

The Kendalight

Kendal at Oberlin Residents Association

January 2022

Volume XXIX, Number 1

KORA Opportunity Fair 2022!

Friday, January 21 - 10:30am–2:30pm - Heiser Auditorium, Heiser Lounge, Green Room, Crossroads, Library, Workshop, Art Room, and Craft Room*

Have you ever wondered what makes the Kendal community tick? Do you want to know about services and learning opportunities you can take advantage of, social gatherings you can join, and ways you can contribute your talents to our make our community vibrant and fun? If so, come to the Opportunity Fair! KORA Standing Committees (such as Art, Arboretum, Care and Nurturing, and its eight subcommittees) will be represented. KORA Special Purpose Groups, including Service Groups (Floral Creations, Newcomers, Kendal Resale Shop), Interest Groups (Square Dancing, Science Discussion, Play Readers, Language Tables, Bridge), and Support Groups (Gluten-Free Advocacy and Support, Low Vision, Essential Tremor) will also be participating. And there may be more....

At the Opportunity Fair you will be able to stroll from place to place, ask questions of each group’s representative, and talk to others about all the opportunities that go together to make Kendal at Oberlin such a lively and interesting place to live. We hope to see you there!

~KORA Opportunity Fair Planning Committee



Val the Volunteer

Note: In this issue, this ticket means “Look for a table at the Fair!” – Fair!

Welcoming 2022, with Gratitude for 2021

Last January at this time we were feeling so optimistic. Residents and staff were almost fully vaccinated! We were lucky to be among the first in the world to receive the vaccine, thankful for the incredible work of scientists dating back to 2004. The fourth quarter of 2021 found us lucky to be among the first to be boosted, knowing now that we might expect more boosters to keep up with the Covid variants.

Whatever it takes, we will stay diligent and learn from the science, finding ways to allow Kendal residents and staff to restore the vibrant living and working practices that make Kendal at Oberlin so special.

I have observed many activities in the last couple of months within Heiser, on our grounds, and being created for 2022. I know we are well

on our way to finding our rhythm and synchronicity again. No, it is not completely in our control, but uncertainty comes with every new year!

A single thank you is not enough for everything you have done to keep the faith through these trying times, as we’ve grieved together in the losses Covid has brought. Simultaneously, we must celebrate the tremendous contributions and commitment by both residents and staff, offering us continuing hope and inspiration to face our future, knowing we are stronger together.

~Barbara Thomas, CEO, KaO

Calling All Introverts, Recluses, & Allies

Do you self-identify as an introvert or recluse? Do you have a friend who does?

A new group is forming to provide support to such residents. The IR&A will meet (briefly and infrequently) to identify ourselves as persons who understand each other and can offer support when needed. No joke – join us!

For information, find us at the IR&A table at the **Opportunity Fair!**

~Suzanne McDougal



Fair!

<p>COFFEE HOUR WITH BARBARA THOMAS WEDNESDAY, JANUARY 12 9:30AM - FOX & FELL,* ZOOM, KOTV</p>	<p>AFTERNOON EXCHANGE BARBARA THOMAS THURSDAY, JANUARY 27 4:00PM - AUD,* KOTV</p>
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* For links and last-minute changes in location, transportation, and restrictions, see WKAO and the KORA Calendar.



Kendal at Oberlin Residents Association

Happy New Year! This new year holds the promise of returning even more to the life we want to have here at Kendal at Oberlin. We've enjoyed a festive holiday season, with special dinners, music, lights, lovely decorations, concerts at the Conservatory, a terrific Winter Solstice video with contributions from so many talented residents, the KORA Coffee Café, gatherings in our homes, visits with family – all wonderful. And dining in Fox and Fell is returning to more and more normal.

Thank you very much to our generous residents who donated more than \$90,000 to the Staff Holiday Fund! This is an important way to show our appreciation to the staff who have worked hard to make our lives run smoothly despite Covid.

We look forward to the Opportunity Fair on January 21 which Prudy Hall, Kathy Hazelton, and their committee are organizing. This will showcase committees and special purpose groups. Don't miss finding out about all the cool, fun, interesting, and important things KORA committees and groups do!

These past two years have been a roller coaster of changes, testing our resiliency and optimism. KORA Council has worked hard to continue our rich tapestry of social life and activities. We appreciate George Blomgren, Kari Inglis, and Tom Konkoly joining Council for 2022 and Joyce Benjamin, Rollin Conway, Rich Hall, Ann Lockwood, Sandi McClennen, Charlotte McGowan, Anne Palmer, Barbara Pierce, Phil Pritchett, Bruce Richards, and A.V. Shirk continuing on Council. We all benefit from their knowledge, skill, and talent to sustain this remarkable community. Please feel free to contact any of us with ideas and concerns you have.

~Mary Behm, KORA President 2022

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.

On the Immune System; January 11, 18, and 25, 10:30am–12:00pm. Dr. Yolanda Cruz, Emerita Professor of Biology at Oberlin College, presents a three-part course to make us more familiar with our defenses against disease. The first session, *What is Immunity, Really?*, describes immunity in general. The second, *The Best Thing since Indoor Plumbing?*, explains how we gain immunity. The third, *Betrayal by Forbidden Clones*, discusses auto-immune problems.

