

The Kendalight

Kendal at Oberlin Residents Association

February 2016

Volume XXIII, Number 2



Kendal at Oberlin Celebration for Asian New Year (Year of the Monkey)

**Starting at 5:00pm on Monday, February 15, in Heiser Lounge.
Followed by our Resident Dragon Parade through our
dining rooms, then Asian specials for dinner.
Featuring traditional Japanese dancer Pam Souza and
her troupe at 7:15 pm in Heiser Auditorium.
Remember: Wearing red brings good luck!**

If you would like to be a part of the Kendal Dragon, sign the sheet on the shelf opposite the open mailboxes. Space is limited, so sign up soon!

Kendal's Silent Auction Returns in Spring

Our annual Silent Auction will be held in the spring with dates to be announced in the March *Kendalight*. The event's proceeds benefit both the Staff Emergency Fund and the Stephens Education Fund. Last year's Silent Auction raised more than \$3,000 to split between these two important Kendal staff funds.

A form is available for all who wish to have their Auction donations recognized as tax deductions. The form need not be completed by donors who do not wish to claim their donations as tax deductions. These forms may be obtained at the Heiser Reception Desk beginning in March.

Please begin to set aside the treasured items you intend to donate to this year's event. We are looking for items of good quality and condition to place in the Silent Auction.

We will establish a higher minimum bid

in order to upgrade our Auction's fundraising results.

Please Note: The Silent Auction Committee reserves the right to assess the quality and condition of each donated item. Any item(s) deemed inappropriate for the Auction will be returned if possible to the donor; or if found to be unreturnable to the donor, discarded; or given to a charity.

-Special Events Committee

Celebrate our Honorees for Black History Month

Your Diversity Awareness Committee continues to promote learning about notable African Americans during February Black History Month.

Please notice the special cards on every dining table in all our dining rooms, in the Kendal Library and in the Heiser Lounge.

Each week in February a new card will be exchanged for the previous one, so while you eat your meals you can read all about Robert Robinson Taylor, Zelma Watson George, Louis Stokes and Zora Neale Hurston. The cards contain a picture of each honoree and a brief description of their accomplishments, showing how these individuals contributed to the advancement of Black Americans.

-Diversity Awareness Committee

Consider joining the Diversity Awareness Committee. Visit our next meeting on March 18. We meet on the third Friday every other month at 9:00am in the Den.

Tired of Snow and Cold? Think Spring Fling!

Every Spring Kendal folks welcome the season with a festival -- Spring Fling!

The 2016 Spring Fling will be held on Saturday, May 7. Plans are beginning to percolate, but we need YOUR ideas. Come, talk and bring suggestions on Wednesday, February 3 at 4:00pm in the Fox and Fell Café.

Know Your KORA Council

The winter days are lengthening now and there is a renewed energy and activity throughout KORA that will carry us well into spring.

The Transportation Commission was formed last year to study unmet needs with respect to public transportation in Lorain County and transportation to medical appointments outside of Lorain County. The initial report, made at KORA Council on January 21, was a detailed proposal for an organized ride share program for Kendal at Oberlin residents. The report was received with interest and enthusiasm from Council and residents in attendance, and the proposal for a task force to move to implementation was approved. Reports on other areas of their study will come from the Commission in the next months.

It's World Café time! The Strategic Planning Committee of the Board of Directors is inviting us to think creatively and purposefully about KatO goals in preparing to meet the challenges of the next five to ten years. An aging population, changing health care models and delivery systems, economic stresses, generational characteristics -- all are potential opportunities as well as threats. Residents are invited to sign up for one of the three two-hour World Café sessions. See the details in Dick Baznik's article on p. 5. We have a big stake in Kendal's future. Don't miss this opportunity to contribute! Did you feel like David confronting Goliath as we wrote our letters to the Cleveland Clinic Foundation expressing our dismay at their removal of our Clinic physician Dr. John Voytas? Once again we learned the beauty of our Kendal system as residents, administration and staff made common cause to declare the strength of our integrated health care model and to seek to keep Dr. Voytas a part of it. Grace Tompos reminded us that, having received both

an apology from the Clinic and amends in the return of Dr. Voytas, completion of our effort will come when we express our gratitude. Grace has made that task easy for us by providing names and addresses. Please do write a short thank you note.

Thoughtful Medicine is re-energized, with efforts underway to strengthen

both aspects of the work and the structure of the Committee. John Elder's update appears on p. 5. Last, but not least, watch for news of the KORA Committees Rev-Up Fair on April 14, 2:00-4:00pm in Heiser Auditorium. Want to know how KORA works? Heigh-Ho! Come to the Fair!

-Ardith Hayes, KORA President

**COFFEE WITH
BARBARA THOMAS
MONDAY, FEBRUARY 8
9:30AM IN LANGSTON**

**AFTERNOON EXCHANGE
MONDAY, FEBRUARY 29
4:00PM - AUDITORIUM
BARBARA THOMAS**

Register Now for LifeLong Learning Classes in Heiser Auditorium

News & Views: Foreign Affairs. Discussion leaders present a major foreign affairs topic from the "Great Decisions" Foreign Policy Assn. briefing book. February, Ed Long, **The Rise of Isis** (see p. 5); March, Don Parker, **Cuba and the U.S.** Fri., 10:30am-12 noon, **Feb. 5 and Mar. 4** (2 sessions). No fee or registration.

