Restaurant at The Hotel in Oberlin Wed., Aug. 14 - Bus lv. 11:30am

The 1833 Restaurant offers seasonally inspired menus showcasing locally sourced ingredients and regional artisan products. The private dining room has been reserved for us.

Sign up for the Kendal bus. The bus is free. Lunch on your own. Questions? Ask Jerry Knapczyk.

Community Conversations A Poetry Potluck Thurs., Aug. 22 - 7:15pm - AUD

If you are nourished by poetry, come and read either a poem you wrote yourself or one by a favorite poet at our annual summertime potluck.

We look forward, as always, to a variety of dishes. ~Marjorie Porter

🎵 Live Music at Kendal 🎵

Sun., Aug. 11, 4:00pm AUD Piano recital by Oberlin Conservatory senior Jameson Zhang and Jack Li.

Folk Music with Bill Berlinghoff Fri., Aug 2 - 2:00-4:00pm Langston

Accompanied by banjo or guitar, Bill sings a wide range of songs in his rich, flexible baritone, spanning the traditional mountain music of Tennessee, popular folk music of the '60s, topical songs of quiet coffeehouses, rowdy pub singalongs, and an increasing number of thoughtful or whimsical originals.

Hymn Sing Every Other Sunday (see WKAO) 3:00-4:00pm - Penn

The Hymn Singing group invites you to join them on alternate Sunday afternoons to sing hymns from all traditions and eras.

We sing old standard favorites, gospel, and modern hymns as well as Spanish hymns and spirituals. We use an eclectic hymnal and invite members to bring their own suggestions, which we will photocopy.

We like to sing in parts when possible and often share brief comments on the origins of the tunes and the words. We always end in time for the 4:00pm Sunday afternoon music events.

Reminders are on WKAO. If you sign up, we will send you an email announcement. ~Dianne Haley

Suggestions and Concerns Mon., Aug. 12 - 2:00-3:00pm Whittier Lounge

The Suggestions and Concerns Committee now meets in the Whittier Lounge in Stephens Care Center. We listen to your suggestion or concern in confidence (privately, if you wish), discuss it with you, and refer the matter to a pertinent department head or committee chair. ~Janet Newman, Chair

Fitness Lunch and Learn Thurs., Aug. 15 - 12:00-1:30pm - Den

Do you have questions for therapy or fitness about what we do or how we do it? Come to the Lunch and Learn and have all your questions answered.

We can tell you creative ways to sneak in or use with mindful intention healing movements that improve range of motion and cognition and help one manage pain.

Pick up your tray in Langston (or pack your own brown bag lunch) and bring it to the Den at 12:00pm to talk with our fitness staff members Jill Tvaroha, Claire Regan, and Jasmine Billock. ~Kathy Caldwell



Play Readers: *A Defenseless Woman* Fri., Aug. 23 - 1:30pm; Sat., Aug. 24 - 7:15pm - AUD, KOTV

"Hilarious," "Couldn't stop laughing," "That cast was amazing," audiences repeated when this delicious comedy played live on the Kendal stage in 2019 – and on Zoom in 2020 for Kendal in full lockdown.

Back now live by popular demand, and in honor of Katie Brown's 100th birthday, Dan Reiber, Priscilla Steinberg, and Ed Wardwell return to delight us again.

After the very short play (20 minutes) directed by Phyllis Gorfain, stay for a celebratory reception in Heiser Lounge.

Saturday Night Movies

7:15pm - AUD, KOTV

With opening and closing commentary by Ken Cheek followed by discussion in the auditorium.

Aug. 3 - No film tonight.

Aug. 10 - Labyrinth of Lies (2015)

It's 1958. The war has been over for 13 years and the Federal Republic of Germany is booming. But where are the Nazis? Who has ever heard of the death camps? Then journalist Thomas Gnielka reports on the recognition by a German-Jewish artist of a local schoolteacher, a former guard at the Auschwitz concentration camp.

Aug. 17 - Pete Seeger: The Power of Song (2007)

The biography of Pete Seeger with many of the songs he became known for. A powerful story of a man with special connection to Oberlin. The focus of the film is his lifelong position of valuing all people and democracy against many opposite forces.

Aug. 24 - No film. See Play Readers, A Defenseless Woman, 7:15pm, AUD, KOTV.

