

The Kendalight

Kendal at Oberlin Residents Association

March 2021

Volume XXVIII, Number 3

How *The Kendalight* Protects Your Personal Information

Although this newsletter is intended for residents, it is also distributed by KaO marketing and available on the internet. That means we should be careful, because personal information could end up in the wrong hands.

What is it? Your personal information includes anything that can be traced back to you, including your name, address, email, phone number, date of birth, driver's license number, social security number, and account numbers.

Why protect it? A thief can use your personal information to open a false account or make a financial claim in your name. Or sell the information to scammers who might hack your computer or send emails, letters, and phone calls to you. (See **How to Protect Yourself from Scams** on page 6.)

How do we protect it? The best way to protect personal information is to publish as little of it as possible. *The Kendalight* has a restrictive policy to:

- Include contact information (telephone number, email address, box number) only for staff and for residents who explicitly approve of its publication.
- Include Zoom link information only for meetings/webinars available to the public (non-residents).



KaO and Your PHI

Kendal at Oberlin is committed to preserving the privacy and confidentiality of protected health information (PHI). State and federal laws and regulations require Kendal to implement policies and procedures to safeguard the privacy of PHI.

PHI encompasses any health information identifiable to a particular patient. Such information needs to be protected unless the patient has given permission for it to be shared. PHI includes identifying information such as name, Medicare and other account numbers, past or present diagnoses, medications, possible future diagnoses, treatment plans, hospitalizations, and admission to the Stephens Care Center.

Kendal trains staff to ensure their understanding of HIPAA (the Health Insurance Portability and Accountability Act of 1996) and related policies and procedures. *Continued on page 5*



Spring Fling! 2021 – Save the Date

Sat., May 1 - 7:15pm - KOTV

It will be a whirlwind of stories and music covering the world from places Kendal residents have visited.

Once again, during this time when we can't gather in person, we are preparing a video to enjoy in your homes (or in small groups). You will receive a small bag of goodies to snack on while you sit back and enjoy the show.

During the prior week, displays will be along the windows in Heiser Lounge for you to peruse. And, once again, Joe Colucci is preparing a quiz, this time a geographical one to test your knowledge of places far and near.

Be prepared for a Grand Tour!

Where to Find Contact Info

- **Kendal at Oberlin Directory**, printed and distributed each year in February.
- **Bulletin Board**, near photos of new residents. Add these corrections and additions to your printed directory.
- **Online Resident Directory**, in the resident database (kaores.net), click "Directory." Note: you must either be on the Resident WiFi network or be logged in to access this information.



Winter LifeLong Learning Classes at Kendal

These courses will be conducted via Zoom. You will be able to ask questions by using the Zoom chat function. Sign up to receive the invitation to join a class by contacting Rebecca Cardozo. There is no fee for the courses.

February 25 was a red-letter day, a day when social gatherings resumed within our own cottages and apartments at Kendal, as well as when some other Covid protocols were loosened. Like all other Covid decisions this past year, this loosening of restrictions was based on medical and scientific advice, health department and Ohio mandates, and input from residents and staff.

Many residents are thrilled to be able to have friends in their homes once again; others are very concerned that such social interactions are unsafe and may increase the risk of infection. As a community, we need to recognize the essential psychological benefits of increasing social contacts as well as the real safety fears of those who don't want Kendal to open up.

When two-household adoption bubbles were first implemented in May 2020, residents held similar opposite viewpoints; some were thrilled to ease their isolation and others feared spread of Covid. Because residents followed Kendal at Oberlin's careful protocols, these bubbles proved safe. So did the later expansion of the bubbles to six people. And now with nearly all residents and over 70% of staff vaccinated, we have formed a Kendal community bubble.

As we carefully transition to more social connections, we Kendalites will continue to follow best safety practices, being respectful of fellow residents' safety concerns.

I expect this expansion of much-needed social contacts within our own homes to be even safer than the previous expansions of bubbles due to our being vaccinated.

Thank you to everyone who has brought us to this most promising new normal.

~Mary Behm, KORA President 2021

Mountains and Water; Mon., March 15, 22, 29; 10:30am–12:00pm. Kevin Greenwood, Joan L. Danforth Curator of Asian Art at Allen Memorial Art Museum, will present a three-part lecture series on the history and development of Chinese landscape painting from its early origins through the 21st century. Although it's one of the world's great artistic traditions, it rarely represents specific places and is often not really about the land. The lectures will take a close look at some of the best-known works and major figures in the tradition, including important examples from the museum's collection.

Interpreting *Macbeth* Through Performance; Tues., April 13, 20, 27; 10:30am–12pm. Phyllis Gorfain, Oberlin College Professor Emerita of English, will lead three classes examining how multiple stage and film adaptations reinterpret this Shakespeare tragedy. Guided by the instructor's opening observations, participants will discuss how they see directors and actors freshly interpreting significant incidents. The collaborative discussion will celebrate how unique performance choices provide deeper understandings of this powerful play. Participants may want to be familiar with Shakespeare's *Macbeth*, either through reading or watching a performance. Information about viewing a film version of the play will be sent along with the registration confirmation.

The first session, "Defying Fate and Pursuing Ambition," will study performance choices to question the ways both Macbeths respond to the prophecies of the Weird Sisters.

The second, "Machismo and the Tragic Fear of Femininity," will explore how performance choices underscore the tragedy of gender when narrow notions of "manhood" and a fear of femininity lead characters away from generation and toward death.