DNA 101. Kendal resident Barbara Barna, Ph.D., retired researcher in cellular immunology with the Cleveland Clinic, offers three lectures on DNA: 1. Secrets of DNA structure, synthesis and packaging; 2. How do you regulate DNA read-out? and 3. How to knock out genes and otherwise modify DNA in cells, animals and plants (e.g., food from genetically modified sources). Tues., 10:00-11:30am, **Feb. 2, 9 and 16** (3 sessions). Fee: \$20. (Class #4064)

Selfishness, Cooperation or Altruism? The Evolution of Sociality in Humans and Other Animals. The course considers the selfish elements of biological entities and how natural selection sometimes favors cooperation in non-humans in spite of their "selfish genes." Can evolutionary theory account for social phenomena that seem restricted to humans, such as economic exchange, political alliances and altruism toward strangers? Keith Tarvin, Professor of Biology, Oberlin College. Wed., 10:30am-12 noon, **Feb. 24, Mar. 2, 9** (3 sessions). Fee: \$20. (Class #4065)

Opera Preview: Handel's Alcina. Oberlin Opera Theater students join Director Jonathon Field in presenting this preview of the Winter Opera. Thur., 4:00-5:00pm, **Mar. 3** (1 session). No fee or registration. (Performances in Hall Auditorium: 8:00pm, March 9, 11, 12; and 2:00pm, March 13. Tickets must be purchased for the opera; call 775-8169.)

Transcendent Realities, Real Transcendences. Poems make connections between the natural world (including humans) and a world that transcends the natural -- the unseen, the spirit world, the divine. Each session will focus on one of these linkages as well as on an aspect of poetic language. It will include a lecture and small-group discussion. The poems will range from the Renaissance to the 20th Century. Nicholas Jones, Professor of English, Oberlin College. Mon., 10:30am-12 noon, **Mar. 7, 14, 21** (3 sessions). Fee: \$20. (Class #4066)

For more information, call 366-4148; to register by phone, call 366-4067.

PROGRAMS

LECTURES

First Thursday Health Lectures:

The First Thursday Health Lecture group has arranged a full series of informative and interesting programs for the 2016 season. Topics include dentistry, allergy, nutrition and orthopedics. Mark your calendars!

“Dentistry for the Mature Audience”

February 4 - 7:15pm - AUD

Dr. David J. LaSalvia, recognized and honored as a “Top Dentist” in issues of *Northern Ohio Live* and *Cleveland Magazine*, will be both entertaining and informative. He has promised us some “show and tell.”

“Managing your Allergies”

March 3 - 7:15pm - AUD

Our speaker will be Dr. Todd Rambaek, ENT and Allergy Health Services.

Third Thursday Lecture: “Lions in Utah: the Design and Restoration of Hand-Carved Stone and Marble Sculptures and Ornaments”

February 18 - 7:15pm - AUD

Master sculptor Nicholas Fairplay has worked on many of the most prestigious buildings in Europe and the United States. Most recently he has restored the sculptures at Stan Hywet Hall and Gardens in Akron.

Are you a musician new to Kendal at Oberlin?

Please introduce yourself to Co-Chairs of the Music Committee Larry Dunn and Carol Longworth. Let us know how you would like to share your music at Kendal.

TRIPS

Lunch Bunch:

Moosehead Grill, Amherst Wednesday, February 10

The grill is well known to barbecue lovers for its ribs, pulled pork, beef brisket, and more. But salads and sandwiches, as well as seafood, chicken and steak, are on the menu, too.

Bus leaves Heiser at 11:30am, returning about 2:00pm. Bus charge: \$5.00. Place check to KORA for \$5.00 in Box #157 by Monday, February 8. Lunch at your expense. Sign-up sheet will be posted Monday, February 1.

Opera: “Harriet Tubman: When I Crossed That Line to Freedom” Sat., Feb. 6 - 6:30pm - Finney

A new operatic work by Nkeiru Okoye tells how a young girl born into slavery becomes Harriet Tubman, the legendary Underground Railroad conductor. This is its midwest premiere following the New York City World Premiere production in February 2014. A touring co-production with the Oberlin Opera Theater, it is part of the Cleveland Opera Theater New Opera Initiative. Sign up for Kendal bus.

“A Farm of Their Own: Helping Refugees Connect to the Land in Their Adopted Country” February 11 - 7:15pm - AUD

Karen Schoonmaker Freudenberger, the daughter of Kendal residents Dick and Dina Schoonmaker, grew up in Oberlin. She spent most of her career working on community development issues, including in Senegal and Madagascar. She currently lives in Burlington, VT, where she started a community farm that serves the New American (refugee) population.