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. Session one, *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, presents two classes exploring ancient magic, with a focus on *Curse Magic* and *Erotic Magic*. More details will appear in the February *Kendalight*.

Fun Fitness Throughout 2022



The Fitness and Wellness Committee will be presenting monthly programs focusing on the benefits of activity and exercise. The programs will utilize the current recreational activities and the fitness programs presented by Fitness Department.

The programs will provide information, such as medical research and statistical data, on how various activities help seniors “Age Gracefully.” We plan to modify activities so that residents with varying limitations can participate.

The first program will be on **January 19 at 7:15pm in the Heiser Auditorium*** (also available on KOTV) with the topic of “Dancing and Dessert.” The presentation will encompass our current programs of Square Dancing, English Country Dancing, and Line Dancing.

All are welcome to come see all the fun and enjoy a little dessert too!



Kendal at Oberlin Residents Association

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

From Oberlin to Cleveland, What's New with the Environmental Dashboard? **Thurs., Jan. 13 - 1:00pm** **Zoom and KOTV**

We're all familiar with the Environmental Dashboard digital sign installed in our Heiser lobby and in more than 20 other Oberlin locations. Its goal is to promote environmental awareness and positive community action.

Join Dr. John Petersen's Oberlin College Environmental Communications class for a lively set of presentations on the latest work on this expanding Oberlin-grown technology. Learn about the current projects being spearheaded by students to create an implementation in the urban Midtown community, while enhancing existing Cleveland content; to develop a sophisticated new system for Oberlin's new elementary school; and to promote climate resilience in the City of Oberlin and Oberlin College.

Kevin Roose Tells How to Survive the AI Revolution **Thurs., Jan. 13 - 7:15pm** **Zoom and KOTV**

Technologists have been warning us about the risks of artificial intelligence for decades. Now AI has arrived, and computers are beating human doctors, lawyers, and even writers at their jobs. The Covid pandemic has greatly accelerated the use of AI, and experts are predicting that millions of jobs will be automated in the coming years.

How can people stay relevant and avoid becoming obsolete in this new, robot-filled world? In his new book, *Futureproof: 9 Rules for Humans in the Age of Automation*, *New York Times* technology columnist Kevin Roose has an answer: by focusing on the skills and abilities that make us uniquely human.

The host of "Rabbit Hole," a *New York Times*-produced podcast about internet culture, Kevin writes and speaks on many topics, including social media, disinformation and cybersecurity, and digital wellness.

Restoring Prairies and Savannas in Ohio

Mon., Jan. 10 - 7:15pm
AUD,* Zoom, and KOTV

John Blakeman will speak about the design and management of native prairies, meadows, and savannas. When he toured the Kendal campus in fall 2021, John made many suggestions about how to change resource-intensive, mowed turf grass into more environmentally friendly alternatives. Savannas have all but disappeared from Ohio but could rise phoenix-like here at Kendal.

He quips that he is NASA's "only paid pyromaniac" because of his advocacy for the use of controlled burns as he helped the agency restore the Plum Brook Station to a tall-grass prairie. First Nations tribes in Ohio pioneered the use of this under-used strategy to control various pests and maintain their savannas.

John is a member of the Ohio Natural Resources Hall of Fame, an honor given him in 2016 by the Ohio Department of Natural Resources.

Allen Memorial Art Museum Tour

Wed., Jan. 12 - 1:30–3:30pm
Kendal Bus*

Oberlin's AMAM is recognized as one of the best academic art museums in the nation. On our special trip we'll have a guided tour and time to wander.

The Kendal bus has 20 seats. Those with wheelchairs should sign up for two seats. Sign-up sheets are near the mailboxes. NO COST. 🚌

Play Readers: O'Flaherty VC

Fri., Jan. 28 - 1:30pm and Sat., Jan. 29 - 7:15pm - KOTV

Directed by Maxine Houck, George Bernard Shaw's "best" anti-war one-act will star A.V. Shirk, Allen Huszti, Pauline Handman, and Nina Love. The foibles of war (world, Irish-English, domestic, and familial) are laid bare with GBS's usual wit and wisdom. How does winning the Victoria Cross, Britain's highest military honor, affect patriotism, cynicism, history, pensions, and marriage? Come see.

🎵 Music at Kendal 🎵

First Sunday Chamber Music Open Rehearsal Canceled for January
Join us again on Sun., Feb. 6
4:00–5:00pm AUD*

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

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

Please check WKAO for updates – there may be additions!

Jan. 9 - OC student Maya Ridenour, cello

Jan. 16 - OC String Quartet

2022 KaO Directory
Coming Soon!

Watch for it in your open mailbox!



Saturday Night Movies 7:15pm - KOTV

Ken Cheek is now scheduling two Saturday films a month. On other Saturdays, he may show films, announced on WKAO, that may be of interest to only a few residents. Ken continues to welcome any suggestions for films.

Jan. 8 - Notting Hill (1999) The life of a simple English bookshop owner (Hugh Grant) changes when he meets the most famous American film star in the world (Julia Roberts).

