

The Kendalight

Kendal at Oberlin Residents Association

March 2023

Volume XXX, Number 3

Interactive Session on Diversity, Equity, Inclusion, and Belonging Tues., March 14 - 1:30pm - Heiser Auditorium

“Diversity, Equity, Inclusion, and Belonging” is more than a committee. It is a group effort to actualize an accepting, welcoming atmosphere here at KaO. It is also a commitment by each of us to make all persons feel comfortable being true to themselves.

Interactive Session: We’ll first share updates about work toward our DEIB strategic goals and ongoing campus activities and plans related to equity, inclusion, and anti-racism. Then we’ll devote the majority of our time to focus groups conducted by the Cleveland Center for Community Solutions. They

will use our feedback and ideas to inform an action plan for improving equity for all Oberlin residents.

Book Club: Interested in a book club to read and discuss the issues? We have 20 copies of Toni Morrison’s *Recitatif*, a 1983 short story about two girls, one black and one white, although we are not told which is which. It was published in book form in 2022. The introduction offers other insights. If you are interested in reading this literary work or inviting a group to read and discuss the issues, contact Kim Preston. Thank you to Kendal at Han-

over for the donation of these books from their Kendal Reads series.

Other Opportunities: Be sure to catch our ongoing KaO Racial Equity Forum series as well as *Researching Big Mama: From 20th Century to Slavery*, a presentation by the Oberlin African-American Genealogy & History Group on March 4 at 11:00am at Oberlin Public Library.

Also, be on the lookout for programming sponsored by our LGBTQIA+ committee in the coming months.

Best wishes to all who celebrate Holi, St. Patrick’s Day, and/or Ramadan this month. ~Kim Preston and Barb Benjamin,

Co-Chairs, DEIB Committee

Bahá’í Faith Celebrates the New Year in March

You might think the Bahá’í Faith is little known, but this relatively new arrival on the scene is more geographically widespread than any religion other than Christianity, and it continues to grow.

The Bahá’í Faith was founded in the Middle East over 100 years ago by a Persian nobleman. Unity is at its core – belief in one God and in one race: the human one. The Founder’s hope was to foster a “peaceful and integrated global society.”*

Other precepts include building of world peace, acceptance and respect for all religions, elimination of prejudices, reduction of global poverty, and universal education. Another key tenet is sharing the Faith with others on request, without proselytizing.

Bahá’ís follow a different calendar. The Bahá’í year begins on the vernal equinox, March 20 or 21. It consists of nineteen 19-day months plus four or five “intercalary days” at the end of February. Each month begins with a gathering for worship.

This is just a glimpse into the Bahá’í Faith. For more information, see www.bahai.org. And feel welcome to contact resident Deborah Gray, who has been a Bahá’í for 50 years and is current chair of the Oberlin Bahá’í group.

* *The Bahá’í Faith and its Worldwide Community* (Oxford: George Ronald, 1992).



Spring Fling! The Spice of Life

Add your spice to our 2023 *Spring Fling!* in the form of colorful exotic costumes, solos, duets, quartets of singers, salsa dancers, jugglers, skits, tricks, lively readings, photography, recipe samples, and other ideas.

Imagine a lively vacation, delectable taste treats, gardens, games of skill, can-can dancers!

Acts can be videotaped or live, with videotaping starting in early March.

Save Fri., April 28, for a dress rehearsal. The show is on Sat., April 29.

Sign up by the mailboxes to help coordinate an activity or perform.

~Special Events Planning Committee



Kendal at Oberlin Residents Association

From celebrating love with a Valentine's dinner to learning how medical science has advanced over recent centuries to singing tunes popular in Abraham Lincoln's time, February was an exciting, entertaining, and informative month for our community.

March promises even more! A brief review of the March calendar on our KORA website (what a wonderful resource!) suggests that most days we could be busy from morning until night.

There'll be swimming and dancing, stretching and Tai Chi, table tennis and a health lecture for our bodies. Centering meditation, grief support, and learning how to support our friends with dementia will strengthen our community's emotional well-being. Our minds and spirits will be enriched by concerts, LifeLong Learning sessions, a performance of *The Price* by our Play Readers, and conversations with our neighbors. Our monthly Coffee Hour and Afternoon Exchange with Barbara will draw us together as a community.

When Anne and I were considering our move to Kendal, we were assured that this community offers many options for life-fulfilling activities, committee organizing, and socializing; but we were also assured that each person's choice about how much or how little to be involved is respected. Some of us are happy being busily on the go, while others are content to live quietly knowing that we are safe, surrounded by caring people, all of us enjoying the richness of this stage of our lives. Kendal is our home, and we are free to be our most authentic selves.

