

The Kendalight

Kendal at Oberlin Residents Association

March 2018

Volume XXV, Number 3



Kendal at Oberlin is

25



Coming in April: Kendal at Oberlin's Silent Auction!

Our annual Silent Auction to support the Stephens Education and Staff Emergency Funds will take place Tues., April 24, through Fri., April 27, in the Heiser Lounge.

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

Your donations will be gratefully received from Monday, April 2, through Thursday, April 19. A successful Silent Auction at Kendal at Oberlin depends upon the variety and quantity of desirable, gently-used donated items AND on plenty of eager bidders to purchase them!

~Staff Special Events Committee

25 Friday, March 30, Kendal Night in Finney Chapel at the Artist Recital Series Performance by the Brentano String Quartet

Celebrating 25 years in 2017, the Brentano String Quartet revels in playing music very old and very new. Its Oberlin performance will follow suit, with Renaissance-era madrigals paired with the 2016 piece "The Fifth Book," which was commissioned for the quartet and composed by Oberlin Professor of Composition Stephen Hartke.

Dean of the Conservatory Andrea Kalyn will provide a brief introduction to Kendal Night at the concert, and recognize the contributions that Kendal residents have made to musical events at the College and Conservatory. There will be a page in the concert bulletin acknowledging Kendal's part in the continuing success of the 150-year-old concert series. Following the concert, there will be a reception sponsored by the Conservatory in the lobby of Finney Chapel. **Let's make Kendal visible this night by wearing our 25th Anniversary Kendal T-shirts or sweatshirts.** A grand night for all!

For Kendal bus riders who want to stay for the reception, we suggest that you sign up for the second or third bus, which would be about 20 or 40 minutes after the first bus. Also, Kendal residents could make their own arrangements with the many residents who normally drive to the concerts.

For individual tickets, call the Central Ticket Service at 775-8169. ~Al Carroll



Save the Date!

**Annual Spring Fling
Saturday, April 28, 7:00-10:00pm
Heiser Lounge and Auditorium**

Theme: A Birthday Party for Kendal

Plan on cake and goodies, music, dance, bells, entertainment, and the usual spectacular decorations by Ted Nowick and his creative crew.

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

**AFTERNOON EXCHANGE
BARBARA THOMAS
TUESDAY, MARCH 27
4:00PM - AUDITORIUM**

KNOW YOUR KORA COUNCIL

Kendal Value: To PROMOTE AN ENVIRONMENT OF CONTINUING LEARNING, encouraging lifelong growth for staff, community members, boards, and volunteers.

The February KORA Council meeting was well attended. There was a good mix of new residents and old-timers soaking up the information that was shared. As several residents offered, "There is a lot to learn at council meetings."

At this meeting, auditors of KORA's finances were approved, with appreciation to residents Al Carroll, George Blomgren, and Mary Lynne Grove for serving in this capacity. Council approved KORA's contribution of \$2,500 for the Oberlin Connector and a transfer of \$6,000 into the KORA Philanthropy budget account. Ruth Ann Clark brought updates from the Board, noting that the Board is engaging in some risk leadership in order to move ahead on the strategic plan envisioned for our community. Grace Tompos, construction liaison, shared that last year Facility Services filled over 9,000 work orders.

We had a fashion moment when the 25th Anniversary T-shirts, hoodies, and sweatshirts were modeled. Carol Harvey and Kathy Caldwell reported that residents and staff are stepping up to lead 25th Anniversary activities. Exciting!! They mentioned a need for five residents to act in the Mystery Theatre on July 15 and also a person to take care of the 25th Anniversary Photo Board. Please consider volunteering.

Council Committees (Executive, Budget, Coordination, Suggestions and Concerns) have been active this month reviewing, defining responsibilities, and determining how various tasks will be accomplished in 2018. Liaisons have also been checking in with Standing Committees and Sub-committees and the Stephens Care

Winter LifeLong Learning Classes in Heiser Auditorium

For information and/or registration for these courses, call the LifeLong Learning Center at Lorain County Community College (440-366-4148).

News & Views: Foreign Affairs: Monthly topics from Foreign Policy Assn.'s "Great Decisions" briefing book. Fridays, 10:30am to noon. No registration or fee. **March 2, "South Africa's Fragile Democracy,"** Thobeka Mnisi. (See p. 5.) **April 6, "Media and Foreign Policy,"** Jim Sunshine. **May 4, "Russia's Foreign Policy,"** Steve Crowley. **All are welcome.**

Opera Preview: The Turn of the Screw. Jonathon Field, Director, Oberlin Opera Theater, previews Benjamin Britten's adaptation of the Henry James novella, with the participation of students cast in the opera. Thurs., 4:00-5:00pm, **March 1** (one session). No fee or registration. Performances in Hall Auditorium are March 7, 9, and 10 at 8:00pm and March 11 at 2:00pm. These performances are not included with the class. For tickets, call Oberlin College Central Ticket Service, 775-8169. (See article on p. 3 for availability of Kendal bus service.)

You Could Look It Up: On the Dictionary. In this three-session course, Robert Longworth, Professor Emeritus of English, Oberlin College, explores the emergence, development, and current state of the English language dictionary: the early formation of such texts, the making of the Oxford English Dictionary, and issues entailed in publishing dictionaries today. Tuesdays, 10:00-11:30am, **March 13, 20, 27.** Fee: \$20. (Class 4438).

Center. And Leadership Development and Nominating met to discuss its expanded responsibilities.

KORA Council members along with the Leadership Development and Nominating Committee are focused on increasing awareness of KORA Council and Committee functioning. We are planning to support and encourage new leadership on Council and to find more avenues for residents to learn about and join committees and interest groups.

