

# The Kendalight

Kendal at Oberlin Residents Association

July 2021

Volume XXVIII, Number 7



## Independence Day, Sun., July 4, and Mon., July 5: Parade and More! (Rain date, Thur., July 8)

Our theme for this year is “Immigration,” an acknowledgment of the enormous contributions that have been made by all those who have come to this country from around the world.

We invite each of you, whether in the parade or not, to prepare and carry a poster that says, “Born in [Wherever]” or “My Ancestors Came from [Wherever – as many different countries as you like],” and also to wear some kind of apparel from those countries, if you have some. You might coordinate with others of your same heritage – those from Japan, those from Germany, those from Scotland, those from Scandinavia, for example – and then either stand, sit, or walk in the parade together. To help you create these posters, we are making posterboard and felt-tip pens available in the Art Studio, beginning on July 1.

The program will be broadcast around the circle and will include two sing-alongs, a reading, and a song by our special Independence Day choir.

Please start making plans to be a part of some – if not all – of these festivities. Happy Independence Day!



### Schedule


#### July 1–3

- **Prepare decorations and posters** for yourself, your pet, your bicycle, tricycle, rollator, or motorized chair. Materials provided in the Craft Room and Art Room.

Please  
remove all cars from  
the parking places in  
Heiser Circle before  
9:00am on July 5.



#### July 4

- **3:00–5:00pm: Ice Cream or Frozen Yogurt Cups.** Pick up in Langston. 
- **4:00pm: Frederick Douglass’ Fourth of July Speech** read by Del Jenkins on KOTV and WSCC.
- **7:00pm: Sunday Night Movie: Yankee Doodle Dandy.** See page 4.

#### July 5 (Rain date July 8)

- **9:45am: Paraders, line up** on the boulevard between the perimeter road and the circle. Parade Marshal Tom Taylor will instruct you. No masks required.
- **9:45am: Onlookers, gather** around Heiser Circle. BYO folding chairs. Patriotic masks provided.
- **10:00am: Parade, Lawn Chair Drill Team, and Program.**

- **11:30am: Boat parade on Farmer Pond.** View from the shuffleboard courts or grass.

- **1:30–2:30pm: Kite Flying** in the field at the base of Wildflower Hill, wind and weather permitting.



- **3:00–4:30pm: Model Sail and Power Boats** at Triangle Pond.
- **4:00–5:30pm: Hoot ‘n’ Holler Garden Railway Operation** just east of parking lot 6.

#### Photographers!

If you get some great shots at any of our July 4th activities, select and send only the best to Carol Harvey for possible inclusion on the Around Kendal Gallery board.



#### July 6

- **Return** reusable craft materials to Craft Room.



Kendal at Oberlin Residents Association

Kendal residents are wonderfully generous. Thank you very much for your tremendous response to the Staff Appreciation/Vacation Appeal. You generously donated \$88,152.66! I think this is an all-time high for any staff appeal! Wow, congratulations! Plus heartfelt appreciation for the personal thank-you notes you wrote to every eligible staff member. I've received many comments about how it was gratifying to write them and very welcome to receive them.

June saw Pride Month, planned by the LGBTA core group of residents and staff, and Fun Fitness Week, planned by Kathy Caldwell, and all accomplished thanks to many volunteers. The Program Committee continued their banquet of interesting programs from outside experts and our own residents. Anne Lockwood and Robin Laurén developed an at-a-glance medical sheet to help us navigate health care options. The Horticulture Committee's plant sale provided terrific plants at low cost.

All groups and committees welcome new members. Give them a try. Please answer the call of the Leadership Development and Nominations Committee for next year's KORA Council.

Kendal continues to open up, enabling more of the vibrant social life we have missed. Both dining rooms are filled with the hum of conversation and laughter. Groups are meeting in person. Following good safety practices, some of us have resumed traveling, seeing friends and family, visiting favorite spots like art museums, and shopping. Seeing our friends from Stephens Care Center is marvelous. Looking forward to our Fourth of July!

As Kendal plans for the future, residents have been actively involved through Strategic Planning surveys and meetings and working on Dining Mat-

## LDNC Seeking KORA Nominations for 2022

Kendal at Oberlin is known for our strong Resident Association and outstanding resident initiative and participation in community life. Each of us has an opportunity to find a niche in our KAO activities and programs.

At this time the Leadership Development and Nominations Committee (LDNC) is soliciting your suggestions for people to serve as officers and councilors of the KaO Resident Association (KORA) and members of the LDNC. **KORA Council** maintains and strengthens the functioning of the association, including our committee system. The four **Council Officers** comprise the **Executive Committee**. It enables the Council to function smoothly, bringing to its agenda the needs and concerns of the community as a whole and maintaining communication with the Administration. Through the year **LDNC** focuses on the leadership needs of the association and its committees, consults with the KORA Executive Committee as appropriate, conducts

an orientation to KORA for newer residents and presents nominations for open leadership positions at the Annual Meeting of the Association in November. All – Councilors and LDNC – should function in harmony with Kendal's Values and Practices, in their relationships with residents, staff, Kendal's Board of Directors, and the community at large.

**Councilors** attend monthly Council meetings. Each serves on one of the Committees of Council and as liaison to one of the Standing Committees of Council – bringing to the job patience, discretion, listening skills, and a willingness to speak out.

The **President** is the chief executive officer of the Association, a responsibility involving team leadership of Council and its officers.

The **Vice President** works as a team member, providing support and sharing tasks with the President. The Vice President assumes the President's duties if the President cannot perform them.

The **Treasurer** is the financial officer of the Association, who oversees all budgetary (Continued on p. 3)

## Strategic Planning Moves Ahead

The Strategic Planning Committee of the Board of Director thanks all of the residents who shared ideas and concerns by completing a survey and participating in one of the "Shaping our Future" resident forums.

