

The Kendalight

Kendal at Oberlin Residents Association

June 2023

Volume XXX, Number 6

Kendal Celebrates Pride Month 2023

So much to celebrate! So much to support! We make PRIDE happen!

The 2023 theme of June PRIDE at Kendal at Oberlin is *KaO is 30: Supporting Community Pride*. The intention is to strengthen connections and support LGBTQ+ people, family, and friends here at Kendal and in the wider community.

The LGBTQ+ & Allies Interest Group has been working with Marketing, Stephens Care Center, and Outreach staff to find opportunities to involve residents and staff in PRIDE activities both inside and outside Kendal. We are excited to participate in PRIDE Month and hope you will join Kendal residents and staff in celebrating.

Mark your calendar for events to participate in and to support LGBTQ+ PRIDE. Check the KaO Community PRIDE Bulletin Board in Heiser for sign-ups, updates, and more information.

Jesse Carlock and Ann Francis, co-chairs of LGBTQ+ & Allies Interest Group, welcome your questions; please contact them for information.



2023 June Pride Activities

Residents and staff invited to all events



KaO is **30**
Supporting Community Pride

- **Community Event:** Sun., June 11, 11:30am-2:00pm, Colors+ Youth Center in Fairview Park – **Show Your Colors** Family Friendly Pride Event, Speaker & Walk Fundraiser. Kendal bus provided. See www.colorsplus.org/about-us
- **Kendal Event:** Thurs., June 22, 4:00-5:15pm, Heiser AUD – Kerry Glaus presents and leads a discussion on “Gender and Sexual Identities in the 21st Century” (see p. 3). Table discussions will continue over dinner in the Fox & Fell.
- **Kendal & Community Event:** Fri., June 23, 9:00am-noon, KaO Ed Center – **Safe Zone Workshop** hosted by **LGBTQ+ Lorain**. [Sign-up sheet on PRIDE Bulletin Board](#). Free to KaO residents and staff. Learn about LGBTQ+ identities, gender, and sexuality and examine prejudice, assumptions, and privilege. Increase awareness and understanding of the LGBTQ+ community and how to be an effective ally. A safe space to ask questions and get resources.
- **Community Event:** Fri., June 23, 8:00pm, SCO Night Club (Wilder Hall), 135 West Lorain St., Oberlin – **Drag Show**. Ages 18+ are welcome. Free.
- **Kendal and Community Event:** Sat., June 24, noon-4:00pm, Tappan Square – **Pride Festival** hosted by **LGBTQ+ Lorain**. Free and open to all. *KaO LGBTQ+ & Allies will have an outreach table at the event.* Features drag king and queen performances, music, dancing, vendors, games, food trucks, and plenty of LGBTQ+ camaradery! Free HIV/AIDS testing from the Lorain County Health Dept.
- **Kendal Event: MOVIES.** See p. 4. Includes *Luca* outdoors on June 25.
- **Kendal Event: ADVOCACY.** Opportunities to write postcards and sign petitions are also planned.

**COFFEE HOUR WITH
BARBARA THOMAS**

**WED., JUNE 14 - 9:30AM
LANGSTON, KOTV, ZOOM**

**Kendal at Oberlin
is
30**

**AFTERNOON EXCHANGE
BARBARA THOMAS**

**WED., JUNE 28 - 4:00PM
AUD, KOTV**



Kendal at Oberlin Residents Association

This year’s amazing *Spring Fling: Spice of Life* is behind us, and the lazy, hazy, crazy days of summer lie before us. Life on our campus is so intertwined with life on the Oberlin College campus that it feels like our Kendal programs and activities follow the calendar of the academic year.

In many ways this is true: summer is a quieter, more laid-back time; but when you look through the upcoming programs and activities featured in this issue of *The Kendalight*, you will see that there is plenty to do, even at summer’s lazier pace.

There will be some “encore” presentations of well-loved programs from the past, and many of our regular programs and activities continue all year long. But there will also be new opportunities, like joining our LGBTQ+ Interest Group in celebrating June as Pride Month. Given the present unsettling climate in our society, these events are more important than ever.

During the warm weather, many of our KaO neighborhoods enjoy gathering for picnics, or cookouts, or games, or just sitting in one of our beautiful common areas as we enjoy each others’ company and lively conversation. If your neighborhood has not found a special way to be together, or not played together recently, I encourage you to plan a special summer gathering or two. We’re still feeling the lingering effects of the pandemic and need opportunities to relax and simply have fun with each other. Try it, you’ll like it! ~Rollin Conway, KORA President 2023



Kendal at Oberlin Residents Association

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

Succession Planning Update May 2023



The Transition Team continues to work through the process to identify our new Chief Executive Officer, meeting several times in the month of May.

With the help of several sources – LeadingAge, Kendal Corporation, Team member and Board member referrals – we identified 12 well-established executive search firms from across the country that focus on recruiting CEOs for the senior living and services management sector. Many of these firms have worked exclusively in the senior market for 20+ years; at least two are owned by women; at least two are headquartered or have offices in Ohio; two firms have worked with Kendal affiliates in the past; all of the firms identify Diversity, Equity, and Inclusion as important factors in their search process.

The Request for Proposal (RFP) was distributed on April 26 with a return date no later than May 17. The very first bullet point under Services Requested is “Engage and connect with stakeholders throughout the process.” We expect that the executive search firm will help us set up a way for you to share your thoughts and ideas about the skills and values we all expect in our new leader.

Other Transition Team meeting agenda items include reviewing the current CEO job description (skills), discussing how to identify a candidate’s understanding of our Quaker values, and beginning to develop a plan to “Kendalize” our new leader. This is preliminary work and the executive search firm we hire will help us to finalize all of these.

We set aside a full meeting at the end of May to review the returned RFPs. If initial acknowledgments are any indication, we are expecting a good response. We will conduct virtual interviews with several firms and complete reference checks. Every Team member has been asked to develop at least two executive search firm interview questions. In mid-June, we plan to make a recommendation to the KaO Board to hire the best firm and move on to our next phase.