As I closed the KORA meeting, I asked residents to reflect on the Kendal core value, "to promote an environment of continuing learning." The spirit of inquiry and continuing learning is critical to the functioning of KORA and its committees, and supports our well-being individually and as a community. Thanks for your involvement and your interest.

Please check the KORA Bulletin Board for updates; committee descriptions, chairs, liaisons; and meeting minutes.

~Ann Francis, KORA President

25 More on Tracey Lind's January Presentation

If you would like to listen to Tracey Lind's presentation, "Dementia from the Inside Out," there are now two ways to do so.

1. Borrow Theresa Maynard-Pais's copy of the CD.
2. Go to the Kendal Resident Database Website (kaores.kendal.org) and:
 - a. In the Noteworthy section, find the item about Rev. Lind's talk.
 - b. Click on "audio recording."
 - c. Click on "here" for the talk (or "blog" for the blog).

Tracey Lind's blog is also available at traceylind.com/blog. There is an entry posted on February 2 from Emily Ingalls about being a care partner.

The next KORA Council Meeting is Thursday, March 15, at 10:00am in Heiser Auditorium. Come to our meeting, and ask someone to join you! **All are welcome.**

PROGRAMS

First Thursday Health Lecture “Bringing Automation to the Greenhouse Industry” March 1 - 7:15pm - AUD

Speaker: Jack Ford, Vice President
Sales & Marketing, AgriNomix Co.

Third Thursday Lecture “Trail Magic: The Grandma Gatewood Story” March 15 - 7:15pm - AUD

This locally produced documentary, co-sponsored by the Oberlin Heritage Center as part of Women’s History Month, tells the story Emma “Grandma” Gatewood, who at age 67 overcame many life challenges to become the first woman to solo hike the Appalachian Trail in one try. Bette Lou Higgins, the film’s producer, will answer questions at the end of the program. **This event is free and open to the public.**

Stop by the Café for Coffee with City Council 10:30am-12:00pm Wednesdays, March 21, April 11, May 9, June 6

An opportunity to meet members of Oberlin City Council, get informed on current issues, and ask questions.

Oberlin Opera Theater: “The Turn of the Screw” Wed., March 7 - 8:00pm - Hall; Sun., March 11 - 2:00pm - Hall

The Oberlin Opera Theater and Chamber Orchestra presents Benjamin Britten’s “The Turn of the Screw” with conductor Christopher Larkin. Britten’s adaptation of the Henry James novella showcases the dramatic tension of the original work and introduces a score that juxtaposes tonality and dissonance in quintessentially Britten fashion. Libretto by Myfanwy Piper; performed in English with supertitles. Tickets: \$10. Call Central Ticket Office: 775-8169. **Sign up for Kendal bus for either performance.** 🚌

Lunch Bunch Sal and Al’s Diner, Amherst Wednesday, March 14

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. And it’s handily located near Kiedrowski’s Simply Delicious bakery!

Bus leaves Heiser at 11:30am, returning about 2:00pm. Bus charge: \$8.00. Lunch at your expense. Place check to KORA for \$8.00 in Box #157 by Monday, March 12. Sign-up sheet will be posted. 🚌

El Camino de Santiago: Across Northern Spain on the Way of St. James Fri., March 16 - 7:15 pm - AUD

Michael Reynolds presents a 45-min. film he put together showing the pilgrimage that he, his wife Mari Kuroda, and friend Molly Johnson made across northern Spain following the path Saint James is purported to have taken two thousand years ago.

The scenery is magnificent and the story engaging, as have been previous films he has shown at Kendal of his bicycle rides both north to Canada and south to Mexico along the western edge of the Rockies. ~Dwight Call

MUSIC

Jenny Jingning Huang and Celina Kobetitsch, piano March 2 - 7:15 - AUD

Two student pianists will play the music of Rachmaninoff, Schumann, and Prokofiev.

Andrea Frierson Sings Sun., March 4 - 4:00pm - AUD

Andrea Frierson performs a tribute to her father, Kendal resident Andrew Frierson.

David Bowlin, violin; Tony Cho, piano Fri., March 9 - 7:15pm - AUD

Oberlin Conservatory faculty members David Bowlin and Tony Cho will perform works for violin and piano by Robert Schumann, Martin Bresnick, Franz Schubert, and others.

“Still Dreaming: Frances Walker at 93” Tues., March 6 - 1:30-3:00pm Apollo Theatre

This 80-min. film is a 93rd birthday tribute to Frances Walker, acclaimed pianist, educator, and Oberlin alumna from the class of 1945. She was the first African-American woman to become a tenured professor at Oberlin Conservatory, where she taught from 1976 until her retirement in 1991.

Charles Kaufmann, the film’s producer, interviewer and editor, will speak prior to the screening. He’s an award-winning author and composer, as well as a choral director and a bassoonist. After the screening, a wine and cheese reception will be held in the Tappan Room of the Hotel at Oberlin. *Sponsored by the Oberlin Conservatory of Music Office of the Dean and the Oberlin College Office of the President.* **Sign up for the Kendal bus to the Apollo for the film only.** 🚌

Sunday Movies in Jameson House at 7:00pm

March 4 - No film tonight. We're watching the 90th Academy Awards broadcast instead! Jimmy Kimmel hosts the Oscars this year.

March 11 - Adam's Rib (1949) Spencer Tracy and Katharine Hepburn are at their best in this classic battle-of-the-sexes comedy written by Ruth Gordon and Garson Kanin. Judy Holliday co-starred and George Cukor directed.

March 18 - It Happened One Night (1934) A spoiled heiress (Claudette Colbert) running away from her family is helped by a man (Clark Gable) who is actually a reporter in need of a story. Directed by Frank Capra.

