

**Save the Date! Saturday, April 29, 7:00-10:00pm  
Kendal at Oberlin's Annual Spring Fling  
in Heiser Lounge and Auditorium  
Theme for 2017: "Umbrellas!"**

Join us for music, dance, bells, entertainment, and spectacular decorations by Ted Nowick and his creative crew.

And remember -- the fantastic food for our Fling comes from YOU! Residents are encouraged to begin thinking about Spring savories and sweets to share.

Watch for the special invitations being prepared by our residents in Stephens Care Center.  
*-The Program Committee*

**Coming in April:  
Kendal's Silent Auction**

Our annual Silent Auction to support the Stephens Education and Staff Emergency Funds will take place on April 10, 11 and 12 this year in the Heiser Lounge.

Please take time to look through your closets for books, pictures, DVDs, jewelry, hand-crafted pieces and other good-quality items to contribute to this year's auction.

**Your donations will be gratefully received from Monday, March 20, through Thursday, April 6.**

A successful Silent Auction at Kendal at Oberlin depends upon the variety and quantity of desirable, gently used donated items

AND plenty of bidders to purchase them! The proceeds benefit both of the aforementioned staff funds.

*-Staff Special Events Committee*

**Kendal Artists! Writers!  
Craftsfolk! It's Time...**

...to plan ahead to enter the regional LeadingAge Ohio Arts and Writing Resident Forum 2017 to be held in June at a Cleveland location. This annual exhibit of creative arts by residents of not-for-profit life plan communities is an opportunity to share your gifts with senior writers and artists throughout the northeast Ohio area. Winning entries in the regional show proceed to Columbus for the state-wide contest in early autumn. Kendal artists and writers have done well over past years in all categories. Enter and be a winner! **Deadline for Kendal: March 31.** Michele and Thelma have details and application forms.

*-Michele Tarsitano-Amato, mtars@kao.kendal.org;*

*Thelma Morris*

**An Afternoon of JAZZ  
Sunday, April 2 - 3:00pm  
First Church Meeting House**

Enjoy an entertaining, energetic concert, then stay for a delicious reception afterward!

This concert will raise funds to benefit the homeless families served by Family Promise of Lorain County. The exciting foursome will include Oberlin Conservatory faculty members Bobby Ferrazza, guitar; Dan Wall, piano; Paul Samuels, drums; and local bass player Aidan Plank.

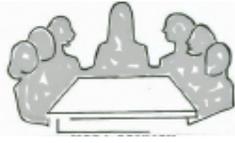
These jazz professionals are eager to support Family Promise by donating their talents. Contributions from audience members at the free concert will be gratefully accepted. Those who would like to contribute before the concert to be acknowledged in the concert program should contact Carol Longworth right away.

A meet-the-artists reception in the First Church Fellowship Hall will follow the concert. *-Carol Longworth*

**Sign up for Kendal bus.**

**COFFEE HOUR WITH  
KATO STAFF  
THURSDAY, MARCH 9  
9:30AM - LANGSTON**

**AFTERNOON EXCHANGE  
TUESDAY, MARCH 28  
4:00PM - AUDITORIUM  
BARBARA THOMAS**



**KNOW  
YOUR  
KORA  
COUNCIL**

*The dream is real my friends. The failure to make it work is the unreality.*  
-Toni Cade Bambara

Thanks to 79 residents who attended and participated in the KORA Council Meeting in February, to Dick Baznik for Board updates, to Don Reeves for his Farmers Pond report, to Council members for their reports and to Barbara Thomas for hers. February's meeting was fun, informative and yes, too long. Your president and Council will continue to streamline the process. Ending at 11:30am is the goal. It can be done!

At the Council Meeting I asked Council and residents to season thoughts and ideas for Kendal's upcoming 25<sup>th</sup> Anniversary. It is not too early for us to be talking among ourselves about this celebration and how each of us might participate. Also on my mind is a concern I raised with KORA and now with others of you. I asked how we might be doing individually and as a community with the many losses and changes occurring at Kendal at Oberlin.

Twelve residents died in January and February, many residents are changing living spaces, and in the last three years 88 new people have moved in. We have activities and services available to help us cope with loss, change and the stress and uncertainty that can come.

Nevertheless, I wonder how are we doing? Are there ways that we can learn more from one another how to negotiate individually and as a community the losses and changes? Are there things we can do to assist the community? As a community, we may have what we need or we may need to figure out what else we might want and can do. Please think about this

### **LifeLong Learning Classes in Heiser Auditorium**

For more information or to register for these courses, phone 440-366-4148, the Center for LifeLong Learning at Lorain County Community College.

**News & Views: Foreign Affairs.** This popular discussion group meets on the first Friday of most months. Discussion leaders will present major foreign affairs topics from the 2017 "Great Decisions" briefing book published by the Foreign Policy Assn. The March, April and May sessions will be from 10:30am to noon: "**Trade and Politics**" presented by Don Reeves on **Mar. 3** (see p. 5); "**Latin America's Political Pendulum**" offered by Steven Volk of Oberlin College on **April 7**; and "**Saudi Arabia in Transition**" by Gordon Evans on **May 5**. No registration or fee. **All are welcome.**

**Opera Preview: Cendrillon (Cinderella).** The opera "Cendrillon" (1895) by Jules Massenet (music) is a humorous and witty telling of the fairy tale Cinderella. It is performed in French. Joining Jonathon Field, director of the Oberlin Opera Theater, students from the production will present a preview of this opera. Thursday, **Mar. 2**, 4:00 to 5:00pm (1 session). No fee or registration. Performances in Hall Auditorium are March 8, 10 and 11 at 8:00pm and March 12 at 2:00pm. Performance is not included with class. For tickets, call Central Ticket Service, Oberlin College, 775-8169.