The Transition Team thanks you for your interest and support and we look forward to your input once an executive search firm is hired and introduced to the Kendal at Oberlin community. Please reach out to the Transition Team (jpvilla@oh.rr.com) if you have any questions. ~The Transition Team

Fitness Talk: Coaching JoyFULL Well-Being Thurs., June 15 - 7:15pm - AUD and KOTV

JoyFULL Well-Being is our new and innovative coaching program at Kendal at Oberlin. We offer life coaching, wellness coaching, and/or well-being support.

At Kendal we view these three things as similar processes to empower and support you in living your best life. All of these modalities are tools to help you achieve your goals. Goals are simply the process of mindfully considering what is most important to you right now. Our role as your coach or support person is to help you thoughtfully prioritize what makes you feel most whole and brings you joy.

Life happens. Coaching can help. The purpose of this program is to create long-term relationships that become a collaborative effort between you and your coach to live your best life, as defined by you. It is a partnership grounded in authenticity, and a relationship in which you will be listened to, validated, empowered, and supported in being yourself.

Having a life coach can help you make better decisions, reach your dreams, and cut out destructive patterns and behaviors. Come to feel empowered, inspired, and motivated!

~Jill Tvaroha, Wellness Coordinator



Independence Day 2023

Please hold Tuesday, July 4, for the annual Kendal community celebration of the birth of our country.

Enjoy Robert Taylor's exceptional patriotic program in Heiser Auditorium, share a picnic lunch buffet with other residents, watch our Precision Lawn Chair Drill Team in action, and take part in other activities of the day!

We hope to offer opportunities for a trike-a-thon fun ride, kite flying, model sail- and power-boat racing on Triangle Pond, Hoot and Holler RR watching, ice cream eating, and any other fun things we can come up with.

Come dressed for this festive occasion! ~Special Events Committee



Lunch Bunch: Thi Ni Thai, Oberlin 🚗 Wed., June 14 - 11:40am

Specializing in authentic northern Thai cuisine, this restaurant offers flavorful dishes, including vegetarian and vegan options. Its menu is intentionally small, changes regularly, sometimes daily, and certainly weekly.

Sign up for the Kendal bus. The bus is free. Lunch on your own.

Questions? Ask Gerry Findlan.



Thursday Health Lecture Macular Degeneration

June 1 - 7:15pm
AUD and KOTV

Dr. Shawn Wilker, MD, Retina Associates of Cleveland, will discuss the management and treatment of macular degeneration.

Racial Equity Forums NEW Continue the Conversation Lunches

The Diversity, Equity, Inclusion, and Belonging Committee (DEIB) extends an open invitation to meet over lunch the day after each Racial Equity Forum to continue the conversation.

Examining Racism
in America
to Forge a More
Equitable Future

This first Continue the Conversation Lunch is on Thurs., June 1, noon-1:00pm in the Penn Dining Room.

This follows the evening program on May 31 "Redlining and Housing Segregation in the City of Oberlin" presented by Liz Schultz.

All are welcome to bring their lunch to the Penn to gather, respond, and continue the conversation.

~Kim Preston, DEIB Chair

🎵 Live Music at Kendal 🎵

Sun., June 4, 4:00pm, AUD

"Kendal Presents" music by Kendal musicians, Kathy Hazelton (flute), Betsy Baumbach (piano), Nina Love (piano), George Cyphers (clarinet), and Larry Mirel (clarinet).

Sun., June 18, 4:00pm, AUD Oberlin Conservatory piano student Jameson Zhang will play music by Liszt and Debussy.

Sun., June 25, 4:00pm, AUD Participants in the Baroque Performance Institute will play unaccompanied Bach on flute, cello, and violin.

Thurs., July 6, 3:00pm, AUD Tom Morgan and other Kendal resident string players join students from the CREDO program to play string chamber music together. Although they will be "rehearsing," residents are invited to stop by and listen.

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

Kendal Celebrates Pride Month 2023

Gender and Sexual Identities in the 21st Century Thurs., June 22 - 4:00-5:15pm - AUD and KOTV



As if LGBTQ+ weren't confusing enough, the first quarter of the 21st Century has witnessed the proliferation of new terms describing gender and sexual identities. Do you know what it means when someone describes themselves as nonbinary? Gender queer? Bisexual? Transitioning? Incel? Why do some people prefer They/Them as pronouns? It used to be so simple and clear-cut...or was it??

This presentation by Kerry Glaus is a crash course in gender and sexual identities. We begin with the basics, i.e., each of us (yes, each of us!) has a Sex, a Gender Identity, a style of Gender Expression, and a Sexual Orientation. These four dimensions are conceptualized as continua rather than dichotomies, and form a context within which we will discuss some of the newer terms describing the complexities and diversity in our gender and sexual identities.

Dinner in Fox and Fell following the presentation will have designated tables where diners can continue discussion of the material presented.

PRIDE Event organized by the LGBTQ+ & Allies Interest Group.

Saturday Night Movies

June 3 - 7:15pm - AUD, KOTV 🌈

Moonlight (2016) A young African-American man grapples with his identity and sexuality while experiencing the everyday struggles of childhood, adolescence, and burgeoning adulthood.

June 10 - 7:15pm - AUD ONLY

Discussion after film with Dwight Call. This is the second of the Apu Trilogy Indian Bengali films directed by Satyajit Ray. The third will appear in July.

Aparajito (1956) Eventually, Apu's family has moved into the big holy city of Benares (now the holy city of Varanasi). We witness his academic and moral education.

June 17 - 7:15pm - AUD, KOTV 🌈

Discussion after film.

Keyboard Fantasies: The Beverly Glenn-Copeland Story (2019) This British documentary details how a Black trans-gender musician became a cult icon three decades after the release of his album *Keyboard Fantasies*.

