

The Kendalight

Kendal at Oberlin Residents Association

February 2023

Volume XXX, Number 2

BLACK HISTORY MONTH

Farah Emeka: Achieving Racial Equity in Education Wed., Feb. 1 - 7:15pm AUD and KOTV

Farah Emeka, member of the Oberlin City Schools Board of Education and Prosecutor for the City of Oberlin, will address the issue of racial equity in education. She will specifically talk about finding racial equity in Oberlin schools.

This program is part of the Kendal at Oberlin Racial Equity Forum.

Examining Racism in America to Forge a More Equitable Future



Virginia Proctor Powell Florence: A Life, A Legacy Tues., Feb. 21 6:30pm - OPL

Join the Oberlin Heritage Center for a program about Virginia Proctor Powell Florence (OC 1919), who was the second African American and the first African American woman to earn a professional degree in librarianship. Throughout her life, she faced discrimination in her choice of studies and career opportunities and was active in Civil Rights organizations.

The program presenter, Eboni Johnson, is the Outreach and Program Librarian of Oberlin College. She earned a BA from Oberlin College and MLIS from Kent State University.

Sign up for Kendal bus.

Photo: Virginia Proctor Powell Florence in the 1920 Hi-O-Hi Oberlin College Yearbook.

Calls for Participation - Special Events



Spring Fling! The Spice of Life

Imagine a lively vacation, delectable taste treats, gardens, games of skill, can-can dancers! Kendal's Spring Fling, on Saturday, April 29, invites you to add spice to the occasion. What can you help us provide? Colorful exotic costumes, solos, duets, quartets of singers, salsa dancers, jugglers, skits, tricks, lively readings, photography, recipe samples. NEW IDEAS are welcome!

Acts can be videotaped or live, with videotaping starting in early March. Dress rehearsal April 28 for the show April 29.

Sign up by the mailboxes soon to help coordinate an activity or perform.

Independence Day July 4, 2023



Our tradition at Kendal at Oberlin has been to celebrate July 4 with a Parade around Heiser Circle, a look back at history in the Auditorium, and an Ice Cream Social coordinated with Dining Services.

Residents would wear patriotic apparel and carry flags and handmade posters created during the week before from supplies in the Art and Craft Rooms.

Can you help organize these activities? Please let the Special Events Committee know if you are interested in helping fill July 4 with these activities that everyone at Kendal enjoys.

Join the Special Events Committee!

Here are some ways to help besides performing:

- Create videos of performances – take and/or edit them.
- Oversee part of an event, by yourself or as part of a subcommittee; choose:
 - Something that has been part of an event in the past such as food, posters, AV, decorations, parade.
 - A new idea we've had but don't have stamina for, such as a recipe exchange, or PowerPoint of other residents' vacation slides on a topic.
 - Your own idea that you would like to implement.

Contact Carol Harvey or sign up by the mailboxes.

COFFEE HOUR WITH BARBARA THOMAS

FRI., FEB. 3 - 9:30AM
FOX & FELL, ZOOM, KOTV

AFTERNOON EXCHANGE BARBARA THOMAS

WED., FEB. 22 - 4:00PM
AUD, KOTV



Kendal at Oberlin Residents Association

January was a busy month for the Kendal at Oberlin Residents Association (KORA). You'll remember that every resident of Kendal at Oberlin (KaO) is a member of KORA. At our Annual Meeting last November, we residents elected 15 representatives to serve as members and officers of this year's KORA Council.

The first KORA Council meeting of each new year is a special organizational meeting, including not only our elected KORA councilors, but also the chairpersons of all of KORA's Standing and Joint Committees. These 30+ leaders are the front-line organizers and workers who make this community's programs and activities happen.

At this year's organizational meeting, we celebrated KORA giving us a strong voice in the life of our community by establishing and maintaining open cooperation and communication with the KaO administration, staff, and Board of Directors. One of the most important strengths of our community is that KORA has a strong voice at the KaO Board table. Currently the KORA President and three additional KORA members serve on the board, among them Barb Benjamin, the board's secretary. Still other residents serve on a variety of board committees. This new year promises to present us with exciting opportunities and adventures, including the celebration of our 30th anniversary.

As you will see from this edition of *The Kendalight*, February will be filled with amazing programs, concerts, Life-Long Learning, celebratory meals, and much, much more.

~Rollin Conway, KORA President 2023

Upcoming LifeLong Learning Classes at Kendal

Please register for classes by contacting Kari Inglis by email.

Significant Moments in Western Medicine. Tues., Feb. 7, 14, 21, 10:30am–12:00pm. Kendal residents Rich Hall, Professor Emeritus of Philosophy, Michigan State University, and Prudy Hall, Professor Emerita of Chemistry and Biology, Hiram College, present a three-session course. **Heiser Auditorium only.**

Session 1: Ancient Greek Medicine: Exit the Gods, Enter Hippocrates. In ancient Greece, starting abruptly in the 400s, medicine became “scientific,” and that shift is universally ascribed to Hippocrates. Before him, the gods were believed to be responsible. Writings in the “Hippocratic Collection” eschew appeals to divine causation and in some cases explicitly criticize such appeals. Many of these writings cite an imbalance of bodily “humors” as the cause of illness, and the four-humor version of that theory came to dominate medical thought until the 1800s.

Session 2: From Humors to Germs: 1650-1900. What led medical practitioners to discard the four humors and the associated miasma theory as explanations for illness and to accept germs as the causative agents? We will examine some of the key observations and experiments responsible for this paradigm shift, including works of Leeuwenhoek, Pasteur, Lister, and Koch, as well as the technology that made the theoretical work possible.

