

The Kendalight

Kendal at Oberlin Residents Association

March 2019

Volume XXVI, Number 3

Leadership Lorain County Honors Barbara Thomas

“Excellence in Leadership” is certainly an apt description of Kendal at Oberlin CEO Barbara Thomas, who has been leading our community since its inception in 1992. Now a leading county agency has made it official.

Leadership Lorain County recently honored Barbara at its annual “Difference Makers” gala. The “Excellence in Leadership” award recognizes the meaningful impact she has made in Lorain County for more than 25 years. Barbara, who has more than 40 years of leadership experience in the long-term care profession, was one of four people honored by the agency at the February event.

William Harper, executive director of United Way of Greater Lorain County, was one of several community leaders who nominated Barbara for the leadership award. He noted that anyone who visits Kendal “can easily see the impact that she has had for decades in providing an active, stimulating and safe community for older adults of all interests and abilities.”

Janet Haar, executive director of Oberlin Business Partnership, also cited Kendal’s outreach to high school and college students by offering jobs, internships, mentoring, and other intergenerational opportunities for young and old in Lorain County.

In her response to the honor, Barbara said “I view it as shining a bright light on the Kendal Community whose commitment to the larger community continually draws engagement by our residents and staff. It’s what we do col-

lectively to impact more than 80 local nonprofits each year to make Lorain County a better place to live and work. As we are fond of saying “Together, transforming the experience of aging.”

Currently president-elect of the Oberlin Rotary Club, Barbara is also a member of the Mercy Hospital Board of Directors and Peace Church Risk Retention Group. ~Molly Kavanaugh

Imagining Oberlin Mon., March 4 - 6:00pm Huntington Bank Building

The Oberlin Community Land Trust membership drive kick-off event will explore affordable housing design possibilities for neighborhoods in Oberlin. Hors d’oeuvres will be served!

Learn more about this visualization project by Kent State University Architecture students at bit.ly/imagineoberlin.

The event takes place at 5 S. Main St., Oberlin, the lower level of the Huntington Bank Building. **The Kendal bus will depart at 5:45pm.** Sign-up sheet will be on the shelf in front of the open mailboxes. 🚌

Honoring Family Promise Sun., March 17 - 4:00-6:00pm First Church UCC

All Family Promise/IHN Oberlin volunteers as well as other members of our community are invited to attend a service of commemoration at First Church to celebrate 10+ years of service to homeless families.

The program in the Meeting House at 4:00pm will include brief comments by Oberlin host churches on what it meant to serve Family Promise, recognizing the great gift of volunteers and inspiring us to continue serving the homeless. A reception will follow in Fellowship Hall at 5:00pm.

For many years, Family Promise of Lorain County/IHN (Interfaith Hospitality Network) worked with roughly 13 area churches, and many volunteers including Kendal residents and staff to feed and house homeless families in this county who needed temporary help. Kendal has been a supporting partner for Mount Zion church and invites our volunteers to participate.

Sign up for the Kendal bus. 🚌



Save the Date!

Annual *Spring Fling!*

Friday, April 26, 7:15pm

Theme: Butterflies

- ◆ Join the parade! Be thinking about your costume.
- ◆ The theme is butterflies.
- ◆ Are you the Social or the Winged kind?

KNOW YOUR KORA COUNCIL

The uniqueness of the Kendal at Oberlin experience is the work of the many and varied groups of residents. All these efforts are organized to provide programs, activities, and opportunities to enhance our life together, to strengthen and support individuals, and to reach out into the community beyond.

The mission of KORA Council is to support all of those various efforts with coordination, encouragement, and oversight. The Council is organized to do this by providing resources through a Budget Committee, the assistance of a Coordination Committee, and the support of a Councilor Liaison to each standing committee.

In addition, the KORA Suggestions and Concerns Committee is available to receive ideas and mediate problems that arise in our community. See the article below by chair Marjorie Porter to learn more of this committee's work and how it can help you..

~Gary Olin, KORA President

What If Something Goes Wrong? Suggestions and Concerns Committee Can Help

Moving to Kendal meant unburdening yourself of snow shoveling, gardening, home repairs, house cleaning, and more. Emergency assistance is available here 24/7. And if you have matter-of-fact questions or concerns, you can bring them to the Coffee Hour or Exchange that Barbara Thomas holds each month.

But what if you are really upset about something or it's a confidential concern? If you've spoken with the appropriate staff member/department or committee chair and feel the problem is not resolved, or don't know whom to approach, there is a place to go that's less visible and more appropriate than the monthly Kendal resident meetings.

It's the KORA Suggestions and Concerns Committee.

The committee will hear your suggestion or concern privately (if you wish) and in confidence. Members of the committee will discuss it with you and then decide how to pursue it to a satisfactory resolution. Often that will entail working with members of the staff or with other residents – and ultimately with KORA's Executive Committee and Council. Unless the matter is strictly personal, the problem and resolution will be reported anonymously at a regular open meeting of the KORA Council.

The Suggestions and Concerns Committee meets from 2:00 to 3:00pm on the second Monday of every month in the Crossroads Room. The next meeting will take place on March 11.

~Marjorie Porter, Chair, KORA Suggestions and Concerns Committee

Winter LifeLong Learning Classes in Heiser Auditorium

For classes with fees, register and pay by calling Lorain County Community College at 440-366-4148 or in person at the first or second session.

News & Views: Foreign Affairs. Discussion of topics from the 2019 "Great Decisions" briefing book published by the Foreign Policy Association. **Fridays, 10:30am to noon.** No registration or fee. **March 1: Cyber Conflict and Geopolitics,** with Larry Lannom. (see p. 5). **All are welcome.**

Opera Preview: Dialogues of the Carmelites. Jonathon Field, Director of the Oberlin Opera Theater, along with students from the production, previews "Dialogues of the Carmelites," by Francis Poulenc, which premiered in 1957 and is based on the martyrdom of Carmelite nuns who were guillotined during the French Revolution's Reign of Terror for refusing to abandon their vocation.