June 24 - 7:15pm - AUD, KOTV

RBG (2018) Documentary focuses on the exceptional life and career of U.S. Supreme Court Justice Ruth Bader Ginsburg, who developed a breathtaking legal legacy while becoming an unexpected pop culture icon.



Outdoor Pride Movie Sun., June 25

Sunset - Field at N. Pleasant & Maple Streets

Luca (2021) On the Italian Riviera, an unlikely but strong friendship grows between a human being and a sea monster disguised as a human.

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



Art Gallery News

The *Kendal Creates* show was installed on May 15 and will run until Mon., Aug. 14.

Residents responded with enthusiasm to the call for art they created. This is the largest show we've had: 94 entries from 57 residents, with 12 new residents participating.

In addition to paintings and photographs, you'll find a marble mosaic, a



marble sculpture, a model of a nearby Oberlin house, a half dozen quilts – and more! The gallery space for *Kendal Creates* includes the **Kendal** and **Community Galleries**, the **Curio Cabinet** in the Heiser foyer, the **Marketing Showcase**, and the lobby and part of the east hallway in the apartment building.

The **Friends Gallery** will close on July 1 when renovation of the Friends Gallery, Friends Dining Room, and the Gathering Room begins. Linda Grashoff's photography remains in the Friends Gallery until late June. A group of Kendal photographers will exhibit their work on the temporary walls until the Friends Gallery reopens.

30 Art Gallery History

In June 2001, just prior to the opening of *Kendal Collects*, *The Kendalight* reported that the present Kendal Gallery was scheduled to receive the wall carpeting that continues to provide an excellent surface for our galleries. Resident Paul Arnold, who designed the gallery wall, specified thick plywood, not wall-board, beneath the wall fabric so nails could be used repeatedly to hang art.

Kendal Celebrates Pride Month 2023

Sunday Movies 🌈 7:00pm - WSCC

June 4 - *Capote* (2006)

June 11 - *A Dog Barking at the Moon* (2019)

June 18 - *Portrait of a Lady on Fire* (2020)

June 25 - *Luca* (2021)

Monday Documentaries 🌈 7:00pm - WSCC

June 5 - *Amend: The Fight for America Ep. 5 "LOVE"* (2021)

June 12 - *The Out List* (2013)

June 19 - *All in My Family* (2019)

June 26 - *Paris Is Burning* (1990)

Tuesday Themed Films 🌈 1:00pm - WSCC

June 6 - *The Miseducation of Cameron Post* (2018)

June 13 - *The Danish Girl* (2016)

June 20 - *A Single Man* (2010)

June 27 - *Carol* (2016)

Thursday Movie Musicals 🌈 1:00pm - WSCC

June 1 - *Victor/Victoria* (1982)

June 8 - *BBC's Stonewall* (1996)

June 15 - *Willy Wonka & the Chocolate Factory* (1971)

June 22 - *The Jungle Book* (2016)

June 29 - *Road to Utopia* (1946)

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

2023-2024 Cleveland Orchestra S1 Bus

We are now planning buses for the 2023-2024 four-concert Cleveland Orchestra S1 Sunday afternoon series. Many residents are renewing their subscriptions and plan to take the bus.

New residents, please order your tickets directly from the Cleveland Orchestra Box Office (call 216-231-1111 or use www.clevelandorchestra.com).

To save a seat on the bus, there is a sign-up sheet opposite the mailboxes.

For more information about concerts and orchestra buses, contact Anne Martin or Randy Wagner.

Gilbert and Sullivan's H.M.S. Pinafore – July 25

A 20-seat Kendal bus is already full for a trip to Wooster, OH, to see Gilbert and Sullivan's rollicking romp through naval life, class distinctions, and melodramatic villainy at the Ohio Light Opera. A wait list has been started below the open mailboxes.

Those attending should purchase their own tickets for the July 25, 2:00pm performance at <https://ohiolightopera.org/box-office/> or by calling 330-263-2345.

Details will be sent to those with confirmed seats on the bus.

~Gerry Findlan and Kathy Hazelton

Save the Date Bus Trip: Craftsmanship and Amish Country Thurs., Sept. 21

Visit the Ernest Warther Museum in Dover, OH, which presents a one-of-a-kind collection of wood carvings by master carver Ernest Mooney Warther. Then travel home through Amish Country with a stop for lunch. More about the museum here: <https://www.ohiomagazine.com/ohio-life/article/the-legacy-of-master-carver-ernest-warther>.

Watch for the sign-up sheet in July.



Special Encore Programs - 7:15pm - KOTV

Mon., June 5 - Trekking Through Andean Mountains - Loren Gerlach presents photos and stories from his three-month trek in the Andes. (*Nov. 14, 2022*)

Thurs., June 8 - Lincoln's America - Judy and Dennis Cook tell the life story of Abraham Lincoln through excerpts from his writings, relevant songs of the time, and projected images. (*Feb. 13, 2023*)

Tues., June 13 - Henry David Thoreau - George Blomgren presents Henry David Thoreau's journal writings, including some little-known facts that reveal his eccentric life and their profound effect on his literary output. (*Dec. 7, 2022*)

Tues., June 20 - The Cosmos as Seen by JWST - Dr. Jillian Scudder, OC Professor, guides us through what distinguishes Hubble images from JWST images. (*Jan. 9, 2023*)

Thurs., June 29 - Ancestral History and Enslavement - A.G. Miller, Professor Emeritus of Religion, Oberlin College, discusses his search for his ancestors and the history of their battle for freedom and dignity in the Civil War and Reconstruction Era. (*Dec. 20, 2022*)

Examining Racism
in America
to Forge a More
Equitable Future

A Message from Your Special Events Committee

Thank you! Spring Fling '23 came to Heiser Auditorium on April 29 and the chair of this committee sat at home watching on TV. Covid had stepped in and I was quarantined. Thanks to a wonderful committee, I saw an amazing show put on by our amazing residents.

Instead of writing thank you notes to everyone in the show, I decided to write a public one via the June *Kendalight* inviting all new residents to think about how you might like to participate in future programs, both on the stage and behind the scenes.