The third, "Cancelling Conscience and Consequences," will trace the tragic arc of the Macbeths' attempts to cancel conscience and avert consequences. The course will then wind up examining how multiple productions promote or thwart a return to conscience in their differing conclusions.

**EXCHANGES WITH BARBARA THOMAS
THURSDAYS AT 4:00PM - ZOOM, KOTV, WSCC**

Suggestions and Concerns Committee Meeting Mon., March 8 - 2:00pm Crossroads Room

Only two residents at a time, wearing masks and observing social distancing, may meet with the committee.

~Marjorie Porter, Chair



Next KORA Council Meeting Thurs., March. 18 - 10:00am KOTV

Mark your calendar and be sure to join us for our monthly meeting!

Review of International Climate Policy

Mon., March 1 - 7:15pm
Zoom and KOTV

Dr. Jonathan Pershing, currently a member of John Kerry's climate policy team, will explain that this policy is important because the U.S. contributes only about 13% of total worldwide carbon emissions. He has been involved in international climate negotiations for the past 30 years, most recently as Special Envoy for Climate Change at the U.S. Department of State. He is also Jan Larsen's son-in-law.

Tennyson, Browning, and Sonorities of the English Language

Mon., March 29 - 7:15pm
Zoom and KOTV

Resident Bob Longworth, Professor Emeritus of English and former Oberlin College Dean, will read a poem by each of those Victorian poets and reflect on how in different but effective ways they drew on the strengths (and overcame weaknesses) of their native tongue in order to enrich and deepen the meanings of their poems.

Looking for Someone?

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

Play Readers: "Master Harold"...and the boys

Friday, March 26 - 7:15pm only - KOTV

"Master Harold"...and the boys dramatizes a near-tragedy during Apartheid in South Africa. Although Sam and Willie are twice his age, teenager Hally insists they address him as "Master Harold" to reduce the two black men to "boys." He thus betrays their years of support and love. As he revisits another even more vicious teenage act of his own, playwright Athol Fugard invests his big-hearted play with the power of a specific time and place that can extend to us. We realize that – anywhere, anytime – even children can commit cruelties, given unearned white privilege. "Master Harold"...and the boys is a compassionate classic concluding with the resilience of the "masterful" survivors, Sam and Willie. The play is directed by Phyllis Gorfain.

Celebrating a Legendary Civil Rights Lawyer:

Fred Gray
Mon., March 8 - 7:15pm
Zoom and KOTV

Fred Gray has represented Rosa Parks, Martin Luther King, the victims of the Tuskegee syphilis experiment, freedom riders, and sit-in demonstrators in a career that is now in its seventh decade. He played a major role in four landmark Supreme Court cases, and he helped to obtain the federal court order that allowed the Selma-Montgomery voting rights march to take place after Bloody Sunday. This program will introduce one of the nation's most important civil rights lawyers, who recently celebrated his 90th birthday.

Speaker (and Kendal resident) Jonathan Entin has taught and written about many of Mr. Gray's cases and is honored to count him as a close friend.

Meet Our Kendal Newcomers on KOTV

The Newcomers Committee brings you interviews with our newest residents via monthly programs on KOTV. Our next program is Wednesday, March 17, at 4:00 pm. Plan to take advantage of this opportunity to learn more about people you will want to get to know. Mark your calendar and watch for additional announcements about this program.

🎵 Music at Kendal 🎵

First Sunday Chamber Music Open Rehearsal
Sun., March 7 - 4:00–5:00pm
Heiser Lounge

Stop by and listen to this informal presentation by Kendal residents. It's a rehearsal for all to enjoy! Protocols limit the number of people in Heiser Lounge at any one time to 10, including the musicians, but passersby will be able to hear the music. If you do come into Heiser Lounge, don't stay too long!

Oberlin Orchestra Spring Schedule
OC Prof. Raphael Jimenez
Thurs., March 4 - 7:15pm
Zoom and KOTV

The first concert of the spring semester will be streamed live on Saturday evening, March 6. Professor Jimenez, the conductor of the Oberlin Orchestra, will preview the season. Here is an opportunity to hear how the orchestra is adjusting to meet Covid restrictions and what pieces will be played.

Czech and Russian Song
Mon., March 22 - 7:15pm
Zoom and KOTV

OC Associate Prof. of Collaborative Piano Thomas Bandy will explore the history and sounds of the two languages and use song and opera to explore the music of each culture, including compositions by Rachmaninov, Tchaikovsky, Smetana, and Dvořák.

Beethoven Piano Sonatas
OC Prof. Peter Takács
Thurs., March 25 - 7:15pm
Zoom and KOTV

Professor Takács, one of the country's leading authorities on Beethoven's piano music, will deliver a lecture on the sonatas, all of which he has recorded. He will illustrate his talk by playing excerpts from the sonatas.

Saturday Night Movies 7:15pm - KOTV

March 6 - The Hundred-Foot Journey (2014) The Kadam family leaves India for France where they open a restaurant directly across the road from the Michelin-starred eatery of Madame Mallory (Helen Mirren).

March 13 - Crash (2004) Los Angeles citizens with vastly separate lives collide in interweaving stories of race, loss, and redemption.

March 20 - The Butler (2013) As Cecil Gaines (Forest Whitaker) served eight presidents at the White House, his life and American society were affected by the civil rights movement, Vietnam, and other major events.

March 27 - Funny Girl (1968) Story of Fanny Brice (Barbra Streisand), her rise to fame as a Ziegfeld girl, subsequent career, and personal life, particularly her relationship to Nick Arnstein (Omar Sharif).

