

# The Kendalight

Kendal at Oberlin Residents Association

March 2022

Volume XXIX, Number 3

## It's Reaccreditation Time for Kendal!

As part of our community's preparation to be reaccredited in 2022 as a Continuing Care Retirement Community and a Person-Centered Long Term Care Organization, Kendal staff will offer snippets of information at every Afternoon Exchange as well as monthly articles in *The Kendalight* and *Ripples*.

When the accreditation team comes to Kendal in early fall, it will want to know if our community is well informed about the accreditation process. Why does Kendal continually look to assess itself through the CARF standards? Earning reaccreditation every five years is like earning the Good Housekeeping Seal of Approval as a senior living provider. Some of our own residents say it played a part in their decision to move to Kendal. It raised their confidence to have an outside party assess conformance with standards set for life-plan communities.

The success of our bid for accreditation depends on our efforts in two important fields: identifying areas where we can improve to better meet the standards, and striving for best practices that qualify us to be reaccredited. Dale Preston will be taking a special role in helping to coordinate collection of necessary documentation, working closely with Barbara Thomas, who has been a surveyor for accredited organizations for 30 years. Ann O'Malley brings her own depth of experience, surveying for close to 15 years. The accreditation team will speak to representatives of the staff, board of directors, residents, and other stakeholders, such as volunteers or family members. The surveyors will be involved with those who are the most knowledgeable about Kendal's practices as they relate to such standards as Leadership, Governance, Strategic Planning, Input from Persons Served, Legal Requirements, Accessibility, and more.



~Barbara Thomas

## From Barbara Thomas: More Core Value Behaviors

Here is another example of the core values that are a part of every staff person's job description.

**Planning and Organizing:** In a business the size of Kendal, planning and organizing is at the core of success and impacts every staff member.

Our experiences – mostly good, but not always – lead to opportunities for improvement. Opportunities to be more effective and efficient will always be under our lens. Our best planning and organizing (also the most challenging) occurs when departments are called on to integrate their planning across departments.

Since January, staff from all departments have been asked to consider working extra four-hour shifts in the Stephens Care Center, doing nonclinical care tasks where they were most needed to support short-staffed clinical teams.

Staff really stepped up. Two months later they are still showing their caring willingness to volunteer. I can assure you that working through the right tasks and frequency has taken time and did not necessarily gel at the start.

With feedback from the staff volunteers, department team members, and even residents, things have gotten better and more helpful. We have experimented with new feedback loops. Our best learning often comes from the mistakes we experience which improve our planning and organizing. Together, we are stronger!

~Barbara Thomas



## Spring Fling! Let's Dance!

April 30 - AUD\* and KOTV



Never has a *Spring Fling!* encompassed such a lively array of recorders, singers, string players, readers, and dancers as this season's show. The theme "Let's Dance" offers opportunities for five different Kendal dance groups to tap or swing, shuffle or "rollate." Even the choir will dance, and the audience will be invited to join a sit-down dance.

Many of the larger groups of dancers as well as several soloists will be video taped and projected on the Heiser screen. Other acts will be presented live.

A delightful selection of poems about dance, songs about dance, Jara's wonderful bells, clarinets, our Kendal string players, music featuring our new-to-us piano: all will be choreographed into a *Spring Fling!* like no other.

Save the date and Let's Dance!

~Carol Harvey, Chair

Special Events Planning Committee

\* For links and last-minute changes in location, transportation, and restrictions, see WKAO and the KORA Calendar.



Kendal at Oberlin Residents Association

Recent articles have talked about how we can cope emotionally and move forward in this time of chronic Covid, avoiding Covid fatigue. Jane E. Brody wrote in the *New York Times*, "One way is to call upon an age-old characteristic that enables us to weather adversity: resilience... To move forward, roll with the punches." She quoted Dr. Pauline Boss, who said, "When resilient people are confronted with a crisis that takes away their ability to control their lives, they find something they can control."

Many people baked bread or rediscovered art projects. We Kendalites did those, too, but we also found ways to continue playing music, presenting programs, helping each other, meeting with friends, welcoming new residents, and Zooming. January's Opportunity Fair spotlighted the wealth of activities which have been happening and are planned. Such fun new activities – Fun Fitness Movement with Munchies, a new bell choir, Make It a Twosome to revitalize social connections, Kintroverts for those who crave only small doses of social connection, a creative masquerade. Something for everyone, as we individually decide which activities pose an acceptable risk.

I so appreciate Kendal residents and staff continuing to pivot, be resilient, and innovate to create a vibrant and welcoming community.

~Mary Behm, KORA President 2022

**COFFEE HOUR WITH  
BARBARA THOMAS  
FRIDAY, MARCH 11  
9:30AM - FOX & FELL\*,  
ZOOM, KOTV**

**AFTERNOON EXCHANGE  
BARBARA THOMAS  
THURSDAY, MARCH 31  
4:00PM - AUD,\* KOTV**

## Winter LifeLong Learning Classes at Kendal

These courses will be conducted via Zoom. Sign up to receive the invitation to join a class by contacting Kari Inglis.

**Ancient Magic; March 9 and 16, 10:30am–12:00pm** Dr. Drew Wilburn, Professor of Classics at Oberlin College with an emphasis on archeology, presents two classes: *Curse Magic* and *Erotic Magic*.

Long before Harry Potter, Greeks and Romans brewed potions, cursed their enemies using lead sheets, and protected themselves with amulets made of gems, gold, or even wolf teeth. These two classes explore ancient belief in the unseen world, delving into magical spells and objects as well as the esoteric traditions of the ancient Mediterranean in relation to curses and love.

This course is an excellent introduction to Oberlin College's Martin Lecture Series, *Magical Thinking in the Ancient World*, coming in May and given by Esther Eidenow, Professor of Ancient History at the University of Bristol.

**pHotometry, pHarmacy, pHysiology: How Acidity Affects our World; April 12, 19, and 26, 10:30am–12:00pm** Dr. Rob Thompson, Oberlin College Professor of Chemistry, presents a three-session course explaining how we are affected by acidity.