~Rollin Conway, KORA President 2023

Next KORA Council Meeting
Thurs., Mar. 16 - 10:00am
AUD and KOTV

Upcoming LifeLong Learning Classes at Kendal

Please register for classes by contacting Kari Inglis by email.

Lamas, Khan, and Emperors: The Politics of Tibetan Buddhist Art in Imperial China. Mon., March 6 & 13 (ZOOM ONLY) and March 27 (AUDITORIUM ONLY), 10:30am–12:00pm.

Kevin Greenwood, Curator of Asian Art at Allen Memorial Art Museum, presents three lectures. The relationship between China and Tibet, although perceived by contemporary Westerners as defined by conflict, has a long, complex, and interconnected history. This series will highlight the connections as exemplified in great masterworks of Tibetan Buddhist art and architecture from the 13th to the 18th centuries. These works were made for, and sometimes by, the most important religious and political figures in China, Tibet, and Mongolia. Often displaying a synthesis of Chinese, Tibetan, and Mongolian artistic styles, and with subtle political meanings, these works of religious art range from the awe-inspiring to the sublimely beautiful.

Time Travel Back to the 16th-18th Centuries through Sound. Tues., April 4, 11, and 18, 10:30am–12:00pm. Heiser Auditorium only. Catharina Meints, Kendal resident and Professor Emerita at Oberlin Conservatory of Music, presents a three-session course.

Session 1: The Viola da Gamba – Not the Ancestor of the Cello. A study of the viol with examples from the Caldwell Collection of Viols.

Session 2: Baroque Music – Continuously Continuo. How the basso continuo (bass line) shapes baroque music.

Session 3: The Oberlin Baroque Performance Institute – Year 52! A history of the beginnings of BPI as well as discussion of this summer's program.

Ways to Visit Friends in Stephens

Tues., March 21 - 1:30–2:30pm - Ed Center Training Room

KaO Social Services, in conjunction with Supporting Friends, will offer training for all Kendal residents on ways to meaningfully engage with our SCC friends. Social Services Associates Cyndi Moran and Kim Peters will present different ways to visit our SCC peers. For instance, they'll suggest ways to introduce yourself and begin the conversation as you start your visit. They'll tell you how to scan the room to help find topics of interest to the resident.

There will be time for questions, then an opportunity to pair with a Supporting Friend who can mentor you on your first visits.

Questions? Contact Carol Bojanowski and Elizabeth Hole.

Play Readers: *The Price* by Arthur Miller

Fri., Mar. 24 - 1:30pm; Sat., Mar. 25 - 7:15pm - AUD and KOTV

A stellar cast (Jesse Carlock, Tom Morgan, Jack Mosher, A.V. Shirk) meets to dispose of the Franz family furnishings but must deal with many underlying dysfunctional relationships. Directed by Pauline Handman.

COFFEE HOUR WITH
BARBARA THOMAS

TUES., MARCH 7 - 9:30AM
FOX & FELL, ZOOM, KOTV

AFTERNOON EXCHANGE
BARBARA THOMAS

WED., MARCH 22 - 4:00PM
AUD, KOTV

**Thursday Health Lecture
What's Going On with
Our Skin as We Get Older?
March 2 - 7:15pm
AUD and KOTV**

Resident Jack Secrist, MD, a dermatologist who practiced in this area for some years, will discuss the most common types of skin cancer, diagnosis, and treatment options. He'll look at issues commonly associated with the aging process, particularly seasonal problems.

**Signals of the Future From
Economist Rebecca Ryan
Thurs., March 9 - 7:15pm
ZOOM and KOTV**

Futurist and economist Rebecca Ryan returns to Kendal to share signals that she and her colleagues have been picking up that will shape the future of our communities, cities, and states. In addition, she will teach the difference between a "signal" and a "trend."

Participants are welcome to share their signals of the future or discuss those that she and others present.

**New Trends in Unionization
in the Workplace
Tues., March 14 - 7:15pm
ZOOM and KOTV**

Attorney Tamara Packard (OC '90) practices employment and other civil rights law in Madison, WI. She will talk about unionization, which had been declining steadily since the Reagan era. Now it is again growing and expanding to new sectors. Old ideas are new again, and new leaders have emerged to exercise and strengthen workers' fundamental rights. Live questions follow her talk, and you may email questions in advance to tpackard@pinesbach.com. Tamara is the daughter of resident Linda Grashoff.

**Introverts Unite!
Contact Suzanne McDougal**



**Lunch Bunch:
Blue Sky, Amherst 
Wed., Mar. 8 - 11:30am**

Leave Heiser Center at 11:30am on our bus to a restaurant serving classic "American" food, with exceptional breakfasts available all day.

