

# The Kendalight

Kendal at Oberlin Residents Association

March 2020

Volume XXVII, Number 3



## Service, Teamwork, Attitude, Respect, Safety

Annually since 1999 our state association, LeadingAge Ohio, has sponsored the STARS program to recognize non-supervisory staff members who represent the best of the best in their daily service. Residents, family members, staff members, and even vendors can nominate staff who consistently demonstrate excellent service, teamwork, attitude, respect, and safety in their daily work.

For our Northeast Ohio region, the 2020 STARS program will accept nominations of non-supervisory staff members beginning Mon., March 9, and ending on Fri., March 27. Nomination forms will be available at the Heiser Reception Desk and at the Stephens Care Center Medical Secretary Desk on March 9.

Due to limited space at the Fri., April 17, Recognition Luncheon, only six STARS and one nominator for each STAR will be selected to attend. A selected STAR Finalist with multiple nominators will have only one nominator accompany them to the luncheon, and anyone who nominates a staff member must be able to attend the luncheon if their nominee is selected. The Kendal bus will transport the group to the Jennings Center for Older Adults in Garfield Heights.

Our 2019 STARS, Angie Church, Annette Moore, Debbie Phillips, Veronica Toth, and Christopher Twymon, are not eligible to be nominated for the 2020 program.

~Toni Merleno, Director of Human Resources & Operational Services



## Annual Spring Fling!

We're calling it Let's Dance!  
Friday, April 18, 7:15pm

A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.  
~William Wordsworth

- Our Kendal dance groups are all participating: Country Dancing, Line Dancing, Tap Dancing, Square Dancing, Ballroom Dancing.
- We'll listen to the Kendal Strings, the Toot Sweet Recorders, a duet by Allen Huszti and Maxine Houck, and a trumpet solo by Mattias Fritz.
- The Stephens Care Center Bell Choir, an ensemble singing an African song (Dansi Na Kuimba), plus Doug McClellan and Judi Bachrach, will perform.

Don't miss the fun! You can even take to the dance floor afterwards before enjoying refreshments in the Fox & Fell.

## Primary Election Day

Tuesday, March 17  
6:30am-7:30pm  
Heiser Auditorium



Let's leave the parking spaces around Heiser Circle for our local voters on election day.

Please remember to bring a valid ID that includes your name and OHIO address when you come to Heiser Auditorium to vote.

### A valid ID can be:

- Current OHIO ID or OHIO driver's license (can show prior OHIO address) **or**
- Military identification (no address needed) **or**
- One of the following, dated 12 months or less prior to Election Day:
  - \* Copy of a current utility bill (including a bill from Kendal) **or**
  - \* Bank or any financial statement **or**
  - \* Government check stub **or**
  - \* Paycheck stub **or**
  - \* Other government document.

### The following are NOT VALID:

- Notification mailed by the Board of Elections **or**
- Any document/card that does not show voter's name and current address (including U.S. passport).

**Questions?** Ask Kendal resident Mary Van Nortwick, member of the Oberlin Area League of Women Voters. She will have absentee ballot request forms available for those who need them.



Kendal at Oberlin Residents Association

This month I offer three separate KORA-related items:

**Surveys** – My father used to lament in his later years, “Well, I have finally have come to the place where I know a lot, but nobody is asking me questions!” He would not be able to say that if he were here at Kendal. It seems everyone wants our opinions. I have answered two major surveys already this year, the Age Well and Master Plan surveys. I know that there are at least three more surveys from KORA-related groups in process. So when that next survey comes, rather than saying, “NOT ANOTHER SURVEY,” join me with, “Great! Someone still wants to know what I am thinking!”

**Safety Concerns** – In 2018 KORA Council and Kendal Administration agreed upon a protocol for chair setup in the Heiser Auditorium, which meets safety concerns and fire marshal regulations. The auditorium is regularly set up according to these regulations. For the safety of all, therefore, we residents are not permitted to add seats or rearrange the chairs to meet our convenience. We all have a responsibility to honor this plan.

**Appeals for Contributions** – Our residents have an outstanding record of giving to Kendal-related causes. However, last fall I received comments from several residents, surprised at receiving three of these requests in three successive months. Before the appeals begin this year, let me review the four opportunities that we have to give to important causes throughout the year. In May, we give to the Employee Vacation Fund; in September, to the KORA program budget; in October, to KaO benevolent concerns (Residents Assistance Fund and others); in November, to the Employee Holiday Fund. I am confident that our giving to these causes in 2020 will again be exemplary.

~Gary Olin, KORA President 2020

## Winter LifeLong Learning Classes

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

**Opera Preview.** Student performers will join Jonathon Field, Director of Oberlin Opera Theater, for a preview of Mozart's *Così fan tutte*. **Thur., March 5, 4:00pm.** No registration or fee. Performances in Hall Auditorium are March 11, 13, and 14 at 8:00pm and March 15 at 2:00pm. For tickets, call Oberlin College Central Ticket Service at 800-371-0178. **Sign up for Kendal bus for Wed., March 11, 8:00pm performance.**

**Circe and Penelope: Ancient and Modern Views of Women.** Mary Kirtz Van Nortwick, Professor Emerita of English and Director of Canadian Studies, University of Akron, and Tom Van Nortwick, Nathan A. Greenberg Professor Emeritus of Classics, Oberlin College, will present a three-session course on the various representations of Circe and Penelope in ancient texts and in two works by Margaret Atwood. 1. Ancient and modern views of women, the literary and historical context; 2. Circe in the *Odyssey* and in Atwood's *Circe*/Mudd poems; 3. Penelope in the *Odyssey* and in Atwood's *Penelopiad*. **Wed., March 11, 18, and 25, 10:30am** Fee: \$20 (Class 4232)

**Readings:** Homer, *The Odyssey*, Books 10, 18-23. Recommended translations: Robert Fagles, *Homer: The Odyssey*, Penguin, 1997. Robert Fitzgerald, *The Odyssey: Homer*, Doubleday, 1961. Margaret Atwood, *Circe/Mudd poems in Selected Poems, 1965-1975*, Houghton Mifflin, 1976. *The Penelopiad*, Canongate, 2005. (All are available in paperback and on Kindle.)