**First Session:** pH is related to the concentration of protons in an aqueous solution and is related to acidity and basicity. Many natural pigments, such as those in flowers, change color with pH, and these changes can be monitored by photometry.

**Second Session:** The proton is transferred in an acid-base reaction in water, creating a conjugate base from the original acid. These two forms – acid and conjugate base – of the same compound have strikingly different properties. Knowing about the differences between them allows us to control the pH to produce mostly acid or mostly conjugate base.

**Third Session:** The human body regulates pH, mostly through its bicarbonate buffer system. What are buffers and how do they work to maintain a constant pH? What happens in human physiology when the pH strays from its optimum? Ever hear of ketoacidosis? We'll explain.

---

## Fun Fitness: Water Classes – Try It, You'll Like It!

**Come and Observe (8:30am - Pool):**

**Aerobics: Tues. & Thurs.; Walking: Mon. & Wed.**

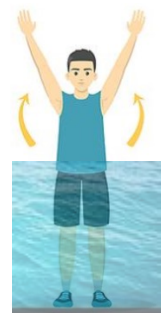
**Try It (8:30am - Pool):**

**Aerobics: Thurs., March 17, 24, 31**

**Walking: Wed., March 16, 23, 30**

Water exercise classes are taught by resident Sara Millman, who has several decades of experience teaching water exercise. Water exercise is a way to challenge the cardiovascular and musculoskeletal systems without the impact experienced on land.

The two classes offered are Water Aerobics (more vigorous) and Water Walking/ Arthritis (gentler, with focus on joint mobility). Both classes use music to enhance rhythmic movement. Questions? Email Sara Millman.



**Next KORA Council Meeting**

**Thurs., March 17 - 10:00am - AUD\* and KOTV**

**First Thursday Health Lectures  
Problems of the Foot  
and Ankle**  
Thurs., Mar. 3 - 7:15pm  
AUD\* and KOTV

Join us in the auditorium to hear from Kendal's attending podiatrists.

- Dr. Amanda Meszaros: Common Foot and Ankle Complaints
- Dr. Kimberly Nichelson: Peripheral Vascular Disease

**Bridging Divides in Our  
Families, Communities,  
and Country**  
Mon., March 14 - 7:15pm  
AUD\* and KOTV

Speaker Dr. Bill Shaul, a retired family physician from Aurora, is the one of the founding co-chairs of the Northeast Ohio Alliance of Braver Angels, working to restore respectful, civil discourse across the deepening political and cultural divisions in our country.

This growing polarization threatens the fabric of the Republic. Passions run high on both sides with increasing anger, disrespect, and even violence evident all around us. Braver Angels is one grassroots, nonpartisan organization that has been confronting this challenge.

The intention of Braver Angels' activities is not to change anyone's mind on the Left or the Right but to find some common ground of agreement on even the most divisive issues facing our nation, our communities, and our families.

---

**Readers Theater: *Shakespeare in the Park***  
Fri., March 25 - 1:30pm,  
Sat., March 26 - 7:15pm - AUD,\* KOTV

Don Parker's one-act play features three women, each with different problems and griefs, who are touched by words of the Bard coming from an unlikely source. Yet the mysterious stranger has a dark side that gives the women a different focus on life.

Come to the park for an hour and see how this story unfolds.  
Directed by Don Parker.



**Marblehead Lighthouse  
and the Keeper's Home**  
Mon., March 21 - 7:15pm  
AUD\* and KOTV

Paul Moon will present a program about the lighthouse at Marblehead and the house in which the keepers of the lighthouse lived. Paul and his daughter Elizabeth Christman, who is Kendal marketing's assistant director, are direct descendants of the First Lightkeeper and the builder of both the Keeper's House and the Lighthouse.

Enjoy this bit of Ohio history and pictures showing the sites.

**Conversations with Community  
Visit Burkina Faso  
with Jan Larsen**  
Wed., March 30 - 7:15pm  
AUD\* and KOTV

When resident Jan Larsen retired from teaching experimental psychology at John Carroll University ten years ago, she spent two years as a Peace Corps volunteer in Burkina Faso, West Africa. Her program focused on girls' education and empowerment. Armed with a bounty of photos, she will invite the audience to choose from wide-ranging topics, from lifestyles to nature to politics, which have become particularly fraught at present.

**2022 KaO Directory  
Coming Soon!**

Watch for it in your open mailbox.

**♪ Music at Kendal ♪**

**Sunday Chamber Music  
Open Rehearsal**  
Sun., March 6 - 4:00–5:00pm  
AUD\*

Stop by and listen to this informal presentation by Kendal residents. It's a read-through (or rehearsal) for all to enjoy! If the auditorium is full, listen from the hallways and Heiser Lounge.

**Chamber Music at KaO**  
Sundays - 4:00pm  
AUD\* and KOTV

On various Sunday afternoons, the Music Subcommittee will present live music played by Kendal residents, Oberlin Conservatory students, and other outside musicians.

Please check WKAO for updates!

**Kendal Receives  
Two Steinway Pianos**

Two new Steinway pianos have arrived at Kendal thanks to a bequest from former resident Marian Lott and the kindness of the Oberlin Conservatory of Music. Marian's piano, a beautiful Steinway upright, has been placed in the Penn Dining Room where it can be used for solo practice, ensemble practice and performance, and various other music events.

John Cavanaugh, director of keyboard technology at Oberlin Conservatory, has worked to bring the piano up to pitch and has made necessary adjustments to the instrument. He has also arranged for the Heiser Auditorium stage piano to be exchanged for a recently rebuilt seven-foot Steinway piano from the conservatory. The present auditorium piano was on loan for many years and will now be returned and rebuilt by Mr. Cavanaugh's Artist Diploma students.

Kendal is indeed fortunate to enjoy the use of these fine instruments.

