

# The Kendalight

Kendal at Oberlin Residents Association

July 2017

Volume XXIV, Number 7

## CARF Came Calling

From June 26 through 28, three volunteers from CARF conducted the Kendal at Oberlin Reaccreditation visit. This was Kendal's fifth visit but each time is a new process with modified and added standards. We were surveyed under the 2016-17 Standards for a Continuing Care Retirement Community as well as Standards for Person-Centered Care and Dementia Care Specialty.

Two meetings were open to all residents, staff and board members: an introductory meeting on Monday, June 26, and an exit conference on Wednesday, June 28, that provided an overview of the results.

The CARF team delivered a verbal report that included an extensive list of strengths unique to Kendal at Oberlin. The team unanimously agreed that, in all their years of surveying, Kendal was the best organized. There were two recommendations: Every drill in our Emergency Manual must be tested on each shift yearly; and nurse competencies for medication administration must be demonstrated at hire and annually which, while thoroughly done by Kendal, needed more documentation. This will be done by using the Relias Training program. The official report from CARF is due in August.

Thanks to all the Kendal residents, staff and board members who participated in this team effort. I personally think our fifth reaccreditation was our best effort yet and am grateful for the results.

*-Barbara Thomas, CEO, Kendal at Oberlin*



## Independence Day, July 4, 2017

The Kendal Community is celebrating the birth of our country on Tuesday, July 4, 2017. We are returning to the theme of immigration due to recent developments. The theme is broadened to include birthplace or the place that you left to move into Kendal.

Feel free to carry or wear a sign and to join with other immigrants in the parade. Please gather with us to parade the circle on foot, chair, bike, or with dog.

- **9:15am: Decorate** yourself and help others decorate bicycles, tricycles, rollators, wheelchairs and pets in the Gathering Room.
- **9:45am: Line up** for the parade in the hall by the open mailboxes.
- **10:00am: Parade the Circle** in front of Heiser with fife and drum, flags, immigrants, and the famous Kendal Precision Lawn Chair Drill Team. The march starts in the mailbox hallway. (Stay indoors if raining.)
- **10:30am: Patriotic Program** in Heiser Auditorium: Robert Taylor's program of readings, music and group singing.
- **11:30am: Festive Meal** in the Fox and Fell, Langston and Friends Corner (only a light supper available in the evening).
- **11:30am:** Avoid the early crowds and go to the shuffleboard courts to watch the **canoe parade** on Farmer's Pond.
- **3:00pm: Ice Cream Social** in the Whittier Game Lounge.
- **4:00pm: Group Singing** led by the Hannauers in the Gathering Room.
- **4:30 pm: Model Sail and Power Boats** at Triangle Pond (if weather permits). You could be a skipper. Contact [danreiber4@gmail.com](mailto:danreiber4@gmail.com).

Come dressed for the occasion and join the parade with your pet or vehicle or on foot.

All are welcome and encouraged to participate. *-Tom Riggle, volunteer coordinator*



**COFFEE HOUR**  
**WITH BARBARA THOMAS**  
**THURSDAY, JULY 13**  
**9:30AM - LANGSTON**

**AFTERNOON EXCHANGE**  
**MONDAY, JULY 31**  
**4:00PM - AUDITORIUM**  
**BARBARA THOMAS**

## Know Your KORA Council

*You can't push a wave into the shore any faster than the ocean brings it in.*

*-Susan Strasberg*

Suggestions have multiplied for the 25<sup>th</sup> Anniversary Celebration. In July, you will hear more.

Consider volunteering with Supporting Friends this summer (see box, right).

Volunteer assistance in little or big ways is needed. Please contact Diane Follet, [theorygirl45@gmail.com](mailto:theorygirl45@gmail.com), 484-809-1426, to find out ways to help.

At the June KORA Council Meeting, Tom Riggles outlined the exciting schedule for July 4<sup>th</sup> with "immigration" being the theme. This should be an enjoyable day for the community. We acknowledged Howard Hatton's reaching 100! Happy Birthday, Howard. And KORA Coordination Committee verified that there are 106 active KORA committees and special interest groups. Amazing!

During the meeting, there was appreciation expressed for resident and staff participation in the day-long visit by Judy Braun, Kendal Corporation Chief Operating Officer. The discussions and presentations during the day focused on best practices and ways we can support and advocate for one another throughout our campus as together we experience cognitive change.

Council approved two initiatives: 1. An Art Committee request to combine the art storage closet and dark room in the Crafts Room. 2. A contribution of \$2500 to the Oberlin Transit Connector. KORA and Kendal have supported the Connector for many years with a combined donation of \$5000. This important in-town service is regularly used by Oberlin residents to run errands, seek employment services, attend medical appointments with family members and more.

Donations to the Staff Vacation Fund totaled \$48,091.33. Staff vacation and holiday fund donations give residents the opportunity to appreciate the

many ways staff support us at Kendal. Thanks for contributing. (Details on how monies are distributed are posted on KORA Bulletin Board). Being active in KORA I am learning how much goes on at Kendal at Oberlin and how some things just take time. The ocean (we are in it) brings the waves to shore and together we make a difference.

*-Ann Francis, KORA President*

## Community Conversations "A Poetry Potluck"

**Thurs., July 27 - 7:15pm – AUD**

If you are nourished by poetry, bring a favorite poem to read aloud and share with others. We're looking forward to a variety of "dishes."

