

The Kendalight

Kendal at Oberlin Residents Association

February 2022

Volume XXIX, Number 2

A Presidents Day Program to Honor Black History Month Making Democracy Work: What's Happening and What You Can Do Monday, February 21 - 7:15–8:15pm - Zoom and KOTV

This program, organized by the League of Women Voters of the Oberlin Area, will feature community and LWVOA leaders telling us what we can do to help make democracy work.

Executive Director Jeanine Donaldson, Elyria YWCA and Lorain County Racial Equity Center, will speak through a social equity lens to key initiatives of the Oberlin League: voting rights, improving elections, money in politics, and redistricting. The Elyria Y and LCREC are co-sponsors of the event.

LWVOA speakers will include Voter Registration Coordinator Maureen Simen discussing voter registration and the primary election in May, and Vice President Rhys Price Jones talking about voter education using Vote411 and the Voter Guide. Local President Deb Cocco will present information on the national league's programs and priorities for 2022–24. She will also suggest some ideas for our local league effort. We hope to have a membership gathering in the spring to talk these over.

This is a critical year to be involved in efforts to protect democracy. Please join us on Zoom to offer your ideas and suggestions.

Register for the program at bit.ly/3fGM3EF.

Kendal's Diversity Awareness Committee supports our Kendal community's participation in this program that honors Black History Month. Please register using the link provided.

Valuing Diversity, a Core Value Behavior at KaO

Our Values and Practices have always stressed the importance of being welcoming to all individuals and valuing the differences of each person while promoting mutual respect and acceptance. With over 200 staff and 300 residents it is most often our differences that make Kendal an interesting place to live and work. And yes, challenging too. The pandemic has brought out differences in political beliefs, but also the need to be more tolerant and to listen more often. At Kendal every day we have opportunities to celebrate our differences and to bring greater understanding of our life experiences. These life experiences are reflected by differences in cultural diversity, racial diversity, religious beliefs, age diversity, gender, sexual orientation, and disability.

In creating a new Strategic Plan for 2022–2026, a dedicated workgroup of residents and staff provided input calling for a greater focus on our community's Diversity, Equity, and Inclusion practices. I look forward to more discussions between staff and residents to advance this goal. ~Barbara Thomas

Select a Session! Stop, Look, and Listen Feb. 8–Mar. 16 - Various Times Education Center

In a conversation with a friend who is experiencing cognitive change, have you ever wondered:

- *What should we talk about?*
- *What's the best way to ask a question?*
- *What if one of us gets confused?*
- *What if my friend doesn't recognize me?*

With stories and simple exercises, this forum shares the preferences and suggestions given by Kendal residents living with cognitive change. Come and learn how to be more comfortable talking together.

The forum is designed to include both residents and staff, to strengthen our community-wide support of those of us living with cognitive change. A different staff group will attend each session.

Sign-up sheets in front of the open mailboxes give specific dates and times. Select the one that best suits your calendar. Questions? Contact Elizabeth Hole.

**COFFEE HOUR WITH
BARBARA THOMAS
THURSDAY, FEBRUARY 10
9:30AM - FOX & FELL,*
ZOOM, KOTV**

**AFTERNOON EXCHANGE
BARBARA THOMAS
MONDAY, FEBRUARY 28
4:00PM - AUD,* KOTV**

* For links and last-minute changes in location, transportation, and restrictions, see WKAO and the KORA Calendar.



Kendal at Oberlin Residents Association

After nearly two years, we are learning to live with Covid as a constant in our lives. It's disappointing that although we have been careful to follow best health practices, Covid cases have arisen in Independent Living, in the Stephens Care Center, and among staff. We've shown our resilience as we keep adjusting.

On the bright side, many in-person meetings and activities have resumed, including trips outside Kendal, yet Zoom and KOTV are still popular. The Opportunity Fair showcased about 60 committees and interest and support groups, plus new ideas for activities. What a vibrant community we live in with so many opportunities! Thank you to everyone who participated and especially to Prudy Hall and Kathy Hazelton who organized the Opportunity Fair.

KORA has sponsored several opportunities for social gathering. The morning Coffee Café in Fox and Fell has been popular for relaxing gatherings or meetings. This ended when Dining Services restarted breakfast service. A Newcomers Lunch Table every Tuesday offers an opportunity for seasoned residents to share a meal and chat with new residents. Join us for refreshments and conversation after Barbara's February 28 Exchange.

The Fitness and Health Committee started monthly fun activities with Dancing and Desserts, which had us tapping our feet along with English country dancing, square dancing, line dancing, and rollator line dancing. We look forward to upcoming months' activities.

Instead of the usual January KORA Council meeting, we held an orientation for new Council members and an organizational meeting with the chairs of Standing Committees. Ann Francis and the Leadership Development and

Winter LifeLong Learning Classes at Kendal

These courses will be conducted via Zoom. You will be able to ask questions by using the Zoom chat function. Sign up to receive the invitation to join a class by contacting Kari Inglis.

Addressing Issues of Aging; February 1, 8, and 15, 10:30am–12:00pm

Eunice Noell-Waggoner, founding president of the Center of Design for an Aging Society, presents three sessions on how public spaces and infrastructure affect the safety and health of an aging society. Sensory loss is the most common effect of aging, and the built environment can play a major role in reducing its impact on vision and hearing. Impaired mobility also increases with age, one consequence of reduced exposure to direct sunlight. The first session, *Light for Vision*, explains the importance of quality light and distinct value contrast. The second, *Strategies to Improve Hearing and Understanding*, discusses improving the acoustical environment, improving communications skills, and the effects of social isolation caused by hearing problems. The third, *Light for Health*, explains the importance of sunlight and circadian rhythms to promote sleep, which supports our immune system.

