

The **Kendalight**

Kendal at Oberlin Residents Association

June 2017

Volume XXIV, Number 6



Independence Day, July 4, 2017

Please hold July 4 for the Kendal Community celebration of the birth of our country. Parade the circle, enjoy the patriotic program in Heiser Auditorium, feast at the Fox & Fell, watch the parade of canoes, splurge on an ice cream sundae, take part in other activities of the day!

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

Everyone is welcome and encouraged to participate.

-Tom Riggle, volunteered coordinator



Join us for Our Annual CommUnity Picnic on Wednesday, June 21

The theme of this year's gathering is "Hawaiian!" The Staff Special Events Committee is looking forward to a fun-filled picnic with the usual delicious buffet made by our fantastic Dining Services staff.

We will line up the buffet tables just outside the Heiser entrance. You can count this meal under your meal program or pay the cashier for the meal at the start of the line.

This picnic is a chance for staff members, board members, residents and community friends to have a wonderful time of fellowship as they eat under the tents on the lawn area west of the Heiser entrance. (In case of rain, we will be served in the Fox & Fell.)

Stephens Care Center residents will visit the buffet line first, at 11:15am; everyone else follows from 11:30am-1:15pm. Dennis and Judy Cook will lead a singalong.

If you would like to volunteer to help SCC residents carry their meal selections through the buffet line to their picnic tables, please contact Michele Tarsitano-Amato at 775-9890.

We hope everyone joins us for this wonderful community event. Summer is always a great time to be at Kendal!

-Ann Pilisy for the Staff Special Events Committee

Fun Fitness Week Begins on June 5

For the 12th year, Kendal staff and residents will have a week of fitness and fun activities. There will be 22 different activities from Monday, June 5, through Friday, June 9. New activities this year will include Name That Tune, Lounge Croquet, Dog Play Time and Kendal Early Learning Center Biker's Relay. Familiar activities will include Walking, Swimming, Biking, Observation Walks, Radio-Controlled Sailing, Miniature Golf, CommUnity Walk, Basketball Shoot, Shot Put, Wii Fun, Tennis Court Fun, Robot Table Tennis, Baggo, and more...

Check the bulletin boards outside the KEELC for descriptions of all the events and the scheduled times. We hope to get everyone to participate and have some fun.

Even if you take part in just one event, you will be rewarded with a healthy no-charge lunch on Friday, June 9. (You must sign up for the luncheon). Both doing the activities and helping someone else to do them count as participation. So plan to have a fun week. If you are interested in assisting other residents, please contact Jill Tvaroha or Kathy Caldwell.

**COFFEE
WITH BARBARA THOMAS
MONDAY, JUNE 12
9:30AM - LANGSTON**

**AFTERNOON EXCHANGE
THURSDAY, JUNE 29
4:00PM - AUDITORIUM
BARBARA THOMAS**

FROM YOUR KORA COUNCIL

...I feel a sense of responsibility to this place. That sense of responsibility is what makes a place a home.
-Robin Wall Kimmerer

The last KORA Council meeting reinforced strongly how much residents are involved in the life of our community. There are so many ways we make our home welcoming and supportive of all residents. Please know that our efforts make a difference to individual residents and to our community, sustaining it for the future.

Here are three opportunities I hope you will check out early this month:

1. Contribute to the Staff Vacation Fund at the Heiser Reception Desk through June 3. (Thanks to all who have contributed so far.)
2. Add a theme or a slogan to the 25th Anniversary Cake on the KORA Bulletin Board. Your ideas are wanted in order to jump-start the planning for our 2018 celebrations. Be creative!
3. Consider expanding your volunteer service. Check out the Volunteer Bulletin Board near the Kendal Early Learning Center.

As I write, I appreciate the many ways volunteers keep us connected at Kendal. Thanks to the residents and staff working regularly to keep us informed via Channel 27, *The Kendalight*, our *kaores* website, resident biographies, photos, bulletin boards, telephone directory, Stephens Care Center electronic bulletin board, and in other ways.

To learn about what is happening, to ask questions, and to be together as a community, I find it invaluable to attend KORA Council meetings, SCC monthly meetings, and Barbara Thomas' coffee hours and Afternoon Exchanges where everyone is welcome. These gatherings often offer some humorous moments to lighten our living. Hope to see you at the next KORA Council Meeting on Thursday, June 15, at 10:00am in Heiser Auditorium.

-Ann Francis, KORA President

Welcome our Accreditation Visitors June 26-28

From June 26-28, three volunteers from CARF-CCAC (Continuing Care Accreditation Commission) will be conducting the Kendal at Oberlin Re-Accreditation visit. This is Kendal's fifth visit but each time is a new process with modified and added standards.

We will be 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 are open to all residents, staff and board. Surveyors will be introduced at a meeting on **Monday, June 26, at 8:30am in Heiser Auditorium**. An exit conference will provide an overview of results on **Wednesday, June 28, estimated to be at 1:30pm in Heiser Auditorium**. Sometimes the exit conference is delayed so we have to be flexible for actual start time.

Watch for a bulletin board devoted to our CARF process outside the Kendal Early Learning Center during June.

-Barbara Thomas

KatO Board Notes from Recent Months

At the May 2017 meeting, the board moved one step closer to reorganizing board committees to align with the new strategic plan. The new committee chairs (and co-chairs) were asked to begin the transition by looking at the necessary skills needed to accomplish the objectives of their committees. Board members have been tapped to chair based on expressed interest and/or career skills. There will be opportunities for residents to serve since most committees will have two resident representatives along with community representatives.

The Finance and Property and Master Planning Committees sought board input for addressing the disintegrating windmill on Kendal's newly acquired property. Consensus was reached to limit investment to immediate emergency repairs to mitigate risk of injury. No further action is anticipated this year or next, while the board's Campus Plan committee begins its work on land use. The Board had a generative discussion focused on the status of the Residents Assistance Fund; they were provided with the most up-to-date information, looking ahead to projected needs over the next 10 years. Planning will continue to assure growth of the fund so obligations can be met for life care contracts for those who outlive their resources through no fault of their own.

The board accepted with regret the resignation of new member Kathy Wright who has accepted a position at OSU's School of Nursing in Columbus.