## Looking Ahead at an April LifeLong Learning Class

Robert Dudash, Director, Lorain County Community College Film Society, and Professor Emeritus of English and Film, will present a four-session course, “Viewing Foreign Language Films.” After an introductory lecture, a prize-winning Scandinavian film will be shown at each class, followed by discussion. **Wed., April 1, 8, 15, and 22, 1:00 pm, Heiser Auditorium.** Fee: \$20. Register after the LCCC Spring catalog is published.



**Mon., May 11 - Thurs., May 14**

**KaO's 2020 annual Silent Auction is coming soon. And this year there's something new!**

To simplify the process the focus will be on three major categories: Art and Home Décor, Jewelry, and Electronics.

Some suggested items will be posted on the Administration bulletin board. Donations will be accepted at Heiser Reception Desk April 20-May 7. Watch for details in the April *Kendalight*.

We need resident volunteers to make our auction a success. Can you help? Contact Carol Groo.

**COFFEE HOUR WITH  
BARBARA THOMAS  
MONDAY, MARCH 16  
9:30AM - LANGSTON**

**AFTERNOON EXCHANGE  
BARBARA THOMAS  
TUESDAY, MARCH 31  
4:00PM - AUDITORIUM**

## **March Health Lecture**

### **Is Your Life In Balance? If Not, We Can Help! March 5 - 7:15pm - AUD**

Panel: Kathy Caldwell, BS in Clinical Psychology OSU, Certificate Physical Therapy OSU; Jill Tvaroha, BS Dance and BA Interdisciplinary Arts for Children, SUNY Brockport; Paul Spierling, MD, University of Illinois College of Medicine, FABOG, FCOG.

## **April Health Lecture**

### **Tick Talk - What You Need to Know About Ticks Jonathan Bass, MD April 2 - 7:15pm - AUD**

Dr. Bass is Board-certified in Dermatology and Dermatopathology and Associate Professor at Case Western School of Medicine.

## **Third Thursday Lecture**

### **Cosmic Train Wrecks: When Galaxies Collide Dr. Jillian Scudder, OC Asst. Prof. Dept. of Physics March 19 - 7:15 pm - AUD**

Galaxies are not always solitary islands in a mostly empty universe. Occasionally they find themselves with close neighbors. When the neighbors are close enough, gravity promises us a cosmic smash-up, with the two galaxies flung around each other to form a new galaxy. This process provides some of the most photogenic images, but what can we learn from it? Professor Scudder will discuss how we search for these collisions between galaxies, how a collision changes the galaxies involved, and what we still hope to learn.

## **KORA Council Meeting**

Join us on Thursday, March 19, at 10:00am in Heiser Auditorium. Plan to attend, and ask someone to join you! **All are welcome.**

## **Lunch Bunch**

### **Moosehead Grill, Amherst Wednesday, March 11**

The grill is well known to barbecue lovers for its ribs, pulled pork, and more, but salads, sandwiches, seafood, chicken, steak are on the menu, too.

Bus leaves Heiser at 11:30am, returning about 2:00pm. Bus charge: \$7.00. Lunch at your expense. Place check to KORA for \$7.00 in Box #157 by Monday, March 9. Sign-up sheet will be posted on the shelf under the Activities bulletin board. 

### **Community Conversations Joseph Stalin and the Crisis of the Soviet Propaganda State Mon., March 9 - 7:15pm - AUD**

David Brandenberger, Professor of History, University of Richmond, explores the heretofore unacknowledged weakness at the core of the Soviet “experiment” by charting three key phases of Soviet propaganda between 1917 and 1941. An exposé of the surprisingly marginal efficacy of Soviet indoctrinational efforts during the 1930s, it allows him to speak more broadly about the ramifications of this ideological impotency for the society as a whole over the course of the entire Stalin period and beyond.

### **Regarding Kendal Paper and Electronic Telephone Books**

Telephone books distributed by KaO are for internal use by residents and staff only. They are not to be given to anyone outside of Kendal at Oberlin. This is to protect your privacy and avoid misuse of the information.

## **Music at Kendal**

### **Sunday Afternoon Chamber Music Fun**

**Sun., March 1 - 4:00-5:00pm - HL**

Stop by and listen to this informal presentation by Kendal residents. Not a formal concert, it's a read-through (or rehearsal) for all to enjoy!

### **Oberlin Friday Music Club Fri., March 13 - 7:15pm - AUD**

Kendal residents performing include Marion Lott, Diane and Bob Follet, Tom Morgan, Enid Cleary, and Dianne Haley playing music by Debussy, Schumann, Beethoven, Schubert, and Dvorak. Other performers include John Sanderson and Melanie Bernhardt, cello; Molly Johnson, viola, and Harlan Wilson, piano.