Ancient Magic; March 9 and 16, 10:30am–12:00pm Dr. Drew Wilburn, Professor of Classics at Oberlin College, with an emphasis on archeology, presents two classes: *Curse Magic* and *Erotic Magic*. More details will appear in the March issue of *The Kendalight*.

Fun Fitness in 2022: Movement and Munchies Wed., Feb. 16 - 7:15pm - AUD* and KOTV

The Fitness and Wellness Committee is presenting monthly programs focusing on the benefits of activity and exercise, utilizing current recreational activities and fitness programs presented by our Fitness Department. We plan to modify activities so that residents with varying limitations can participate.

Our presentation Movement and Munchies will encompass our current programs. Jill Tvaroha and David Dauphiné will be talking about the programs they teach, the importance of movement, and the effect movement has on the body and brain. Our presentation will include a description of several of the classes offered and an invitation to try them. Included in the fun will be opportunities to try chair exercises, balance challenges, and two different styles of Tai Chi. There is something for everyone, so come join us and try something new!

All are welcome to come see all the fun and enjoy some munchies.



Nominations Committee (LDNC) presented an introduction to “sense of the meeting” decision making. Look for more information about this form of decision making which exemplifies Kendal values. All of this will help us reach our goal of fostering a vibrant, accepting, supportive, respectful, and satisfying community.

~Mary Behm, KORA President 2022



**Next KORA Council Meeting
Thurs., Feb. 17 - 10:00am
AUD* and KOTV**

First Thursday Health Lectures The Science Behind Our Perception of Touch and Temperature Thurs., Feb. 3 - 7:15pm AUD* and KOTV

Our ability to sense heat, cold, and touch is essential for survival in our interaction with the world around us. We may take these sensations for granted, but how nerve impulses are initiated by temperature and pressure has been a mystery. That is, until two U.S. scientists unraveled it and won the Nobel Prize in Medicine and Physiology for 2021. Resident Don Parker will help us understand the wonder and complexity of how we sense and interact with the physical world we encounter.

Problems of the Foot and Ankle Thurs., Mar. 3 - 7:15pm AUD* and KOTV

Speakers: Kendal's attending podiatrists Dr. Kimberly Nichelson and Dr. Amanda Meszaros.

Conversations with Community Lifestyles of the Wet and Feathered Tues., Feb. 22 - 7:15pm Zoom and KOTV

Resident nature photographer Carol Conti-Entin will present a well-illustrated talk about Northeast Ohio's common herons, geese, ducks, and their young. Learn about the fascinating habits and curious adaptations of the waders and waterfowl that share our campus and regional nature preserves.

Looking for Someone?

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

Conversations with Community Oberlin College Libraries: Our Mission and Our Future Mon., Feb. 28 - 7:15pm Zoom and KOTV

Valerie Hotchkiss, the new Azariah Smith Root Director of Libraries at Oberlin College & Conservatory, will introduce herself to the Kendal community and give everyone a sense of the strategic directions in which the libraries are moving. Dr. Hotchkiss has been at Oberlin since September 2021, having previously served as university librarian at Vanderbilt University and as director of libraries at the University of Illinois and Southern Methodist University. A native Ohioan and a born librarian, Valerie is happy to be back in the Buckeye State and at a great liberal arts institution.

2022 KaO Directory Coming Soon!

Watch for it in your open mailbox.

Training for End-of-Life Support

The Kendal at Oberlin Nursing and Social Service staff will offer a much anticipated presentation on end-of-life issues on **Wednesday, February 9, from 2:00–3:00pm.**

They will discuss both the physical and the psychological concerns for the person, the caregivers, and the loved ones. This is helpful information for everyone and all residents are invited.

This event is also a training for those in the Supporting Friends group who participate in end-of-life companionship and family assistance, but attendees will not be expected to be part of this group unless they wish to be.

The meeting location will appear on the sign-up sheet posted in front of the open mailboxes.

~Margaret-Ann Ellis

Play Readers: *Plaza Suite*

Fri., Feb. 25 - 1:30pm, and Sat., Feb. 26 - 7:15pm - KOTV

Directed by Jerry Berner, the first of Neil Simon's two one-act plays, *Visitor from Mamaroneck*, is about a couple (played by Sharon Furrow and Bill Siebensschuh) celebrating their wedding anniversary, but the husband is focused on closing a business deal with the help of his female secretary (Kerry Glaus).

The second play, *Visitor from Forest Hills*, describes how the parents (Ed and Anne Wardwell) of the "bride to be" (Katie Brown) try to coax her out of the locked bathroom to get married. Dan Reiber plays the groom.

Come see how each of these dilemmas is resolved.

♪ Music at Kendal ♪

**No First Sunday Chamber
Music Open Rehearsal**
Join us again on Sun., March 6
4:00–5:00pm AUD*

**Chamber Music at KaO
Sundays - 4:00pm**
AUD* and KOTV

On various Sunday afternoons throughout the year, the Music Subcommittee will present live music played by Kendal residents, Oberlin Conservatory students, and other outside musicians.

Please check WKAO for updates!

- **Feb. 13 - The Orb.** An OC student string quartet – Amina Knapp and Caroline Cornell, violins, Izzi Aronin, viola, Aaron Lieberman, cello – perform music by Mozart, Tailleferre, C. Shaw, and Carl Nielsen.
- **Feb. 27 - Piano Recital.** Jameson Zhang will play Beethoven's Sonata in C Major (Op. 53) and Annie Qin will play Liszt's Sonata in B minor.