Over the next several months the committee will process this information as well as collect data from other sources. From time to time it will share its progress toward finalizing the KaO Strategic Plan 2022–2027, with the final report in March 2022.

~Liz Schultz, Chair; Gary Olin, Vice Chair;

Other Committee Members: Dick Baznik, Mary Behm, Ann Fuller, Karen Kilgo, Toni Merleno, Jack Southworth, Barbara Thomas, Mary Van Nortwick, Joan Villarreal, and Nora Adelman and Sean Kelly from Kendal Corporation.

ters, Master Planning, and Joint Technology Committees. We are fortunate to live in a community which values our knowledge and sage advice.

~Mary Behm, KORA President

**Next KORA Council Meeting  
Thurs., July 15 - 10:00am  
Zoom and KOTV**

**AFTERNOON  
EXCHANGES  
WITH BARBARA THOMAS**

**THURS., JULY 1, 8, 29 - 4:00PM  
ZOOM, KOTV, WSCC**

## 2022 KORA Nominations

*(Continued from p. 2)*

matters, financial reports, and legal documents pertaining to KORA as a 501(c)(3) organization.

The **Secretary** takes care of basic communication needs including minutes, records, notices, and meeting set-up.

The four officers comprise the **Executive Committee**, which meets several times a month, sets the Council agenda, and discusses other matters of concern.

**LDNC** members need knowledge of KORA as an organization, wide knowledge of the resident community, discernment and good judgment, and an ability to honor confidentiality. More complete “job descriptions” are posted on the KORA bulletin board.

The LDNC looks forward to receiving your suggestions for candidates for these positions. Nominees should have lived at Kendal for at least one year. **Submit your nominations in writing to Box #216 before August 15.** Please get the consent of the person you are suggesting, making

clear that your suggestion does not guarantee that he/she will be on the committee’s recommended slate. A brief note on why you would like to see them in this position will be helpful. If you nominate yourself, include a few words about your interest in the job.

Our committee often receives more nominations than there are openings available. The KORA Executive Committee tells us particular skills or backgrounds needed to round out the Council, and we are charged to maintain broad diversity, including newer residents, and in the case of LDNC to consider former KORA officers.

The LDNC will nominate a slate of candidates to present to the KORA membership at its Annual Meeting in November for ratification by consensus. If other nominations are made from the floor (permissible under the KORA Constitution) the election will be decided by ballot.

~2021 LDNC: *Sue Palmieri, Chair;*  
*Robert Longworth, Secretary,*  
*Ann Francis, Tom Morgan, Sandy*  
*Siebenschuh, Barbara Whitehouse.*

## Play Readers: *Still Life*

**Fri., July 30 - 7:15pm - KOTV**

Noel Coward’s 1936 play brings two strangers together at the refreshment stand in an English train station. Though both are married, their relationship over a year blossoms into love. Tune in to learn how Robert Taylor and Margaret-Ann Ellis resolve their relationship.

The 1946 movie version, *Brief Encounter*, was directed by David Lean from Noel Coward’s screenplay. ~Jerry Berner

## 2021 Residents’ Staff Vacation/Appreciation Fund Adds a Personal Touch This Year

This year the Vacation/Appreciation Fund for staff collected a stellar total: \$88,152.66! After deducting FICA from this amount, \$81,888.21 was distributed to 215 staff members, with amounts ranging from the minimum of \$75.00 to \$621.74! This year KORA Council led our residents to write personal thank-you notes to every staff member to accompany their monetary gift and KORA President Mary Behm’s own appreciation letter. This huge, wonderful effort made the gift extra-special for each staff member.

Speaking for our very grateful staff family, THANK YOU!

~Toni Merleno, Director of Human Resources & Operational Services

## 🎵 Music at Kendal 🎵

### Second Sunday Chamber Music Open Rehearsal Sun., July 11 - 4:00–5:00pm Heiser Auditorium

Stop by and listen to this informal presentation by Kendal residents. It’s a read-through (or rehearsal) for all to enjoy! Protocols limit the number of people who can be in Heiser Auditorium at any one time, including the musicians. If too many show up, the overflow will be able to hear the music in the hallways and Heiser Lounge.

### Exciting Credo Programs from Oberlin Conservatory

Credo, a nonprofit faith-based music organization based in Oberlin, develops young musicians musically, personally, and spiritually through an intensive program of private lessons, chamber music opportunities, and charitable work. It will make the following programs available to Kendal residents:

**Tues., July 6 - 7:00pm - WSCC**  
*Expanding the Canon.* Music by women and minority composers.

**Fri., July 9 - 7:00pm - KOTV**  
*Rising Tide – The Crossroads Project.* The Fry String Quartet gives a cinematic performance, exploration of nature, humanity, global warming.

**Mon., July 12 - 7:00pm - Zoom**  
*Sound Strategies for String Quartet.* The Arianna Quartet shares expertise on developing a mature quartet sound.

**Wed., July 14 - 7:00pm - Zoom**  
*Establishing a Chamber Music Career.* The Callisto Quartet shares advice on designing a quartet career.

**Thurs., July 15 - 7:00pm - WSCC**  
*Violin Master Class with David Chan, Concertmaster of Metropolitan Opera Orchestra.* Young performers will receive coaching on major repertoire.

## Saturday Night Movies 7:15pm - KOTV

**July 3 - Philomena (2013)** Judy Dench at her best! Story of a woman's search for her son, who was taken away from her decades ago after she became pregnant and was forced to live in a convent.

**July 10 - Guys and Dolls (1955)** Trying to finance a craps game, a NYC gambler (Frank Sinatra) makes a bet with a high-roller (Marlon Brando) that unexpectedly leads to romance. With Jean Simmons, Vivian Blaine.

**July 17 - Kind Hearts and Coronets (1949)** A distant poor relative of the Duke D'Ascoyne plots to inherit the title by murdering the eight heirs who stand ahead of him in the line of succession. Alec Guinness plays all eight!