**Seeking Perfect Community: From Thomas More's "Utopia" to the Shakers, Oberlin, Oneida and Beyond.** The search for the perfect community is a recurring theme in history and literature. **Grover Zinn**, Professor Emeritus of Religion at Oberlin College, will present a survey in four parts of ideals and examples through the ages. Topics in the course will include, among others, Plato's "Republic," Thomas More's "Utopia," literary utopias of the Renaissance and, later, Christian monasticism, Shakers, Amish, Oberlin, Oneida and some contemporary intentional communities. Tuesdays, **Mar. 7, 14, 21 and 28**, 10:00 to 11:30am (4 sessions). Fee: \$25. (Class #4531)

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### **Oberlin College Convocation: An Evening with Daniel Radosh '91 and Ed Helms '96 Sunday, April 2 - 7:30pm - Finney**

Come hear the conversation between two alums, Daniel Radosh '91 and Ed Helms '96. Daniel Radosh is the senior writer for "The Daily Show with Trevor Noah" and won three Emmy Awards as a writer for the previous host, Jon Stewart. Prior to that, he was a journalist whose work appeared in *The New Yorker*, *The New York Times* and many other publications.

Ed Helms is an accomplished actor, writer, producer and comedian. He moved to New York to pursue a comedy career and ultimately became a correspondent on "The Daily Show with Jon Stewart" before joining the cast of "The Office." He has starred in "The Hangover" trilogy and other films and has launched his own production company. **Free and open to the public, no tickets needed.**

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concern. Talk to others. Talk to Council members. Write me a note. And come to KORA meetings to learn what our community needs are. KORA Council will gather again on March 16 at 10:00am. On the KORA

bulletin board are posted the treasurer's report, draft minutes, volunteer requests and more. Spring is soon upon us! May beautiful things bloom for you.

-Ann Francis, KORA President

# PROGRAMS

## **First Thurs. Health Lecture “Affairs of the Heart”**

**March 2 - 7:15pm - AUD**

Dr. David B. Joyce, from North Ohio Heart Group, will head up a panel discussion with five of his cardiology colleagues: Drs. Alberto N. Diaz, Scott H. McCallister, Geetha Mohan, Theodore R. Pacheco and John W. Schaeffer, all Fellows of the American College of Cardiology. Anytime you get this many physicians together, you'll get some different opinions and perhaps a little controversy. That should generate some good discussion and initiate questions from the audience.

## **Third Thursday Lecture “Land Preservation: Fire-lands Updates, Highlights” March 16 - 7:15pm - AUD**

Kate Pilacky, director of the Western Reserve Conservancy in Northeast Ohio, will report on conservancy's actions on land conservation and restoration. She will be joined by Andy McDowell, vice president of Western Field Operations, who provides direction and leadership of the conservancy's efforts in ten counties. The WRC preserves natural areas and working farms in northern and eastern Ohio. Thriving Communities, its urban program, works statewide to clean and green urban centers devastated by the foreclosure crisis.

## **Play Readers: “Shadowlands”**

**Fri., March 24 - 1:30pm - AUD; Sat., March 25 - 7:15pm -**

The story is a fictionalized version of the relationship between the writer C.S. Lewis and American fan Joy Gresham, whom he befriends and eventually marries. Lewis preaches that one should endure suffering with patience, but finds that his simple answers no longer apply when Joy becomes ill with cancer and eventually dies. The play appeared in 1990 and became a film in 1993 starring Anthony Hopkins and Debra Winger. **There will be no admission once the play has started until the first scene break.**

## **Lunch Bunch: Sal and Al's Diner, Amherst Wednesday, March 8**

This family-owned restaurant serves a wide array of dishes, including classic sandwiches, pierogies, Syrian dishes (like mjudra), chicken paprikash, old-world pizza, and perch dinners.

Bus leaves Heiser at 11:30am, returning about 2:00pm. Bus charge: \$7.00. Lunch at your expense. Place check to KORA for \$7.00 in Box #157 by Monday, March 6.

## **“The Wright Sister” Harry Haskell Mon., April 3 - 7:15pm - AUD**

Harry Haskell, a prize-winning author and editor, unravels the mystery of the “third Wright brother,” their sister Katharine, in “Maiden Flight,” his work of “creative nonfiction.”

He tells the moving and poignant story of Katharine Wright who married his grandfather, Pulitzer Prize-winning newspaper editor Henry J. Haskell. Torn between duty and love, she agonized for months before making the emotionally devastating break with her brother Orville. The book sheds new light on the central role Katharine played in the Wright brothers' private lives, as well as on her often misunderstood contribution to their scientific work. (Harry's daughter is a student at Oberlin College.)

## **Tyshawn Sorey - Making Contemporary Music Sat., March 11 - 2:00pm - AUD**

Tyshawn Sorey, composer and percussionist, performs and discusses elements of his composition and performance practice in an interactive workshop. NOTE: You can see Tyshawn perform with pianist Myra Melford's Snowy Egret Trio Friday, March 10, at 8:00pm in the Birenbaum Space at the Hotel at Oberlin.

## **NAT 28 Ensemble - Making Contemporary Music Thurs., March 16 - 2:00pm - AUD**

Flutist Zoe Sorrell (OC '15) returns to Kendal with NAT 28, a new music ensemble she founded in Pittsburgh, for this interactive workshop. Composer Jean-Patrick Besingrand and a trio of performers will explore the influence of canonical works on the development of his “Au temps où longuement j'avais souffert,” a trio for flute, viola and harp. Hear the complete work at NAT 28's 8:00pm performance in Fairchild Chapel.

## **Oberlin Opera Theater: “Cendrillon” Wed., March 8 - 8:00pm - Hall Sun., March 12 - 2:00pm - Hall**

Oberlin Opera Theater, directed by Jonathon Field with the Oberlin Chamber Orchestra under the direction of Christopher Larkin, presents Jules Massenet's 1895 opera based on Charles Perrault's 1698 telling of the Cinderella fairy tale. Tickets: \$10. Call CTS: 775-8169. (See notice on p. 2 about the opera preview on March 2.) **Sign up for Kendal bus for either performance.**

## **Calling All Pianists!**

If you are interested in taking part in a piano ensemble recital in June, please leave a note in my mail box by March 16. *-Marian Lott*

## Sunday Movies in Whittier at 7:00pm

### March 5 - Suffragette (2015)

Inspired by true events in early-20th-century Britain, this powerful drama movingly explores the passion and heartbreak of those who risked all they had for women's right to vote – their jobs, their homes, their children, and even their lives. PG-13.