## Supporting Friends Needs You!

The mission of Supporting Friends is to help residents in the Stephens Care Center and their families, under the direction of Social Services and the Director of Nursing. Our volunteers offer companionship and aid, such as visiting, reading, helping with mail, wheeling residents to programs, and filling the bird-feeders outside SSC. Some of us have been trained in end-of-life care and sit with the very ill or dying and support them and their families through this time. And we write letters to the family on the first anniversary of a resident's death. Supporting Friends offers you an opportunity to give fellow residents the help they need to maintain their quality of life and to continue to be part of this caring Kendal community.

We have many volunteer opportunities; you may spend as much or as little time as you wish. Contact Diane Follet, [theorygirl45@gmail.com](mailto:theorygirl45@gmail.com), 484-809-1426 to ask questions and volunteer to serve as a Supporting Friend.

*Kendal residents, staff and KELC children bring Fun Fitness Week to an end each year with our CommUnity Walk. Check the August Kendalight for the 2017 FFW report.*



*Photo: Eleanor Helper*

## Kendal Spells!

**Wed., July 19 - 3:00pm - AUD**

Join us for the First Annual Kendal Spelling Bee! Look for a sign-up sheet by the mail boxes. You may take part in the Bee alone or in collaboration with a friend.

*-Katie Brown*

## 2017 Chalk Walk Thank You

The 2017 Chalk Walk committee thanks the 25 Kendal volunteers who handled registration, gave out chalk and sold T-shirts at the 12th annual event on the sidewalks of downtown Oberlin on June 24. Once again, master artists joined artists of all ages to create masterpieces in chalk. Registrations numbered 968, an all-time high!

*-Donna VanRaaphorst*

# PROGRAMS

**Community Conversations**  
**“Mixing Oil and Water: A Safer Future through Lessons from the Exxon Valdez and BP Deepwater Horizon Disasters”**  
**Mon., July 17 - 10:30am - AUD**

Dennis Takahashi-Kelso, Director, Marine Conservation Initiative, The Gordon and Betty Moore Foundation, tells how the Exxon Valdez oil disaster in the North Pacific and the BP Deepwater Horizon blowout in the Gulf of Mexico offer lessons not only about spill prevention, response, and environmental restoration but also about protection of the people who most depend upon the damaged ecosystems. The two oil spills occurred in strikingly different environments, and the discharges had contrasting characteristics; but many of the response problems were similar. Restoration challenges from both disasters also demonstrated the importance of baseline science as well as long-term science and monitoring.

**Oberlin Summer Theater Festival Returns to Hall Auditorium**

The Oberlin Summer Theater Festival will launch its ninth season this summer, offering three classics: **The Miracle Worker**, by William Gibson (June 16-July 30); **Barefoot in the Park**, by Neil Simon (June 30-July 29); William Shakespeare’s **The Winter’s Tale** (July 14-July 29)

Performances are **FREE** and will run in rotating repertory. **You must reserve tickets.** Evening performances will begin at 7:00pm and there will be 2:00pm matinees on some Wednesdays, Saturdays and Sundays.

The Kendal bus is scheduled to take you to these performances:

- Saturday, July 15, **The Winter’s Tale**, 2:00pm
- Friday, July 21, **The Miracle Worker**, 2:00pm
- Saturday, July 29, **Barefoot in the Park**, 2:00pm

Call 775-8169 to reserve tickets. Check the schedule posted on Kendal’s Town and Gown bulletin board for other performance days and times.

**Oberlin Summer Concert Series on Tappan Square at the Clark Bandstand**  
 Car pool and bring a lawn chair!

**Lunch Bunch:**  
**Nine Bistro at Grey Hawk Golf Club, LaGrange**  
**Wednesday, July 12**

Nine Bistro at the Grey Hawk Golf Club has a covered deck overlooking the 18th green. It offers a wide array of sandwiches, wraps, salads, entrees and accompaniments. Bus leaves Heiser at 11:30am, returning about 2:00pm. Van charge: \$8.00. Place check to KORA for \$8.00 in Box #157 by Monday, July 10. Lunch is at your expense. Sign-up sheet will be posted on Monday, July 3.

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**NOTE: The First Thursday Health Lecture and Third Thursday Lecture series is on hiatus for June, July and August. Join us again in September.**

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Fri., July 7: Nitebridge with Moss Stanley, 7:00pm.

Fri., July 14: Classic Rock Trio, 7:00pm.

## MUSIC

**Credo Chamber Music**  
**Thurs., July 6 - 4:00pm - AUD**

Advanced student musicians will play string quartet movements. Held at the Oberlin Conservatory of Music, Credo is a chamber music program which offers intense study for string, wind and piano players for several weeks during the summer.

**Note afternoon time.**

**Open Rehearsal**  
**Jasper String Quartet**  
**Mon., July 17 - 3:30pm - AUD**

Winner of the prestigious CMA Cleveland Quartet Award, the Jasper String Quartet is participating in the Credo music program this summer. The group, founded at Oberlin College in 2006, is the Professional Quartet in Residence at Temple University’s Center for Gifted Young Musicians and the 2017-18 Guest Artist in Residence at Swarthmore College.

**Courtyard Garden**  
**Concerts at Kendal**

Come enjoy the lovely Whittier Courtyard Garden during the summer months. (Rain/heat location will be the Gathering Room.)

In July at 4:00pm on Fridays, hear:

**July 7:** Judy Cook, folk singing in the Gathering Room.

**July 14:** Doug McClennen, folk singing in the Gathering Room.

**July 21:** Mike and Angie Amato, vocals and guitar.

**July 28:** To be announced.

Fri., July 21: Soul Proprietors with Dave Parsh, 7:00pm.

Fri., July 28: Johnny Cash Experience with T. L. Goffee, 7:00pm.

## Sunday Movies Whittier - 7:00pm

**July 2 - Johnny Tremain (1957)** A young boy gets involved in our struggle for independence. Film authentically recreates Paul Revere's ride, the Boston tea party, and decisive battles at Lexington and Concord. PG.