At the March 2017 meeting, the Board approvals included:

- The Annual Corporate Compliance Plan and appointments for the Compliance and Ethics Program: High Level Official, Barbara Thomas; Compliance Officer, Karla Dreisbach, Vice President, Peace Church Compliance Program; Compliance Official & HIPPA Privacy Officer, Stacy Terrell; HIPPA Security Officer, Judy Miller, Director of IT.
 - An updated Investment Policy reflecting a rebalancing of funds done once or twice a year. The policy states we will endeavor to invest a minimum of 25% of the funds in socially responsible investments. This expectation has been met.
- Board members reviewed the details of the 2017 Operating Plan that captures department activities and strategic initiatives in one page. The board also partially used their time in small group discussions to more fully explore three of the new board committees under the reorganization: Healthcare; Campus Plan; and Community Outreach.

-Barbara Thomas, CEO, Kendal at Oberlin

PROGRAMS

First Thursday Health Lecture “The Case for a Plant-Based Diet”

June 1 - 7:15pm - AUD

Speaker: Polly Dengel, MD, Dept. of Internal Medicine, Cleveland Clinic. Dr. Dengel, who has been affiliated with Cleveland Clinic since 1997, worked at the Oberlin Clinic in the 1980's.

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

2017 Chalk Walk Sat., June 24, 10:00am-4:00pm (Rain Date - Sunday, June 25)

It's time for the 12th Annual Chalk Walk on the sidewalks of downtown Oberlin. Twenty-eight Kendal volunteers are staffing booths that assign space and provide materials (free of charge). Master artists, local artists and scores of community members of all ages create beautiful, inspired, and unique works of chalk art throughout downtown Oberlin.

Sponsors include Allen Memorial Art Museum, the Firelands Association for the Visual Arts (FAVA), Oberlin Business Partnership, Oberlin Public Library, and the Oberlin Heritage Center.

Opera DVD: “War and Peace” - Parts I and II I: Thurs., June 22 - 7:15pm - AUD; II: Fri., June 23 - 7:15pm - AUD

Because of the length of Prokofiev's opera, it will be shown in two parts on two successive evenings. The performance is from the 1991 Kirov Opera in St. Petersburg, conducted by Valerie Gergiev.

-Allen Huszti

Lunch Bunch: Jackalope Lakeside, Lorain Wednesday, June 14

Serving up a variety of seafood to complement its water views, this bistro-style restaurant's specialty is home-made lobster bisque. Menu includes seafood appetizers as well as salads, sandwiches (including Lake Erie perch), pasta and pizza. Bus leaves Heiser at 11:30am, returning about 2:30pm. Van charge: \$8.00. Place check to KORA for \$8.00 in Box #157 by Monday, June 12. Lunch at your expense.

Community Conversations “Piranhas and More: The Amazon” Mon., June 12 - 7:15pm - AUD

Kendal resident Bud Spierling will tell us about the recent trip he and Pauline took aboard Holland America Lines, illustrating the talk with his photos of the world's longest river, some of the ports of call along the river as well as people, flora and fauna.

OHC: “The Times They Are a Changin’” Tues., June 13 - 7:15pm - AUD

Sharing stories from Oberlin's Oral History Project, Oberlin Heritage Center Honorary Trustee Eugenia (Geni) Poporad Vanek offers insights into Oberlin in the 1960s and 1970s and recalls some of the events that drew community members together -- or drove them apart. **Free and open to the public.**

Elegance Ensemble Wed., June 7 - 7:15pm - AUD

Members of the group are Kathleen Bosl, coloratura soprano; Todd Blum, violin; Victoria Marra, clarinet; Eileen Marie Moore, soprano; Maria Voljin, piano. They will perform works by Britten, Delibes, Mozart, Schubert, Moore-LaTouche and others.

Two Pianos, Many Hands Sun., June 11 - 4:00pm - AUD

Duet recital for one or two pianos. Pianists Marian Lott, Allen Huszti, Dianne Haley, Carol Longworth, Jane Nord, Ann Schlosser and Helen Taylor playing Schubert, Mozart, Debussy, Ravel, Elgar, Gliere.

Make Music Cleveland Wed., June 21 - 7:15pm

Sponsored by CREDO Music. The goal is to have free live concerts all over the greater Cleveland area.

Listen to Concerts in the Courtyard Garden

Come enjoy the lovely Courtyard Garden and listen to music before dinner during the summer months. In June at 4:00pm on Fridays, you'll hear:

June 16: Jara Dell.

June 23: Jerry Simmer, keyboard and vocals.

June 30: TBA

If it rains, the concerts will take place in the Gathering Room.

Oberlin Summer Concert Series on Tappan Square

Friday, June 30, 7:00pm - Emily Keener - The first Friday Night Concert of the year features a singer-songwriter from Wakeman, backed by the Norwalk musicians that once made up “The Womacks.” **Car pool, please.**

Sunday Movies Whittier - 7:00pm

June 4 - The Tuskegee Airmen (1995) A group of African American pilots overcome racist opposition to become one of the finest US fighter groups in World War II. Based on a true story, cast includes Laurence Fishburne, Cuba Gooding, Jr. PG-13.

June 11 - Jackie (2016) Following the assassination of President John F. Kennedy, First Lady Jacqueline Kennedy (Natalie Portman) fights through grief and trauma to regain her faith, console her children, and define her husband's historic legacy. R.

June 18 - Cheaper by the Dozen (1950) Pioneering efficiency expert Frank Gilbreth (Clifton Webb) often tested his theories on his 12 children, sometimes to the chagrin of his wife Lillian (Myrna Loy) and their teenage daughter (Jeanne Crain).

June 25 - Field of Dreams (1989) More than just a baseball story, this is a tale of redemption and faith about an Iowa farmer (Kevin Costner) who hears a voice telling him to build a baseball diamond in his cornfield. PG.

Saturday Foreign Film June 3 - 7:15pm - AUD

The 100-Year Old Man Who Climbs Out the Window and Disappears (2015) Based on the internationally best-selling novel, the unlikely story of a 100-year-old man who decides it's not too late to start over. For most people it would be the adventure of a lifetime, but Allan Karlsson's unexpected journey is not his first. For a century he's made the world uncertain, and now he is on the loose again. Various languages, English subtitles. R.