MUSIC

Geoff Kaufman, folk singer Tues., Feb. 9 - 7:15pm - AUD

Songs of the sea, songs of the earth, songs of the heart and the spirit, humorous glimpses of human foibles, and insights into history -- all of these are likely to be woven into one of Geoff's concerts. Geoff has a rich tenor voice and exuberant love of singing. And part of that love is to entice audiences to sing along.

Here's to Love and Music: A Valentine's Eve Showcase by Kendal Residents Sat., Feb. 13 - 7:15pm - AUD

Helen Taylor will frame the concert by leading the audience before and afterwards in a song of romance. Other performers will be Allen Huszti, Marian Lott, Dianne Haley, Jane Hannauer, Enid and Nelson Cleary, Ira Steinberg, Judy and Dennis Cook. Songs of love, violin duets, a yodeling partner song, solos composed by Beethoven and Bach, and a surprise from Max Morgan are a few of the featured selections. The Music Committee hopes many will come to enjoy and encourage their Kendal neighbors this Valentine's Eve.

Making Contemporary Music with Tim Weiss and CME Wed., Feb. 24 - 7:15pm - AUD

Oberlin Contemporary Music Ensemble director Tim Weiss and CME musicians will preview their upcoming February 26 concert which will feature guest soprano Susan Narucki performing faculty composer Aaron Helgeson's song cycle “Poems of Sheer Nothingness” and Sebastian Carrier's “Vocalissimus.” The concert takes place at 8:00pm in Warner Concert Hall.

Madrigal Singers: Please Return your Madrigal books to the Kendal Library box. Rehearsals will resume later in the spring.

Sunday Movies in Whittier at 7:00pm

Feb. 7 - Crouching Tiger, Hidden Dragon (2000) Two warriors in pursuit of a stolen sword and a notorious fugitive are led to an impetuous, physically skilled, adolescent nobleman's daughter who is at a crossroads in her life. PG-13.

Feb. 14 - Roman Holiday (1953) A bored and sheltered princess (Audrey Hepburn) escapes her guardians and falls in love with an American newsman (Gregory Peck) in Rome.

Feb. 21 - Freedom Writers (2007) A young teacher inspires her class of at-risk students to learn tolerance, apply themselves, and pursue education beyond high school. PG-13.

Feb. 28 - Leap Year (2010) A young woman (Amy Adams) plans to travel to Dublin to propose to her boyfriend on Leap Day because, according to Irish tradition, a man who receives a marriage proposal on Leap Day must accept it. PG.

Note: On Feb. 7 you can watch the Super Bowl at 6:30pm in Patterson and Jameson Lounges.

Saturday Night Movie February 6 -7:15pm -AUD

Philomena (2013) Judi Dench stars in the story of Philomena Lee, mother of a boy conceived out of wedlock, whom she was forced to put up for adoption. Almost 50 years later, she meets Martin Sixsmith, a former BBC reporter who is looking for his next big story. Together they begin the journey to find her long-lost son. Gradually they begin to put the pieces together and even establish a comic and heart-warming friendship.

The movie, based on the 2009 investigative book by Sixsmith, garnered four Academy Award nominations. PG-13. *-Donna VanRaaph*



Kendal Gallery features "Three Printmakers," the work of Rosalyn Gaier, Maria Kaiser and Fabiana Olivier. The show will run through March 28. A reception for the artists will be held on **Friday, March 11 at 4:30pm in the Heiser Lounge.**

In the Friends Gallery, Donna Coleman's paintings will come down on February 9. We are excited about the next show, a display of the artwork of inmates at **Grafton Correctional Institution**. It will go up on February 10 with a reception on **February 25 at 2:00pm in the Friends Corner Dining Room.**

Saturday Foreign Film February 20 -7:15pm -AUD

Pride (2014) Based upon an inspirational true story from 1984, *Pride* recounts a 20-year-old closeted gay man's arrival in London for his first Gay Pride march, where he is taken under the wing of a group of gay men and lesbian Steph, who meet at flamboyant Jonathan's Soho bookshop. Not only are gays being threatened by Thatcher, but miners are on strike in response to her pit closures. Northern Irish activist Mark believes gays and miners should show solidarity. Almost by accident, a minibus full of gays find themselves in the Welsh village of Onllwyn and, through their sincere fund raising and Jonathan's nifty disco moves, persuade most of the community that they are on the same side. The miners are defeated, but then follows the Pride march. This is an amazing bit of political and social history brought alive on the screen, and great entertainment to boot. Rated R for language and brief sexual content. English with some Welsh. *-Dwight Call*

The paintings of Sylvia Cooley in the **Community Gallery** will be followed by the paintings (not watercolors this time) of **Don Parker**. His show will run through March 3. The date of his reception will be announced later.

And finally, the **Curio Cabinet** display of items from **John Pesuit's** extensive collection of model railroad engines and cars will be followed by **Kathy Caldwell's** collection of horses in mid-month. Be sure to see it all!