**July 9 - I'll See You in My Dreams (1951)** True story of songwriter Gus Kahn (Danny Thomas), tracing his life from Chicago roots to his New York rise with Ziegfeld. Doris Day sings!

**July 16 - Jackie (2016)** Following the President's assassination, First Lady Jacqueline Kennedy (Natalie Portman) fights through her grief to regain her faith, console her children, and define her husband's historic legacy. R.

**July 23 - Amelia (2009)** Hilary Swank stars as Amelia Earhart in this look at the life of the legendary American pilot who disappeared while flying over the Pacific Ocean in 1937 in an attempt to make a flight around the world. PG.

**July 30 - Love & Friendship (2016)** In 1790s London, recently widowed Lady Susan Vernon (Kate Beckinsale) seeks refuge with her in-laws to escape the scandalous rumors surrounding her private life. PG.

## Saturday Foreign Films July 29 - 7:15pm - AUD

**Life Is Beautiful (1997)** When an open-minded Jewish librarian and his son become victims of the Holocaust, the librarian uses a perfect mixture of will, humor and imagination to protect his son from the dangers around their concentration camp. English sub-titles, PG-13. *-Dwight Call*

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



**Kendal Collects**, installed in all three Kendal Galleries, has generated much interest and received many favorable comments. Shows for mid-August through mid-October are lining up. **The Kendal Gallery** will host the

**Curio Cabinet Displays Needed** - The Art Committee is interested in residents' collections of items under 10 in. tall which could be displayed for several weeks in the locked curio cabinet at the Heiser front entrance. These displays have been much admired. They have included items from world travels as well as interesting collections of various kinds which folks have gathered during their lifetimes. If you would like to lend your collection for display or if you have any questions, please contact Darlene Krato or Katie Brown.

## Saturday Night Documentary July 8 - 7:15pm - AUD

**Andy Warhol (2006)** This documentary shows Warhol performing for the media in interviews ranging over 25 years and examines his artistic achievements in a career which included painting, film, publishing, rock music, and television.

It covers his rags-to-riches story from his early days as a child of Czech immigrants who was born in the industrial area of Pittsburgh, dreaming of Hollywood stars, to his own stardom.

*-Donna VanRaaphorst*

Cleveland Museum of Natural History's Guild of Nature Artists in a show of their work. The **Community Gallery** will exhibit the encaustic painting (also known as hot wax painting) of Kathy McManee. The **Friends Gallery** will display the photographs of Salina Bartlett, images from her travels around the world. Meanwhile, the **Curio Cabinet** has small treasures of Lee Hefner.

## BIG BUS to Blossom Music Center Departs at 5:45pm on Saturday, July 22

Just a reminder...If you have reserved your concert seat and bus ticket for our trip to Blossom to hear the Cleveland Orchestra, the bus will depart Heiser at 5:45pm. Jahja Ling will conduct the orchestra in Rossini's Overture to The Barber of Seville and Dvorak's New World Symphony. Eli Matthews will be the violinist in Paganini's Violin Concerto No. 1 in D Major. Questions? Contact Randy Wagner or Anne Martin.

## Play Readers: "Enchanted April"

**Fri., July 14 - 1:30pm - AUD; Sat., July 15 - 7:15pm - AUD**

In Matthew Barber's "Enchanted April" (from the novel by Elizabeth von Arnim) two frustrated London housewives decide to rent a villa in Italy for a holiday away from their bleak marriages. They recruit two very different English women to share the cost and the experience. There, among the wisteria blossoms and Mediterranean sunshine, all four bloom again, rediscovering themselves in ways that they -- and we -- could never have expected. The four women's roles will be read by Pauline Handman, Jean Slonneger, Sandi McClennen and Maxine Houck. Bud Spierling and Bob Randel will play the two husbands. The play will be edited and directed by Jerry Berner. For our performances, once the play has started there will be no admission until the first scene break. *-Jerry Berner*

## **Report from the Arboretum: Arboretum Commemorative Tree Planting Site Preparation**

As Kendal grounds staff and Arboretum members prepare to plant new trees here at Kendal at Oberlin, we are becoming more aware of the need to pay attention to what is underground. Large-scale earth moving machines and construction vehicles have destroyed the natural soil ecosystem. We can no longer just dig a hole, put the young tree in and expect it to thrive.

Our consultants Alan Siewert and Bernie Carr have suggested several ways to rejuvenate the soil and we are experimenting with them.

- The simplest is to kill the grass and weeds in a several-yard-diameter area, then spread several inches of leaf compost on the area and rototill it into the soil. We plant the tree at the appropriate depth and mulch the area around the tree to keep down weeds and discourage people and machinery from crossing over it. Kendal grounds staff followed this procedure for our trees that were ready to be planted, such as the ginkgoes by parking lot #7, the copper birch by the troll bridge, and the sycamore between parking lots #5-6.
- A slightly longer preparation is underway south of Fox & Fell Dining Room for two zelkova trees to be delivered in fall 2017. There, we will let the leaf compost sit fallow, then till it in several weeks before planting the trees, giving the insects and soil microorganisms a greater head start in bringing the soil back to life. We will top-dress with an additional inch of compost and then mulch.
- A third method is being used outside the Marketing Conference Room where we will plant a lilac in spring 2018. We will treat the soil with an application of biochar (an inert form of carbon particles) for soil structure improvement, soak the area with a liquid humates solution to stimulate soil microorganism growth, then cover the soil with several

inches of leaf compost. In fall 2017, we will till the compost into the soil, then cover it with another inch of compost, leaving it until spring 2018 while the insects and microorganisms do their work.