Sunday Movies 7:00pm - WSCC

March 7 - Leave Her to Heaven (1945) A writer (Cornel Wilde) marries a beautiful young socialite (Gene Tierney) whose obsessive love for him threatens to be his undoing.

March 14 - The Dressmaker (2016) Accused of murder as a child, a dressmaker (Kate Winslet) returns to her small Australian town to seek revenge on the locals who did her wrong.

March 21 - A Room with a View (2008) Masterpiece Theater version of the E. M. Forster novel about the impact of Italian sensuality and love of life on an impressionable English girl.

March 28 - One Touch of Venus (1955) A statue of Venus comes to life when Rodney places the engagement ring he bought for Molly on its finger. Then Venus banishes Molly to the North Pole and sets out to win the reluctant Rodney's love.



Art Gallery News

Marty Huehner's show of ceramic and bronze pieces, "**Visual Echoes of Nature,**" will continue on display until March 29 in the **Kendal Gallery.**

Rebecca Cardozo's photographs of wildlife from her travels to Antarctica, Africa, the Galapagos, and other exotic locations are mounted on the walls of the **Community Gallery.**

The exhibit in Stephens Care Center continues with art created in Kendal's own Art Studio by residents and photographs taken in and around Kendal by **Nancy Lombardi** and **Kathy Caldwell.**

The **Curio Cabinet** exhibits dolls that belong to Kendal residents. Ann Slosser has been a serious doll collector for most of her life, and all but a few

are hers. Don't miss the tiny little box with two standing infants she found at a vendor's stall in Russia. An interesting German sailor boy doll with ruddy cheeks belonged to Gerlind Koerner, a former resident whom many of you will remember. She got it as a child when she lived in Germany just prior to WWII. Another doll wearing a black dress, a regional national costume from Amager, a fishing village just south of Copenhagen, belonged to Nina Love's mother as did a small doll that her mother made c. 1910. Other dolls were collected by Pauline Handman in her travels to Germany, Austria, Denmark, Portugal, and Holland.

Thanks to generous new donations, additional art is gracing the walls of the Health and Wellness Clinic, bringing beauty and interest to residents and staff who have occasion to visit. Resident donations continue to enlarge and strengthen the Kendal collection. Thank you all.

Wednesday Themed Films 2:00pm - WSCC

March 3 - Dr. Seuss' The Cat in the Hat (2003) In this live-action film, the trouble-making Cat (Mike Myers) arrives at the home of two bored kids, turning their lives upside down.

March 10 - James and the Giant Peach (1996) Musical fantasy about an orphan who lives with his two cruel aunts and befriends anthropomorphic bugs who live inside a giant peach.

March 17 - 101 Dalmatians (1996) An evil fashion designer (Glenn Close) plots to steal Dalmatian puppies and make an extravagant fur coat, but instead creates an extravagant mess.

March 24 - Dumbo (2019) A family that works at a failing traveling circus encounters a baby elephant with extremely large ears who is capable of flying and becomes a hit at the circus.

March 31 - Alice in Wonderland (2010) - A 19-year-old Alice returns to the magical world of her childhood

adventure, where she learns of her true destiny: to end the Red Queen's reign of terror.

Thursday Movie Musicals 2:00pm - WSCC

March 4 - Mary Poppins (1964) In turn-of-the-century London, a magical nanny (Julie Andrews) employs music and adventure to help two neglected children become closer to their father.

March 11 - Stowaway (1936) An orphan (Shirley Temple) plays cupid to an American playboy (Robert Young) and someone else's fiancé (Alice Faye).

March 18 - The Greatest Showman (2017) P.T. Barnum (Hugh Jackman) creates the Barnum & Bailey circus in the 1800s, introducing extraordinary, never-before-seen live acts.

March 25 - The King and I (1956) A young Victorian widow (Deborah Kerr) goes to Siam to teach the children of the king (Yul Brynner). Music by Rodgers and Hammerstein.

Notes From the Program Committee

February brought a wide variety of programs to KOTV and Zoom including a look at the Trump-Biden transition, a program by Conservatory Dean Bill Quillen, and a Life Long Learning series on French comedy in film.

The February 23 program by Sherrie Tolliver on Mary Church Terrell, a Black activist with ties to Oberlin, prompted the committee to ask the question, “Why are programs around diversity limited to February?”

We should be thinking about diversity throughout the year. We hope that you will watch the March 8 program about Fred Gray, a key figure in the civil rights movement. In addition, please give us your ideas for programs that reflect diversity here in Oberlin and beyond.

And these reminders:

- Please make sure that Carol Harvey has your email address so that she can send you links and access information for our Kendal programs.
- Look for DVDs of our programs in the Kendal library (bottom shelf, right side of the DVD section).
- If you appreciate a program, please send along your thanks or comments to the presenter or program sponsor.

~Shirley Taylor, Chair,
Program Committee

St. Patrick's Day Movie March 17 - 5:00pm - WSCC

Finian's Rainbow (1968) An Irishman (Fred Astaire) and his daughter (Petula Clark) steal a leprechaun's magic pot of gold and then emigrate to the United States.



The Kendal cable channels are:

- **WKAO: 919, 19-1, OR 95-100**
- **KOTV: 920, 19-2, OR 95-101**
- **WSCC: 921, 20-1, OR 96-100**



Event Links

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

Swapping Our Stories Wed., March 3

4:00–5:15pm - Zoom

As Stephens Care Center and Independent Living residents tell and hear each other's personal narratives, we recognize ourselves in our shared experiences. Starting with prompts suggested by facilitator Phyllis Gorfain, participants may also introduce new topics.