Thurs., March 7, 4:00pm. No registration or fee.

Call Oberlin College Central Ticket Office Service (775-8169) to buy tickets for a performance in Hall Auditorium. Kendal bus available on Wed., March 13, at 8:00pm, and Sun., March 17, at 2:00pm.

Zen and Art. Kevin Greenwood, Joan L. Danforth Curator of Asian Art, Allen Memorial Art Museum (AMAM). Three-session course introduces Chan (Zen) Buddhism. Zen originated in China around the 7th century as a synthesis of Indian Buddhism and traditional Chinese thought. As it spread to Japan in the 12th century and to Europe and North America in the 20th, each culture embraced Zen thought differently. These differences were reflected in the arts. **Mon., March 4, 11, and 18, 10:30am.** Fee: \$20. (Class 4169) An optional visit to "Art and Being in the Garden of Ryōan-ji," the current exhibition at the AMAM related to the lecture series, is scheduled for Tues., March 19, at 10:30am.

KORA Council Meeting

Our next meeting will be held on Thursday, March 21, at 10:00am in Heiser Auditorium. Plan to attend, and ask someone to join you!

All are welcome.

**COFFEE HOUR WITH
BARBARA THOMAS
WEDNESDAY, MARCH 13
9:30AM - LANGSTON**

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

First Thursday Health Lecture Opioid Crisis in Lorain County March 7 - 7:15pm - AUD

Donald Sheldon, MD, is director and board member of the Lorain County Free Clinic. In 2017 as board member of the Nord Family Foundation, he offered to assist in their efforts to address the opioid crisis, becoming a full-time volunteer leading the Philanthropic and Community Coalition to End the Opioid Crisis in Lorain County.

Third Thursday Lecture The Namling School Project and the Remarkable Life of TashiTsering March 21 - 7:15 pm - AUD

Born in a mountain village in rural Tibet in 1929, TashiTsering wanted to learn to read and write, but there was no school for him. Yet he found a way to fund primary schools in Tibet and secure the Chinese government's permission to build them. How he was able to do so, how he managed to survive during one of the most turbulent periods in modern Tibetan history, and how resident Bill Siebenschuh got to know him and help him tell his story are the subjects of Bill's talk.

By the time Tashi died, there were 53 primary schools in Namling County, where he was born. He is the reason those schools exist. Bill is Oviatt Professor of English Emeritus, Case Western Reserve University.

Community Conversations Right Populism, Left Populism, and Brexit Mon., Mar. 18 - 7:15pm - AUD

Chris Howell, OC James Monroe Professor of Politics, explains that we need to understand populism and the way it has manifested itself in British politics to understand why a majority of Britons voted for Brexit, why the negotiations have bogged down, and why the two major political parties are internally divided on how to proceed.

Lunch Bunch Ziggy's, Amherst Wednesday, March 13

This American bar and grill has a great atmosphere (including a fireplace) and a huge menu. Choose from flatbreads, pizza, pierogies, paprikash, salads, deli sandwiches, wraps, burgers, and more.

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 11. Sign-up sheet will be posted on the shelf under the Archives bulletin board. 🚌

Thanks!

Val the Volunteer thanks everyone who helped make the Opportunity Fair on February 21 a success!

Nearly 50 of Kendal's vital committees and interest groups geared up to present displays that explained what they do and where residents can fit in. Residents, old and new, browsed through the displays, nibbled on snacks, and became more familiar with the inner workings that make this place tick.



Troy Stephenson, viola Tues., March 12 - 7:15pm - AUD

He will play a Bach suite, Chopin etude, and a sonata for violin and piano with pianist Amber Scherer.

♪ Music at Kendal ♪

Dustin Lin, clarinet, with Amber Scherer, piano, Janet Wu, piano, and Yuyu Ikeda, violin Sat., March 2 - 7:15pm - AUD

In this clarinet recital, Lin and Scherer will play music of Brahms and Ravel. Lin, Wu, and Ikeda will play a Stravinsky trio.

Friday Music Club Fri., March 8 - 7:15pm - AUD

Kendal musicians and Oberlin residents present Mozart's String Quintet in B Flat Major, a piano solo, and a spoken novelty song with piano.

Adam Willson, cello Sat., March 9 - 7:15pm - AUD

The cellist will perform his own Duet for Two Cellos, assisted by Charlotte Hill on cello. He will also play music by Brahms, Schumann, and Serviet. Piano accompanists will be Karl Henry and Paul Celebi.

Jessie Reeder, Slave Songs and Spirituals Thurs., March 14 - 4:00pm - AUD

Oberlin resident Jessie Reeder, an esteemed former choir director at OHS, is a widely recognized expert on slave songs, spirituals, and concert spirituals. She will discuss the evolution of these song forms, perform selections, and lead the audience in singing along.

Oberlin Opera Theater: Dialogues of the Carmelites Wed., March 13 - 8:00pm - Hall; Sun., March 17 - 2:00pm - Hall

The Oberlin Opera Theater presents Francis Poulenc's "Dialogues of the Carmelites," directed by Jonathon Field. The opera, which premiered in 1957, is based on the martyrdom of Carmelite nuns who were guillotined during the French Revolution's Reign of Terror for refusing to abandon their vocation. They face their fate together, singing in defiant unison as one by one they ascend the scaffold. Tickets: \$10. Call Central Ticket Office: 775-8169. **Sign up for Kendal bus for either performance.** 🚌

Sunday Movies in Jameson House at 7:00pm

Mar. 3 - Roman Holiday (1953) A bored and sheltered princess (Audrey Hepburn) escapes her guardians and falls in love with an American newsman (Gregory Peck) in Rome.

Mar. 10 - A Raisin in the Sun (1961) A substantial insurance payment could mean either financial salvation or personal ruin for a poor black family. Stars Sidney Poitier.