- The “platinum” fourth method will be used north of the Education Center. This procedure begins with deep mechanical aeration using the Air Knife tool and costs several hundred dollars more. After aeration, we will till several inches of compost into the soil and top-dress it with another inch of compost. The site will be left fallow until spring when we plant the bur oak.

It will be interesting to compare the differences in our soil outcomes at our different planting locations. We are delighted to have had opportunities for research here in our Arboretum and hope well-treated trees planted now will long outlive most of our current residents and staff.

*-Anne Helm for the Arboretum Committee*

## **Community Conversations “Facts vs. Myths”**

### **Fri., July 21 - 10:30am - AUD**

Speaker Jeanine Donaldson, Executive Director of the Elyria-Lorain YMCA, heads up the Fair-Minded Coalition of Lorain County, a group in opposition to the sale of the Confederate flag at the Lorain County Fair. This is the third year the group has unsuccessfully asked the Lorain County Fair Board to ban the flag’s sale at the fair, claiming that it is an insult to many and a painful reminder of slavery and racism.

## **Vision Impaired**

### **Reading of *The Kendalight* Sat., July 1 - 11:00am Whittier Lounge**

Barbara Reeves will read the current issue of Kendal’s newsletter.  
**All are welcome!**

## **Transportation Talk**

### **Transportation Meet and Greet:**

On Thursday, July 27, join us at 10:00am in Heiser Auditorium to meet our Kendal drivers.

**Ride Share Reminder:** If you are a member of the Ride-Share program and wish to request rides for medical appointments outside of Lorain County, call our main number: 440-574-0430. You are less likely to get a response if you call a Kendal member number. Requests made on short notice (24-48 hours) will be accepted but are not likely to be filled.

To become a member, place a check for the yearly membership fee, made out to KORA (\$35 for individuals; \$50 for couples), in Box #203.

Questions? Contact Barbara Barna or Kenneth Cheek (co-chairs of Ride-Share).

## **Volunteer for Pet Interest Group**

KORA’s new Pet Interest Group needs help for two new projects.

1. We are looking for volunteers to be on a pet walking list – folks who are occasionally willing to help out our dog owners by walking dogs when an occasion arises.

2. We have a summer program to socialize young Ginko Gallery kittens. Oberlin College students work with the kittens during the school year but Ginko needs help while the students are gone. We need volunteers to pick up and drop off the kittens every other Saturday.

If you can help, please call Kathy Caldwell.

## **Low-Vision Support Group**

### **Webcast:**

**“Adapting Your Home for the  
Blind and Visually Impaired”  
Thurs., July 13 - 4:00pm  
Green Room**

## More About Kendal's New Residents

### Karen Fountain



I was born in Columbus, OH, in 1948 (the eldest of four) to Thomas George Swartzlander and Mary Josephine Monnette. My father took his transportation degree from Ohio State to the Pennsylvania Railroad, so from age three until high school graduation, I had moved 18 times. After graduating from Springfield High School in Delaware County, PA, I attended Saint Mary-of-the-Woods College near Terre Haute, IN. I started as a music major in voice, and ended as a business major two years later. I left college to pursue a career and see if I could take care of myself. Along the way I married,

was dissolved, and then married my soulmate, Bob Fountain. We had almost reached 33 years when he died in 2010.

My introduction to Oberlin came from my husband. Bob grew up here, living in Oberlin from age four until relocating one year after his graduation from Oberlin High School in 1961. I was welcomed into the family 17 years later, and also became stepmother to three wonderful children. They've rewarded me with eight incredible grandchildren.

When Bob's parents, Robert and Clara, moved to Kendal at Oberlin in 1995, we spent a lot more time in Oberlin and at Kendal. We came to believe that if one had to choose to live in a retirement community (CCRC), this would be the one. We put our names on the Priority List, and I chose to return to Kendal as a resident after ten years on that list. The staff and the residents have been so welcoming and encouraging.

I plan to spend my time crocheting in the winters and getting my golf game back in the summers, along with genealogical research, reading tons of mysteries, watching old movies, possibly serving on a Kendal committee along the way, and lunching at area restaurants as often as possible. Bridge is also in my future, when I get up the nerve.

### Recent Moves

**David and Linda Bell** moved from Indianapolis, IN, to a Kendal Cottage in early June.

### Upcoming Moves

**Carol Bojanowski** will move from Westlake, OH, to a Kendal Cottage in late July.

**Nancy MacRae** will move from Schellsburg, PA, to a Kendal Cottage in early July.

**Bill and Sandy Siebenschuh** will move from Cleveland Heights, OH, to a Kendal Cottage in late July.

### Drill Team on Parade!

The inimitable Kendal Precision Lawn Chair Brigade will do its stuff on July 4th in the Heiser Circle parade. If you've always hankered to be a performer or a clown in a parade, this Kendal group gives you a chance to do that! Last practice time for the July 4th parade is Monday, July 3, 3:00pm in Heiser Lounge. Questions? Call Don Parker.

### "Years of Living Dangerously: Second Season"

Tuesdays - 4:30pm - AUD  
(except as noted)

The Environmental Concerns Committee continues episodes of the second season of "Years of Living Dangerously," a documentary which aired on the National Geographic Channel in Fall 2016. The episodes feature celebrity investigators with a history of environmental activism as well as journalists with a background in environmental reportage.

### July 12 - Collapse of the Oceans. (Note film will be shown on Wed.)

At Australia's Great Barrier Reef, Joshua Jackson investigates the devastating impacts of ocean warming on coral reefs. He also travels to the Philippines, whose citizens rely heavily on healthy reefs for food and for protection from storms.