-Dwight Call



Art Gallery News

Kendal Collects is now installed in all three Kendal Galleries, and we think it may be the best "Kendal Collects" show ever! This year's show includes 83 pieces of art from 53 Kendal resi-

dents. The variety of genres and subjects lent themselves to thematic groupings. For instance, landscapes are grouped as are images with human figures, architectural themes (both rural and urban), animal themes, cartoon-like drawings, three-dimensional objects and abstractions. This creates a curatorial look similar to that of a prestigious art museum. Thank you all so much for sharing your treasures!

Friday Night Documentary June 9 - 7:15 pm - AUD

Islam: Empire of Faith - Part 3 (2000) This final part of a three-part PBS special is being shown on the Heiser Auditorium screen by popular demand. For those who did not see the first two parts in May, it's available on the Inter-net on *youtube.com*, as well as on Net-flix. This is a first-rate production that describes the faith accurately and recounts history as it was. Narrated by actor Ben Kingsley *-Dwight Call*

Saturday Night Movie June 10 - 7:15pm - AUD

Rain Man (1988) Raymond (Dustin Hoffman) is the autistic brother recently discovered by Charlie (Tom Cruise). The film begins as an unsentimental journey, but turns into something much more profound. R.

-Donna VanRaaphorst

Chat with Your City Council VP

Oberlin City Council Vice-President Linda Slocum will sit at a table in the Fox and Fell Cafe on Monday, June 12 and June 26, from 10:30am to noon with a coffee pot in hand. Stop by to offer comments, share your thoughts or ask questions about city government.

Our First "New" Bus Trip to "Spirit of '76"

On June 19 we will embark on the first new bus trip of the season to the best kept secret in Wellington, OH: the Spirit of '76 Museum.

While Oberlin was founded as an academic center, Wellington was an agricultural, manufacturing, mercantile and banking center of southern Lorain County. With the advent of the railroad, it was to become a very large center of cheese manufacturing with some 40 cheese factories. We will be visiting a fascinating collection of the history of this community assembled in a former cheese warehouse and later newspaper building. With the assistance of docents, we will experience history, artifacts, the artwork of Archibald Willard (who in 1875 painted "The Spirit of '76"), the connection with the 1858 Wellington-Oberlin rescue case, and Charles Lindbergh's connection with the village.

We will load the Kendal bus on Monday, June 19 at 1:00pm for the short ride to Wellington where we will have exclusive access to the handicapped-accessible museum. We will return to Kendal about 3:30pm.

Please sign up on the sheet posted opposite the mailboxes and place your check for \$15.00 to KORA in Box #112 by June 14. We look forward to a full bus on this new adventure.

**Kendal Bus Trip to Crocker Park in Westlake:
Saturday, June 10: leave at 10:00am, pick up at 4:00pm.**

Thanks for the Memories of Spring Fling 2017!

A BIG THANK YOU to all the folks who helped make the 2017 Spring Fling -- Umbrella Magic -- a delightful evening of fun! The Program listed many names of the helpers. **But let's give special thanks:**

- **To the Nowick-Taylor team** who met for several months under Ted's watchful eye to cut circles, and paste, and glue umbrella and mobile decorations. His vision was celebrated when the auditorium was so beautifully decorated!
- **To Facility Services staff** who helped with the auditorium arrangements and setup. And to **Liz Burgess** and **Michael Reynolds** who climbed the tall ladder under the careful supervision of **Robert Taylor**.
- **To our resident AV crew.** No program is successful without them! **Dan Reiber** and **Tom Morgan** worked the show that evening.
- **To Ann Pilisy's Dining Services staff** who helped in the Fox and Fell. **Janet Bolland** and her committee made sure you'd find a refreshing drink. And the goodies residents supplied were a splendid end to the evening.
- **To the Stephens Care Center art crew** who worked for many weeks to design and paint the charming invitations they then placed in all the open mailboxes, giving us a memento of the evening.
- **For the special activities** enjoyed during the evening -- the umbrella quiz **Joe Colucci** originated, the fanciful cutouts **Jean Slonneger** produced and **Ann Francis** and **Nancy Lombardi** managed, and the umbrella video and slide show **Joe Colucci** and **Doug McLennen** put together.
- **To Jan Larsen and her band Consensus**, who led their faithful country dancers to demonstrate their dancing skills, then encouraged many from the sidelines to join the fun. (Consensus includes Kendal's **Allen Huszti**.)
- **To Carol Longsworth and Helen Taylor** who helped everyone join in singing lustily!
- **To the many folks** who shared a story of their favorite umbrella and joined the Umbrella Parade led by the evening's masterful MC **Robert Taylor**.
- **To our appreciative and supportive Kendal audience.** Many thanks from your appreciative Program Committee.

Play "Go Wish" for an Ice Cream Reward

The Conversation Working Group invites you to play "Go Wish" with your family, friends or fellow residents this summer. "Go Wish" is a card game where you sort and then re-sort possible end-of-life choices to see what matters most to you. Do you want quiet or music? Do you want your family there with you? What matters most to you?

Each of you can play the game individually, or you can have a family member or friend try to anticipate your end-of-life wishes by seeing if they can

sort the cards the same way you do. When you are finished, you can photograph your selection and email it to other family members, your Health Care Power of Attorney or Social Services.

Then, each participant can take a coupon from the box in the Kendal Library to the Langston for a celebratory ice cream treat.

The decks of cards, with the instructions, are in our library on the main desk.

Offer valid through Labor Day!