**July 24 - The African Queen (1951)** A dissolute steamer captain (Humphrey Bogart) and a prim spinster (Katharine Hepburn) travel downriver in Africa during WWI, battling the elements, the Germans, and each other.

**July 31 - The 24th (2020)** Members of the Army's all-Black 24th Infantry Regiment become involved in a deadly riot in Houston in 1917.

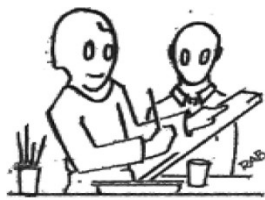
## Sunday Movies 7:00pm - WSCC

**July 4 - Yankee Doodle Dandy (1942)** Song-and-dance man George M. Cohan (James Cagney) recalls his life from vaudeville to later success.

**July 11 - 36 Hours (1965)** Germans drug an American (James Garner) to trick him into believing WWII is over so they can discover invasion plans.

**July 18 - Knives Out (2019)** A debonair detective (Daniel Craig) investigates the death of a renowned crime novelist who is patriarch of an eccentric, combative family.

**July 25 - The Italian Job (1969)** A British crook (Michael Caine) plans to steal a gold shipment from the streets of Turin by creating a traffic jam.



## Art Gallery News

The biennial **Kendal Creates** show will continue in both the **Kendal** and **Community Galleries** until mid-August. Because of the variety of media submitted by residents, the show was challenging to organize. In an inspired moment, Robert Taylor persuaded the curators to hang the large group of portraits in the **Community Gallery**. The sculpture, wood turning, ceramics, fiber art, landscapes, abstract paintings, watercolors, photographs, ceramics, textiles, mobiles, and collages were then arranged in a blaze of

color and visual interest in the **Kendal Gallery**.

Don Parker's watercolor landscapes previously shown in the Community Gallery are now on display inside the Stephens Care Center in the **Friends Gallery** between the Friends Corner and Gathering Room. The "hanging committee," which installs the changing shows in our galleries, was permitted to hang Don's watercolors inside SCC one evening last month.

Looking ahead, three textile artists will have their work shown in the Kendal Gallery beginning August 17, and Carol Conti-Entin's nature photography will be exhibited in the Community Gallery from August 20 to October 14.

## Tuesday Themed Films 2:00pm - WSCC

**July 6 - Hidalgo (2004)** American horseman enters his mustang Hidalgo in an 1891 race against Bedouins riding pure-blooded Arabian horses.

**July 13 - The Adventures of Robin Hood (1938)** See Errol Flynn in the swashbuckling role that made him a star as legendary hero Robin Hood.

**July 20 - Ondine (2010)** A fisherman (Colin Farrell) hauls in an unexpected catch when a beautiful and mysterious woman gets tangled in his nets.

**July 27 - Hook (1991)** Aided by Tinker Bell (Julia Roberts), a grown-up Peter Pan (Robin Williams) must return to Neverland to save his kids from the vengeful Hook (Dustin Hoffman).

## Thursday Movie Musicals 2:00pm - WSCC

**July 1 - Bugsy Malone (1976)** In a musical gangster movie, all the gangsters are played by children who use "splurge guns" to cover their victims in cream.

**July 8 - State Fair (1945)** This film about an Iowa family's adventures at

the fair features Rodgers and Hammerstein's only score written expressly for the screen.

**July 15 - Stormy Weather (1943)** A struggling performer (Bill Robinson), meets a beautiful vocalist (Lena Horne) in this fictionalized biography of vaudevillian-turned-actor Bill "Bojangles" Robinson. The film features some 20 musical numbers by Cab Calloway, Fats Waller, and others.

**July 22 - Singin' in the Rain (1952)** Silent-era Hollywood star (Gene Kelly) is in trouble when talkies arrive. But with his pals (Debbie Reynolds, Donald O'Connor), he finds success as a song-and-dance man on the big screen.

**July 29 - Carousel (1956)** A carousel barker (Gordon MacRae) returns to earth for one day 15 years after his death to make amends to his widow (Shirley Jones). Based on 1945 Rodgers and Hammerstein stage musical.

### 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**

**From Supporting Friends:  
Walking or Visiting  
With SCC Friends**



Walking or visiting with friends who live in the Stephens Care Center is increasingly easy. Simply phone your friend, set up a time, let the SCC secretary know about the excursion, and then meet your friend at the Heiser corridor door. It's as simple as that!

If your friend uses a wheelchair and you would like training, contact Sandi McClennen.

To meet an SCC resident you may not know who is eager to get out and enjoy the rest of the campus, contact Sandi McClennen, Carol Bojanowski, or Elizabeth Hole.

**Suggestions and Concerns  
Committee Meeting  
Mon., July 12 - 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 decide how to pursue it to a satisfactory resolution. Questions? Contact chair Marjorie Porter.

**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 in May 2021:**

Total contribution: \$1,729.

**IN MEMORIAM**

**DON VANDYKE, JUNE 22, 2021**

**KORA Thoughtful Health Conversations Group News  
Resources for Late-in-Life Choices**

Good friends of ours were enjoying a second marriage. They intended that the survivor of their marriage would have life estate in their respective investments, had discussed their plan with their attorney, and had a date to sign. But one of them died with little warning, so their plan came to naught.

Another close friend is determined that in the case of serious illness with only a fair chance of recovery to an active life, she wants no extraordinary measures taken to prolong her life. Her desire is written and has been shared with her family and her health care team.

Hopefully, many of you have taken part in Kendal Social Services workshops on advance directives and have completed or are completing your Health Care Power of Attorney and a Living Will.

Have you held the relevant conversations with your family and your health care team about these and other late-in-life decisions?