Mar. 17 - The American President (1995) A widowed U.S. President (Michael Douglas) and a lobbyist (Annette Bening) fall in love. It's all aboveboard, but political sparks fly anyway. PG-13.

Mar. 24 - The Misfits (1961) A divorcee (Marilyn Monroe) falls for an over-the-hill cowboy (Clark Gable) who is struggling to maintain his romantically independent lifestyle.

Mar. 31 - Lion (2016) A five-year-old Indian boy gets lost on the streets of Calcutta, far away from home. He eventually gets adopted by an Australian couple. Twenty years later, he tries to find his lost family. PG-13.

Saturday Foreign Film March 16 - 7:15pm - AUD

Kolya (1996) Franta Louka, a concert cellist in Soviet-occupied Czechoslovakia, a confirmed bachelor and a lady's man, lost his place in the state orchestra. He makes ends meet by playing at funerals and painting tombstones. Deeply in debt, he follows a friend's suggestion to make a lot of money by marrying a Russian woman who wants Czech residency. But when she emigrates to West Germany to join her lover, she leaves behind her son Kolya who must come to live with his new stepfather, Louka. Czech with English subtitles PG-13. ~*Dwight Call*



Art Gallery News

Continuing in the **Kendal Gallery** is the annual members' show of the Ohio Collage Society, a state-wide organization for artists who currently practice the technique of collage. The Society's members' show is held each year in different galleries around the state, and this year's show will be their 13th consecutive year of exhibitions. The subject matter, techniques, materials, and intentions vary widely from artist to artist. This show will be in the gallery until April 1.

In the **Community Gallery** woven panels, collages, and some mobiles of Malke (Bernadette Ginestet-Levine) are installed until April 4. She uses bits and pieces of textiles, cloth, driftwood, and

found objects in her weavings and already-broken pieces of pottery and glass in her mobiles. Malke, a local artist who exhibited here some years ago, is familiar to many of us.

In the **Friend's Gallery** the work of Oberlin High School students is on display until April 5. Several were gold or silver key winners at the Scholastic Art Exhibit at LCCC which just ended.

Finally, in the **Curio Cabinet** look for small toys from the collection of Dan Reiber to be installed in March.

This summer it will be time for the **Kendal Collects Show**, paintings and objects from the collections of Kendal residents. Most residents have collected interesting art that they have in their homes. Think about what you might like to lend us for display from May 21 until August 19. Entry forms will go into your box in March!

Community Conversations Birding Adventures in Ecuador

Thurs., Mar. 14 - 7:15pm - AUD

Join Tammy Martin as she takes you from the high altitudes of the Andes to lower Amazonia in pursuit of birds. Surprisingly, little Ecuador lays claim to the fourth-largest variety of avian species in the world. A library cataloger at Oberlin College, Tammy's vocational and avocational passions are wide-ranging, too!

Saturday Night Documentary

March 23 - 7:15pm - AUD

RBG (2018) Revelatory documentary looks at the exceptional life and career of U.S. Supreme Court Justice Ruth Bader Ginsburg. As she has developed her legal legacy, she also has become an unexpected pop culture icon. PG.

Come learn about the life of Ruth Bader Ginsburg. A good discussion should follow. ~*Donna VanRaaphorst*

Oberlin Heritage Center The Wind Beneath Their Wings

Tues., Mar. 19 - 7:15pm - AUD

Most people are familiar with the Wright Brothers and their dogged pursuit of flight, but they may not know about Orville and Wilbur's sister. Katharine Wright was born in Dayton, OH, and attended Oberlin College from 1893 to 1898.

Sometimes called the "third" Wright brother, she was the only Wright sibling to pursue a college education, and when she joined her brothers' travels in Europe, her language skills and diplomacy helped charm their new acquaintances and opened cultural, political, and financial doors.

Join us during Women's History Month as actress Stephanie Kramer shares a first-person portrayal of Katharine Wright and discusses her life, family, and courtship through narrative and song.

Free, open to the public.

**Thursday Evening
Hours at AMAM
March 7 - 5:00-7:30pm
Program at 5:30pm**

A free musical performance by Alexa Still, associate professor of flute, and Oberlin Conservatory students will take place at 5:30pm.

It features solo flute and chamber music related to the current exhibition "Women Bound and Unbound." A reception follows. **All are welcome.**

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

The annual Silent Auction, benefiting the Kendal at Oberlin Staff Education and Staff Emergency Funds, will run this year from Monday afternoon, May 6, through 3:00pm, Thursday, May 9, in the Heiser Lounge.

We ask all residents and staff to contribute new or gently used items in support of this important annual fundraiser. 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.

Collection of items donated to the auction will begin Saturday, April 13, and end Thursday, May 2. Please take donated items to the Heiser Reception Desk. Forms for tax deduction for your donations will be available there. Thank you always for your support. ~*Staff Special Events Committee*

**Please remember to wear
your name tag!**

Kendal 2019 Directory Additions and Corrections

Nancy Cecil - phone: 440-258-4910

Nancy McClusky - phone: 440-370-5193

Jean Slonneger - email address: jzfrog1@gmail.com

Audio Announcements - phone: 440-775-9868

Hallway Phone - 440-775-5104.

**Tuesday Tea at Allen
Memorial Art Museum
March 12 - 3:00pm**

Elka Lee-Shapiro, who curated the exhibition "Centripetal/Centrifugal: Calibrating an Asian American Art," will address the cultural politics surrounding Asian American art and artists. She was a student assistant in Asian art prior to her 2018 graduation from Oberlin College. Her visit is co-sponsored by the Asia America Art Collective, the Art History Baldwin Lectures Endowment, and the Alumni in Service to Oberlin College program. **All are welcome.**

**News & Views:
Foreign Affairs
Fri., March 1 - 10:30am - AUD**

Larry Lannom, Kendal resident and Director of Information Services and Vice President at the Corporation for National Research Initiatives, will speak on the topic **Cyber Conflict and Geopolitics.**

Cyber conflict is a new and continually developing threat, which can include foreign interference in elections, industrial sabotage, and attacks on infrastructure.