A/V. When Covid hit in March '20, we suddenly learned about Zoom and how to keep in touch via our TV screens. Then at the end of that year, we made our first video remembering all the people who had passed away while we were not able to visit them or their families. Dennis Cook taught us everything we needed to know and edited those early videos. Last year Joyce Benjamin came on our committee; now she produces videos of programs sponsored by the Program Committee and Memorials put on by Kendal families.

Future Events. This is Kendal's 30th Anniversary year and we will be celebrating Barbara Thomas as our CEO at the end of January when she retires. We have decided to reorganize our Special Event programs a bit.

July 4 will be as usual with a patriotic program in the auditorium in the morning and several outdoor events before and after a special lunch.

On November 11, we will be working with KORA on a special 30th Anniversary Program.

On December 16, we will use one of the Solstice Programs from the past three years (when we produced our first videos), shown in Heiser Auditorium and on KOTV. At the reception in Fox & Fell afterwards, residents will bring finger food, and Dining Services will provide beverages.

Join Us! We welcome new members and new residents on our committee. Do you have fresh ideas and valuable audiovisual and editing skills you could offer?

~Carol Harvey, *Special Events*

From the Health & Wellness Clinic Physical Exam vs. Medicare Wellness Visit

The difference between a physical exam and a Medicare Wellness Visit is basically the difference between your doctor or nurse practitioner focusing on what is wrong versus what is right with your health. Both are equally important.

Feeling Ill or Well? When you're not feeling well or in pain, you want to get better. A *physical exam* helps to figure out what the problem is and what needs to be done. When you're healthy and feeling good, you want to stay that way. A *wellness visit* helps your health care provider understand what is working for you and how to best support your continued health and well-being.

Physical Exams: The primary purpose of a physical exam is to look for health problems. Based on findings, your health care provider may ask you to have tests to rule out possible health issues. Some of the things that may be done during an exam include: a visual check of your body overall, looking into your eyes, ears, nose and throat, listening to your heart and lungs to detect irregular sounds, touching parts of your body to feel for abnormalities, testing your motor function and reflexes.

Medicare Wellness Visits: Your annual Medicare Wellness Visit is an assessment of your overall health and well-being with the primary purpose being prevention. Medicare covers this type of visit once every 12 months. During this visit, your provider combines information from the visit with your medical record to gauge your risk for common preventable health problems such as heart disease, cancer, and type 2 diabetes. Based on what is learned, your provider creates a personal prevention plan tailored to you. Some of the things that may be reviewed during this type of visit are: reviewing questions about your health; confirming your medical and family history; recording your current prescriptions; measuring your height, weight, and blood pressure; looking for signs of memory loss, dementia, and frailty; documenting your health risk factors and treatment options; making sure your vaccinations are up to date; ordering further tests (such as bloodwork); providing personalized health advice; and developing a screening schedule (like a checklist) for the preventive services recommended for you.

It's important to take advantage of your Medicare benefits and schedule a Medicare Wellness Visit every year. If your primary care physician is here at Kendal, the Health & Wellness Clinic keeps track of these dates for you and calls you to set up your appointment each year when it is time. If you would like handouts on this information, we have printed materials available in the Health & Wellness Clinic. Just give us a call and we can place a copy in your open mailbox. Cheers to good health and wellness!!!

~Laurie Dupee, Director of Health & Wellness

Nest Box News

"Don't count your chicks before they've hatched" sadly applies to a Kendal nest box in the Community Garden. A House Wren destroyed all five of the Eastern Bluebird eggs.

However, the good news is that a nest box on the opposite side of the Kendal campus fledged all five of the Eastern Bluebird chicks there.

Meanwhile, American Tree Swallows are off to a good start. They have built

their feather-lined, grassy nests in eight of Kendal's boxes. So far, these nests contain a total of 18 eggs.

A cheerful chattering House Wren has claimed the hanging box outside my kitchen bay window. I like to think that when a wren nests there (a place no self-respecting Bluebird or Tree Swallow would choose to nest) the latter are safe from a wren's jealous attack.

~Nina Love



**2023 Oberlin
Juneteenth
Celebration**

**"Marching through Station
99 to Freedom"**

**Sat., June 17 - 9:00am-6:00pm
George A. Abram Pavilion
(Edison St., behind McDonald's)**

Juneteenth – originally June 19, 1865 – is considered the date when the last enslaved people in America were freed. While its roots are in Texas, Juneteenth has become a federal holiday and a day to celebrate freedom all over the United States. Oberlin's history of commitment to abolition and the cause of freedom makes the community uniquely qualified to celebrate Juneteenth.

The **Juneteenth Parade** will take place at 12:00 noon, beginning at Spring Street Park and moving along Pleasant Street to the Roundhouse and the Pavilion on Edison Street. The parade will include horsemen, a clown, candy, dancers, a band led by Oberlin College alum Daniel Spearman, and other fun features.

Programming at the **George A. Abram Pavilion** will begin with an opening prayer and a reading of the Emancipation Proclamation. There will be storytelling, children's activities, a DJ, food vendors, and other vendors.

At Westwood Cemetery from 6:30pm to 7:30pm, there will be a commemoration of **Maafa**, also known as the Holocaust of Enslavement.

For more event details, visit www.juneteenthoberlin.org.

A Safe Place

A group is being formed to provide a safe place for residents to talk about feelings of anxiety, depression, or loneliness. This is an anonymous and confidential gathering that would emphasize listening to one another. Peer groups such as this have been shown to be especially effective in easing stress. If you would like to know more, contact Dianne Haley by phone or email.

Wordly Wise Wins Again!

Kendal at Oberlin again participated in the United Way fundraiser “A Night at the Bee” and again walked away as spelling bee champions. We had fun AND helped raise over \$20,000 to support local education initiatives.