### **Peter Takács, piano Wed., April 1 - 7:15pm - AUD**

Oberlin College Professor Emeritus of Piano Takács will play Sonatas Op. 2, No. 1 and Op. 31, No. 3 (The Hunt) and Bagatelles Op. 126, by Beethoven.

### **Genealogy/History Group Going Home to My Ancestral Farm House and My Cousins Tues., March 3 - 7:15pm - AUD**

Don Hultquist will tell us his family story. If you have a family story to tell, you are encouraged to schedule a time to tell it to an appreciative audience. **All are welcome.**

## **Oberlin Opera Theater: “Così fan tutte”**

### **Wed., March 11 - 8:00pm - Hall**

The Oberlin Opera Theater presents Mozart’s “Così fan tutte,” directed by Jonathon Field. The opera plays its cynicism for laughs with its sharply satirical take on relationships between men and women. Tickets: \$10. Call Oberlin College Central Ticket Office: 775-8169. **Sign up for Kendal bus.** 

## Sunday Movies in Jameson House

**March 1 - The Sting (1973)** Paul Newman and Robert Redford play two grifters who team up to pull off the ultimate con. PG.

### **March 8 - Monkey Business (1952)**

A chemist (Cary Grant) finds his personal and professional life turned upside down when one of his chimpanzees finds the fountain of youth.

**March 15 - Colette (2016)** Colette is pushed by her husband to write novels under his name. Upon their success, she fights to make her talents known, challenging gender norms. R.

**March 22 - Aunt Mary (1979)** A disabled woman (Jean Stapleton) sets up a baseball team of street kids in the 1950s that includes both boys and girls, different ethnicities, and amputees.

**March 29 - Foreign Correspondent (1940)** On the eve of World War II, a young American reporter (Joel McCrea) tries to expose enemy agents in London. Directed by Alfred Hitchcock.

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

**Chocolat (1988)** Erotic, sophisticated, and distinctive, this depiction of a family's struggle during the final years of French colonialism in Africa takes a profound look at the intricate nature of relationships in a racist society. French, Spanish, with English subtitles PG-13.

~Dwight Call

## Third Saturday Film - March 21 - 7:00pm - AUD

**Into The Woods (1987)** This Sondheim musical melds several fairy tales together in the traditional theme: everything ends well. But the characters must deal with the realities of their lives and struggle to work things out. Bernadette Peters stars as the witch in this video of the original 1987 Broadway stage production. (2 1/2 hours with a 10-min. intermission.) PG. ~Kenneth Cheek



## Art Gallery News

The **Kendal Gallery's** installation of large intensely colored, abstract oil paintings presents the work of Moroccan-born **Taha Benadada**. His intensely hued, semi-abstract canvases contrast light against dark, in seascapes, landscapes, day and night skies. These dramatic canvases will be on exhibit until the end of the month.

A reception is scheduled for Friday, March 20, at 4:30pm in the Heiser Lounge.

**Community Gallery** now displays the photography of **Roy C. Jenkins** until April 2. Photography has been a lifelong passion for Roy that developed into a profession. He has exhibited in various galleries and art festivals as well as numerous publications. His primary subjects are landscapes, seascapes, na-

ture, and lighthouses, all unique with shape, size, location, and history. At his reception in February, Roy described many technical aspects of photography, especially printing on cibachrome.

The next exhibition will be quilts by Cat Fobes Nimer.

**Katie Kreuger's** vibrant bold acrylic paintings on wood will continue to brighten the **Friends Gallery** in March. At her reception, the side-by-side slide show of her work made interesting contrasts, comparisons, and harmony. This ambitious young woman is studying to be a social worker and plans to use her artistic talents as a means to interact with her clients.

The art committee thanks the many Kendal residents who lent their treasured **Curious Critters**, created by **Michele Hannon** for the display in the **Curio Cabinet**. These whimsical fantasy creatures will be here for all to enjoy until spring.

## Oberlin Heritage Center Females in the Field Tues., March 10 - 7:15pm - AUD

Jen Graham, a former local history AmeriCorps member at OHC, discusses women's contributions to the development of field guides and the rise of the amateur naturalist in the early 20th century, including historic Oberlin connections. Jen graduated from Oberlin College in 2012 and has since worked for various historical organizations across Northeast Ohio. **Free, open to the public.**

## Community Conversations Green New Deal 101 Wed., March 18 - 7:15pm - AUD

Four officers of "Oberlin College Sunrise" will cover the history and politics of the Green New Deal. Panelists 4th year Alex Edminster and 2nd years Dan Kennedy and Delia Walz will explain what policies are included in its framework, what it could mean for Ohio, and how to make it a reality. "Sunrise" is a nationwide movement of young people fighting to stop the climate crisis.

~Environmental Concerns Committee

## Diversity Awareness Film - Thurs., March 12 - 3:00pm - AUD

**Harriet (2019)** Film tells the tale of Harriet Tubman's escape from slavery and her transformation into one of America's heroes. Her courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history. Cynthia Erivo captures Tubman's shining spirit and courage with compassion, beautifully reflecting her bravery on a toughened face she wears with pride. She was nominated for an Oscar for this role. PG-13.

~Diversity Awareness Committee

## **Allen After Hours**

### **Afterwords: An Evening of Poetry at the AMAM**

#### **Tues., March 3 - 5:30-7:30pm**

Poets from the Oberlin College community will reflect on the exhibition “Afterlives of the Black Atlantic” and also remember Nobel laureate Toni Morrison and her exploration of ideas of identity, exile, and belonging during her residency at the Louvre.