Russia has been accused of interfering in the 2016 presidential elections in the United States, and China is highly committed to using cyberspace as a tool of national policy. Dealing with cyber conflict will require new ways of looking at 21st-century warfare. Is the United States prepared to respond to such threats? **No registration or fee. All are welcome.**

**BIG BUS - Wed., Mar. 6
Butler Museum of Amer-
ican Art, Youngstown, OH**

For residents who have paid, meet at the Heiser Reception Desk at 9:15am. Our bus leaves at 9:30am, returning to Kendal by 4:00pm.

**Kendal Resident
Medical Resource**

Starting in March, the Kendal Resident Medical Resource reference book will once again be on the reference shelf in the Kendal library.

What is the Resident Medical Resource book? This book lists Kendal residents who have volunteered to speak informally with other residents about their experience and/or knowledge of given medical conditions. The names are listed under 25 general areas of medicine. In addition, there is an appendix that lists specific conditions and procedures alphabetically.

Either way, you may be able to find someone to talk with concerning a procedure or treatment, for example, "hip replacement" or "prostate cancer treatment." We have updated the previous (2016) edition. Furthermore, we are committed to updating the book on an ongoing basis. Any time during the year, we will be able to add (or delete) information or individuals willing to be contacted for a conversation.

The previous edition had an orange cover. The new edition's cover has not yet been selected. However, it probably won't be orange.

~*Doug McClellan, Editor*

**For the
Vision-Impaired**



**Low-Vision Support Group:
"Everybody Can Be
an Advocate"**

**Thursday, March 14
4:00pm - Green Room**

More About Kendal's Residents

Nancy and Richard (Dick) Cecil



Nancy:

I was born in Lorain, OH, in 1940, inheriting common sense from my mother and ingenuity from my father. I enjoyed Lorain schools, graduating in 1958, and met the love of my life, Dick Cecil, the first weekend at Bowling Green State University. We graduated together three years later, with my degree in education and Dick's in accounting.

After one year of teaching, we married and started our family. We moved to Avon Lake, OH, for its excellent schools and raised our three children. Life was good.

As a "stay at home mom," I progressed through PTA and church boards, Brownies, Cub Scouts, Girl Scouts, and Band Boosters. I overheard a lot while driving car pools for swim team, gymnastics, cheer leaders and track teams. As our children grew, I became more involved in our community, serving on our Human Resources Board, Community Action Team, Ecumenical Council, and as advisor to the Mayor's Youth Commission. I did all of this while planning exciting annual vacations, breeding Scotties, maintaining our home, a cottage in Pennsylvania, and rental properties. Life was great.

One day Dick said, "Let's start our own business." So, we rented space in Avon's French Creek District, and he sent me off to buy inventory with \$5,000 and my best friend. For seven years I attended the NYC International Toy Fair, placing orders and enjoying New York. But once we realized our old display furniture was selling as fast

as dolls and bears, we ended up in the antique business.

Buying trips, refinishing, restoring, recaning, repairing, restitching, repainting, reframing, etc. filled my days for the next 30 years. During this time, we bought my favorite old house back in Lorain, perfect for grandkids. Our three children married and produced eight in six years. What fun we had there.

Now, Kendal is the ideal place to settle down, still spending time with family (all nearby), enjoying cards, crosswords, reading, and music.

Dick:

I have always lived in Lorain County, Ohio. For the first 22 years of my life, I resided in Lorain. In the next 30 years, my wife Nancy and I lived in Avon Lake. Then 26 years ago we moved back to Lorain to live in a wonderful home.

The public schools in Lorain provided my education and during this time I had a lot of exposure to the furniture moving business. My dad's family came to Lorain in the 1920s from a farm in Southern Ohio and started this business. My dream occupation was to be a truck driver, but in my senior year at Lorain High I took vocational welding.

During my high school years, I worked as a page at the Lorain Public Library. About the middle of my senior year, I decided to be the first one from the Cecil family to attend college and enrolled at Bowling Green to major in accounting. The beginning of my sophomore year I met Nancy Young

from Lorain, which was the beginning of a wonderful life together.

Nancy and I were married in 1962 and have three children (Craig, Cathy, and Curt). They have produced eight grandchildren for us. Upon graduation from college, I became a CPA and worked for an international accounting firm in Cleveland and three other companies before retiring.

Nancy and I worked together in the antique business for 30 plus years. I also enjoy working outside in the yard and walking. Church activities include serving as Elder, President of Fellowship Supper Club, twice monthly movie group, weekly breakfast for needy, monthly food pantry, and monthly men's luncheon group.

Recent Move-Ins

Roberta Rosell moved from Northbrook, IL, to a Kendal Apartment in mid-February.

Terry and Charlotte McGowan moved from Cleveland Heights, OH, to a Kendal Cottage in late February.

Rebecca Cardozo moved from Washington, DC, to a Kendal Apartment in late February.

Upcoming Moves

Tom and Shirley Taylor will move from Newton, MA, to a Kendal Cottage in mid-March.

Marvin and Barbara Gordon-Lickey will move from Portland, OR, to a Kendal Cottage in mid-March.

Recent Transfers

Margaret Kanost moved from a Kendal Cottage to Whittier in early February.

A.V. Shirk moved to a new Kendal Cottage in mid-February.

Rita Haessly moved to another room in Whittier in late February.



Robin Laurén

I was meant to move to Oberlin in September 1973 – but my mother, over-involved in the college selection process, had other plans.

I went to Brown University instead, and thence to Ohio (for only four months), Massachusetts, Maine, Missouri, Iowa, and finally, for the past 34 years, Illinois. My arrival in Oberlin is all the more joyful for having been deferred.