Jan. 22 - A Man Called Ove (2015) Ove, an ill-tempered, isolated retiree who spends his days enforcing block association rules and visiting his wife's grave, has finally given up on life just as an unlikely friendship develops with his boisterous new neighbors. (Swedish)

Sunday Movies 7:00pm - WSCC

Jan. 2 - Charade (1963) A suave stranger (Cary Grant) helps a widow (Audrey Hepburn) stalked by four men looking for loot in Paris.

Jan. 9 - The Age of Adaline (2015) A young woman (Blake Lively) stops aging after an accident at the age of 29 and lives a solitary existence. But then she meets a charismatic young man.

Jan. 16 - Selma (2014) A chronicle of the campaign by Dr. Martin Luther King Jr. to secure equal voting rights via an epic march from Selma to Montgomery, AL, in 1965.

Jan. 23 - The Great Gatsby (1973) In 1920s Long Island, a writer becomes fascinated with his nouveau riche Long Island neighbor (Robert Redford).

Jan. 30 - On Golden Pond (1981) Old couple (Henry Fonda, Katharine Hepburn) are joined at the summer cottage by estranged daughter (Jane Fonda).

Tuesday Themed Films 2:00pm - WSCC

Jan. 4 - Bicentennial Man (1998) An android endeavors to become human as



Art Gallery News

In fall 2021, the Artists Archives of the Western Reserve mounted an ambitious show called *CONVERGE* in five different venues in the Cleveland area. The show included works by 70 LGBTQ artists who live in Northeast Ohio. We are fortunate to have this smaller version, featuring 13 of those artists, in the **Kendal Gallery**. These extraordinarily creative and varied works include etchings, mixed media assemblages, a woodcut, acrylic paintings, drawings, photographs, weaving, and a site-specific installation, to which we hope you will add your own personal messages. An artists' talk is scheduled for Fri., Jan. 14, at 4:00 on both Zoom and KOTV.

The **Community Gallery** is exhibiting resident A.V. Shirk's nature photographs taken from the 1970s into the early 2000s from Ohio to France. At first, A.V. used color film with Pentax and Graflex cameras, developing and printing the photos in his darkroom. Later he turned to digital cameras. He will give an artist talk on Wed., Jan. 19, at 4:00pm in Heiser Auditorium. All proceeds from the sales of A.V.'s pho-

he gradually acquires emotions.

Jan. 11 - Mrs. Doubtfire (1992) A divorced actor (Robin Williams) disguises himself as a sweet family nanny to get near his children.

Jan. 18 - The Survivors (1983) Having both lost their jobs, two strangers (Robin Williams, Walter Matthau) become unlikely friends.

Jan. 25 - Jakob the Liar (1999) Jewish man (Robin Williams) in Nazi-occupied Poland relays fictitious news bulletins to keep hope alive in the ghetto.

Thursday Movie Musicals 2:00pm - WSCC

Jan. 6 - Going My Way (1944) An

tographs will be donated to the charity of the purchaser's choice.

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.

A new display of Inuit soapstone carvings from the collections of George Blomgren, Mary and Fred Behm, and Nina Love will be installed in the **Curio Cabinet** early this month. A hunter crouching above a tunnel, spear raised high, stalks an unsuspecting seal as it emerges. All speak to the animals and people in Inuit life.

The **Admissions Office Display Window** is now filled with Nancy Cecil's delightful collection of wooden music boxes.

A new edition of the book that accompanied **The Founders Quilt** has now been prepared, with a new introduction by Grover Zinn. The book reprints the excellent original photographs of the individual quilt squares, with comments by the women who made the squares. A copy of the book will be placed near the Founders Quilt and another will be available in the Kendal library. To purchase the book, contact Grover Zinn, chair of the Kendal Art Committee.

Fair

easy-going young priest (Bing Crosby) inspires the youth of his new parish by forming a boys' choir.

Jan. 13 - An American in Paris (1951) An American soldier (Gene Kelly) stays in Paris after World War II to paint and falls in love with a French beauty (Leslie Caron).

Jan. 20 - Hello, Dolly! (1969) Matchmaker (Barbra Streisand) nabs a rich Yonkers grain merchant (Walter Matthau) for herself in circa-1900 NYC.

Jan. 27 - West Side Story (1961) On NYC's upper west side, two teenagers from rival gangs fall in love, leading to tragedy.



Spring Fling! Is Coming!

Saturday, April 30



It's time for the Special Events Planning Group to turn its attention to our next community-wide event, Spring Fling! As Covid continues to bring us new surprises, we'll need to be flexible. Plan on gathering in person in Heiser? Prepare another video? Have a combination of both?

Our hope is to go back to the theme for the 2020 Spring Fling that had to be postponed, which is "Let's Dance." This would showcase Kendal's loyal and enthusiastic dance groups – including English Country dance, square dance, and line dance – along with others among you 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. The planning group will be happy to consider all ideas, the more the merrier. We will then keep you posted as our thoughts begin to come together.

Looking further ahead, please begin thinking about possibilities for the 2022 Winter Solstice celebration in December and send us those ideas as well. Please be in touch with our chair, Carol Harvey. We look forward to hearing from you.