The talk will begin at 5:30pm. A reception with light refreshments follows. The museum galleries remain open until 7:30pm. **All are welcome.**  
~Co-organized with the Creative Writing Program and OSLAM.

## **Tuesday Tea at Allen Memorial Art Museum**

#### **March 10 - 3:00pm**

Alexandra Letvin, Assistant Curator of European and American Art, will discuss “The Visual Culture of Colonial Peru,” focusing on the religious and cultural practices associated with “Cross with Virgin, Christ, and Saints,” a work from 18th-century Cuzco recently acquired by AMAM.

Tea and cookies will follow her talk in the East Gallery. **All are welcome.**

## **Kendal 2020 Directory Additions and Corrections**

**Thelma Morris** - email address  
**Dan Reiber** - phone number  
Check with Front Desk for corrections.

## **Bulletin Board Notes:**

The far left side of the “**Town and Gown**” board is now reserved for Oberlin Conservatory of Music events (concerts, recitals, theater), with other OC activities and events (Allen Memorial Art Museum, various lectures, etc.) and non-OC events to the right. Kendal Transportation information is on the far right.

**Reminder: All materials for consideration for the boards must first be placed in the Bulletin Board open mailbox, with name/contact information for submitter written on the back.** A copy of the Bulletin Board policies may be found on the far right side of the first board. Any questions? Please check with Anne Martin or Fran Cooper, Bulletin Board co-chairs.



## **Library Notes**

### **Unwanted Gifts**

Except for newspaper subscriptions, our Kendal Library relies entirely on donations to stock our shelves. We can point with pride to the high quality of a collection built with books, magazines, and DVDs literally chosen by our residents. Like the Kendal Resale Shop, however, we also receive a number of books unsuited to our needs, which we must dispatch to sales of the Friends of the Oberlin Public Library, recycling, or trash. Please give a thought to fellow residents Joe Luciano and Vern Wettersten, who week after week carry box after box of books to OPL.

What do we ask that you not give us?

- Books not in the English language
- Moldy, mildewed, or dingy books
- Worn, dilapidated books
- Heavily highlighted, underlined, or annotated books
- Books damaged by spilled coffee or other drinks
- Textbooks
- Highly specialized technical works
- Obsolete reference works
- Medical books more than five years old
- Very old, fragile books

We will always need respected recent general interest books, magazines, and DVDs, but please consider whether a potential book donation is something you would want to encounter on our shelves or at a library sale.

~Mary Clare Beck

## **Big Bus - Tues., March 10 Toledo Museum of Art**

For residents who have signed up and paid, meet at Heiser Reception Desk at 8:15am. Our bus leaves at 8:30am, arriving at the museum at 10:00am. We will leave the museum at 2:00pm.

In addition to the museum's superb permanent collection, there are currently two temporary exhibitions:

- **ONE EACH: Still Lifes by Pissarro, Cézanne, Manet & Friends**, featuring still lifes by French painters, all created in a single decade – the 1860s.
- **Yayoi Kusama: Fireflies on the Water**, an installation using plexiglas, mirrors, water, and 150 lights.

**Group tickets to the Kusama exhibition are not being sold.** The Toledo Museum will open ticket sales to the general public on Monday, March 2, from 10:00am-11:59pm online at [tickets.toledomuseum.org](http://tickets.toledomuseum.org) and by telephone at 419-255-8000, x7448 from 10:00am-4:00pm.

Each ticket to the Kusama exhibition costs \$5.00. One transaction can be for a maximum of 6 tickets. The names of the ticket holders must be listed at the time of purchase. You might consider buying tickets as a group.

A time for entry to the exhibition must be requested at time of purchase. Entry times are scheduled every 15 minutes. Tickets that are emailed can be printed. Tickets to be picked up in Toledo will require an ID.

Remember that there are many other exhibits to be seen!

Trip coordinator: Louise Shoemaker.

## **For the Vision-Impaired**



**Low-Vision Support Group:  
What Do You Know?  
Thursday, March 12  
4:00pm - Green Room**

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

## More About Kendal's Residents



**Vincenzo Santone and  
Ann Estelle Halteman**

### **Vincenzo:**

I was born in Benevento, Italy, a child of WWII. I have vivid memories of a war zone...running to avoid bombs, knowing my mother was protecting me, watching search lights, stealing from the occupying forces.

I studied at Padri Rogazionisti, Viale Colle Aminei, Naples, and Magistrale "Salvatore Pizzi," Capua. I left school reluctantly to join relatives in New York and Boston; I have remained "perversely" European.

My calling is as a visual artist. In the U.S. I attended the Museum School associated with the Boston Museum of Fine Arts, and the Massachusetts School of Fine Arts. Along the way I married and had four children. I enjoyed being a father, I loved playing with, and taking my children with me as I explored New England. I was very serious about teaching my children to read and write Italian.

In midlife I gave up my day job (Ma Bell slimmed down) and devoted myself to my art. (I teach Italian on the side.)

I have traveled extensively, in Europe, India, Russia, Turkey, Egypt, Central and South America. I had the freedom to spend months at a time traveling. My travels have broadened my artwork.

A lifetime learner, I look forward to being in Oberlin where I can pursue the visual, music, dance, and theater arts. I am interested in languages and read in Italian, Spanish, and English. My diet tends toward Mediterranean; I love to savor every meal.

I met my wife, Ann Halteman, in the early '90s. We have enjoyed traveling together and sharing each other's interests. Ann has been instrumental in my being a 21st-century man. I have all the modern conveniences of computers, tablets, and smart phone. Through her technical abilities, I have been able to keep up with Italian television, radio, and newspapers. I even have my own website: [www.dionisius.org](http://www.dionisius.org).