Sign up for the Kendal bus. To reserve your place on the bus, put a check made out to KORA for \$10.00 in Box 93 before Monday, March 6. Lunch on your own.

Save the date of April 12 for lunch at The Hotel in Oberlin!

Questions? Ask Gerry Findlan.

**Salvation Army's 49-9
Grafton Prison Project
Mon., March 27 - 7:15pm
AUD and KOTV**

Mark Fahringer, founder and project director for The Salvation Army's 49-9 Project, will describe this successful prison outreach and re-entry program that seeks to reach out to persons currently incarcerated and recently released from correctional and treatment facilities in Northeast Ohio.

Its aim is to provide recently released inmates with help to guide them to available resources. The program provides classes to inmates, case management, financial assistance, mentoring, and resume and job search assistance.

Based in Oberlin, the program began working with the Grafton and Lorain Correctional Institutions and now operates across the Salvation Army's Northeast Ohio Division. The ultimate goal is to reduce recidivism and stabilize the lives of ex-offenders.

**Remember! Wear your name tag
so newcomers (and old-timers)
can tie your name to that face!**

🎵 Music at Kendal 🎵

**Live Chamber Music
at Kendal at Oberlin**

Sunday afternoon live music concerts in Heiser Auditorium will continue through the month of March.

Sun., March 5, no concert. Cleveland Orchestra plays that afternoon in Severance Hall.

Sun., March 12, 4:00pm, AUD
Open Rehearsal with Kendal musicians Nelson Cleary on violin, George Cyphers and Larry Mirel on clarinet, and others.

Sun., March 19, 4:00pm, AUD
Piano program by Oberlin Conservatory sisters Natasha Wu and Fiona Wu.

Sun., March 26, 4:00pm, AUD
Watch for posters and WKAO.

And watch for these events:

**Wed., March 1, 4:00pm, AUD
and KOTV** Previews of Oberlin Opera Theater's spring production of Leonard Bernstein's *Candide*.

Fri., March 10, 7:15pm, AUD
Concert by Oberlin faculty Dmitry Kouzov, cello, and Yulia Fedoseeva, piano.

Fri., March 31, 7:15pm, AUD
Concert by students of the Oberlin Community Music School. (Postponed from February 24.) ~Larry Mirel

**Oberlin Opera Theater:
Candide **

**Thurs., March 9 - 8:00pm - Hall;
Sun., March 12 - 2:00pm - Hall**
Leonard Bernstein's 1988 treatment of Voltaire's satirical novella, about the naive Candide and his plagued search for his beloved, features witty lyrics and brilliant Broadway-influenced music. Jonathon Field directs.

For tickets (\$10), call Oberlin College Central Ticket Service, 775-8169.

Sign up for Kendal bus for either performance.

Saturday Night Movies

7:15pm - AUD, KOTV

On hiatus during March!

Second Saturday Film

March 11 - 7:15pm - AUD

Rabbit-Proof Fence (2002) From Australia. An Aboriginal Australian young woman decides to lead her little sister and cousin in a daring escape from their internment camp. Aborigines were treated badly in Australia, as were African Americans and Native Americans in the United States.

Dwight Call will lead the discussion after the film.

For movie descriptions and details, see www.imdb.com.

Sunday Movies

7:00pm - WSCC

Mar. 5 - Moonstruck (1988)

Mar. 12 - Philomena (2020)

Mar. 19 - The Client (1994)

Mar. 26 - Witness (1985)

Monday Documentaries

7:00pm - WSCC

Mar. 6 - The Mystery of Agatha Christie with David Suchet (2013)

Mar. 13 - Top Secret Roses: The Female Computers of WWII (2010)

Mar. 20 - Mercury 13 (2018)

Mar. 27 - Rebel: Loreta Velazquez, Secret Soldier of the American Civil War (2013)

Tuesday Themed Films

1:00pm - WSCC

Mar. 7 - My Left Foot (1989)

Mar. 14 - Humble Beauty (2013)

Mar. 21 - Nise: The Heart of Madness (2017)

Mar. 28 - Music Got Me Here (2022)



Art Gallery News

The **Kendal Gallery** show of remarkably wide-ranging works by William Martin Jean in various media is currently on exhibit until Mon., March 27. Mr. Jean, who is 87 years old and still creating, gave a well-attended Artist's Talk on February 24 covering his life-long art career. Next up will be *Collages and 3-D Paper Assemblages* by Helen Wilson which will be on display until Mon., May 15. Watch for the announcement of her Artist's Talk.

