

The Kendalight

Kendal at Oberlin Residents Association

December 2022

Volume XXIX, Number 12



Winter Solstice

Thurs., Dec. 15 - 7:15pm - Heiser Auditorium, KOTV

Our 2022 Winter Solstice celebration is coming soon! Quite a few of your friends and neighbors have been rehearsing for weeks now, and all are excited that they will once again have a live, in-person audience in Heiser Auditorium, for the first time in three years. The program will, of course, also be broadcast on KOTV.

This year's theme is "Tis the Season to Be Jolly," and we can promise you that the air that evening will be full of laughter and good cheer. The performers will include the Kendal Singers; the

Kendal Strings; the Stephens Care Center Bell Choir; recorder group Toot Sweet, bell-ringers Bel Canto; some readers; a duet; two skits; and quite a few jokes.

The audience will participate in a number of sing-alongs and will be invited to ring their own bells during the finale. We will provide some small bells for this purpose, but you may also bring your own.

Be sure to join us on December 15 for an evening that is guaranteed to lift the spirits of us all!



Holiday Events

See page 6 as well as WKAO for details and more events!

Winter Solstice, Thurs., Dec. 15, 7:15pm, AUD and KOTV – "Tis the Season to be Jolly" in person or at home. (See article on the left.)

Chanukah, Dec. 18–26, 5:00pm, Heiser Lounge – Or join host Priscilla Steinberg at 5:00pm on Dec. 18 and 26 on WSCC and Zoom for opening and closing Chanukah blessings.

Christmas Eve, Sat., Dec. 24, 7:15pm, Heiser Lounge – Gather in front of the fireplace to sing carols with Dianne Haley at the piano and enjoy music of the season with Nelson Cleary and the Kendal Strings. Grover Zinn will bring us his traditional readings of *The Night Before Christmas* and *How the Grinch Stole Christmas* – and share thoughts of the season. Enjoy punch and cookies afterward!

New Year's Eve, Sat., Dec. 31, 7:00pm, AUD and KOTV – Welcome to the view from the bridge of a mid-ocean ship's midnight event. At 7:00pm, view a movie with spacious seating and popcorn, then circle-waltz around the ball-drop pole, before the ball-drop countdown with jokes, noisemakers, and merriment. Auld Lang Syne and mistletoe, a chocolate fest and desserts to share – all this aboard a ship at sea searching for the midnight date-line to send you home by 10:00pm.



Best in Show!

When the CARF Survey team exited from their visit to Kendal on November 7-9, we knew their report was only preliminary, needing to be confirmed by CARF International.

Just the same, as they reviewed each of the 19 major areas with the words "No Recommendations," it told the welcome story that Kendal's preparations this past year resulted in conformance to all 1,942 standards. We received a number of optional sugges-

tions, which are offered to enhance the standards.

How does that stack up to previous years? Pretty darned good! In 2007 we also had no recommendations, but in 2012 we had one recommendation that dealt with the need to track visitors coming into Heiser in the event of an evacuation.

In 2017 we had three areas to improve, including documenting emergency drills and annual staff competencies.

The most valued part of the exit report was listening to comments made by each of the experienced surveyors, including that Kendal at Oberlin is the place where they would like to live (or work). This is high praise not often shared by surveyors.

They were highly impressed by the active engagement of (Cont'd. on page 3)



Kendal at Oberlin Residents Association

The CARF surveyors in November were very impressed with how thoroughly residents are involved in making decisions and providing activities for our community, so much so that they all said they would love to live here.

I wish they could have seen the sea of raised hands at KORA's annual meeting when nearly all residents showed they are involved with committees, interest and support groups, and programming. Kendal residents are talented, engaged, and amazing!

At the annual meeting, residents elected Rollin Conway as president, Prudy Hall as vice president, and three new council members (Janet Newman, Mary Van Nortwick, and Dina Schoonmaker). Other councilors and officers will continue for another year.

A huge thank you to outgoing Vice President Charlotte McGowan and Councilors Anne Lockwood and Mary Simons, all of whom have given good advice and worked hard for KORA, residents, and Kendal at Oberlin.

The 2023 budget of \$38,157, which includes \$3,523.25 from 2022 estimated unspent funds, was accepted. We thank residents for their generosity.

Thank you for the opportunity to be president of KORA these past two years. It has been an honor and privilege.

Wishing you a wonderful holiday season!

~Mary Behm, KORA President 2022



Next KORA Council Meeting
Thurs., Dec. 8 - 10:00am
AUD and KOTV

Upcoming Life-long Learning Classes at Kendal

More information about the February and March classes will appear in future issues of *The Kendalight*.

Understanding Viruses. Tues., Jan. 17, 24, and 31, 10:30am–12:00pm.

Yolanda Cruz, Oberlin College Professor Emerita of Biology, presents a three-session course. Venue yet to be determined: ZOOM only or Heiser Auditorium only. To register, please contact Kari Inglis by email.

Session 1: Viruses Everywhere. What kinds of organisms do viruses associate with? What do these associations look like? Are viruses useful to us?

Session 2: What, exactly, is a virus? If we could see them, what would viruses look like? How do they get by and get around? Where do they come from?