Opening prompt: “best advice I ever received” and “best surprise I ever gave (or was given).”

Spring is Coming to Kendal March 15 - 7:15 - KOTV

Enjoy a program of pictures of flowers, trees, and critters that you can expect to see here at Kendal at Oberlin through the spring. Pictures are by our own Kendal photographers.



Remember! Wear your face mask and your name tag so newcomers and old-timers alike know who you are!

KaO and Your PHI

(Continued from page 1)

In practice, this means that Kendal at Oberlin staff members will honor the Resident's Right to Privacy. Unless a resident has given KaO permission to share a hospital admission, a Stephens Care Center admission or any other identifying PHI, staff members will not share it. Kendal at Oberlin is authorized to share information with other health entities when necessary for care and treatment, but only information that is necessary for that care and treatment. Residents may request that their information be shared with other entities by completing the necessary authorization forms.

KaO is a caring community – we look after one another, residents and staff alike. Residents will ask staff members out of concern about a neighbor or a friend when they notice an ambulance pull away or if they have heard that their friend may be in the Stephens Care Center. Staff members will not be able to answer such a question unless that resident has given permission for that information to be shared. Staff members are not trying to be vague; they are simply honoring the privacy of the resident.

It is important for all of us to honor such privacy. Any resident can share anything of their own PHI with others, but staff will not share without authorization. As a community, we respect one another's dignity by not spreading hearsay. **If you have questions about HIPAA, contact Stacy Terrell.**

Tuesday Teatime Tales: A Question of Quilts

Tuesday, March 16 - 4:30pm - KOTV

Maxine Houck will present a 1973 poem by Chicana writer Teresa Palomo Acosta entitled *My Mother Pieced Quilts* and a 1975 Alice Walker short story called *Everyday Use*. Although both respect the artistry of quilt making, they are really asking us to probe family relationships, impoverished environments, and the assumptions and joys that we create from both.



How to Protect Yourself from Scams

- **Don't answer calls from unknown numbers.** If you receive a call from a number you haven't saved to your contacts, or if your caller ID says "unknown," don't pick up the phone. Also, be aware that scammers can dupe caller ID and mask their true phone number. A legitimate caller or contact will generally leave you a voicemail and request you return their call. And most family and friends will text you if they know they are calling your cell phone.
- **When in doubt, hang up.** If you do answer a call from an unsolicited caller and are greeted by a robocall or even a person who claims to be with a government agency, just hang up. Don't press any buttons, don't engage in conversation, and don't ask to be removed from the calling list.
- **Know how government agencies work.** Government agencies don't call consumers unsolicited. Instead, they send letters if they need to contact you. And remember: the new Medicare cards are being provided free of charge!
- **If you receive a particularly convincing call** from someone claiming to be a Social Security Administration employee, hang up and call their toll-free number at 1-800-772-1213 to verify the issue. Likewise, you can call 1-800-MEDICARE to verify Medicare issues.
- **If you have received a call from a government agency impersonator,** help others avoid falling victim and report the details of the call to BBB.org/ScamTracker.



- **If you have been the victim of identity theft,** go to IdentityTheft.gov for more information and a personalized recovery plan.

BE ALERT! Phony Amazon Callers Are Phishing for Your Information!

The current pandemic has many people shopping online and ordering from Amazon. Naturally, scammers are finding ways to cash in. Better Business Bureau is receiving reports that con artists are posing as Amazon employees, calling people and claiming to need information about an account or saying something is wrong with an order.

BBB warns to be on the lookout for suspicious calls and emails, because in some cases, the call appears to come from BBB.

How this Scam Works: The phone rings and when answered, it is a recorded message claiming to be from Amazon stating there is a problem with your Amazon account. The messages range from a fraudulent charge on your Prime card to a lost or damaged package to an unfulfilled order for an iPhone. But no matter what the recording says, these scammers have the same goal: getting your personal information. The con artists will either outright ask for credit card and account login details. Or they will request remote access to your computer under the guise of "helping" to solve the issue.

The Federal Trade Commission published examples of these scam calls. There is a confusing twist on this scam. The con artists are spoofing other organizations' phone numbers to help disguise their calls and lend them credibility—including BBB's number! That means they probably are using other phone numbers, too, so watch out.

How to Deal with this Scam:

- **Be skeptical of email and unsolicited calls.** Some departments at Amazon may call customers, but Amazon will never ask you to disclose or verify sensitive personal information or offer you a refund you do not expect. Amazon will never ask you to make a payment outside their website

and will never ask you for remote access to your device.

- **Ignore unsolicited messages that ask for personal information.** Amazon will never send you an unsolicited message that asks you to provide sensitive personal information, such as your tax ID, bank account number, or credit card data.
- **Ignore calls for immediate action.** Scammers try to get you to act before you think by creating a sense of urgency. Don't fall for it!
- **Beware of requests to pay via wire transfer, prepaid debit card, or CashApp** (such as MoneyPak, iTunes, or similar cards). These are almost always a sign of fraud.
- **Report it to Amazon.** Any customer who receives a questionable email or call from a person impersonating an Amazon employee should report it to Amazon customer service. Amazon investigates these complaints and will take action, if warranted.

Friends, this foregoing information is from the Better Business Bureau (www.bbb.org). I urge everyone to access this website regularly to be kept aware of the latest scams so when they happen to you—and chances are they will or already have—you will know what to do!

Repeating: If you get a strange, unfamiliar email, DELETE IT. If you answer a call that turns out to be a robocall or unknown person saying you owe money or are going to be arrested, HANG UP.