Moving to Kendal is, for me, an aspirational act. During my four “Try It” visits – yes, I plead guilty to using KatO as a bed-and-breakfast – I’ve been so impressed by the creativity, civility, intelligence, social conscience, and fellowship of the community that I feel privileged to become a resident.

I’ve spent most of my professional career as an adult reference manager in a medium-sized public library in suburban Chicagoland. (My original title was “adult services manager,” later deemed too suggestive.)

Other jobs have included lawn maintenance for the infamous former Sen. Bob Packwood of Oregon, managing a gas station on the Seekonk River, waitressing at seaside resorts patronized by temporarily single conventioners who could not have anticipated #MeToo, pulling weeds at the Morton Arboretum during the deadly heat wave of 1995, and organizing perennials at a retail plant nursery.

Avocations include reading, convers-

ing, listening to public radio, swimming, walking, running, bicycling, and other fitness activities that don’t involve balls. Rain, snow, or shine, you will see me wearing a groove in Kendal’s perimeter path. I hope some of you will join me.

I move to Kendal with a wild-and-crazy male ginger tabby named Tango. Fellow cat-lovers declare yourselves! I am eager to make your acquaintance.

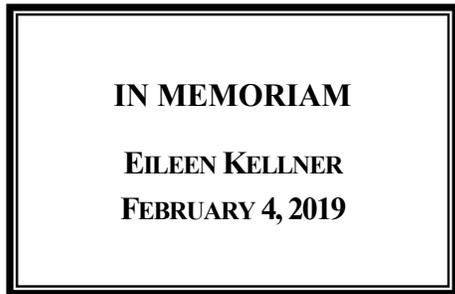


Catherine Dickerson

Entered Kendal October 29, 2018, after 50 years in Amherst, OH!

Born in Allentown, PA, in 1934 where we lived with my grandparents while my father was in medical school in Philadelphia. He opened his medical practice near Findlay, OH, where we lived while he was a Major in the Army in WWII.

After high school, I went to Bluffton College and BGSU (Bowling Green



IN MEMORIAM

EILEEN KELLNER

FEBRUARY 4, 2019

State University) and taught kindergarten to grade 4 for 37 years and 10 summers before retiring.

My husband, Kay William Dickerson, and I taught in Ashland, OH; later he taught speech and forensics at Lorain County Community College.

He and I retired in 1991 and 1993, respectively. We temporarily moved near Columbus, OH, to care for our Sue’s triplet baby girls for two years while she taught high school special education.

Our older daughter moved there close by, and we took care of her Melissa. We were 62 then.

Summers were spent at Middle Bass Island, OH, with family who moved to Amherst.

Sue is teaching at Elyria High, her year 30 in special education, and Karen works for Home Instead. My husband passed away May 2017.

My interests at Kendal are art, creative writing, and Chinese checkers!

Family enjoys visiting Kendal and we are meeting some wonderful people here.

My sister and her husband visited here recently, and they are fond of Kendal, too!

Kendal Kryptogram #169 - by Nina Love

YARD TO YARD BYUM’K P QYARD. OPEN TO

OPEN BYUM YK DPEN. ~UZECHAM QZZXYM

Solution to Kendal Kryptogram #168: “We must learn to live together as brothers or perish together as fools.”
~Martin Luther King, Jr.

Three Cheers for our Kendal Volunteers

Volunteering is alive and well at Kendal! Thanks for completing the forms listing your volunteer activities and hours within and beyond Kendal.

These 2018 reports show we are a changing yet growing community. Since 2017 when we reported an amazing 64,000 volunteer hours, we have lost several active, faithful volunteers. But we have also welcomed many new residents who are just beginning to find their roles in both Kendal and the wider Oberlin community. Truly a vital balancing act!

As a consequence, our total volunteer hours this year approach 50,000. Next year we would expect to see growth towards that 2017 record.

What significance do these volunteer hours have? The Independent Sector organization works nationally and state-by-state to estimate the value of volunteer hours. "We know putting numbers to volunteer hours will never do them justice, but it is just one way for us to show the contributions individuals...have made in our communities ...and helps acknowledge the millions of individuals who dedicate their time, talents, and energy to make a difference." Their validation report is on the Volunteer Bulletin Board. In Ohio the "estimated value of volunteer hours" in 2018 is \$23.33 per hour.

So far, 216 residents have completed our forms. Next month we will describe in more detail how the hours were distributed. For instance, in Stephens Care Center, 18 residents contributed 866 volunteer hours, ranging from 2 to 160 hours. The breakdown of hours among KORA, KatO, church, school, medical, meals, organizations, government, Oberlin College/LCCC and miscellaneous will be posted on the Volunteer Bulletin Board.

Many thanks to Barbara Bruer, Anne Elder, Nancy Garver, and Grace Tompos for the hours they gave to compile and compute the data from the forms submitted. ~Volunteer Committee

Play Readers: "Whose Life is it Anyway?"

Fri., March 29 - 1:30pm - AUD; Sat., March 30 - 7:15pm - AUD

This gripping drama is about a young man in a hospital who was rendered paraplegic after an auto accident. He wants life support procedures to stop, which is contrary to the plans of the medical staff. The issue is addressed by the patient, the staff, a social worker, a psychiatrist, attorneys, and finally a judge.

Previously presented by Play Readers in 2003 and 2010, this play is still a meaningful subject worthy of repetition. Come see it at one of the two performances. Directed by Jerry Berner, the cast includes actors Tom Morgan, Anne Wardwell, and Del Jenkins.

~Jerry Berner

NOTE: Late arrivees will not be admitted until the first scene break.

"A Conversation with Ambassador Kathleen Stephens"

**Fri., March 8 - 10:00am
OC Dye Lecture Hall, Sci Ctr**

Kathleen Stephens, the ambassador to South Korea from 2009 to 2011, will give a talk with crucial insights on the upcoming U.S.-North Korea summit. She will discuss its implications for the future of peace in Northeast Asia and the relations between the U.S. and these countries.