Session 3: Verging on Life. Are viruses alive, and does it matter?

Significant Moments in Western Medicine. Tues., Feb. 7, 14, and 21, 10:30am–12:00pm. Kendal residents Rich and Prudy Hall present a three-session course. Zoom or Heiser Auditorium TBA.

Session 1: Ancient Greek Medicine: Exit the Gods, Enter Hippocrates.

Session 2: From Humors to Germs: 1650-1900.

Session 3: Medicine in 2123.

Buddhist Art in China, Tibet, and Mongolia. Mon., March 6, 13, and 27. Kevin Greenwood, Curator of Asian Art at Allen Memorial Art Museum, presents three lectures.

Examining Racism in America to Forge a More Equitable Future **A.G. Miller: Ancestral History and Enslavement** **Tues., Dec. 20 - 7:15pm - AUD and KOTV**

A.G. Miller, Professor Emeritus of Religion, Oberlin College, will discuss his search for his ancestors and the history of their battle for freedom and dignity in the Civil War and Reconstruction Era. He will present some of his findings about his maternal great-grandfather, Charles Wheeler, a soldier in the 62nd United States Colored Troops, and how the Emancipation Proclamation provided an opportunity for enslaved people to achieve freedom through volunteering for the Union Army.

This event is part of the Kendal at Oberlin Racial Equity Forum, a new series of lectures, presentations, and workshops which aim to examine the role of race in U.S. society, culture, and government through both historical and contemporary lenses. The objective of this series is to develop an understanding of the systemic nature of racism with the goal of finding concrete ways to combat it and establish a more equitable society.

COFFEE HOUR WITH
BARBARA THOMAS

FRI., DEC. 16 - 9:30AM
FOX & FELL, ZOOM, KOTV

AFTERNOON EXCHANGE
BARBARA THOMAS

THURS., DEC. 29 - 4:00PM
AUD, KOTV

**Thursday Health Lecture
Cultivating Psychological Resilience:
Part 2, Focus on the Other
Dec. 8 - 7:15pm
AUD and KOTV**

In Part 2 of the Resilience series, we will explore ways in which resilience is enhanced by high-quality relationships with others.

What is a high-quality relationship? How can we develop high-quality relationships and navigate the challenges of developing and maintaining them?

This lecture is developed and presented by Jesse Carlock, Kerry Glaus, and Bud Spierling. It will be shown on KOTV, but we strongly encourage everyone to join us in the auditorium for audience participation.

The final Cultivating Psychological Resilience session will be :
Part 3, The Continuum of Intimacy with Self and Others, coming on February 2.



**Lunch Bunch:
Don Tequila, Amherst
Wed., Dec. 14 - 11:30am** 🚌

Calling all foodies to Amherst for exquisite salads that will change the way you see Mexican food. At Don Tequila they choose only the best ingredients and pride themselves on flavor.

Sign up for the Kendal bus. Bus cost is \$10, cash or check made out to KORA. Lunch on your own.

Questions? Ask Gerry Findlan.



Solo Diners: Come fill our table!

**Ruminations on the Life and Writings of Henry David Thoreau
Wed., Dec. 7 - 7:15pm
AUD and KOTV**

Resident George Blomgren notes that although Henry David Thoreau died 160 years ago, his writings and the life that inspired them are still of great interest. Two books, based entirely on his journal writings, were published for the first time in 1993 and 2000. Some of the little-known facts that they reveal about his eccentric life had a profound effect on his literary output and are relevant to the current interest in his work.

**America's Threatened Forests and Restoring the American Chestnut
Tues., Dec. 13 - 7:15pm
AUD and KOTV**

Almost one sixth of the tree species found in American forests is under severe threat due to climate change, invasive species, and infections such as Dutch Elm Disease and Emerald Ash Borer. Notably, the American chestnut is described as being functionally extinct.

The American chestnut population has been decimated by a fungus that produces oxalic acid. This toxin eventually kills the tree. Scientists have developed a blight-tolerant tree, the Darling 58 chestnut, which has an additional gene that encodes for an enzyme that neutralizes the acid, allowing it to survive the infection.

The Darling 58 illustrates how science can preserve and enhance plants, including agricultural commodities, that are threatened by climate change and disease.

*~Alan Lockwood, Chair,
Arboretum Committee*

Solo Diners on Tues., Dec. 27 - 5:30pm - Den

Join solo Kendal residents monthly for dinner and conversation in the Den. There is no planned agenda – just informal sharing. Sign-up sheet is posted by the open mailboxes the week before. Note that the Den holds only 16 diners.

🎵 Music at Kendal 🎵

Live Chamber Music at Kendal at Oberlin

The Sunday afternoon live music concerts in Heiser Auditorium continue through Dec. 18 (when Oberlin students leave for the holidays), then will pause until the new year.

Dec. 4, 4:00pm, AUD First Sunday Open Rehearsal. **CANCELLED**

Dec. 11, 4:00pm, AUD Classical guitar. Oberlin College student Dani Bocsi will perform.