Aug. 31 - Wrestling Jerusalem (2016)

Writer-actor Aaron Davidman embodies 17 different characters in and around the sacred city of Jerusalem as he takes us on an eye-opening journey into the heart of the Israeli-Palestinian story. Exploring universal questions of identity and human connection, the film is about one man's effort to embrace a multiplicity of conflicting viewpoints, chronicling a brave exploration of the complex humanity at the heart of one of the world's most troubling conflicts.

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

Art Gallery News

In late August the *Kendal Collects* show ends and the new Kendal gallery show season will begin.

The **Friends Gallery** remains off limits for a new show, but photographs from the Kendal Photographers Interest Group continue to grace the wall. Look for a gallery reopening later this year.

Next in the **Kendal Gallery** – from Aug. 20 to Oct. 14 – is a group show called *An Artist Lives Twice* that features works by The Artists of Group Ten. This cooperative group of professional artists, currently numbering 17, was established in 2012 in Kent, OH. The group has grown from the initial ten artists who came together with the idea of exhibiting and selling their artworks locally and regionally. Artists in the group work in a variety of mediums including oils, watercolors, acrylics, mixed media, pastels, and metal sculpture. Some of the artists work in several

different mediums, experimenting along the way.

Poetry and Landscapes by artist Jill Milenski will be on display in the **Community Gallery** from Aug. 23 to Oct. 17. Jill's Artist's Talk is Sat., Sept. 21, at 4:00pm in the Auditorium and on KOTV. The exhibit will show colorful oil pastel landscapes and cityscapes from Northeast Ohio, Europe, and New England. Also, a selection of poetry/quote collages will be on display. Jill takes some of her favorite quotes and enhances them with color and images to bring the quote to life and encourage the reader to pay attention to the words.

Take another look at the display of treasured cups and saucers in the **Curio Cabinet**. The display ends in mid-August. Next on these shelves are coasters that Randy Wagner collected in his travels around the world.

Following *Kendal Collects*, the **Marketing Office Display Window** will be filled with recent creations from the Kendal Art Studio.

Sunday Movies

7:00pm - WSCC

Aug. 4 - An Officer and a Gentleman (1982)

Aug. 11 - 49th Parallel (1941)

Aug. 18 - A Room with a View (1985)

Aug. 25 - The Scarlet Pimpernel (1934)

Monday Documentaries

1:00pm - WSCC

Aug. 5 - Remembering Gene Wilder (2023)

Aug. 12 - Blackfish (2013)

Aug. 19 - Secrets of the Neanderthals (2024)

Aug. 26 - Butterfly in the Sky (2022)

Tuesday Themed Films

1:00pm - WSCC

Aug. 6 - Dan in Real Life (2007)

Aug. 13 - Splash (1984)

Aug. 20 - While You Were Sleeping (1995)

Aug. 27 - Father of the Bride (1991)

Thursday Movie Musicals

1:00pm - WSCC

Aug. 1 - The Band Wagon (1953)

Aug. 8 - Meet Me in St. Louis (1944)

Aug. 15 - My Fair Lady (1964)

Aug. 22 - Shall We Dance (1937)

Aug. 29 - Singin' in the Rain (1952)

**Introverts Unite!
Contact Suzanne McDougal**

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

Kendal at Oberlin Health Services Forum Thurs., Sept. 19 - 4:00pm AUD, KOTV

Join us as we do a deep dive on the Stephens Care Center, with a thorough overview of the services provided in the SCC, understanding the various staff roles in the SCC, introducing key staff members, and reviewing how to access the SCC for both short-term and long-term support needs.

~Stacy Terrell, KaO Chief Health Services Officer

The Kendal Health Services Forum is presented periodically throughout the year by KaO health care team members. The purpose is to provide the community with helpful and relevant health information, such as the introduction of local health care providers, accessing local health systems, the explanation of services available on the KaO campus in the Health and Wellness Clinic and/or the Stephens Care Center, activating the emergency response system, supportive information related to common diagnoses, other current health news, and responding to questions posed by members of the KaO community.



The Rising of the Moon

The August Full Seasonal Blue Sturgeon Moon Celebration will be on August 19. The moon will rise at 8:40pm and be visible at about 9:00pm. Everyone is invited to join us in friendship at the base of Wildflower Hill for a toast of plum wine.

~Donna Bazzyik



Miller Nature Preserve and Conservatory, Avon Fri., Aug. 16 - 10:00am-2:00pm


A free Metro Parks bus will take us to this lovely preserve on 145 acres of wooded land.