Allen Memorial Art Museum Centennial Celebration Mon., June 12 - 2:00pm AMAM front lawn

Cake and beverages will be served on the museum's front lawn as AMAM officially turns 100. Planned as a family-friendly event, it is free and open to all. The museum will be open from 10:00am to 5:00pm on this Monday celebrating a century since the AMAM opened its doors to the community. In case of rain, the celebration will be moved up to the front porch. **All are welcome. Please car pool.**

Swerve Bike Shop Visit Tues., June 6 - 10:00am-Noon Parking Lot #9/10

Joe has volunteered his services once again to tune up and do minor repairs on our bikes/trikes/recumbents and such. [Rain date: June 13, same time/same place]. If repair and maintenance can't be done in this time, the bike shop will pick up a bicycle at Kendal for repair in the shop. Let's support Joe, Swerve's shop owner, whenever we can. *-Dina Schoonmaker, Kendal Environmental Concerns Committee*

Vision Impaired

**Low-Vision Support Group
Webcast: "Summary of Research and Development 2017"**

**Thursday, June 22
4:00pm - Crossroads Room**

Notice that this meeting will be in Crossroads on the fourth Thursday of the month.

**Reading of *The Kendalight*
Thursday, June 1, at 9:00am in
Whittier Lounge**

Barbara Bruer will read the current issue of Kendal's newsletter.
All are welcome!

More About Kendal's New Residents

Stephen Douglass

In describing myself, I am not as interested in the past as in the future.

Where do I go from here?

Born in San Francisco in 1940, I lived in Santa Fe, NM, Florida, and Orangevale, CA, where I received my high school diploma. I attended University of California, Berkeley; earned a bachelor's degree in biology at California State University; and received a PhD in biochemistry at University of California, Davis. Then on to Oberlin, where I worked a number of years at Gilford Instruments before teaching high school physics and chemistry.

After 32 years in Oberlin I moved near Seattle, WA, to be closer to my daughter. She moved to a job in Florida, and I was feeling my age and thought Kendal would be the safest place to be. I really like Oberlin, so here I am. Oberlin is wonderful for music and science seminars.

My son lives in New York and he has a son. I raised my first son in Oberlin, but he died of an accident while in the Army.

I have signed up for several city commissions, having chaired the Open Spaces Planning Commission in the past. My hobbies and interests include music (Hildegard von Bingen to Gorecki). I will again join Musical Union, and have about 1,300 CDs and opera DVDs. I enjoy photography; bike riding; model engineering; trains and steam boats; wilderness preservation; and science fiction (I collect the films I like best). I have done lots of carpentry, rebuilding a house on Edgemeer Place in Oberlin. I love older technology, mostly steam engines, and have a large book collection on this subject.

I have successfully combated Type I



Stephen Douglass Michael Muschitz

diabetes for 35 years, suffering no damage. I am writing a book on my experience since this is rapidly becoming a leading disease problem in the world. I would like to discuss with others here their experiences.

Michael Muschitz

I was born in Buffalo, NY, in 1936 and traveled extensively with my father all along the East Coast from Quebec to Florida. Married at age 21, I worked and traveled from coast to coast until settling in the Midwest. My wife and I had five children -- a daughter in Boston and four sons who live in Ohio.

Divorced after 27 years, I was married to my second wife for 17 years. We both loved to travel and journeyed as often as we could to Europe, Canada, Alaska, Mexico, Hawaii, Tahiti -- and all over the United States. We entertained often. My wife enjoyed company, she was an excellent cook and baker, and we frequently had a household of guests -- especially on major holidays. We had a good life together until she passed away much too soon in June 2016.

I've been a member of Peace Community Church in Oberlin for over 35 years and have found understanding, generous friends among the congregation. They spoke favorably of Kendal,

so I applied for admission very soon after my wife's passing. My move to Kendal has been a major life change in a very short time, but I've found friendship and support here. I brought my wife's young dog, Ellie, with me, and she has been involved right along with me in making the adjustment. My church and my faith have been of great comfort to me, and their message of acceptance of differences, humility, forgiveness and regard for others has been my basic belief all my life. Kendal's values fit in completely with my own.

I retired at age 62. And although I have some physical problems that now prevent regular church attendance, I plan to maintain my church membership and will attend as often as I can. My decision to come to Kendal was a good one, and I hope to become more comfortable here very soon.

Nest Box News

As of Saturday, May 20, two of the nest boxes on Kendal property contain Eastern Bluebird nests. One has two eggs and the other has five chicks over two weeks old and in the process of fledging the weekend we checked the boxes! The nest boxes of New Russia Township Park (NRTP) include one active box with five Eastern Bluebird chicks.

Tree Swallows have nests in 12 of the NRTP boxes with many eggs in each for a total of 63 eggs! Whew! Chicks should hatch this week. Tree Swallows with their bright white fronts and iridescent dark backs are everywhere both at Kendal and in NRTP. *-Nina Love*

IN MEMORIAM

KATHRYN SCHREINER
MAY 3, 2017

JOHN PAYTON
MAY 11, 2017

Kendal Resale Shop Talk

*Benefitting the Kendal Residents
Assistance Fund & Community Charities*

Our Kendal Resale Shop (KRS) team of volunteers continue 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 Stephens Care Center rooms on request. Throughout April and May, KRS processed hundreds of donated items, sorting them for resale in our shop or to pass along to non-profit community organizations.

KRS would like to thank the Kendal Woodshop members for waiving their time and material costs so the Resale Shop could sell donated items in good condition to our buyers.

Resale Shop deposits to the Residents Assistance Fund for the month of April totaled \$5,503.15. Thanks to all our donors and shoppers!

DID YOU KNOW? The Woodshop and Threads do simple repairs and alterations for Kendal residents, and the fees collected for their work are deposited to the Residents Assistance Fund. **THANK YOU!** Keep those donations coming and keep shopping the KRS!

*-Nancy Lombardi, Chair of
the Kendal Resale Shop*

Recent Moves

Fred and Mary Behm moved from Grafton, OH, to a Kendal Cottage in late May.

Suzanne McDougal moved from Alexandria, VA, to a Kendal Cottage in early May.

Irene Smith moved from Cleveland, OH, to a Kendal Cottage in early May.

Recent Transfers

Bill Farquhar moved from a Kendal apartment to Whittier in late May. Phone number remains the same.