Dec. 18, 4:00pm, AUD String Quintet. Oberlin Conservatory students Caroline Cornell, Rachel Green, Joia Findeis, Izzi Aronin, and Layla Morris will play Brahms viola quintet No. 2, Op. 111.

(Cont'd. from page 1)



residents in many areas of the standards, but particularly in work related to the Dementia Specialty area.

Kendal was pleased once again to receive exemplary ratings for financial ratios (i.e., Net Operating Margin, Total Excess Margin, and Days Cash on Hand), particularly meaningful when determined by outside eyes.

Don't be surprised to see some additional program-related exemplary ratings in the final report.

We can't say thank you enough to the Surveyors, Jan (Administration), Gale (Programs), Katrina (Finance), and to residents, staff, and board who made innumerable contributions to this re-accreditation process.

In all, the survey team had over 100 individual contacts on their schedule while with us for that short time.

~Barbara Thomas, CEO

Saturday Night Movies

7:15pm - AUD, KOTV

Dec. 3 - Notting Hill (1999) Can a beautiful, internationally famous American actress (Julia Roberts) find happiness with a frumpy British bookstore clerk (Hugh Grant)? She can, at least for a while, it seems, in this very whimsical love story.

Dec. 17 - The Man Who Invented Christmas (2017) In 1843, celebrated British novelist Charles Dickens is at a low point in his career with three flops behind him and family expenses piling up at home. Determined to recover, Dickens decides to write a Christmas story and self-publish it in less than two months. The result: a timeless tale that would redefine Christmas.

Second Saturday Film

Dec. 10 - 7:15pm - AUD

Tsotsi (2005) South African film. Tsotsi, a small-time teenage criminal in Johannesburg, is without feelings, hardened by his tough life. After a series of violent gang hits, he hijacks a car. While driving, Tsotsi finds there is a baby on the back seat. The next six days bring about a change in him that couldn't be foreseen. Awarded the 2006 Academy Award for Best Foreign Film.

Dwight Call will lead the discussion after the film.

Sunday Movies

7:00pm - WSCC

Dec. 4 - A Christmas Carol (1951)

Dec. 11 - Elf (2003)

Dec. 18 - It's A Wonderful Life (1947)

Dec. 25 - The Nativity Story (2006)

Starts at 2:00pm

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



Art Gallery News

The **Kendal Gallery** exhibit of Mark Yasenchack's *Ceramic Mosaics* continues until December 5. *Stories in Light*, the photography of Stuart Pearl – the annual Satellite Show at Kendal from the Artist's Archives of the Western Reserve – will be installed in the Gallery on December 6. Look for Stuart's Artist's Talk in January.

In the **Community Gallery**, Sheila Markowitz's show of photography, *Altered Realities*, ends on December 9. Next up will be the exhibit of the Dimensional Collages of Kendal resident Helene Aarons, entitled *Finding Joy in Second Chances*, which will remain in the Gallery until February 2. Helene's col-

lages begin with original, multi-layered stencil paintings as background to which she adds found objects, often combined in whimsical ways. She will give an Artist's Talk on Thurs., Jan. 12, at 4:00pm in the Heiser Lounge.

Cara Romano's show of watercolor and mixed media paintings in the **Friends Gallery**, *Temporary Traces: The Light-Based Art of Cara L. Romano*, continues through January 6. Cara will give an Artist's Talk on Fri., Dec. 16, at 4:00pm in the Heiser Lounge.

The **Marketing Display Case** will continue to show fascinating dolls from the collection of Nancy Cecil. The **Curio Cabinet** display of Janet Smith's beautifully cast and intricately decorated Temple Bells will continue until the end of the year.

Monday Documentaries

7:00pm - WSCC

Wildest Places: Antarctica (2020-21)

Dec. 5 - Ep. 1: Currents

Dec. 12 - Ep. 2: Seasons

Dec. 19 - Ep. 3: Connected Continents

Dec. 26 - Ep. 4: Icy Islands

Tuesday Themed Films

1:00pm - WSCC

Dec. 6 - Home Alone (1990)

Dec. 13 - Noelle (2019)

Dec. 20 - The Santa Clause (1994)

Dec. 27 - Polar Express (2004)

Thursday Movie Musicals

2:00pm - WSCC

Dec. 1 - Meet Me in St. Louis (1944)

Dec. 8 - White Christmas (1954)

Dec. 15 - Babes in Toyland (1961)

Dec. 22 - Holiday Inn (1942)

Dec. 29 - The Nutcracker (1980)

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

Suggestions and Concerns

Mon., Dec. 12 - 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.



Where 2 Turn?

Mon., Dec. 19
2:00pm
Green Room

Bring questions or topics to discuss. Note new day and time!

Introverts Unite!
Contact Suzanne McDougal

**🚌 BIG BUS Trip
to The Cleveland
Museum of Art
Wed., Jan. 4, 2023**



Lv.: 9:30am; Return: 4:00pm

Just a reminder. If you signed up for the trip to CMA to see *Impressionism to Modernism: The Keithley Collection*, museum members can see the Keithley Exhibit for free.