~Dianne Haley

## Saturday Night Movies 7:15pm - KOTV

**March 5 - Shall We Dance? (1996)**  
This musical comedy is the Japanese original from which an American 2004 version was copied. (Look for this film in April). A typically strait-laced Japanese businessman (Koji Yakusho) gets a glimpse of a beautiful young woman in the window of a ballroom dance studio. He begins taking dance lessons, leading to complications.

**March 19 - The Post (2017)** An historical drama based on real events during the Vietnam war. A cover-up spanning four U.S. Presidents pushes the country's first female newspaper publisher (Meryl Streep) and her editor (Tom Hanks) to join an unprecedented battle between press and government.

## Saturday Foreign Film March 12 - 7:15pm - AUD\*

**Goodbye Lenin! (2003)** In 1990, to protect his fragile mother from a fatal shock after a long coma, a young man must keep her from learning that her beloved East Germany as she knew it has disappeared. ~Dwight Call

## Sunday Movies 7:00pm - WSCC

March 6 - Ordinary People (1980)  
March 13 - Mister Roberts (1955)  
March 20 - The Apartment (1960)  
March 27 - The Red Shoes (1948)

## Tuesday Themed Films 1:00pm - WSCC (Note time)

March 1 - Casablanca (1943)  
March 8 - Quartet (2013)  
March 15 - Gone with the Wind (1939)  
March 22 - The Best Exotic Marigold Hotel (2011)  
March 29 - To Have and Have Not (1945)



## Art Gallery News

*The Print: Three Points of View*, featuring works by printmakers Rosalyn Gaier, Maria Kaiser, and Jan Zorman, continues in the **Kendal Gallery** through March 28. The three artists are friends and had studied printmaking together, but they have distinctive styles. At an artists' talk on February 11, each demonstrated her materials and techniques and showed examples of other work. A Glossary of Terms describing their printmaking processes is now available in the gallery.

The **Community Gallery** exhibit *Unscripted Portraits* includes photographs from Andrew Zinn's first ten years as a professional photographer. These candid portraits capture presidents and public servants in private moments, celebrities alone with their thoughts, and the quiet beauty of parenthood and childhood. Zinn wrote: "The intimacy of a frozen moment is what I like here; and ultimately what I like about pho-

tography, period." His artist talk is on Zoom and KOTV on Tuesday, March 1, at 7:15pm. (Please note evening time.)

The current show, *The Art Committee Collects*, continues to brighten the **Friends Gallery** in the Stephens Care Center with art from the personal collections of Art Committee members. Now that the SCC is "open," independent residents can actually go there to see it (be sure to use proper masks and check in at the kiosk before entering).

The **Curio Cabinet** display of model figures and buildings from Don Parker's outdoor railroad layout will be on exhibit until the end of the month. It will be followed by the exquisite origami paper folds of James Peake. Mr. Peake, former director of education at FAVA, is the founder of Fold Space, his local origami studio.

Polly Carroll's delightful handmade dolls and other creations now on exhibit in the **Marketing Office Display Window** will be there until mid-March. They will be followed by pieces from Jim Underwood's collection of ceramics by Rockwell Kent.

## Wednesday Movie Musicals 2:00pm - WSCC (Note new day)

March 2 - Three Little Words (1950)  
March 9 - Love Me or Leave Me (1955)  
March 16 - Singin' in the Rain (1952)  
March 23 - Summer Stock (1950)  
March 30 - Funny Girl (1968)

## Saturday Movies Bob Hope/Bing Crosby Festival 2:00pm - WSCC

March 5 - Road to Singapore (1940)  
March 12 - Road to Zanzibar (1941)  
March 19 - Road to Utopia (1946)  
March 26 - Road to Morocco (1942)

### 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

Having trouble with the  
sound on KOTV?

Please report this to the  
Heiser Reception Desk.

## Calls for Participation



Come to a conference given by the Dementia Action Alliance, an organization whose purpose is to help people connect, form friendships, exchange ideas, learn, and create a better community in which to live with dementia. Their motto: "We don't want to just survive. We want to live and thrive."

The conference takes place September 19–21, 2022, in Indianapolis, IN, and is within a day's drive from Oberlin. We hope to assemble a carload or two of Kendal residents and staff to attend.

For information see <https://daanow.org/conference/>. Please contact Elizabeth Hole with questions and to indicate an interest in attending.

### Back Toward the New Normal

The group of ten residents who produced the *Time of Remembrance* videos these past two years has decided it is time to return to in-person memorial services. We have had one so far and other families are lining up to return to Kendal to remember and celebrate their loved ones lost during Covid.

We are planning one more video, to be shown on April 2 to remember our friends and neighbors here at Kendal who have passed away between the KORA Annual Meeting last November and the end of February this year.

As of March 1, any family that chooses to come here for a service with our Kendal family may do so. Some may prefer to go to a church or have a reunion elsewhere.

We will continue to remember each deceased resident at our November Annual Meeting.

~Memorial Committee



The ArtiFACT project brings together international students enrolled at Oberlin College, KaO residents, and Oberlin student artists working across disciplines. From February 18 through June 4, participants will attend virtual workshops, meet with partners remotely, and share memories and stories of a place that holds special meaning or personal significance.

We will have a meeting on March 2 at 7:15pm in the Education Center Training Room. To RSVP to attend this event and learn more about the project, please complete [this google form](#). If you have any questions about the project, please contact [aaresty@oberlin.edu](mailto:aaresty@oberlin.edu) or 440-775-5515.

### Kendal Singers, Prepare to Fling!

Singers who wish to sing in a choir for *Spring Fling!* on April 30 are invited to sign up at the mailboxes.

The commitment involves six rehearsals, all but one on Monday afternoons, beginning March 14 at 3:15pm. Since "Let's Dance!" is the theme for this year's Fling, some movement by the choir will also be featured.

Because the choir will perform "live" rather than on video, space is limited to 16 singers. ~Carol Longsworth

### Suggestions and Concerns Mon., March 14 - 2:00pm Crossroads Room\*

Members of this committee will listen to your suggestion or concern in confidence (and privately, if you wish), discuss it with you, and refer the matter to the appropriate department head or committee chair. Questions? Contact Chair Anne Lockwood.