Saturday Night Movies 7:15pm - KOTV

Feb. 5 - The American President (1995) A widowed U.S. President running for reelection and an environmental lobbyist (Michael Douglas, Annette Bening) fall in love. It's all above-board, but "politics is perception," and sparks fly. This film worked for the same reason *The West Wing* works – it humanizes the President. Yes, the most powerful man in the world has feelings and falls in love.

Feb. 19 - BlackKlansman (2018) Ron Stallworth, a Black police officer from Colorado Springs, successfully manages to infiltrate the local Ku Klux Klan branch with the help of a Jewish surrogate who eventually becomes its leader. Based on actual events with a surprise challenging ending. [Vulgar language makes it true to life but gives it an "R" rating.]

Saturday Foreign Film Feb. 12 - 7:15pm - AUD*

Tsotsi (2005) In Johannesburg, a small-time criminal, Tsotsi, is a teenager without feelings, hardened by his tough life. After a series of violent gang hits, Tsotsi hijacks a car but finds that there is a baby on the back seat. He brings the baby to his house in the slum. The next six days bring about a change in him that couldn't be foreseen. ~Dwight Call

Sunday Movies 7:00pm - WSCC

Feb. 6 - The Best of Enemies (2019)

Feb. 13 - Lilies of the Field (1963)

Feb. 20 - Collateral Beauty (2016)

Feb. 27 - Island in the Sun (1957)

Having trouble with the sound on KOTV?

Please report this to the Heiser Reception Desk.



Art Gallery News

The new show in the **Kendal Gallery**, *The Print: Three Points of View*, featuring works by printmakers Rosalyn Gaier, Maria Kaiser, and Jan Zorman, will be in the gallery through March 28. An artists' talk is scheduled for Fri., Feb. 11, at 4:00pm on Zoom and KOTV. An artists' talk for the previous Kendal Gallery show, *LGBTQ Artists of Northeast Ohio*, was well attended on both Zoom and KOTV. The artists spoke eloquently about their vision of the world and their approach to their art.

The **Community Gallery** will exhibit *Unscripted Portraits: A Decade in Los Angeles 2010–2020* from February 4 to March 31. Andrew Zinn shares 21 images from his first decade as a professional photographer in Los Angeles. His array of candid portraits captures presidents and public servants in private moments, celebrities alone with their thoughts, and the quiet beauty of parenthood and childhood. His artist's talk is scheduled for Fri., March 1, at

7:30pm on Zoom and KOTV.

The current show, *The Art Committee Collects*, continues to brighten the **Friends Gallery** in the Stephens Care Center with art from the personal collections of Art Committee members. Now that the SCC is "open," everyone can go see it, provided we are properly masked and we check in at the kiosk before entering.

The **Curio Cabinet** display of Inuit soapstone carvings from the collections of George Blomgren and Nina Love continues through February. Up next will be an exhibit of models from Don Parker's outdoor railroad layout, followed in March by a show of James Peake's exquisite origami paper folds. The former director of education at FAVA, he is the founder of Fold Space, his local origami studio.

The new exhibit in the **Admissions Office Display Window** is *Creations by Polly Carroll*. It includes eight of her handmade dolls, accompanied by a few of her other recent works. It will be there until mid-March, when ceramics by Rockwell Kent, from the collection of Jim Underwood, will be placed on display until mid-May.

Tuesday Themed Films 2:00pm - WSCC

Feb. 1 - Basquiat: Rage to Riches (2018)

Feb. 8 - Maya Angelou and Still I Rise (2017)

Feb. 15 - Althea (2015)

Feb. 22 - TV in Black: The First Fifty Years (2004)

Thursday Movie Musicals 2:00pm - WSCC

Feb. 3 - Carmen Jones (1954)

Feb. 10 - Sparkle (1976)

Feb. 17 - Stormy Weather (1943)

Feb. 24 - Cabin in the Sky (1943)

Saturday Movies Shirley Temple Festival 2:00pm - WSCC

Feb. 5 - Rebecca of Sunnybrook Farm (1938)

Feb. 12 - Heidi (1937)

Feb. 19 - Stowaway (1936)

Feb. 26 - The Blue Bird (1940)

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

Masquerade!



A Midwinter Doldrums Fashion Show & Masquerade

Dress differently, show up,
and **have fun!**

**Friday, February 18
7:30–9:30pm – AUD***

Heiser Auditorium will be sparsely decorated to let your costume colors and majesty shine. Refreshments will be a sparkling cider and a Covid-safe Biscoff cookie. Music will be upbeat and lively and dancing may ensue. An MC will orchestrate a costume “catwalk” and tchotchkes will be awarded to special costumes.

Join the fun by making a costume to express your creative side or come as a voyeur! All are welcome. Start creating! Questions? E-mail David Dauphiné or Jack Mosher.



Help Us Mine Kendal's Treasure

The casual visitor to Kendal can be struck by the attractiveness of our surroundings and the many opportunities which seem effortlessly available – the fresh flower arrangements, varied and beautiful art exhibits; the library, wood shop, art studio and craft room; the wealth of Kendal programs and offerings via computer and in-house TV. All these riches and more are made possible by the work of Kendal at Oberlin Residents Association (KORA), its committees and special purpose groups, composed of residents. Kendal's energetic, hardworking, and creative residents are among our greatest treasures.

The Leadership Development and Nominations Committee (LDNC) of KORA is here to support KORA Council and Committees and to help mobilize them. To do this, it must become acquainted with the gifts and interests of Kendal residents and encourage them to use these in service to the Kendal community with its many varied activities and needs.