### **Ann:**

I was born in Moscow, ID, but lived most of my formative years in the Santa Clara (Silicon) Valley of California.

I went to Oberlin College. I graduated in 1972 with a degree in mathematics. There were many things I loved about Oberlin; one was the weather. Oberlin was the first place I remember seeing snow fall. I learned to love a Spring that bursts into bloom and walking in the rain. I was not destined to be a "California Girl...where the girls all get so tanned."

I married my Oberlin sweetheart. We went to graduate school at Ohio State University where I graduated with a degree integrating math and computer science.

My first real job was at Schlumberger Doll Research Center in Ridgefield, CT. My work involved mathematical modeling of acoustic systems. In 1986 I was hired by BBN Technologies in Cambridge, MA. The work I did at BBN moved me into a wider view of acoustics. I worked on designing quieter engines, gears, and fans.

With the turn of the century I decided to pursue a new career, teaching mathematics in middle school. I knew

children who excel at math early are more likely to pursue careers in STEM fields.

I met my husband, Vincenzo Santone, in the early '90s. He incredibly broadens my horizons. We have traveled outside the United States more broadly than I ever imagined. We love traveling, especially to Italy.

Now I am retired. I plan to continue being a problem-solver. I hope I can join the "Geek Squad" at Kendal and help maintain community computers. Maybe I can use my experience as a financial officer in clubs to good purpose. My other interests include yoga, reading, puzzles, and card games.

Together, Vincenzo and I have six children, nine grandchildren, and six great-grandchildren.

## **Social Justice Art Mosaic**

Kendal residents are invited to participate in Oberlin college student Elia Tzoukermann's project to have various groups discuss social issues while creating a mosaic installation.

In addition to our residents, men at Grafton Correctional Institute, elementary and middle school students, and Welcome Nursing Home elders, along with Oberlin college students, will create separate versions of identical murals which each group will keep. The mosaics will be accompanied by photos of all the murals to capture the collaboration of their work and mosaic art.

Everyone is welcome to drop by the Game Room in the Stephens Care Center on Thursdays between 6:00 and 8:00pm or on Saturdays between 2:00 and 4:00pm.

## **Upcoming Moves**

**Ann Fuller**, from Oberlin to a Kendal Cottage in early March.

## **Recent Transfers**

**Russ Bimber**, from his apartment to Whittier in mid-February.



## The Wildlife Special Interest Group

The Wildlife Special Interest Group seeks to foster a safe, welcoming, and nurturing environment that meets the needs of residents, plants, and animals on our campus. We focus on education and constructive discussion and welcome all points of view. We work with Kendal Grounds and committees to understand plans, policies, and actions that address ecological issues on campus.

We are currently addressing a number of questions. For example:

**Q: Who makes the decisions regarding management of plants and animals on campus?**

**A: From Kara Phillips on invasive species, nuisance animals and ecological restoration:**

"Currently Grounds does not have any written policies and procedures for removal of invasive species. However, working with the results of the Master Landscape Plan, residents and staff have picked areas that have high priority for ecological restoration. When tackling invasives, we are not simply removing vegetation, but we have a plan in place to restore the area back to its native ecology, to enhance diversity and wildlife within the area; this is called ecological restoration....Grounds and Administration help to determine decisions on wildlife control methods within campus. That being said, we only target nuisance animals within the campus. We also follow all federal, state, and local laws when performing wildlife control."

The Wildlife Special Interest Group wants our community to be informed, educated, and engaged in extending Kendal values to residents and the flora and fauna of the natural world.

Kara has shared this quote from Aldo Leopold: "All ethics so far evolved rest upon a single premise: that the individual is a member of a community of interdependent parts. The land ethic simply enlarges the boundaries of the community to include soils, waters, plants, and animals."

Contact: Rebecca Cardozo.

### Recent Move-Ins

**Kari Inglis**, from Hilliard, OH, to a Kendal Apartment in early February.

**Randy and Theresa Matthews**, from Cincinnati to a Kendal Cottage in early February.

### IN MEMORIAM

**GRETCHEN ROOSE**  
**FEBRUARY 7, 2020**

**STEPHEN DOUGLASS**  
**FEBRUARY 25, 2020**

### Kendal Kryptogram #180 - by Nina Love

**ON MROLTE SCALA VNETFTE. ON AQEROY**

**AURQA RLA LZEO. ~KCS DNESCOB**

Solution to Kendal Kryptogram #179: "In the bleak midwinter frosty wind made moan, earth stood hard as iron water like a stone."

*~Christina Rosetti*

## What Do our Nest Box Monitors Do?

Monitors check each box once a week to see if it contains a nest and which species constructed it. Bluebirds weave neat round grassy nests in which they lay their sky blue eggs. Tree swallow nests are lined with soft white feathers that curl around their small white eggs. Chickadees construct low grassy nests lined with moss in which they lay tiny white eggs. House wrens stuff the nest box full of small sticks. Their small eggs are brown speckled. So even if the birds are not present, monitors can usually determine what species has claimed each box.

After the eggs have hatched, monitors check on health and development of the chicks. They inspect in and under each nest for parasites. If parasites are present, the infested nest is removed and discarded, the box is swept clean, and monitors create a new one out of soft dry grass. The nest boxes have snake guards to prevent snakes from slithering up the pole to devour the eggs or chicks.

All findings are recorded and the results tabulated by the Black River Audubon Society. BRAS compiles all the data in Lorain County and sends the results to Cornell University. All this becomes part of the National Audubon Society's nationwide breeding bird survey.