KORA's Thoughtful Health Conversations Group has prepared resources that might be helpful as you consider your health care options. Look for these in the marked folder on a table in the Kendal library. The blue folder contains the Conversations with Your Family Starter Kit and the red folder has Go Wish information. Several of us have enjoyed the Go Wish card game, found on the same table or online ([www.gowish.org](http://www.gowish.org)). If a personal conversation might be helpful, call Priscilla Steinberg or Don Reeves.

**Wellness Support Network Workshop Scheduled for October 6**

Here's a situation a resident might experience:

Resident A: I was at the doctor's by myself. He told me I needed surgery. But I got so flustered, I don't remember anything else he said.

Resident B: I wish you had asked me to go with you. I could have been another set of ears.

The Thoughtful Health Conversations Group Wellness Support subcommittee has a possible solution. Our mission is to encourage residents to choose a few friends who agree ahead of time to help them in times of medical emergency or with other health-related needs, thus forming their Wellness Support Network. We would like to designate October as Wellness Support Month.

We are planning a workshop on October 6 at which anyone who is interested can learn more about forming a Wellness Support Network for him/her/ themselves. Watch future *Kendalights* for more details. *~Sue Palmieri*

**Summertime  
Opportunities**

Don will lead outdoor sketching in the Courtyard Garden on Wednesday mornings (9:30-11:00am, weather permitting). Participants may use pencil (graphite or colored) or pastels (pencil or stick form). Supplies will be provided, or you can bring your own. Come for some or all sessions.



Joyce will restart the Clay Workshop with a beginning hand-building session on Tues., July 13, and Wed., July 14, 2:30–4:30 pm. We welcome first-timers and experienced potters. We have a good time together – that's half the fun. On Wed., July 21, we will pick up glazing of already-bisqueed pots. In early August we'll approach a hand-built square pot and lid. One can be seen on our kiln room shelf.

Contact Don and Joyce Parker for details.

## More About Kendal's Residents



### Ann and Gerry Findlan

#### Ann:

One of my earliest memories is of me at age three self-perched on a stack of books on the chair behind the teacher's desk in grandmother's classroom. It was her last day of teaching before retirement. From this experience and throughout grade school and high school, I knew that I wanted to teach.

At Union University in Jackson, TN, I earned a bachelor's in English, psychology, and secondary education. Then I taught high school English for three years in northern Florida where I became interested in working with special needs individuals. This led to a master's in rehabilitation counseling in 1973 from the University of Florida, with a specialty in vocational training for the developmentally disabled and the mentally ill. Next, I coordinated training in a vocational center in Florida, taught junior college courses in Arizona and English in Mexico, and did rehabilitation counseling in New Mexico.

After that, I joined the Lorain County Board of Developmental Disabilities (Murray Ridge Center) in Elyria, OH, where my positions included Rehabilitation Coordinator, Workshop Director, Director of Adult Services, and Assistant Superintendent. My most rewarding work there was training our clients in vocational and social skills and teaching staff to work more effectively with our clients.

Gerry and I met and worked together at Murray Ridge Center. We married

in 1982 and worked in different rehabilitation programs in Washington, DC/northern Virginia for four years. We returned to Oberlin in 1986 and again worked at Murray Ridge Center until we retired in 2006.

Since retirement, I have enjoyed volunteering at Mercy Allen Hospital, the Conservancy for Cuyahoga Valley National Park, Friends of Oberlin Public Library, Golden Retrievers in Need, and Murray Ridge Center. In each of these experiences, I still look for opportunities to teach or be taught!

#### Gerry:

I was born Nov. 3, 1944, which was my maternal grandfather's birthday. As my father was in the AAF, in India, we were living in West Palm Beach, FL. After the war, my folks moved to the Cleveland, OH, area. I have five brothers.

I attended Borromeo high school and college and then St. Mary's seminary. I was ordained, with a Master of Divinity, and served as an associate pastor in two parishes on Cleveland's east side.

My next job was at Murray Ridge Center, where I met my Ann. In 1982 we moved to northern Virginia and got married. I worked at Fairfax Opportunities Unlimited. Ann and I returned to Murray Ridge Center when the program expanded. From 1997 to 2006, I was part of the administrative team as Director of Contracts; duties included labor law and contract compliance, fiscal oversight, strategic planning, and supervision of a staff of 22.

I retired in 2006 and started to work in Facility Services at Kendal at Oberlin. I enjoyed my job and the opportunity to meet many people with interesting life stories. I "retired" from Kendal after 15 years. That was on May 31, 2021, the day

my wife and I moved into our cottage here. We have Traci, a mixed breed rescue dog. I am interested in history and with Ann look forward to trips to visit our wonderful national parks. I also enjoy volunteering, currently as:

1. Secretary: Rotary Club of Oberlin.
2. Board member: The City of Oberlin Board of Zoning Appeal, and the Records Commission.
3. Treasurer: Friends of Oberlin Public Library.
4. Member: Finance Committee for Sacred Heart Church, Oberlin.
5. Secretary and board member: Oberlin Cable Co-Op.
6. Member: Finance Committee of Murray Ridge Production Center.

Other volunteer work, on "hold" for now, includes helping the Cuyahoga Valley National Park and Oberlin Community Services (monthly food delivery).



### Event Links

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

### Upcoming Moves

**Deborah Gray** from Concord, MA, in mid-July.

### Recent Move-Ins

**Gerry and Ann Findlan** from Oberlin, OH, in early June.

### Recent Transfers

**George Hannauer** to Jameson House in early June.

**Mary Lee Orr** to Jameson House in mid-June.

**Martin "Tin" David** to Whittier in mid-June.

**Betsy David** to Whittier in mid-June.

## The Founders Quilt

With the return of the Founders Quilt – now displayed in the alcove between Heiser Lounge and the William Penn dining room – the time has come to provide a bit of the history and thought behind the making of this Quilt (originally known as the Community Quilt) at the beginning of Kendal at Oberlin.