Visit the Butterfly House or the Conservatory, which hosts seven distinct plant collections: orchids; bonsai; palms, ferns, and cycads; bromeliads; desert plants; carnivorous plants; and a colorful seasonal collection.

Bring your own lunch or purchase a light meal at the Orchid Café. Note: Admission to the Conservatory (\$2.00) and lunch at your expense. Sign-up sheet posted.

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 KORA website (www.kaores.org). Click "Directory" under the "People" tab. You must be logged in for access.



Remember!
Wear your name tag so newcomers (and old-timers) can tie your name to that face!

NAME TAG!

Cleveland Orchestra S1 Series 2024-2025

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 five concerts of the S1 series for all those who have renewed their subscriptions and plan to take the bus, as well as for new subscribers who wish to do so.

In 2024-2025, the S1 series concert dates are Sept. 22, Oct. 13, Dec. 1, 2024; Feb. 9 and May 25, 2025. Great news! This year Music Director Franz Welser-Möst will conduct two S1 concerts.

Kendal residents interested should order tickets for preferred seating directly from the Cleveland Orchestra Box Office: call 216-231-1111 or contact www.clevelandorchestra.com. ADA seating is also available.

For those using the bus, a sign-up sheet is posted on the counter opposite the mailboxes. The arranged 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 and drops riders off at the main door.

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

Gardeners on Call!

If you grow flowers, consider sharing a few with the Floral Creations Committee for our arrangements in Heiser. Flowers add much joy to our lives here.



We depend on Kendal residents for flowers. You can pick some and place them in a jar labeled "Donations" on the flower-arranging counter in the Art Studio. Or call Anne Wardwell, and a member of the committee will come to pick the flowers (very selectively, never clear cutting!). With many thanks, the Floral Creations Committee.

Bus Trip?

Rock & Roll Hall of Fame / Great Lakes Science Center Wed., Sept. 25 - 9:30am-3:00pm

SIGN UP IF YOU ARE INTERESTED!

Costs: \$35 for a ticket to the Rock and Roll Hall; OR \$20 for the Great Lakes Science Center; plus approximately \$25 for the bus. For more information, contact Gerry Findlan.

The Rock & Roll Hall of Fame documents the history of rock music and the artists, producers, engineers, and other notable figures and personnel who have influenced its development.



The mission of the Great Lakes Science Center is to make science, technology, engineering, and math come alive. There are more than 400 scientific exhibits in different galleries. Enjoy a current IMAX movie or tour the NASA Visitor Center.



Fri., Aug. 9 - Kendal bus leaves 9:00am; returns about 11:00am

Join us for a shopping trip to Fowl's Farm Market on Rt 113. This family-owned and -operated market offers homegrown, seasonal, and locally sourced produce. It also features local and specialty brands from across Ohio.

See fowlsfarmmarket.com.

Movin', Movin', Movin'

Upcoming Moves

Marilyn "Casey" Wells from Saint Paul, MN, at the end of August.

Recent Moves

Marcia Kubach from Vermilion, OH, in early July.

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



Nature Sightings

6/17/24-7/19/24

(Every day), pair of **Downy Woodpeckers**, seedcake, #64, Mary Clare Beck; **6/17, American Goldfinch**, Lot 5, Lenée Owens; **6/17, Skunk**, southwest shore of Farmer Pond, Prudy Hall; **6/21, female Mallard with 2 ducklings (2-3 weeks old)**, Buttonbush, Carol Conti-Entin; **6/23, 24, 25, 8 Mallards (6:30am, preening)**, Buttonbush, Carol C-E.; **6/25, Skunk**, crossing road near Lot 6, Carol C-E.; **6/25, Muskrat**, Meadow Pond, Carol C-E.; **6/28 Orchard Oriole**, tree near #101, Anne Martin; **6/30, Black-capped Chickadees**, Buttonbush, Carol C-E.; **7/1, Eastern Kingbird**, Rock Pond, Mary Van Nortwick; **7/2 (6:30pm), Groundhog**, by entrance to Community Garden, Anne Helm; **7/2, Red Admiral butterfly**, near Troll Bridge, northeast corner, Anne M.; **(June/July), Rose-breasted Grosbeak (male, female, young)**, daily at feeder, #201, Lee Hefner; **7/5, Flickers (4)**, behind #201, Lee H.; **7/5, Barn Swallow**, on suet behind #64, Mary Clare B.; **7/5, Deer**, grazing behind #64, Mary Clare B.; **7/9, Doe and fawn**, at #68, Lenée O.; **7/9, Eastern Phoebe**, Buttonbush, Lenée O.; **7/9, Green Heron**, Rock Pond, Lenée O.; **7/9, Red-bellied Woodpecker**, on suet, #64, Mary Clare B.; **7/15, Bald Eagle**, high over Heiser, Larry Porter; **7/16, Red-headed Woodpecker**, back of #65, Larry P.; **7/18-19, Bluebirds (mother feeding suet to fledgling)**, #64, Mary Clare B.