## Horticulture News

Hooray! Spring is on the way. Your Horticulture Committee has some essential activities already under way.



- **SAVE THE DATE:** Friday, May 6, from 7:30am to 4:00pm, we will host our annual PLANT SALE, beloved by residents and staff alike. More details will be forthcoming. If you would like to help out with the sale, please call Nick Long or leave a note with your contact information in his open mailbox.
- Is this your year to start a garden plot in the Community Garden? There are currently six 10'x10' plots available. If you'd like to arrange a tour, call Charlotte Elsner or leave a note in her open mailbox. Let Nancy MacRae know if you want to take over a plot.
- March is a great month to start seeds indoors, whether for your own garden or for the Plant Sale. If you're interested, look for the sign-up sheets in the Horticulture Room to reserve your space under the grow lights.

### Newcomer Introductions on KOTV Return in April

The next conversation with newcomers on KOTV is scheduled for Wednesday, April 20, at 4:00pm. These broadcasts provide an opportunity for the whole community to learn more about our newest residents. The committee will continue to provide these televised introductions this year, as newcomers arrive. Recordings of past interviews are available in the Kendal library.

~Sharon Furrow

🕯 **UU Gathering Cultivating Resilience Rev. Mary Grigolia and Zelde Zelley Wed., March 16 - 4:00–5:00pm Crossroads Room\***

## Climate Change



Pollsters at Yale and George Mason Universities recently reported that about one in three Americans is alarmed by climate change. That doubled the number from five years earlier, with half the increase occurring since December 2020.

But despite the dramatic shift in public opinion and the direst warning yet from the Intergovernmental Panel on Climate Change, there is still no legislation in sight that will reduce emissions 50% by 2030. That's the red-alert, climate-science metric for addressing the crisis at the required speed and scale.

So what can we do? First, it helps to remember the decades-long struggle waged for civil rights. We had to learn over and over again that, as Martin Luther King Jr. put it, "progress never rolls in on the wheels of inevitability."

Second, no matter the challenges, climate-action campaigns, especially lobbying on Capitol Hill and at state legislatures, are making headway. Last November and December, for example, U.S. Senator Sheldon Whitehouse (RI) reported that 49 of 50 Democrats in the Senate backed a price on carbon, the only stand-alone policy able to halve emissions by decade's end.

The number of people who lobby members of Congress and state legislators makes a difference. You can lobby by phone, email, or in concert with groups like the Ohio Environmental Council, Friends Committee on National Legislation, Senior Stewards Acting for the Environment (SSAFE), or Citizens Climate Lobby (contact Ted Wolner). And you can support lobbying groups with donations. **Our elected officials will be alarmed enough to act only when they hear from a great many more of us than they have to date.** ~Ted Wolner

## 45,057 Kendal Volunteer Hours in 2021!

Every year Kendal residents and staff record and submit the number of hours they have served as volunteers both within and outside of Kendal. The totals are tabulated by the Volunteer Clearinghouse Committee. The grand total reported for 2021: 45,057 hours!

This tabulation continues to track the impact our residents and staff have on the larger community. All nonprofits are accountable to be deserving of their tax exemption.

The reports show that residents volunteered 34,602 hours in 2021 within the Kendal community in three categories: KORA (24,121 hours), Kendal at Oberlin (9,140 hours), and Pandemic Related (1,341 hours). There was a significant increase in KORA and KaO hours and a significant decrease in Pandemic Related hours in 2021. These changes may reflect reductions of the pandemic restrictions in 2021.

Residents volunteered 10,455 hours in 2021 outside of Kendal in eight cate-

gories: Organizations (6,284 hours), Church (2,682 hours), Oberlin College/LCCC (471 hours), Medical (293 hours), Schools (274 hours), Government (88 hours), Meals (46 hours), and Miscellaneous (317 hours). Comparison of the hours in 2021 with the hours in 2020 shows slight increases in church and organization hours and decreases in all other areas. Lack of opportunities for in-person activities continued due to pandemic restrictions. Many of the organizations' meetings and committee activities were able to be continued via remote options.

This year, 163 reports were received from residents, significantly fewer than the number in previous years. We encourage all residents and staff to keep track of their volunteer hours at Kendal and beyond in 2022 and to report them at the end of this year.

Thanks to all who volunteered their time and talents in 2021. You made a difference! *Volunteer Clearinghouse Committee: Barbara Bruer, Anne Elder, Virginia Erdy, Ann Findlan, Nancy Garver, Anne Martin, Nancy Snyder, and Andy Unger*



## Library Notes

This library note is the last of a series of library notes highlighting the contribution of volunteers to the functioning of the Kendal library.

Even if you don't visit the library to read newspapers or to check out the latest additions on the new book shelf, you have probably used the copier. Terry Carlton is responsible for explaining how to use it, for keeping it running, and for collecting the fees for its use. A replacement part, recently installed, should solve the copier paper jams that have lately kept Terry busy. Terry also oversees the collection of audio books.

Our computer guru is Linda Koco, who monitors the use of the system frequently. This summer Linda ordered and led a team of library volunteers in the installation of a Dell Desktop Inspiron 3880. A Xerox laser printer was also added as part of the system, the funds for which were provided by a grant from KORA.

Larry Porter recently joined the library volunteers. After yeoman's work involving the application of property information to the entire library collection, he will be taking on the responsibility of the mass market paperback collection.

Robin Laurén, the liaison between our library and the Friends of Oberlin Public Library, delivers those donated books not added to our collection to OPL for their library book sales.

It is hoped that these library notes have provided an appreciation of what it takes to provide library service to our community. ~Joan Long

IN MEMORIAM  
RICHARD "DICK" DUNN  
FEBRUARY 16, 2022



# Call for Nominees

## Leadership Development & Nominations Committee

Kendal at Oberlin is known for our strong Residents Association and outstanding resident initiative and participation in community life. Each of us has opportunities to find a niche in our KAO activities and programs.