March 25 - Zorba the Greek (1964) An uptight English writer traveling to Crete on business has his life changed forever when he meets the gregarious Alexis Zorba (Anthony Quinn).

Saturday Foreign Film March. 3 - 7:15pm - AUD

Our Little Sister (2015) Three sisters have lived together in their late grandmother's house in the city of Kamakura since their father left home for another woman and their mother imitated her husband by running off with another man. The oldest sister, a nurse at the local hospital, acts as a substitute mother to the other two.

One day, the three learn of the death of their "traitor" father and halfheartedly go to his funeral. But in Yamagata something unexpected happens: they meet their younger half-sister, and are captivated by her. Sensing that her father's widow will not be a fit guardian, the sisters invite their half-sister Suzu to move to their Kamakura home. Japanese with English subtitles. PG. ~*Dwight Call*



Art Gallery News

As always, there is much art to enjoy here at Kendal. Lisa Schonberg and Paula Zinsmeister, the two artists featured in the **Kendal Gallery** until the end of this month, will talk about their work at a reception on **Saturday, March 17, at 4:30pm in the Heiser Lounge**. Their Kendal Gallery show will be followed by the landscapes of Mark Commons.

On **Thursday, March 8, at 4:00pm in the Heiser Lounge** Erin

Lobb Mason will talk about her oils, watercolors, and pastels now exhibited in the **Friends Gallery**.

The **Community Gallery** show of photographs taken by Kathy Caldwell, including some of her favorite horses, will be displayed until the end of this month.

Do not miss the charming exhibit in the **Marketing Office Showcase** where the side of a Sicilian wooden cart that's more than 100 years old is on display. It is from the collection of Betsy Mathias.

Finally, a selection from Mary Behm's collection of teapots from all around the world is now in the **Curio Cabinet**.

Saturday Night Documentary

March 10 - 7:15pm - AUD

El Sistema (2008) This moving documentary by Paul Smaczny and Maria Stodtmeier tells the story of Venezuela's unique music education system. The Venezuelan visionary José Antonio Abreu has changed the lives of thousands of children over three decades. Street children whose lives were dominated by the gun battles of gang warfare have been taken into music schools, given access to music, and taught through the model of the symphony orchestra how to build a better society. The film finds hope and joy in unlikely places. ~*Donna VanRaaphorst*

Third Monday Film Series: "The Native Americans" Mondays - 4:00pm - AUD

The four remaining films in this American television documentary mini-series (first aired on TBS in Fall 1994) are:

March 19 - The Southeast: No Matter How White

April 16 - The Southwest: White Myth: Native Mythology

May 21 - The Peoples of the Great Plains: Part 1: All Our Relations

June 18 - The Peoples of the Great Plains: Part 2: Fields of Grass, Seas of Blood

Sponsored jointly by the Kendal at Oberlin Diversity Committee and the Oberlin Indigenous Peoples Day Committee

25 Barbara Thomas Remembers Our Beginnings

On Kendal at Oberlin's 10th Anniversary, Barbara Thomas remarked, "We are a CommUnity that has demonstrated the power of our individual and collective efforts to enable our dreams for tomorrow to be fully realized." She pointed out that "Growth has been continuous for our community since we opened our doors. In countless ways, our community has modeled an evolution of changing, growing, and improving. So much of this growth can be attributed to what we strive for in fulfilling our Values and Standards, rooted in Quaker traditions. That dream for a better way, a common purpose of better serving older people, remains our motivation each and every day." Now, as we approach our 25th anniversary, Barbara believes these words are even truer today.

Please remember to wear
your name tag!

Kendal Resale Shop Talk

*Benefitting Kendal Residents Assistance
Fund and Community Charities*

The on-site cottage sale KRS conducted in late January was a big success. A lot of work by many volunteers was required to set it up, but the effort was well worth it! Thanks to all the shoppers from the Kendal and Oberlin communities, the sale garnered over \$3,300 for the Residents Assistance Fund (RAF).

HAPPY NOTE: The 2017 auto sales commissions to RAF totaled \$12,000 (not \$9,500 as previously reported), bringing our annual 2017 total to \$60,639.41 for RAF. Woohoo! Thanks to Dan Reiber for catching the missing amount.

Resale Shop deposits to the RAF for the month of January 2018 totaled \$1,585.80 (the on-site sale deposit will appear in February), plus \$2,500 commission for an auto sale, for a January total of \$4,085.80. Thanks to all our donors and shoppers!

DID YOU KNOW? The Kendal Resale Shop was started by Ernie Eddy in 1995. Its original name was the R>A>F> Shop to underscore its purpose: a benefit to the Residents Assistance Fund. The shop was located initially in the south hallway of Heiser. Within a short time, though, the shop was relocated to a small office in that hallway because safety codes precluded display of donated items in the hallways.

THANK YOU! Keep those donations coming and keep shopping the KRS!

*~Nancy Lombardi, Chair,
Kendal Resale Shop*

News & Views: Foreign Affairs

Fri., March 2 - 10:30am - AUD

Thobeka Mnisi will speak on a topic related to her home country, “**South Africa’s Fragile Democracy.**” Ms. Mnisi is a senior at Oberlin College with a major in the Politics Dept. She is also chair of the Oberlin College Student Senate.

The African National Congress (ANC) party has governed South Africa since the end of apartheid in 1994. But the party today suffers from popular frustration over official corruption and economic stagnation. It faces growing threats from both left and right opposition parties, even as intra-party divisions surface. Given America’s history of opportunistic engagement with Africa, there are few prospects for a closer relationship between the two countries.