Non-member price for seniors is \$12, but you can still get a discounted price of \$8 as a guest of member Gerry Findlan if you leave a check for \$8.00 made out to KORA in Gerry's mailbox by **Thurs., Dec. 1**. He will place the order on **Fri., Dec. 2**.

More than 100 works of art were given to the museum by Clevelanders Joseph P. and Nancy F. Keithley in March 2020.

To see what the collection contains, watch the short video on the museum's home page at www.clevelandart.org

~Kathy Hazelton and Gerry Findlan

**Weekly Discussion Group
Telling Stories:
Short and Personal
Thursdays, 3:00–3:50pm
Ed Center Conference Room**

Formerly called *The Sun* Readers Talk, we've changed our name!

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.

**Has Your Brain Sprung a Leak?
Mon., Dec. 5 - 1:30pm or Tues., Dec 6 - 10:00am
Education Center Training Room**

The November sessions for these discussions were oversubscribed and much appreciated, so we are offering two more sessions. Watch neuroscientist Lisa Genova's 22-min. video about normal versus abnormal memory, then discuss it.

Good news: much forgetfulness is normal! Both sessions are the same. Sign-up sheets are by the open mailboxes. Limit: 20 per session.

Oberlin Elementary School Wants Volunteer Readers

For more than 15 years Kendal residents have volunteered as GrandParent Readers at Oberlin Elementary School. Now that covid protocols have been relaxed, we have received an invitation to read with students at the brand new elementary school, next to Oberlin High School, our near neighbor.

If you're interested, please sign up on the volunteer bulletin board. The Oberlin Elementary School will be arranging a tour for us in early January.

Check with Anne Elder (Box 121) to hear from former readers who can share the joys of the GrandParent Reader program with you.



North Shore Line streetcar at Lake Bluff station, on its way to Milwaukee.

**Catch the Trolley on
Second Thursdays!**

Live action comes to Heiser Lounge as Rod Knight runs the late Len Garver's trolleys on a 1950s model of Milwaukee. Len brought the model to Kendal with him, and he and Rod updated it over the years.

Watch, tell your story, try your hand at the throttle! Thurs., Dec. 8, 4:30–5:45pm in Heiser Lounge. Join the fun!

**Please Keep Track
of Your Volunteer Hours**

Kendal at Oberlin tries to exemplify Quaker values such as "volunteerism" and "service." Every year our residents and staff record and submit the number of volunteer hours they have served both within and outside of Kendal. The grand total tabulated by the Volunteer Clearinghouse Committee for 2021 was 45,057 hours!

In January 2023 you will receive a form in your open mailbox asking you to guesstimate the hours you have volunteered in 2022. When you receive your form, please return it promptly to Box 121.

A copy of the form will also be posted on the Volunteer Bulletin Board.

Questions? Place them in Box 121.

~Volunteer Clearing House Committee

More About Kendal's Residents

Recent Moves

Sarah "Sally" Lloyd from East Lansing, MI, in mid-November.

Ruth Bent to Whittier in late October.

Susan Blouch to Whittier in early November.

Upcoming Moves

Tom and Eleanor Klosterman from Oberlin, OH, in late December.

Bill and Frankie Long from Pittsburgh, PA, in early December.



International Christmas Carol Sing-Along Sun., Dec. 4 - 3:00pm - Penn

The usual Sunday hymn sing will be a little different this week. We will be singing international Christmas carols. Some verses will be in the foreign language, with an expert reading the pronunciation for us, and some verses will be in English.

We hope to have a huge turnout of carol singers and linguists. We also welcome instrumentalists to accompany us.

A sign-up sheet is posted under the open mailboxes. For more information, contact Betsy Baumbach.

Messiah Sing-Along Fri., Dec. 16 - 7:30pm - Finney

Join the chorus in this seasonal tradition of the annual Handel's Messiah Sing-Along, conducted by Oberlin College professor Peter Slowik.

Sing along or just listen! Bring your score or rent one at the door for \$5.

This free event is open to the public. A free will offering benefits Neighborhood Alliance's Haven Center, a ministry serving homeless families in Lorain County.

Chanukah Gatherings Sun., Dec. 18–Mon., Dec. 26 5:00pm - HL and WSCC

Chanukah begins this year at sundown on Sun., Dec. 18, and continues for eight days.



In Heiser Lounge, residents may gather in person for candle lighting and blessings.

Channel WSCC will host Priscilla Steinberg on Zoom where she will recite the opening and closing Chanukah blessings on December 18 and 26, respectively. (Zoom link posted on WKAO.) On the other nights WSCC will broadcast YouTube blessings as the menorah is lit.

Happy Chanukah, everyone!

If you have questions, please contact Priscilla Steinberg.



Marimba Christmas Wed., Dec. 21 7:00pm - WSCC

For many years Michael Rosen, Professor of Percussion at Oberlin Conservatory, and his percussion students performed seasonal songs in the Heiser Lounge, using marimbas, xylophones, drums, lyres, rattles, and various other instruments. Enjoy this recorded program from 2020.

Joyous Kwanzaa to Everyone!