In addition to helping and encouraging residents to become active in KORA activities, the LDNC must produce a slate of candidates to be KORA Officers, Councilors, and LDNC members, to be elected at the association's Annual Meeting in November. (The responsibilities of the LDNC are described in Article IV of KORA's Constitution and Bylaws.)

In March, we will be asking for your suggestions for the posts of KORA President, Vice President, Secretary, Treasurer, and Councilors, as well as members of the LDNC. (Please note that this is a new date, earlier than in previous years. We revised our calendar so your input could influence our thinking in its earliest stages.) If you are interested, you can suggest yourself. Current LDNC members are Chair Sue Palmieri, Ann Francis, Bob Longworth, Tom Morgan, Barbara Whitehouse, and Anne Palmer (KORA Executive Committee representative).

Your suggestions are important to sustaining a vibrant residents association, so please be thinking about residents, including yourself, that you would recommend to serve in various KORA positions.



Event Links



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

Newcomer Interviews

Wed., Feb. 16 - 4:00pm - KOTV

The Newcomers Committee continues to provide an opportunity for the whole community to learn more about our newest residents. The Committee will continue to provide these televised introductions over the coming months. Recordings of the interviews are available in the Kendal library. ~Sharon Furrow

Dementia Friendly

Discussion Group

**Fri., Feb. 25 - 10:30am
Green Room***

Suggestions and Concerns

**Mon., Feb. 14 - 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.

Grief Support Group

**Tues., Feb. 22 - 10:00am
Green Room***

Scrabble Redux!

Thursdays, Feb. 10 and Feb. 24



[CC BY 2.0](#)

Let's play Scrabble together on second and fourth Thursdays. Please let Dina Schoonmaker know whether you prefer 4:00pm or 7:00pm.

More About Kendal's Residents



Didi Bowditch and Lois Schmidt

Didi:

Raised in the Detroit area, I earned a bachelor's degree in psychology from the University of Iowa, and my master's degree in organizational psychology from Western Michigan University. After working a few years at Michigan Consolidated Gas Company and Ford Motor Company in Detroit, I joined DuPont and worked mostly in Wilmington, Delaware, for 30 years in a variety of human resources positions.

Lois:

Grew up in Western Pennsylvania. Earned bachelor's and master's degrees in medical technology and a doctorate in physiological chemistry at The Catholic University in Washington, DC,

which provided a foundation for a varied and fulfilling career in the area of clinical diagnostic testing. Taught medical technology courses on the faculty at Wayne State University in Detroit, Michigan, and served as Director of Medical Technology programs at The Catholic University of America. Enjoyed over 40 years in technical, management and administrative positions in healthcare/biotechnology companies including E.I. DuPont, and innovative companies focused on DNA-based technologies for development of rapid direct diagnostic assays. Retired from the nonprofit organization Clinical and Laboratory Standards Institute, serving as Vice President of Standards Development.

Upcoming Moves

Ann Tye from Middleburg Heights, OH, in early March.

Josie Jones from Fairport Harbor, OH, in late March.

Jack and Kathleen Secrist from Oberlin, OH, in mid-March.

Nancy Marsh from Mountain View, CA, in late March.

It's Always Time to Clear Your Sidewalks!

Whether it is Summer, Autumn, **Winter**, or Spring, your front sidewalks can quickly become a hazard unless you consider the safety implications of what you add to your outdoor environment. Because of our continuing winter weather, including more snow and ice, it has become urgent to request – require – that residents in independent cottages remove chairs, benches, pots, water hoses, bikes, walkers, door mats, even rock collections – everything – from the shared walkways outside your front door.

This will ensure your safety as you walk home with a large grocery cart as well as that of your neighbor with low vision and the housekeepers who need space to park their carts beside your front door. It will assure safety for emergency personnel who must get around quickly on the walk with a gurney to take you or your neighbor to the hospital, and safety for all of us as the blowers and snow shovels come through to remove snow and seasonal detritus from walkways.

Please remember that Facility Services reserves the right to appropriate any items on public walkways which impede snow removal or seasonal cleaning activities.

~Your Safety Committee



Library Notes

Continuing with our series on how library volunteers keep the library up and running, the focus of this note is on volunteers who make available the newspapers, magazines, DVDs, and books in the library.

Every day, before most of us have even thought about making our morning coffee, Judy Tandy is on her way to the library to retrieve and organize the newspapers that the library subscribes to. She also checks to be sure that nothing is amiss and that the library is as it should be. Andy Unger processes and organizes any magazines donated by residents and adds them to the collection. DVDs, including those generated by the program committee and other groups, are donated by residents. Barbara Green, assisted by Anne Conway, keeps the DVDs available and the catalog of holdings up to date. The cataloging and processing of the books donated by residents and displayed on the New Book Shelf is the responsibility of Gayle Sherry. In addition, she has begun to catalog and organize a collection of chamber music scores.

Please browse the recently reorganized and catalogued Reference Collection. Among the volumes there is a nearly complete collection of the *Peter-son Field Guides*; or look up information on your favorite musician in the definitive *Grove Dictionary of Music and Musicians*. Doing so will use no energy other than your own.

Stop by and view the February exhibit which will display books by authors with a connection to Northeast Ohio, including Oberlin. ~Joan Long

Recent Moves

Helmut Jungschaffer and Lori Taylor from Oberlin, OH, in early January.

Mary Joy Leaper from Wilton, CT, in late January.