### March 12 - Florence Foster Jenkins (2016)

NYC heiress Florence Foster Jenkins (Meryl Streep) dreamed of becoming an opera singer, despite having a terrible singing voice. St. Clair Bayfield (Hugh Grant), her companion and manager for 36 years, backed her in these efforts. PG-13.

### March 19 - My Wild Irish Rose (1947)

Fictionalized life of Chauncey Olcott (Dennis Morgan) traces the rise of the popular Irish-American tenor. He combined the roles of tenor, actor, lyricist and composer in many productions between 1894 and 1920 at the height of his career.

### March 26 - Simon Birch (1998)

A young boy with stunted growth is convinced that God made him for a special, heroic purpose. He and his best friend are both outcasts in their tiny New England town where their friendship is put to the test when some unfortunate events occur. PG.

## Saturday Foreign Film

### March 4 - 7:15pm - AUD

**Elizabeth Rex (2002)** Timothy Findley's filmed treatment of the original Stratford Festival production is a lavish treat for eyes and ears. The formidable Queen Elizabeth I encounters her former lover Essex on the night in 1616 prior to his execution. The play is beautifully crafted with poignant reflections on grief, love, friendship and art. The film was a Canadian Broadcasting Corp. production. -*Dwight Call*



## Art Gallery News

**Mindy Tousley's** monoprint collages and topographic landscapes continue in the **Kendal Gallery** as do her whimsical three-dimensional "toys" around the corner catty-corner from the Crossroads Room. A reception for Mindy will be held in Heiser Lounge on Friday, March 10, at 4:30pm. Her show closes on March 27 and on March 28 **Sheila Eckstein's** watercolors go on display.

The animal and bird paintings of **Eric Dull** now hanging in the **Friend's Gallery** will be on exhibit until April 3. Their charm has been stopping traffic; two have been sold to date. Plans for a reception will be announced on Channel 27 (919). The annual show of art created by **Oberlin High School students** will follow on April 4 and run until May 15.

**Rosti Didchenko's** photographs from Mexico will hang in the **Community Gallery** until April 3. Though he has much to say about his photos, no reception is planned. Rosti prefers

informal conversations with interested people in passing. A display of the fiber art of **Kathleen VanMeter** follows Rosti's show.

The **Curio Cabinet** now displays a selection from **Eleanor Helper's** collection of owls. The owl, a symbol of wisdom, was her college mascot. She has bought several on her travels. This summer is time for the **Kendal Collects Show** -- the paintings and objects from the collections of Kendal residents. We know you've collected interesting art in a variety of mediums over your lifetime and learn more about your varied interests and experiences from the pieces you share in these biennial Kendal Collects shows. Entry forms will be available in early April. The show will hang in all three galleries and possibly even in the curio cabinet from May 16 until August 14.

Finally, the art committee was to take over some of the displays in the **Marketing Office showcase**. These shows will likely be more whimsical, so keep your eyes on that space to see what we come up with!

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## Saturday Night Documentary March 11 - 7:15pm - AUD

**Picasso: The Man and His Work, Part II, 1938-1973 (1976)** Through the war years and his life on the French Riviera, Picasso expands the media on which he works, moving into ceramics, sculpture, pottery and graphics. The video looks at his relationship with his children and women in his life from 1946-1973. Comprised primarily from home movies, it shows the huge amount of work accomplished during the last 20 years of his life. -*Donna VanRaaphorst*

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**Listen to Jim Sunshine** talk about editing the *Providence Journal* (and the *Oberlin Review*) on Community Hour, WOBC (91.5 FM), March 12, noon.

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## Oberlin Heritage Center: "Oberlin Reacts to World War II" Tues., Mar. 14 - 7:15pm - AUD

OHC Trustee Steve Johnson will look at Oberlin's home front before, during, and after the war. You can help him prepare by sharing any information, anecdotes, and photographs from that era. On May 9 he will present a second program, "Oberlin Serves in World War II," which will center on the experiences of local men and women who served in the Armed Forces. Any data that you can share about Oberlin servicemen and women will be helpful, including occupations before and after service, branch, rank, where stationed, military occupation, combat experience, and citations or medals. Free and open to the public.

## **First Thursday Evening Hours at AMAM**

**March 2 - 5:00-8:00pm  
Program begins at 5:30pm**

A panel discussion, "Animals in the Western and Non-Western Imaginations," will be led by Chie Sakakibara, Oberlin College assistant professor of environmental studies. Panelists: Tom Newlin, Russian (wolves/tigers/bears); Mary Garvin, biology (birds); Karl Offen, environmental studies (turtles); Matt Senior, French (monkeys); and Sam Tunick, OC '18 (snakes). Program in the East Gallery. **All are welcome.**

## **"Lake Erie: As It Was and As It Is"**

**Tues., March 7 - 7:30 pm  
Hallock Auditorium  
OC Environmental Center**

Dr. Pete Richards, emeritus senior research scientist, National Center for Water Quality Research, covers basic geological and pre-settlement history of Lake Erie, environmental issues of the past 50 years and resources for further learning. Sponsored by League of Women Voters of the Oberlin Area. **Sign up for Kendal bus.**

## **Community Conversations: "Gerard Manley Hopkins: God's Will & the Poet's Voice" Robert Longworth, Oberlin College Professor Emeritus of English**

**Tues., Mar. 21 - 7:15pm - AUD**

Gerard Manley Hopkins was a 19th century English poet (1844-1889) whose work reflects a deep concern with matters of faith and with the natural world. Resident Bob Longworth will ponder that concern and draw an improbable connection between it and the struggles of the Oberlin colony in America at about the same time. **All are welcome.**

## **News & Views:**

**Fri., Mar. 3 - 10:30am - AUD**

Resident Don Reeves will introduce "Trade and Politics." The U. S. political mood toward trade has gone sour. Look no further than the 2016 presidential election and the narrative: "trade means that China and Mexico win, at America's expense." But do the numbers support that conclusion? Don has had considerable experience with trade issues and their impact on incomes in the United States and abroad while at Bread for the World and the Friends Committee on National Legislation. He plans to review several strategies intended to increase or restrict trade and, especially, the competing values that lead to widely differing judgments about who wins or loses. He'll offer observations about NAFTA and TPP. No registration or fee. **All are welcome.**

## **Tuesday Tea at AMAM March 14 - 2:30pm**

Talk on the exhibit of African art by those who curated its installation: Matthew Rarey, assistant professor of art history, and students in his course "African Art in Museums: From Collection to Display." If you need a ride, meet at Heiser Reception Desk at 2:10pm to carpool. **All are welcome.**

## **"OC Students' Winter Term in Rural Nepal" Thurs., Mar. 30 - 7:15p - AUD**

Three Oberlin College students will present slides and talk about their Winter Term project at the Maya Universe Academy in rural western Nepal, the first free private school in Nepal. Bikalpa Baniya and others raised money in Oberlin throughout the fall in order to benefit the school, and he was joined by two first-year students, Kristen Mayhew and Yuan Cui. The goal is to develop a long term relationship between the school and Oberlin.