American Maulana Karenga created Kwanzaa in 1966 as a celebration of family, community, and culture. The holiday begins on December 26 and ends on January 1. The name Kwanzaa derives from the Swahili phrase *matunda ya kwanza*, meaning "first fruits."

During the holiday, families and communities organize activities around the *Nguzo Saba* (The Seven Principles): **Umoja** (Unity), **Kujichagulia** (Self-Determination), **Ujima** (Collective Work and Responsibility), **Ujamaa** (Cooperative Economics), **Nia** (Purpose), **Kuumba** (Creativity), and **Imani** (Faith).

A Kwanzaa ceremony may include drumming and musical selections, libations, readings, discussions of principles and history, a candle-lighting ritual, and an artistic performance. On January 1, the seventh day, there is a feast of faith (*Karamu Ya Imani*).

"Joyous Kwanzaa" may be used as a general greeting during the holiday. The greeting for each day of Kwanzaa is *Habari Gani?*, Swahili for "How are you?"



Jara's Marimba Program

Thurs., Dec. 22
4:00pm - WSCC

SCC music therapist Jara Dell shares favorite holiday musical selections on the marimba. (*Recorded in 2020.*)



2021 Solstice Video Thurs., Dec. 22 7:00pm - WSCC

Enjoy last year's solstice program, *Songs of the Season*, encompassing music and poetry related to many year-end observances, including solstice, winter, Chanukah, Christmas, and Kwanzaa.



Holiday Lights Tour Fri., Dec. 9 or Fri., Dec. 16 - 7:00–8:45pm

Join us for a tour of holiday lights in the Oberlin area. We will view lights in Oberlin, at the Lorain County Metro Parks, and at other locations. No charge for this tour. Sign up for the Kendal bus on the sheet near mailboxes. Choose either Dec. 9 or Dec. 16

Questions? Call Gerry Findlan or Kathy Hazelton.



As you wander into Heiser Lounge and wonder what's going on, you will find a new season taking shape. It feels more like winter as we are reminded of the holidays.

Please notice the **Pottery and Art Sale** described on this page, where you can pick up some gifts and cards handmade at Kendal. Seeing the Kendal holiday tree being decorated may remind you of the opportunity to get that holiday gift or card.

In January, the Art Studio will have a four-week class on **Drawing With Color**, using pastels and colored pencils. The sessions will be on Mon., Jan. 9, 16, 23, and 30, from 3:00–5:00pm. To participate in the class, let Don Parker know (parkerdon@oberlin.net). Class size is limited to 8.

~Joyce and Don Parker

Low-Vision Support Group Tues., Dec. 6 - 1:30pm Crossroads



A librarian will describe how to set up computers to download e-books from the public library. If you have a laptop or tablet computer, bring it and your library card to the meeting.

~Terry Carlton

NOTE: The Support Group will disband after this final meeting.



Event Links

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



Art Studio Art and Pottery Sale Thursday, Friday, and Saturday Dec. 1, 2, 3 7:45am-7:45pm Heiser Lounge

Come admire these handmade items made in Kendal's Creative Art Studio and find some unique holiday cards and gifts.

This year's sales and donations will support both the Kendal at Oberlin Resident Assistance Fund and Oberlin Community Services, equally. There will be suggested pricing, but generous donations will be welcomed.

Please bring cash or check. Since the honor system is in place, you will be dropping your money into a donation box on the tables; it will be gathered up after 8:00pm.

Thanks for your support in keeping the Art Studio alive and well!

~Joyce Parker and the Art Studio Team



Smart Giving! Available Online through January

How to Be Tax Wise!

The *2022 Year End Tax Planning Webinar* given by Vance DeBouter in November was recorded and may be streamed on your computer during December and January using this link: www.youtube.com/watch?v=lalDPATFhc

The printed text of the talk is available upon request. For more information, please contact Tom Konkoly by phone or email. ~Kendal Philanthropy Committee

Kendal at Oberlin Health Services Forums in 2023

We are planning a full spectrum of health-related topics in the New Year.

We will be discussing: Navigating the Health Services Maze On and Off Campus, Physician and Nurse Practitioner Services, Taking the Mystery Away from the Health and Wellness Clinic and the Stephens Care Center, Cardiovascular Health, Digestive Health, Neurological Health, Exercise and Fitness, Home Health Services, Medication Management, and more! Health Services Forums are sched-

uled for the second Wednesday of every even month in 2023 (February, April, June, August, October, and December).

If you have a specific health-related topic you would like us to discuss in 2023, please submit it to Stacy Terrell at sterrell@kao.kendal.org or call 440-775-9811.

~Stacy Terrell,
Chief Health Services Officer

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

Kendal Kryptogram #212 – by Nina Love

FROSTY RX GO BE CTHK WAS TSTYOHZ XUYROL

RX RO BE CTHYS.

~PRMSGY CALG

Solution to Kryptogram #211: “If I can't do great things, I can do small things in great ways.”
~Martin Luther King Jr.

Nest Box News

Feeding birds in winter is essential for keeping our feathered friends healthy during the coldest season. If you hang just one feeder, it should be a tube feeder. Choose a model with metal ports around the seed dispensers to deter squirrels. Hang it at least 5 ft. off the ground and 3 ft. from a window to avoid bird collisions. ~Nina Love



Can you name the birds at the tube feeder?