Alert: "Kendal Creates," our biennial exhibition of works of art created by residents at Kendal, will be on display from May 17 until August 15 in all three of our galleries. Time to start thinking about what creation of yours you would like to have on display for the summer!

Genealogy/History Group "The Family Artist"

Tues., Feb. 16 - 7:15pm - AUD

New resident Kathy Caldwell will share some of her vast genealogy research. Residents interested in presenting at a future meeting should contact Nancy Hultquist or Mary Clare Beck. All meetings of the Group are open to those interested in family and community history.

Great Lakes Theater Outreach Touring Production: "The Secret Adversary" Mon., Feb. 22 - 7:15pm - AUD

Agatha Christie first introduced her popular fictional characters, Tommy Beresford and Tuppence Cowley, in the novel "The Secret Adversary." In David Hansen's adaptation for the stage, Tommy and Tuppence meet and agree to start their own business as The Young Adventurers. But they quickly find themselves embroiled in an international plot to bring down the British government.

Thoughtful Medicine Working Group Meetings

Three working groups have been formed that relate to "Thoughtful Medicine at Kendal" and are welcoming new participants. All three groups are responding to resident concerns: "**Conversations**," chaired by Elizabeth Hole, offers programs to encourage end-of-life planning. Next meeting: 1:00pm, Friday, February 5 in the Education Center Conference Room; "**Health Care at Kendal**," chaired by Bill Hole, focuses on stability of medical care for residents. Next meeting: 1:00pm, Thursday, February 11 in the Education Center Conference Room; "**Medical Records**," chaired by Joe Luciano, seeks to facilitate transmission of resident medical information. Contact Joe for meeting information. The **Thoughtful Medicine Committee** is now considering how best to structure the relationship of these working groups as well as other KORA groups that are particularly relevant to end-of-life concerns, broadly defined. The next meeting will be at 1:00pm, Friday, February 19, in the Education Center Conference Room. For more information, contact Chair John Elder.

News & Views: Foreign Affairs Fri., Feb. 5 - 10:30am - AUD

Resident Ed Long will give another thoughtful presentation this month: "**The Rise of ISIS**." Born out of an umbrella organization of Al Qaeda in Iraq, the so-called Islamic State in Iraq and Syria (ISIS) burst onto the international stage after it seized Fallujah in December 2013. Since then, the group has seized control of a number of critical strongholds in the country and declared itself a caliphate, known as the Islamic State. Still, the question remains: What is ISIS, and what danger does it pose to U.S. interests? LCCC LifeLong Learning class. No registration or fee. All are welcome.

Take Part in Kendal Planning Discussions

KatO is mapping its priorities for the next five years. Residents are encouraged to participate in two sets of discussions presented by the Strategic Planning Committee of the Board of Directors starting in February, with opportunities to suggest issues and provide observations.

The first set of discussions will be "World Café" sessions in Heiser Auditorium. At each session, up to 70 participants will be able to spend short bursts of time at each of eight stations focused on a wide range of issues. See below for the dates for these events. Sign-up sheets are located under the open mailboxes in Heiser. Following these gatherings, there will be several "SWOT" sessions (standing for **S**trengths, **W**eaknesses, **O**pportunities, and **T**hreats) which are more structured. Dates and locations for those sessions will be announced in February. Information from all these events will be used by the committee in drafting updated descriptions of Kendal's goals and objectives for the years ahead. Background information is available in the library and on the KORA website for review before the gatherings. The committee will also post its planning drafts for review by residents as the process moves along.

Dates for the "World Café" sessions in Heiser Auditorium:

Tues., February 2, 3:00-5:00pm.

Fri., February 5, 3:00-5:00pm.

Wed., February 10, 3:00-5:00pm.

If you have questions, check with Dick Baznik. Please join us.

For the Vision Impaired

**Low-Vision Support Group
"Leading in the Dark"
Former New York Governor
David Paterson on video
Thursday, February 11
4:00pm in Green Room**

Kendal Resale Shop Talk

Benefiting Kendal Resident Assistance Fund and Community Charities

If February is the month of hearts and valentines, then Kendal Resale Shop has news to fill your heart (as well as your home).

From **Feb. 5-15, 8:00am-7:00pm**, we will have a **special cottage sale in #120** (between Parking Lots 7 and 8). There are many wonderful things in this sale. Check the pictures that will appear on Channel 19 and on hallway posters. The pictures are suggestive of the scope of the sale. As always, you will find amazing bargains and delightful gifts for those you love. Along with your purchases at our regular Kendal Resale Shop, get something for those you love here! In this hearts-and-flowers month of February, I cannot hold back my GREAT appreciation for the Kendal Resale Team. These volunteers are so marvelously creative, dedicated, diligent and playful - it is impossible not to love them all! In the midst of doing real work, we have lots of fun. So join me in loving all of them! Receipts for the month of December were: \$4,019.75 from the Resale Shop (including \$40 from Threads) and \$3,240 total for the sale of four cars. This gives us a grand total of **\$7,259.75** for the month of December. We especially thank Dan Reiber for his diligent and cheerful car sales this season. It is a grand way to end the year!