STAY CONNECTED Valentine Visits

Have you ever thought to yourself, “I haven’t seen my friend for a while – I should give them a call,” and then put it off? Stop procrastinating! Take a friend to a Valentine Lunch. Or go for a walk together on Valentine’s Day. Or visit during Valentine Week.

Arranging to meet an Independent Living resident is straightforward, but meeting a Stephens Care Center resident can be tricky. Whom do you know in the SCC? Do they want a visit? Would they rather go for a walk or do lunch? Do they need wheelchair or walker support?

Supporting Friends will make this easy. Just follow these steps:

- In the week before Valentine’s Day, find the table in Heiser Lounge with names of SCC residents who would like a visit.
- Pick a name, call the resident, and set up a time to connect that week.
- If needed for a walk or lunch date, contact Sandi McClennen for Walking or Wheelchair Partner (WPP) assistance.
- Notify the SCC front desk of your plans.
- Visit and **STAY CONNECTED!**




Thank You, Kendal Residents and Staff!

On behalf of the board and staff of Oberlin Community Services, I would like to thank you for your generous support in December. The Souper Supper (delayed from KaO’s October anniversary) contributed \$2100, which added to the \$900 generated by the Art and Pottery Sale, put Kendal’s total contribution at just over \$3000 in spite of the Covid chaos. Your generosity helps OCS serve vulnerable families in many ways. *~Carl Whitehouse*

The BIG BUS is Back! Cleveland Museum of Art Tues., April 5 - 10:00am–4:00pm

Ride the big bus to the Cleveland Museum of Art and enjoy its permanent collections from all continents and eras, as well as exhibitions of medieval treasures from Münster Cathedral and recent acquisitions by women printmakers. A special treat will be *Cycles of Life: The Four Seasons Tapestries*, a rare, complete set of tapestries in the museum’s collection that has not been displayed since 1953 because of their fragile condition.

Museum admission is free. Bus is \$27 per person. Lunch on your own in the museum’s Provenance Café and Atrium. Sign up near the mailboxes and secure your seat with a check made out to KORA. Place it in Gerry Findlan’s open mailbox and email him to let him know it is there. Sor-ry, no refunds after March 1. Trip will be cancelled and your check will be re-turned if there is insufficient interest. 

Celebrating the Life of Doug McClennen Sat., Feb. 5 - 2:00pm AUD, * Zoom, and KOTV

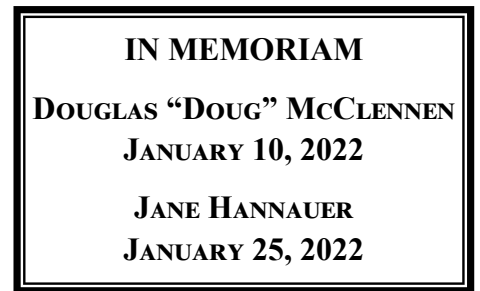
Kendal will have its first in-person memorial service in two years!

If you wish to share a memory of Doug, you must be either in the Heiser Auditorium (masked) or on Zoom.

Robert Taylor will coordinate sharing of memories in the auditorium and Carol Conti-Entin will be the Zoom host. To share a memory on Zoom, type “ask me” into the chat.

You may sign the guest sheets at the usual table in the Heiser Lounge starting on Tuesday, February 1.

~Carol Harvey



Art Card Sale Continues in the Art Studio

- \$3 each.
- All-occasion cards, handmade in **Art Studio**.
- Benefits Oberlin Community Services (OCS) to help meet the needs of our larger community.

Kendal Kryptogram #203 – by Nina Love

CGW’U USM UG XOB LPHU MGX

KBHSW RSGA NXCCPDOA UG NB H

NXCCPDOU. XOB DU UG NB H

NBUUBS LPHUBZBS - MGX - HKS BHCM - HSB.

~CHKHD KHAH

Solution to Kryptogram #202: To appreciate the beauty of a snowflake it is necessary to stand out in the cold. *~Aristotle*



Smart Giving!

Gift Annuity Workshop

Mon., March 7 - 4:00pm - Education Center*

Gift annuities are a way to combine income payments for life with a gift to Kendal at Oberlin after the donor's lifetime. (For example, Donor Age 80 gets a guaranteed income of 6.5% for life and then remaining gift goes to Kendal.) This Kendal at Oberlin Philanthropy Committee workshop will cover how gift annuities work and the tax implications. Kendal has offered gift annuities for many years. Management of the funds is monitored by Ann O'Malley, Kendal's Chief Financial Officer.

There will be limited seating. A sign-up form will be on the open mailbox shelf starting Monday, February 28. For more information, please contact Tom Konkoly.



Strategic Planning Committee Update

Kendal at Oberlin Strategic Plan 2022–2026 Nearing Completion

The final working draft of the Strategic Plan 2022–2026 is ready for first looks. The Kendal Board of Directors reviewed the document at its January 18 meeting.

Copies are placed on the administration bulletin board and in the library where they are available to residents and staff for review.

Comments and concerns regarding the plan may still be submitted to the committee. Send them to Liz Schultz, Strategic Planning Committee Chair (director@oberlinheritage.org) or Gary Olin, Vice Chair, prior to the meeting of the Strategic Planning Committee on February 10.

The final plan will be presented to the Board of Directors on March 15.

~Gary Olin, Vice Chair,
Strategic Planning Committee

Woodshop Services Available to Residents



Need a lamp repaired? Chair rickety? Bring it to the Woodshop! Woodshop Committee members are always happy to help out when they can.

Bring any easily carried item to the cart across from the Woodshop door, fill out a form found just under the top of the cart, and place it in the box.

If in doubt, consult us. If the item is too large, we might be able to pay a house call. (We don't, however, do furniture refinishing.)