The *Fiber Artistry* of Mary Carmosino, Betsy Bruce, Karen Long, and Kathleen Van Meter is on exhibit in the **Community Gallery** until March 30. **A special event will be held on Sat., March 4, 3:00-5:00pm in Heiser Auditorium.**

Watch 13 members of Lorain County Spinners and Weavers Guild demonstrate these timeless arts on their looms and spindles.

Marvin Gordon-Lickey's photography exhibit of landscapes, streetscapes, markets, and other scenes from Saignon, a small village in Provence, France, opens Fri., March 31, and closes Mon., May 15. His Artist's Talk will be on Fri., April 14, at 4:00pm in Heiser Auditorium and on KOTV.



The creative **Friends Gallery** exhibit of colleges by Randall James, *Inside Out*, will continue until March 10. In his Artist's Talk on February 10, he spoke about the development of his interest in collage, his creative process, and his long-time professional involvement with art therapy. The next show will be an exhibit of photography by Linda Grashoff from Mon., March 13, to Fri., May 12. It will feature many photographs made on our Kendal campus. Watch for an announcement of her Artist's Talk.

Now on exhibit until the end of the month in the **Curio Cabinet** are Priscilla Steinberg's whimsical *Spring Peepers* (frogs), crafted of metal, ceramic, or inventive stuffed beanbags. Next up will be our annual display of the magnificent *Ukrainian Easter Eggs* from the collection of Mary Van Nortwick.

Ruth Aschaffenberg's display of handmade jewelry closed late last month. In her Artist's Talk on February 3, she shared her extensive knowledge of beads and their complex and varied history and trade, illustrating it with numerous examples of handmade necklaces, earrings, and bracelets.

Kendal Creates Is Coming!

All Kendal residents are invited to submit art they have created for this biennial show that will fill all three galleries and the Curio Cabinet.

Watch for entry blanks in your open mailboxes at the end of this month!



Thursday Movie Musicals

2:00pm - WSCC

Mar. 2 - Show Boat (1951)

Mar. 9 - Kiss Me Kate (1953)

Mar. 16 - Carousel (1956)

Mar. 23 - The King & I (1956)

Mar. 30 - Annie Get Your Gun (1950)

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



American Sign Language Fri., Mar. 10 & 31; Apr. 14 & 28 1:30-2:10pm - Ed Center

Teacher Jaison Anderson and three of his Oberlin Schools American Sign Language students are offering classes here at Kendal. This is a great skill for anyone! No need to sign up – just drop in! Questions: email Michele Tarsitano-Amato at mtars@kao.kendal.org. **ALL are welcome to attend.**



Smart Giving! Charitable Gift Annuities Workshop Mon., March 13 - 2:00pm AUD and KOTV

Tom Konkoly will provide some basics on charitable gift annuities (CGAs). Ann O'Malley will describe how Kendal at Oberlin gift annuities operate to assure lifetime payments to donors and a residual to benefit Kendal (Residents Assistance Fund or other Kendal priority, as the donor wishes).

Please sign the CGA registration form on the shelf underneath the mailboxes. You may also email Tom Konkoly; be sure to use "CGA Workshop" in the subject line.

Exploring Essence Mon., March 20 - 7:15pm AUD and KOTV

Sharing personal reflections through their poems and photographs, residents Judi Bachrach and Rebecca Cardozo have collaborated on this invitation to listen and look beyond the surface, and to explore essence.

Spring Bicycle Tune-ups Wed., Apr. 26 Noon - Lot 4



Randy from the Oberlin Bike Shop will be on the Kendal campus in April to check the air pressure of our bikes and trikes and do safety checks of tires, brakes, and chains, for no charge. We will meet at Lot 4, Garage 4-5 (inside the garage if it's raining). Complex repairs will be referred to the Bike Shop. Transport to the shop can be arranged.

There will be a sign-up sheet (with no commitment) on the shelf under the open mailboxes on Wed., April 19, to estimate how many folks will be coming and how long Randy will be here. **All residents and staff welcome.**

~Kathy Caldwell, Chair, Fitness and Wellness Committee



Independence Day Parade Coordinator

Let Carol Harvey know if you can help with one of Kendal's favorite events!

Horticulture News



It's March! Spring is coming and your Horticulture Committee has some interesting activities already underway.