Shop early and often!

*-Ruth Ann Clark, Chair,
Kendal Resale Team for RAF*

**Reading of *The Kendalight*
Monday, February 1, at
11:00am in Whittier Lounge**

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

More about Kendal's New Residents

Anita Parins

I grew up in Indianapolis, where I got interested in music through my father, a research chemist who played the violin and wanted to play trios with my mother on the piano, and me on a cello acquired from a neighbor. My other hobby was reading, encouraged by the friendly children's librarian in the branch near us. My mother took me regularly to check out books, and I think it was around then that I wanted to become a librarian.

At Oberlin, playing in the orchestra that accompanied musicals, under Bob Kreis, was great fun, but I barely graduated in 1959, after just sliding through an American history class. While earning library school tuition funds and living at home, I worked on the city bookmobile.

European history was much more interesting, and when I graduated from the Columbia University library school with a master's degree, and an urge to travel, my first offer was from an army librarian, for two years in Germany, which I accepted.

I spent seven years in Germany and France, living in Army quarters for the most part until I married my husband Aleksandrs (Sasha) in 1969. He was the foreman of a Latvian Labor Service unit attached to the U. S.



Anita Parins

Army for engineering and building projects. When my five-year time limit was reached in 1970, I had to return to the United States, and Sasha followed the next year.

My increasingly specialized assignments started in Pennsylvania, to Virginia, Maryland, and the D.C. area until I retired in 1998. We acquired a wooded property where we enjoyed hosting summer and winter solstice celebrations with Latvians who found ours the one accessible gathering within driving distance. Sasha died in early 2012, ending the travels back to Latvia. He and I had visited Riga together after the Russians left, in 1992, and his children and I met there at the summer solstice in 2012.

Recent Transfers

Betty Jenkins moved from Whittier to Patterson in late January.

Cathy Wilber moved from a Kendal Apartment to Patterson.

Sharon Wright moved to another Kendal Apartment in late January.

Our Kendal at Oberlin Property is Now an Arboretum

Our John Bartram Arboretum is now accredited by ArbNet, making us part of the worldwide community of arboretums. Being a member of that group links us with others who share researched information, encourages Best Practices, and helps all access resources. We have shifted the dates of our Arbor Day celebrations from the traditional Arbor Day because of the change in date for The Big Parade to April 30.

• **On Saturday, April 23**, Jim Chatfield of OSU will speak to us in the morning, go with us on a walk-about on the Kendal property, and then involve us in thinking about how to maintain and increase the health of trees and woody shrubs on our campus, and to further diversify our plantings.

• **On Friday, May 6**, we will hold a ceremonial tree planting here at Kendal in the morning with the Kendal Early Learning Center children, and at other locations in Oberlin in the afternoon in partnership with the City. Everyone is welcome at these events. *-Anne Helm*

Getting the Most Out of Quarterly & Annual Investment Statements Tues., March 1 - 10-11:30am, Kendal Education Center

Do you want to get more out of the information provided in your investment statements? Kendal's Committee on Philanthropy is offering a tutorial by Nancy Noga, financial advisor at Northwest Bank, providing tips on getting the most out of your investment statements. Knowing how to evaluate growth and compare year-to-year investment returns can help you make better decisions. She will also offer examples of added tools, often available online, to complement your statement information.

Sign-up sheet is located in front of open mailboxes. Note: Session is limited to 35 people (bring your statements).

SAVE THE DATE! KORA is planning a KORA Committees Rev-Up Fair on Thursday, April 14, from 2:00-4:00pm in Heiser Auditorium and Lounge. We look forward to acquainting ALL residents with our many committees and how YOU can take part.

**Conversations with Community:
"Taxes Applicable to
Kendal Residents"
Mon., Feb. 8 - 4:00pm - AUD**

Joe Palmieri, District Coordinator for the AARP Tax Aide Program, will speak about federal, state, school, and local taxes as they apply to Kendal residents. He will comment on the tax implications of the Affordable Care Act. He will have tax material for you.

**First Thursday Evening Hours
at Allen Memorial Art Museum
February 4 - open until 8:00pm
Program begins at 5:30pm**

Spring exhibitions open with live music and gallery tours led by AMAM curators. Classical music, related to works in the exhibition "Judith Reigl: Body of Music," will be performed, including works by Bach, Mozart, Pierre Bernand and Gyorgy Furtag. **All are welcome.**

**Tuesday Tea at
Allen Memorial Art Museum
February 9 - 2:30pm**

In conjunction with an exhibition he curated in the Education Hallway, Curatorial Assistant Oidie Kuijpers (OC '15) discusses the work of 20th-century Dutch artist Jan J. Schoonhoven. He will talk about relationships between freedom and order, chance and structure and light and line. Meet at Heiser Reception Desk at 2:10pm to car pool. **All are welcome.**

Looking for Someone?