Kendal Health Services Forum “Where Do We Go From Here? Model Practices for Supporting Residents Living with a Cognitive Impairment” Judy Braun, Kendal Corporation Wed., June 14 - 4:00pm - AUD

Everyone is invited to be part of our community-wide discussion on care and support for those with cognitive impairment. Judy Braun, Kendal Corporation Chief Operating Officer, will explore models throughout the Kendal system and beyond for ways of supporting one another throughout our continuum of care. Consideration will be given to how Jameson House will be just one aspect of our community's comprehensive means of support. Following Judy's presentation, we will be encouraging dinner conversations based on her presentation, identifying those aspects of what was shared that appeal and concern. Highlights from those dinner discussions will be collected by the Conversations Working Group of Thoughtful Medicine as part of this continued initiative.

*-Stacy Terrell, KatO
Chief Health Services Officer*

Upcoming Moves

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

Book Clubs to Read “Dancing with Dementia”

The Conversations Working Group is initiating a series of book clubs as part of a community-wide effort by Kendal's Dementia Education Group to promote better understanding of and support for living with the challenges of cognitive change. Each book club will be limited to 10 participants, ideally half staff and half residents.

To enable staff participation, meetings will be held at break times in easily accessible locations. For instance, Housekeeping will be part of the first set of book clubs, beginning **Wed., June 7, 12:30 to 1:15pm**. Stephens Care Center staff will start theirs on **Thurs., June 8 from 1:30 to 2:15pm, and also from 7:30 to 8:15pm**. Others will be added as desired. Sign up sheets for these book clubs will be next to the open mailboxes.

All book clubs will begin with “Dancing with Dementia: My Story of Living Positively with Dementia,” by Christine Bryden. KORA is providing light snacks, such as chips, cookies and fruit. Judy Braun, Kendal Corporation Chief Operating Officer and an expert on dementia care, will provide a kickoff for this new venture when she visits our Kendal on June 14. For more information, contact Elizabeth Hole or any member of the Conversations Working Group.

Kendal Kryptogram #149 -by Nina Love

CURXZ SEQXZ RY CUMQORAQK, CQO

CURXZ EKG RY BELAEPOMCKU.

-TRKK PEZUPY

**Solution to Kendal Kryptogram #148: “(On not eating sweets):
Why spoil life in order to prolong it?”**

-Ed Long

Results of Survey of Church Transportation at Kendal

In April 2017, 221 Church Transportation survey forms were distributed, with responses received from 53% (117) of Kendal residents. The majority (54% or 63) of the residents responding did not attend church while 36% (42 residents) reported attending church services. Six of the churches were in Oberlin, two in Lorain. Church attendees were composed of 29 drivers and 13 non-drivers. The majority of drivers reported taking other residents (17/29) to church, or a willingness to take other residents (15/29) to church. The majority of non-drivers (8/13) reported going to church with a resident driver or relative. Non-driving residents (8/13) were willing to pay \$5.00-\$7.00 for a Sunday bus but not (0/13) higher fees (\$8.00-\$13.00).

Follow-up: Because of the diversity of religious affiliations among residents, Kendal is unable to provide bus transportation to all churches attended by non-driving residents. Although some churches offer in-house services at Kendal during the month, residents may prefer to participate in outside church services. Kendal thus encourages resident drivers to be aware that there are non-driving residents who need transportation to church on Sundays. As part of this awareness, the Kendal Transportation Committee is instituting a Church Transport posting in the Town and Gown section (below church listings) of the Heiser bulletin board across from the mailboxes. If you drive to church on Sunday and can take a non-driving Kendal passenger, please leave a note in Box #203 if you wish the Kendal Transportation Committee to post your name and number on the Church Transport list. This listing will be updated and also made available to non-driving SCC residents who are mobile, use a rollator, and do not require a companion.

*-Barbara Barna, Chair,
Kendal Transportation Committee*



4/20/17
to
5/17/17

Nature Sightings at Kendal

4/20 Eastern Bluebird, Lot #7 car port window: Jason Cockayne FS;
4/25 Flicker behind Cottage #9: Emily Pugsley; pair of White Swans, Meadow Pond: Ed & Anne Wardwell; 5/1 three Egrets, Island Pond: Marcia D.; also, four geese and 10 goslings trekking from Farmer's Pond to Center Pond; 5/2, 3, 11 White-crowned Sparrows seen by Maureen Bailey (Hskp), Marcia, and Janet S.; 5/3 Great Blue Heron, Center Pond: Larry Porter; 5/4 Yellow Warbler, Baltimore Oriole in Buttonbush Woods: Maureen B.; 5/6 Egret, Center Pond: Gerry Blomgren; Rose-breasted Grosbeak, #9: Jim Pugsley; 5/9 Red-bellied Woodpecker, #9: Pugsley; 5/11 Ruby-throated Hummingbird, #220: Scott O.; Black and White Warbler, tree by Center Pond: Larry Porter; Mama Mallard & 11 ducklings, Buttonbush Pond: Marcia; 5/17 Tree Swallow pair nesting in box by Rock Pond: Scott; Wood Thrush singing behind Lot #14: Maureen.

Kendal Therapy Dept.

Discovery Series:

Safe Driving

Thurs., June 15 - 3:00pm - Ed Ctr

Join our Therapy Team for a short talk on the factors which impact driving, followed by a clinic to test scanning ability and reaction time.

All are welcome.

Talking Tuesday with the Kims June 20 - 12 noon - The Den

Join Kim Preston and Kim Peters, Kendal's Social Services Associates, over lunch from 12 noon to 1:00pm in The Den. The topic: How well do you think Kendal addresses spiritual needs on our campus?

"The Kendal Queen" Murder Mystery Dinner Theater Sunday, August 13 - 5:00pm William Penn Room

It's time to sign up for this special event planned by night staff members Angie Church and Belinda Varner. Their goal is to provide an informal, engaging opportunity for the Kendal night staff to interact with the Kendal community.

Sign-up sheet was posted June 1. Seating is limited so sign up now!

Residents can count this meal under their meal program.