Conversations with Director of Creative Arts Therapy Michele Tarsitano-Amato and Founder resident Mary Louise VanDyke, along with insight gleaned from Demmie Carrell’s narrative in the Founders section of the *kaores* web page and the introduction to the *Community Quilt Book*, provide the basic material for this history. The Quilt book contains a comment by the designer of each square. Copies of it will be placed near the Quilt and in our Kendal library.

The Quilt was the product of conversations in Kendal’s first year between Michele and resident Frieda Gabalac. Michele says they “were trying to find a way to bring our founding members together to help create community.” The scheme they hatched was to distribute 8"×8" muslin squares to Kendal residents and ask them “to create a square on why they came to Kendal or what happened since they moved in.” Michele recalls that there was a sewing circle of several women, including Frieda Gabalac, Sadie Taylor, Mary Louise VanDyke, and Linda Appleton, and that, in the spirit of Kendal community, Linda embroidered a few of the squares for others who had an idea but couldn’t sew.

The introduction to the Quilt book explains, “Each person joining our community has brought with them their individuality, and their beginning experiences at Kendal at Oberlin have been unique. It became important to find a way to capture these early experiences and, at the same time, have a simple way to learn about each other. The Kendal Community Quilt was the answer!”

The result was an outpouring of de-

cidely individual creations, each with a distinct presentation. Some were embroidered; others cross-stitched; others painted, embellished with sequins, or fabricated from other materials. A cardinal pair gaze down from a branch on one square. On others residents use exercise equipment, share an umbrella, walk a dog.



The first extremely cold (and muddy) winter makes an appearance: a snowman and a thermometer (at minus 20°F) are



in one square; another has Mary Louise VanDyke biking through the snow, her breath in white clouds. The experience of



moving in is commemorated on a square with a moving van making its way down a winding road past a Welcome Friends



sign and a speed limit sign damaged by a collision with the van.

The conclusion of the introduction

to the Quilt book has this to say: “This book explains each image created and the meaning behind it. We hope the values and standards of Kendal’s Quaker philosophy – Simplicity, Peace, Individuality, Community and Equality, are portrayed in the comprised quilt. A resident thought of the word S.P.I.C.E as a way to easily remember these components of this philosophy. We hope you enjoy viewing the quilt as much as we have enjoyed creating it.” To which one might add: “Well said, Founders.” Their brief introduction deserves a reading.

Much loving labor and careful thought went into these squares crafted by a group of our Founders. The Art Committee hopes you enjoy examining the Quilt in its new location, with better visibility coming soon when new lighting is installed.

The Quilt is a memento from the time when Kendal metamorphosed from the dream of a few, supported by increasing numbers, into an actual place, on a plot of land just outside of Oberlin. As the community grew, there were new opportunities for engaging, building, creating friendship, dreaming of new visions of community, and creating an enduring institution and traditions.

May our dreams continue, may the spirit of Quaker community, simplicity, and service inspire new generations, and may residents always build on the past, for the present, thinking of the future.

Perhaps someday there will be an “Anniversary Quilt.” Who knows?

~Grover Zinn, Chair, Art Committee

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## Kendal Kryptogram #196 - by Nina Love

AG’R O REMU RATY HX RESSUM AX GNU KNOAM

TUGR EQ LNUY WHE BH. ~LOPGUM LAYKNUPP

**Solution to Kryptogram #195:** “People say nothing is impossible but I do nothing everyday. ~A. A. Milne



## Watch Encore Programs on Mondays at 7:00pm on KOTV

**July 5 - Review of International Climate Policy** - Dr. Jonathan Pershing, currently a member of John Kerry's climate policy team, explains that this policy is important because the U.S. contributes only about 13% of total worldwide carbon emissions. *(From March 2021)*

**July 12 - The Story Behind *Stories from Storage*** - Heather Lemonedes Brown, Cleveland Museum of Art Deputy Director and Chief Curator, tells us how in just nine months during a global pandemic CMA's spring 2021 *Stories from Storage* exhibit was organized. It comprised 20 stories and included more than 300 works of art, all drawn from the museum's vaults. *(From April 2021)*

**July 19 - Interpreting Macbeth Through Performance** - Phyllis Gorfain, OC Professor Emerita of English, examines how multiple stage and film adaptations reinterpret this Shakespeare tragedy. Video clips show how directors and actors freshly interpret significant incidents, providing deeper understandings of this powerful play. **Part 1 - Defying Fate and Pursuing Ambition.** Part 2 will be shown in August, Part 3 in September. *(From April 2021)*

**July 26 - Whitewater Story: Chasing Snow Melt, Paddling River Rapids** - Resident David Dauphiné provides the narration for his whitewater photos and video clips of guiding kayak support trips on the Colorado River through the Grand Canyon. As a bonus, you learn about the natural features of moving water in rivers. *(From May 2021)*

## Encore Programs on KOTV

Missed a program you'd hoped to watch? Want to re-watch a particular favorite? Many of our programs that appear over Zoom are recorded, and the Program Committee plans to show some of them on KOTV.

If you have specific programs you'd like to see again, please contact Mary Van Nortwick. Mary and fellow coordinator Ken Cheek will do their best to accommodate special requests!



## Fun Fitness Week Report

Residents and staff enjoyed the 16th Fun Fitness Week from Mon., June 7, through Fri., June 11. There were 20 different activities, set up in accordance with Ohio Dept.

of Health guidelines. New activities this year included Line Dancing with Dan Reiber and identifying musical tunes played by more than 12 residents on various instruments.

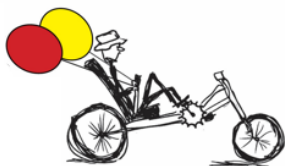
The table on the right shows a complete list of activities with the number of residents, staff, and (where appropriate) dogs that participated. In addition, quite a few Stephens Care Center residents observed the activities.