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

**Transportation Talk: Buses
to Concerts at the Conservatory
and Operas at the Apollo Theater**

Each month Kendal sends buses to six to eight events when the college is in session. These are selected from the Conservatory's calendar of events and the Metropolitan Opera's live transmissions at the Apollo Theater. Buses are sent to performances of large and small ensembles, and some faculty recitals. We do not send buses to student solo performance recitals. Sign-up sheets are posted a week in advance of the events. A monthly listing is included in *The Kendalight*. Three bus trips go to each of the Artist Recital Series concerts in Finney Chapel. Two buses usually are sent to Conservatory concerts in the larger concert halls, i.e., Finney Chapel and Warner Concert Hall. One bus is sent for the smaller performance spaces on campus, i.e., Stull Recital Hall, Kulas Recital Hall and Fairchild Chapel. With the large number of newer residents, we may need to send three buses to certain concerts in the future. Allen Huszti makes the sign-up sheets. It would be a great help to him if residents who have signed up for concerts would erase their names from the lists if they cannot attend. This courtesy would allow other residents the opportunity to attend concerts.

-Allen Huszti

**Volunteer Bulletin Board:
Where is it? What is it?**

On your way to the Northwest Bank ATM or the Cardinal Shop, you'll see several bulletin boards on your left -- one is marked VOLUNTEER BOARD. There you'll find a listing of volunteer opportunities throughout the wider community as well as here at Kendal. Check it out!

The Volunteer Committee is busy now collating the hours residents and staff have submitted for 2015.

Amazing things have been done providing services in schools, churches, organizations, here at Kendal or wherever there was a need. Last year residents and staff volunteered more than 50,000 hours.

Please turn in your hours to Box #121 using the form on the Bulletin Board so you can be included in the 2015 count!

**Kendal at Oberlin
Health Services Forum
Tues., Feb. 16 - 4:00pm - AUD**

Please join us for our continued community dialogue on the evolution of our Kendal Health System. Topics will include: Health Care Trends, Physician Services, Transitional Care at Kendal, Senior Independence, Medical Records and Insurance Changes. *-Stacy Terrell,
KatO Chief Health Services Officer*

IN MEMORIAM

**LOIS McCORKLE
JANUARY 23, 2016**

**ADRIENNE "ADIE" ORCUTT
JANUARY 27, 2016**

Kendal Kryptogram #132 -by Nina Love

RULES YOU EARUK KH THA QSHC OHC

YH FEULQ YOUZ MEH MUERT. -PLRLG RLZL

Solution to Kendal Kryptogram #131: "You can lead a man to congress but you cannot make him think." -Milton Berle

Table Tennis: Into the New Year

In frigid January, three times weekly nine players on average were warming their limbs and spirits at table tennis. Though our years run from the mid-70s to early-90s, playing our lifetime sport has us feeling younger. When the kids and grandkids come to visit, we seniors gladly involve them -- to everyone's pleasure.

Studies in Japan have concluded that table tennis exercises the mind and keeps the brain alert. A commercial table tennis program in California helps retirees into their 90s retain their cerebral capacities. Here at Kendal, all help all to stay fit physically, mentally and emotionally. See for yourself! The door to table tennis reward is open three mornings a week. Come on in!

-Sidney Rosenfeld

Having Trouble Deciding on your Wellness Goals for 2016?

Let the Fitness/Wellness staff help. Call for an appointment to start the Vitalize 360 coaching program. We will help you set goals for the year and follow up to the extent that you request. Interested in the new Exercise Equipment room? Fitness Staff will be spending some designated hours in the space. You can just pop in and ask questions or get some help with your fitness program. See the Wellness bulletin board for the time slots.

There are some time changes in classes for the new year. Check the Wellness board for the new times and to pick up a schedule.

We are interested in your feedback. Are there classes that you would like to see at Kendal?

Would you like us to talk about our classes or class schedule at an Afternoon Exchange?

Would you like an evening program describing what we offer?

Be creative and let us know your thoughts.

*-Your Fitness/Wellness team:
Jill, Saun, Danna*

Saturday Walks

Every Saturday through the winter, residents who would like to go for a walk off our Kendal campus are invited to gather at the Heiser Reception Desk at 9:00am. The group will decide where to walk on that day. The walks are between 1 and 3 miles at a leisurely pace, usually in one of the Lorain County parks. We will car pool. The assembled group will also decide if the weather is suitable. Come join us!

-Jerry Berner

Talking Tuesdays with the Kims!

Kim Preston and Kim Peters, Kendal's Social Services Associates, want to get to know you! Join the Kims over lunchtime in Langston on the third Tuesday of the month.

Discussion will be open to areas of interest and concern.

See you at the round window table on February 16 from 12 noon to 1:00pm. *-Kim Peters and Kim Preston*

First Church United Fellowship Saturday, February 13 - AUD 9:30am: Food and Fellowship 10:15am: Marty and Colette Buck

Marty and Colette will help us return to the heyday of Hollywood with a look back at some classic Hollywood romantic tales. **All are welcome.**

RELIGIOUS SERVICES AT KENDAL

Episcopal Service

Saturday, February 13, 11:00am,
Gathering Room.

First Church Service

Sunday, February 21, 4:00pm, Gathering Room.