Nature Sightings

9/15/22–11/14/22

9/17, **Black-Throated Blue Warbler** and **female Redstart**; **Red-Eyed Vireo**, north and side of Meadow Pond, Lee Hefner; 9/18, **adult male Red-Shouldered Hawk**, tree by Troll Bridge overlooking Farmer Pond, Anne Martin; 9/19, **Peck's Skipper** (butterfly) on Heiser entry flowers, Anne M.; 9/19, **Phoebe**, Farmer Pond, Prudy Hall; 9/23, three **Red-Shouldered Hawks**, circling Lot 1, Maureen Bailey (hskp); 9/27, **Great Blue Heron**, Rock Pond, M. C. Beck; 10/5, **Black-Throated Green Warbler** and **Golden-Crowned Kinglet**, Green Pond Woods, Maureen B.; 10/5, **various Warblers**, in woods behind pool, Maureen B.; 10/7, **Bluebirds** on tree, Farmer Pond, Fran Cooper; 10/17, **mother Groundhog and one pup**, both erect, on north side of Maple St., Anne M.; 10/25, **Egret**, Island Pond, Prudy H.; 10/27, **American Kildeer**, north edge Perimeter Path, Anne M.; 10/30, **American Black Duck/Mallard hybrid**, Heiser Pond, Anne M.; 11/2, **Red-Shouldered Hawk**, Farmer Pond, Prudy H.; 11/3, **Juncos**, **Redwing Blackbirds**, Farmer Pond, Prudy H.; 11/5, **Junco**, Cottage #23, Betsy Baumbach.



Library Notes

Library Exhibits 2022

The surprising depth and quality of the library collection cannot be better illustrated than by observing the contents of the exhibits this year that changed on a monthly schedule.

Whether the display featured a focus on individual writers (Virginia Woolf and Jane Austen) or books and DVDs on the American West, there were many items from the collection that could be used. Exhibits also included samples from large print books, classic films, death, historical fiction, books worth a second look, and Oberlin history.

In addition to the monthly exhibits, books by authors who died during the year were displayed. Mary Clare Beck is in charge of the exhibits, with some of this year's displays organized by Kari Inglis and Joan Long. Jim Sunshine designed the posters that accompanied each exhibit.

December's exhibit will include books from the library's special collection of children's books. Stop by and browse the display to see if you remember receiving any of these titles during the holidays, or on other occasions, so many years ago. ~Joan Long

Newcomer Introductions Wed., Jan. 18 - 4:00pm - KOTV

The Newcomers Committee has scheduled no newcomer introductions in December. These KOTV broadcasts will resume on Wed., Jan. 18, and continue on the third Wednesday of the month through the spring.

Please tune in regularly to learn more about our newest Kendal at Oberlin residents. ~Sharon Furrow

It's Time to Check the 2023 Kendal Directory

A draft of the 2023 *Kendal at Oberlin Directory* is now on the shelf by the open mailboxes in a labeled three-ring binder.

Please check your full name listing in the front of the directory and your first name listing in the back for accuracy by December 16. ~Nina Love

Artist Recital Series Finishes 2022–2023 Season

- Sun., April 30, 2:30pm, Finney. Pianist Bruce Liu. 🚗

For ticket information call the Eric Baker Nord Performing Arts Complex at 440-775-8169. Senior discounted tickets are \$30 per concert. ~Allen Huszti

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: \$43,934.

From the John Bartram Arboretum Bare Root Planting

I would like you to consider the hackberry at the west sit-and-chat area and the American yellowwood tree on the north side of the walkway between the apartment building and the marketing office.

They are among the new trees recently planted in our arboretum as bare root trees. By comparison with balled and burlapped trees, those obtained bare root can be



larger. Look at the tall tree in the photo at top of the second column. Its roots have been trimmed back less, so it has a wider root system, which provides better anchorage once it is established.

The weight of the soil around balled and burlapped trees makes them very heavy and hard to move. Care must be



enough that wind will not blow them over, but sufficiently loosely that they can move a bit while growing. Their roots need to be healthy, not

brittle from drying out or squishy or moldy from being too wet.

~ Anne Helm for the Arboretum Committee

Photo Credits:

- Friends of John Bartram Arboretum

References:

- www.extension.osu.edu
- www.uwm.edu

taken not to acquire ones with girdling roots, which go over and around one another.

Bare root stock can actually suffer less transport shock and enjoy a higher rate of survival.

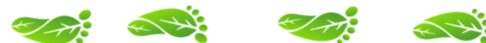
They must be strapped, tightly

Library book overdue?

Please return it as soon as you can, or let us know where it might be. Thanks!



New Recycling Rules! New Posters in Trash Rooms!



Our trash rooms now have new instructions about what to recycle where.

The change occurred because very, very few of the #1-#7 items are actually recycled. The Environmental Concerns Committee changed the trash rooms to reflect these realities. Read *Circular Claims Fall Flat Again: 2022 Update* available in the Library.