The Leadership Development and Nominations Committee (LDNC) is asking for your suggestions for people to serve as officers and councilors of the Kendal at Oberlin Residents Association (KORA) and as members of the LDNC. KORA Councilors maintain and strengthen the functioning of KORA, including our committee system. The four Council Officers comprise the Executive Committee. It enables the Council to function smoothly, bringing to its agenda the needs and concerns of the community as a whole and maintaining communication with the Administration. Through the year LDNC focuses on the leadership needs of KORA and its committees, consults with the KORA Executive Committee as appropriate, conducts an orientation to KORA for newer residents, and presents nominations for open leadership positions at the Annual KORA Meeting in November. All Councilors and LDNC should function in harmony with Kendal's

### Recent Moves

**Jean Lalli** to Whittier in early February.

**Anita Parins** from Whittier to Patterson in early February.

### Upcoming Moves

**Ann Tye** from Middleburg Heights, OH, in early March.

**Josie Jones** from Fairport Harbor, OH, in late March.

**Jack and Kathleen Secrist** from Oberlin, OH, in mid-March.

**Nancy Marsh** from Mountain View, CA, in late March.

Values and Practices, in their relationships with residents, staff, Kendal's Board of Directors, and the community at large.

**Councilors** attend monthly Council meetings. Each serves on one of the Committees of Council and as a liaison to one or more of the Standing Committees of Council – bringing to the job patience, discretion, listening skills, and a willingness to speak out.

The **President** is the chief executive officer of the Association, a responsibility involving team leadership of Council and its officers.

The **Vice President** works as a team member, providing support and sharing tasks with the President. The Vice President assumes the President's duties if the President is unable to perform them.

The **Treasurer** oversees all budgetary matters, financial reports, and legal documents pertaining to KORA as a 501(c)(3) organization.

The **Secretary** takes care of basic communication needs including minutes, records, notices, and meeting set-up.

**LDNC members** need knowledge of KORA as an organization, wide knowledge of the resident community, discernment and good judgment, and an ability to honor confidentiality.

More complete "job descriptions" for these positions will be posted on

the KORA bulletin board and website.

The LDNC looks forward to receiving your suggestions for candidates for these positions. Nominees should have lived at Kendal for at least one year. Submit your nominations for 2023 in writing to Committee Secretary Bob Longworth before May 15. Put a note in his open mailbox or send him an email.

Please get the consent of the person you are suggesting, making clear that your suggestion does not guarantee that he/she will be on the committee's recommended slate. A brief note on why you would like to see your nominee in this position will be helpful. If you nominate yourself, include a few words about your interest in the job.

Our committee often receives more nominations than there are openings available. The KORA Executive Committee tells us particular skills or backgrounds needed to round out the Council, and we are charged to maintain broad diversity, including newer residents, and in the case of LDNC to consider former KORA officers.

The LDNC will nominate a slate of candidates to present to the KORA membership at its Annual Meeting in November for ratification by consensus. If other nominations are made from the floor (permissible under the KORA Constitution), the election will be decided by ballot.

~2022 LDNC: *Sue Palmieri, Chair;*  
*Robert Longworth, Secretary;*  
*Ann Francis, Tom Morgan,*  
*Anne Palmer, Barbara Whitehouse.*

## Kendal Kryptogram #204 – by Nina Love


FLY	TU	ATM	ETMYLW	WHYS	KAS
GOD	HUY	KASU	PLXFLK	KL	KS00
ZM	EAD.			~LFYSU	UHMA

**Solution to Kryptogram #203:** Don't try to use what you learn from Buddhism to be a Buddhist. Use it to be a better whatever-you-already-are. ~Dalai Lama



## BIG BUS Trip to Cleveland Museum of Art Tues., April 5 - 10:00am–4:00pm

Bus seats are fully reserved and the trip is on! Museum admission is free. Lunch is on your own at the museum's Provenance Café.

If you haven't paid for your seat yet, place a check for \$27 made out to KORA in Gerry Findlan's open mailbox ASAP. After March 1, unpaid seats will be made available to folks on the wait list. 

Recommendation before the trip: download the museum's excellent ArtLens app from iTunes or the App Store to explore the galleries, check out current exhibitions, and map out a tour!



## Strategic Planning Committee Update

### Kendal at Oberlin Strategic Plan 2022–2026

The final plan is scheduled to be presented to the Board of Directors on March 15.

~Gary Olin, Vice Chair,  
Strategic Planning Committee

## Kendal Artists, Writers!

Be thinking about which ceramic mug, poem, essay, or woven rug you'd like to submit – virtually – for the 2022 LeadingAge Ohio Arts and Writing Resident Show. It's all done electronically. You can submit directly – or we can help.

Check out last year's submissions at the LeadingAge Ohio website.

~Anne Palmer, Don Parker, Thelma Morris, LeadingAge Ohio's Kendal Team

## Two Sessions Left! Stop, Look, and Listen

With stories and simple exercises, this forum shares the preferences and suggestions given by Kendal residents living with cognitive change.

Trainings will continue in late March. Dates and times will be posted on the sign-up sheet in front of the open mailboxes. Contact: Elizabeth Hole.



Helping a friend STAY CONNECTED is most important when they start having physical or cognitive decline. Rather than worrying about their disability, focus on all they are still capable of doing. By helping enhance their abilities, we help our friends thrive and find meaning and purpose in their lives. STAY CONNECTED.

## Dementia Friendly Discussion Group Fri., March 25 - 10:30am Green Room\*



### Smart Giving!

## Gift Annuity Workshop

Mon., March 7 - 4:00pm - Education Center\*

Learn how gift annuities work and the tax implications. A sign-up form is on the open mailbox shelf. For more information, contact Tom Konkoly.

## Kendal Resident Rights and Responsibilities

Are you aware of your rights and responsibilities as a Kendal resident?

Your rights are based on the mission and values of Kendal at Oberlin and cover three areas: medical, cares and concerns, and privacy and safety. Your responsibilities are those that will help Kendal meet your health care needs and provide you with appropriate care.