The support of nest box monitors, has significantly increased the survival of these native species. Already this winter several Kendal residents have reported sighting Eastern Bluebirds in trees near their cottages, a testament to the successful monitoring of past years. The tree swallows and house wrens will not return to Kendal until their food source (flying insects) has emerged.

**Sound like fun? If you would enjoy spending about two hours on a weekend once a month checking Kendal's nest boxes, be sure to let Nina Love know!**

## Three Cheers for Our Kendal Volunteers

Time to share all the amazing statistics generated when Kendal at Oberlin residents reported their 2019 Volunteer Hours. A careful team of eight volunteers counted and collated, and this is what they found:

- A record 194 residents returned their volunteer forms.
- An amazing 53,617 volunteer hours were recorded!

Here is the breakdown of categories that reflect your diverse activities:

Category	Hours
KORA	24,792
KaO	8,567
Organizations	5,829
Miscellaneous	4,682
Church	4,284
OC/LCC	2,338
Medical	634
Schools	563
Government	464
Meals	335

Certainly KORA activities were paramount service recipients, but the City of Oberlin, Lorain County, and other far-reaching communities were well served by Kendal residents.

The Volunteer Team marveled as they added and added. They join in urging residents to keep track of 2020 volunteer hours for the December 2020 count!

Check the Volunteer Bulletin Board to review these records, and to discover new opportunities to volunteer in 2020. ~Volunteer Team: Barbara Bruer, Janet Bolland, Marilyn Burns, Virginia Erdy, Anne Elder, Nancy Garver, Nancy Snyder, Grace Tompos

## Calling All “Seven Sisters” Alumnae!

We would like to organize a Sisterhood dinner this spring of all Kendal resident alumnae of the Seven Sisters Colleges. Please contact Dina Schoonmaker or Kathy Reichard.

## Play Readers: “The Velocity of Autumn”

Fri., March 27 - 1:30pm - AUD; Sat., March 28 - 7:15pm - AUD

Alexandra, a woman in her 80s, sits in her armchair surrounded by Mason jars filled with a grayish liquid, exactly like the liquid in the jar she holds in one hand, a lighter in the other. She has sealed her front door with duct tape and barricaded it with furniture. Chris, her estranged son, can enter no other way than by breaking in through a window. While this opening tableau may portend trouble, not to fear. The play's humor and poignancy will amuse and move Kendal audiences as they witness the clash when children and a lone parent strongly disagree on when and how a mother should relinquish her home. This play dramatizes that crisis with vitality and insightful originality. ~Phyllis Gorfain  
**NOTE: There is no intermission, so latecomers cannot be seated.**

## Health Services Forum

Wed., March 11 - 4:00pm -AUD

- Flu Season and Coronavirus Update
- Transitions in Care, Your Continuum at Work
- Safety in the Pool and Fitness Room
- Ohio Living Home Health Spotlight: Supporting You in Ind. Living
- Q and A with our Medical Director

~Stacy Terrell, KaO Chief Health Services Officer



## Honoring Lives Lived

On the third Friday of the month our Social Services staff coordinates a gathering to honor and remember residents who have died in the last 12 months. Join us March 20, 10:30-11:00am in Whittier Lounge.

## Kendal Makes a Difference

Tues., March 31 - 7:15pm - AUD

Please join Kendal at Oberlin's Committee on Philanthropy to learn about the amazing impact Kendal communities and Kendal Charitable Funds have had in the field of aging and in their surrounding communities.

Beverly Grove, Kendal Charitable Funds Executive Director; Diane Massey, Kendal Director of Community Engagement; Laurie Dupee, Oberlin Director of Community Outreach; and Barbara Thomas, Kendal at Oberlin CEO, will share stories of how, system-wide, Kendal has worked to not only *“together transform the experience of aging”* but also reframe society's understanding of what is possible as we age.

## Friends Committee on National Legislation: Repealing 2002 AUMF Write, Call, and Listen Session

Wed., March 4 - 7:15-9:00pm - Green Room

The FCNL Oberlin Advocacy Team invites residents to join us to write postcards, make calls, and listen to a FCNL conference call focused on efforts to repeal the 2002 Authorization for Use of Military Force, to end endless wars, and to de-escalate hostilities in the Middle East. Come for all or part of the session and bring a pen and your phone. ~Ann Francis, FCNL Oberlin Advocacy Team

## Take Action! with LWVOA

Wed., March 11 - 1:30-3:00pm - Green Room

Since January, our Take Action! participants have written over 250 postcards to Ohio voters in danger of being purged. The total for all the Oberlin writing groups, including ours, was well over a thousand!

In March, we will focus both on urging registered voters to participate in the Primary Election on March 17 and on writing to our legislators on issues dear to our hearts. Come for as long or short a time as you're able! ~Mary Van Nortwick

**Report from  
The John Bartram Arboretum:  
Pruning, Not Just a Haircut**

You may feel good after getting a good haircut. But if you get a bad one, your hair will grow out again and you'll have another chance. Not so with trees and pruning.

Pruning a tree influences the way a tree grows. The tree can be shaped to be well-balanced, allowing for sunlight and air movement through the tree, giving it structural integrity. Quality pruning can improve a tree or woody shrub's health and its ability to fruit and flower. Our Landscape Plan for Kendal includes a comprehensive life-cycle pruning program.

**Formative pruning** shapes our newly planted young trees in the first ten years of their lives and is of prime importance because it can increase strength and longevity.