Save the Date The BIG BUS is Back! Tuesday, April 5 Cleveland Museum of Art

Enjoy comprehensive permanent world-class collections and special exhibitions of medieval treasures from Münster Cathedral, seminal works by major Black artists, and recent acquisitions by women printmakers. Free admission; charge for bus.

Watch for the sign-up sheet in February.



Oberlin Heritage Center Lynds Jones – The Birdman of Oberlin Tues., Jan. 25 - 7:00pm - Zoom

Join Oberlin's Diana Steele, an avid birder and the Northeast Regional Director at the Ohio Ornithological Society, as she explores the life and times of Lynds Jones (1865–1951). The program is free, but pre-registration is required at: <https://bit.ly/3nKV6ZU>.

Jones (OC 1892) began teaching ornithology at his alma mater – the first course of its kind ever offered at an American college or university. He was a professor at Oberlin for nearly four decades and had a tremendous impact on the fields of ornithology and recreational birding. He founded both an ornithological society (The Wilson Ornithological Society, 1888) and a journal (now the *Wilson Journal of Ornithology*, 1889) that remain active today. He is also responsible for many of the common practices that recreational birders take for granted as "standard practice" in the field more than a century later.



Everyone is invited to wander into the Art Studio in 2022. It may be your first exploration or it may be returning to a place that you've grown fond of. Either way, welcome!

To begin the new year, **Don Parker will present a four-week watercolor class every Tuesday afternoon in January, from 3:00 to 5:00pm in the Art Studio.** It's for those trying watercolor for the first time and those who want to refresh their skill in the basic forms and techniques of this delightful medium. Contact Don for more information and to hold a place in the class (limited to eight people).

Joyce Parker will explore working in small-scale fabric painting or stenciling with some of us on Wednesday, January 12, 2:30–5:00pm. After a little experience, we may get into nature prints on clothing.

A team of **Art Studio leaders will be meeting in January to outline classes for the next few months of 2022.** Please watch the bulletin board in the hall outside the Art Studio for sign-up sheets.

To be included in our email newsletter for information, feel free to contact Joyce Parker.



Event Links

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

The Kendal cable channels are:

- **WKAO: 919, 19-1, OR 95-100**
- **KOTV: 920, 19-2, OR 95-101**
- **WSCC: 921, 20-1, OR 96-100**

Suggestions and Concerns

**Mon., Jan. 10 - 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.

Having trouble with the sound on KOTV?

Please report this to the Heiser Reception Desk.

Revitalizing Our Social Connections

A group of 20 residents met on December 15 to brainstorm ways we can connect and revitalize our sense of community going into the winter months and beyond. We emerged with many ideas for activities (some old, some new), grouped into seven areas (listed below).

Would you like to help develop or enhance these activities or suggest new ones? Contact the point person for your group (in italics) or look for them at the Opportunity Fair (see page 1).

Mixing/Fellowship

Dwight Call, Elizabeth Hole

- Open Houses
- Cross-Neighborhood Gatherings
- Crazy Hat Day
- Movies in AUD with Discussions

Food and Fun

Priscilla Steinberg, Ed Wardwell

- Food Parties: Regional/All-Campus
- Pizza or Cookie Decorating
- Meet Greet Eat
- Cluster Meals/Events
- Make a New Connection Friday

One-to-One Socialization

Phyllis Gorfain, Barbara Whitehouse

- Encourage 1-on-1 Interpersonal Connections
- KORA Coffee – Bring a Friend
- “Take Somebody with You” Slogan

Learning

Joyce Benjamin, Betsy Allen

- Common Interest Groups
- Card games, swim, etc.
- Try It for Groups/Committees

Outside

Kathy Caldwell, Anne Conway

- Shared Outdoor Activities/Sports
- Walk-a-Thon/Bike-a-Thon

Communication

- Resident Bulletin Board
David Dauphiné
- Newsletters for SCC/Clusters
- Use of New Website

Transport

Gerry Findlan

- Bus Trips (Lunch and More)
- Transport (Meals & Events)



Library Notes



It takes a community of volunteers to keep our library operating. A series of Library Notes to come will focus on those volunteers and the role they play in keeping the library open and available to residents.

First up are those who volunteer some time each day of the week to process the books, DVDs, and other items that go in and out of the library. In order of appearance: Sunday – Janet Newman, a recent addition to our volunteers; Monday – Jim Sunshine, our resident carpenter and liaison to the Wood Shop as well as exhibits sign maker; Tuesday – Kari Inglis, who in addition is responsible for the KORA and administration communications and DVD overdue notices; Wednesday – Barbara Groseclose, our liaison to the Resale Shop and the Stephens Care Center; Thursday – Barbara Bruer, also overseeing the collection of other Kendal newsletters; Friday – Joan Long, temporarily filling in; and Saturday – Sheila Eckstein, who files the catalog cards for books added to the collection. That's part of the story. More volunteer roles will be featured in future Library Notes.

Stop by the library in January to view the exhibit acknowledging the 140th anniversary of the birth, January 25, 1882, of Virginia Woolf. ~Joan Long



It's Virtual Again for 2022!

LeadingAge Ohio, the state affiliate of the national advocacy group for life plan communities, annually sponsors regional shows of creative arts by residents. Winning submissions from embroidery to poetry are displayed in Columbus at the annual meeting of the organization, and statewide prizes are awarded. Kendalites have always been well represented among the winners.