Session 3: Medicine in 2123. We will ask the class to extrapolate from the present to discuss: What will the health field look like to our great-great-grandchildren? Will there be major changes in what they think of as the causes of illnesses? In diagnosis? In treatments? In preventative medicine? In payment? In other health practices?

Lamas, Khan, and Emperors: The Politics of Tibetan Buddhist Art in Imperial China. Mon., March 6, 13, and 27, 10:30am–12:00pm. Heiser Auditorium only. Kevin Greenwood, Curator of Asian Art at Allen Memorial Art Museum, presents three lectures. The relationship between China and Tibet, although perceived by contemporary Westerners as defined by conflict, has a long, complex, and interconnected history. This series will highlight the connections as exemplified in great masterworks of Tibetan Buddhist art and architecture from the 13th to the 18th centuries. These works were made for, and sometimes by, the most important religious and political figures in China, Tibet, and Mongolia. Often displaying a synthesis of Chinese, Tibetan, and Mongolian artistic styles, and with subtle political meanings, these works of religious art range from the awe-inspiring to the sublimely beautiful.

The Wonders of Australia!

Mon., Feb. 6 - 7:15pm - AUD and KOTV

Resident Rebecca Cardozo will share her photographs from her adventures to North and South Australia in October of 2022. She invites you to experience the wonders of Australian flora and fauna from the Great Barrier Reef, the Daintree Rainforest, Kakadu National Park, Kangaroo Island, Tasmania, and more!



Kendal at Oberlin Residents Association

Next KORA Council Meeting Thurs., Feb. 16 - 10:00am - AUD and KOTV

**Thursday Health Lecture
Cultivating Psychological
Resilience:
Part 3, The Continuum of
Intimacy with Self and Others
Feb. 2 - 7:15pm
AUD and KOTV**

In Part 3 of the Resilience series, Bud Spierling will take the lead in addressing intimacy and sexuality as these pertain to resilience, psychological and physical health, and quality of life. The focus will be on sexuality and intimacy in individuals and couples.

Although this lecture will be shown on KOTV, we strongly encourage you to join us in the auditorium for audience participation and discussion.



**Lunch Bunch:
Bistro Bella Luna, Oberlin
Wed., Feb. 8 - 11:30am** 🚌

Leave Heiser Center at 11:30am on our bus to an American bistro with a French-Italian influence.

The menu features local and hydroponic produce, as well as vegan and gluten-free options.

Sign up for the Kendal bus. Bus is free; lunch on your own.

Questions? Ask Gerry Findlan.

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

**Conversations with Community
Lincoln’s America
Mon., Feb 13 - 7:15pm
AUD and KOTV**

Residents Judy and Dennis Cook tell the life story of Abraham Lincoln through excerpts from his writings, relevant songs of the time, and projected images—photos of the day, works of art, and lyrics of the choruses. You’ll be invited to sing along at times.

The themes are timeless: joy and sorrow, humor, courage, and love. The spoken word, images, and music combine to provide fascinating insights into Abraham Lincoln: his life and the America he lived in.

**Climate Change: Just How
Bad Is It? What Can We Do
About It?**

**Tues., Feb 21 - 7:15pm
AUD and KOTV**

Resident Ted Wolner, chair of the Environmental Concerns Committee, will review the latest significant progress nations have made to address climate change, why it’s still not enough, some crucial issues that must be looked at this year, and how we can help respond to them.

**KaO’s Courtyard Garden:
Purpose, Underlying Logic,
and Design**

**Mon., Feb 27 - 7:15pm
AUD and KOTV**

In the midst of winter doldrums, come see what beauties the Courtyard Garden has in store for us when Persephone returns to earth.

Resident David Benzing, who re-created the garden, writes: “Gardens differ by type and the nature of the benefits delivered. KaO’s courtyard version has been resurrected to serve as a therapy or restorative garden. Included is a visual survey of some of its noteworthy aesthetic and therapeutic elements.”

🎵 Music at Kendal 🎵

**Live Chamber Music
at Kendal at Oberlin**

Sunday afternoon live music concerts in Heiser Auditorium will continue through the month of February. Here is the line-up as the February issue of *The Kendalight* goes to press:

Sun., Feb. 5, 4:00pm, AUD Piano recital by Oberlin Conservatory student Yihang Chen.

Sun., Feb. 12, 4:00pm, AUD Open Rehearsal with Kendal musicians.

Programs for other Sundays in the series have not yet been finalized. They will be announced on WKAO and on the bulletin boards the week of the event.

And watch for these coming events:

Fri., Feb. 24, 7:15pm, AUD Concert by students of the Oberlin Community Music School.

Wed., March 1, 4:00pm, AUD and KOTV Previews of Oberlin Opera Theater’s spring production of Leonard Bernstein’s acclaimed musical *Candide*. ~Larry Mirel



Solo Diners: Come fill our table!

**Solo Diners
Tues., Feb. 28 - 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. The Den holds only 16 diners.

**Introverts Unite!
Contact Suzanne McDougal**

Saturday Night Movies

7:15pm - AUD, KOTV

On hiatus during February!

Second Saturday Film

Feb. 11 - 7:15pm - AUD

Big Fish (2003) Many years and countless adventures later, Ed Bloom (Albert Finney) is well known as a teller of tall tales about his colorful past. His son Will comes home to see his dying father. He wants to know if all the tall tales his father told during his lifetime were true. The answer: yes, just exaggerated a bit.