As a reminder of these important points, you will be receiving a copy of both lists (via email or in your open mailbox). Look for the display on the middle Community bulletin board (near the KELC play yard). If you have any questions as you review your rights and responsibilities, call Kim Peters or Cyndi Moran in Social Services.

In addition, we will be listing some of these points in *The Kendalight* over the next few months. This month, we list some of your rights as a resident at Kendal at Oberlin:

1. To receive considerate, respectful, and compassionate care that promotes dignity, privacy, safety, and comfort regardless of gender identity, sexual orientation, religious belief, race, nationality, age, ability, and sources of payment.
2. To receive medically appropriate services and treatment within Kendal's mission and policies, and applicable laws and regulations.
3. To request assistance when visual or hearing impairments affect communication.
4. To receive appropriate assessment and management of pain and symptoms.
5. To have family members or representatives of your choice and your own physician notified promptly of your admission to a hospital.
6. To know the names and roles of the people treating you and to request a second opinion or a change of physicians without fear of reprisal.
7. To examine and receive an explanation of your bill and to be informed of available payment methods.
8. To know of business relationships that Kendal has that may influence your treatment and care.
9. To be transferred to another facility as recommended or requested and to be informed of risks, benefits, and alternatives to transfer.



## From the John Bartram Arboretum Necessary Removals & Joy of Planting New Trees

Many of you have been sad when a tree has been removed from our John Bartram Arboretum. It may have been a favorite of yours. You may have lived near it. Let me tell you some of the reasons for its removal which may help you accept its being taken out.

Some trees are removed because of their location – they may be planted too close to structures or too close to ditches and waterways, for instance. It may be that the cottage near you is being modernized and extended. For these reasons and others, many tree removal sites will not be used again for planting a tree, or at least not for a tree of the same height and type. We need our arboretum to be healthy for our trees, safe for our residents and structures, and free of invasive species.

Due to the health of many of our trees, we have had to remove more than we have been able to plant in recent years. In 2022, we have already had help from excellent hired companies with larger machinery in doing some of the removal work. Financial and scheduling constraints prevent us from getting more of that done. Also



*Birch behind Cottage 104 being taken down. Notice worker up in the tree.  
Photo credit: Tree Contractor*



*Stump shows birch was too close to Cottage 104 to allow for extension.  
Photo credit: Anne Helm*

the weather affects when that can happen, as we don't want trucks to make deep ruts.

We have to think of future labor needs when we plant trees. New young trees need special care (called "young tree training") from Grounds for a number of years.

Despite the many removals and the limitations on replanting, there has been a lot of wonderful progress for the John Bartram Arboretum since it was founded. The biodiversity has

gone up, the healthcare plan for our trees is improving, and dozens and dozens of trees appropriate for our region have been planted. Our Collections Policy has been written and will be sent in with our application to be a level 2 Arboretum.

Remembering that we, as individuals, need to think about what is right for Kendal's arboretum is sometimes difficult.

*~Anne Helm for the Arboretum Committee*



Our March activity in the Art Studio will mostly be glazing of the pottery made this winter. We have had two sessions per week, with Nick and Lillie Long leading one group, and Joyce Parker the other.

The Art Studio has formed a team to learn and lead in 2022 and beyond: Don and Joyce Parker, Nick and Lillie Long, Jeanne Berger, Jill Wettersten, and Jim Underwood.

In April there are two new art inter-

est groups being formed. Look forward to stick figure drawing; for questions send an email to Jean Slonneger. If you are interested in fabric art involving discharging color and nature printing with fabric paint, contact Joyce Parker.

Unique **Art Greeting Cards for sale** are frequently being added to the wire rack stock in the Art Studio (\$3.00 each). Proceeds continue to support Oberlin Community Services. Donation boxes are nearby.



*~Joyce Parker*

## Rethinking Well-Being in a Time of Covid and Beyond Mon., March 28 - 7:15pm AUD\* and KOTV

Kendal psychologist Indira Palekar will touch on some components of well-being, recognize the ways we have maintained our sense of well-being during this time of Covid, and explore ways to maintain it as we emerge into a time of both old and new normal. Questions? Contact Barb Benjamin or Elizabeth Hole.

## Looking for Someone?

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

## Health Services Forum - Wed., March 16 - 4:00pm - AUD Topics include SCC Update and Q&A with Georgia Newman.

## Saturday Walks

From now through March, those desiring to walk off the Kendal campus should meet outside the Heiser main entrance at 9:00am every Saturday. We will decide whether to walk that day (depending on weather) and carpool to the chosen destination. The walks are leisurely, about 1–3 miles, and generally scenic.

Questions? Contact Phil Pritchett.

## Let's Dance!

### English Country Dancing

Sundays - 7:15pm  
Heiser Auditorium  
Contact: Judy Cook.

### Line Dancing

Mondays - 5:00pm  
Heiser Auditorium  
Contact: Dan Reiber.

### Square Dancing

Tuesdays - 4:00pm  
Heiser Auditorium  
Contact: Jeanne Berger.

### Rollator Line Dancing

Tuesdays - 5:15pm  
Heiser Auditorium  
Contact: Dan Reiber.  
Where happy feet meet happy music.



## Church Services

**First Church in Oberlin, UCC**  
Sun., 10:00am, WSCC

**Oberlin Friends Meeting**  
Sun., 10:30am, Zoom

**Oberlin Unitarian Universalist Fellowship**  
Sun., 11:00am, Zoom

**Roman Catholic Mass**  
**St. Patrick's Cathedral, NYC**  
Sun., 11:15am, WSCC

**Christ Episcopal Church**  
Sun., 12:30pm, WSCC, YouTube

**Catholic Communion Service**  
Sat., 3:30pm, Green Room

## Table Tennis Hours

Regular hours for table tennis have been set for Wednesday, Friday, and Sunday, 10:00am to 12:00pm in Heiser Auditorium.\*

Come and play! All are welcome!