In the Trash Room put your acceptable glass, paper, cardboard, metal, and plastic into the proper bin. Posters on the wall show the appropriate bin.

Notice the two posters from Republic Services; one shows which things to ALWAYS recycle and the other shows which things are NEVER recycled.

The Most Important Rule:
If in doubt, put it in the trash!

ALWAYS

NEVER



Thanks for a Successful 2022 Walk to End Alzheimer's

We did it again, thanks to all our wonderful staff and residents! Kendal at Oberlin had a great time raising funds and friends to support the Alzheimer's Association this year. Generous staff and residents – 30 community members – worked to create and donate items for our Basket Raffle. Eighteen beautiful and enticing gift baskets drew an enthusiastic response in the weeks leading up to the drawing. The KaO team raised \$2,511 for the Lorain County Walk to End Alzheimer's event. The Kendal bus and a dozen KaO walkers (residents, staff, and family) headed to the Stadium in Avon on a sunny September 17 for the Walk. With additional support, we donated over \$3,000 this year.

Thank you, everyone, for your time, dollars, and generosity.

~Kim Preston, Director of Community Outreach

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

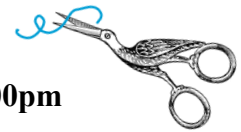
Sat., 3:30pm, Green Room

Threads

Thursdays

11:00am–12:00pm

Craft Room



JOIN US! Threads is looking for one

or two sewers for simple sewing jobs.

We shorten pants, sew on buttons,

patch holes, sew up seams, and mend

toes of socks. Call Nancy Cecil or stop

by the Craft Room during open hours.

Saturday Walks

From now through March, those desiring to walk off the Kendal campus should meet at the Heiser Reception Desk at 9:00am every Saturday. We will decide whether to walk that day (weather permitting) and carpool to the destination. The walks are leisurely, 1-3 miles, and generally scenic. Come join us! Questions? Contact Phil Pritchett.

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

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.



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

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Profile Photos: Sally Nelson-Olin

- Deadline for the January 2023 issue of *The Kendalight* is December 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



Probably the greatest challenge facing the Dining Matters Committee is helping 345 individual residents get the most out of their personal dining experiences. How does our dining service produce dishes that depend for their flavor on onions and garlic while avoiding those vegetables for residents who are allergic to them? Or who can't stand their taste? Then there is cilantro. Some of us are allergic to it while others love the taste. We all know the battle lines that form along the salt-no-salt divide and the crisp versus easy-to-chew vegetable debate.

The cooks can't please all of the people all of the time. The solution we are gravitating toward is building in menu flexibility. To make your personal way through this tangle, you must study the menu listing all the contents and ingredients. You can find it on the website as well as in the notebook across from the mailboxes and on the telephone at 440-775-9868.

Remember that plain (unseasoned, unsauced) vegetables are always available. In fact, sauces can always be left off an entree. Lisa Wilken assures us that barbeque sauce is always available if you do not care for the sauce being offered. As for cilantro, any Mexican-sounding dish or dish with "salsa" in the title will use cilantro in the preparation. It must be cooked into the dish.

When considering your choices, turn the menu over and study the Always Available choices. Chicken and fish fillets are listed. These can be added to a salad or chosen as the entree. You can choose a hamburger or veggie

burger served on a bun or add barbeque sauce to the patty as an entree. We always have chicken, tuna, seafood, or egg salad available. Any of these can be added to a tossed salad or served in a wrap or on bread or a bun. Interesting flatbread selections are available a week at a time in the Langston at lunch, but you can always substitute any other combination of toppings to make a personalized pizza of your choice. And personal pizzas that can be modified are also available on the Always Available dinner menu. You can think about creating a meat entrée from the vegetarian stir-fry over rice on the Always Available menu by adding a chicken breast or fish fillet to your order and cutting up the meat or fish and adding it to the stir-fry. You can also add soy sauce if salt is not a problem for you.

Look carefully at the ingredients list for each menu item; it will tell you important information as well as warn you of ingredients you want to avoid. At the very least, you can always Google the name of a dish to learn about it. If you live in the Stephens Care Center and must make your menu choices a few days ahead, SCC Dining Services Manager Katie Barman can possibly advise you before you make your choices.

The dining staff is striving to give us the maximum number of options possible at any given meal. Be creative. Build a meal around a soup you like and an invented salad. Look around and notice what meals other residents have created. You are in the driver's seat.

~Barbara Pierce

Meet a Dining Star Shelby Manning

Shelby is a senior at Wellington High School. She has a twin sister (Chelsea) and a younger brother (Colson), plus three cats and two dogs!

Her plan for the future is to study physical therapy, but she hasn't yet decided where.

Shelby's grandparents live near her and have horses, which she loves. Her favorite is Belle, whom she rides as often as possible. Some of our residents know her grandfather, Dr. Cobb, a veterinarian. (Her sister wants to study to become a vet.)

Shelby was a cheerleader from seventh grade until this year, and she plays the guitar. She collects vinyl records and loves rock CDs, especially Taylor Swift.

Working at Kendal is great. She enjoys getting to know the residents!