Dining Notes from Ann Pilisy

- There is always a pad of paper and a pen at the host desk at the entrance to Fox & Fell. You are welcome to leave a reservation request note at this desk anytime.
- When replying to a dining invitation email (such as for Mother's Day), you do not need to print out a copy to return. You can simply reply by email.
- On the four holidays when there are two seating times (Easter, Mother's Day, Thanksgiving, Christmas), Langston will be closed for the evening meal. For these four busy holidays, we do ask everyone to indicate whether they are coming to eat in Kendal dining rooms. On Mother's Day well over 20 residents did not reply yet came to eat. We do our best to accommodate everyone. Since we are often at capacity at one of the two seating times, surprise walk-ins may need to wait until the second seating. They can possibly eat in Langston but Langston is often full as well with large parties. Or take food to go. Single reservations will be grouped with other singles. You are welcome to inquire prior to an event. Any questions or suggestions? Please give Ann a call or stop and see her.
- Kitchen tours will be scheduled again in September. Sign-up sheet will be posted.

Our Arboretum: Bur Oak

In a joint ceremony held at Westwood Cemetery on May 26, the City of Oberlin and Kendal's John Bartram Arboretum planted a Bur Oak commemorating the planners and founders of Kendal at Oberlin. Our Arboretum gave this baby oak to the city as part of our second Arbor Day celebration, since Oberlin had lost a number of very large old trees at the cemetery in a storm last year. This Bur Oak will become a gorgeous, stately tree long past our lifetimes.

The large circle of soil north of our Education Center is in the process of being prepared for another Bur Oak, to be planted next spring. The Bur Oak was chosen for this site because it is not only a magnificent, large deciduous tree which fits that location botanically, but also the favorite tree of Alan Siwert, the Ohio Forester who has given so much assistance to our John Bartram Arboretum. Its trunk can become massive, and the canopy usually grows wider than the tree is tall, exceeding 100 ft. Notice its rough, deep-ridged bark on the limb displayed in Heiser Lounge. The Bur Oak is one of the most fire-tolerant species, helping it to be one of the longer living trees, often reaching the age of 200-300 years.

Young leaves are on display; mature leaves can become 9 in. in length. The Bur Oak's Latin species name, *macrocarpa*, means large fruit, and its large and unique fringed acorns are an important wildlife food. Look at the acorn in the glass jar with its very fuzzy cup. Why is such a large site being prepared so far in advance for such a small, young tree? Alan has taught us much about how to revitalize the natural living soil ecosystem that trees need to thrive. This location is getting the "platinum" treatment which is time-consuming and costly. Future articles will describe the variety of soil prep methods we are using.

-Anne Helm for the Arboretum Committee

Documentary: "Years of Living Dangerously - Second Season" Shown Tuesdays at 4:30pm in Heiser Auditorium, June 6-August 1

The Environmental Concerns Committee is screening eight 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.

June 6 - A Race Against Time. David Letterman travels to India to investigate the populous country's efforts to supply electricity for the first time to 300 million citizens. In Florida and Nevada, Cecily Strong finds former officials and other insiders in the two sunny states who reveal how utility companies and politics are blocking the growth of solar energy and clean energy jobs in the US.

June 13 - Gathering Storm. Jack Black explores how Miami and other low-lying coastal areas can survive rising sea-levels caused by climate change. Ian Somerhalder takes core samples of the ocean floor in the Bahamas with scientists from Woods Hole Oceanographic Institution to learn how the warming of the oceans' surface increases the destructiveness of hurricanes and superstorms.

June 20 - The Uprooted. Thomas Friedman finds an increasing population of refugees in Africa fleeing wars, rising sea-levels, desertification and hurricanes, as up to 1 billion people are expected to become climate refugees over the next century. Don Cheadle explores how governor Jerry Brown is fighting both climate change and the historic California drought.

June 27 - Fueling the Fire. Arnold Schwarzenegger explores how the military is adapting to climate change and limiting national security risk by increasing energy efficiency and using renewables, but needs to increase the pace of this adaptation. The degradation of the Amazon accounts for 15% of global greenhouse gas emissions, more than half of which is caused by clearing forests for cattle ranching. Native Brazilian Gisele Bündchen tours the extent of the damage and joins the national environmental police as they fight to end illegal deforestation.

Caps and Lids to Bench Project Was a Success!

We did it! We collected 411 pounds of caps and lids. That will be enough to make a 6-ft. bench for the Kendal Early Learning Center. When we receive the completed bench, we will have a ceremonial unveiling. Kendal collection sites will be closed for the summer. But you all can continue to personally collect the caps and lids. Thanks for the participation of our staff, residents and friends and families -- some of our collections came from other cities, states and countries. *-Jerry Berner*

OCS Wants Those Plastic Bags

We all get too many plastic bags when we go shopping. They may not be recyclable -- but they are reusable. In trash rooms #3, #8 and #10 are large barrels designated for intact (and not soiled) plastic bags. These bags are reused by the Oberlin Community Services Center. Sheila Ploger and Lynn Ayres have volunteered to take these from the trash rooms to OCS. Styrofoam peanuts and plastic packing pillows can be taken to UPS. Thanks for your help. If you have any questions, please contact Jerry Berner.

Saturday Park Walks

Come join us for walks off the Kendal campus. Experience the lovely Lorain County parks. We meet at Heiser Reception Desk on Saturdays (weather permitting) at 9:00am to car pool. Walks are from 1 to 3 miles, at a leisurely pace. Questions? Contact Jerry Berner.

June 3 Sandy Ridge Reservation
June 10 Rowland Nature Preserve
June 17 Vermilion Reservation
June 24 Royal Oaks/Indian Hollow

Bocce Tournament Begins

The 15th Annual Bocce Tournament begins Monday, June 12. Sign up by Saturday, June 10, on the sheet by the bulletin board. Bocce will be played in teams of two; you may sign up as a couple or a single (we'll match you). **NO EXPERIENCE NECESSARY!** All Kendal residents are invited to play the "world's oldest sport, a sport known to revive the body and mind and, next to soccer, the most popular game in the world." There are two bocce sets available for your use (stored by the exit door near the William Penn Room). Take them out on any outside lawn. Questions? Ask Pam Lenz.

UU Kendal Gathering
Documentary Film: "13th"
(From Slave to Criminal with
One Amendment)
Wed., June 21 - 3:15 pm - AUD
NOTE TIME

"13th," an Oscar-nominated 2016 American documentary by director Ava DuVernay, explores the intersection of race, justice and mass incarceration in the United States. Titled after the 13th Amendment which freed the slaves and prohibited slavery (unless as punishment for a crime), the film is an in-depth look at the prison system in the United States and how it reveals the nation's history of racial inequality. **All are welcome.**

Table Tennis News

A long-sidelined member of Kendal's pioneer table tennis group remarked recently on looking in at us: "I saw more good play today than in all my time here!" He told us, then, that we're on the right track with our practice and games! Our watchwords "Eye on the ball!" and "Close the paddle!" (among others) are bringing dividends of skill and enjoyment.