We couldn't give a lunch as reward this year, but everyone received a coupon in their mailbox for a free extra serving of ice cream.

Thanks to everyone who participated and to the many residents and staff who helped set up and run the activities. A special thanks to the Fitness and Health Committee: Jill

Tvaroha, Saun Howard, Danna Mitchell, and Kathy Caldwell.

An extra shout out goes to Kathy Caldwell as she steps down as committee chair.



**Please consider volunteering to help with next year's Fun Fitness Week.**

Event	Participation
Cycling	13 res
Perimeter/Heiser/Dog walk	13 res, 12 dogs = 120.5 mi
Swimming	16 res = 145.5 laps
Miniature Golf	6 res
Wii Fun	4 res, 3 staff
Name that Tune	9 res + KOTV
Baggo	16 res, 4 staff
Bowling	18 res, 12 staff
Shot Put	7 res, 6 staff
Tennis	6 res
Line Dance	14 res, 1 staff
Croquet	10 res, 7 staff
Lawn Games	4 res, 3 staff
Table Tennis	13 res
Dog Fun	10 res, 7 staff, 2 dogs
What on Earth is it?	7 res + KOTV
Seated Basketball	5 res, 6 staff
Walking Relay	6 res, 4 staff
Robot Sailing	8 res
Kite Flying	2 res observers
Community Walk	16 res, 5 staff
Trike Relay & Kite Flying	Cancelled due to rain



## From the John Bartram Arboretum: The Buckeye and Horse Chestnut (genus *Aesculus*)

The Buckeye is native to North America. Buckeye leaves are made up of 5–7 leaflets spread like fingers on a hand. It blooms in spring, and the blooms are replaced by fruit in summer. It drops its foliage early in the fall. Buckeyes and horse chestnuts are from the same genus, *Aesculus*, and are difficult to tell apart. Both are commonly used in landscaping.

The horse chestnut tree is native to the northern area of Europe and Asia. Most buckeye trees are in the eastern United States (and there are other varieties than the Ohio State *glabra*). Buckeye trees have more short varieties than the horse chestnut which usually grows to 100 feet.



*Buckeye pod and seed.*

The seeds of both trees are mostly dark brown, very shiny as though lacquered, with a spot on them which makes them seem like the eyes of a buck deer. Buckeye trees normally have only one seed in each spiny pod, but horse chestnuts may have more seeds in each smooth pod. The horse chestnut can have more leaflets and its white flowers may have touches of



*Horse chestnut (Aesculus hippocastanum). Image by Svetlana Lisova via Flickr.*

yellow and red. Its buds are sticky and its nuts do provide food for many more animals.

I have memories of my children pulling our wagon up and down the street, collecting buckeye and horse chestnut pods. They would throw the husks with the fruit inside against the garage to get the seeds out, counting them and playing games with them. We enjoyed making candy that looked like buckeyes (or horse chestnuts). See the recipe for “buckeyes” at [www.allrecipes.com/recipe/9909/buckeyes-i/](http://www.allrecipes.com/recipe/9909/buckeyes-i/).

When some people say chestnut tree, they are actually thinking of the horse chestnut. The true chestnut comes from a totally different family, the beech family, genus *Castanea*, whose seeds always have a pointed end. True chestnut seeds are edible, but both buckeye and horse chestnut seeds are considered toxic by the FDA. If I had known that at the time, I would have been concerned about the children playing with them for so many hours.

*~Anne Helm for the Arboretum Committee*

## Transportation Talk

**Kendal Residents Provide Church Transport in 2021–2022.** Many Kendal residents are willing to provide transportation for other residents wishing to attend church services. Their names are listed in a notice on the Heiser bulletin board in the Church section. For riders, please contact listed drivers at least three days in advance for transport. If you are a resident wishing to provide church transport but not listed, please contact Barbara Barna to have your name and church provided in the notice.

**AAA Mature Driver Class Returns.** Lori Cook of AAA will lead two Safe Driving courses. Course #1 will be held in the Heiser Auditorium on Aug. 23 and 25, and Course #2 will be held in the Education Center on Aug. 24 and 26. Class size is limited to 10. Cost: \$18.00, AAA members; \$25.00, nonmembers. You will receive a certificate of completion to submit to your insurance company (usually good for three years). Sign up by July 9 on the sheets on the open shelf under the mailboxes.

**Welcome to the New Kendal Resident Ride-Share Program!** With the ending of the pandemic quarantine, we are now able to reinstitute the Kendal Ride-Share Program. This KORA program utilizes qualified Kendal resident drivers to provide their own cars as transportation for other Kendal residents to go to medical appointments outside of Lorain County.

See the details posted on the resident bulletin board. Or call Ken Cheek or Barbara Barna, Ride-Share co-chairs, for more information.

**Library book overdue?**  
Please return it as  
soon as you can, or  
let us know where  
it might be. Thanks!



**Dementia Friendly  
Discussion Group  
Fri., July 23 - 10:00am - Zoom**

Contact Carol Bojanowski to get the link. All are welcome!



Dr. Alan Power's fourth component of well-being is **AUTONOMY**. It is very important for residents who are beginning to have cognitive challenges to continue to participate in everyday life, even though they struggle. Rather than being impatient and avoiding the situation, just ask if you can help. This contributes to their sense of well-being and lets you **STAY CONNECTED**.

## Saturday Walks

Come explore walking areas off the KaO campus. The walks are leisurely, about 2–3 miles, and generally scenic. We meet outside the Heiser main entrance every Saturday at 9:00am (weather permitting). Remember to display in your car the pink card that identifies you as a Kendal resident.

- **July 3** French Creek - Pine Tree
- **July 10** Cascade Park
- **July 17** Vermilion River - Bacon Woods
- **July 24** Indian Hollow - Sheldon Woods
- **July 31** Findley State Park

Questions? Contact Phil Pritchett.