**Maintenance pruning** removes dead and diseased limbs. Damaged limbs which are susceptible to diseases and insects can be cut off cleanly in a way that allows for the tree to heal. This prevents further decay. If not done in a timely manner, there often is no good solution.

One major problem is that in the past our trees did not get the needed care. Many cannot be revitalized because the tree was unable to seal off or compartmentalize the problem area. Many middle-aged trees in our arboretum are not in the best of health.

**Clearance pruning** keeps us safe on our walkways and reduces potential damage to structures here at Kendal.

So when you see our trained, capable staff removing branches from "your" tree outside your window, suppress the immediate reaction that they are hurting the tree that you liked just the way it was.

Know that pruning at Kendal enables our trees to grow into beautiful strong trees well into old age, fixes trees' health problems, and keeps us safe. And don't we all wish for that!

~Anne Helm for the Arboretum Committee



I'm having trouble with my memory. I'm often uncomfortable talking with a single visitor because I'm scared I won't remember important things. It's much more comfortable when two friends come at the same time because they can fill in the conversation while I take time to think about what I want to say. STAY CONNECTED.

**Dementia-Friendly Discussion  
Thurs., Mar. 26 - 10:30am  
Green Room**

**Sign Up to See the Film  
"CRACKED: A New Light  
on Dementia"**

The Dementia Education Group aims to help our community better understand cognitive change. With understanding comes empathy and an ability to relate more comfortably with those who are living with cognitive change and dementia. The DEG is now scheduling the film "CRACKED: A New Light on Dementia" for viewing in small groups of residents and staff together. There are at least 22 scheduled opportunities from March 4-April 29 at varying times including a few evening sessions.

"CRACKED" is the video of a play, based on research with families and individuals affected by dementia, created and performed by a talented Canadian cast of improv theatre artists. The play shows the possibilities and importance of continuing relationships in the lives of the individual characters. An emotionally powerful story, it will be viewed by groups small enough for conversation and debriefing after experiencing it.

Everyone is encouraged to sign up for one viewing/discussion, to be held in the Education Center Training Room. Sign-up sheets are posted on the bulletin board near the Kendal Early Learning Center.

~Dementia Education Group

**Kendal Resale Shop Talk**

*Benefitting Kendal Residents Assistance Fund and Community Charities*

**Is it Time to Part With Your Car?**

Ask Dan Reiber for help. He will clean the car and have it checked by a mechanic. Using "blue book" values, he will determine a reasonable price and advertise your car, first to KaO employees and then to the wider community. In return for Dan's services, you may make a charitable donation to KaO, for the benefit of RAF, typically 20% of the selling price. Dan's goal is to help you manage this emotional decision with as little angst as possible. Contact him for information.

**Resale Shop Folklore – What are your stories?**

Do you have a story you like to tell about the KRS? What treasures have you procured? Do you ever talk about amazing bargains? Or the most unusual thing you found in the shop? If you have worked in the shop, what experiences are the most memorable? Resident folklorist Phyllis Gorfain is interested in collecting Resale Shop stories to create an anthology of KRS lore. Contact her at [phyllis.gorfain@oberlin.edu](mailto:phyllis.gorfain@oberlin.edu), 440-935-3958, Box #209.

**Pop-Up Sale on March 17!**

With the closing of the Cardinal Shop, jewelry and other small specialty items will be sold in a new way. There will be special "pop-up" sales in the Heiser Lounge where shoppers can come to peruse and buy. Our inaugural pop-ups will be March 17 (yes, that's voting day), 10:00am-12 noon and 4:00-5:30pm. Come see what it's all about and take home a treasure!

Resale Shop deposits to RAF totaled \$5,754.45 for January which include the proceeds from two cottage sales.

~Shirley Taylor, Kendal Resale Shop

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

## Saturday Walks

From now through March, those desiring to walk outside the Kendal campus should meet at the Heiser Reception Desk at 9:00am every Saturday. We will decide whether to walk that day (weather permitting) and carpool to the destination. The walks are 1-3 miles and are leisurely. Come join us!

Questions? Contact Phil Pritchett.

## 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. ~Safety Committee

## Looking for Someone Special?

You'll find biographies of all residents, newcomers and old-timers, in "Who's Here" on the library center bookcase.

## Table Tennis Update

With a week to go in February, we averaged 16 players per session. In the third week the average climbed to 18, topping the 17 for the prior two months. In all, 145 players practiced at our three tables.

On the Mondays that Doyle Harbaugh from Wakeman visited Kendal to help us improve all-round, he had plenty of eager takers. A professional wheelchair player, Doyle has represented the U.S. at home and abroad. He regularly coaches two Kendal wheelchair players and one presently needing to play from a chair. Our apartment-house table got plenty of use (hours: 9:00 to 9:00). Look in and give table tennis a try! *Sidney Rosenfeld*

## Kendal United Fellowship

**Sat., March 14 - AUD**

**9:30am: Food and Fellowship**

**10:00am: "A Unique Way to Travel"**

Friendship Force of North East Ohio's co-president Marilyn Burns and Great Lakes Region Field Representative Jackie Herriman will tell us about their program. All are welcome.

## UU Kendal Gathering Cultivating Resilience

**Rev. Mary Grigolia**

**Wed., Mar. 18 - 4:00pm - AUD**

Resilience allows us to keep trying, to find faith, to have hope. What nourishes resilience? Trusting in kindness, opening to gratitude, meeting life's challenges together. Rev. Mary continues our exploration of resilience for troubled times. All are welcome.