**July 18 - Priceless.** Nikki Reed checks out the best solution for climate change: putting a price on carbon. In a Kenyan wildlife preserve, Aasif Mandvi explores the threat that climate change poses to endangered species.

**July 25 - Safe Passage.** Ty Burrell looks at the progress of electric vehicles (EVs) and automated vehicles (AVs). Bradley Whitford reports on the progress of activists and Citizens Climate Lobby volunteers who are working to persuade Republican legislators to join bipartisan efforts to act on climate change.

**August 1 - Uprising.** In Waukegan, IL, America Ferrera meets with activists, backed by the Sierra Club's Beyond Coal campaign, who are working to shut down a local coal plant, and with a mayor who wants to keep it open. Sigourney Weaver investigates China's progress in reducing emissions. China invests more money in clean energy than any other country.

**Kendal Resale Shop Talk**  
*Benefitting the Kendal Resident Assistance Fund & Community Charities*

A number of residents are transitioning and downsizing, from cottages to apartments or assisted living. Currently we are in the process of clearing three cottages on very tight deadlines to make way for contractors to begin renovations for new residents coming in to Kendal. Our workroom is bursting at the seams, and we've had to temporarily store some furniture until room opens up in our showroom. Due to this workload, I have not had time to write this month's column the way I'd like. So, I'll repeat what I wrote last month, which is still true: Our Kendal Resale Shop (KRS) team of volunteers continues to work hard for our fellow residents and their families. In addition to processing daily donations, we have responded quickly to clear cottages, apartments and care center rooms on request. Throughout the past month, KRS processed hundreds of donated items, sorting them for resale in our Shop or to pass along to non-profit community organizations. Resale Shop deposits to the Residents Assistance Fund for the month of May

**Recent Transfers**

**Beth Lewis** moved from a Kendal Cottage to Whittier in early June. Phone number remains the same.

**Nancy McClusky** moved from a Kendal Cottage to Whittier in early June. Phone number remains the same.

**Diantha Paré** moved from a Kendal Cottage to Whittier in late June. Phone number remains the same.

**Warren Wickes** moved from Whittier to Jameson in late June. Phone number remains the same.

**Kendal at Oberlin Artists, Writers Continue Winning Ways**

Cate Schwaegerle's "Cormorant on a Kusama" was awarded 1st place in Photography at the LeadingAge Ohio regional arts and writing exhibition for residents of non-profit life care communities. Don Parker earned 1st place for his painting "Aspen Valley." The late Ruth Schwaegerle won honorable mention for her 3D ceramic "Nature's Pearls on Glass." The popular competition was held at the Jennings Center in Garfield Heights, OH, on June 15. Next year Kendal at Oberlin will host the regional exhibit and competition!

Here's a list of Kendal's other artists by category: Computer Art: Eleanor Helper, "Red Snappers," 2nd place and Paul Schwaegerle, "Fall Foliage," honorable mention. Photography: Kathy Caldwell, "Rorschach Test," 2nd place. Cooperative Art: Kendal at Oberlin Art Studio members Donna Baznik, Enid Cleary, Rachel Fordyce and Joyce Parker, "Gossip Hurts," 3rd place. Kendal writers did well, too. George Hannauer's "Incognito No More" took 3rd place in Non-Fiction and Anne Martin's "Mirage" won honorable mention. Don Parker's "Getting Home" was 3rd in Prose Fiction and Rita Haessly's "The Green Scarf" drew an honorable mention.

Congratulations to the 21 artists and writers whose art work, prose and poetry were admired by a large crowd of visitors from everywhere in Greater Cleveland. Winners proceed to LeadingAge Ohio's statewide arts and writing competition September 14 in Columbus. *-Michele Tarsitano-Amato and Thelma Morris*

totalled \$3,364.00. Thanks to all our donors and shoppers!

**DID YOU KNOW?** You don't need to use an envelope when paying for items less than \$6. When there is no description on the price tape, only a price, just put your payment – bills, change or checks – directly in the cash box. Even when the total for all your purchases is more than \$5, no tape or envelope is necessary. **You only need to use envelopes when the price tape has a description** (e.g., "Glass Vase \$6").

**THANK YOU!** Keep those donations coming and keep shopping the KRS! *-Nancy Lombardi, Chair, Kendal Resale Shop*

**Hoot 'n' Holler Railroad**

On July 4th, after the Ice Cream Social, the Hoot 'n' Holler Railroad will be running trains from 4:00-6:00pm. See the sites and take a virtual train ride through the bucolic countryside of Appalachia in the 1920s. Find the railroad near Parking Lot #6.

**IN MEMORIAM**

**VICTOR PARÉ**  
**JUNE 17, 2017**

**Kendal Kryptogram #150 -by Nina Love**

**WAXH UX AVO XUNKWURUHS AG HUNDX;**

**HTD LAOWP QZAVYPX LUHT WQLX QYP**

**HDDNX LUHT ROUNDX. -VYBYALY**

**Solution to Kryptogram #149: "Being young is beautiful, but being old is comfortable." -Will Rogers**

## Saturday Walks

Come with us to enjoy leisurely walking in places off the Kendal campus. We will meet on Saturdays at the Heiser Reception Desk at 9:00am to car pool. Questions? Contact Jerry Berner.

- July 1 **Black River Reservation/High Meadow**
- July 8 **Oberlin Reservoir**
- July 15 **Lorain Pier**
- July 22 **Carlisle/Equestrian Trails**
- July 29 **French Creek/Pine Tree Site**

## Table Tennis News

In June, we celebrated a booming half-year of table tennis with a post-tournament dinner. The evening also gave us the chance to thank our friend and visiting coach Doyle Harbaugh, who attended with his wife Tammy. Last month, Doyle came over twice to help us improve our game.