Dwight Call will lead the discussion after the film.

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

Sunday Movies

7:00pm - WSCC

Feb. 5 - *The Nun's Story* (1959)

Feb. 12 - *Victoria & Abdul* (2017)

Feb. 19 - *The Americanization of Emily* (1964)

Feb. 26 - *The Immortal Life of Henrietta Lacks* (2017)

Monday Documentaries

7:00pm - WSCC

Feb. 6 - *Descendant* (2022)

Feb. 13 - *In Our Mothers' Gardens* (2020)

Feb. 20 - *Blood Brothers: Malcolm X & Muhammad Ali* (2021)

Feb. 27 - *Civil: Ben Crump* (2022)

Tuesday Themed Films

1:00pm - WSCC

Feb. 7 - *Love in the Afternoon* (1957)

Feb. 14 - *Really Love* (2020)

Feb. 21 - *The Matchmaker* (1958)

Feb. 28 - *Something New* (2006)



Art Gallery News

The next show in the **Kendal Gallery** will be *Seven Decades and Counting: The Art of William Martin Jean*. His works include acrylic paintings, watercolors, drawings, and some mixed media pieces. The show will be up from January 31 to March 27. His Artist's Talk will be on Fri., Feb. 24, at 4:00pm in Heiser Auditorium.

Helene Aaron's creative, whimsical, and fascinating Dimensional Collages remain on exhibit in the **Community Gallery** through February 2. Four fiber artists – Mary Carmosino, Kathleen Van Meter, Karen Long and Betsy Bruce – will exhibit hand-dyed yarn and fiber creations February 3 through March 30. To extend the exhibit, several artists from Lorain County Spinners and Weavers Guild will bring their spinning wheels and looms to Heiser

Auditorium to demonstrate spinning yarn and weaving textiles on Sat., March 4 from 3:00–5:00pm.

The current show of inventive and colorful collages by Randall James, *Inside Out*, remains on display in the **Friends Gallery** through March 10. He will give an Artist's Talk on Fri., Feb. 10, at 4:00pm in Heiser Auditorium.

The display in the **Marketing Display Case** throughout February will be *Arts and Crafts of Mexico* from the collections of Ted Nowick and Robert Taylor.

The **Curio Cabinet** display of Ruth Aschaffenberg's jewelry creations incorporating gemstones, antique metals, ancient stones, and glass will end on February 16. She will give an Artist Talk on Fri., Feb. 3, at 4:00pm in Heiser Auditorium. Come learn about the former wearers of these beads, the age-old traditions of the bead trade, and the circulation of antique ancient relics.

February Fitness Talk: Putting the FUN in Fitness

Thurs., Feb. 16 - 7:15pm - AUD and KOTV

What's not to love about exercise? The endorphin highs? The calories burned? The feeling that your lungs are seizing up, your legs are falling off, and you are melting into a pile of sweat?

Believe it or not, you can learn to have fun doing exercise. Besides being the best way to make your every-now-and-then workouts into a legitimate routine, people who enjoy their workouts reap more of exercise's mental benefits, including lower stress levels and a decreased risk of depression.

It's the fitness team's job to work you hard, efficiently, and safely – and make it fun! Interested in knowing more? Join Jill Tvaroha on February 16 in the Auditorium to hear all about it.



Thursday Movie Musicals

2:00pm - WSCC

Feb. 2 - *Top Hat* (1935)

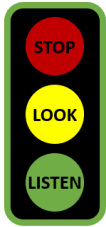
Feb. 9 - *Funny Face* (1957)

Feb. 16 - *Singin' in the Rain* (1952)

Feb. 23 - *Hello Dolly!* (1969)

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**



STOP, LOOK, AND LISTEN **Wed., Feb. 8 - 10:30am OR 3:15pm** **Education Center Training Room**

STOP, LOOK, AND LISTEN helps residents be comfortable and effective when communicating with fellow residents, family, and friends who live with cognitive changes.

In September 2022, Kendal residents presented this program at the Dementia Action Alliance Conference in Indianapolis. Conference attendees praised the program for being designed by residents and presented to both residents and staff in our continuing care retirement community.

The presentation begins with a video by a person with Alzheimer's who talks about the importance of maintaining friendships. Then we discuss tips on initiating a conversation and the adjustments you may need to consider when conversing with somebody with cognitive changes. A short activity helps demonstrate the art of listening.

The goal of the program is to provide an atmosphere at Kendal where people with cognitive changes can maintain their friendships and stay active within the community, while adapting to the changes.

Sign-up sheets are available under the open mailboxes. Contact Carol Bojanowski with questions.

Adolescent Mental Health: A Generation in Crisis **Thurs., Feb. 23 - 7:15pm - AUD and KOTV**

Dr. Nancy Darling, professor of psychology at Oberlin College, will discuss some of the causes and consequences of the mental health problems many adolescents are currently experiencing. Dr. Darling's research focuses on adolescents, and she is the editor of the *Journal of Adolescence*. If you are interested in a sample of her thinking, her blog for *Psychology Today* is "Thinking About Kids."

Adolescence is marked by major cognitive, physical, and social changes. Adolescents transition from life within the family to life focused on peers and the search for autonomy. The pandemic undermined many of the structures that traditionally support teens in that transition. The result accelerated a rapid decline in the mental health of children, adolescents, and the adults who love them. What do kids need to thrive? How can we help?