Kendal Artists! Writers! Craftsfolk! It’s Time...

to plan ahead to enter the regional LeadingAge Ohio Arts and Writing Resident Forum 2018 to be held June 5 and June 6 right here at Kendal at Oberlin. 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.

Submit your entry form via e-mail or paper copy by April 27. Creative Arts Therapy Director Michele Tarsitano-Amato and resident Thelma Morris have details and application forms. Contact Michele: mtars@kao.kendal.org; 440-775-9890. Or call Thelma Morris.

25 From the Archives

March 16, 1992, was the official groundbreaking for Kendal at Oberlin. The first residents arrived in October 1993.

Dementia Book Group Begins Wed., March 7

A new book group will read and discuss “Love in the Land of Dementia,” by Deborah Shouse, the story of a family’s journey through the dementia of one of its members. The group will be facilitated by Sue Palmieri and Carla VanDale. It is intended for any Kendal resident or staff member who is – or has been – a care partner for a someone with dementia.

The group will meet every other week, for a total of four times, beginning Wednesday, March 7 at 2:00pm in the Green Room. Please sign up on the sheet under the open mailboxes. Once you sign up, we will provide you with a book and give you the first reading assignment.

If you have questions, please contact Carla or Sue.

For the Vision-Impaired

**Low-Vision Support Group:
Webcast of highlights from
two decades of the publica-
tion *Through our Eyes.*
Thursday, March 8
4:00pm - Green Room**

**Reading of *The Kendalight*
Thursday, March 1, at
9:00am in Whittier Lounge**
Enid Cleary will read the current issue of Kendal’s newsletter.
All are welcome!

Kendal 2018 Directory Additions and Corrections

Betty DeWitt - check with Reception Desk for correct telephone number:

More About Kendal's Residents

Ruth Ann and Malcolm (Mack) Peel

Ruth Ann: I was born in Cincinnati. My mother died when I was two, and one of my mother's seven sisters adopted me. I had a great childhood, enjoying happy relationships with *two* fathers, *two* mothers (including my birth Dad's second wife), and my siblings.

At Hanover College in Indiana, where I majored in business education, Mack and I met. We were married in 1960 and moved to New Haven, where Mack worked on his Yale dissertation and I completed my master's degree in counseling and guidance.

During his research year in Holland, I worked as a university correspondence-course coordinator at a Dutch-American NATO airbase. Our daughter, Noel, was born in New Haven.

In 1965 Mack began college teaching in Williamsport, PA, and our son, Drew, was born. Four years later, we transferred to Cedar Rapids, IA, where Mack taught religion for 17 years and I devoted myself to rearing a family and pursuing certification at the University of Iowa to teach learning and behavioral disabled students. I also taught in both junior and senior high schools.

In 1986 a new position took Mack to Decatur, GA, and I became a special education teacher at Howard School in Atlanta. Then, in 1989, a new opening in a new field – community foundation leadership – led Mack to leave teaching and return to Cedar Rapids, where I chaired the Department of Special Education at Jefferson High School.

In 1996 we moved to Amherst, OH,

where Mack was executive director of the Lorain County Community Foundation and I served for 15 years as field supervisor of interns and student teachers in all grade levels in regular and special education for Ashland University.

Now retired, my volunteer activities include singing alto in the Avon Lake Presbyterian Church Choir and serving as secretary of the eastern Ohio chapter of P.E.O. (Philanthropic Educational Organization), an international women's social sorority. At Kendal, I look forward to continuing my hobbies of reading, baking and watching selected TV shows – as well as being open to new and exciting opportunities.

Mack: Born a Hoosier in Jeffersonville, IN, I was the son of a military career man. I studied classics and philosophy at Indiana University; took a master of theology degree at Louisville Presbyterian Seminary; and later received the MA and PhD at Yale University. There followed 27 years of teaching religious studies (1965-1989) at Lycoming in Pennsylvania, Coe in Iowa, and Agnes Scott in Georgia – colleges with adjunct professorships at the universities of Iowa and Emory.

My scholarship included serving on the translation team of Claremont University that produced critical editions of the Nag Hammadi Coptic Gnostic Library (56 documents) found in Upper Egypt in 1945. These texts afforded direct access to teachings of Gnosticism, the most important heresy combated by the Early Church from the second to fourth centuries.

In 1960 I married the love of my life, Ruth Ann Nash of Cincinnati, whom I met at Hanover College near Madison, IN, while serving a nearby country church as student minister. We have two children, and this June



we celebrate 58 years of marriage.

Taking time off from teaching, I learned the art of fundraising, becoming Director of Endowment for the Herbert Hoover Presidential Library in West Branch, IA, and raising \$2 million to support American historians doing research there. I became the first executive director of the Greater Cedar Rapids Community Foundation (1989-1994), and subsequently, of the Community Foundation of Lorain County (1995-1997) and of the Truman Heartland Community Foundation in Independence, MO. Adding \$30 million to the endowments of these foundations created permanent grant-making for charities.

Current activities include fly-fishing at Rockwell Springs Trout Club in Castalia; serving as board president for the Nord Center for Mental Health in Lorain; and teaching occasional courses on mental illness for the National Association on Mental Illness. A rug at the entryway to our Kendal apartment says it all: *Here lives a fisherman with the Catch of His Life!*

We look forward to being a part of this robust, continuing care community.

Play Readers: "Denial"

Fri., March 23 - 1:30pm - AUD; Sat., March 24 - 7:15pm - AUD

This drama by Peter Sagal was first presented in 1995 as a staged reading, part of a new playwright's project in Minneapolis, and as a world premier in New Haven, CT's, Long Wharf Theater. It raises questions of government, law, ethics, and compromise that are still very much with us today – but with more laughs and pathos than the usual world news. **There will be no seating after the play has started until the end of the first scene.** ~Maxine Houck

Recent Move-Ins

Jim and Kate Walsh moved from Oberlin, OH, to a Kendal Apartment in late February.