## **Genealogy and History Group "Sir John Cheke, 1514-1557 with References to 1066 and All That"**

**Tues., Mar. 7 - 7:15pm - AUD**

Ken Cheek will briefly cover Cheeks in the 13th century of England, share some family stories, and introduce us to 17th century Cheeks in North America. **All are welcome.**

**We are looking for presenters for September, October and November. Please contact Nancy Hultquist if you could fill one of those slots.**

## **Talking Tuesday with the Kims on Dementia Care March 21 - 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 this month to discuss dementia care.

The Kims invite you for lunch each month on the third Tuesday, usually at the large oval table in Langston where the discussion is open to areas of interest and concern.

*-Kim Peters and Kim Preston*

## **Vision Impaired**

**Low-Vision Support Group  
"The Vision Rehabilitation  
Therapist: Your Advocate for  
Independence" Webcast  
Thursday, March 9  
4:00pm - Green Room**

**Reading of *The Kendalight*  
Wednesday, March 1, at  
11:00am in Whittier Lounge**

NOTE TIME! Judy Riggle will read the current issue of Kendal's newsletter. **All are welcome!**

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

## *More about Kendal's New Residents*

### **Mary Lee Orr**

I was born in Chicago and grew up in a western suburb. In 1957 I married Dan Orr, my Oberlin College sweetheart. We had a rich and interesting life associated with academic communities. Dan, throughout his career, was either a faculty member or chair of economics departments at Amherst College; University of Chicago Business School; University of California, San Diego; Virginia Polytechnic Institute; and University of Illinois. We did a lot of entertaining, a requirement of Dan's recruiting efforts. A high point of our lives was an invitation to Stockholm from our friend and colleague, Clive Granger, winner of the Nobel Prize in Economics.

I found teaching jobs at Amherst; Blacksburg, VA; University of Chicago Laboratory School; and later at Urbana Middle School, where my curriculum was enhanced by student teachers who introduced me to new teaching techniques.

In Virginia, as a member of MADD (Mothers Against Drunk Driving) I was asked by the Assistant Prosecuting Attorney to initiate a Court Watch; towards that end I organized the County Task Force Against Drunk Driving, funded by the County Board of Supervisors. Subsequently I was appointed by the Virginia Attorney General to the Virginia Citizens Against Drunk Driving, which advocated for, and ultimately achieved, a law raising the legal limit.

Matthew, our son, earned a PhD in biology at University of California, Davis, and now teaches at a branch of Oregon State University in Bend. Daughter Sara, Oberlin graduate,



*Mary Lee Orr*

earned her master's at the University of Illinois, and was hired by Headmaster Joe Molder (Oberlin, 1953) of Westover School for Girls in Middlebury, CT, where she is Co-Chair of the Arts Department. We lost our eldest to a drunk driver.

As a family, we backpacked in the Sierras and took many paddling/portaging trips in Canada's Quetico National Park; I enjoyed several river trips with the Sierra Club: Yukon, Sewanee, Rio Grande, Trinity, Noatak. Retirement...

### **Rich Kish**

I'm from Youngstown, OH, where I spent my childhood except for three years in Groton, CT. My father worked in construction so when I graduated from high school, I applied for, and was accepted into, an apprentice program to become an equipment operator. After two years of apprenticeship, I enlisted in the U.S. Navy Seabees in 1969 as an Equipment Operator to join a Seabee team with Naval Mobile Construction Battalion 133. After my honorable discharge in 1971, I enrolled in a business program at Youngstown State University, where I earned a bachelor's degree in

Logistics while completing my apprenticeship. In 1974 I was offered a one-year position working for The White House Council on International Economic Policy. After CIEP, I returned to Youngstown State as a Graduate Assistant and earned an MBA in 1977.

My first job after college was with a large manufacturer of mining and construction equipment in Wisconsin that is now part of Caterpillar. I then



*Rich Kish*

worked for a German equipment manufacturer in Springfield, OH, until they moved out of state and I relocated to Sandusky, OH, to become marketing manager for a large manufacturer of food-processing equipment.

I left that company to become Manager of International Operations for an equipment and coating company prior to my current position of International Sales Manager for Q-Lab Corp. in Cleveland.

During my ten years with Q-Lab, my area of responsibility has varied, but now focuses on Australia, New Zealand, Singapore, Thailand, Vietnam, Malaysia, Indonesia, Philippines, Korea and Japan. I spend approximately 30% of my time in those countries each year and plan to continue working for a few more years.

I still enjoy international travel, kayaking, sailing and spending time with Jean Lalli (Cottage #51) whom I met in 2006.

## Douglas Kirtz

I was born in Cleveland, OH, the first of three children and was raised in the Ohio towns of Bellevue and Sandusky. In 1956, I enrolled in Case Institute of Technology, majoring in mechanical engineering. My education was interrupted in 1958 for a three-year "vacation" in the Army Ordnance Corps. Service in Europe gave me a wonderful opportunity to expand my informal education. In 1961, I re-enrolled in Case to a changed curriculum, focused on theory rather than practice. Case School of Applied Science had made the final transition to Case Institute of Technology.