Attend a Forum and Help OHC Make History! 🚌

The Oberlin Heritage Center is crafting its next strategic plan and wants your help looking at its past, present, and future! We want to hear how OHC is (or is not) serving you and the community, what else we should try, what histories interest you, and what we can do better.

All are welcome to attend a forum! Your thoughts are appreciated, whether or not you are currently involved with OHC. Each forum is 60-75 minutes, with easy, open questions and conversation, as well as refreshments. Attendees will be eligible for an Oberlin gift certificate. Register at bit.ly/3GwyZyw for one of the dates listed below or by calling OHC at 440-774-1700.

- **Mon., Feb. 27, 3:00pm, Oberlin Public Library** (65 South Main Street)
- **Thurs., March 2, 5:30pm, Mt. Zion Baptist Church Fellowship Hall** (81 Locust Street)
- **Sat., March 11, 2:00pm, Prospect Elementary School** (36 South Prospect Street)

Sign up for a Kendal bus to a forum! ~Ed Wardwell, Member, OHC Board



American Sign Language **Fridays, Feb. 10, Mar. 10, Apr. 14** **1:30-2:10pm - Ed Center**

Teacher Jaison Anderson and three of his Oberlin Schools American Sign Language students are offering classes here at Kendal. This is a great skill for anyone! No need to sign up – just drop in! Questions: email Michele Tarsitano-Amato at mtars@kao.kendal.org.

ALL are welcome to attend.

Transportation Talk

Allen Huszti has been a member of the Kendal Transportation Committee for 14 years and has been a key person in selecting Oberlin Conservatory musical events that Kendal residents can attend each week.

Unfortunately, Allen is retiring from the committee, but he has helped to train Kendal residents Polly McIlrath, Caroline Brandenberger, and Cathy Meints Caldwell.

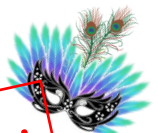
These music-knowledgeable residents have now joined the committee to continue Allen's work.

Ed Harder has been notified of the schedule and has drivers ready. (He will be on vacation in February).

A **Big Thank You** to Allen for his wonderful work and a **Big Welcome** to Polly, Caroline, and Cathy!

~Barb Barna, Chair, Transportation

Masquerade Ball! **Fri., Feb. 17**



The purpose of this event is universal enjoyment. More details will appear in the February *Kendalight*. Start getting your costume together!

~David Dauphiné, Jack Mosher

More About Kendal's Residents



Sarah M. (Sally) Lloyd

An only child, I was born in 1946 in Oberlin, when my father taught English at Oberlin College. We moved to the Detroit area when I was two and lived at times in a working-class neighborhood, by a cottage-lined lake, and in faculty housing on Wayne State's inner-city campus. I earned a BA in humanities (anthropology, English, and history) from Michigan State. Thanks to an elective in data processing, I could make my living as a programmer/systems analyst for the Department of the Navy, but my heart was elsewhere.

I was an active Episcopalian and took time out to earn a master's degree in Theological Studies at an Episcopal

Seminary. When I began having serious health problems, I took another leave for a time of retreat at Pendle Hill Quaker Study Center. I investigated ceramic sculpture and discovered my community-building and listening gifts. Unwilling to return to government service, I joined the administrative staff doing system design for a couple of years.

I was next drawn to a certificate program in the work of Matthew Fox at Holy Names College in Oakland, CA. It also fulfilled a longtime dream of living on the West Coast.

If I had done the program before I met Quakers, the year would have gone better, but it provided a bridge to an excellent ceramics studio and housemates who became very dear friends. My health problems became disabling, and I retired from computer work.

My mother's dementia drew me back to Michigan. She did not live with me, but managing her care and restoring her house took pretty much full time for a number of years. I also became deeply involved with the Red Cedar Friends Meeting community, serving as librarian, archivist, and elder.



February is a good month for indoor activities.

The making of mosaic designs (with stone pieces, tile, found wood objects, to name a few) continues. Drop in on

Thursday mornings to see the progress. Contact David Dauphiné for details.



<https://www.mosaictraderusa.com/blog/post/Learn%20to%20Mosaic>

There will be a class of watercolor painting, using basic styles and simplified renderings of natural scenes and objects. This class will be every Monday afternoon from 3:00 to 5:00pm. Contact Don Parker to participate (class size limited to 8).

The sale of Art Cards continues with a variety of card styles available in the Art Studio. If you'd like to send a hand-painted Valentine card, this is a good chance to get one (or more), knowing your contribution goes to support Oberlin Community Services and KaO Residents Assistance Fund. The display will move from the Art Studio to the Heiser Lounge periodically.

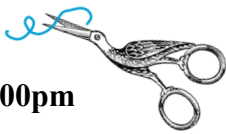
~Joyce and Don Parker

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.



Where 2 Turn?

Mon., Feb. 20

2:00pm

Green Room

Bring questions or topics to discuss informally with other residents.

Recent Moves

Gordon and Barbara Evans to Stephens in early January.

Sandi McClennen to another cottage in mid-January.

Upcoming Moves

John and Margaret McBride from Akron, OH, in mid-February.

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.org), click "Directory." Note: you must either be on the Resident WiFi network or be logged in to access this information.

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



**BIG BUS Trip
Orchids & Art
Tues., Mar. 7
9:00am-4:00pm**



Escape the cold with a trip to University Circle, where you can visit special exhibits at two of Cleveland’s outstanding cultural institutions.