Upcoming Moves

Philip Pritchett will move from Culver City, CA, to a Kendal Cottage in early March.

Del and Emma Mason will move from Oberlin, OH, to a Kendal Cottage in mid-March.

Shontae Jackson Honored

Dining Services's Shontae Jackson won a bronze medal at the National American Culinary Federation F1 Competition in Columbus recently for her coq au vin and bacon-wrapped tomato basil and fresh herb chicken breast. Shontae is currently enrolled at the Norton Culinary Institute at Lorain County Community College and plans to graduate in May 2018.

Shontae Jackson with her bronze medal.



Recent Transfers

Jay Ingersoll moved from Whittier to Patterson in late January.

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

IN MEMORIAM

MARGARET "ELLEN" ADAMS
JANUARY 29, 2018

LEVONA OLMSTED
FEBRUARY 4, 2018

HOWARD HATTON
FEBRUARY 5, 2018

HARVEY CULBERT
FEBRUARY 25, 2018

25 Mystery Theater Returns on Sunday, July 15

Want to be part of a really fun theater? We are looking for actors, stage crew, and general helpers to put together the return of the Mystery Theater as part of our Kendal 25th Anniversary Celebration. Angie Church (housekeeping) will be the Director. Belinda Varner, Stacy Terrell, and Kathy Caldwell are assisting in the production.

Interested? Join us for an organizational meeting Tuesday, March 6, at 7:00pm in the Green Room.

Tuesday Tea at Allen Memorial Art Museum March 13 - 2:30pm

Kevin Greenwood, the Joan L. Danforth Curator of Asian Art, discusses his exhibition "A Century of Asian Art at Oberlin: Japanese Prints." With over 100 woodblock prints spanning 270 years of Japanese culture, the exhibit highlights both the history of Japanese printmaking in Japan and major donors to the AMAM's collection. **All are welcome.** If you need a ride, meet at Heiser Reception Desk at 2:10pm to car pool.

Note: "AMAM in the AM" is a new series of gallery talks offered on each third Friday at 10:15am.

Kendal Kryptogram #157 - by Nina Love

DOG EACH KAUPYST MY RYOQG OVL EACH
RYOHS MY NXZRS; DOG ZAAL NCUP KCHTCY
EAC YOUR DAHVXVZ OVL VXZRS.

~XHXTR MNYTTXVZ

Solution to Kendal Kryptogram #156: "The fool does think he is wise, but the wise man knows he is a fool."
~William Shakespeare

Cheers – Again – for our Kendal Volunteers

If you like numbers, read on – and be impressed! KatO did it again in 2017!

In 2016 we cheered for the 54,000 hours of volunteering.

Now it's 2018, and we can cheer for the 62,416 hours volunteered by YOU in 2017.

Barbara Bruer, Anne Elder, Nancy Garver, Nancy Snyder, and Grace Tompos spent extra volunteer hours collating the 217 volunteer forms returned. (Several were returned with notes of apology for no longer being able to volunteer, and we noted several devoted volunteers are now gone.)

Now here are your numbers:

- 15 residents amassed 668 hours volunteering in the Stephens Care Center (total volunteer hours in the Care Center were 5,780);
- 23 residents volunteered 2615 hours at the Kendal Resale Shop; and
- 6 staff listed 726 volunteer hours.

Categories attracting volunteers, in descending order, were KORA, KatO, organizations, churches, OC/LCCC, government, miscellaneous, meals, medical, and schools.

The alphabet soup of organizations included CASA, FAVA, LWVOA, OCS, OHC, OPL, MANA, SEPA, and places like Second Harvest, Lorain County Free Clinic, Nord Family Foundation, to name those most reported.

What does this mean for KatO? Barbara Thomas uses the 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 – as well as exhausted from adding – and deeply moved at this outpouring of commitment and service.

~The Volunteer Committee

25 KORA Presidents: Ruth Shaeffer, 1998-1999

Ruth Shaeffer was our third KORA President. She moved to Kendal in May 1995 after living in New York for 40 years. Ruth had roots, however, in Cleveland and attended the College of Wooster. She went on to earn a PhD in Economics and Social Sciences from MIT.

Ruth and husband Bob were management consultants and had businesses in Chicago and New York. After Bob's death in 1969, Ruth continued as Senior Research Associate in the area of Human Resource Management. In 1988 she retired and became active in the Institute for Retired Professionals at the New School and the Roosevelt Island Residents Association, both in New York City.

Ruth put her experience, knowledge, and organizational skills to work at Kendal and in the community. She served on KORA Council and as President, was on the Kendal Board of Directors from 2002-2009 and was also President of the Living and Learning Institute that organized programs at Kendal and in Lorain County. Ruth had a great sense of humor and loved music, reading, bridge, water walking, and her two cats.

Social Services Lunch with the Kims Tues., March 20 - Noon - Den

Join Kim Preston and Kim Peters, Kendal's Social Services Associates, at noon for an hour of conversation over lunch in The Den on the third Tuesday of the month. Bring a bag lunch or carry a tray from Langston.

Scheduled Play Readers Performances for 2018

May 18-19 "Lettice and Lovage," by Peter Shaffer, directed by Jerry Berner.

July 27-28 "Goodbye, Howard" and "Sand Mountain Matchmaking," by Romulus Linney, directed by Phyllis Gorfain.

Sept. 28-29 "Squabbles," by Marshall Karp, directed by Marcia Deist.

Nov. 16-17 "A Case of Libel," by Henry Denker, directed by Robert Taylor.