- **SAVE THE DATE:** The annual Plant Sale sponsored by the Horticulture Committee is scheduled for Fri., May 12, 7:30am to 4:00pm. The sale will continue on the honor system Saturday and Sunday, May 13 and 14, until 12 noon. If you would like to help with the sale, please contact Nick Long.
- March is a good time to start seeds indoors for transplanting, whether for your own garden or for the Plant Sale. To reserve space under the grow lights in the Horticulture Room, write your name on the sign-up sheet in the Horticulture Room or contact Nick Long.
- There are a few unassigned garden plots (10 feet by 10 feet) available in the Community Garden (near the Facility Services building). To reserve a space or learn more, please contact Charlotte Elsner.

Catch the Trolley on Second Thursdays!

Live action comes to Heiser Lounge as Rod Knight runs the late Len Garver's trolleys on a 1950s model of Milwaukee. Len brought the model to Kendal with him, and he and Rod updated it over the years.

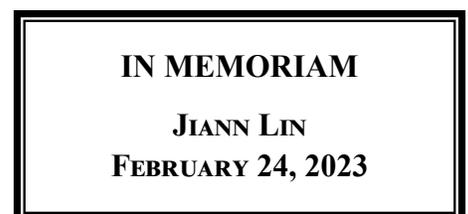
Watch, tell your story, try your hand at the throttle! Thurs., March, 9, 4:30–5:45pm in Heiser Lounge. Join the fun!

Demonstration of New Balance Equipment Thurs., March 2 - 1:00–2:00pm - AUD

Matt Baloun, rehab therapy director, will introduce new therapy equipment to the community that will be used for evaluations and treatments.

Balance Assessment Clinic Mon., March 20 - 10:00am–1:00pm - AUD

Our therapy department will host a balance clinic for Kendal residents, using its new equipment. To schedule your appointment for a balance assessment during the Balance Clinic, sign up on the registration sheets placed on the shelf underneath the mailboxes.



IN MEMORIAM

JIANN LIN
FEBRUARY 24, 2023



On Thurs., March 2, 1:00–3:00pm, there is an Open Studio in the Art Studio, an opportunity to watch and/or participate in a variety of art activities. This is a recurring event on the first Thursday of every month.

It's a time to bring your own art-related project or idea to the Art Studio where different resident artists will be sharing their media and offering help to find supplies. It's a time for comradery and inspiration.

In this first session, Suzanne McDougal will be hosting her fellow Chinese-style brush painting students. You may enjoy watching the process. Don Parker will be pastel painting, and offering a chance to try it.

Helene Aarons will lead a Dimensional Collage workshop using stencils, stamps, and found objects on Wed., Thurs., Fri., March 15 to 17, 3:00–5:00pm in the Art Studio. Class minimum, 4; maximum, 6. Signup sheet is

on the bulletin board outside the Art Studio.

There's a pastel painting class in March, every Monday, 3:00–5:00pm in the Art Studio, exploring the vibrant colors and color blending of this medium. Some experience in drawing or painting is helpful for these sessions. Contact Don Parker for questions or to join the class (limit of 8).



Come join us!
Photo credit: Don Parker.

Plan ahead if you want to join David Dauphiné and others making mosaic art pieces in April. Contact David with questions or to join the group.

~Don and Joyce Parker

There will be a group activity preparing decorations for Spring Fling in the evenings after dinner during March and April. Contact Robert Taylor and Ted Nowick.



New Web Site! Easy to Use? Questions?

After a long incubation period, the new KORA website at www.kaores.org is up and running! It has been well-received by many residents who are now getting acquainted with it.

You may find that negotiating a new website is not always easy. Give yourself time to explore the website for the information you can find there: Menus, Calendars, Resident Information, Facility Services requests, current and back issues of *The Kendalight*, etc.

If you would like some help finding what you need, contact Tom Taylor, Linda Grashoff, Sally Nelson-Olin, Bruce Richards, Mary Behm, or any of your neighbors who are now experts.

More About Kendal's Residents

Recent Moves

Ruth Searles within Patterson in late January.

Ted Nowick to Patterson in late January.

George and Marlene "Pete" Andrews to Whittier in late January.

Upcoming Moves

Kathleen Cerveny from Cleveland Heights, OH, in early March.

John and Margaret McBride from Akron, OH, in early March.

Gerlind Jenkner from Oberlin, OH, in mid-March.

Stephen Kerr from Santa Fe, NM, in mid-March.

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



Wanted! Headphones and CD/Tape Players

The Kendal Early Learning Center is looking for donations of headphones or portable CD/tape players. These will be used for the children at rest time, so they can listen to audio books on their cots.

If you have any items to donate, please drop them off to our classroom or put them in Jeni Hoover's administrative mailbox. Thank you!

~Jeni Hoover, Director of
Kendal Early Learning Center



Thank You also to the residents who helped us collect materials recently for the children to make musical instruments.