Roman Catholic Mass

Friday, February 19, 10:00am, Green Room

Society of Friends

Sundays, 10:30am, Education Building



Bridge Results

Mondays: Jan. 4: 1st, Betty O'Connor; 2nd, Carol Ganzel.

Jan. 11: 1st, Bill Schreiner; 2nd, Kathy Caldwell.

Jan. 18: 1st, Eileen Dettman; 2nd, Bill Schreiner.

Jan. 25: 1st, Bill Schreiner; 2nd, Warren Wickes.

UU Kendal Gathering Wed., Feb. 17 - 4:15pm - AUD "Staying Engaged in the Electoral Process... and Encouraging Others to do the Same"

Speaker Alison Ricker is Co-President of the League of Women Voters of Ohio and Oberlin College Science Librarian. She is a long-time member of the LWV of the Oberlin Area.

Need a Second KatO Directory 2016? Put \$1.00 in Box #8 with YOUR name and YOUR unit number and one will be delivered to you.

The Kendalight

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

Consulting Editor: Robert Baldwin

Managing Editor: Elizabeth Aldrich

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Photos: Lyn Cope, Eleanor Helper

Production: Don VanDyke

Deadline for the March 2016 issue of *The Kendalight* is February 15. The editors regret that they cannot assume responsibility for errors in content in material submitted for publication.

Note: Please submit articles by email to our address:

Klite600@yahoo.com

If no email access, please type article on separate sheet, sign and place in *Kendalight* open mailbox. All articles must carry a signature and telephone number.



Dining and Nutrition Services

Watch for Sign-up Sheets for These Dining Groups:

Solo Diners: Thurs., Feb. 11, 5:30pm, The Den (meets on second Thursday).

SPINACH (Senior Persons Interested in Nutrition and Community Health): Wed., Feb. 24, 5:15pm, William Penn Room (meets on fourth Wednesday).

Langston to Host Two Intergenerational Events

Thursday, February 4, 3:15pm
Join Snow White! Come for an apple and tell us which dwarf you relate to.

Thursday, February 11, 3:15pm
Celebrate Valentine's Day.
-Lisa Wilken, Langston Dining Manager

Open House at KatO Woodshop Thurs., Feb. 4 - 2:00 to 5:00pm

Curious about what goes on in our Kendal at Oberlin Woodshop? Fascinated by all those machines and tools? Satisfy your curiosity! Join us for punch, cookies and answers to your questions. No RSVP necessary! *-Ed Wardwell*

Well to the Core Thurs., Feb. 25 - 3:00pm Crossroads Room

Our therapy department's Kris Koepp and Stephanie Caesar present an interactive discussion on the benefits of improving core strength and its impact on balance and posture, highlighting simple core exercises to do at home.

March 15, 2016, Ohio Primary

Register to vote: A form is available in the Kendal Library or download: <http://www.sos.state.oh.us/sos/upload/elections/forms/4010.pdf>

These forms must be mailed to Lorain County Board of Elections.

Change of Address: Ohio registered voters can change address online at: <https://ohvr.sos.state.oh.us/ovru/Modify.aspx> or fill out a registration form in the Kendal Library and mail.

REGISTRATION AND CHANGE OF ADDRESS FORMS must be received by THE BOARD OF ELECTIONS by TUES., FEB. 16.

Absentee voting begins Wed., Feb. 17. Forms to request an absentee ballot are available in Kendal Library or at: <http://www.sos.state.oh.us/sos/upload/elections/forms/11-A.pdf>

Absentee ballots must be received at Board of Elections by 7:30pm Tues., March 15. Mail or deliver to: Lorain County Board of Elections, 1985 North Ridge Rd. East, Lorain, OH 44055. *-Dina Schoonmaker, LWV Oberlin Area*

Additions and Corrections for Kendal at Oberlin Directory 2016

Audio Announcements: telephone number - 775-9868.

Mary Clare Beck: email address - mbeck2@emich.edu

Martin Davidoff: delete telephone number.

Rachel Fordyce: email address - rafordyce@yahoo.com

Erika Pilisy: email address - erikapilis@aol.com

Sheila Ploger: telephone number - 774-6931.

Kay Rider: telephone number - 440-935-9518.

Jill and Vern Wettersten: note correct spelling of last name.

Dining Notes From Ann Pilisy:

- Please practice safe knife handling in dining rooms. When you walk to your table with a steak knife, carry it with the knife tip pointed down. Do not carry it with the knife tip pointing straight out.
- Please do not put soiled trays on the stack of clean trays on the tray stand near the dessert buffet in Fox & Fell. Give the tray to your server to remove.
- Never reach directly into foods with bare hands. Always use provided utensils. Some residents have been observed reaching into croutons or breads with bare hands. If you see this happening, please offer a gentle reminder to the resident, then ask staff to discard and replace any possibly contaminated foods.
- Check to see if you have any Dining supplies in your home, such as dishes, silverware, green plastic to-go containers, etc. Please return items to Langston conveyor belt to be washed and sanitized. Help us avoid having to purchase replacement supplies; we'll save money for everyone.