~Mary Joy Leaper



Library Notes

August Display

Mary Clare Beck has chosen to display in August mostly fiction books by Asian Americans. She says this theme was prompted by "noticing so many Asian-named Americans in current reading in the *New York Times* and magazines as both fiction writers and prominent in public life (politics, business, medicine, etc.), plus the popularity of Celeste Ng's novels and the Pulitzer [awarded to] a Vietnamese American." John Matsushima's donations of non-fiction books regarding Japanese Americans and their internment during World War II were also an inspiration for this display.

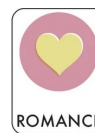
Genre Labels

The library uses spine labels to help browsers searching the shelves for their next book to read.

This new label will be used to draw attention to books relating to indigenous people in this country.



Other labels:



~Joan Long

IN MEMORIAM

DAVID MILLER
JULY 2, 2024

ROGER COOPER
JULY 10, 2024

CATHERINE "CATHY"
DICKERSON
JULY 22, 2024



Tuesday Encore Programs

7:15pm - KOTV

During the summer months, we broadcast recordings of some past programs. Many thanks to Joyce Benjamin who has recreated these programs.

Tues., Aug. 6 - Strategies for Better Hearing. Oberlin-based Kendal audiologist Dr. Josh Bowyer discusses hearing impairment, testing, and use of hearing devices and aids. *(May 2, 2024)*

Tues., Aug. 13 - Flowers: Why Are There So Many Kinds? David Benzing, OC Robert S. Danforth Professor of Biology Emeritus (and the Kendal resident who recreated our beautiful Courtyard Garden), expands our conversations about diversity to include the abundant array of flowers surrounding us. *(April 17, 2024)*

Tues., Aug. 20 - Artificial Intelligence in Education. Albert Borroni, Director of Oberlin College's Center for Technologically Enhanced Teaching, discusses ways in which technology can (and can't) affect teaching and learning. *(Feb. 7, 2024)*

Tues., Aug. 27 - Meeting the Challenge to Diversify Classical Music. Dr. Chris Jenkins, OC Associate Dean for Academic Support and Liaison to the Office of Equity, Diversity, and Inclusion, discusses why Western classical music must change if a more diverse membership is to thrive in this genre. Part of the KaO Racial Equity Forum series. *(April 29, 2024)*

Kendal Kryptogram #229 – by Nina Love

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HYNUTGRYLOUB NU SUSLD AUHR N GYOSUX.

~LNYHAU EXHUSY PAUB, KY

Solution to Kryptogram #228: "What makes a fool is an inability to take his own advice."
~William Faulkner

Update From the KORA Transportation Committee

At the July Transportation Committee meeting, several key topics were discussed (and subgroups are being set up to explore several complex matters).

- Ride Share program (Kendal residents providing rides to other residents for medical appointments "outside" Lorain County): driver needs/requirements; fees for ride use; services and cost, possible airport trips. Watch for information on WKAO, in the *Tuesday Update* and *The Kendalight*, and on the Transportation bulletin board (across from the closed mailboxes).
- Medical services covered or excluded under Kendal contracts (under discussion with Administration).
- New on-call transportation services being launched in the region soon, or in use elsewhere. Watch for details.
- Kendal trips to cultural events, importance of gathering accurate information about number of riders. (Residents: Please remove your name clearly from sign-up sheet if you cannot go. Last-minute change? Let someone know!)

Next Transportation Committee Meeting: Wed., Aug. 21, 10:00am, Green Room. All are welcome! Join us and help plan future medical and non-medical transportation opportunities!
~Gerry Findlan

SAGE Resident Training Thurs., Aug. 29 - 1:00pm Ed Center Training Room

Isolation can be one of the most difficult things to deal with in a community. Often the most isolated residents are those who hold identities that are considered different from the "norm." This isolation can lead to a decline in mental and physical health.