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.org), click "Directory." Note: you must either be on the Resident WiFi network or be logged in for access.

Need to Change a Date for a Scheduled Event?

Notify *The Kendalight* and WKAO to update your event on our various sites!



Call for Nominees

Leadership Development & Nominations Committee

**BIG BUS Trip
Orchids & Art
Tues., Mar. 7
9:00am-4:00pm**



Our bus is full for our trip to see *The Tudors: Art and Majesty in Renaissance England* at the Cleveland Museum of Art and/or the Cleveland Botanical Garden *Orchids Forever* show. Those who have paid for the Tudor show will receive their tickets on the bus. General admission to the art museum is free. Tickets for the orchid show can be purchased at the Botanical Garden door.

We'll depart from Heiser at 9:00am sharp and return to Kendal by 4:00pm. Whatever the weather, this should be a beautiful day!

~Kathy Hazelton and Gerry Findlan

Save the Dates! 🚌

Wed., May 3 - Visit Oberlin's Allen Memorial Art Museum and see *Riding the Strong Currents: History and Myth in the Book of Persian Kings*. Then take time to wander the museum's outstanding collection of art from many cultures.

Kendal bus leaves Heiser at 1:30pm and returns by 3:30pm. No cost.

Look for sign-up sheets below the open mailboxes around April 1.

Tues., July 25 - Enjoy Gilbert and Sullivan's "rollicking" *HMS Pinafore* at the Ohio Light Opera in Wooster.

Leave Heiser at 12:15pm after an early lunch in Fox and Fell. Enjoy the 2:00pm performance and return in time for dinner.

Purchase tickets (\$59 each) by calling 330-263-2345 or online at <https://ohiolightopera.org/>. Kendal bus: \$20. Watch for sign-up sheet to reserve a space. Bus holds only 15-20 people.

Get Ready, Set, Nominate!

From March 1 through May 15, 2023, the Leadership Development and Nominations Committee (LDNC) is welcoming your suggestions and nominations for the 2024 KORA Council and the LDNC.

2024 may be the year you are ready to serve or you may know someone who would be just the right person to represent residents and help make decisions.

Resident involvement in the governance of our community – on KORA Council, on KORA Executive Committee, on LDNC – ensures that residents have a voice in what transpires in our community now and in the future. LDNC encourages all residents to consider service.

In 2024 LDNC anticipates open positions for Secretary, Councilors, and an LDNC member. Open positions vary from year to year and sometimes open positions arise that are not anticipated. It is extremely helpful to LDNC and the community to have a pool of people with a variety of skills that you recommend for KORA officers, KORA Councilors, and LDNC members.

We hope you will think broadly and specifically about persons to serve.

At the KORA bulletin board and on the resident website, you will find this year's Call for Nominees. The Call for Nominees description explains more details about the nomination process and contains a summary of roles and responsibilities for KORA Council positions and LDNC members. Consult the bulletin board and the website for information.

If you would like to discuss a nomination or ask questions, please contact a member of the LDNC. Once you are ready to nominate someone, seek your prospective candidate's permission, then write a brief note on why you would like to see your nominee in this position. Make clear to the person that your suggestion does not guarantee that they will be on the LDNC's recommended slate in November.

If you nominate yourself, include a few words about your interest in the job.

Nominations should be placed in Box 216, Attention Bob Longworth, by May 15, 2023.

Your input is essential! Get ready, set, and nominate!

~2023 LDNC: Ruth Ann Clark, Ann Francis (chair), Bob Longworth (secretary), Sally Nelson-Olin, Anne Palmer, and Shirley Taylor.

Artist Recital Series Finishes 2022–2023 Season 🎻

- **Sun., April 30, 2:30pm, Finney.** Pianist Bruce Liu. For ticket information call the Eric Baker Nord Performing Arts Complex at 440-775-8169. Senior discounted tickets are \$30 per concert. ~Allen Huszti

Kendal Kryptogram #215 – by Nina Love

EKNVDQR ZMC BNKNQR DUDQXVGDQD. H ZL RN

FKZC SGZS LZQBG HR GDQD.~ZMZLHJZ LHRGQZ

Solution to Kryptogram #214: "February is the month when days start to get long, and gloomy nights start to shrink." ~Anonymous

Kendal Volunteer Hours in 2022

Every year Kendal residents and staff have carefully recorded the number of hours they have served as volunteers, both within Kendal and outside in the greater community. These volunteer hours are submitted, and the totals are tabulated by the Volunteer Clearinghouse Committee. Barbara Thomas uses these figures to support and to validate Kendal at Oberlin's non-profit status, and to demonstrate the many and varied ways our residents and staff contribute to the wider community.