Our charge is low: \$15 per hour plus materials; if you need an estimate, we can provide one.

Service with a smile!

~Woodshop Committee



It's a Virtual Show Again in 2022!

Watch for the details about the virtual 2022 LeadingAge Arts & Writing Resident Show in the March *Kendalight*.

LeadingAge Ohio, the state affiliate of the national advocacy group for life plan communities, has annually sponsored regional shows of creative arts by residents. The regional winning submissions have been displayed in Columbus at the annual autumn meeting and statewide prizes awarded. Kendalites have always been well represented among the winners.

Last year, with the Covid pandemic, the show was virtual. Residents were invited to submit their recently completed short essays, embroideries, poetry, ceramics, woodcrafts, or watercolors, and all were included in an online exhibit.

Take a look at the varied fare by Kendal's gifted artists and writers still on view under *Arts & Writing Program* – *LeadingAge Ohio*. And be thinking about what you would like to submit this summer.

~Anne Palmer, Thelma Morris, and Don Parker, coordinators

A Change You'll Want to Know About

The process of requesting posters for in-house events at Kendal is changing! Posters will no longer be arranged for by means of the Blue Sheet reservation form, but requested when the event is scheduled with the KORA Program Committee.

This means that some events will not have posters provided by the Poster Committee (a subcommittee of Programs), and in such cases, the organizers of an event may want to make their own arrangements for posters.

This has the advantage of introducing a more diverse new look to the Bulletin Board and of allowing for a widening of opportunities for our many creative residents. It will still be possible to request help with special event promotion by contacting Posters directly or through the Program Committee.

~Jean Slonneger



From the John Bartram Arboretum Strawberry Bush (*Euonymus americanus*)

For years, many of us have loved having the Burning Bush (*Euonymus alatus*) in our gardens, as it has a fiery red color in the fall and winged stems. It came from Asia and was introduced here about 1860. Since it outcompetes native species that wildlife need for food and shelter, it is now considered invasive in Ohio.

By contrast, the Strawberry Bush, our native species *Euonymus americanus*, nurtures small mammals and birds (song birds and wild turkeys), which eat its seeds and fruits. Though it spreads by rhizomes and seeds that the birds eat, it is not considered invasive. It is often planted in woodland naturalized areas.

It blooms in the spring and provides similar color in the fall. It grows four to six feet tall and likes part shade, tolerating sandy to clay soil and even

black walnut trees! Its leaves are opposite. Unlike the Burning Bush, it does not have winged stems, and has five flower petals, not four.

The Strawberry Bush is low maintenance. Though deer eat its foliage and twigs, it withstands the damage, especially if planted in a row and covered by a hoop of chicken wire allowing branches to poke through so its beauty still shows.

Some Strawberry Bushes were planted last fall along the Woodland Garden and in the Woods at 8. Grounds horticulturist Rachel Duncan plans to introduce a second species of native *Euonymus*, the Eastern Wahoo (*Euonymus atropurpureus*), to our campus this spring. It is another good alternative to the Burning Bush.

~Anne Helm for the Arboretum Committee

References:

www.missouribotanicalgarden.org

www.plants.ces.ncsu.edu

www.uihs.illinois.edu

www.elizabethswildflowerblog.com



*Spring green blossoms and fall red seeds
of Euonymus americanus.*

Photo credit: Elizabeth's Wildflower Blog



Want to try something new? Do you enjoy miniatures? Here's a chance to try your hand at miniature figures.

Every Tuesday at 3:00pm in February there will be informal sessions to paint ready-made figures that need refreshing or re-coloring and try your hand at making little figures out of Sculpey resin. Most of these are the little people and animals that inhabit the Hoot 'n' Holler RR scenery, but others can be created as well. All supplies will be provided and Don Parker will guide the projects. All are welcome, no previous experience needed.

Clay Workshop has two opportunities. On Tuesday mornings, 9:30–11:30am, beginning Feb. 8, Lillie and Nick Long will be leading a group making slab bowls with a hump mold and using the pottery wheel.

On Thursday afternoons, 2:30–5:00pm, beginning Feb. 3, Joyce Parker will be leading a group continuing our handbuilding techniques.

There is some enthusiasm for a future group working with textiles and mediums which will be worked into a useful item. Charlotte Elsner and Joyce Parker will begin that exploration.

Our nature printing session in the fall was such fun and such a success that we will work toward a session in the spring.

If you have a hankering for anything artsy, be it painting, pottery making, fabric art, collage, we'll keep you posted about classes and informal sessions. Sign up on the Art Studio bulletin board contact list or talk to Joyce or Don Parker.



Spring Fling! Is Coming! Saturday, April 30

The Special Events Planning Group has turned its attention to our next community-wide event, Spring Fling! As Covid continues to bring us new surprises, we'll need to be flexible.

Should we plan on gathering in person in Heiser? Prepare another video? Have a combination of both?

The hope is to go back to "Let's Dance," the theme for the 2020 Spring Fling that had to be postponed. This would showcase Kendal's loyal and enthusiastic dance groups – including English Country dance, square dance, and line dance – as well as residents who might like to provide a tap dance, a ballroom dance, an ethnic dance (perhaps complete with costumes), or maybe a poem or reading about dance.

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

Saturday Walks

From now through March, those desiring to walk off the Kendal campus should meet outside the Heiser main entrance at 9:00am every Saturday. We will decide whether to walk that day (depending on weather) and carpool to the chosen destination. The walks are leisurely, about 1–3 miles, and generally scenic.

Questions? Contact Phil Pritchett.