Last year, with the Covid pandemic, there was no regional screening, no competition in Columbus. But residents were invited to submit their recently completed essays or watercolors – and everyone was included in the exhibit still on view online under Arts and Writing – LeadingAge Ohio.

Take a look at the varied fare by Kendal's gifted artists and writers. Congratulations to Beverly Fordyce, Joyce Parker, Don Parker, Kathy Caldwell, Anne Martin, Anne Wardwell, Pauline Handman, Judi Bachrach, Marjorie Porter, and John Elder – all of whom deserve plaudits and prizes.

Details for the 2022 LeadingAge Arts & Writing Resident Show will be announced in February. ~Anne Palmer, Thelma Morris, and Don Parker

IN MEMORIAM

JANE BLODGETT
NOVEMBER 29, 2021

DIANA KAHN
DECEMBER 3, 2021

CATHERINE “CATHY” WILBER
DECEMBER 7, 2021

MARY LOUISE VANDYKE
DECEMBER 11, 2021

Stop, Look and Listen Forum Coming Soon!

Have you ever wondered how to enhance conversation when dining with or visiting someone living with early cognitive change? Come learn what those living with dementia say they prefer.

Joint staff and resident trainings in early February will address how to be comfortable in these conversations. Participating in these helps us all build community support for those living with cognitive change. Look for specific workshop dates and signups in early February. Questions? Contact the Dementia Friendly Discussion Group or Carol Bojanowski.



Volunteer Opportunities

- The **Floral Creations committee** welcomes new members and is happy to train one and all in creative flower arrangements. Please contact Dina Schoonmaker or any of the lovely people you observe decorating Heiser. Thank you.
- The **Stephens Care Center shoppers** welcome new additions to our group. We each shop one or a few times a quarter for the residents. It takes no longer than a morning and usually about an hour. Contact Dina Schoonmaker if you would like to join us.



Looking for Someone?

You'll find profiles of all residents, newcomers and old-timers, in "Who's Here" on the library center bookcase.

Upcoming Moves

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

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

Recent Transfers

Lynn Ayres to a different cottage in early December.

Masquerade Ball! Fri., Feb. 18 - 7:30pm Heiser Auditorium*



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

Wanted! Volunteers for the AV Team



The pandemic has not slowed the number of programs residents enjoy. In addition to the new normal KOTV broadcasts of movies and Zoom sessions, we now also have live meetings in the Auditorium, some of which are also broadcast. The demand is great.

Most AV duties are straightforward and you will only be asked to perform those with which you are comfortable. Please join us. Contact Tom Morgan.

2021 Holiday Fund Contributions from Residents Tell Staff They Are Greatly Appreciated

On December 10, 198 staff members received early holiday gifts from the Holiday Fund collection of \$90,540.26, surpassing the Vacation Fund's total of \$88,152.66. Wow! After deducting FICA from this amount, \$84,106.14 was distributed with amounts ranging from the minimum of \$75 to \$744.39.

All staff members, except our department heads, received your incredibly generous gifts, wonderfully raising tired spirits when many have been working short-staffed while we rebuild our service teams.

On behalf of our very grateful KaO Staff Family, THANK YOU!

~Toni Merleno, Director of Human Resources & Operational Services

Dementia Friendly Discussion Group Fri., Jan. 28 - 10:30am Green Room*



It's a New Year. Chase the winter blues away by taking a friend (BFF, newcomer, or acquaintance) to lunch! And did you know you can take a Stephens Care Center friend to the Fox & Fell with just a little planning? Agree on a date, let the SCC front desk know, and (if needed) contact Sandi McClellan to arrange a WWP (Wheelchair or Walking Partner). Then on the agreed day, meet, greet, eat, and STAY CONNECTED.

Grief Support Group Tues., Jan. 25 - 10:00am Green Room*

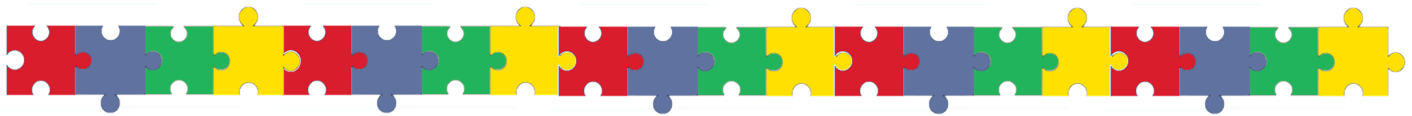
Kendal Kryptogram #202 – by Nina Love

AN HFFERSLHAR AXR GRHBAZ NY H
CUNDYOHMR LA LC URSRCHEZ AN
CAHUW NBA LU AXR SNOW.

~HEL CANAOR

Solution to Kryptogram #201: I heard a bird sing in the dark of December, a magical thing and sweet to remember.

~Oliver Herford



Strategic Plan Begins to Take Shape

The Strategic Planning Committee has produced this draft Mission, Vision, and Guiding Principles for KaO Strategic Plan 2022–2026. Residents may review the entire Strategic Plan, which will be placed in the library when it is completed.