The team at work: Kathleen Cervený, Robin Laurén, Kim Preston, and Mary Behm.
Photo Credit: Rosen-Jones Photography

This year’s competition had four categories: Spelling, STEM, History, and Art. Since the Wordly Wise only en-

tered the spelling competition, we could only win the spelling trophy.



Participants and cheerleaders, all had a good time!
Photo Credit: Rosen-Jones Photography

But next year, we expect to be better prepared to contend for the grand prize! Watch for news in December when recruitment starts for a new team as well as coaches, supporters, and cheerleaders for the 2024 event.

Please contact Kim Preston with congratulations or to express interest in next year’s event.

Blossom Music Center Sat., Aug. 26 - Lv. 5:45pm

We are going to Blossom again this year, the spectacular summer home of the Cleveland Orchestra located in the lush Cuyahoga River valley. Fabien Gabel will conduct the orchestra in the Ravel *Alborado del gracioso* and *the Suite No. 2 from Daphnis and Chloé*; DeFalla *Three-Cornered Hat*; and the Saint-Saëns *Violin Concerto No. 1* with Simone Lamsma, violin.

The bus will depart outside Heiser at 5:45pm and deliver us to the Music Center tram stop. The tram takes us to the edge of the pavilion. It’s only a

short walk to our seats, central but convenient to the restrooms. After the concert, the tram will take us back to our bus and we will depart via the bus lane.

Bus steps are standard. Rollators/walkers can be accommodated.

Reservations: Sign-up sheet is posted across from the mailboxes. The total charge for the concert and transportation will be \$55.00 per person. Place non-refundable checks payable to KORA in Box #112 by June 30. Your check serves as your reservation.

Questions? Contact Randy Wagner or Anne Martin.

Kendal Kryptogram #217 – by Nina Love

DAMK CAMC: TEA SUMMER CRELK ROKB RE

HULB ROK HPMRKL’C SEXY. ~U.K.OEACBUM

Solution to Kryptogram #216: “Man is the only animal that blushes or needs to.”
~Mark Twain



The Open Studio in May featured Agnes Bacon and her oil paintings. Eleven residents attended.

The June Open Studio is on Thurs, June 1, 1:00–3:00pm. The decision on which artist will be featured has not yet been finalized. Come and see!

There will be three sessions of Plein Air painting on Mon., June 12, 19, and 26 at 3:00pm. We will gather in the Courtyard Garden and each participant can choose their subject, or view, to render in the medium of their choice. Call Don Parker if you wish to participate – or just show up. There’s plenty of space in the garden.

Plans are being made for a “Beginning Clay” Workshop (for residents with less experience) in June/July. If you are interested, please sign up on the bulletin board outside the Art Studio and give some suggested days and times that are possible for you to attend. Two days together is best.

Email or call Joyce Parker to receive her “newsletter” in order to stay informed of activities being planned in the Art Studio.

Reminder: Art Cards are available in the Art Studio when they are not at the windows of the lounge. ~Don Parker

Movín’, Movín’, Movín’

Recent Moves

Kay Hoebake from North Olmsted, OH, in early May.

Katie Brown moved to Patterson in early May.

Agnes Bacon moved to a new apartment in late May.

Upcoming Moves

Pete and Prue Richards from Oberlin, OH, in early June.

Nanette Holben from Cheltenham, PA, in mid-June.



Library Notes

Library 30th Anniversary Celebration with Horticulture Committee

30

Mary Clare Beck of the Library Committee and Prudy Hall of the Horticulture Committee have collaborated on an exhibit on display in the library to celebrate Kendal's 30th Anniversary. The exhibit centers on a book of photos of wildflowers (251 in all) seen around the Kendal grounds and Oberlin, compiled by Betty Weinstock from 1998-2001.

A description and time of emergence of each wildflower is included that provides a valuable comparison to present-day observations, such as the effect of climate change. The book has been digitized, and printed copies will be available in the Horticulture Room and in the library.

Betty, a founding member of the Library Committee, also made important contributions to the operations of the library, including the use of Excel to record the library holdings (recently made available online to Kendal residents). Bob Weinstock, Betty's husband, was the first chair of the library committee. Mary Clare has also included some historical information on the early operations of the library in the exhibit with the help of Jim Sunshine in formatting and printing posters. These show the Weinstocks' contribution, as well as photographs of Wildflower Hill and "Betty's Woods" by Linda Grashoff, Kathy Caldwell, and Anne Palmer.

New Reading Light

We thank Terry and Charlotte McGowan for donating a reading light with many features including light level and color. The light is installed near the chair by the DVD collection with Terry's instructions posted on the table next to the chair. *~Joan Long*

Woodland Garden Ramp

The Woodland Garden is now accessible with a newly installed ramp.



On a sunny, warm April day, the new ramp allowed Judi Bachrach to drive her electric cart into the garden and on the wood chip paths to view the spring ephemerals such as trillium, trout lilies, bluebells, marsh marigolds, and some blooming primroses. Rollators and electric carts can now enter on the ramp. Come visit and enjoy. *~Bettina Frisse*

Chalk Walk 2023

Sat., June 24, 10:00am–4:00pm
(Rain Date: Sun., June 25)

It's time for the annual Chalk Walk! Master artists, local artists, and scores of community members of all ages create beautiful, quirky, and unique works of chalk art throughout downtown Oberlin.

We need over 22 Kendal volunteers to staff the four booths that oversee space and provide free materials. Volunteer slots are: 9:45am to noon, noon to 2:00pm, or 2:00 to 4:15pm, at a booth in front of either FAVA, Ben Franklin, Hall Auditorium, or the Hotel at Oberlin. Or be a "floater" during the first or last time periods.

Before or after your shift, plan to create your own masterpiece! It is one of Oberlin's most fun summer days!

To volunteer, contact Dina Schoonmaker by email or put a note in her open mailbox.



Newcomer Introductions

Wed., June 21 - 4:00pm - KOTV

Don't miss this opportunity to become acquainted with some of our newest neighbors. *~Sharon Furrow*

KENDAL RESALE SHOP

Benefiting Kendal Residents Assistance Fund (RAF) and Community Charities

SHOP!