The SAGECare trainer will lead a facilitated discussion with residents focusing on the history and lived experiences of LGBTQ+ older adults. This will create space for understanding and empathy to promote an inclusive environment where everyone feels safe to be themselves and feel they belong.

~Kim Preston, KaO Director of Community Outreach

Kendal Bus to Crocker Park Coming in Early December

Watch for news of a Kendal holiday trip to Crocker Park coming early in December!

Have lunch, go to a movie matinee, buy holiday gifts, browse in dozens of shops, see the holiday decorations.

Your choice!

Insurance Workshops

Donna Weber, our KaO insurance coordinator, will present workshops in September and October in the Education Center Training Room and via Zoom.

- **Wed., Sept. 18, 10:00am - Things to Consider During Open Enrollment.**
- **Wed., Oct. 2, 10:00am - Managed Care Plans & the Language of Health Insurance.**
- **Wed., Oct. 16, 10:00am - Medicare with Medigap or a Retirement Plan Secondary to Medicare.**

Zoom links will be included in the listing of insurance workshops placed in resident mailboxes in August.



Art in Our Lives presentation by Polly Carroll is on Thurs., Aug. 1, at 1:00pm. Come see and hear about her unique doll creations and book making.

The next *Art in Our Lives*, on Sept. 5, will feature the Whimsical Chairs and side tables decorated by many Kendal resident artists. They will also be displayed at the windows of Heiser Lounge. The chairs were donated by vendors from Oberlin's Main Street Antiques; repaired when needed in our Wood Shop; prepared, primed, and creatively and whimsically decorated by resident artists. They will be offered for sale at FAVA's Art Fair in the Square (Tappan Square) on Sat., Sept. 14. All



Personalized mugs in the Langston.

proceeds from sale of the chairs will go to Oberlin Community Services.

Another project coming out of the Art Studio is individualized mugs. These are standard Kendal dining 12-oz. mugs that have been decorated by residents to be used in place of the paper cups for takeout from Langston. The idea originated from Lisa Wilken, Director of Hospitality Services, who says the mugs will go through the

kitchen dishwasher after every use and be placed on the lower shelf near the Langston fireplace.

If you are interested in joining the "Coffee Club" project, Kathleen Cerveney is available to help with this activity (or other individual projects) every Thursday.

Please sign up for a session on the calendar on the Art Studio bulletin board in the hallway. ~Don Parker

Walk to End Alzheimer's 2024

Join the Kendal at Oberlin team of residents and staff for the 2024 Walk to End Alzheimer's! The popular Basket Raffle will return as our traditional fundraiser for our Walk team. New this year will be a fun "Dog & Suds" car wash and hot dog event. Then join the community at the Walk itself, all to raise awareness and funds for Alzheimer's care, support, and research.

REGISTER: Sign up for the Walk Team on the "Purple Flower" bulletin board or call Kim Preston at 440-775-9074. Let us know your t-shirt size and if you'll take the bus!

PROMISE GARDEN: Kendal at Oberlin, in partnership with Kendal Charitable Funds, will be the Promise Garden sponsor this year. **Volunteer** with Kim to hand out the flower pinwheels at the Walk. Are you interested in being part of the Promise Garden ceremony as an honorary flower holder? Below are the flower colors and what they symbolize.

- Purple: I have lost someone to Alzheimer's or dementia
- Yellow: I am a caregiver of someone with Alzheimer's or dementia
- Blue: I am currently living with Alzheimer's or dementia
- Orange: I have no direct connection, but I support the cause



BASKETS: Kendal departments and groups are invited to create a basket and deliver it to the Outreach Office by Aug. 26. The Raffle Table of Baskets will be in the Heiser Lounge from Wed., Aug. 28, to Fri., Sept. 6. Come see the baskets and buy tickets for a chance to win and to support the cause!

DOG & SUDS: Car wash and hot dogs on Aug. 16. Check WKAO for details.

SENDOFF: Walk Team sendoff and basket winner announcements in Heiser on Sept. 6 at 3:00pm.

WALK: Sat., Sept. 7, Lorain County Community College, Elyria.



- 8:30am - Bus leaves (sign up sheet on bulletin board).
- 9:00am - Entry.
- 10:00am - Ceremony at 10:00am.
- 10:15am - Walk.

Come for fun and to show support! Talk to Kim Preston for more details (440-775-9074).