~Priscilla Steinberg

IN MEMORIAM

DORACY "DEE" VAZQUEZ
OCTOBER 31, 2022

MARY LEE ORR
NOVEMBER 8, 2022

EILEEN DETTMAN
NOVEMBER 28, 2022

Grief Support Group

Tues., Dec. 27 - 10:00am

Green Room All are welcome.



I have a friend who lives in the Stephens Care Center. Remembering her during the Holidays is especially important. We have an annual tradition during the Holidays to visit the resale shop and buy something special. My friend picked out a special ornament to hang on her door.
STAY CONNECTED.

Time With Indira Palekar
Mondays - 11:00-11:30am
Zoom and WSCC

Contact Kim Peters for the link (kpeters@kao.kendal.org).

Dementia Friendly
Discussion Group
Fri., Dec. 23 - 10:30am
Ed Center Training Room

Note room change! All are welcome.




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 Program 11:00am Zoom, WSCC Baking Show 2:00pm WSCC Line Dancing 5:00pm AUD Documentary (see p. 4) 7:00pm WSCC	Chronicle News 10:00am WSCC Themed Film (see p. 4) 1:00pm WSCC Square Dancing 4:00pm AUD Rollator Line Dancing 5:15pm AUD Rick Steve's Europe 7:00pm WSCC	Chronicle News 10:00am WSCC News Currents 2:00pm WSCC SCC Council 4:00pm WSCC 12/14 Song Swap 7:00pm Zoom, KOTV 12/14 & 12/28	Chronicle News 10:00am WSCC Musical Film (see p. 4) 2:00pm WSCC Jazz Listening 2:00pm Penn 12/1 & 12/8 Telling Stories Group 3:00-3:50pm Ed Ctr Ken Burns: Lewis & Clark 7:00pm WSCC	Chronicle News 10:00am WSCC Art History 2:00pm WSCC	Saturday Walk 9:00am Heiser Catholic Communion Service 3:30pm Green Rm Film (see p. 4) 7:15pm AUD, KOTV

December 2022

Zoom: See *kaores.net* and click "Calendar" for link.
KOTV: Cable 920, 19-2, or 95-101
WSCC: Cable 921, 20-1, or 96-100

Note:
 "Home" events (at Kendal) are in **Bold**.
 "Away" events are not.

1	2	3
	Art Card and Pottery Sale - Heiser 7:45am-7:45pm	Lounge

4	5	6	7	8	9	10
The Peter Takács Beethoven Prize in Piano, Final Round 1:00pm Finney 🚗 Int'l Christmas Carol Sing-Along 3:00pm Penn	Has Your Brain Sprung a Leak? 1:30pm Ed Ctr	Has Your Brain Sprung a Leak? 10:00am Ed Ctr Low-Vision Support 1:30pm Crossroads	Henry David Thoreau 7:15pm AUD, KOTV	KORA Council 10:00am AUD, KOTV Rod Knight Runs Len's Trolley 4:30-5:45pm HL Cultivating Psychological Resilience, #2 7:15pm AUD, KOTV	Holiday Lights Tour 7:00-8:45pm 🚗 Sinfonietta, Timothy Weiss, Conductor Music of Walker, Taylor, Mazzoli & Stravinsky 7:30pm Finney 🚗	Met. Opera in HD THE HOURS (Puts) 1:00pm Apollo Tx 🚗 Second Saturday Film: Tsotsi 7:15pm AUD Oberlin Jazz Ensemble Chris Anderson, Dir. 7:30pm Finney 🚗
11	12	13	14	15	16	17
Chamber Music Classical Guitar 4:00pm AUD Collegium Musicum Steve Plank, Conductor 8:00pm Fairchild 🚗	Suggestions and Concerns 2:00pm Crossroads	Threatened Forests & American Chestnut 7:15pm AUD, KOTV	Lunch Bunch Don Tequila, Amherst 11:30am-2:00pm 🚗	 Winter Solstice Celebration 7:15pm AUD, KOTV	Coffee Hour with BT 9:30am F&F, Zoom, KOTV Artist's Talk Cara L. Romano 4:00pm HL Holiday Lights Tour 7:00-8:45pm 🚗 Messiah Sing-Along 7:30pm Finney 🚗	
18	19	20	21	22	23	24
Chamber Music String Quintet 4:00pm AUD Chanukah 12/18-12/26 5:00pm HL, WSCC See p. 1 & p. 6 	Where 2 Turn 2:00pm Green Rm	KaO Racial Equity Forum: Examining Racism A.G. Miller 7:15pm AUD, KOTV	Encore: Marimba Christmas 7:00pm WSCC	Encore: Jara's Marimba Program 4:00pm WSCC Encore: 2021 Solstice Video 7:00pm WSCC	Dementia Friendly Discussion Group 10:30am Ed Center	Christmas Eve Christmas Eve Gathering 7:15pm HL
25	26	27	28	29	30	31
Christmas 	Boxing Day Kwanzaa Begins 	Grief Support Group 10:00am Green Rm Solo Diners 5:30pm Den		Exchange with Barbara Thomas 4:00pm AUD, KOTV		New Year's Eve Celebration 7:00-10:00pm AUD, KOTV