Table Tennis Has Returned

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

Your Volunteer Hours Are Being Counted!

A crew has gathered to tally the volunteer hours amassed in 2021 by Kendal residents. Look for the final total in the March *Kendalight*.

Check the Volunteer Bulletin Board for a preview in mid-February.

And check that board each month for volunteer opportunities.

~*Volunteer Clearinghouse Committee*

Where to Find Contact Info

- **Kendal at Oberlin Directory**, printed and distributed each year 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.

♠ UU Gathering

Cultivating Resilience – Exploring Aspects of Joy

Rev. Mary Grigolia and Zelda Zelle

Wed., Feb. 23 - 4:00–5:00pm - Education Center*

"Joy doesn't simply arise, it flies, it flings." "Joy is hard; it requires vulnerability. It's worth the work and so are you." "Joy is in all – in you; in us, together; blessing the world, sharing the joy."

How do we open to and cultivate joy? We'll invite you to recall and share moments of joy, and to explore the fun and powerful practice of "joy-spotting."



Nature Sightings

11/30/21–1/13/22

11/30, **Great Blue Heron**, Island Pond, Anne Martin; 12/2, **four male Turkeys**, Meadow Pond, Rachel Duncan; 12/2, **subadult Eagle**, Phase II, Rachel D.; 12/8, **Red-Breasted Nuthatches**, behind #9, in pine trees behind #22/23; 12/8, **Tufted Titmouse**, feeder north end of Buttonbush Bridge, Anne Helm; 12/8, **Black-Capped Chickadee**, Buttonbush Bridge, Anne H.; 12/18, **National Audubon Christmas Bird Count**, five Kendal observers coordinated by Anne Martin and Betsy Baumbach: **1,072 birds, 23 species including 850 Ring-Billed Gulls, 1 Great Blue Heron, 1 immature Bald Eagle; 12/30, Muskrat**, vernal pool Buttonbush Bridge, Anne H.; 1/7, **2 White-throated Sparrows**, Farmer Pond shore, Prudy Hall; 1/7, **Red-Tailed Hawk**, behind #64, Mary Clair Beck; 1/8, **Red-Headed Woodpecker, Brown-Backed Flicker, male Bluebird, Junco, male and female Cardinals, 17 Finches and Sparrows**, Meadow Pond, Ruth Bent; 1/13, **Red-Shouldered Hawk**, flew over Circle, Maureen Bailey (hskp).

Threads Needs Volunteers

The Threads group is looking for one or two sewers for simple sewing jobs for residents. Call Eileen Dettman, Nancy Cecil, or Gay Fischer. Or stop by the Craft Room during open hours Thursdays, 11:00am–12:00pm.

Church Services

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

Oberlin Friends Meeting
Sun., 10:30am, 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

The **Kendalight**

Monthly newsletter of the
Kendal at Oberlin Residents Assn.

600 Kendal Dr., Oberlin, OH 44074

Managing Editor: Elizabeth Aldrich

Associate Editor: Suzanne McDougal

Proofreaders: Kathy Reichard, Mary Simons

Photos: Sally Nelson-Olin, Gary Olin

- Deadline for the March 2022 issue of *The Kendalight* is Feb. 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



Dining Matters

We have been reminded that residents who do not make a practice of dropping in to the Fox and Fell every day may be a bit confused about what is going on, when it is happening, and what the rules are. So here is a quick review for your convenience.

As of January 24, Dining Services is once again offering breakfast in Langston from 7:30–9:30am, Monday–Saturday mornings. Monica is again at the grill with her friendly smile. This is a full breakfast, but you can stop in for a cup of coffee for just 80 cents. The food is tasty, and the conversation is lively. Stop in to wake up with a smile.

Lunch and dinner are available for take-out or dine-in seven days a week. Do not bother to bring utensils; they are provided. At lunch you will find green boxes whether you are eating in the dining room or carrying your meal

home. You can bring a plate and transfer your food to it, but you will need to take it home with you to wash at the end of the meal.

At dinner you can enjoy your food on china plates and your drinks in glasses and cups if you choose to stay in the dining room. If you are taking your meal home, you will find a green box again. It goes without saying that you should return that box as soon as possible. Replacing each box costs \$4.00, an expense Kendal can avoid if all will help.

We remind you to check your meal before you leave the dining room or begin to eat it at the table. If you do not do so, you may occasionally find a discrepancy between what you ordered and what you have received. Call the mistake to your server’s attention immediately. The dining staff cannot correct an error they do not know about. Bon appétit!

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: Jeanne Berger.

Rollator Line Dancing

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



KENDAL RESALE SHOP

Benefitting 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 for 2021:

Total contribution: \$41,394.

Meet a Dining Star Shauna Kalassay

Shauna lives in South Amherst and is in her senior year at Oberlin’s Lorain County Joint Vocational School in its Emergency Medical Services and Public Safety program.

Since she was five years old, she has wanted to be in police work, and by seventh grade she wanted to be a state trooper. Now she is most interested in the area of law enforcement and fire safety. When she was 15, she was a Fire Explorer for the Oberlin Fire Department. You must be 18 to be hired by a fire department.

Last summer Shauna worked at Cedar Point 60 hours a week, writing reports and doing metal detection over the whole huge area. This summer, she hopes to return as a supervisor.

After she graduates, Shauna will go to Lorain County Community College for its four-year Police Science Program, then on to the Police Academy for six months.

When she does have free time, she loves to draw and work out.

We have seen Shauna in the Dining Room for two years – always smiling!

Priscilla Steinberg interviews one of our Dining Services staff each month on behalf of the Dining Matters Committee.