MISSION

Founded as a nonprofit organization based on Quaker values, we are a vibrant, diverse, inclusive, caring, values-driven life plan community focused on healthy aging. We support individual lifestyles by promoting independence, continuous learning, engagement in and service to the wider community, social and intergenerational relationships, and excellent health care.

VISION FOR 2030

Leadership. Kendal at Oberlin will continue to be the model for innovation and quality in services, housing options, and health care for older adults in Northern Ohio. We provide supportive environments for living, gathering, and work, where love is made visible through a broad interaction among those we serve, the staff, and our boards, and where trust and shared understanding grow from open communication and listening.

Principles and services. Believing every individual should be treated with respect and dignity, we will continue to innovate and provide options to thrive through community engagement and personal satisfaction for both resident and non-resident members and for staff.

Commitment. In accordance with Kendal values and consistent with our charitable purposes, we are committed to inclusivity, outreach, social responsibility, and accountability. Through inclusive policies and programs, we will serve an increasingly diverse group of older adults with a range of financial capabilities and will operate as an employer of choice in the region. Increased reserves will offer financial assistance to members so they can remain in our community, and we will study potential ways to assist applicants who otherwise could not afford to enter.

Collaborations. In keeping with our charitable mission, we will maintain and extend our impact through Kendal affiliations and other partnerships to offer services to people in the wider community, focusing initially on health care, wellness services, and intergenerational education. In considering expansion opportunities, we prioritize partnerships before duplicated services, acquisition before construction.

Operations. We will remain focused on and known for being efficient, effective, flexible, and exceeding benchmarks in the field of aging, including minimizing fee increases for those we serve. Our standards of practice will ensure we are an excellent option across the continuum of services and for career development and employment. As an employer of choice, our goals will include creative recruitment and exceptional compensation, retention, and advancement programs. These objectives will be accomplished using fiscally responsible practices and at competitive prices.



GUIDING PRINCIPLES

In carrying out our mission, our primary objective is to establish and maintain integrity and excellence in all aspects of our work. In this effort, we value:

- Quality of life, vitality, and a sense of community among those we serve.
- An environment of continuing learning.
- Inclusiveness and a warm welcome for all people.
- High quality wellness programs and health care services.
- Physical settings that are sensitive to the aging process.
- Practices that sustain and improve our environments.
- Financial designs that contribute to security and serve our social objectives.
- High quality work experience for staff, including professional development, advancement opportunities, and mutual caring and respect with residents.
- Excellence in management and governance.
- Priority attention to participation, transparency, consensus building, and resident-inspired programming.
- Responsible relationships with the larger community.
- Growth and strategies that support an active role in aging issues.
- A culture of generosity.
- Integrity, simplicity, and high ethical standards.



*~Gary Olin, Vice Chair,
Strategic Planning Committee*

From the John Bartram Arboretum Sumac

Our arboretum has staghorn sumac (*Rhus typhina*) on Wildflower Hill, smooth sumac (*Rhus glabra*) along the path around Meadow Pond, and fragrant sumac (*Rhus aromatica*). This last is not a wild species, but was planted here. We welcome these varieties to our arboretum for their interesting structure and gorgeous color.

This article will concentrate on the staghorn variety.

All sumac at Kendal are native to North America. There are about 150 species worldwide of which 14 are native to the United States, according to the U.S. Forest Service. Valued for their beautiful red fall leaves, they are attractive to birds, bees, and wasps, and to beetles and small mammals that eat their fruits. They can thrive in a variety of soils.

But wild sumac can overgrow its place in the landscape, so it needs to be controlled. It spreads via a rhizome from which suckers are sent up. In a meadow there is a natural progression whereby woody species colonize and



Staghorn sumac on Wildflower Hill in late fall.
Photo credit: Linda Grashoff

spread, turning the meadow into a shrubland, then a forest. If a meadow is to be maintained, it requires mowing and other methods to prevent woody species (such as sumac) from taking over.

Wildflower Hill has been mowed periodically, but other thinning methods need to be used occasionally. We want the majority of the hill to be a prairie area with the wildflowers for which it is named, attracting birds such as bluebirds and tree swallows. We can have some shrubs and trees such as the sumac and intermittently other trees, but we do not want the area to become woodlands of invasive species.

Grounds Manager Dan Baker and



Closeups of staghorn sumac.
Photo credit: Rebecca Cardozo

Horticulturist Rachel Duncan (who is also an ISA-certified arborist) are ready to work with a handful of residents to determine the best management plan regarding desirable trees, a sumac footprint, placement of bluebird boxes, etc.

This project will begin soon and will occur mostly during the winter. We welcome volunteers to help Grounds Staff with this effort.

~Anne Helm for the Arboretum Committee

References:

U.S. Forest Service, David Taylor
Wildflowers of Western Pennsylvania –
Staghorn Sumac
Horticulturist Rachel Duncan at Kendal at Oberlin

Fair



Converting Lawn to No-Mow Grass, an Environmental Benefit

What's not to like about "no-mow" grass? First, consider its looks: we have a demonstration plot in front of Heiser Community Center (between the road and Center Pond) that looks great. This area was formerly turf (lawn grass) that was damaged by salt runoff every year. In 2018 a raised berm was created to encourage winter salt runoff to enter the roadside drain that had been previously installed. That fall, a no-mow (or low-mow for minimal mowing) mix of five fescue grasses (one very salt-tolerant) was sown in the area spanning the southern shore of the pond. This fine-bladed grass grows 4–6 inches tall but lays over, forming swirling mounds. The seed heads will be removed with a string trimmer to maintain a tidy look.