Fourth Tuesday Grief Support Group March 27 -10:30am - Whittier

Sponsored by Social Services and facilitated by Melissa Thompson, MSW, this group is open to all who are struggling with loss. No preregistration. The group will meet throughout 2018.

~Kim Preston and Kim Peters

Thursday Evening Hours at Allen Memorial Art Museum March 1 - 5:00-7:30pm Program at 5:30pm

Kristen Pai Buick, professor of art history at the University of New Mexico, gives a lecture titled "CODA: Mary Edmonia Lewis, Catholicism, and the Quest for Freedom." It focuses on the final years of Edmonia Lewis, a sculptor who attended Oberlin College from 1859 to 1863.

All are welcome.

25 Art Studio Project for 25th Anniversary!

Kendal residents in the Clay Workshop began a 25th anniversary project in January to make a sign for the Art Studio. Various ideas and creative efforts have resulted in many decorated and shaped ceramic tiles to be glazed in March. A nature-themed frame made with these tiles will surround a colorful mosaic sign to be placed outside the door of the Art Studio. *~Joyce Parker*

25 Anniversary Initiative for the RAF

Heard in the Hallway:
“All they do around here is ask for money!”

Well, guilty as charged. Sort of.

It's true that all residents are invited to contribute to a vacation fund for employees in the summer and to a holiday fund in the fall. These funds take the place of tips or gifts for hourly employees, which no resident is allowed to offer and no employee is allowed to accept, to avoid favoritism. This invitation allows each of us to contribute according to our abilities.

Another solicitation is for KORA, the Kendal at Oberlin Residents Association, to support all of the 100+ resident-run committees and special-interest groups whose activities make our lives at Kendal so vibrant. Some require funding. As an example, our resident publications – *Eureka!*, *The Kendalight*, the annual *KatO Directory* – and other communication expenses were budgeted at about \$7,000 last year.

Yet another solicitation is to enhance special projects that are part of Kendal's general operating budget. In recent years, the emphasis has been on the Residents Assistance Fund (RAF), but there are many other options for designating our gifts as well.

And now, on top of all that, comes a special 25th Anniversary Initiative for the Residents Assistance Fund. Why? Well, come to Ann O'Malley's presentation at 4:00pm on March 15 in the Auditorium, and learn who, what, when, where, and how, as well as why. Please put your questions for Ann in the box on the Heiser Reception Desk!
~Marjorie Porter, Co-Chair, Steering Committee, 25th Anniversary Initiative for RAF



Pet Projects

Training Seminar for Kendal Dogs and Owners March 22 - 10:00-11:30am - AUD

A dog trainer will be working with us on good dog manners and how to help new dogs adjust to the dogs already living at Kendal. If you want to participate, notify Kathy Caldwell. Fee is \$10.00 per dog.

Anyone who is not comfortable around dogs needs to be aware of this activity in Heiser Auditorium and may choose to stay away from the area at this time. We apologize for this inconvenience and for any potential noise that may occur
~Kathy Caldwell

Recycling Brita Filters

Did you know Brita filters can be recycled? When your Brita filter is no longer useful, do the following:

1. Allow the used filter to drain for a day or two.
2. Contact David Snyder. He's resident Gretchen Roose's son-in-law and has an account with Terracycle that enables him to recycle the filters.
3. David will make arrangements with you to pick up your filter when he visits Kendal.

Thanks for your many comments about our recent Recycling display. If you have recycling questions, contact Jerry Berner.

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

Report from The John Bartram Arboretum: Spare the Saw, Spoil the Tree

Pruning is one of the most important actions we can take to ensure a robust, healthy, sustainable urban forest in The John Bartram Arboretum. Our Ohio Dept. of Natural Resources Regional Urban Forester Alan Siewert often starts classes on pruning by saying "Spare the saw, spoil the tree." His First Theorem of urban forestry states: *Trees are not native to the urban environment.* This means our trees at Kendal need our help if they are to have long, healthy, productive lives.

In the forest, a tree's biggest challenge is competition for sunlight. In its quest to get to the sun, it develops a strong, straight trunk with a single dominant leader. However, a tree planted in the open, such as those at Kendal, receives so much sunlight that it produces profuse, competing branches and wide, often wild growth. Without our intervention, it is unlikely to grow into a tall tree with a healthy structure.

The recently adopted *Sustainable Urban Forest Management Plan for The John Bartram Arboretum* (see a copy in the Kendal Library) establishes a comprehensive life cycle pruning program. The specimens that we hope will become large shade trees must be pruned to develop a single central leader and a strong branch structure to maximize a high and wide shade canopy.

Young Tree Training, a cycle of four prunings during the first ten years of a tree's life, gradually establishes a strong, healthy structure. Then, only occasional light maintenance pruning is needed as the tree ages. Trees that do not receive Young Tree Training develop weak and troubled structures that are difficult and expensive to remediate. "Spare the saw, spoil the tree."

See our table display in Heiser Lounge to learn more about pruning: the art and science of removing tree parts for a specific purpose.

25 Be a Part of Our 25th Anniversary Celebration!

Wear a T-shirt, sweatshirt, or hoodie with the cool anniversary artwork. Check out the sample shirts near the Heiser Reception Desk. Order forms are at the open mailboxes. Contact Mary Behm, Box #33, with questions.

25 Watch for these special events yet to come:

April 8-14 Celebrate National Library Week in the Kendal Library.

Wed., April 11 Enjoy the KRS Fashion Show Luncheon in Fox & Fell, seatings at 12:00 noon and 1:00pm.

Sat., April 28 Watch the Kendal Precision Lawn Chair Drill Team carry our 25th banner in the Oberlin Big Parade downtown.