~Kim Preston, KaO Director of Community Outreach

From the John Bartram Arboretum A-Bomb Survivor Wisteria

The Wisteria bush in the Courtyard Garden comes to the John Bartram Arboretum through the NGO Green Legacy Hiroshima (GLH). GLH exists to “safeguard and spread worldwide the seeds and saplings of Hiroshima’s A-bomb survivor trees.”

One current professor at Oberlin College, Ann Sherif, is teaching courses

in Japanese and Environmental Studies. Sherif has led student and faculty study trips to Hiroshima and serves as liaison between Oberlin College and GLH. Two retired OC Biolo-



Wisteria Blossoms.

gy professors (Mary Garvin and David Benzing) have been involved in growing Hiroshima wisteria (*Wisteria floribunda*) and ginkgo from seed and nurturing them as young plants. “Curricular and community engagement distinguishes the Green Legacy project from token tree planting,” says the *Asian Network Exchange*.

These connections encourage us to try to understand the historical, social, and ecological characteristics of the environmental issues that trees face in wartime. This is different from token tree planting. We are very fortunate to be here at an Arboretum which provides these challenges.

Take time to think about it. Go visit the Wisteria in the Courtyard Garden if you are able to do so.

~Anne Helm for the Arboretum Committee



Wisteria near the Oberlin Public Library.

Picture Credits: Linda Grashoff.

References:

- *Green Legacy Hiroshima*
- *Asian Network Exchange*

Parkinson’s Support Group

One of the lessons learned at the Opportunity Fair in February was the level of interest shown by people with Parkinson’s (PWP) in meeting to discuss the many challenges they face with this disease.

Over the last five months, our group grew from four participants to 14. If you are interested in attending as someone diagnosed with Parkinson’s or as a care provider, come by and check it out. Perhaps you will find it beneficial for you, too. We meet the first Friday of every month in the Green Room, 1:30-3:00pm.

~Eileen Beekman



KaO Gift Annuity Update Workshop

Smart Giving! Have Your Cake and Eat It, Too

Thurs., Aug. 8 - 10:30am or Thurs., Aug. 15 - 7:15pm - KOTV

In this video of the March 15, 2024, workshop, Ann O’Malley explains the KaO Charitable Gift Annuity program and updates us (rates for new CGAs effective Jan. 1, 2024). Questions? Ask Tom Konkoly. Video is available on *kaores* website.

Mindful Mondays Lunch with Kim and Cyndi

Mon., Aug. 12 - 12:00pm - Fox and Fell Den

Join Kendal Social Services Associates Kim Peters (440-776-5016) and Cyndi Moran (440-775-9813) for conversation while enjoying lunch. **All are welcome.**

Did You Know?



Our diets can help or harm the planet. An omnivore diet’s carbon footprint is about double that of a vegetarian diet and triple that of a vegan diet. By simply choosing to eat less meat and dairy, you can help.

~Mary Joy Leaper

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: \$23,589.

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 Reception Desk every Saturday at 9:00am (weather permitting) to car pool. Come join us!

- **August 3** Carlisle Equestrian Center
 - **August 10** Black River - Bur Oak
 - **August 17** Lorain Pier
 - **August 24** Bike Trail - Kipton
 - **August 31** Rowland Preserve
- Questions? Contact Phil Pritchett.

Wanted: Pickleball Players

No experience is necessary! Join us in Heiser Auditorium on Saturday mornings, 10:00am-12:00pm. All the necessary equipment is provided. And we play with soft foam balls.

You don't need to sign up. Just show up!

Tennis Anyone?

Come join us on Kendal's beautiful clay-surface tennis courts. Every Monday, Wednesday, and Friday at 8:00am, weather permitting, a group of Kendal residents, staff, and Oberlin neighbors get together for a friendly game of doubles tennis with rotating partners.

Our players have varying skill levels and all are welcome. Our main objective: get some exercise and have fun doing it!

Come out, even if you haven't played in a while or have never played. Several of us have extra rackets and will help you get started.

Contact Larry Dunn.

Newcomer Introductions on KOTV on Hiatus

Following the May broadcast, the Newcomers Committee announced that monthly introductions of new residents on KOTV will be suspended over the summer.

Watch for them again in September!

~Sharon Furrow

Rollator Dancing

On Tuesdays at 5:00pm in Heiser Auditorium, there is dancing for people using rollators and their friends. Dancing is to either live music from the band called *Confusion* or recorded music. The dances, based on English country dances, are taught and called by Jan Larsen.