Wine and Beer Policy

Kendal welcomes residents to bring wine or beer to the Fox & Fell. Since we have many underage Dining staff, we ask residents to follow guidelines:

- Please contact Dining staff in advance so glasses may be provided;
- Bring wine in a wine tote;
- Bring beer in glass bottles only and drink from glasses provided; and
- Please remove all alcoholic beverage bottles from dining room at conclusion of meal.

There are certain holidays and special occasions when reservations are at peak levels in Fox & Fell. **On these days only, wine and beer are permitted in Langston.**

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

SUN	MON	TUE	WED	THU	FRI	SAT
<h1>February 2016</h1>						
				CCR = Crossroads GaRm = Gathering Rm HL = Heiser Lounge WCH = Warner Concert Hall		WHT = Whittier Lounge Bold Face = at Kendal tx = Tickets needed ★ = Kendal Bus
<hr/> English Country Dancing every Sunday 7:15pm AUD <hr/> Morning Discussion Group every Wednesday 10:00am - WHT <hr/>	1 Episcopal Bible Study every Monday 10:00am Green Reading of Kendalight 11:00am - WHT Bridge 7:00pm CCR	2 World Café 3:00pm AUD J. Christie, organ 8:00pm Finney ★	3 2016 Spring Fling Planning 4:00pm Fox & Fell Café Pairs Bridge 7:00pm CCR ARS: Nicholas Phan, tenor ★ 8:00pm Finney (tx)	4 Snow White in Langston 3:15pm Evening Hours at AMAM 5:00-8:00pm Program: 5:30pm Health Lecture: "Dentistry" 7:15pm AUD	5 Jehovah's Witness Bible Study every Friday 10:00am WHT News & Views: Foreign Affairs 10:30am AUD World Café 3:00pm AUD	6 Opera: "Harriet Tubman" 6:30pm Finney ★ Film: Philomena 7:15pm AUD
7 Quaker Worship 10:30am Ed Ctr Super Bowl in Patterson and Jameson Lounges 6:30pm Film: Crouching Tiger 7:00pm WHT	8 Coffee Hour with Barbara Thomas 9:30am Langston Suggestions & Concerns 2:00pm CCR Taxes" 4:00p AUD Bridge 7:00pm CCR	9 Tea at AMAM 2:30pm Geoff Kaufman, folk singer 7:15pm AUD	10 LUNCH BUNCH: Moosehead Grill, Amherst ★ 11:30am-1:30pm World Café 3:00pm AUD Song Swap with Judy Cook 6:00pm HL Scrabble 7:15pm CCR	11 Valentine's Day in Langston 3:15pm Low Vision Group 4:00pm Green Rm Solo Diners 5:30pm The Den (Sign up) Lecture: Farm of Their Own" 7:15pm AUD	12 ARS: Andras Schiff, piano ★ 8:00pm Finney (tx)	13 First Church United Fellowship 9:30am AUD Episcopal Serv. 11:00am GaRm Here's to Love Concert 7:15pm AUD
14 Quaker Worship 10:30am Ed Ctr Film: Roman Holiday 7:00pm WHT Danenburg ★ Honors Concert 7:00pm WCH	15 Asian New Year Celebration 5:00pm HL Pam Souza, traditional Japanese dancer & troupe 7:15pm AUD Bridge 7:00pm CCR	16 Registration, Change of Address forms due to Board of Elections Talking with Kims Noon - Langston KatO Health Services Forum 4:00pm AUD Genealogy/History Interest Group 7:15pm - AUD	17 UU Gathering: Alison Ricker, LWV Ohio 4:15pm AUD Pairs Bridge 7:00pm AUD	18 KORA Council 10:00am AUD 3rd Thurs. Lecture: "Lions in Utah" 7:15pm AUD	19 Roman Catholic Mass 10:00am Green ARS: Voice ★ Master class Marilyn Home 8:00pm Finney (tx)	20 Film: Pride 7:15pm AUD
21 Quaker Worship 10:30am Ed Ctr First Church Serv. 4:00pm - GaRm Film: Freedom Writers 7:00pm WHT	22 Monday Night ★ Movie at Apollo Sign up for bus Bridge 7:00pm CCR Great Lakes Theater 7:15pm AUD	23 Song Swap with Judy Cook 6:00pm HL	24 SPINACH 5:15pm Penn Rm. (Sign up) Scrabble 7:15pm CCR Making Contemporary Music-Tim Weiss, CME 7:15pm AUD	25 Artist's Reception: Grafton Artists 2:00pm Friends Corner Therapy Dept. Wellness to the Core 3:00pm CCR	26 Rod Knight with Len Garver's Trolley Run 5:00-6:15pm HL	27 Oberlin Orchestra ★ 8:00pm Finney
28 Quaker Worship 10:30am Ed Ctr Film: Leap Year 7:00pm WHT	29 Aft. Exchange Barbara Thomas 4:00pm AUD Bridge 7:00pm CCR					