Sat., April 28 Come to Spring Fling, a birthday party for Kendal, Heiser Auditorium and Lounge, 7:00-10:00pm.

~ Carol Harvey and Kathy Caldwell, 25th Co-Coordinator

Table Tennis for All

Three weeks into February, table tennis was thriving. Despite freezing weather, an average of 13 players turned out for each session, with a high of 22 on the month's first Monday, when Doyle Harbaugh came to coach. More than once, the turnout was so heavy that we resorted to the alcove table in order to maintain equitable rotation in Heiser Auditorium. Indeed, some players wanting extra practice often use that fourth table, as does an ever-busy pair who are honing their game and enjoying the fun "after hours."

Two Stephens Care Center aides who regularly bring rehab residents to our sessions have moved up from ball scooping to engaging with their charges at the table. Note, though, that between table time we *all* scoop balls and cheerfully practice with one another. Stop by and see for yourself!

~Sidney Rosenfeld

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 every Saturday to decide where to walk that day. The walks are 1 to 3 miles at a leisurely pace, usually in one of the Lorain County parks. We will car pool. Come join us! Beginning in April, specific designated walk sites will once more be listed in *The Kendalight*.

Questions? Contact Jerry Berner.

UU Kendal Gathering

"An Update on Mass Incarceration and a New Prison Release Program" Wed., Mar. 21 - 4:00pm - AUD

Lee Drickamer, Regents' Professor Emeritus, Biological Sciences, Northern Arizona University, has a background in animal behavior and taught at three colleges and universities over almost 40 years. In retirement he moved back to Oberlin (OC '67) and became involved with the Starts Within Organization (SWO), which strives to reduce recidivism among restored citizens. He teaches a class each year and assists with program functions.

After reviewing the current situation regarding mass incarceration, he will fill us in on the SWO program and talk about the process of working in the prison and teaching his class. **All are welcome**

RELIGIOUS SERVICES

AT KENDAL

Episcopal Service

Holy Communion
Sat., March 10, 11:00am, Gathering Rm.

First Church Service

Sun., March 18, 4:00pm, Gathering Rm.

Roman Catholic Mass

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

Society of Friends

Sundays, 10:30am, Education Center



Bridge Results

Jan. 29: 1st, Joe Colucci; 2nd, Mary Beth McCalla.

Feb. 5: 1st, Tomo Ijiri; 2nd, Enid Cleary.

Feb. 12: 1st, Joe Colucci; 2nd, Connie Bimber.

Feb. 19: 1st, Joe Colucci; 2nd, Eileen Dettman; 3rd, Connie Bimber.

Feb. 26: 1st, Enid Cleary; 2nd, Rachel Fordyce; 3rd, Jan Van Doren.

Kendal United Fellowship

Sat., March 10 - AUD

9:30am: Food and Fellowship

10:15am: Jara Dell

Jara Dell, Kendal at Oberlin's music therapist, will tell us about the path that led her to this growing profession and about the goals and outcomes that can be brought to light by using the most universal language, music.

All are welcome.

The Kendalight

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

Consulting Editor: Robert Baldwin

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- Deadline for the April 2018 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
- 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

Intergenerational Gathering in Langston

Thurs., Mar. 15 - 3:15pm

Shamrock Shakes Day!

Join us for a Shamrock Shake and meet lucky leprechauns.

Saturday, March 17

St. Patrick's Day Dinner

Watch for the sign-up sheet:

Solo Diners: Thurs., March 8, 5:30pm, The Den (meets on second Thursday of the month).

Sunday, April 1

Easter Buffet, Fox and Fell

12 noon and 2:00pm

Reservation forms for the Easter Sunday buffet will be distributed to mailboxes and by email on March 12.

Langston: Open on Easter from 7:30-9:30am for breakfast and for overflow seating for mid-day meal. Box lunches may be ordered and picked up in Langston before 3:00pm

Friends Corner Dining Room:

Normal serving hours for all meals.

deeper than our personal nutrition goals. It addresses our responsibility to our local communities, our country, and our planet. More specifically, it refers to food waste. This comes at an opportune time when many political decisions are being made regarding the environment.

Food is wasted on many levels. It is wasted by farms during harvesting and transporting and by distributors during processing and storage. Food is mismanaged by retailers who overstock or do not rotate products correctly. It is wasted by food services like restaurants that heap oversized portions. And finally it is wasted by consumers. American households throw away nearly 28% of fruits and vegetables. About 31% of all edible food is wasted in the U.S.

In 2015, the USDA and EPA announced the first food waste reduction goal, calling for a 50% reduction by 2030. Globally, we hope to accomplish several things: improve food security for a growing population; feed hungry people now; improve nutrition; conserve and protect our natural resources; and contribute to reduced climate change.

So what can we as individuals do?

- Plan meals based on foods we already have. Use up our ingredients.
- Buy only the amount of food that can be eaten or frozen within a few days.
- Place foods that spoil quickly within sight.
- Donate extra foods that are still safe to eat to a local food pantry. Oberlin Community Services is an excellent option.
- Prevent spoilage by researching correct ways to store perishable food.
- Get creative with leftovers. Cut up leftover meats and veggies for soups or sandwiches.
- Be mindful of portion sizes when dining out. Ask for a to-go container.
- Consider composting.

If you are interested in learning more about food loss and waste solutions visit <https://furtherwithfood.org>

~Sue Campbell, RD, LD,
KatO Community Nutritionist

Walking Is Good for You!

No matter what ailments you have, a daily walk will do you good. Some residents walk regularly and some are physically unable to walk. This message is for everyone else!