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

DONATE!

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

Given to RAF, year to date:

Total contribution: \$17,000.



The Rising of the Moon

Join us for song, a sip of plum wine, and friendship at the base of Wildflower Hill on June 3 to enjoy the rising of the Full Strawberry Moon, weather permitting. The moon breaks the horizon at about 9:00pm and should be visible above the trees by 9:15pm. *~Donna Baznik*

From the John Bartram Arboretum Large Street Trees

We now realize that we no longer should plant the same variety of tree in a long row on our streets because of the danger of disease or insects destroying the whole row of trees at the same time. Instead, it is wise to vary the family and species in the row.

One possibility would be to alternate white oaks, red maples, American linden, honey locust, sycamore, and red oaks depending on the width of the area, the soil type, the moisture needs and tolerance, and the type of seeds dropped. Again, the right tree in the right place.

~Anne Helm for the Arboretum Committee

References:

- <https://bgyl.OSU.edu>
- <https://arbordoctor.com>tree-health>



Smart Giving!

See Tax Wise Workshop Online and on KOTV

The Charitable Gift Annuity program given in March 2023 is available to view on the KORA Resident Website. Click **Information, Kendal Program Recordings**, then **Kendal at Oberlin Special Events** to find the **Charitable Gift Annuity Workshop** video.

For those who prefer to view on KOTV, there will be four scheduled broadcasts of this program:

- Monday, June 6, 10:00am
- Thursday, June 22, 7:00pm
- Monday, August 7, 10:00am
- Wednesday, August 30, 7:00pm

For more information, please contact Tom Konkoly by phone or email.

~Kendal Philanthropy Committee

Suggestions and Concerns Mon., June 12 - 2:00–3:00pm Crossroads Room

This committee will listen to your suggestion or concern in confidence (and privately, if you wish), discuss it with you, and refer the matter to the appropriate department head or committee chair. Contact Chair Rich Hall.



Solo Diners: Come fill our table!

Solo Diners Tues., June 27 - 5:30pm - Den

Join solo Kendal residents monthly for dinner and conversation in the Den. There is no planned agenda – just informal sharing. Sign-up sheet is posted by the open mailboxes the week before. The Den holds only 16 diners.

KaO Health Services Forum Wed., July 5 - 4:00pm AUD and KOTV

- Maximizing use of the Kendal Health and Wellness Clinic
- Managing Pain
- Managing Medical Costs Through Home Health
- Q and A with Georgia Newman, MD, Medical Director. ~Stacy Terrell, Chief Health Services Officer

Snack N Chat with Chrystn Petsas, NP Mon., June 12 - 11:00am–Noon - Green Room

Come enjoy a snack and a beverage with Chrystn. The topic will be “To drive or not to drive...that is a tough question.” This thoughtful conversation will include driving safety, talking with your medical provider as well as family, factors that can affect the ability to drive, as well as how one navigates transportation if you have made the thoughtful choice to forgo driving.

Mindful Mondays Lunch with Kim and Cyndi Mon., June 19 - 12:00pm - Fox and Fell Alcove

Join Kendal Social Services Associates Kim Peters (440-776-5016) and Cyndi Moran (440-775-9813) for an hour of conversation and discussion while enjoying lunch. No sign-up required. We look forward to our mindful discussions! **All are welcome.**

Look for the New Acrostics in the Library

Copies of the *Kendal Acrostic for Puzzle Aficionados* created by Nina Love and Polly McIlrath are available in the Kendal library on a stand in front of the desk. Help yourself and enjoy! Solutions will appear in *The Kendalight*. (For #1, see February issue; for #2 and #3, see May.)

Did You Know...



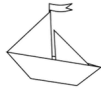
The ONLY up-to-date, dependable place to learn about recycling and composting at Kendal is the KORA website (www.kaores.org). You will find the information under the **Green Living** heading listed in the **Quick Links** section on the home page. If you don't have access to a computer, two paper copies of the *Green Living* FAQ are available for use in the Kendal Library. The *Resident Handbook* information is out of date. ~Dorothy Luciano for Environmental Concerns

Join the NEW, Online Supporting Friends

Supporting Friends has become an online committee (no meetings, no minutes). If you would like brief training about how to visit residents in Stephens and then ongoing information from KaO Social Services about who needs visits, contact Elizabeth Hole to get on the Supporting Friends email list or to volunteer.

TPYC Who?

Still a kid at heart? Interested in model sailboats or speedboats? Join us at the Triangle Pond Yacht Club, a subsidiary of the Sports and Recreation Committee, headquartered at #208. You can check out a boat or bring your own. To join us or for information, send an email to danreiber4@gmail.com.



Nature Sightings

4/15/23–5/12/23

4/15, **Flock of Ruby-crowned Kinglets**, behind #201, Lee Hefner; 4/18, **Cooper's Hawk**, tree in front of Heiser, Lee H.; 4/18-4/19, **gray Tree Frog**, north window ledge, #143, Terry Carlton; 4/20, **Blue-winged Teal pair**, Farmer's Pond by Troll Bridge, Carol Conti-Entin; 4/20, **Rusty Blackbirds**, Green Pond woods, Maureen Bailey (Hskp); 4/22, **Yellow Warbler**, woods across from Meadow Pond, Anne Martin; 4/22, **Yellow Warbler**, SE corner of Farmer's Pond, Prudy Hall; 4/24, **Great Egret**, Meadow Pond, Maureen B.; 4/24-4/30, **Hairy Woodpecker and nest** in tree hole west of Troll Bridge, Anne M.; 4/26, **Blue Heron**, Center Pond, J. Cheek; 4/29, **Belted Kingfisher**, Farmer's Pond, Anne M.; 4/29, **Greater Yellowlegs**, NRTP, Kathy Caldwell; 5/1, **Green Heron**, north of Meadow Pond, Lee H.; 5/4, **Yellow Warbler** Wildflower Hill, Maureen B.; 5/4, **Great Egret**, Farmer's Pond, Carol CE.; 5/6, **Baltimore Orioles**, near pond on Perimeter, Bob Rice; 5/6, **Green Heron**, Buttonbush Pond, Bob R.; 5/6, **Rose-breasted Grosbeaks**, behind #201, Lee H.; 5/7, **juvenile American Bittern**, Farmer's Pond, Fran Cooper; 5/8, **Lesser Yellowlegs**, Rock Pond, Anne M.; 5/9, **female Yellow Warbler**, behind #37, Carol CE.; 5/9, **Phoebe**, Buttonbush, Carol CE.; 5/11, **Red-eyed Vireo**, tree by Island Pond, Anne M. (ID vireo species by song); 5/12, **Gray Catbird**, across from Lot 9, Carol CE.