There are hundreds of scammers making money by tricking unsuspecting people of all ages to give up their personal data – bank account, credit card, Social Security number, birth date, etc. Connecting with scammers online will just give them the opportunity to fill your computer with malware and gain access to your personal information. Scam callers want to keep you talking on the phone. If you hang up (unfortunately it may happen more than once as they are persistent) repeatedly, they will stop and just call someone else.

~Toni Merleno, Director of HR & Operational Services/Risk Manager

Transportation Talk

A new Kendal bus will make its debut on Wednesday, March 17, in the Heiser Circle! Residents are invited to tour the bus from 10:00am to 12:00pm.

Manufactured by American Bus and Accessories, Inc., the vehicle is white like our other vehicles. It has a capacity for 16 passengers, with room for two wheelchair riders, for a total of 18.

Primary usage of the bus will be for Kendal trips to medical appointments, concerts, and so on. The bus will also be used in collaboration with Lorain County Mobility Management, which is a part of United Way. Kendal will collaborate with its goal of increasing transportation options for seniors 65 and older, low-income people, and those with disabilities.

This bus is unique in that its floor sits low so there are no steps! Passengers will enter the bus in the front by a ramp which is nearly flat so there is no steep incline at all. Safety features include a rearview and side camera that is always on while driving.

Please contact Kendal Transportation Coordinator Ed Harder if you have questions about bus use.

Be a Big Brother or Big Sister via ZOOM! Check the volunteer bulletin board for more information; or call Anne Elder. Training provided!

KENDAL RESALE SHOP

Benefitting Kendal Residents Assistance Fund (RAF) and Community Charities

SHOP!

Wed.–Sat., 11:00am-5:00pm
(closed Sun.–Tues.)

DONATE!

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

Given to RAF in Jan. 2021:

Total contribution: \$1,280.



Library Notes

Thanks to grants from KORA's unused 2020 funds, the library has been able to acquire some new furniture and equipment that we hope will improve service. We appreciate the wisdom of the KORA Council and especially Randy Wagner in seeing an opportunity to help the work of committees with the unspent funds from the pandemic year. Some of the results are now on view at the library.

A returns box is now outside the door, where returned Kendal library materials can be conveniently dropped through a slot. It is a benefit to borrowers in being more visible (newcomers often didn't know where to return books) and more accessible to rollator and wheelchair users. It also provides security for returns until their records can be cleared, which we hope will alleviate the problem of overdue notices to residents who are sure they returned the books.

Also available, with a final location being considered, is a set of two nested tables that will provide more room for the special displays popular with library users. We started the displays by improvising with a small, old, ugly typewriter table disguised under a piece of felt. The new tables are more attractive and



Kendal resident Michi Morgan demonstrates leaving DVDs in the new returns box outside the library door. Photo by Robin Laurén

will give us a larger and more flexible display space.

Yet to be spent is money for a new computer, which requires considerable thought about what we need and, more fundamentally, what is the purpose of the computer in our library.

KORA also gave a grant to the LGBTQ group to acquire books for the library. Except for newspapers, we rely entirely on donations for the collection, so we hope the LGBTQ group's interest in the library will be an inspiration to others.

~Mary Clare Beck

Kendal Kryptogram #192 - by Nina Love

KED THANK BOW MT NUAHRY HN MRD KEHRY,

ORB KED THANK NUAHRY BOW HN ORMKEDA.

~EDRAW FOR BWCD

Solution to Kryptogram #191: "It's easier to fool people than to convince people that they have been fooled."
~Mark Twain



12/22/20
to 2/5/21


Nature Sightings

12/22, three Juncos, Betty's Woods, Carol Conti-Entin; 1/2, Rough-Legged Hawk, tree near lot #8, Anne Martin; 1/3, more than 1,500 Ring-Billed Gulls, New Russia Township pond, Anne M.; 1/4, pair of Eastern Bluebirds, behind #138, Judy Cook; 1/5, Sawhet Owl, calling at night in tree near #202, Lee Hefner; 1/10, White Squirrel, behind #138, Judy C.; 1/10, Red-Winged Blackbird, feeder at #30, Kathy Caldwell; 1/15, three Red-Shouldered Hawks, Lot 2, Maureen Bailey (hskp); 1/20, Robin, Buttonbush Bridge, Joe Luciano; 1/22, Sharp-Shinned Hawk, entrance to Stephens Care Center, Betsy Baumbach; 1/22, two Bluebirds, feeders behind #85, Barb Benjamin; 1/24, Goldfinches, tree and feeder near #151, Betsy and Larry Mirel; 1/27, 30+ American Robins, woods south of pool, Anne M.; 1/27, two Pileated Woodpeckers, woods by entrance, Anne M.; 2/5, Bald Eagle, adult with lunch in mouth, Rachel Duncan.

Dementia Friendly Discussion Group

Fri., Mar. 26 - 10:00am - Zoom

Focus is on cognitive changes and how to create an environment at KaO that supports the sense of well-being for all residents. Contact Carol Bojanowski for a link to the meetings which occur on fourth Fridays.



I can be so forgetful! Last week I missed an interesting program. I even wrote it down, but then forgot to check the calendar. Luckily I have a friend who offered to remind me, so I won't miss the next one.