Free, open to the public. Sign up for Kendal bus. ~Gayle Sherry 

Fourth Tuesday Grief Support Group March 26 - 10:30am - Whittier

Sponsored by Social Services and facilitated by Melissa Thompson, MSW. No preregistration. ~Kim Preston, Kim Peters

Scheduled Play Readers Performances for 2019

May 17-18 "Box and Cox"; "Lied to Husband" - Maxine Houck, director
July 26-27 "The Seduction"; "The Audition" - Jerry Berner, director
Sept. 27-28 "The Inspector Calls" - Phyllis Gorfain, director
Nov. 22-23 "The Breadwinner" - Robert Taylor, director

Wellness Support Network

Thoughtful Health Conversations will host two workshops about the Wellness Support Network form recently presented at the KatO Health Services Forum. If you have questions about the form or if you would like ideas about filling one out, please join us:
Tues., March 5, at 4:00pm in the Green Room OR
Thurs., March 7, at 10:30am in Crossroads.
Questions? Contact Elizabeth Hole.

Community Conversations

"Multiple Perspectives on Oberlin Drama at Grafton"

Mon., April 1 - 7:15pm - AUD

Resident Phyllis Gorfain, the recipient of the 2019 Governor's Award for Arts Administration for her work as Founder and Artistic Director of Oberlin Drama at Grafton, will lead a small panel of current and past volunteers, post-release actors who have returned home, and audience members. The panel members will share their distinctive ODAG experiences and their own stories about the impact of ODAG.

Tracey Field, a theater professional who is the Associate Director of ODAG, will also talk about directing "Merchant of Venice," which will be performed in mid-May (dates to be announced).



I used to live in the apartment building. My breathing problems got so bad I had to move to the Stephens Care Center. My one neighbor who visited me died and my other neighbor already lives in the Care Center and does not know who I am. Please come and visit me. I need to STAY CONNECTED.

**Report from
The John Bartram Arboretum:
Hackberry *Celtis occidentalis* L.
Do You Know This Tree?**

The hackberry is a tree native to eastern North America and found growing in mixed deciduous forests and seasonally flooded plains. It's not surprising that you may be unfamiliar with this tree. Hackberry has often been mistaken for an elm. Hackberry also has been known by several different names: beaverwood, nettletree, and more commonly sugarberry. Sugarberry seems an appropriate name. Wildlife is attracted to its fruit, and native Americans consumed the fruit cooked with corn, making a porridge.

The hackberry's traits have led it more recently to be used as a shade and ornamental tree in urban areas. It is adaptable to a variety of soil and environmental conditions. It blooms in May and the fruit develops into colorful berries, turning from yellow to red to deep purple, attracting a variety of birds. Its bark is greyish brown with warty growths which give it a fascinating texture. (Look for the pictures on the Arboretum display table in Heiser.) The hackberry tree reaches a height of 30 to 50 feet. It has been chosen by the Serazin family as a commemorative tree for Mary Ann Serazin, and one will be placed this spring in the mixed bed in the large quadrangle north of Farmers Pond.

As far as we know, there is only one other hackberry tree in our Arbore-

tum. That one was planted by Lyn Cope north of her Cottage #91 between parking lots 6 and 7. Might others be found in our wooded areas? Would we recognize them? The hackberry can confuse us, since it produces drooping branches making a broad, rounded crown in open areas and a narrow, cylindrical crown when close to other trees in the woods. In the wild, the hackberry tree can survive more than 150 years!

~Anne Helm for the Arboretum Committee
<https://sciencing.com/interesting-hackberry-tree-6513384.html>
<http://www.softschools.com/facts/plants/hackberrytreefacts>

Kendal Resale Shop Talk

Benefitting Kendal Residents Assistance Fund and Community Charities

On February 12, Kendal Resale Shop volunteers and their guests gathered in the William Penn to celebrate another successful year for the KRS. More than 20 Kendal residents who volunteered their time in various roles during 2018 to support resale shop operations were present and had a wonderful time meeting each other, in some cases for the first time!

Resale shop deposits to the RAF for January 2019 came to \$2,488.25 plus \$600 commission for an auto sale, for a January total of \$3,088.25. 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 halls.

Thank you! Keep those donations coming and keep shopping the KRS!!

~Nancy Lombardi, Chair,
Kendal Resale Shop



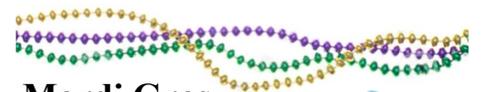
Pet Projects

**Training Seminar
for Kendal Dogs and Owners
March 20 - 11:00am-12:30pm - AUD**

Dog trainer Lisa Stella will be here to conduct another "doggie social" and help residents with any doggie issues. 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



**Mardi Gras
Mystery Theater
"Murder at the
Dupre Chateau"
Sun., March 10 - 3:00pm - AUD**



Angie Church and Belinda Varner, Kendal night-shift housekeeping staff, are bringing Kendal residents and staff another entertaining afternoon of Mystery Theater.

The theme is Mardi Gras – and during intermission we'll have our own masquerade party. Masks and beads will be provided, or you can bring your own! Come dressed for the occasion.

Alcohol-free margaritas and punch will be served. **We are asking our guests to bring favorite snacks to share.**

Come have fun with friends, past or present. Or even make some new friends!

All are invited to join the Mardi Gras celebration at the Mystery Theater on March 10!

Table Tennis for All

In frigid February table tennis thrived. The month's high point saw 19 players at the table. Among them were four players from the Stephens Care Center. They'll attest to the value of table tennis for their well being. Judy Riggle stressed the therapeutic good that playing brings her.