Second, there are environmental benefits: once sprouted and established, this no-mow grass was not watered or fertilized, and only mowed twice the first year and once the second. It was mowed in June 2020, then not again until December 2021, 17 months later. Consider that the turf grass around the rest of Center Pond gets mowed 3–4 times a month, from May to late October, which would amount to 35 mowings in 17 months. Think of the carbon emissions saved in the no-mow planting! We anticipate one mowing a year in late fall to reduce thatch and maintain a vibrant, healthy swath of deep-green fescue grass.

There is newly planted no-mow grass in the triangular area next to the covered walkway going from parking Lot 3 to the crosswalk to Phase II cottages.

The drainage ditch in that area is too wet for no-mow fescue and will be planted with taller native grass and rush species to add height interest and to aid in water filtration. There are other areas of turf grass that are difficult to mow which will be converted to no-mow grass. Several of these areas will be converted in 2022.

Following guidelines suggested in the Environmental Design Group master landscape plan, the Turf Conversion Team of the Kendal Master Landscape Steering Committee is developing plans for the conversion of turf grass at the base of Wildflower Hill and along the walkway connecting the two cottage groups at Phase III to a wildflower meadow of deep-rooted native plants that help sequester carbon in the soil.

~Don Parker

Saturday Walks

Fair

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.*

Fair

Come and play! All are welcome! ~*Sidney Rosenfeld, Co-Chair, Sports and Recreation Committee*

Pickle Ball Has Arrived

Dr. Roy Ebihara and his gang of pickle ball players have trained most of those who signed up on the sheet that was placed below our open mailboxes. Another small group will be trained after New Year's. Some who signed up have opted out because of the new Omicron variant.

The 90-min. training sessions take place at Splash Zone's indoor courts. The court size is about half the size of a tennis court, and the paddles are hard, made of wood or composite materials. The balls used are polymer, much like wiffle balls, with round holes. The sport is played over a net that is closer to the ground than the net in tennis. Check YouTube for videos of the sport and the rules.

Once the initial training is completed, participants may practice against a hard wall to perfect strokes and play with more experienced players. Pickle ball is a social sport and more experienced players are very willing to help new players learn it.

It's suggested that players visit the

UU Gathering:

Cultivating Resilience: Explore Aspects of Joy

Rev. Mary Grigolia and Zelda Zelle

Wed., Jan. 26 - 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.”

Time for Volunteer Hours!

Check your open mailbox for your Volunteer Hours for 2021 form!

Read the first page carefully and then fill in the number of hours you have volunteered in 2021 on the next page. Please return your form before January 31 to Box 121.

We hope, and plan, to summarize totals by January 31, and with your help we can.

Questions? Put a note in Box 121. Thank you all!

~*Volunteer Clearing House Committee*

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

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.

Splash Zone in the afternoons from 12:00 to 4:00 pm. Fees at Splash Zone are \$4 for each session.

It's hoped that a net can be purchased to use at the New Russia Township park's courts that are already marked for pickle ball as well as tennis. ~*Jesse Carlock*

Fair

The Kendalight

Fair

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 February 2022 issue of *The Kendalight* is Jan. 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

Happy New Year to everyone at Kendal from your Dining Matters Committee. We have experienced a changing of the guard! Barb Benjamin, who has chaired the committee since its beginning two and a half years ago, has now stepped aside. Barbara Pierce is going to try to fill her shoes. The committee is deeply grateful to Barb for her energy, efficiency, and dedication. Several members of the committee are also leaving. We are grateful to and will certainly miss Tom Konkoly, Carla VanDale, and Jan Wanyek. Hold-over residential members are Charles Klaveness and Priscilla Steinberg. We will be joined by a KORA liaison. New members are Mary Clare Beck and Jesse Carlock. We are still looking for a resident of the SCC who can deal with Zoom meetings to step forward to join us. The staff members are Scott Stonestreet,

Lisa Wilken, and Greg Zehe.

We have lots of work ahead of us, and we hope that Kendal residents will be patient and creative in helping the committee do its work.

Just to refresh your memory, here is our mission statement.

Mission of Committee: The Dining Matters Committee consists of three staff members, five residents, and the liaison from KORA Council, who work together to pursue continuous improvement of the dining experience at Kendal at Oberlin. The committee's goal is to provide a variety of healthy and appetizing food options to meet the needs of our diverse residents in a pleasant environment. The committee also focuses on communication: to bring forth resident suggestions and issues, to notify residents of changes planned for the dining experience, and to inform residents of issues and constraints that impact dining at Kendal at Oberlin.

Meet a Dining Star: Alissa Painter

Alissa grew up on her family's farm in LaGrange, which was begun by her great-great-grandfather. In her family she was the only girl in the middle of five brothers! Unlike most of us, she has three cows, as well as two cats and one puppy, as pets.