STAY CONNECTED

Climate Query



Doesn't renewable energy fail in winter weather? Wind turbines only fail in cold weather if they haven't been built "winter-ready." Solar panels love subzero temperatures and work even on cloudy days. Snow usually slides off them. You can support the GREEN (Growing Renewable Energy and Efficiency Now) Act now in Congress. Write or call Sen. Rob Portman (202-224-3353) and Sen. Sherrod Brown (202-224-2315).
~John Elder

Weekdays at 5 Continues

Plan to drop in and visit with friends for 45 min. regularly or occasionally – for your mental health, or just for fun! The moderator for each day is listed below, followed by the Zoom host.

Monday: Priscilla Steinberg, Kari Inglis

Tuesday: Nancy Garver, Ann Fuller

Wednesday: Emma Mason, Christina Graf

No Thursday (owing to the Exchange)

Friday: Kathy Caldwell, Tom Konkoly

Contact Christina Graf for the Zoom link, or find it on WKAO.



2020 Tax Information for Kendal Residents

In his November Zoom talk on "2020 Taxes and Changes," Vance DeBouter, local CPA and a community member of KaO's Finance Committee, presented updated information about federal, state, school, and local taxes as they apply to Kendal residents.

If you would like to review this information, contact Tom Konkoly to borrow a thumb drive of the talk to use on your computer.

**For the Vision-Impaired:
Low-Vision Support Group
Now on Hiatus**



Tuesday at 2 Continues

Mar. 2, 9, 16, 23, 30 - Crossroads

Sign up on the blue sheets on the clipboard by the open mailboxes.

~Anne Palmer

2021 KaO Directory

If you need a second copy of the 2021 KaO telephone directory, place \$2.00 in an envelope with your name on it in Box #8 and one will be delivered to your open mailbox.

Corrections for any listings in the 2021 KaO telephone directory can be found on the administration bulletin board. Please notify the Heiser Desk receptionist of any additional changes that need to be made. ~Nina Love

From Supporting Friends: Help Us All Converse More Effectively



Masks and social distancing muffle speech. It would help everyone, especially our hearing-impaired residents, if you face them, speak slowly, lower your pitch, and enunciate.

Masks for the New Normal



Get New – From box at Heiser Reception Desk.

Customize – Call Joyce Parker for alterations appointment.

Recycle – Leave misfits and repairs in box at Reception Desk.

**From The John Bartram Arboretum:
Kentucky Coffeetree
(*Gymnocladus dioicus*)**

The Kentucky Coffeetree was an uncommon species in the urban setting until educational institutions gave it more attention. One problem is that its taproots make it difficult to transplant in the typical way we move plants grown in nurseries. Yet the coffeetree is considered a wonderful tall shade and ornamental tree. It provides shade only for the hot months because it leafs out late in the spring and sheds its leaves early in the fall.

Its Greek genus name *Gymnocladus* means naked branch. So for half of the year you can see the birds coming in to perch and enjoy the landscape beyond. In his *Encyclopedia of Trees and Shrubs*, tree expert Michael Dirr says of the coffeetree “to know her is to love her. Among my top Noble Trees. A wonderful native species that tolerates the worst stresses nature and humanity can impose.” You will find his book on our display table.

Dioicus in its name refers to having separate male and female plants. The Kendal at Oberlin John Bartram Arboretum has one female. Male coffeetrees



Pods Through the Seasons.

Photos by Lyn Cope

over the hill in New Russia Township Park provide fertilization. In the fall the ripening pods contrast beautifully with the yellow leaves.

Native trees can grow 60–75 feet high and 50 feet wide in zones 3–8. They are adaptable to a variety of soils and can tolerate drought and draining wet soil that may be alkaline or acidic, clay or sandy. It does best in full sun.

The Kentucky coffeetree is pest- and disease-free. The wood needs to be dried carefully, but is strong, heavy, and highly valued for use in general construction and cabinet work.

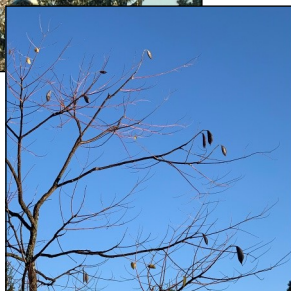
The flowers of the female have a rose-like fragrance. They yield pods 5–10 inches long with seeds in a pulp that is toxic to some animals. This is neutralized in the full drying of the seed or roasting process. Many people prefer to

obtain a male tree and not have to deal with the pods.

The coffeetree has become rare in the wild. Now-extinct Ice-Age mammals which used to eat and carry the seeds to new locations can no longer assist in its spread. The Kentucky coffeetree can reproduce by shoots sprouting from the roots, thus forming clonal colonies. In an urban setting this often is not desired and can be controlled by clipping or mowing off the new sprouts, as we do around the tree in our arboretum.

Enjoy the beautiful pictures of this unique tree taken in all seasons in our arboretum. And encourage the planting of this uncommon species and its new cultivars. For more information go to: www.plants.usda.gov.

~ Anne Helm for the Arboretum Committee



Birds in winter or pods in fall?



Summer foliage.



Fall foliage.

Volunteering at KaO During a Pandemic Year

Over 200 residents returned their 2020 forms, a good return. Many who apologized for being unable to volunteer listed their reasons: getting too old, I care for my wife, etc. Kendal residents are indeed plugged into the philosophy of volunteering!

Our records show residents responded in the suggested areas: church, school, meals, medical, organizations, government, OC/LCCC, as well as KORA and KaO. This year we included the pandemic as a separate area. We added miscellaneous as a catchall.

Some residents described services very explicitly "I read for _ hours to SCC resident _;" others merely guestimated the block of time spent planning, organizing, and leading a KORA committee or preparing and presenting a program for KORA, a church, or an organization. A wealth of diversity for us to categorize!