## Table Tennis Has Returned

Regular hours for table tennis have been set for Wednesday, Friday, and Sunday from 10:00am to 12:00pm in Heiser Auditorium. Thanks to Kendal friend Doyle Harbaugh, who again loaned us his robot, we sponsored the robot event for Fun Fitness Week and 15 residents participated! Come and play! All are welcome! ~*Sidney Rosenfeld*

## Let's Dance!

**English Country Dancing, Sundays, 7:15pm**, in front of the garages in Lot 4, live music by the band *Consensus*. Bring a chair and a bottle of water for break time.

**Square Dancing, Tuesdays, 4:00pm, Heiser Auditorium**, recorded music. You don't need to come with a partner for either dance. Questions? Call or email Jan Larsen.

## Church Services on WSCC

**Christ Episcopal Church**  
Sundays, 12:30am

**First Church in Oberlin UCC**  
Sundays, 10:00am

**Roman Catholic Mass**  
**St. Patrick's Cathedral, NYC**  
Sundays, 11:15am

## Grief Support Group Tues., July 27 - 10:00am – Green Room

Now that pandemic restrictions have been lifted, we meet together in the Green Room on the fourth Tuesday of the month, facilitated by licensed social worker Melissa Thompson. Our group is inclusive to anyone who has experienced a significant loss, not only for those who have experienced a loss of a loved one. Residents can gather with others who also have experienced a loss and are looking for support, encouragement, and information to help cope during this difficult time of change and transition.

For more information, contact Melissa ([mktbompson@kao.kendal.org](mailto:mktbompson@kao.kendal.org)), Kim Preston ([kpreston@kao.kendal.org](mailto:kpreston@kao.kendal.org)), or Kim Peters ([kpeters@kao.kendal.org](mailto:kpeters@kao.kendal.org)).

**Did you know? You can call 775-9868 to hear announcements and menus of the day.**

## Nest Box News

The nest box season is in high gear! Seven of Kendal's nest boxes are active with eggs and chicks. Two nest boxes contain nine Eastern Bluebird chicks. One by Island Pond has almost full-grown chicks. If you walk the perimeter path, take a few minutes to sit on the bench overlooking the pond and watch the adult bluebirds bring food to the chicks and carry away waste. The nest box hosting bluebirds in the grove of trees by Lot 5 contains four more chicks. The interior of a nest box with Eastern Bluebirds is practically spotless because the adults carry the cocoon-like fecal sacs that the chicks produce away from the nest.

Four other nest boxes by Meadow Pond and on Wildflower Hill are home to American Tree Swallows who raised a total of 22 chicks. In contrast to bluebirds, tree swallow chicks squirt their waste against the interior walls of the nest box, "painting" them white.

In the nest box behind Cottage 5, House Wrens are raising five chicks. They are feisty little birds that chatter a great deal and are almost tame. Many Kendal residents have small nest boxes hanging by their cottages in which House Wrens are raising chicks. Since these wrens are not part of the nest box monitoring trail, they are not part of the count. ~*Nina Love*

## Where to Find Contact Info

- **Kendal at Oberlin Directory**, printed and distributed each year in February.
- **Bulletin Board**, near photos of new residents. Add these corrections and additions to your printed directory.
- **Online Resident Directory**, in the resident database ([kaores.net](http://kaores.net)), click "Directory." Note: you must either be on the Resident WiFi network or be logged in to access this information.

## *The* Kendalight

Monthly newsletter of the Kendal at Oberlin Residents Assn.  
600 Kendal Dr., Oberlin, OH 44074  
Managing Editor: Elizabeth Aldrich  
Associate Editor: Suzanne McDougal  
Proofreaders: Kathy Reichard, Mary Simons

Photos: Sally Nelson-Olin, Gary Olin

- Deadline for the August 2021 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](mailto: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

If our technology cooperates, we will have our first taste of the Choice Meal Plan later this month. This will be a trial for a month before full implementation. If the technology is balky, we may not be able to fully institute the Choice Meal Plan with its dining dollars until later. The Choice Meal Plan (select a tier, dining dollars, declining balance) is similar to the emerging industry standard for Life Plan Communities. It is aligned with resident requests to have options beyond the meal-a-day plan specified in our contracts. Most Kendal affiliates already have established some version of the declining balance plan and our community has benefited from their experiences.

Many other communities chose to provide their residents with a set of points to be spent on dining. KaO is transparent about costs and has been posting the actual cost of food items on the menus so you can calculate costs before we start using dining dollars. The \$14.37 allocated for a meal under each plan option covers the cost of a basic meal in Fox and Fell. Eventually, we will use our “dining dollars” for complete meals or for à la carte items that will be available in Fox and Fell.

When the technology to support the Choice Meal Plan becomes available, independent living residents will be able to order items à la carte and enjoy three different menus (lunch or dinner in Fox and Fell, and dinner by reservation in the Langston). Our dining team is still working on a way to implement the Always Available Menu – it requires both technology and filling vacant staff positions. The new Choice Meal Plan is not an added cost. It is designed to offer additional menu options, transparency for decision making, and greater flexibility for dining.

We will continue to make modifications as we learn what works best at KaO. We will share developments in *The Kendalight*, Thursday Exchanges, and Dining FAQs found in the library.

### What are Dining Dollars?

Dining dollars are the portion of our monthly fee allocated for dining. With the Choice Meal Plan, our monthly fee remains the same, supporting our entire community and providing the services we enjoy and need as we age. For the “All In” meal plan tier (equivalent to 30+2 meals), we receive the maximum number of dining dollars; for the “Opt Out” tier, we receive no dining

dollars but gain a credit on our monthly statements equivalent to raw food costs. We also have choices that allocate some dining dollars to spend on campus dining and some credit for unused raw food.