During Fun Fitness week in June, the Sports & Recreation Committee hosted the popular Robot Table Tennis event (the robot lent to us again this year by Doyle Harbaugh).

Twenty-two residents turned out to face the machine's tireless stream of spinning balls. For many, this was the first try since their school days at hitting a "ping pong" ball.

The number of enthusiastic Kendal players keeps on growing. One newly arrived resident joined us while his cottage was still cluttered with unopened crates and boxes; and yet another Kendal newcomer followed close after him. We also pleurably welcomed back a player who had been sidelined for several months. With a glint in her eye, she pronounced on her return: "I love this game. It brings out something that nothing else does!" What that "something" may mean for you, you can find out by joining us! -*Sidney Rosenfeld*

## Wellness Tea Tasting Sat., July 8 - 10:00-11:30am in the Country Kitchen

Danna Mitchell, Kendal Wellness Specialist, will tell us about the health benefits of red clover, linden, chamomile and cinnamon teas. Try them hot or cold, with a muffin on the side.

Danna will share knowledge gained in a holistic medicine class that she completed under the auspices of our Stephens Education Fund.

## Kendal Therapy Dept. Discovery Series:

### "Meditate for the Health of It!" Thurs., July 20 - 3:00pm - AUD

Join our Therapy Team for a short interactive discussion on the benefits of meditation and the types of meditation available, followed by a simple meditation session of seated yoga that can be replicated at home.

All are welcome.

## It's Time for Grobe's Again!

Grobe's Fresh Market will return to the Heiser Lounge from 10:30am-1:30pm on Friday mornings from the end of July through August. But we need resident volunteers to be the cashiers -- two people for each shift: 10:30am-12:00pm and 12:00-1:30pm.

To volunteer, call Janet Kelsey Werner or leave a note in her mailbox.

## RELIGIOUS SERVICES AT KENDAL

### Episcopal Service

Saturday, July 8, 11:00am, Gathering Room, Rev. Nancy Roth

### First Church Sunday Service

Sunday, July 16, 4:00pm, Gathering Room

### Roman Catholic Mass

Friday, July 21, 10:00am, Crossroads Room

### Society of Friends

Sundays, 10:30am, Education Center



## Bridge Results

### MONDAYS

**May 29:** 1st, Mary Beth McCalla; 2nd, Tomo Ijiri.

**June 5:** 1st, Enid Cleary; 2nd, Eileen Dettman.

**June 12:** 1st, Rachel Fordyce; 2nd, Enid Cleary.

**June 19:** 1st, Russ Bimber; 2nd, Enid Cleary.

## Taking a Summer Break

• Solo Diners and SPINACH (Senior Persons Interested in Nutrition And Community Health) dining groups are on summer hiatus. Both invite Kendal residents -- newcomers and oldtimers -- to join them again in September.

• First Church Fellowship and the UU Kendal Gathering will each next meet in September when their 2017-2018 programs begin.

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## The Kendalight

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

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Deadline for the August 2017 issue of *The Kendalight* is July 15. The editors regret that they cannot assume responsibility for errors in content in material submitted for publication.

**Note: Please submit articles by email to our address:**

***Klite600@yahoo.com***

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



## Dining and Nutrition Services

### Tuesday, July 4 - Independence Day Picnic-Style Menu in Fox and Fell Dining Room, after parade, 11:30am-1:30pm

Evening meal available in Langston and Friends Corner Dining Rooms only.

### Tuesday, July 4 - 3:00pm Ice Cream Social in the Whittier Game Room Lounge

#### Intergenerational Gathering: July 6, 3:15pm, Langston.

Join us for Bananas for Banana Splits.

### Dining Services Notes from Ann Pilisy

**Welcome to Fox & Fell new hires:** Ella Brantley and Inel Washington in June and Coby DeLeon in July.

**And goodbye to staff leaving for college in August:**

**Fox & Fell:** Dana Townsend, Scott Bowles, Sarah Parsh, Emme Bliss, Maliyah Stevens, Liam McCullough, Susie Cunningham, Thomas Protzman.

**Langston:** Rylee Wheaton, Lauryn Camel, Katlyn Hershberger.

**A Reminder to Everyone:** Please remember to practice patience and courtesy. Sometimes, you will have to wait in line to get your food. You live in a community with people of varied and changing abilities. This may be you one day, taking a bit longer in line. Be kind to one another. Sit down and get your food a bit later when there is no line, or initially get soup and salad only.

**Langston Specials:** Even when there is a gap between the specials and regular menu items, we will serve in the order in which people line up. Please be courteous to your neighbors, guests and staff.

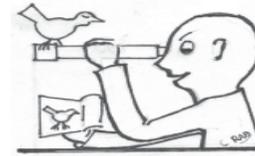
### Meet, Greet, Eat Returns on Monday, July 24

Sign-up sheets for the Meet, Greet and Eat dining group will be posted below the open mailboxes on Mon., July 17. Deadline is noon, Sat., July 22. Then come to the Fox and Fell around 5:30pm on July 24 wearing your name tag and enjoy a meal with new (or old) friends. Each dining table will be assigned a number and you'll draw a number to find your table. The usual dining options are also available in Langston and Fox and Fell.

### Nest Box News

As of Saturday June 17, the nest boxes housing Eastern Bluebirds in the Community Garden, at the top of the diagonal path on Wildflower Hill, and in the nest box near Rock Pond just inside New Russia Township Park have all fledged their 7 chicks. In a strange reversal from previous years, New Russia Township Park, by comparison, had only one nesting pair of Eastern Bluebird chicks, but it too fledged its 4 chicks. That makes a grand total of 11 chicks in the Kendal area.