In May, Spring Fling umbrellas beamed down on the 2017 tournament. In the Women's Final, Tomo Ijiri repeated her win of last year, with new resident Sandi McCledden as runner-up. On the men's side, against repeat finalist Terry Carlton, Sidney Rosenfeld again took first place. Now it's back to more progress and fun for our whole group! Our on-site observer reported that SCC staff are using the alcove table to further the well-being of Care Center residents. Indeed, research in Japan has confirmed the positive effects of table tennis on infirmities common to advanced years. Our three-times-weekly players agree that the activity makes them feel fresher and, yes, younger. Give it a try! *-Sidney Rosenfeld*



Bridge Results

Monday: May 1: 1st, Tomo Ijiri; 2nd, Eileen Dettman.
May 8: 1st, Betty O'Conner; 2nd, Kathy Caldwell.
May 15: 1st, Betty O'Conner; 2nd, Enid Cleary.
May 22: 1st, MaryBeth McCalla; 2nd, Joe Colucci.

The First Church United Fellowship will not meet in June, July and August. Join them again in September.

Solo Diners: Thursday, June 8, 5:15pm in The Den. Sign-up sheet will be posted by mailboxes.

SPINACH (Senior Persons Interested in Nutrition And Community Health) meets on the fourth Wednesday monthly from September through April.

The Kendalight

Monthly newsletter of the Kendal at Oberlin Residents Association, 600 Kendal Dr., Oberlin OH 44074
Consulting Editor: Robert Baldwin
Managing Editor: Elizabeth Aldrich
Proofreaders: Kathy Reichard, Mary Simons
Photos: Lyn Cope, Eleanor Helper, Sally Nelson-Olin, Gary Olin
Production: Don VanDyke
Deadline for the July 2017 issue of *The Kendalight* is June 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.

RELIGIOUS SERVICES AT KENDAL

Episcopal Service

Holy Communion
Saturday, June 10, 11:00am,
Gathering Room, Rev. Brian Wilbert

First Church Service

Sunday, June 18, 4:00pm,
Gathering Room

Roman Catholic Mass

Friday, June 16, 10:00am,
Crossroads Room

Society of Friends

Sundays, 10:30am, Education Center



Dining and Nutrition Services

Friday, June 9 Fun Fitness Week Participants' Recognition Luncheon 11:30am-1:15pm, Fox and Fell

If you participate in one Fun Fitness event, you are invited to this free lunch. But you must sign up for it in advance.

Sunday, June 18 Father's Day Buffet

Wednesday, June 21 Annual Community Picnic 11:30am-1:15pm in front of Heiser Center

Congratulations, Kendal Dining Services Staff 2017 Graduates

Scott Bowles, Keystone High School. Has worked in Fox & Fell dining room for 1½ years. Plans to attend University of Akron to double major in Psychology and Sociology, Criminology, and Law Enforcement. Kendal experience: *"It's been a wild ride and it's not over yet."*

Brian Buffington, JVS/Oberlin High School. Has worked in Langston for over 1 year. Plans to continue working at Kendal after graduation. Kendal experience: *"I really enjoy the people I work with and the residents too."*

Lauryn Camel, Lorain High School. Has worked in Langston for 3 months. Plans to attend University of Akron to major in Psychology. "After graduation I plan to change the way we think about things." Kendal experience: *"So far, Kendal has been great experience. I love how it's like a little family and how everyone is so close."*

Ashley Gaughan, Keystone High School. Has worked in Fox & Fell for 6 months. Hopes to attend college for Art Therapy. Kendal experience: *"It has by far been one of the best things that happened to me. I've grown socially and have become more independent. I couldn't be more thankful to my residents and co-workers for helping me continue to grow and also for being so sweet"*.

Katlyn Hershberger, Oberlin High School. Has worked in Langston for

1½ years. Plans to attend college for degree in Early Childhood Education. Kendal experience: *"Working at Kendal has been a great experience and I have enjoyed it."*

Sophie Horwedel, Midview High School. Has worked Friends Dining room for 9 months. Plans to attend LCCC and major in getting Teacher License. Kendal experience: *"I love working here, every shift that is open I'm always open to pick up the extra hours."*

Willow Lipke-Benn, Oberlin High School. Has worked Friends Dining room for 6 months. Plans to attend college and double major in Accounting, Communications, with minor in Library Science. Kendal experience: *"It's really great! Everyone's so nice and interesting. It's been such a fantastic experience!"*

David Park, Wellington/JVS High School. Has worked in Fox & Fell for 6 months. Still looking at options for college, would like to move away. Kendal experience: *"Everyone is nice and kind."*

Sarah Parsh, Oberlin High School. Has worked in Fox & Fell for 2 years. Plans to attend Kent State University to study Early Childhood Education. Kendal experience: *"The experience I have had working at Kendal has been wonderful. Not only have I gained a strong work ethic, but I have built relationships*

Intergenerational Event: Thurs., June 15, 3:15pm, Langston: Pass the ice cream for a root beer float -- and celebrate National Ice Cream Day a month early. In 2017, the celebration is on July 16.

with residents that I will cherish forever. Working at Kendal was my first job and I wouldn't have traded it for the world."