Upon graduation, I worked for three years in the Cleveland area as a design engineer. I eventually joined my father in a family-held business when he became quite ill. The 20 years that followed was a time of stability until 1980, when our customer base began diminishing from competition in developing countries. By 1992, the



*Douglas Kirtz*

business was no longer viable and was purchased by European competitors. In my work, I enjoyed many "rustic philosophers" who collaborated with us to solve industry problems while coaching me in the Art of Design. The give-and-take of the process was a wonderful experience.

I married my first wife in 1965. Together we raised three children in Oberlin. Our eldest child and his mother are both OC graduates. We divorced after some 20 years of marriage and in 1999 I married Mary Durling. Shortly thereafter, my Mary and I moved to Greensboro, VT, where we lived an idyllic life in a cottage on the shoreline of Caspian Lake. Mary died in February 2016 and in November 2016, I returned to Oberlin to join the Kendal community.

I enjoy woodworking, pottery, reading, hiking, photography, cinema and community service. I will soon find where I fit in this wonderful Kendal setting.



12/18/16  
to  
2/12/17

### Nature Sightings

12/18/16 Three Eastern blue birds at #220 (Phase II): Scott Orcutt; 12/19 Slate juncos at Rock Pond: Dina S.; 12/20 BIG buck deer in woods outside the exercise room: Marcia Deist; 12/29 Cooper's hawk at Parking Lot 2: Maureen Bailey, Housekeeping; 12/29 Three cardinals in a tree east of apartments: CEW (?); 1/7/17 Two tufted titmouses (-mice?) in shrub outside #48: Morgans; 1/9 Mature bald eagle flying over employee parking lot: Jason C., Facility Services; 1/21 Three turtles sunning on small Rock Pond rocks: Scott O.; 1/22 Pair of mallards copulating on Rock Pond (is it spring yet?): Scott O.; 2/3 200+ geese on Rock Pond: Harvey Culbert; 2/7 Scared up Cooper's hawk from bush behind Cottage #1: Maureen B.; 2/12 Red-shouldered hawk perched on bluebird nest box near Rock Pond: Scott O.

### Looking for Someone?

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

### Recent Transfers

Victoria "Torie" Young moved from a Kendal Cottage to Whittier in late February. Her telephone number remains the same.

### IN MEMORIAM

**MARY JEAN RICE**  
FEBRUARY 1, 2017

**JOAN ILAS**  
FEBRUARY 2, 2017

**LOUISE BREESE**  
FEBRUARY 5, 2017

**RUTH SCHWAEGERLE**  
FEBRUARY 12, 2017

**MARTHA STACY**  
FEBRUARY 16, 2017

**ELIZABETH "BETTY" JAMES**  
FEBRUARY 17, 2017

**Kendal Kryptogram #146 -by Nina Love**

**VLY AFFAZJVY AX HATY JZ WAV LOVY,**

**JV'Z JWQJPPYCYWKY. -YHJY NJZYH**

**Solution to Kendal Kryptogram #145: "You can tell the greatness of a man by what makes him angry." -Abraham Lincoln**

## The Science Discussion Group Has Been Revived!

The Science Discussion group, which has not met for two years, will resume monthly meetings on Tuesday, March 14, in the Green Room at 2:30pm. Former and new participants are invited to join the group in the Green Room on the second Tuesday of each month from 2:30-3:30pm (or until 4:00pm, if the topic requires more conversation).

Virginia Erdy serves as clerk and facilitate details. Members of the group will volunteer as conveners for a three-month period and determine format and topic. Conveners for 2017 are: Al Carroll (3/14, 4/11, 5/9); Bob Hefner (6/13, 7/11, 8/8.); Alan Lockwood (9/12, 10/10, 11/14); Virginia Erdy (12/12, 1/9/18, 2/13/18).

## Do Kendal Residents Need a Bereavement Support

2017 has begun a year like none other in the history of Kendal at Oberlin. We are losing our friends and our neighbors just as we ourselves face changes in our own or our partners' abilities.

The Kims in Kendal Social Services want to hear from you.

We can coordinate a grief support group facilitated by a local hospice bereavement professional. Please contact either Kim Preston: 775-9813, [kpreston@kao.kendal.org](mailto:kpreston@kao.kendal.org); or Kim Peters: 776-5016, [kpeters@kao.kendal.org](mailto:kpeters@kao.kendal.org), if you are interested in attending a group.

Together, holding our community in the light. *-Kim Preston, Kim Peters, Kendal Social Services*

## Three Cheers for our 2016 Kendal Volunteers!

Volunteers at Kendal at Oberlin did it again -- over 54,000 hours of volunteering in Kendal, Oberlin and Lorain County and as far away as DC and Michigan.

Barbara Bruer, Anne Elder, Nancy Garver, Sheila Ploger and Grace Tompos spent extra volunteer hours collating the 230 volunteer forms returned (264 forms had been placed in Kendal mailboxes). Six were returned with notes of apology for not being able to volunteer.

This is what they found:

- 16 forms came from Kendal staff.
- 11 resident volunteers charted 98.96 hours in the Stephens Care Center.
- 2,120 hours were volunteered in the Kendal Resale Shop.

• Categories attracting volunteers, in order, were KORA, Kendal, Organizations, Churches, Oberlin College/Lorain County Community College, Miscellaneous, Meals, Government, Medical.

• The alphabet soup of organizations included LWVOA, OHC, OPL, AAM, OCS, CASA, FAVA, SEPA, Second Harvest, Lorain County Free Clinic, Nord Family Foundation.

What does this mean for Kendal at Oberlin? Barbara Thomas uses these figures to support and to validate our non-profit status and to demonstrate the many ways we contribute to the wider community. Of course, we also provide many services for each other in many uncounted ways. Our own lives are also enriched: studies show volunteering prolongs one's life and often gives purpose.

The Volunteer Committee was impressed and deeply moved at this out-pouring of commitment and service. *-The Volunteer Clearinghouse*

**Don't Forget to Wear Your Kendal Name Tag!**

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## Kendal Resident Rights and Responsibilities

In October 2016, you received a copy of your rights and responsibilities as a Kendal resident. Your rights are based on the mission and values of Kendal at Oberlin and cover three areas: medical, cares and concerns, and privacy and safety. As a reminder of these important points, The Kendalight reprinted these rights in recent issues.