## RELIGIOUS SERVICES AT KENDAL

**Ecumenical Church Service**

Sun., March 15, 4:00pm, Gathering Rm.

**Episcopal Service**

Mon., March 9, 4:00pm, Gathering Rm.

**Society of Friends**

Sundays, 10:30am, Education Center



## Bridge Results

**Feb. 3:** 1st, Joe Colucci; 2nd, Rachel Fordyce.

**Feb. 10** 1st, Beverly Fordyce; 2nd, Tomo Ijiri.

**Feb. 17:** 1st, Joe Colucci; 2nd, Bill Washburn; 3rd, Kathy Caldwell.

**Feb. 24:** 1st, Tomo Ijiri; 2nd, Eileen Dettman; 3rd, Jan Vandoren.

## Kendal Therapy Dept. Discovery Series

**Well to the Core:  
Exercises to Improve  
Overall Strength and Balance**  
**Thurs., March 12 - 10:00am**  
**Ed Center Training Room**

Matt Baloun, Kendal's therapy and rehabilitation director, will present the first in a quarterly educational series. Once again, the therapy department will be featuring the Discovery Series programs which will provide us with information on a wide variety of health topics. All are welcome.

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## ***The Kendalight***

Monthly newsletter of the  
Kendal at Oberlin Residents Association,  
600 Kendal Dr., Oberlin, OH 44074  
Managing Editor: Elizabeth Aldrich  
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Production: Don VanDyke

- Deadline for the April 2020 issue of *The Kendalight* is March 15.
- Editors regret that they cannot assume responsibility for errors in content in material submitted for publication.
- Note: Please submit articles by email to our address: [klite600@yahoo.com](mailto:klite600@yahoo.com)
- If no email access, please type article on separate sheet, sign, and place in *The Kendalight* open mailbox.
- All articles must carry a signature and telephone number.



## Dining and Nutrition Services

### Intergenerational Gathering in Langston

**Fri., March 27 - 3:00pm**

#### Dr. Seuss on the Loose!

Join us for an Intergenerational Match-Up Game and for Green Eggs and Ham.

### Third Friday Vegan Dinner - March 20 - 5:15pm - Penn and Den

This month the plant-based/vegan meal will feature **Middle Eastern** cuisine. For a reserved seat, sign up on the sheet on the clipboard in front of the open mailboxes.

### Solo Diners - Thurs., March 12 - 5:30pm - Den

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

### Social Services

#### Lunch with the Kims

**Tues., March 17 - Noon - Den**

It's National Social Workers Month and National Nutrition Month! Join Kim Preston and Kim Peters, Kendal Social Services Associates, and guest dietitian Sue Campbell for an hour of conversation. The theme: Nourishing Bodies and Dining Styles. Bring a bag lunch or carry a tray from Langston.

### Fresh Starts/ New Beginnings

You're invited to join a new dining group for recent and not-so-recent Kendal widows on the first Saturday of the month in the Penn Dining Room.

Social time starts at 5:15pm, dinner from the buffet area at 5:45pm, followed by a short lively group discussion of our choosing.

**Please come on Saturday, March 7, in the Penn at 5:15pm for a time of food, friendship, and support.**

The Penn holds 26 people so the sign-up sheet will be on the shelf under the open mailboxes during the week before the dinner. Call Louise Luckenbill or Janet Kelsey Werner with questions or comments.

We hope you can join us!!

### A Tasty Morsel from the Dining Matters Committee

#### First Meatless Monday: March 2

For dinner, the dining staff will prepare three meatless entrées. You may try one entrée or have a taste of all three. The dining matters committee will reevaluate our meatless Monday events at the end of this three-month trial.

To counterbalance the Meatless Monday, we will also have a "comfort food" Monday on the third Monday of the month, starting on March 16. The dining staff isn't sure of the menu yet, but meatloaf, chicken soup, and mac and cheese are under discussion.



#### DINING MATTERS

Blue Zones are places around the world where healthy longevity is common. One commonality among the Blue Zone diets is using beans as a major protein source. Beans provide protein and fiber and are low in fat; they also provide folate, potassium, and zinc. If you add beans to your healthy diet, start with a tablespoon of beans at a meal and increase the amount slowly. This will help your system adapt without undue discomfort.

### Celebrate National Nutrition Month

EAT RIGHT



**BITE BY BITE**

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.

I have been summarizing the National Nutrition Month slogans in *The Kendalight* for six years now. The 2020 slogan, Eat Right, Bite by Bite, is one of my favorite messages. It simply says that good health is a result of making good choices.

Eating well has a cumulative effect. A single cheat meal or day will not make or break your health. People often put off making changes in their diet because the idea of doing something for a lifetime can be overwhelming. However, this slogan tells you to take it one meal at a time. Unfortunately, many of us aren't motivated to make changes for the better until something goes wrong. Start now, one bite or meal at a time. Make good choices and follow these guidelines over the next month. Maybe you will form a habit.

- Week 1 – Eat a variety of nutritious foods. Practice portion control, read nutrition panels, take time to enjoy your food.
- Week 2 – Plan your meals each week. Be menu-savvy when dining out, plan healthful eating while traveling, shop smart.
- Week 3 – Learn skills to create tasty meals. Try new flavors and foods, practice proper home food safety, reduce food waste.
- Week 4 – Consult a registered dietitian. Receive personalized nutrition advice to meet your goals.

As a member of Kendal's Dining team, my passion is to assist you in achieving your nutrition goals and making our Dining program a healthful, dynamic, and sustainable one.

~Sue Campbell, RD, LD, KaO Nutritionist