When coach Doyle Harbaugh from Wakeman visits, the benefits grow. We invite all Kendal residents to stop by and enjoy our lively scene. You may feel moved to join it.

~Sidney Rosenfeld

Declutter Your Sidewalks. Please!

Whether it is Summer, Autumn, Winter, or Spring, your front sidewalks can quickly become a hazard unless you consider the safety implications of what you add to your outdoor environment.

Because of continuing severe weather including more snow, it has become urgent to request – require – that all residents in independent cottages remove chairs, benches, pots, water hoses, bikes, walkers, and door mats, even rock collections – everything – from the shared walkways outside your front door.

The reason is SAFETY. Safety for you as you walk home with a large grocery cart or your wandering neighbor whose eyesight is fading, safety for the housekeepers and their carts which need space to park beside your front door, safety for emergency personnel who need space to quickly get around on the walk with a gurney to take you or your neighbor to the hospital, and safety for all of us as the blowers and snow shovels come through to remove snow and seasonal detritus from our front walkways.

Please remember that Facility Services reserves the right to appropriate any item on public walks which impedes snow removal or seasonal cleaning activities.

~Thelma Morris for the Safety Committee

Saturday Walks

Residents desiring to walk off the Kendal campus should assemble at the Heiser Reception Desk at 9:00am every Saturday. Those present will decide where to walk that day (weather permitting) and car pool to the destination. The walks are usually 1-3 miles and at a leisurely pace.

Beginning in April, specific designated walk sites (usually in one of the Lorain County Metro parks) will once more be listed in *The Kendalight*.

Come join us! ~Philip Pritchett

Kendal United Fellowship Sat., March 9 - AUD

9:30am: Food and Fellowship
10:15am: Film

Michael Reynolds and Mari Kuroda will present a movie of their nine-day hike of Kumano Kodo, a 1,000-year-old pilgrimage route in Japan.

All are welcome.

UU Kendal Gathering “Springing Forward”

Rev. Mary Grigolia
Wed., Mar. 20 - 4:00pm - AUD

Rev. Mary continues our exploration of resilience for troubled times, drawing on lessons from nature and from our own lives. **All are welcome.**

Social Services:

Lunch with the Kims
Tues., March 19 - Noon - Den

Join Kim Preston and Kim Peters, Kendal Social Services Associates, for an hour of conversation. Bring a bag lunch or carry a tray from Langston.

RELIGIOUS SERVICES AT KENDAL

Episcopal Service

Ash Wednesday Service
Wed., March 6 - 4:00pm - Gathering Rm.
No service on Sat., March 9.

Society of Friends

Sundays, 10:30am, Education Center



Bridge Results

Feb. 4: 1st, Kathy Caldwell; 2nd, Carol Ganzel.

Feb. 11: 1st, MaryBeth McCalla; 2nd, Joe Colucci.

Feb. 18: 1st, Joe Colucci; 2nd, Enid Cleary; 3rd, Connie Bimber.

Feb. 25: 1st, Connie Bimber; 2nd, Beverly Fordyce.

“The Gate: Dawn of the Baha’i Faith”

Sun., March 17 - 4:00pm - AUD

Amanda Schmidt of Baha’is of Oberlin will introduce the film and answer questions afterward. In the middle of religious intolerance and extremism, the Baha’i faith offers a path toward world peace by advocating the oneness of humanity’s major religions.

~Danna Mitchell

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

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 2019 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., March 7 - 3:15pm

Shamrock Shakes Day!

Join us for a Shamrock Shake. And write a Saint Patrick limerick to share.

Third Friday Vegan Dinner - March 15 - 5:15pm - Penn

This month the plant-based/vegan meal will feature **Middle Eastern** cuisine. See the **sign-up sheet** on the ledge below the open mailboxes for details. Note: 30 seats will be available.

Solo Diners - Thurs., March 14 - 5:30pm - Den

We meet on the second Thursday of the month. See the **sign-up sheet** on the ledge below the open mailboxes

Let's Celebrate National Nutrition Month

National Nutrition Month is an annual March campaign promoted by the Academy of Nutrition and Dietetics. Begun in 1973 as National Nutrition Week, National Nutrition Month became a month-long observance in 1980 in response to growing interest in nutrition.

Usually, the Academy comes up with a nutrition theme or focus, but this year there is no specific theme. Rather, the focus is on the overall value of nutrition and the positive impact it makes on health and longevity. The no-theme theme also gives the nutrition professionals the freedom to focus on the information that is most beneficial to the population they serve.

Here at Kendal, there has been a lot of recent discussion about the nutrition content of our menus. For many, good nutrition is a priority. The definition of

“good nutrition” may change from one resident to another. It may mean low-sodium or low-fat, or plant-based or gluten-free. For others, flavor and variety may be more important. Whatever your definition of “good nutrition,” make well-informed choices for your own health and well-being. Seeking the guidance of a nutrition professional to navigate menus or the grocery store may be helpful.

This year to celebrate we offer several events focusing on good nutrition, physical exercise, and the benefits these can bring to your health. Currently, there is a “Biggest Loser” contest going on with KatO staff. This is a weight loss contest which focuses on diet and exercise, with daily motivations and weekly prizes provided.

We will also have a National Nutrition Month bulletin board which will test our knowledge on various nutrition facts. So stay tuned.

“Flushables” ARE NOT!

Despite what package labels may say, Kendal’s experience with clogged sewers demonstrates that most “flushable” products are not compatible with our 25-year-old systems.

Toilet paper is about the only paper product that may be safely flushed into the sewer. All other such material should be disposed of in the trash.

On a related note, if your sinks are draining more slowly than they should, please call Facility Services. Such action may avert a more serious problem later.

Volunteers Needed for the Common-Space Gardens

Spring is just around the corner and it’s time to get ready for a new season of growing and flowering. Even if you tend a garden around your cottage, or one in the Community Garden on the hill, you can also help with one of the Common-Space Gardens.