Most residents will chose the 30-meal plan tier since it is the most economical. But those with particular dietary restrictions may not find meals every day that meet their needs. The intermediary tiers (equivalent to 10 or 20 meals) offer a chance to participate in social dining while still opting out of dining every day in Heiser. Although we anticipate that most residents will select the “All In” meal plan to get the most “bang for our buck,” the choice is ours. Check out the updated FAQs for specific details.

### Salt and Seasonings

Attention to healthy meals is a priority for menu planning. For heart health, the salt content of entrées is being minimized and vegetables without seasoning may be requested. Adequate protein for vegetarian entrées is also being monitored. Sue Campbell, our full-time dietician, is available for consultation at [scampbell@kao.kendal.org](mailto:scampbell@kao.kendal.org) or 440-775-9065.

Our dining staff is dedicated to making your dining experience healthful as well as tasty. Be sure to use the comment cards or offer an e-comment.

## Cleveland Orchestra Bus Returns for 2021–2022

Each year we organize large buses for the Cleveland Orchestra S1 Sunday 3:00pm series. We are planning buses for the four concerts of the S1 series for all those renewing their subscriptions who plan to take the bus, as well as for new subscribers. This year’s S1 concert dates are Nov. 7, 2021, and Feb. 6, March 27, and May 1, 2022. [Note: The Cleveland Clinic has endorsed full seating and full orchestra performances for the 2021–2022 season.]

Previous subscribers will receive renewal information in coming weeks. New Kendal residents and others interested should order tickets for preferred seating directly from the Cleveland Orchestra Box Office at [www.clevelandorchestra.com](http://www.clevelandorchestra.com) or call 216-231-1111. For those using the bus, a signup sheet will be posted on the counter opposite the mailboxes. The arranged bus (fee to be determined) leaves Kendal at 1:30 pm and returns to Kendal by 6:30pm. For more information about concerts and orchestra buses, contact Anne Martin or Randy Wagner.

### Looking for Someone?

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

### For the Vision-Impaired



**Low-Vision Support Group audio presentation:**

**Review and Update: Dry Macular Degeneration**  
**Fri., July 9 - 1:00pm - Green Rm**

SUN	MON	TUE	WED	THU	FRI	SAT
<p><u>First Church Service</u> 10:00am WSCC</p> <p><u>RC Mass</u> 11:15am WSCC</p> <p><u>Christ Episcopal Service</u> 12:30am WSCC</p> <p><u>Film (see page 4)</u> 7:00pm WSCC</p> <p><u>English Country Dancing</u> 7:15pm Lot #4</p>	<p><u>Documentary</u> 7:00pm WSCC</p>	<p><u>Themed Film (see p. 4)</u> 2:00pm WSCC</p> <p><u>Square Dancing</u> 4:00pm AUD</p> <p><u>Downton Abbey</u> 7:00pm WSCC</p>	<p><u>Outdoor Sketching</u> 9:30am CYG</p> <p><u>News Currents</u> 3:00pm WSCC</p> <p><u>SCC Council</u> 4:00pm WSCC 7/14 &amp; 7/28</p> <p><u>Song Swap</u> 7:00pm Zoom/KOTV</p>	<p><u>Musical Film (see p. 4)</u> 2:00pm WSCC</p> <p><u>Mexican Train Dominoes</u> 3:00pm SCC Tent</p> <p><u>Great Courses</u> 7:00pm WSCC</p>	<p><u>Art History</u> 2:00pm WSCC</p> <p><u>Ken Burns Baseball</u> 3:00pm WSCC</p>	<p><u>Saturday Walk</u> 9:00am Heiser</p> <p><u>Book Reading</u> 2:00pm WSCC</p> <p><u>AA for You?</u> 7:00pm Ed Ctr</p> <p><u>Film (see page 4)</u> 7:15pm KOTV</p>

# July 2021

For details, links, and last-minute scheduling, see WKAO and the KORA Calendar.

**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

1			2			3																				
4th of July Events (see page 1)																										
Prep in Craft Room and Art Room																										
4			5			6			7			8			9			10								
4th of July Events (see page 1)									Exchange with BT 4:00pm Zoom/KOTV/ WSCC									Low Vision Group 1:00pm Green Rm								
<ul style="list-style-type: none"> <li>• Ice Cream</li> <li>• Frederick Douglass</li> <li>• Patriotic Film</li> </ul>			<ul style="list-style-type: none"> <li>• Parade &amp; Program</li> <li>• Boat Parade</li> <li>• Kite Flying</li> <li>• Model Boats</li> <li>• Garden Railway</li> </ul>			<p>Encore: Review of Int'l Climate Policy 7:00pm KOTV</p>			<p>Credo <i>Expanding the Canon</i> 7:00pm WSCC</p>																	
11			12			13			14			15			16			17								
			<p>Suggestions &amp; Concerns 2:00pm Crossroads</p> <p>Encore: <i>Story Behind Stories from Storage</i> 7:00pm KOTV</p> <p>Credo <i>Sound Strategies for String Quartet</i> 7:00pm Zoom</p>			<p>Clay Workshop 2:30 Art Room</p>			<p>Clay Workshop 2:30 Art Room</p> <p>Credo <i>Establishing a Chamber Music Career</i> 7:00pm Zoom</p>			<p>KORA Council 10:00am Zoom/KOTV</p> <p>Credo <i>Violin Master Class, David Chan</i> 7:00pm WSCC</p>														
18			19			20			21			22			23			24								
			<p>Encore: <i>Interpreting Macbeth Through Performance, Part 1</i> 7:00pm KOTV</p>												<p>Dementia Friendly Discussion Group 10:00am Zoom</p>											
25			26			27			28			29			30			31								
			<p>Encore: <i>Whitewater Story</i> 7:00pm KOTV</p>			<p>Grief Support Group 10:00am Green Rm</p>												<p>Exchange with BT 4:00pm Zoom/KOTV/ WSCC</p>			<p>Play Readers <i>Still Life</i> 7:15pm KOTV</p>					