The Tree Swallow nests are succeeding like gangbusters with a total of six active boxes containing 7 eggs and 18 chicks – some of which have fledged already. Since they are wonderful at gobbling up mosquitos as they swoop over the lawns and ponds in their aerial ballet, this is a very good thing. In other Oberlin locations, the college arboretum, a new nest box trail this year, and Westwood Cemetery are having a particularly successful Bluebird year with the former fledging 4 and the latter 32, with more to come because there are still 18 eggs to hatch and 81 chicks yet to mature! -Nina Love



5/15/17  
to  
6/15/17

### Nature Sightings

5/15 Gray Tree Frog in my garden at #95: Marcia D; 5/16 Great Crested Flycatcher calling behind Lot #14: Maureen Bailey, Hskp.; 5/20 Eastern Kingbird west shore of Rock Pond: Scott O.; 5/22 Gray Catbird singing in a tree at #5: Maureen; 5/23 Red-eyed Vireo and Baltimore Oriole singing behind #37: Maureen; 5/25 Cedar Waxwings in birch tree by #18: Maureen, again; 5/26 Two Rose-breasted Grosbeaks at feeder at #65: Larry Porter; 6/1 Baltimore Oriole behind #95: Marcia; 6/3 Female Rose-breasted Grosbeak behind #95: Marcia; 6/4 Yellow Warbler, Common Yellowthroat, Willow Flycatcher singing at north shore of Rock Pond: Scott; 6/6 Great Blue Heron Center Pond: Marcia; 6/6 Painted Turtle outside #84: Anne Helm; 6/7 Two Cedar Waxwings at Troll Bridge: Anne; Deer at #82: Anne; 6/8 Kingfisher on Buttonbush Pond: Marcia; 6/14 Fledged Catbird #192: Ed Wardwell; Fledged Downy Woodpecker #82: Anne H.; Bullfrog on lawn SE of Farmer's Pond: Terry Carlton; 6/15 Chimney Swift and Baltimore Oriole #9: Maureen.

### Talking Tuesday with the Kims July 18 - 12 noon - The Den

Kim Preston and Kim Peters, Kendal's Social Services Associates, want to get to know you! Join the Kims over lunch from 12 noon to 1:00pm in The Den on the third Tuesday of the month to talk about your interests and concerns.