~Mary Joy Leaper

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) to car pool.

- **June 3** Rowland Preserve
 - **June 10** Indian Hollow - Royal Oaks
 - **June 17** Columbia Reservation
 - **June 24** Schoepfle Garden
- Questions? Contact Phil Pritchett.

Putt Golf Tournament

It's time for the annual Putt Golf Tournament on our championship putting green during the first 3 weeks of June.

Each team will have 3 members (one couple plus one single or 3 single players). Each team will play 3 games over the 3-week period. Equipment and score cards will be provided at the putting green. A sign-up sheet is on the shelf below the open mailboxes.

A gala banquet and awards ceremony will conclude the tournament. Further details will be provided to all participants. Have fun!

Questions? Ask Dan Reiber, Kathleen Secrist, or Jack Secrist.

Table Tennis Hours

Come and play on Wednesday, Friday, and Sunday, 10:00am to 12:00pm in Heiser Auditorium. **All are welcome!**

~Sidney Rosenfeld, *Sports and Recreation*

Let's Dance!

English Country Dancing

Sundays - 7:15pm
Heiser Auditorium
Contact: Judy Cook

Line Dancing

Mondays - 4:30pm
Heiser Auditorium
Contact: Dan Reiber

Square Dancing

Tuesdays - 4:00pm
Heiser Auditorium
Contact: Donna and Larry Steele



Church Services

First Church in Oberlin, UCC
Sun., 10:00am, WSCC

Oberlin Friends Meeting
Sun., 10:30am, Ed Center and Zoom

Oberlin Unitarian Universalist Fellowship
Sun., 11:00am, Zoom

Roman Catholic Mass
St. Patrick's Cathedral, NYC
Sun., 11:15am, WSCC

Christ Episcopal Church
Sun., 12:30pm, WSCC, YouTube

Catholic Communion Service
Sat., 3:30pm, Green Room



Event Links

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

The 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: Anne Martin, Polly McIlrath, Mary Simons

Profile Photos: Sally Nelson-Olin

- Deadline for the July 2023 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 *The Kendalight* open mailbox.
- All articles must carry a signature and telephone number.



Dining and Nutrition Services



Focus Group Results. As soon as we have results or plans about our food service from the focus groups held by Christian Ramsey (Director of Operations/Culinary at Kendal Corporation), we intend to host an open meeting or (more likely) periodic open meetings to discuss resident concerns and suggestions.

Registered Dietitian. Dietitian Paige Schiesswohl is happy to consult with individuals when she is at Kendal on Tuesday mornings. Contact Dining Services if you would like an appointment.

Job Recommendations. Residents with ideas about possible employee candidates are reminded that all job descriptions are posted in the hall near the Resale Shop. Your suggestions and recommendations of job candidates are always welcome. Just send suggestions

to the staff member indicated in the job posting.

Ordering Process. You may have noticed that efforts are being made to make the lunch-ordering process match the dinner pattern, with orders being taken at the table rather than ordering at the door. Whether this system is possible depends on the number of lunch servers available that day and the size of the crowd waiting for take-out.

When there are not enough servers, orders are gathered at the door. If there are enough servers, a server will seat you (you are welcome to request a certain table) and then take your order. With the onset of summer and the possibility of more student-age servers at the lunch hour, Dining Services hopes to have our orders taken at the table more often.

~Barbara Pierce, Chair, Dining Matters

Meet a Dining Star Asa Rosen-Jones

Asa is finishing Oberlin High School. In September he will enter Oberlin College, majoring in Computer Science and Business. Soccer has been his sport since 5th grade, and he also plays Club Soccer. He loves music and plays the saxophone.

Asa started working at Kendal in March 2021, delivering meals during the pandemic. He trusted being at Kendal as he knew how very careful everyone was. When the Fox and Fell reopened, he was a food runner – that’s the person bringing food from the kitchen to your table. Later he was in charge of our wonderful salad bar during his shift, keeping it filled and fresh.

He likes our flexible work schedule. This summer you will see Asa here full time. So do say “Hi” to this always smiling young man! *~Priscilla Steinberg*

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

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

Grief Support Group Tues., June- 27 - 10:00am Green Room (Note date)

Facilitated by Melissa Thompson, LSW.

Dementia Friendly Discussion Group Fri., June 16 - 10:30am Ed Center Training Room

(Notice this is the 3rd Friday, not the 4th, due to a scheduling conflict. This is a one-time change). **All are welcome.**



When someone moves from Independent Living to Stephens, often their greatest fear is that their friends will stop visiting them. Please remember your friends who live in Stephens, stay in touch, and **STAY CONNECTED.**

UU Gathering Defining Delight Rev. Mary Grigolia Tues., June 27 - 2:00–3:00pm Green Room

Share your stories on what delights you and why. **All are welcome.**

Threads: Drop Off or In Person Thursdays - 11:00am–12:00pm Craft Room

We do simple sewing jobs for residents only.



We shorten pants, sew on buttons, patch holes, sew up seams, and mend toes of socks. Bring your clean, bagged items to the Craft Room anytime, place them on the table, and fill out the required work order form located on the clipboard.