The grand total of all hours reported for 2022: 55,726! This total is a significant increase when compared with the hours reported in 2021.

Inside Kendal: The reports show that residents volunteered 38,407 hours within the Kendal community in three categories: KORA (29,126 hours), Kendal at Oberlin (9,133), and Pandemic Related (148). Comparison of the hours in 2022 with the hours in 2021 shows a significant increase in KORA hours, an insignificant decrease in KaO hours, and a significant decrease in Pandemic Related hours. Compared to last year, the total hours of volunteering within the Kendal community increased by more than thirty-eight hundred hours.

Outside Kendal: Residents and staff volunteered 17,319 hours in 2022 outside of Kendal in seven categories: Organizations (7,994 hours), Church (4,178 hours), Oberlin College/LCCC (1,523 hours), Government (870 hours), Medical (709 hours), Schools (150 hours), and Miscellaneous (1,895 hours). Comparison of the hours in 2022 with the hours in 2021 shows significant increases in six categories and slight decreases in the Schools and Meals categories. Compared to last year, the total hours of volunteering outside of Kendal increased by more than sixty-eight hundred hours. Kendal residents and staff took advantage of increased opportunities to volunteer for community activities and events as they became more available during the year.

Responses: This year 191 reports were received from the residents, which is more than the number received last year. Kendal staff tracked 1,909 hours of community service with a variety of non-profit organizations such as Oberlin Community Services, Leadership Lorain County, Ohio Living, Oberlin Rotary, Lorain County Racial Equity, and United Way. Stephens Care Center recorded more than 3,600 hours volunteered by BOTH Kendal residents and community volunteers.

The Volunteer Clearinghouse Committee appreciates the diligent work of residents and staff to track their volunteer hours and report them at the end of the year. **THANKS** to all who volunteered in 2022! You continue to make a difference! ~*Volunteer Clearinghouse Committee: Elizabeth Brinkman, Anne Elder, Ann Findlan, Tomoko Ijiri, Pearl Lin, Anne Martin, Janet Newman, and Nancy Snyder*

Suggestions and Concerns Mon., March 13 - 2:00–3:00pm 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 Rich Hall.

Newcomer Introductions Wed., Mar. 15 - 4:00pm - KOTV

Check out these introductions by the Newcomers Committee on KOTV. ~*Sharon Furrow*

2023 KaO Directory Coming Soon!

Watch for it in your open mailbox.



Nature Sightings

1/18/23–2/11/23

1/18, three Red-shouldered Hawks, Heiser Pond area, Maureen Bailey (Hskp); 1/18, Eagle (adult), circling campus, Rachel Duncan; 1/24, American Kestrel, Island Pond (far side), Anne Martin; 1/24, Red-bellied Woodpecker, top of tree, west end of Farmer's Pond, Anne M.; 1/29, Northern Flicker, Meadow Pond, Jack Secrist; 2/4, Eastern Bluebirds, under feeder behind #8, Nina Love; 2/11, Red-winged Blackbird, top of perimeter path tree near Island Pond, Anne M. ~*Mary Joy Leaper*

Nest Box News

Eastern Bluebirds have visited many of the seed and suet feeders at Kendal all winter long. One pair was even seen huddled inside a small nest box behind Cottage 56 to keep out of the weather.

In a few short weeks bluebirds and many other birds will begin claiming nest boxes and starting the age-old ritual of nest building and egg laying.

One pair we observed was checking out and inspecting the new nest boxes near Rock Pond. The male could be heard courting his mate with his melodious song as he showed her the available real estate. ~*Nina Love*

KENDAL RESALE SHOP

Benefiting 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: \$5,553.70.

From the John Bartram Arboretum River Birch (*Betula nigra*)

The river birch grows in hardy zones 4–9 and is a medium-large tree growing to a height of 40–80 feet. It prefers full sun to partial shade, and tolerates a variety of soils but not high alkaline soils. As its name indicates, it does like moisture, but does not want to sit in still water; surprisingly, it can tolerate some drought when no longer very young. It does keep erosion in check along stream banks. The wood is not particularly strong and is often used as plywood.

It has male and female flowers on the same tree (it is monoecious). The 3-in. male catkins are much more noticeable as they form in the fall and blow in the wind. Their pollen is released in the spring. The female catkins are much less noticeable since they appear at the same time as the leaves which are serrated and diamond shaped.

The seeds are scattered by the wind and also by water if the tree is along a river. Many river birches are now planted in the landscapes of homes and even as street trees. Sadly, they can be chosen for landscapes where there is not enough room. There are cultivars of the native river birch with distinctive

coloring in the peeling bark, and also some that are shorter.