At the **Botanical Garden**, stroll through glasshouses replicating the environments of Costa Rica and Madagascar and experience the *Orchids Forever* exhibit.

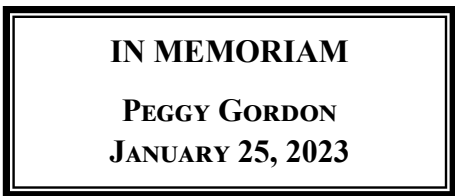
At the **Museum of Art**, see *The Tudors: Art of Elizabethan England*, which includes works from the Metropolitan Museum of Art and international lenders. The works depict a turbulent time in history and “how the English Renaissance was the work of wily leaders and enterprising foreigners” (*NYTimes*).

Both venues have cafés. A shuttle will be provided after lunch if you want to see both, or you can walk the short distance.

To reserve your seat on the bus, leave your check for \$35 made out to KORA in Box #93 by February 8, along with an indication of whether you plan to visit the Botanical Garden, the Museum of Art, or both.

Admission to the Botanical Garden is \$12 per person at the door for non-members, including the orchid exhibit. Admission to the art museum is free, but there is a fee for the Tudor exhibit for non-CMA members. Fee details for the Tudors will be provided to those who plan to attend it.

~Kathy Hazelton and Gerry Findlan



**KORA Leadership Development
& Nominations Committee
Welcomes Your Suggestions & Support**

The KORA Leadership Development and Nominations Committee (LDNC) plays a key role in Kendal at Oberlin Residents Association. The committee welcomes resident support, suggestions, your awareness and connection, all of which help our Association thrive. Newcomers, be on the lookout for an invitation in early spring to an informal gathering to learn about KORA and ask questions.

Every resident of Kendal is a member of KORA, and we want you to know that your participation in the governance of Kendal is essential. LDNC members are fortunate because we have the enjoyable role of learning as much as we can about each resident’s talents, interests, and current involvement. We read your written profiles and chat informally with you. We share ideas for activities that might interest residents, and in turn residents can help us connect with others who may be interested in taking an active role in KORA.

Each year LDNC seeks out candidates for open positions on KORA’s Council and LDNC. We draw on knowledge of the current Council and resident community to determine both the leadership needs of the Residents Association and persons interested in serving. We spend time identifying potential candidates to fill roles and encourage residents, when you are ready, to consider leadership positions which match your interests and skills. Once we have filled the slate with interested candidates, our next step is to present these nominees for the open positions in KORA and LDNC at KORA’s Annual Meeting in November.

A special activity of LDNC is to welcome new Kendal residents to the Residents Association. Two or three times a year, LDNC members enjoy meeting with you in small groups and informal settings, so we can become acquainted, share information about KORA, and answer questions. In these mini-sessions we explain KORA’s role at Kendal, KORA’s structure, and how Kendal Values and Practices are incorporated into KORA’s functioning and decision making.

It is safe to say that all LDNC members feel comfortable encouraging residents to get involved with KORA, because we find it satisfying ourselves. We look forward to meeting newcomers, touching base with old-timers, and hearing any ideas you may have about our work and the nominations and leadership development process.

LDNC’s members for 2023: Chair Ann Francis, Ruth Ann Clark, Bob Longworth, Sally Nelson-Olin, Anne Palmer, and Shirley Taylor.

Kendal Kryptogram #214 – by Nina Love

DEM WMYD TLC DN MAELAKM JUMMVNB XA

NDEMU SLAVY XY DN VMBNAYDULDM EMUM DELD

NOU VMBNKULDXX YCYDMB XY TNUDEC NJ

MBOSLDXNA .

~FXBBC KLUDMU

Solution to Kryptogram #213: “Keep your face to the sunshine and you cannot see a shadow.”
~Helen Keller



Library Notes

Think Spring

“Thirty days hath September, April, June, and November. All the rest have 31 except January and February which have 80.” (*Detroit Free Press*, Feb. 22, 1982). We’ve made it through January, but those 80 February days, or however many days you think February has, are impending. The following may be ways to help speed up the time.

Acrostic Available in the Library

The acrostic formerly published in the *Eureka!* is now the Kendal Acrostic for Puzzle Aficionados. Created by Nina Love and Polly McIlrath, copies of this puzzle are now available in the Kendal library. The solution will appear in *The Kendalight*.

February Exhibit

Mary Clare Beck has found *Secrets* and *Dark* matter in the library. She got the idea on a visit to the Vermilion public library and asked Gayle Sherry to do a keyword-in-title search of *Secrets* in her Excel records of the Kendal Library holdings. It turned up more than 60 titles in all areas of the collection, ranging from novels to nonfiction in many subjects: the White House, the Supreme Court, an English castle, spies, business, medicine, even plants.

More possibilities turned up searching *Dark*. Recent books that don’t have either word in the title deal with such secrets as the cover-up of the murder of the founder of Stanford University and years of silence about Harvey Weinstein’s sexual abuse of women.

With so much variety, we will be rotating books throughout the month. There should be good winter reading ideas for everyone. ~Joan Long

2023 KaO Directory Coming Soon!

Watch for it in your open mailbox.

Suggestions and Concerns Mon., Feb. 13 - 2:00–3:00pm 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 Rich Hall.

Newcomer Introductions Wed., Feb. 15 - 4:00pm - KOTV

Don’t miss this opportunity to become acquainted with some of our newest neighbors. These introductions by the Newcomers Committee on KOTV on the third Wednesday of the month will continue in the coming months.

~Sharon Furrow

Your Volunteer Hours Are Being Counted!