Last month we listed your first five health care responsibilities as a Kendal at Oberlin resident. This month we list the remaining nine. If you have any questions about your resident rights and responsibilities, please call Kim Peters or Kim Preston in Social Services.

### Kendal Resident Responsibilities

To help us meet your healthcare needs and provide you with appropriate care, your responsibilities as a Kendal at Oberlin resident are:

6. To be considerate of others receiving or providing care.
7. To keep appointments reliably and promptly or to notify appropriate staff when you are unable to attend an appointment.
8. To observe facility policies and procedures.
9. To accept your financial obligations associated with your care, and request financial assistance if needed.
10. To be reasonable in requests for medical treatment and other services.
11. To accept responsibility for your actions if you refuse treatment or do not follow the physician instructions and to recognize the impact of your lifestyle on your health.
12. To advise your caregivers of any dissatisfaction you may have.
13. To ensure the financial obligations for your treatment are fulfilled in a timely fashion.
14. To be familiar with your health insurance coverage and your Kendal contract, if applicable.

## Did You Know?

Did you know that S&P gives Kendal at Oberlin an A- bond rating? And that an A- rating puts us among the top 25% of continuing care retirement communities in the country in terms of financial health?

You already know from the item in last month's *Kendalight* that the Residents Assistance Fund has grown from the original \$500,000 financed at Kendal's founding to about \$3.7 million.

Did you know that it is invested and earned a 7.2% return during 2016? (After inflation, that would amount to a real return of about 4.2%.)

So why are we hearing that the Resident Assistance Fund needs to be increased? In brief, it's because the annual amount currently needed for assistance is approximately \$200,000 (in 2016, to 12 recipients). And we know from projections based on the latest confidential survey of resident assets that the need will grow in the years ahead. Until 2009, the RAF took in and earned much more than distributions amounted to. That picture has reversed since the Great Recession, and in next month's *Kendalight*, we'll go more deeply into the particulars.

One thing that bears repeating is that all Kendals face the same challenge (in many cases a much more critical one), and that The Kendal Corporation is pointing to Kendal at Oberlin as a model, because we have made careful projections of future needs for subsidy and are planning in a timely and prudent manner how best to address them.

*-KatO Committee on Philanthropy*

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## Report from the Arboretum: Sugar Maple Tree

It's March -- maple syrup time! Our Arboretum has an over-abundance of red maples, about 150, but only one sugar maple tree, an 11-in. baby planted by Melissa Reed south of Cottage #89. Under favorable conditions, it should grow to be 100 ft. tall with a diameter of 4 ft. Planting and caring for our John Bartram Arboretum is an act of faith and a gift to future generations.

The sugar maple is also called the hard maple. It's a valuable tree since its sap is boiled down to delicious maple syrup and maple sugar, and its lumber is all-purpose, heavy, close-grained, light-brown to reddish in color.

New residents Carl and Barbara Whitehouse were part of a neighborhood maple syrup co-operative before moving to Kendal. They brought with them a small table Carl made from sugar maple lumber. Look for it by the entrance to the Kendal library. Notice the holes in the lumber made by tapping the spiles (small wooden or metal

tubes) into the living tree when it was actively part of the maple syrup production. Pictures and other items from their work can be found on or near their table.

On the table back of the couch in Heiser Lounge more items are exhibited related to the sugar maple and the history of sugar houses. Enjoy learning more about this valuable tree.

*-Anne Helm for the Arboretum*

## Want to Remember Someone Special by Donating a Tree?

The guidelines for Kendal at Oberlin Commemorative Gift Trees for the John Bartram Arboretum have been approved by the Kendal at Oberlin Committee on Philanthropy. Copies of the guidelines can be found in the Philanthropy brochure racks located to the right of the entrance to the Langston and near the entrance to the Gathering Room.

Contact members of the Commemorative Trees Committee if you have any questions (Anne Helm and Don Parker).

## Kendal Resale Shop Talk

### *Benefiting Kendal Residents Assistance Fund and Community*

January and February were busy months for our KRS Team. We cleared three cottages, one apartment and five rooms in the Stephens Care Center -- plus we continued to process the many items placed in our donation box (located just inside Heiser's south entrance). In addition, our KRS Team prepared two apartments for on-site sales which opened in late February. Whew!

Since the on-site apartment sales will occur after the deadline for this issue of *The Kendalight*, I'll report on those next month in the April issue.

Resale Shop deposits to the Residents Assistance Fund for the month of January totaled \$1,273.85. We look forward to reporting on stronger sales for February (after the apartment sales figures are available). Thanks to all our donors and shoppers!

**DID YOU KNOW?** Kendal Resale Shop's green "PLEASE HOLD" slips are good for **one day only** and expire at 7:00pm when the shop closes, unless the item has been paid for by closing time or special arrangements have been made IN ADVANCE with the KRS Chair. When you have questions about the HOLD process or about a purchase you want to make, please contact Nancy Lombardi. THANK YOU! Keep those donations coming and keep shopping the KRS!

*-Nancy Lombardi, Chair,  
Kendal Resale Shop*

## A Note About Taxes

If anyone from Kendal uses H&R Block tax preparation services, that company will offer a small contribution back to Kendal at Oberlin for our charitable purposes.

Just mention you are from Kendal!

*-Barbara Thomas*

## Table Tennis Talk

If a table tennis fledgling wants to get beyond the basement, she's got to search out a club (as must her brother, too!). And if she (or he) finds another novice there, this other novice will be out as a practice pal. Why? Their father will be coaching them the whole time there! (Darn, the way pronouns are causing problems!) But even an "advanced" player will be hard put to find a practice partner --unless they've proved themselves in tournament competition, that is. It's also a fact that the good players will only practice with still better ones. Kendal turns that around! Here, we're all ready -- always! -- to practice with all and to pass on what we've learned from others. We abandon no one to the sidelines. Once a newcomer ventures in, they feel welcome. That explains how we've gained some ten new members from among recent arrivals at Kendal and why he and/or she or they happily keep coming. Step in too, then, whatever your pronoun, and give table tennis a try!

-Sidney Rosenfeld

## Horticulture News

- On Friday, May 12, the Horticulture Committee will present a Kendal tradition, the ever-popular annual plant sale. More details to come.