Centering Sessions Return Mondays - 11:00am - WSCC

Join weekly sessions with psychologist Indira Palekar on WSCC. In addition, many of her sessions are recorded by Kendal for use at your convenience. See www.bit.ly/3rHz3DY.

Low-Vision Support Group



Audio Presentation “Growing Through Grief: Emotional Adjustment to Vision Loss”

Fri., Feb. 11 - 1:30pm - AUD*

~Terry Carlton

Did You Know?

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

SUN	MON	TUE	WED	THU	FRI	SAT
<p><u>First Church Service</u> 10:00am WSCC</p> <p><u>RC Mass</u> 11:15am WSCC</p> <p><u>Christ Episcopal Service</u> 12:30pm WSCC</p> <p><u>Jazz with Nate</u> 2:00pm WSCC</p> <p><u>Film (see page 4)</u> 7:00pm WSCC</p> <p><u>English Country Dancing</u> 7:15pm AUD</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Centering Program</u> 11:00am WSCC</p> <p><u>Line Dancing</u> 5:00pm AUD</p> <p><u>Documentary</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Themed Film (see p. 4)</u> 2:00pm WSCC</p> <p><u>Square Dancing</u> 4:00pm AUD</p> <p><u>Rollator Line Dancing</u> 5:15pm AUD</p> <p><u>Downton Abbey</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>News Currents</u> 3:00pm WSCC</p> <p><u>SCC Council</u> 4:00pm WSCC 2/2 & 2/16</p> <p><u>Song Swap</u> 7:00pm Zoom, KOTV 2/9 & 2/23</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Musical Film (see p. 4)</u> 2:00pm WSCC</p> <p><u>Great Courses</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Art History</u> 2:00pm WSCC</p> <p><u>Ken Burns</u> 3:00pm WSCC</p>	<p><u>Saturday Walk</u> 9:00am Heiser</p> <p><u>Book Reading</u> 1:30pm WSCC</p> <p><u>Film (see page 4)</u> 2:00pm WSCC</p> <p><u>Catholic Communion Service</u> 3:30pm Green Rm</p> <p><u>Film (see page 4)</u> 7:15pm KOTV</p>
		<p>1</p> <p>LLL Class Addressing Issues of Aging 10:30am Zoom</p>	<p>2</p>	<p>3</p> <p>The Science Behind Our Perception of Touch & Temperature 7:15pm AUD, KOTV</p>	<p>4</p>	<p>5</p> <p>Celebrating the Life of Doug McClennen 2:00pm AUD, Zoom, KOTV</p>
<p>6</p>	<p>7</p>	<p>8</p> <p>LLL Class Addressing Issues of Aging 10:30am Zoom</p>	<p>9</p> <p>End-of-Life Support 2:00pm Location on sign-up sheet</p>	<p>10</p> <p>Coffee Hour with BT 9:30am F&F, Zoom, KOTV</p> <p>HO Trolley Exhibit 10:30am HL</p> <p>Scrabble Redux! See WKAO for Location and Time</p>	<p>11</p> <p>Low-Vision Support Group 1:30pm AUD</p> <p>Artists' Talk Rosalyn Gaier, Maria Kaiser, & Jan Zorman 4:00pm Zoom, KOTV</p>	<p>12</p> <p>Foreign Film: <i>Tsotsi</i> 7:15pm AUD</p>
<p>13</p> <p>The Orb, OC Student String Quartet 4:00pm AUD, KOTV</p>	<p>14</p> <p>Suggestions, Concerns 2:00pm Crossroads</p>	<p>15</p> <p>LLL Class Addressing Issues of Aging 10:30am Zoom</p>	<p>16</p> <p>Kendal Newcomers 4:00pm KOTV</p> <p>Fun Fitness Movement & Munchies 7:15pm AUD, KOTV</p>	<p>17</p> <p>KORA Council 10:00am AUD, KOTV</p>	<p>18</p> <p> Masquerade! 7:30-9:30pm AUD</p>	<p>19</p>
<p>20</p>	<p>21</p> <p>Making Democracy Work 7:15 Zoom, KOTV</p>	<p>22</p> <p>Grief Support Group 10:00am Green Rm</p> <p>Lifestyles of the Wet and Feathered 7:15pm Zoom, KOTV</p>	<p>23</p> <p>UU Gathering: Aspects of Joy 4:00pm Ed Ctr</p>	<p>24</p> <p>Scrabble Redux! See WKAO for Location and Time</p>	<p>25</p> <p>Dementia Friendly Discussion Group 10:30am Green Rm</p> <p>Play Readers <i>Plaza Suite</i> 1:30pm KOTV</p>	<p>26</p> <p>Play Readers <i>Plaza Suite</i> 7:15pm KOTV</p>
<p>27</p> <p>Chamber Music Piano Recital 4:00pm AUD, KOTV</p>	<p>28</p> <p>Exchange with BT 4:00pm AUD, KOTV</p> <p>Oberlin College Libraries: Our Mission & Future 7:15pm Zoom, KOTV</p>	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>Note:</p> <p>“Home” events (at Kendal) are in Bold.</p> <p>“Away” events are not.</p> </div> <div style="text-align: right; margin-top: 20px;"> <h2 style="color: red;">February 2022</h2> <p>Zoom: See <i>kaores.net</i> and click “Calendar” for link.</p> <p>KOTV: Cable 920, 19-2, or 95-101</p> <p>WSCC: Cable 921, 20-1, or 96-100</p> </div>				

* For links and last-minute changes in location, transportation, and restrictions, see WKAO and the KORA Calendar.