A crew has gathered to tally the volunteer hours amassed in 2022 by Kendal residents and staff. Look for the final total in the March *Kendalight*.

If you still need to submit your volunteer form, slip it into Box #121 and you’ll still be thanked!

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

And check that board each month for volunteer opportunities.

~Volunteer Clearinghouse Committee

KaO Health Services Forum Wed., Feb. 8 - 4:00pm AUD and KOTV

- Care Coordination Option for Independent Living Residents
 - Do You Know? What are the Services Available through the Health and Wellness Clinic?
 - Suggestions for Having a Great Medical Appointment
 - Questions and Answers with Georgia Newman, Medical Director
- ~Stacy Terrell, Chief Health Services Officer



Nature Sightings

11/17/22–12/30/22

11/17, **Red-breasted Nuthatch**, feeder at #218, Mary Van Nortwick; 11/19-20, **Eastern Bluebirds**, on crabapple tree and on suet, Betsy Mirel; 11/29, **Cooper’s Hawk**, in tree in Lot 1, Maureen Bailey (Hskp); 12/14, **Golden-crowned Kinglet**, with small flock of **Chickadees**, Lot 4 pine trees, Maureen B.; 12/23 (sub-zero temps), flocks of **Chickadees**, **Nuthatches**, **Juncos**, 2 **Eastern Bluebirds (male)**, **House Finches**, **Tufted Titmice**, **Cardinals**, **Grackles**, **Wrens**, feeder outside #8, Nina Love; 12/28, **Red-bellied Woodpecker**, Farmer Pond, Prudy Hall; 12/30, **Juvenile Red-shouldered Hawk**, on post in front of Education Center, Maureen B.

During the **National Christmas Bird Count on 12/17**, Kendal at Oberlin residents counted 310 birds of 23-25 different species here on the Kendal at Oberlin campus. ~Mary Joy Leaper

KENDAL RESALE SHOP

Benefiting Kendal Residents Assistance Fund (RAF) and Community Charities

SHOP!

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

DONATE!

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

Given to RAF for 2022:

Total of \$49,091, the largest contribution to RAF in the Kendal Resale Shop’s 15-year history!

Health Services Forum Schedule

Forums are on the 2nd Wednesday of even months (February, April, June, August, October, and December).

From the John Bartram Arboretum
Black Walnut
(Juglans nigra)

The black walnut is a deciduous tree with dark brown bark and wood. It is one of the most valuable trees in Indiana's forests, according to Purdue University Extension. The tree can reach 100 feet tall and 100 years of age (*Williams, 1990*). It has a deep taproot, so it cannot be moved easily. Its leaves are compound, with 15 to 25 leaflets. It tolerates a wide variety of soils. It likes partial sun.



Large Black Walnut by Phase 2 Driveway.
 Photo credit: Anne Helm.



Nick Long with Baby Black Walnut to be Planted in Buttonbush Woods.
 Photo credit: Anne Helm.

The black walnut grows in eastern American forests in hardiness zones 4-9 from Massachusetts to Florida, Minnesota to Texas, and across southern Ontario. It is usually found in mixed forests, with sugar maples, yellow poplar, white oak, and northern red oak, according to the USDA.

The dark hardwood of the black walnut makes fine furniture prized for its beautiful grain. You can see some here in podiums in Heiser Auditorium, crafted by our own residents.

Native Americans used its bark in tea as a remedy for toothaches, headaches, and snakebites (*Moerman, 1998*). Many mammals and birds like the nuts.

Some plants and animals are turned off by its juglone, a natural chemical which inhibits growth of plants in soil surrounding it. I remember how on our property on Lincoln Street in Oberlin our red raspberry canes spread further and further south as the neighbor's little black walnut grew larger and larger. Away from the tree, the raspberries managed to find soil without juglone.



Black Walnut Pod and Seeds.
 Photo credit: Anne Helm.

Some people like the nuts of the black walnut tree. Have you tasted any? I much prefer the English walnut.

~Anne Helm for the Arboretum Committee

References:

- USDA
- Purdue University Extension

Solution to #1 Kendal Acrostic for Puzzle Aficionados

“When couples finally have a child, their cat or dog is often bewildered to find itself unceremoniously demoted to status of pet. Instead of licking the dinner plates clean and piling into bed with mommy and daddy, they’re given bowls of actual dog food and tied to a stake”! ~Timothy Kreider in *A Man and His Cat*.

Did You Know That?



SSAFE (Senior Stewards Acting for the Environment) is a Kendal-inspired network of elder communities for climate action. For the latest newsletter and activities, see: <https://seniorstewardsactingfortheenvironment.org/newsletter>

Bienvenue à la Table Française!

We would love to have you join us. You don't need to speak very well; we help each other. We meet Mondays, alternating between dinner in Fox and Fell at 5:30pm and a program in the Crossroads Room at 7:00pm. Please contact Barbara Gordon-Lickey (barbel@uoregon.edu) or just show up. Nous espérons vous voir.



Nest Box News

Volunteers needed to monitor Kendal's nest boxes one morning a month, from April through August, in support of Eastern Bluebirds and other native bird species. Training and equipment provided. Contact Nina Love.



Smart Giving! 2023 Charitable Gift Annuity News

New Charitable Gift Annuity Rates

Rates for new gift annuities were increased effective January 1, 2023. Note that a donor is eligible for a higher rate within 6 months of their next birthday.