Barbara Thomas has explained several times how these donations of time and talent represent monetary values that uphold our nonprofit status.

Residents volunteered some 6,265 hours to assist and provide for Kendal needs during the pandemic: organizing grocery orders for us, delivering packages daily, sanitizing visiting areas (outside or inside), organizing gatherings for residents to socialize safely. These were merely some of the services volunteered to make this a memorable KaO year!

Records show that most hours were volunteered to KORA: 19,658 hours. Next were hours donated to KaO: 6,524. Then organizations: 5,272; church: 2,587; misc.: 2,208; Oberlin College/LCCC: 1,748; government: 1,176; schools: 414; meals: 94.

This is indeed an amazing picture of KaO residents at their best.

~Volunteer Clearinghouse Committee:

Barbara Bruer, Anne Elder, Nancy Garver, Anne Martin, Anne Palmer, Nancy Snyder, Grace Tompos, Andy Unger.

Saturday Walks

Come explore walking areas off the KaO campus. The walks are leisurely, about 2–3 miles, and generally scenic. We meet outside the Heiser main entrance every Saturday at 9:30am (weather permitting). Remember to display in your car the new pink card that identifies you as a Kendal resident.

Questions? Contact Phil Pritchett.

Table Tennis in March

Although the successful efforts to keep Kendal free of COVID-19 limit table tennis play, on Saturdays and Sundays we continue to have a table available in Heiser Auditorium. Sign up for a slot at the reception desk. Precautionary measures apply!

One table continues to be set up for play in the Stephens Care Center.

~Sidney Rosenfeld

UU Gathering: Friday After-Lunch Check-In With Rev. Mary Fridays, Mar. 5, 12, 19, 26 12:30–1:30pm - Zoom

Gather. Reflect. Share.

In this time of turbulence, faith in democracy and the common good is needed. Check in on Fridays with Oberlin Unitarian Universalist Fellowship's minister Mary Grigolia to share:

- What's touching you in current affairs?
- What's happening in your family and friendships?
- How are you personally?

Use Zoom login:

<https://zoom.us/j/3574352466>
Or <https://zoom.us/j/3574352466>

Church Services on WSCC

First Church in Oberlin UCC
Sundays, 10:00am

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

UU Kendal Gathering Blind-Sided by the Right? Wed., Mar. 17 - 4:00pm - Zoom

Rev. Mary Grigolia, minister with the Oberlin Unitarian Universalist Fellowship, shares insights on roots of contemporary right-wing extremism from Heather Cox Richardson, professor of American History at Boston College. Followed by discussion.

All are welcome. Use Zoom login:

<https://zoom.us/j/3574352466>
Or <https://zoom.us/j/3574352466>

IN MEMORIAM

PAUL SCHWAEGERLE
JANUARY 29, 2021

F. SCOTT ORCUTT
FEBRUARY 2, 2021

FRANCES "BETTY" DEWITT
FEBRUARY 9, 2021

GERRY BLOMGREN
FEBRUARY 22, 2021

The **Kendalight**

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

Managing Editor: Elizabeth Aldrich
Associate Editor: Suzanne McDougal
Proofreaders: Kathy Reichard, Mary Simons

Photos: Sally Nelson-Olin, Gary Olin

- Deadline for the April 2021 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 Matters

In addition to maintaining meal preparation, packaging, and delivery through the winter months, the dining staff will run the Fox and Fell when it eventually opens. We must also do our part when we start communal dining by adhering to safety protocols and health department regulations. Although we have been vaccinated, we must continue to wear masks and to practice social distancing in all public places on campus.

Dining will be a partial exception to those rules. We will not need to wear masks while eating and we will not be socially distanced from others at our table – but that is the extent of the dining exceptions.

The Health Department has approved our plans for opening the Fox and Fell as we follow state health protocols for serving up to 40 residents at a time with appropriate spacing of tables. There will be a mix of tables for seating one, two, and four, and perhaps a table for six. Persons seated at each table will be a minimum of six feet from residents at other tables and will not be able to table-hop to have conversations at other tables.

Lining up at the Fox and Fell doors is a thing of the past. Reservations will be required. Those who have opted in for weekly meals will have priority as the staff monitors reservations for fair, equitable frequency of usage.

Once you have secured your reservation, please arrive at the Fox and Fell at your designated time to minimize the number of persons waiting in the lounge. We must continue to wear masks, practice physical distancing, and limit the number of people in Heiser Lounge to ten or fewer at all times – including before meals. Arriving promptly will also allow our limited waitstaff to provide better service.

Rather than lining up at a buffet, you will be served by masked waitstaff who will take your order while you are still asked. Please be patient since the waitstaff will be learning new skills and



It's National Nutrition Month

Every March I look forward to the new annual National Nutrition Month slogan. This year's theme, Personalize Your Plate, promotes creating nutritious meals to meet individuals' cultural and personal food preferences. Creating a nutritious meal is not a one-size-fits-all plan. America is a melting pot. We come from a variety of different cultures, socioeconomic backgrounds, and religions. In other words, we all have different tastes and, lucky for us, our supermarkets are stocked with a diverse selection of food products to meet our individual needs.

In addition to culture, our individual dietary needs may play a big role in creating our plates. As most of us know, as our ages increase so do our health issues. Our food choices may be dictated by our health concerns. It is my role as a dietitian to help develop individualized eating and activity plans to meet people's health goals while keeping their food preferences in mind. This can be a real challenge!