Dan Reiber assists with teaching and leads a waltz to end the dance. People with balance issues are welcome to try rollator dancing even if they do not usually use an assistive device.

Table Tennis Hours

Come and play on Wednesday, Friday, and Sunday, 10:00am-12:00pm in Heiser Auditorium. **All are welcome!**

~Phil Pritchett

Let's Dance!

English Country Dancing to live music played by *Consensus*

Sundays - 7:15pm - AUD
Contact: Judy Cook

Line Dancing

Mondays - 4:15pm - AUD
Contact: Dan Reiber

Square Dancing

Tuesdays - 4:00pm - AUD
Contact: Donna and Larry Steele

Rollator Dancing to live music played by *Confusion*

Tuesdays - 5:00pm - AUD
Contact: Judy Cook



Event Links

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

Church Services

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

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

Christ Episcopal Communion
Thurs., Aug. 8, 10:00am, Green Room

☪ **UU Kendal Gathering**
On hiatus until September

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: Barb Benjamin, Deborah Gray, Anne Martin, Polly McIlrath, Mary Simons

Profile Photos: Sally Nelson-Olin

- Deadline for the September 2024 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 Matters

On July 3 the Dining Matters Committee conducted its monthly meeting in the Friends Corner in the Stephens Care Center, to hear firsthand what residents are thinking about the new dining room. A number of the 13 residents who joined us were satisfied with their new dining experience.

We did hear of several concerns. One resident complained at the lack of salt in the dishes served. He was reminded that a number of residents require restricted salt but that every table has a salt shaker. He was under the impression that salt substitute was in the shakers. Lisa Wilken assured him that real salt is in all salt shakers.

Several residents were eager to read lunch and dinner menus the evening before. These menus are now placed on a cart in the dining room so that they can be available.

A couple of residents explained that the bare floors between tables in combination with the carpeted space under the tables create a hazard when people are pushing their chairs back in preparation for standing up. There is no good solution for this problem since the carpet was installed to help to absorb noise in the room. The servers

will be warned to assist residents when necessary as they are standing up.

The committee was deeply concerned to hear how noisy the hood and fan in the kitchen were. When Lisa Wilken opened the door to the kitchen, the noise level went up markedly. We have been told that this equipment is not supposed to be so noisy and that efforts are being made to adjust the noise downward.

A microwave is still missing from the kitchen because the circuits are insufficient to permit the use of necessary appliances. We hope to hear soon that this problem has been addressed.

We were very pleased to return to the SCC for a listening session, and we will keep tabs on the issues that were raised. We hope to learn soon that a chef has been hired for the SCC kitchen. We have been assured that, when there is sufficient staff, Independent Living residents will be able to share meals with friends in the SCC. In the meantime we hope that SCC residents will make their way to the Fox and Fell and the Langston to share meals with their Independent Living friends.

~Barbara Pierce, Chair,
Dining Matters Committee



Solo Diners: Come fill our table!

Solo Diners

Tues., Aug 27 - 5:30pm - Den

Join solo Kendal residents monthly for dinner and conversation in the Den. There is no planned agenda – just informal sharing. If your usual dinner partner will be elsewhere, do join us.

Sign-up sheet is posted by the open mailboxes the week before. The Den holds only 16 diners.

Threads:



Drop Off or

In Person in the Craft Room

Thursdays - 11:00am-12:00pm

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 work order form located on the clipboard. Call Regina Shea or stop by during open hours.

Centering Time

With Indira Palekar

Mondays - 11:00-11:30am

Zoom and WSCC

Psychologist Indira Palekar offers the Kendal community a time to reflect on topics that are suggested by the current participants. She also suggests a self-reflection practice for the week.

For the Zoom link, contact Kim Peters (kpeters@kao.kendal.org).

Cognitive Issues

Discussion Group

Fri., Aug. 23 - 10:30am

Education Center

Training Room

All are welcome.

~Jesse Carlock

Cranium Crunches

Mon., Aug. 12, Aug. 26 - 2:00-3:00pm - Education Center

Join Michele Tarsitano and others as we use our “working memory” while playing some games and solving some puzzles. Our goal is to exercise our retention and recall. Come to any of these sessions. **All are welcome to join us.**

Grief Support Group

Tues., Aug. 27 - 10:00am - Green Room

We meet on the fourth Tuesday of the month, facilitated by licensed social worker Melissa Thompson. Our group is inclusive to anyone who has experienced a significant loss, not only for those who have lost a loved one.