Kendal at Oberlin follows the actuarial guidelines of the American Council on Gift Annuities to assure income to donor(s) and a gift residual to benefit KaO.

Contact Ann O'Malley for an illustration specific to your age(s). To learn more, plan to attend the upcoming charitable gift annuity workshop.

Single Life CGA		Two Life CGA	
Age	Payout Rate	Age	Payout Rate
75	6.6%	75/75	5.8%
80	7.6	80/80	6.5
85	8.7	85/85	7.7
90	9.7	90/90	9.4

Charitable Gift Annuities Workshop

Mon., March 13 - 2:00pm - AUD and KOTV

Watch for details in March *Kendalight*. Sign-up information will be provided.

Tom Konkoly will provide some basics on gift annuities. Ann O'Malley will describe how Kendal at Oberlin gift annuities operate to assure lifetime payments to donors and a residual to benefit Kendal (Residents Assistance Fund or other Kendal priority as the donor wishes).

New IRA Opportunity for 2023!

The IRS has approved a special opportunity for IRA donors. For one year only, 2023, IRA donors may allocate a gift of up to \$50K to a Charitable Gift Annuity. For more information contact your financial/tax advisor.

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

UU Gathering
Cultivating Resilience
Rev. Mary Grigolia
Tues., Feb. 28 - 2:00-3:00pm
Green Room

Share your stories on how you nurture your own resiliency. What keeps you centered during these trying times? All are welcome.

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: Polly McIlrath, Kathy

Reichard, Mary Simons

Profile Photos: Sally Nelson-Olin

• Deadline for the March 2023 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 *The Kendalight* open mailbox.

• All articles must carry a signature and telephone number.

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.





Dining and Nutrition Services



We have recently returned to different menus for lunch and dinner. The staffing shortage in the kitchen

caused the identical menus for several weeks. But the identical menus were unpopular, so – blessings on the staff – Scott Stonestreet is responding by returning to different menus.

If shedding extra pounds is among your New Year’s resolutions, however, you might consider taking advantage of the opportunity to eat a larger meal at noon. Research shows that eating a light meal in the evening helps with losing weight. You burn off the calories from a large meal at noon with afternoon activities and sleep after eating fewer calories at dinner. So you might consider eating more at noon.

Whether you eat a larger meal at noon or in the evening, don’t forget the Always Available list on the reverse side of the printed menu. When tomato soup is one of the soup choices, you can add a grilled cheese sandwich to make a light meal. Add a protein to a salad or an order of stir-fried veggies. Macaroni and cheese is soon going to

appear on the Always Available menu. It is easy to create a sandwich to enjoy with a side dish or two from the front side of the menu. In short, a study of the Always Available menu can quickly remind you of many possibilities for constructing a light meal for either lunch or dinner.

We will close with one further note about pizza. One of the options on the Always Available menu is a personal pizza. This is no longer a small round pizza that you can add toppings to. It is now what we have come to call a flatbread, which is larger and has more sauce. Even though they take more preparation time and effort, the culinary staff has made this shift because the flatbreads are more popular and cook faster, so they can be delivered more quickly.

If you wish to suggest changes to the Always Available menu, pass your suggestions along to the Dining Matters Committee by emailing Barbara Pierce. We don’t promise anything, but it is always helpful to know what people are thinking.

~Barbara Pierce, Chair, Dining Matters

Meet a Dining Star Avery Rizzolo

Although Avery was born in Oberlin, he lived most of his life in New Jersey. He came back to Oberlin three years ago when his dad, Joey Rizzolo (OC ’98), returned to teach Cinema Studies at Oberlin College.

At Kendal, Avery is a dishwasher as well as a runner who brings your food from the kitchen to your table. He says he would like to talk to residents more!

He is very interested in music, and during our chat taught me many terms I never knew before! He loves electronic music and has a radio program on WOBC on Friday nights at 9:00pm. People call in with requests. He does a lot of music on the computer as a DJ. This, he said, is called crowd reading. It is an open format. [Ask a DJ] what skills are necessary for a good live set, and he/she will almost inevitably respond with “reading the crowd.”]

He also works at Murray Ridge Center and presents music programs there.

Avery likes biking around Oberlin and of course to Kendal, no matter what the weather. He first lived in an apartment here, but recently moved into a house.

It surprised me most when he said he loved to cook, especially Asian cuisine – a very interesting young man!

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

Grief Support Group Tues., Feb. 28 - 10:00am Green Room

Facilitated by Melissa Thompson, LSW. Residents gather with others who have experienced a loss and are looking for support to help cope during this difficult time of transition.



Event Links

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

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

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

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

Dementia Friendly Discussion Group Fri., Feb. 24 - 10:30am Ed Center Training Room

Note room change! All are welcome.