Maya Peters, Oberlin High School. Has worked in Langston for almost 2 years. Plans to attend Trent University in Peterborough, Ont., Canada, undecided major, but interested in Psychology and Neuroscience. Kendal experience: *"Kendal has been a wonderful and inclusive community to work in. It has been a pleasure to get to know and serve residents. I am very grateful for the patience and energy of my coworkers."*

Miranda Schaum, Oberlin High School. Has worked in Fox & Fell for nearly 2 years. Plans to attend Oberlin College, major in Mathematics, Physics, and Studio Art, minor in Chemistry. Kendal experience: *"It's been a lot of fun, the relationships I've formed will last a lifetime."*

Maliyah Stevens, Oberlin High School. Has worked in Fox & Fell for 8 months. Plans to attend nearby college and major in Nursing. After four years, plans to move out of Ohio and attend graduate school to become a Nurse Practitioner. Kendal experience: *"I really love getting to know the residents. I really appreciate all of the kind things they say and offer."*

Dana Townsend, Oberlin High School. Has worked in Fox & Fell for 2 years. Possibly to attend University of Akron to double major in Psychology and Pre-Med and minor in Social Work. Kendal experience: *"Very pleasant, made many friends among staff as well as residents, Kendal has shaped my life in a positive light, I hope to continue at Kendal as long as I can."*

SUN	MON	TUE	WED	THU	FRI	SAT
<h1>JUNE 2017</h1>			Episc. Bible Study meets every Mon. 10:00-11:00am Green Rm	1 Reading of <i>Kendalight</i> 9:00am WHT	2	3 Walk in the Park 9:00am Heiser Film: 100-year Old Man 7:15pm AUD
GaRm = Gathering Rm HL = Heiser Lounge CCR = Crossroads Conf. Rm WCH = Warner Concert Hall		WHT = Whittier Lounge Bold Face = at Kendal ★ = Kendal Bus tx = Tickets needed		Wed. Morning Conversation Group meets every Wed. 10:00-11:00am WHT	Health Lecture: Plant-Based Diet 7:15pm AUD	
4 Quaker Worship 10:30am Ed Ctr English Country Dancing every Sunday, 7:15pm AUD Film: Tuskegee Airmen 7:00pm WHT	5 Fun Fitness Cycling, Observation Walks, Dog Walk, Miniature Golf Wii Fun - 9:30-11:00am - Fitness Room Water Balloon Toss 10:45-11:15am - Pool Parking Lot Baggo - 1:30-3:00pm - HL Bridge 7:00pm CCR	6 Fun Fitness Bowling - 9:30-11:00am GaRM Name That Tune - 11:30am-12:30pm - or 1:30am-2:30pm Heiser Lounge Basketball Shoot 3:30-5:00pm FS Lot Robot Table Tennis 7:00pm - AUD Bike Repair Parking Lot 9/10 10:00am-12:00pm Film: Race vs. Time 4:30pm AUD	7 Fun Fitness Lap Swim/Water Walking, Perimeter/Heiser Walk Walking Relay Race 9:30-11:30am behind Ed Ctr Trike Relay - 10:45-11:30am Heiser Cir Shot Put Throw 11:30am-1:00pm Croquet Court Lounge Croquet 1:30-2:30pm HL Lawn Games - 3:30-5:00pm - Greenleaf Garden Elegance Ensemble 7:15pm AUD	8 Fun Fitness Walking, Tennis Court Fun 7:30-9:30am Dog Fun 9:30-10:30am SCC front yard Name That Flower 11:45am-12:30pm or 1:00-1:45pm AUD Radio-Cont. Sailing 3:00-4:30pm Triangle Pond KELC Graduation 3:00pm AUD Solo Diners 5:15pm Den	9 Fun Fitness CommUnity Walk 10:00am - GaRM Participants' Recognition Luncheon 11:30am-1:15pm Fox & Fell Documentary Film: Islam: Empire of Faith - Part 3 7:15pm AUD	10 Walk in the Park 9:00am Heiser Juneteenth Festival at Tappan Sq. 10:00am-5:00pm Trip to Crocker Park ★ 10:00-4:00pm Episcopal Serv. 11:00am Gathering Room Film: Rain Man 7:15pm AUD
11 Quaker Worship 10:30am Ed Ctr Two Pianos, Many Hands 4:00pm AUD Film: Jackie 7:00pm WHT	12 Coffee Hour with Barbara Thomas 9:30am Langston Council VP F&F Cafe 10:30am-noon AMAM 100th Anniversary 2:00pm Suggestions & Concerns 2:00pm CCR	13 Film: Gathering Storm 4:30pm AUD OHC: "Times They Are a Changin'" 7:15pm AUD Bridge 7:00pm CCR "The Amazon" Bud Spierling 7:15pm AUD	14 LUNCH BUNCH: Jackalope 11:30am-2:30pm Health Services Forum Judy Braun 4:00pm AUD Song Swap with Judy Cook 7:15pm AUD	15 KORA Council 10:00am AUD Therapy Dept.: Safe Driving 3:00pm Ed Ctr Root Beer Float Day Langston 3:15pm	16 Roman Catholic Mass 10:00am Crossroads Rm Courtyard Garden Concert 4:00pm	17 Walk in the Park 9:00am Heiser
18 Father's Day Quaker Worship 10:30am Ed Ctr First Church 4:00pm GaRM Film: Cheaper by the Dozen 7:00pm WHT	19 BUS: Spirit of '76 Museum, Wellington ★ 1:00-3:30pm Monday Night at Movies Bus ★ Bridge 7:00pm CCR	20 Talking with the Kims Noon The Den Film: Uprooted 4:30pm AUD	21 CommUnity Picnic 11:30am-1:15pm UU Gathering- "13th" 3:15pm AUD MakeMusic CLE 7:15pm AUD	22 Low Vision Group 4:00pm CCR Opera DVD: War & Peace - I 7:15pm AUD	23 Courtyard Garden Concert 4:00pm Opera DVD: War & Peace - II 7:15pm AUD	24 Walk in the Park 9:00am Heiser Chalk Walk 10:00am-4:00pm Downtown Oberlin
25 Quaker Worship 10:30am Ed Ctr Film: Field of Dreams 7:00pm WHT	26 CARF Meeting 8:30am AUD Council VP F&F Cafe 10:30am-noon Bridge 7:00pm CCR	27 Film: Fueling the Fire 4:30pm AUD	28 CARF Meeting 1:30pm AUD Song Swap with Judy Cook 7:15pm AUD	29 Aft. Exchange Barbara Thomas 4:00pm AUD Poetry Reading with Deborah Bacharach 7:15pm AUD	30 Courtyard Garden Concert 4:00pm Baroque ★ Performance Institute 8:00pm WCH (tickets at door)	