On February 4 Alice Kohl celebrated her 100th birthday! Alice feels a daily walk contributed to her longevity. So Elizabeth Hole invited people to sign up to walk with Alice twice each day as an appropriate way to celebrate her birthday. We encourage you to continue to walk with Alice – it will benefit both of you. Check with her in Whittier #517. Who knows? Maybe you too can live to be 100.

When the outside weather is unpleasant, keep moving by walking in our hallways. The apartment stairs can provide an additional challenge.

Set your own time, create your own route, walk at your own pace (with or without a companion.) Other benefits: enjoy the art work on our walls, resident's doorway ornamentations, the great variety of plants on shelves and hallway windowsills, and conversations with a companion.

Explore the wings in the Stephens Care Center, the hallways on both

floors of the apartment building, and the other Kendal corridors. These areas may be new to most of you.

Break out of your usual walking (or sitting) patterns. Explore Kendal. Start inside when the weather outside is frightful. Then go outside when the weather becomes delightful. KEEP WALKING.

~Jerry Berner

Too Many Puzzles

The Puzzle Committee wishes to thank all those who have been donating such challenging puzzles for us to put together. Unfortunately, at this time, we have no more storage room.

We are now, reluctantly, forced to ask that no more puzzles be donated until we need them. We will post a message when donations are needed.

~Eileen Dettman

In 2018 Go Further with Food

March is time to celebrate National Nutrition Month. The Academy of Nutrition and Dietetics creates an updated nutrition focus for the year along with a catchy slogan. This year's slogan: "Go Further with Food." I was perplexed when I first heard it but discovered that this slogan goes much

SUN	MON	TUE	WED	THU	FRI	SAT
<h1 style="color: red;">March 2018</h1> <p> CCR = Crossroads Room WHT = Whittier Lounge GaRm = Gathering Room Bold = at Kendal HL = Heiser Lounge tx = Tickets needed WCH = Warner Concert Hall 🚌 = Kendal Bus </p>				1 Reading of Kendalight 9:00am WHT Opera Preview 4:00pm AUD First Thursday at AMAM 5:00-7:30pm Program 5:30 Health Lecture: 7:15pm AUD	2 News & Views: Foreign Affairs "South Africa" 10:30am AUD Huang and Kobetitsch, piano 7:15pm AUD	3 Film: Our Little Sister 7:15pm AUD Oberlin Orchestra Richard Hawkins, clarinet 🚌 8:00pm Finney
4 Quakers 10:30am WHT Andrea Frierson 4:00pm AUD Watch Oscars 7:00pm Jameson English Country Dancing every Sun., 7:15pm AUD	5 Bible Study every Monday 10:00am CCR Bridge 6:45pm Green	6 "Still Dreaming: Frances Walker at 93" 1:30-3:00pm Apollo 🚌	7 Morning Discussion Group every Wednesday 10:00am WHT Opera: Turn of the Screw 🚌 8:00pm Hall (tx)	8 Artists' Reception: Erin Lobb Mason 4:00pm HL Low Vision Group 4:00pm Green Rm Solo Diners 5:30pm The Den Arts & Sciences Orchestra 🚌 8:00pm Finney	9 David Bowlin, violin; Tony Cho, piano 7:15pm AUD	10 Kendal United Fellowship 9:30am AUD Episcopal Serv. 11:00am GaRm Met Opera HD: Semiramide 12:35pm (tx) Film: El Sistema 7:15pm AUD Baroque Orchestra 8:00pm WCH 🚌
11 Quaker Worship 10:30am WHT Opera: Turn of the Screw 🚌 2:00pm Hall (tx) Film: Adam's Rib 7:00pm Jameson	12 Coffee Hour with Barbara Thomas 9:30am Langston Suggestions & Concerns 2:00pm CCR Bridge 6:45pm Green	13 Tuesday Tea at AMAM 2:30pm (car pool)	14 Lunch Bunch: Sal & Al's Diner Amherst 🚌 11:30am-2:00pm Song Swap with Judy Cook 7:00pm AUD OC Choir 🚌 8:00pm Finney	15 KORA Council 10:00am AUD Shamrock Shakes Langston 3:15pm Ann O'Malley "Pie Chart" 4:00pm AUD 3rd Thurs. Lecture: "Trail Magic" With OHC 7:15pm AUD	16 Roman Catholic Mass 10:00am CCR El Camino de Santiago with Michael Reynolds 7:15pm AUD	17 Artists' Recep- tion: L. Schon- berg, P. Zins- meister 4:30pm HL St. Pat's Day Dinner
18 Quaker Worship 10:30am WHT First Church Serv. 4:00pm - GaRm Film: It Happened One Night 7:00pm Jameson	19 Film: Native Americans (Southeast) 4:00pm AUD Monday Night 🚌 Movie at Apollo Sign up for bus Bridge 6:45pm Green	20 Lunch with Kims Noon - Den	21 Coffee with City Council 10:30am Café UU Kendal Gathering: Lee Drickamer 4:00pm AUD	22 Pet Projects Dog Training (Fee: \$10) 10:00am AUD	23 Play Readers: "Denial" 1:30pm AUD Rod Knight with Len Garver's Trolley Run 5:00-6:15pm HL	24 Play Readers: "Denial" 7:15pm AUD
25 Quaker Worship 10:30am WHT Film: Zorba the Greek 7:00pm Jameson	26 Bridge 6:45pm Green	27 Fourth Tuesday Grief Support 10:30am WHT Aft. Exchange Barbara Thomas 4:00pm AUD	28 Song Swap with Judy Cook 7:00pm AUD	29 Kendal Night at ARS: Brentano String Quartet 🚌 8:00pm Finney (x)	30 Met Opera HD: Cosi fan tutte 12:55pm (tx) 🚌	31 Met Opera HD: Cosi fan tutte 12:55pm (tx) 🚌