Join us! Threads is looking for one or two sewers for simple sewing jobs. Call Nancy Cecil or stop by the Craft Room during open hours.



Where to Find Contact Info









- **Kendal at Oberlin Directory**, printed and distributed in February.
- **KaO PDF Directory**, distributed via email to all residents.
- **Bulletin Board**, near photos of new residents. Make these corrections and additions to your printed directory.
- **Online Resident Directory**, in the KORA website (www.kaores.org). Click “Directory” under the “People” tab. You must be logged in for access.

IN MEMORIAM

**THELMA MORRIS
MAY 11, 2023**

SUN	MON	TUE	WED	THU	FRI	SAT
<p><u>First Church Service</u> 10:00am WSCC</p> <p><u>Quaker Worship</u> 10:30am Ed Ctr, Zoom</p> <p><u>RC Mass</u> 11:15am WSCC</p> <p><u>Christ Episcopal Service</u> 12:30pm WSCC</p> <p><u>Film (see p. 4)</u> 7:00pm WSCC</p> <p><u>English Country Dancing</u> 7:15pm AUD</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Centering Time</u> 11:00am Zoom, WSCC</p> <p><u>Abstract Art</u> 1:00pm WSCC</p> <p><u>Line Dancing</u> 4:30pm AUD</p> <p><u>Documentary (see p. 4)</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Themed Film (see p. 4)</u> 1:00pm WSCC</p> <p><u>Square Dancing</u> 4:00pm AUD</p> <p><u>Somebody Feed Phil</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>News Currents</u> 1:00pm WSCC</p> <p><u>SCC Council</u> 6/14 4:00pm Courtyard Garden</p> <p><u>Song Swap</u> 6/14, 6/28</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Musical Film (see p. 4)</u> 1:00pm WSCC</p> <p><u>Jazz Listening</u> 2:00pm Penn 6/8, 6/22</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Art History</u> 1:00pm WSCC</p>	<p><u>Saturday Walk</u> 9:00am Heiser</p> <p><u>Ken Burns: Baseball</u> 1:00pm WSCC</p> <p><u>Catholic Communion Service</u> 3:30pm Green Rm</p> <p><u>Film (see p. 4)</u> 7:15pm</p>

<p>Full Strawberry Moon- Thurs., June 3, 9:15pm</p> 	<h1 style="color: red;">June 2023</h1> <p>Zoom: See kaores.org Calendar for link.</p> <p>KOTV: Cable 920, 19-2, or 95-101</p> <p>WSCC: Cable 921, 20-1, or 96-100</p>	<p>1</p> <p>Continue the Conversation Lunch Noon Penn (see p. 3)</p> <p>Open Studio 1:00-3:00pm Art Studio</p> <p>Health Lecture: Macular Degeneration 7:15pm AUD, KOTV</p>	<p>2</p>	<p>3</p> <p>Met. Opera in HD Mozart, <i>Die Zauberflöte</i> 1:00pm Apollo tx </p> <p>Celebrate Strawberry Moon 9:15pm Wildflower Hill</p>
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4	5	6	7	8	9	10
<p>Live Music Kendal Presents 4:00pm AUD</p>	<p>Encore: Trekking Through Andean Mountains 7:15pm KOTV</p>		<p>KELC Graduation 5:00pm AUD</p>	<p>Rod Knight Runs Len's Trolley 4:30-5:45pm HL</p> <p>Encore: Lincoln's America 7:15pm KOTV</p>		<p>Second Saturday Foreign Film (see p. 4) 7:15pm AUD only</p>
11	12	13	14	15	16	17 
<p>Show Your Colors Event 11:30am-2:00pm Fairview Park (see p. 1) </p>	<p>Snack N Chat with Chrystn Petsas 11:00am Green Rm</p> <p>Suggestions and Concerns 2:00pm Crossroads</p>	<p>Encore: Henry David Thoreau 7:15pm KOTV</p>	<p>Coffee Hour with BT 9:30am Langston Zoom, KOTV</p> <p>Lunch Bunch Thi Ni Thai, Oberlin 11:40am </p>	<p>KORA Council 10:00am AUD, KOTV</p> <p>Fitness Talk: Coaching JoyFULL Well-Being 7:15pm AUD, KOTV</p>	<p>Dementia Friendly Discussion Group 10:30am Ed Center</p>	<p>Oberlin Juneteenth Celebration Festival 9:00am-6:00pm (see p. 6)</p>
18 Father's Day	19 Juneteenth	20	21	22	23	24
<p>Live Music OC Student Jameson Zhang, piano 4:00pm AUD</p>	<p>Mindful Mondays Lunch with Kim & Cyndi 12:00pm F&F Alcove</p>	<p>Encore: The Cosmos as Seen by JWST 7:15pm KOTV</p>	<p>Newcomer Intros 4:00pm KOTV</p>	<p>Gender and Sexual Identities  4:00-5:15pm AUD, KOTV Dinner F&F</p>	<p>Safe Zone Workshop 9:00am-Noon Ed Ctr</p> <p>Drag Show  8:00pm SCO (see p. 1)</p>	<p>Chalk Walk 10:00am-4:00pm Downtown Oberlin</p> <p>Pride Festival  Noon-4:00pm Tappan Sq</p>
25	26	27	28	29	30	<p>Note: "Home" events (at Kendal) are in Bold. "Away" events are not.</p>
<p>Live Music BPI Participants flute, cello, violin 4:00pm AUD</p> <p>Outdoor Pride Movie: <i>Luca</i> (see p. 4)  Sunset in field at N. Pleasant & Maple Sts.</p>		<p>Grief Support Group 10:00am Green Rm</p> <p>UU Gathering 2:00pm Green Rm</p> <p>Solo Diners 5:30pm Den</p>	<p>Exchange with Barbara Thomas 4:00pm AUD, KOTV</p>	<p>Encore: Ancestral History and Enslavement 7:15pm KOTV</p>	<p>Baroque Performance Institute Faculty Recital 8:00pm Warner </p>	