While in Keystone High School, she was on the Dance Team. But now as a freshman at Ashland College, Alissa has little spare time between studying and working at Kendal. When she does have free time, she rides her dirt bike all over the farm.

She always knew she wanted to major in social work, and now is concentrating on the area of abused children and abused adults. She chose that specialty because as an abused child herself she wants to help others.

Her parents were divorced, and her grandmother was her "go to" person for help and comfort for many of her young years. When her grandmother moved into a nursing home, Alissa saw so much abuse. That's when she knew what she wanted to do with her life!

This is a very smiley, happy waitperson here at Kendal. When she first started here about two years ago, Lisa Wilken introduced her to another waitperson, Luke. He's no longer here, but they've been together since then.

Alissa loves working at Kendal and meeting our residents. She arranged her college schedule so that she can work here Fridays, Saturdays, and Sundays!

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



Low-Vision Support Group

Audio Presentation "Travel Without Trouble"

Fri., Jan. 14 - 1:30pm - AUD*
~Terry Carlton

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 year-to-date:

Total contribution: \$36,318.

Did You Know?

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

SUN	MON	TUE	WED	THU	FRI	SAT
<u>First Church Service</u> 10:00am WSCC <u>RC Mass</u> 11:15am WSCC <u>Christ Episcopal Service</u> 12:30pm WSCC <u>Jazz with Nate</u> 2:00pm WSCC <u>Film (see page 4)</u> 7:00pm WSCC <u>English Country Dancing</u> 7:15pm AUD	<u>Chronicle News</u> 10:00am WSCC <u>Centering Program</u> 11:00am WSCC <u>Line Dancing</u> 5:00pm AUD <u>Documentary</u> 7:00pm WSCC	<u>Chronicle News</u> 10:00am WSCC <u>Themed Film (see p. 4)</u> 2:00pm WSCC <u>Square Dancing</u> 4:00pm AUD <u>Rollator Line Dancing</u> 5:15pm AUD <u>Downton Abbey</u> 7:00pm WSCC	<u>Chronicle News</u> 10:00am WSCC <u>News Currents</u> 3:00pm WSCC <u>SCC Council</u> 4:00pm WSCC 1/5 & 1/19 <u>Song Swap</u> 7:00pm Zoom, KOTV 1/12 & 1/26	<u>Chronicle News</u> 10:00am WSCC <u>Musical Film (see p. 4)</u> 2:00pm WSCC <u>Great Courses</u> 7:00pm WSCC	<u>Chronicle News</u> 10:00am WSCC <u>Art History</u> 2:00pm WSCC <u>Ken Burns</u> 3:00pm WSCC	<u>Saturday Walk</u> 9:00am Heiser <u>Book Reading</u> 1:30pm WSCC <u>Catholic Communion Service</u> 3:30pm Green Rm <u>AA for You?</u> 7:00pm Ed Ctr <u>Film (see page 4)</u> 7:15pm KOTV

January 2022

Zoom: See *kaores.net* and click "Calendar" for link.

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

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

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



1 Happy New Year!
After the Thin Man
10:00am WSCC
 Met Opera HD *Cinderella* (Massenet)
1:00pm Apollo
 Vienna Philharmonic
2:00pm WSCC
When Harry Met Sally
4:30pm WSCC

2	3	4	5	6	7	8
						Oberlin Jazz Ensemble 7:30pm Finney
9 Chamber Music Maya Ridenour, cello 4:00pm AUD, KOTV	10 Suggestions, Concerns 2:00pm Crossroads Restoring Prairies & Savannas in Ohio 7:15pm AUD, Zoom, KOTV	11 LLL Class On the Immune System 10:30am Zoom	12 Coffee Hour with BT 9:30am F&F, Zoom, KOTV AMAM Tour 1:30-3:30pm Faculty Voice Recital Timothy LeFebvre, Bar. Peter Takács, Piano 7:30pm Warner	13 What's New with the Environmental Dashboard 1:00pm Zoom, KOTV How to Survive the AI Revolution 7:15pm Zoom, KOTV	14 Low-Vision Support Group 1:30pm AUD Artists' Talk LGBTQ Artists 4:00pm Zoom, KOTV	15
16 Chamber Music OC String Quartet 4:00pm AUD, KOTV	17	18 LLL Class On the Immune System 10:30am Zoom	19 Artist's Talk A.V. Shirk 4:00pm AUD, KOTV Fun Fitness Dancing & Dessert 7:15pm AUD, KOTV	20	21 KORA Opportunity Fair 10:30am-2:30pm Heiser 	22
23	24	25 Grief Support Group 10:00am Green Rm LLL Class On the Immune System 10:30am Zoom OHC: Lynds Jones – Birdman of Oberlin 7:00pm Zoom	26 UU Gathering: Aspects of Joy 4:00pm Ed Bldg.	27	28 Dementia Friendly Discussion Group 10:30am Green Rm Play Readers <i>O'Flaherty VC</i> 1:30pm KOTV	29 Met Opera HD <i>Rigoletto</i> (Verdi) 1:00pm Apollo Play Readers <i>O'Flaherty VC</i> 7:15pm KOTV
30	31			Exchange with BT 4:00pm AUD, KOTV		

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