- March, like February, is a good month to start seeds for planting outdoors in May.

To reserve space under grow-lights in the Horticulture Room, give Don Reeves a call or leave a note in his open mailbox with your contact information on it.

- For a community garden plot to grow your vegetables, fruit or flowers this summer, you may arrange a tour by calling Melissa Reed or by leaving a note in her open mailbox. Most plots are 10x10 feet.

-Melissa Reed

## Bahá'í Study Circle Begins Tues., March 7 at 1:00pm in the Green Room

Danna Mitchell, Kendal Fitness Specialist, and Emma Jackson will host a weekly Tuesday discussion group from March 7 through April 11. Focusing on the purpose of life from a Bahá'í perspective, they will cover topics such as virtues, prayer, and life and death. **All are welcome.**

The group will meet at 1:00-3:15pm at these locations: March 7, Green Room; March 14, Education Training Center; March 21, no class; March 28 and April 4, Green Room; April 11, Crossroads Room. Questions? Contact Danna at 440-213-4522 or [dannamitchell65@gmail.com](mailto:dannamitchell65@gmail.com).

## Saturday Walks

Residents who would like to go for a walk off our Kendal campus are invited to gather at the Heiser Reception Desk at 9:00am to decide where to walk. The walks are 1 and 3 miles at a leisurely pace, usually in one of the Lorain County parks. We will car pool. Join our walking regulars: Jerry Berner, Dwight Call, Virginia Erdy, Al Carroll, Sheila Ploger, John Leinenweber, Randy Wagner. Beginning in April, specific designated walk sites will once more be listed in *The Kendalight*. Questions? Contact Jerry Berner.

## RELIGIOUS SERVICES AT KENDAL

### Episcopal Services

Ash Wednesday  
Wed., March 1, 4:00pm, Gathering Room, Rev. Nancy Roth  
Sat., March 11, 11:00am, Gathering Room, Rev. Brian Wilbert

### First Church Service

Sun., March 19, 4:00pm, Gathering

### Roman Catholic Mass

Fri., March 17, 10:00am, Crossroads

### Society of Friends

Sundays, 10:30am, Education Center

## First Church United Fellowship

Sat., March 11 - AUD

**9:30am: Food and fellowship**

**10:15am: Irish Music**

A singer and a fiddler will entertain us with Irish tunes. Come join us!

**All are welcome.**

## UU Kendal Gathering

**"Notes from a Neurotic Activist: Staying Politically Engaged During the Trump Era"**

**Cindy Frantz, Oberlin College**

**Wed., March 15 - 4:00pm - AUD**

How do we balance the needs of our democracy with the needs of ourselves during these tumultuous and challenging times? Cindy Frantz will share her journey as a high-strung, stressed-out activist seeking to stay engaged without going crazy.

A long-time member of OOUF, Cindy is a social and environmental psychologist who teaches at Oberlin College. **All are welcome!**

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## 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 April 2017 issue of *The Kendalight* is March 15. The editors regret that they cannot assume responsibility for errors in content in material submitted for publication.

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

[Klite600@yahoo.com](mailto:Klite600@yahoo.com)

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



## Dining and Nutrition Services

### Friday, March 17 St. Patrick's Day Dinner

### Sunday, April 16 Easter Buffet, Fox and Fell

Reservation forms for the Easter Sunday buffet will be distributed to mail-boxes and by email in March.

#### Note to Residents and Staff:

When planning a meeting or event that will require catering, please do not hand in a Set-Up Request Form to Heiser Reception Desk until checking first with Ann Pilisy of Dining Services. At times, multiple Set-Up Request Forms have been filled out with different information for the same event. This can lead to inefficiency and confusion. Thank you!  
*-Ann Pilisy*

### Kendal Therapy Dept. Discovery Series: Core Control for Better Strength Thurs., March 16 - 3:00pm - Education Ctr. Training Rm.

Take part in an interactive discussion on the benefits of improving core strength and its impact on balance and posture. Our Therapy team will demonstrate simple core exercises that can be done at home.

### Check Out our Punching Bag

The Fitness/Relaxation Room has a new punching bag. You can give it a hit, a kick -- or even a hug. A good heavy-bag program strengthens your cardiovascular system, tones and strengthens your muscles, burns fat, increases bone density and connective tissue resilience, and burns off the toxic byproducts of stress. For guidance or safety tips about the bag, call 774-9851. *-Jill, Saun and Danna*

#### Watch for Sign-up Sheet for:

**Solo Diners: Thurs., March 9, 5:30pm**, The Den (meets on second Thursday of the month).

**SPINACH (Senior Persons Interested in Nutrition and Community Health): Wed., March 22, 5:15pm**, William Penn Room (meets on fourth Wednesday of the month).

#### Intergenerational Event:

**Thurs., March 9, 3:15pm, Langston.** We'll celebrate Purim with Hamentaschen cookies, noise makers and a special story with the mother of one of the KELC students.

**Thurs., March 16, 3:15pm, Langston.** Join us for a Shamrock Shake and meet lucky leprechauns.

*-Lisa Wilken, Langston Dining Manager*

### SPINACH Group Film: "Cowspiracy: The Sustainability Secret" Wed., Mar. 22 - 4:00pm - AUD

If you are interested in environmental issues and how the way we eat affects our planet, come see this documentary. "Cowspiracy: The Sustainability Secret" is an environmental documentary following a filmmaker as he uncovers the effects of our most destructive industry today and investigates why our leading environmental organizations do not talk about it. The film will be followed by a discussion in the William Penn Room at the SPINACH dinner. **Sign up on the sheet posted for the dinner.**

**Call 775-9868 to get Kendal announcements and menus of the day,**

## National Nutrition Month 2017: Put Your Best Fork Forward

Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month. It highlights developing sound eating and physical activity habits.

In 2017, the theme is "Put Your Best Fork Forward." The message is to make small, healthy shifts in your diet "one forkful at a time." Making one small change that sticks has a greater impact on your overall health than trying to change your entire diet all at once. Taking on too much can be overwhelming, leading to a sense of failure.