Residents gather with others who are looking for support, encouragement, and information to help cope during a difficult time of transition. Contact Melissa (mkthompson@kao.kendal.org).

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!

SUN	MON	TUE	WED	THU	FRI	SAT
First Church Service 10:00am WSCC Quaker Worship 10:30am Ed Ctr, Zoom RC Mass 11:15am WSCC Christ Episcopal Service 12:30pm WSCC Film (see p. 4) 7:00pm WSCC English Country Dancing 7:15pm AUD	Chronicle News 10:00am WSCC Centering Time 11:00am Zoom, WSCC Documentary (see p. 4) 1:00pm WSCC Line Dancing 4:15pm AUD The Crown 7:00pm WSCC	Chronicle News 10:00am WSCC Themed Film (see p. 4) 1:00pm WSCC Square Dancing 4:00pm AUD Rollator Dancing 5:00pm AUD Travels by Narrowboat 7:00pm WSCC	Chronicle News 10:00am WSCC News Currents 1:00pm WSCC SCC Council 8/28 3:00pm Friends Corner Song Swap 7:00pm AUD 8/14, 8/28	Chronicle News 10:00am WSCC Christ Episcopal Communion Service 8/8 10:00am Green Rm Musical Film (see p. 4) 1:00pm WSCC Jazz Listening 2:00pm WHT 8/8, 8/22 Classical Music 2:00pm WHT 8/1, 8/15, 8/29	Chronicle News 10:00am WSCC Art History 1:00pm WSCC	Saturday Walk 9:00am Heiser Ken Burns video 1:00pm WSCC Catholic Communion Service 3:30pm Green Rm Film (see p. 4) 7:15pm, AUD, KOTV

<p>Note: “Home” events (at Kendal) are in Bold. “Away” events are not.</p>	<h1 style="color: red;">August 2024</h1> <p>Zoom: See kaores.org Calendar for link. KOTV: Cable 920, 19-2, or 95-101 WSCC: Cable 921, 20-1, or 96-100</p>	1 Art in Our Lives 1:00pm Art Studio	2 Parkinson's Support Group 1:30pm Green Room Folk Music with Bill Berlinghoff 2:00-4:00pm Langston Piano Festival Concert 7:30pm Stull	3
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4	5	6	7	8	9	10
		Encore: Strategies for Better Hearing 7:15pm KOTV		Preserve Prairie Tour Bus lv. 9:30am Video: KaO Gift Annuity Update 10:30am KOTV Len's Trolley 4:30pm HL	Trip to Fowl's Farm Market 9:00am	

11	12	13	14	15	16	17
Piano Recital Jameson Zhang and Jack Li. 4:00pm AUD	Lunch with Kim & Cyndi 12:00pm Den Cranium Crunches 2:00pm Ed Center Suggestions, Concerns 2:00pm Whittier Lounge	Encore: Flowers: Why Are There So Many Kinds? 7:15pm KOTV	Coffee Hour with Seth 9:30 am Langston, KOTV Lunch Bunch 1833, Oberlin Bus lv. 11:30am	KORA Council 10:00am AUD, KOTV Fitness Lunch & Learn 12:00pm Den Video: KaO Gift Annuity Update Workshop 7:15pm KOTV	Trip to Miller Nature Preserve and Conservatory Bus lv. Heiser 10:00am, returns 2:00pm. Dog & Suds Car Wash and Hot Dogs Check WKAO for details	

18	19	20	21	22	23	24
	 Blue Sturgeon Moon 8:40pm, Wildflower Hill	Exchange with Seth 4:00pm AUD, KOTV Encore: Artificial Intelligence in Education 7:15pm KOTV		A Poetry Potluck 7:15pm AUD	Cognitive Issues Discussion Group 10:30am Ed Ctr Training Room Play Readers: A Defenseless Woman 1:30pm AUD, KOTV	Play Readers: A Defenseless Woman 7:15pm AUD, KOTV

25	26	27	28	29	30	31
	Cranium Crunches 2:00pm Ed Center	Grief Support Group 10:00am Green Rm Solo Diners 5:30pm Den Encore: Meeting the Challenge to Diversify Classical Music 7:15pm KOTV	 Basket Fund-raiser now through Sept. 6 - Heiser Lounge 	SAGE Resident Training 1:00pm Ed Center		