~Sidney Rosenfeld, Co-Chair,  
Sports and Recreation Committee



## Threads:

### Drop Off or In Person Thursdays - 11:00am–12:00pm Craft Room

We do simple sewing jobs for RESIDENTS ONLY. We shorten pants, sew on buttons, patch holes, sew up seams, and mend toes of socks.

Bring your clean, bagged items to the Craft Room anytime, place them on the table, and fill out the required work order form located on the clipboard.

**Join us!** Threads group is looking for one or two sewers for simple sewing jobs. Call Nancy Cecil or please stop by the Craft Room during open hours.

## Where to Find Contact Info

- **Kendal at Oberlin Directory**, printed and distributed in February.
- **KaO PDF Directory**, distributed via email to all residents.
- **Bulletin Board**, near photos of new residents. Make these corrections and additions to your printed directory.
- **Online Resident Directory**, in the resident database ([www.kaores.net](http://www.kaores.net)), click "Directory." Note: you must either be on the Resident WiFi network or be logged in to access this information.

## Essential Tremor Support Tues., Mar. 15 - 2:00 to 3:00pm Crossroads Room\*

Essential tremor is the most common movement disorder in the Kendal age group. Our group shares personal experiences, coping strategies, treatments, scientific advances, and educational opportunities. Questions? Contact Marvin Gordon-Lickey. **All are Welcome.**

## The Kendalight

Monthly newsletter of the  
Kendal at Oberlin Residents Assn.  
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 2022 issue of *The Kendalight* is March 15.
- The editors regret that they cannot assume responsibility for errors in content in material submitted for publication.
- Note: Please submit articles by email to our address: [Klite600@yahoo.com](mailto:Klite600@yahoo.com)
- If no email access, please type article on separate sheet, sign, and place in *The Kendalight* open mailbox.
- All articles must carry a signature and telephone number.

## KENDAL RESALE SHOP

*Benefitting Kendal Residents Assistance Fund (RAF) and Community Charities*

### SHOP!\*

Wednesday–Saturday  
11:00am–5:00pm  
(closed Sunday–Tuesday)

### DONATE!

Bring your donations of clean, gently-used, ready-to-wear clothing and usable household items to the box outside the shop, 24/7.

### Given to RAF, year to date:

Total contribution: \$4,542.16.



## Dining and Nutrition Services



One of the most talked about and anticipated events this fall and early winter has been the resumption of

breakfast in the Langston from 7:30 to 9:30am, Monday through Saturday. If you have not tried it, you are missing a treat – whether it’s a full, steaming breakfast prepared by Monica Fuquay or another member of the staff, or just a cup of coffee, tea, or cocoa to go with the badinage among the residents who gather to share stories, recollections, and jokes.

If you want to spend your dining dollars or just splurge on breakfast and good conversation, join us, or make a date with a friend to break the fast.

If you are confused about how to preserve your raw food credit on the zero-, ten-, and twenty-meal tiers, here is the Dining Matters Committee’s explanation:

Three of the four dining dollar tiers – the zero, ten, and twenty tiers – provide a raw-food credit that, if not spent in the Kendal dining venues, will appear on the resident’s next monthly Kendal invoice. This credit is \$5 a day.

Each tier level is assigned its own number of daily credits, with the zero-tier receiving 30 credits, the ten-tier receiving 20, and the twenty-tier receiving 10. (The thirty-tier plan receives no raw-food credits, because it is considered sufficient to cover up to 32 meals a month in the dining venues.)

The three tier plans that include raw-food credits also offer a special incentive to encourage residents to continue partaking of the pleasures and benefits of sharing food or beverages in a public setting. This incentive allows residents to preserve their raw-food credits for any day after their dining dollars

have been spent and still have a snack or a small meal.

This is how it works:

Until a resident exhausts all the dining dollars associated with the chosen tier plan, dining dollars will be assessed for any food received in the dining venues. For a 45-cent cookie, 45 cents will be assessed in Dining Dollars. A \$4 breakfast will mean a deduction of \$4 in dining dollars. For a \$4 breakfast and three 45-cent cookies, the assessment will be \$5.35 in dining dollars.

Once all the dining dollars in the resident’s chosen tier are exhausted, the resident may continue to dine in any of the venues. The resident will then be charged the posted price of each item, with the charge appearing on his or her monthly Kendal invoice. That 45-cent cookie will show up as a charge on the Kendal invoice at the end of the month.

However, on any day after all of the resident’s dining dollars are exhausted, the resident will continue to receive the \$5 raw-food credit as long as the total cost of the food eaten in the dining venues that day is less than \$5.

So the resident can have a \$4 breakfast and a 45-cent cookie at lunch—for which a charge of \$4.45 will appear on the monthly invoice—and still receive the \$5 raw-food credit for that day. But if the resident has the same breakfast and three cookies at lunch, a charge of \$5.35 will appear on the monthly invoice for that day, but no raw-food credit of \$5.

The Dining Matters Committee hopes that more residents can be enticed to try breakfast. We want to preserve this experience for the future, but not enough of us are doing so yet to make this experiment cost effective. Please join in soon.

## Meet a Dining Star Julian Cross

Julian received one of the prized Robinson Scholarships for four years tuition at Oberlin College, a grant given to qualifying students after four years at Oberlin High School. He’s happy to be there and play on the OC soccer team.

He is taking a variety of courses including two in the art department. He loves to paint, especially portraits, and he makes time in his busy schedule to do this. Over the years, residents have seen Julian’s artwork hanging on our Community Gallery walls in several OHS art shows.

Julian knows he wants to go into the field of graphic design, but it covers a very large area and he is not sure exactly what to specialize in – advertising, posters, book design, etc. He taught himself Adobe Photoshop and Design.

His dad retired from teaching art but still substitutes and teaches art classes such as watercolor for special groups. His mom is still a piano teacher at the Community Music School in Oberlin and at Baldwin Wallace.

This is his third year on dining staff in the Fox and Fell. He works weekends in the “back of the house” as a runner. You will see him coming out of the kitchen, often carrying a stack of dinners for an entire table. As with all our dining staff, he always has a big smile. He loves working here.