### Looking for Someone?

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

| SUN                                                                                                                                                                                                                                                                                      | MON                                                                                                                                                                 | TUE                                                                                                                                                                                                                                                       | WED                                                                                                                                                                                                                                                                                                                                               | THU                                                                                                                                                                                     | FRI                                                                                                                                                                                      | SAT                                                                                                                                                                                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <h1 style="color: red;">JULY 2017</h1> <p>GaRm = Gathering Rm      WHT = Whittier Lounge<br/>           HL = Heiser Lounge      Bold Face = at Kendal<br/>           CCR = Crossroads Conf. Rm      * = Kendal Bus<br/>           WCH = Warner Concert Hall      tx = Tickets needed</p> |                                                                                                                                                                     |                                                                                                                                                                                                                                                           | <p>• <b>Sunday, July 9:</b> Join us for a Moon Viewing gathering at the base of Wildflower Hill. The Thunder, Oak, Buck Moon will rise at 9:22pm at 115 degrees. It will be cancelled if there is indeed THUNDER! -Dick and Donna Baznik</p> <p>• <b>Sunday, July 16:</b> Mini-concert by WRAPPS Storytellers, 3:30-4:30pm, Education Center.</p> |                                                                                                                                                                                         |                                                                                                                                                                                          | <p><b>1</b><br/>Walk in the Park<br/>9:00am Heiser</p> <p><b>Reading of <i>Kendalight</i></b><br/>11:00am WHT</p>                                                                                            |
| <p><b>2</b><br/>Quaker Worship<br/>10:30am Ed Ctr</p> <hr/> <p>English Country Dancing every Sunday, 7:15pm AUD</p> <hr/> <p>Film: Johnny Tremain<br/>7:00pm WHT</p>                                                                                                                     | <p><b>3</b><br/><br/><br/><br/><br/><br/><br/><br/><br/><br/><br/>Bridge<br/>7:00pm CCR</p>                                                                         | <p><b>4 July Fourth</b><br/>Independence Day Parade - Heiser Circle 10:00am; program in AUD 10:30am. Festive meal 11:30am-1:30pm<br/>Ice Cream Social 3:00pm WHT<br/>Game Lounge<br/>Group Singing 4:00pm GaRm<br/>Hoot n Holler RR 4:00-6:00pm Lot 6</p> | <p><b>5</b><br/><br/><br/><br/><br/><br/><br/><br/><br/><br/><br/>Wed. Morning Conversation Group meets every Wed. 10:00-11:00am WHT</p>                                                                                                                                                                                                          | <p><b>6</b><br/><br/><br/><br/><br/><br/><br/><br/><br/><br/><br/>Bananas for Banana Splits! Langston 3:15pm</p> <hr/> <p>Credo String Ensemble 4:00pm AUD</p> <p>No Health Lecture</p> | <p><b>7</b><br/><br/><br/><br/><br/><br/><br/><br/><br/><br/><br/>Courtyard Garden Concert 4:00pm</p>                                                                                    | <p><b>8</b><br/>Walk in the Park<br/>9:00am Heiser</p> <p><b>Wellness Tea Tasting 10:00am</b><br/>Countryside Kitchen</p> <p><b>Episcopal Serv. 11:00am GaRm</b></p> <p>Film: Andy Warhol<br/>7:15pm AUD</p> |
| <p><b>9</b><br/>Quaker Worship<br/>10:30am Ed Ctr</p> <p>Film: I'll See You in my Dreams<br/>7:00pm WHT</p>                                                                                                                                                                              | <p><b>10</b><br/>Suggestions &amp; Concerns<br/>2:00pm CCR</p> <p>Bridge<br/>7:00pm CCR</p> <p>Academy for HS Organists<br/>7:30pm Finney *</p>                     | <p><b>11</b></p>                                                                                                                                                                                                                                          | <p><b>12</b><br/>LUNCH BUNCH:<br/>Nine Bistro, *<br/>LaGrange<br/>11:30am-2:00pm</p> <p>Film: Oceans<br/>4:30pm AUD</p> <p>Song Swap with Judy Cook<br/>7:00pm AUD</p>                                                                                                                                                                            | <p><b>13</b><br/>Coffee Hour with Barbara Thomas<br/>9:30am Langston</p> <p>Low Vision Group<br/>4:00pm Green Rm.</p> <p>No Solo Diners</p>                                             | <p><b>14</b><br/>Play Readers: "Enchanted April"<br/>1:30pm AUD</p> <p>Courtyard Garden Concert 4:00pm</p> <p>Credo Faculty Concert<br/>8:00pm Kulas (tx at door) *</p>                  | <p><b>15</b><br/>Walk in the Park<br/>9:00am Heiser</p> <p>Theater Festival: Winter's Tale<br/>2:00pm Hall *</p> <p>Play Readers: "Enchanted April"<br/>7:15pm AUD</p>                                       |
| <p><b>16</b><br/>Quaker Worship<br/>10:30am Ed Ctr</p> <p>First Church Service<br/>4:00pm GaRm</p> <p>Film: Jackie<br/>7:00pm WHT</p>                                                                                                                                                    | <p><b>17</b><br/>Oil Disaster Lessons<br/>10:30am AUD</p> <p>Jasper String Quar.<br/>3:30pm AUD</p> <p>Monday night downtown bus *</p> <p>Bridge<br/>7:00pm CCR</p> | <p><b>18</b><br/>Talking with the Kims<br/>Noon - The Den</p> <p>Film: Priceless<br/>4:30pm AUD</p> <p>Credo: Jasper String Quartet (tx)<br/>8:00pm Kulas *</p>                                                                                           | <p><b>19</b><br/>Kendal Spells!<br/>3:00pm AUD</p> <p>Cooper Intl. Violin Recital Finals<br/>7:00pm WCH *</p> <p>Friends of Westwood Cemetery<br/>7:15pm AUD</p>                                                                                                                                                                                  | <p><b>20</b><br/>KORA Council<br/>10:00am AUD</p> <p>Therapy Dept.: "Meditation"<br/>3:00pm AUD</p> <p>Cooper Intl. Violin Honors Recital<br/>7:00pm WCH *</p>                          | <p><b>21</b><br/>Catholic Mass<br/>10:00am CCR</p> <p>Fact vs. Myth<br/>10:30am AUD</p> <p>Theater Festival: Miracle Worker<br/>2:00pm Hall *</p> <p>Courtyard Garden Concert 4:00pm</p> | <p><b>22</b><br/>Walk in the Park<br/>9:00am Heiser</p> <p>Big Bus to Blossom leaves 5:45pm, returns about 11:30pm</p>                                                                                       |
| <p><b>23</b><br/>Quaker Worship<br/>10:30am Ed Ctr</p> <p>Film: Amelia<br/>7:00pm WHT</p>                                                                                                                                                                                                | <p><b>24</b><br/>Meet, Greet, Eat<br/>5:30pm Fox &amp; Fell Sign up!</p> <p>Bridge<br/>7:00pm CCR</p>                                                               | <p><b>25</b></p>                                                                                                                                                                                                                                          | <p><b>26</b></p>                                                                                                                                                                                                                                                                                                                                  | <p><b>27</b><br/>Transportation Meet and Greet with Kendal bus drivers<br/>10:00am AUD</p> <p>Cooper Piano Festival Recital<br/>7:00pm WCH *</p> <p>A Poetry Potluck<br/>7:15pm AUD</p> | <p><b>28</b><br/><br/><br/><br/><br/><br/><br/><br/><br/><br/><br/>Courtyard Garden Concert 4:00pm</p> <p>Trolley Run in Remembrance of Len Garver<br/>5:00pm HL</p>                     | <p><b>29</b><br/>Walk in the Park<br/>9:00am Heiser</p> <p>Theater Festival: Barefoot in the Park<br/>2:00pm Hall *</p> <p>Film: Life Is Beautiful<br/>7:15pm AUD</p>                                        |
| <p><b>30</b><br/>Quaker Worship<br/>10:30am Ed Ctr</p> <p>Film: Love and Friendship<br/>7:00pm WHT</p>                                                                                                                                                                                   | <p><b>31</b><br/>Aft. Exchange Barbara Thomas<br/>4:00pm AUD</p> <p>Bridge<br/>7:00pm CCR</p>                                                                       | <p>Film: Safe Passage<br/>4:30pm AUD</p>                                                                                                                                                                                                                  | <p>Song Swap with Judy Cook<br/>7:00pm AUD</p>                                                                                                                                                                                                                                                                                                    | <p>A Poetry Potluck<br/>7:15pm AUD</p>                                                                                                                                                  | <p>Trolley Run in Remembrance of Len Garver<br/>5:00pm HL</p>                                                                                                                            | <p>Film: Life Is Beautiful<br/>7:15pm AUD</p>                                                                                                                                                                |