To volunteer, call those responsible for the Common-Space Gardens: Don Reeves for Center Pond Island; David Benzing, Courtyard Garden; Don Parker, Horticulture Room Garden; Maxine Houck, East Glass Corridor Garden; Don Parker, Center Pond North Shore Garden; Arboretum Committee, gardens associated with tree beds.

Help as little or as much as you can. Thanks from all of us. ~Don Parker

Whatever your interest may be in food and nutrition, I appreciate the amount of passion that our residents have on the topic. It is wonderful that so many care about their health and the health of their neighbors. We continue to offer you a customized dining experience as we realize that no one size fits all. It is important for us to keep receiving your input. As a member of the Dining team here at Kendal, my passion is to assist you in achieving your nutrition goals and making the future of our Dining program a healthful, dynamic, and sustainable one.

~Sue Campbell, RD, LD,
KatO Community Nutritionist

“Nutrition for a Long Life” Wed., March 13 - 4:00pm - AUD

Medical Director Georgia Newman, MD, heads a panel that will address nutritional concerns of residents. Our panel: Sue Campbell, RD; Greg Zehe, NHA; Shenell Hinton, RN; and Ben Butler, Vice President of Culinary Services, The Kendal Corporation. Submit questions/concerns for the panel in the box at the Heiser front desk by March 6.

SUN	MON	TUE	WED	THU	FRI	SAT
<h1 style="color: red;">March 2019</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 News & Views: Foreign Affairs "Cyber Conflict and Geopolitics" 10:30am AUD Oberlin Orchestra Zheyu Jiang, piano  7:30pm Finney	2 Walk in Park 9:00am Heiser Met Opera HD: "La Fille de Regiment" (Bellini) (tx)  <u>1:00pm</u> Apollo Violin, clarinet, piano 7:15pm AUD
3 Quaker Worship 10:30am Ed Ctr Film: Roman Holiday 7:00pm Jameson English Country Dancing every Sun. 7:15pm AUD	4 Bible Study every Monday 10:00am CCR Imagining Oberlin 6:00pm  Huntington Bldg Bridge 6:30pm Green	5 Wellness Support Network Workshop 4:00pm Green Rm	6 Big Bus Trip: Butler Museum, Youngstown 9:15am-4:00pm (Must have tx) Ash Wednesday Episcopal Service 4:00pm GaRm	7 Wellness Support Network Workshop 10:30am CCR Shamrock Shakes 3:15pm Langston Opera Preview 4:00pm AUD First Thursday AMAM Program 5:30pm Health Lecture 7:15pm AUD A&S Orch.  7:30pm Finney	8 Ambassador Kathleen Stephens 10:00am  OC Dye Lecture Hall, Sci Ctr Friday Music Club 7:15pm AUD	9 Walk in Park 9:00am Heiser Kendal United Fellowship 9:30am AUD No Episcopal Serv. Adam Willson, cello 7:15pm AUD Baroque Orchestra 7:30pm WCH 
10 Quaker Worship 10:30am Ed Ctr Mardi Gras Murder Mystery 3:00pm AUD Film: A Raisin in the Sun 7:00pm Jameson Alexa Still, flute 7:30pm Kulas  Arvid Gast, organ 7:30pm WCH 	11 Suggestions & Concerns 2:00pm CCR Bridge 6:30pm Green	12 Tuesday Tea at AMAM 3:00pm (car pool) Troy Stephenson, viola 7:15pm AUD	13 Coffee Hour 9:30am Langston Lunch Bunch: Ziggy's, Amherst  11:30am-2:00pm Nutrition Panel 4:00pm AUD Song Swap 7:00pm AUD Opera: "Dialogues of the Carmelites" (tx) 8:00pm Hall 	14 Low Vision Group 4:00pm Green Rm Jessie Reeder 4:00pm AUD Solo Diners 5:30pm The Den Birding Adventures in Ecuador 7:15pm AUD	15 Vegan Diners Middle Eastern Dinner 5:15pm Penn (Advance sign up needed) Film: Kolya 7:15pm AUD	16 Walk in Park 9:00am Heiser
17 Quakers 10:30am Ed Ctr Opera: "Dialogues of the Carmelites" (tx) 2:00pm Hall  "Baha'i Faith" 4:00pm - AUD Family Promise Svc 4:00pm First Church  Film: Am. President 7:00pm Jameson	18 Monday Night Movie at Apollo Sign up for bus  Bridge 6:30pm Green Comm. Conv: "R/L Populism and Brexit" 7:15pm AUD	19 Lunch with Kims Noon - Den OHC: "Wind Beneath Their Wings" 7:15pm AUD	20 Training for Dogs and Owners 11:00am AUD \$10 fee UU Kendal Gathering: Rev. Mary Grigolia 4:00pm AUD OC Choir  7:30pm Finney	21 KORA Council 10:00am AUD Garage Design Panel 4:00pm AUD 3rd Thurs. Lecture: "The Namling School Project" 7:15pm AUD	22 Rod Knight with Len Garver's Trolley Run 5:00-6:15pm HL	23 Walk in Park 9:00am Heiser Film: RBG 7:15pm AUD
24 Quakers 10:30am Ed Ctr Film: The Misfits 7:00pm Jameson 31 Quaker Worship 10:30am Ed Ctr Film: Lion 7:00pm Jameson	25 Bridge 6:30 pm Green	26 Fourth Tuesday Grief Support 10:30am WHT	27 Aft. Exchange Barbara Thomas 4:00pm AUD Song Swap with Judy Cook 7:00pm AUD	28 Dementia-Friendly Group 10:30am Green Rm	29 Play Readers: "Whose Life is it Anyway?" 1:30pm AUD	30 Walk in Park 9:00am Heiser Met Opera HD: "Die Walkurie" (Wagner) (tx)  <u>12:00pm</u> Play Readers: "Whose Life is it Anyway?" 7:15pm AUD