Although it is true that one size doesn't fit all, there are some common, good-sense tips to consider when building a healthy plate. It does not have to be complicated. Before you start filling your plate, think about what you are going to put on it.

The Academy of Nutrition and Dietetics recommends that you:

Make half your plate fruits and vegetables. Include dark-green, red, and orange vegetables to maximize the nutritional benefits.

Make a quarter of your plate whole grains. Choose breads, cereals, crackers, and noodles made with 100% whole grains. Brown rice, bulgur, millet, amaranth, and oats count as whole grains, too. Look for cereal fortified with B12 and ones with a high-fiber content.

Make the last quarter of your plate your protein. Eat a variety of foods from the protein group each week including seafood, nuts, beans, peas, and lentils, as well as lean meat, poultry, and eggs.

Switch to fat-free or low-fat milk, yogurt, and cheeses. Older adults need more calcium and vitamin D to keep bones healthy. Include three servings of these daily. There are many lactose-free options for calcium-fortified beverages.

Stay well hydrated. This is huge! Hydration can play a big role in our daily function and cognition, as well as affect our energy levels.

Enjoy your food but be mindful of portion sizes. Most older adults need fewer calories than younger folk. Avoid oversized portions. Try using smaller plates, bowls, and glasses.

Be physically active your way. Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active.

~Sue Campbell, RD, LD, KaO Community Nutritionist

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

technology as they take your order. The dining staff are working on menus, food preparation ideas, and service plans to make your dining experience in the Fox and Fell exceptional; they will do their best to accommodate your preferences. If you have missed visiting restaurants this past year, the

Fox and Fell will introduce you to the safety-conscious restaurant experience that is now required across the state.

Please contact any member of the Dining Matters Committee with your ideas and concerns. We welcome all suggestions as we navigate our route to dining together again.

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|---|--|---|---|---|
| <p><u>First Church Service</u> 10:00am WSCC</p> <p><u>RC Mass</u> 11:15am WSCC</p> <p><u>Film (see page 4)</u> 7:00pm WSCC</p> | <p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Centering Program</u> 11:00am WSCC</p> <p><u>Match Game TV Show</u> 3:00pm WSCC</p> <p><u>Documentary</u> 7:00pm WSCC</p> | <p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Grief Support</u> 10:30am Whit./Zoom</p> <p><u>Violin by Shannon</u> 10:30pm Zoom/WSCC</p> <p><u>Tuesday at 2</u> 2:00pm Crossroads</p> <p><u>News Currents</u> 3:00pm WSCC</p> <p><u>Downton Abbey</u> 7:00pm WSCC</p> | <p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Themed Film (see p. 4)</u> 2:00pm WSCC</p> <p><u>SCC Council</u> 4:00pm WSCC 3/10 & 3/24</p> <p><u>Song Swap</u> 7:00pm Zoom/KOTV</p> | <p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Yoga/Meditation</u> 1:30pm WSCC</p> <p><u>Musical Film (see p. 4)</u> 2:00pm WSCC</p> <p><u>Exchange with BT</u> 4:00pm Zoom/KOTV/ WSCC</p> <p><u>Great Courses</u> 7:00pm WSCC</p> | <p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Check-In - Rev. Mary</u> 12:30pm Zoom</p> <p><u>Travel Video</u> 3:00pm WSCC</p> | <p><u>Saturday Walk</u> 9:30am Heiser</p> <p><u>Violin by Shannon</u> 10:30pm Zoom/WSCC</p> <p><u>Film (see page 4)</u> 7:15pm KOTV</p> |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | <p>WEEKDAYS Weekdays at 5 5:00pm Zoom</p> <p><u>Review of International Climate Policy</u> 7:15pm Zoom/KOTV</p> | | <p><u>Swapping Our Stories</u> 4:00pm Zoom</p> | <p><u>Oberlin Orchestra Spring Schedule</u> Raphael Jimenez 7:15pm Zoom/KOTV</p> | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | <p><u>Suggestions & Concerns</u> 2:00pm Crossroads</p> <p><u>Celebrating Fred Gray</u> 7:15pm Zoom/KOTV</p> | | | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | <p><u>Spring is Coming to Kendal</u> 7:15pm KOTV</p> | <p><u>Tuesday Teatime Tales: A Question of Quilts</u> 4:30pm KOTV</p> | <p>Welcome Our  Kendal Newcomers 4:00pm KOTV</p> <p><u>UU Kendal Gathering Blind-Sided by the Right?</u> 4:00pm Zoom</p> <p><u>St. Pat's Day Movie Finian's Rainbow</u> 5:00pm WSCC</p> | <p><u>KORA Council</u> 10:00am KOTV</p> | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | <p><u>Czech and Russian Art Song</u> Thomas Bandy 7:15pm Zoom/KOTV</p> | | | <p><u>Beethoven Piano Sonatas</u> Peter Takács 7:15pm Zoom/KOTV</p> | <p><u>Dementia Friendly Discussion Group</u> 10:00am Zoom</p> <p><u>Play Readers: "Master Harold" ...and the boys</u> 7:15pm KOTV</p> | |
| 28 | 29 | 30 | 31 | <p>March 2021</p> <p>Zoom: See <i>kaores.net</i> and click "Calendar" for link.</p> <p>KOTV: Cable 920, 19-2, or 95-101</p> <p>WSCC: Cable 921, 20-1, or 96-100</p> | | |
| | <p><u>Tennyson, Browning, and Sonorities of the English Language</u> 7:15pm Zoom/KOTV</p> | | | | | |