*Priscilla Steinberg interviews one of our Dining Services staff each month on behalf of the Dining Matters Committee.*

## Grief Support Group Tues., March 22 - 10:00am Green Room\*

## Low-Vision Support Group



## Audio Presentation “Riding the Waves of Evolving Technology”

Fri., March 11 - 1:30pm - AUD\*  
~Terry Carlton

## Did You Know?

Call 440-775-9868 to hear announcements and menus of the day.

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>Christ Episcopal Service</u> 12:30pm WSCC</p> <p><u>Jazz with Nate</u> 2:00pm WSCC</p> <p><u>Film (see page 4)</u> 7:00pm WSCC</p> <p><u>English Country Dancing</u> 7:15pm AUD</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Centering Program</u> 11:00am WSCC</p> <p><u>Line Dancing</u> 5:00pm AUD</p> <p><u>Documentary</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Themed Film (see p. 4)</u> 1:00pm WSCC</p> <p><u>News Currents</u> 3:00pm WSCC</p> <p><u>Square Dancing</u> 4:00pm AUD</p> <p><u>Rollator Line Dancing</u> 5:15pm AUD</p> <p><u>The Gilded Age</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Musical Film (see p. 4)</u> 2:00pm WSCC</p> <p><u>SCC Council</u> 4:00pm WSCC 3/23</p> <p><u>Song Swap</u> 7:00pm Zoom, KOTV 3/9 &amp; 3/23</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Great Courses</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Famous Composers</u> 2:00pm WSCC</p>	<p><u>Saturday Walk</u> 9:00am Heiser</p> <p><u>Film (see page 4)</u> 2:00pm WSCC</p> <p><u>Catholic Communion Service</u> 3:30pm Green Rm</p> <p><u>Film (see page 4)</u> 7:15pm KOTV</p>
<h1 style="color: red; text-align: center;">March 2022</h1> <p><b>Zoom:</b> See <i>kaores.net</i> and click "Calendar" for link.</p> <p><b>KOTV:</b> Cable 920, 19-2, or 95-101</p> <p><b>WSCC:</b> Cable 921, 20-1, or 96-100</p>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		<p><b>Artists' Talk</b> Andrew Zinn 7:15pm Zoom, KOTV</p>	<p><b>ArtiFACT Project</b> 7:15pm Ed Ctr</p>	<p><b>Problems of the Foot and Ankle</b> 7:15pm AUD, KOTV</p>	<p>Oberlin Orchestra Raphael Jimenez, conductor 7:30pm Finney </p>	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	<p><b>Arthritis Hand Assessment and Tips</b> 10:00am–noon AUD Contact: Matt Baloun</p> <p><b>Gift Annuity Workshop</b> 4:00pm Ed Ctr</p>		<p><b>LLL Class</b> Ancient Magic 10:30am Zoom</p>		<p><b>Coffee Hour with BT</b> 9:30am F&amp;F, Zoom, KOTV</p> <p><b>HO Trolley Exhibit</b> 10:30am HL</p> <p><b>Low-Vision Support Group</b> 1:30pm AUD</p>	<p><b>Met Opera in HD</b> <i>Ariadne auf Naxos</i> (Strauss) 1:00 pm Apollo </p> <p><b>Film: Goodbye Lenin!</b> 7:15pm AUD</p> <p>Oberlin Baroque Orchestra 7:30pm Warner </p>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	<p><b>Suggestions, Concerns</b> 2:00pm Crossroads</p> <p><b>Bridging Divides in our Families, Communities, and Country</b> 7:15pm AUD, KOTV</p>	<p><b>Essential Tremor Support</b> 2:00pm Crossroads</p>	<p><b>Walk/Arthritis Try It</b> 8:30am Pool</p> <p><b>LLL Class</b> Ancient Magic 10:30am Zoom</p> <p><b>UU Gathering</b> 4:00pm Crossroads</p> <p><b>Health Services Forum</b> 4:00pm AUD</p>	<p><b>Fun Fitness</b> Aerobics Try It 8:30am Pool</p> <p><b>KORA Council</b> 10:00am AUD, KOTV</p>	<p>Oberlin Orchestra Contemporary Music Ensemble 7:30pm Finney </p>	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	<p><b>Marblehead Lighthouse and the Keeper's Home</b> 7:15pm AUD, KOTV</p>	<p><b>Grief Support Group</b> 10:00am Green Rm</p> <p>Faculty Recital Christa Rakach, organ Chris Jenkins, viola 7:30pm Finney </p>	<p><b>Fun Fitness</b> Walk/Arthritis Try It 8:30am Pool</p>	<p><b>Fun Fitness</b> Aerobics Try It 8:30am Pool</p>	<p><b>Dementia Friendly Discussion Group</b> 10:30am Green Rm</p> <p><b>Readers Theater</b> <i>Shakespeare in the Park</i> 1:30pm AUD, KOTV</p>	<p><b>Met Opera in HD</b> <i>Don Carlos</i> (Verdi) 12:00 pm Apollo </p> <p><b>Readers Theater</b> <i>Shakespeare in the Park</i> 7:15pm AUD, KOTV</p>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p><b>Note:</b></p> <p><b>"Home" events (at Kendal) are in Bold.</b></p> <p>"Away" events are not.</p> </div>	
	<p><b>Rethinking Well-Being in a Time of Covid and Beyond</b> 7:15pm AUD, KOTV</p>		<p><b>Fun Fitness</b> Walk/Arthritis Try It 8:30am Pool</p> <p><b>Visit Burkina Faso with Jan Larsen</b> 7:15pm AUD, KOTV</p> <p>Faculty Recital Peter Takács, piano Verona String Quartet 7:30pm Warner </p>	<p><b>Fun Fitness</b> Aerobics Try It 8:30am Pool</p> <p><b>Exchange with BT</b> 4:00pm AUD, KOTV</p> <p>Arts and Sciences Orchestra 7:30pm Finney </p>		

\* For links and last-minute changes in location, transportation, and restrictions, see WKAO and the KORA Calendar.