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



February is for Valentines. Perhaps you have a friend you haven’t seen for a while, whether in Stephens or Independent Living? Valentine’s Day is a great time to celebrate your friendship with a meal, walk, visit, etc. **STAY CONNECTED.**

SUN	MON	TUE	WED	THU	FRI	SAT
<p><u>First Church Service</u> 10:00am WSCC</p> <p><u>Quaker Worship</u> 10:30am Ed Ctr, Zoom</p> <p><u>RC Mass</u> 11:15am WSCC</p> <p><u>Christ Episcopal Service</u> 12:30pm WSCC</p> <p><u>Film (see p. 4)</u> 7:00pm WSCC</p> <p><u>English Country Dancing</u> 7:15pm AUD</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Centering Program</u> 11:00am Zoom, WSCC</p> <p><u>Baking Show</u> 2:00pm WSSC</p> <p><u>Line Dancing</u> 5:00pm AUD</p> <p><u>Documentary (see p. 4)</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Themed Film (see p. 4)</u> 1:00pm WSCC</p> <p><u>Square Dancing</u> 4:00pm AUD</p> <p><u>Rollator Line Dancing</u> 5:15pm AUD</p> <p><u>Rick Steve's Europe</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>News Currents</u> 2:00pm WSCC</p> <p><u>SCC Council</u> 4:00pm WSCC 2nd Wednesday</p> <p><u>Song Swap</u> 7:00pm Zoom, KOTV 2/8 & 2/22</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Musical Film (see p. 4)</u> 2:00pm WSCC</p> <p><u>Jazz Listening</u> 2:00pm Penn 2/2 & 2/16</p> <p><u>Ken Burns: Lewis & Clark</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>Saturday Walk</u> 9:00am Heiser</p> <p><u>Catholic Communion Service</u> 3:30pm Green Rm</p> <p><u>Film (see p. 4)</u> 7:15pm AUD, KOTV</p>

February 2023

Zoom: See kaores.org Calendar for link.

KOTV: Cable 920, 19-2, or 95-101

WSCC: Cable 921, 20-1, or 96-100

			1	2	3	4
			<p>Farah Emeka: Achieving Racial Equity in Education 7:15pm AUD, KOTV</p>	<p>Cultivating Psychological Resilience, #3 7:15pm AUD, KOTV</p>	<p>Coffee Hour with BT 9:30am F&F, Zoom, KOTV</p> <p>Artist's Talk Ruth Aschaffenberg 4:00pm HL</p>	<p>Faculty Recital M. Edge, soprano S. Bernardssohn, violin D. Kouzov, cello T. Lokhina, piano 7:30pm Kulas 🚗</p>
5	6	7	8	9	10	11
<p>Chamber Music Piano Recital 4:00pm AUD</p> <p>Faculty Recital S. Champagne, voice D. Breitman, fortepiano 7:30pm Kulas 🚗</p>	<p>Wonders of Australia Rebecca Cardozo 7:15pm AUD, KOTV</p>	<p>LLL Class: Significant Moments in Western Medicine Rich & Prudy Hall 10:30am AUD ONLY</p>	<p>STOP, LOOK, LISTEN 10:30am <u>OR</u> 3:15pm Ed Ctr</p> <p>Lunch Bunch Bella Luna, Oberlin 11:30am-2:00pm 🚗</p> <p>KaO Health Svcs Forum 4:00pm AUD, KOTV</p>	<p>Rod Knight Runs Len's Trolley 4:30-5:45pm HL</p> <p>Faculty Recital, H. Song & R. Shannon, piano 7:30pm Warner 🚗</p>	<p>ASL Class 1:30pm Ed Center</p> <p>Artist's Talk Randall James 4:00pm AUD, KOTV</p>	<p>Second Saturday Film: Big Fish 7:15pm AUD</p>
12	13	14	15	16	17	18
<p>Chamber Music Open Rehearsal 4:00pm AUD</p>	<p>Suggestions and Concerns 2:00pm Crossroads</p> <p>Lincoln's America Judy & Dennis Cook 7:15pm AUD, KOTV</p>	<p>LLL Class: Western Medicine 10:30am AUD ONLY</p>	<p>Newcomer Intros 4:00pm KOTV</p> <p>Faculty & Guest Recital E. Huizinga, violin; W. Coulter, guitar 7:30pm Fairchild 🚗</p>	<p>KORA Council 10:00am AUD, KOTV</p> <p>Putting the FUN in Fitness, Jill Tvaroha 7:15pm AUD, KOTV</p> <p>Faculty Recital Chamber Music 7:30pm Kulas 🚗</p>		
19	20	21	22	23	24	25
	<p>Washington's Birthday</p> <p>Where 2 Turn? 2:00pm Green Rm</p>	<p>LLL Class: Western Medicine 10:30am AUD ONLY</p> <p>Virginia Proctor Powell Florence 6:30pm OPL 🚗</p> <p>Climate Change Ted Wolner 7:15pm AUD, KOTV</p>	<p>Exchange with Barbara Thomas 4:00pm AUD, KOTV</p> <p>Contemporary Music Ensemble 7:30pm Warner 🚗</p>	<p>Adolescent Mental Health 7:15pm AUD, KOTV</p> <p>Faculty & Guest Recital "Linking Legacies" voice, viola, cello and piano 7:30pm Kulas 🚗</p>	<p>Dementia Friendly Discussion Group 10:30am Ed Center</p> <p>Artist's Talk William Martin Jean 4:00pm AUD, KOTV</p> <p>Oberlin Music School 7:15pm AUD</p> <p>Oberlin Orchestra 7:30pm Finney 🚗</p>	<p>Verona String Quartet with Wu Man, pipa 7:30pm Warner 🚗</p>
26	27	28				
<p>Oberlin Baroque Orchestra 4:30pm Warner 🚗</p>	<p>OHC Strategic Forum 3:00pm OPL 🚗</p> <p>Kendal's Courtyard Garden David Benzing 7:15pm AUD, KOTV</p>	<p>Grief Support Group 10:00am Green Rm</p> <p>UU Gathering 2:00pm Green Rm</p> <p>Solo Diners 5:30pm Den</p>	<p>Note:</p> <p>"Home" events (at Kendal) are in Bold.</p> <p>"Away" events are not.</p>			