One change could be a switch to skim milk from 2%. This step can have a big impact on weight and cardiac health when changed for a lifetime. Here are more ideas:

1. Create an eating style that includes a variety of your favorite, healthful foods. Start your day with a nutritious breakfast. Fill half your plate with fruits and vegetables.
2. Experiment with healthier ingredients when you cook at home. Healthy eating begins in the grocery store.
3. Eat and drink the right amount for you, as MyPlate encourages us to do. How much we eat is as important as what we eat.

4. Find activities that you enjoy and become physically active most days of the week.

5. Manage your weight or lower your health risks by consulting a registered dietitian/nutritionist who can provide sound, easy-to-follow personalized nutrition advice.

In March, look for an "ASK IT" bulletin board on which Kendal staff and residents can post nutrition questions to the dietitian. On March 29 at 10:00am in Heiser Lounge we will have a healthy recipe contest open to residents and staff.

*-Sue Campbell, RD, LD,  
KatO Community Nutritionist*

SUN	MON	TUE	WED	THU	FRI	SAT
<h1>MARCH</h1> <h1>2017</h1> <p>CCR = Crossroads                      WHT = Whittier Lounge  GaRm = Gathering Rm                      Italic = Not at Kendal  HL = Heiser Lounge                      tx = Tickets needed  WCH = Warner Concert Hall                      ★ = Kendal Bus</p>			1 Reading of Kendalight 11:00am WHT  Morning Dis- cussion Group every Wednesday 10:00am WHT  Ash Wed. Serv. 4:00pm GaRm	2  Opera Preview 4:00pm AUD  <i>First Thursday at AMAM 5:00-8:00pm; program</i>  Health Lecture "Heart" Panel 7:15pm AUD	3  News & Views: Foreign Affairs "Trade & Politics" 10:30am AUD   <i>Oberlin Baroque Orchestra ★ 8:00pm WCH</i>	4           Film: Elizabeth Rex 7:15pm AUD           <i>Oberlin Baroque Orchestra ★ 8:00pm WCH</i>
5  Quaker Worship 10:30am Ed Ctr  Film: Suffragette 7:00pm WHT  <i>Faculty Recital 8:00pm WCH ★</i>  English Country Dancing Every Sunday at 7:15pm in AUD	6  Episcopal Bible Study every Monday 10:00am Green   Bridge 7:00pm CCR	7  Bahá'í Study Circle 1:00pm Green Rm.  Genealogy-History Group: 7:15pm AUD  <i>"Lake Erie: As It Was and As It Is" 7:30pm Hallock, OC Environ- mental Ctr. ★</i>	8  <i>Lunch Bunch: ★ Sal &amp; Al's Diner 11:30am-2:00pm</i>  Song Swap with Judy Cook 7:00pm AUD  <i>Opera: Cen- drillon ★ 8:00pm Hall (tx)</i>	9  Coffee Hour with KatO Staff 9:30am Langston  Purim in Langston 3:15pm  Low Vision Group 4:00pm Green Rm  Solo Diners 5:30pm The Den  <i>Arts &amp; Sciences Orchestra ★ 8:00pm Finney</i>	10           Artist's Reception: Mindy Tousley 4:30pm HL	11 First Church United Fellowship 9:30am AUD  Episcopal Serv. 11:00am GaRm  <i>Met Opera HD: La Traviata ★ 12:55pm (tx)</i>  Tyshawn Sorey 2:00pm AUD  Film: Picasso: The Man and his Work II 7:15pm AUD
12 Quaker Worship 10:30am Ed Ctr  <i>Opera: Cen- drillon ★ 2:00pm Hall (tx)</i>  Film: Florence Foster Jenkins 7:00pm WHT	13  Suggestions and Concerns 2:00pm CCR  Bridge 7:00pm CCR	14 Bahá'í Study Circle 1:00pm Ed Ctr  <i>Tuesday Tea at AMAM 2:30pm (carpool)</i>  Science Discussion Group 2:30pm Green Rm  OHC: Oberlin Reacts to WW II 7:15pm AUD	15  UU Kendal Gathering: Cindy Frantz 4:00pm AUD	16 KORA Council 10:00am AUD  NAT 28 Ensemble 2:00pm AUD  Therapy Dept.: 3:00pm Ed Ctr Leprechauns in Langston 3:15pm 3rd Thurs. Lecture Kate Pilacky, WRC 7:15pm AUD  <i>OC Choir ★ 8:00pm Finney</i>	17 Roman Catholic Mass 10:00am Cross- roads   St. Pat's Day Dinner	18           Violin Recital by Alison Chan, OHS student per- forming Mozart, Bartok, and more as part of her IB Project 7:00pm HL
19 Quaker Worship 10:30am Ed Ctr  First Church Serv. 4:00pm GaRm  Film: My Wild Irish Rose 7:00pm WHT	20  <i>Monday Night ★ Movie at Apollo Sign up for bus</i>  Bridge 7:00pm CCR	21 Talking with the Kims about Dementia Care Noon - The Den  "Gerard Manley Hopkins" Bob Longworth 7:15pm AUD	22 "Cowspiracy" SPINACH Film 4:00pm AUD  SPINACH 5:15pm Penn Rm  Song Swap with Judy Cook 7:00pm AUD	23           "Winter Term in Rural Nepal" 7:15pm AUD	24           Play Readers: "Shadowlands" 1:30pm AUD           <i>Oberlin Orch. Robert Walters, English Horn ★ 8:00pm Finney</i>	25 <i>Met Opera HD: Idomeneo ★ 12:55pm (tx)</i>           Play Readers: "Shadowlands" 7:15pm AUD
26 Quaker Worship 10:30am Ed Ctr  Film: Simon Birch 7:00 WHT	27  Bridge 7:00pm CCR	28 Bahá'í Study Circle 1:00pm Green Rm.  Aft. Exchange Barbara Thomas 4:00pm AUD	29 Healthy Recipe Contest 10:00am-12 noon Heiser Lounge	30           "Winter Term in Rural Nepal" 7:15pm AUD	31 Rod Knight with Len Garver's Trolley Run 5:00-6:15pm HL  <i>Oberlin Orch. Robert Walters, English Horn ★ 8:00pm Finney</i>	NOTE: Check Channel 27 (919) for chang- es in scheduling and late additions.