There are few insect and disease problems with the river birch. Many other non-native birch species do have problems, one being with the bronze birch borer.

The river birch is one of the native species of trees that supports the most insect biodiversity. It provides food for hundreds of species of butterflies and moths, birds, and small mammals. Loved for its beautiful bark and graceful shape (especially noticeable in winter), it is a valuable tree. We have 47 here in our Arboretum, making up almost 5% of our collection reports.

Go to our ArborScope homepage (<https://arborscope.com/inventories/6099>) where you can use the drop-down menu to search for river birch.

~Anne Helm for the Arboretum Committee
Rachel Duncan, Horticulturist,
ISA certified Arborist

References:

- arborday.org
- bygl.osu.edu
- <https://ohiodnr.gov/discover-and-learn/plants-trees/broad-leaf-trees/river-birch-betula-nigra>



River Birch Tree at Kendal.
Photo credit: Anne Helm.



River Birch Trunk.
Photo credit: Linda Grashoff.

Book Discussion Group on Transgender Issues

The LGBTQ+ and Allies Interest Group is hosting a book discussion group that will focus on *Becoming Nicole: The Transformation of an American Family* by Pulitzer Prize-winning author Amy Ellis Nutt. The book documents the transition of a boy to a young woman, and the myriad ways this transition impacts the parents and family. It is an accurate portrayal of the issues faced by transgender people wanting to transition, and it is a moving story of individual courage and the enormous strength of family bonds.

Co-facilitated by Kerry Glaus and Nancy Garver, the group will be limited to a maximum of 10 participants who must commit to being present for all three discussion sessions on Sat., March 11, 25, and April 8, from 10:00–11:30am in the Crossroads Room. Sign up on the registration sheet at the open mailboxes in Heiser. Copies of the book are available from the LGBTQ+ and Allies Interest Group and can be obtained by contacting Nancy Garver. Participants may also purchase the book, at personal expense, in Kindle format for \$10.99 or in paperback for \$18.00.

Participants are asked to read the first section, Chapters 1 through 13, prior to the first discussion group on March 11.

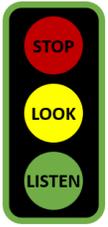
Did You Know That?



You should rinse your recyclables and follow local regulations to make sure what you recycle isn't causing contamination. ~Rephrased from *What Can One Person Do? 10 Ways You Can Fight Climate Change* (<https://www.greenamerica.org/your-green-life/10-ways-you-can-fight-climate-change>)

Note: "Contamination" is anything in the recycle bins that can't be recycled.

~Dorothy Luciano



STOP, LOOK, AND LISTEN

Thurs., March 9 - 10:00am
Education Center Training Room

For those who missed the February sessions, here is another opportunity! STOP, LOOK, AND LISTEN helps residents to be comfortable and effective when communicating with fellow residents, family, and friends who live with cognitive changes.

Sign-up sheets are available under the open mailboxes. Contact Carol Bojanowski with questions.

Notes From the Program Committee

We seem to have more programs than ever here at Kendal! This is a testament to our resident talent as well as the engaging speakers that residents suggest to us.

BUT - We need help to continue this level of programming. The LifeLong Learning arm of our committee is looking for people to develop programs for their amazing lecture series. AND would you like to be a part of the larger Program Committee to help select and foster programs? Getting a program to you – our audience – involves many moving pieces. We have a great team, but we need some new folks to learn the process. Can you help? Let's talk! Contact Shirley Taylor.

On another note, our Heiser audiences are growing larger. This is wonderful for our community and gratifying for our presenters. However, on occasion the number of people threatens to exceed the auditorium's capacity. In some cases, we can set up additional seating in the auditorium, but there are limits. To get a good seat, plan on coming early. AND if you see that the auditorium is full, please plan to watch the program on KOTV. We hope that you will understand.

Finally, some of our past programs are available on YouTube. On the new website (www.kaores.org) click on the INFORMATION tab and then click on Kendal Program Recordings to see lists of available programs. Click on the program you want to view.

Thank you for your help and encouragement!
~Shirley Taylor

Saturday Walks

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

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

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: Donna and Larry Steele

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, Ed Center and 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

UU Gathering
Cultivating Resiliency
Rev. Mary Grigolia
Tues., March 28 - 2:00–3:00pm
Green Room

Share your stories on how you nurture your own resiliency. What keeps you centered during these trying times? 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

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Profile Photos: Sally Nelson-Olin

- Deadline for the April 2023 issue of *The Kendalight* is March 15.
- The editors regret that they cannot assume responsibility for errors in content in material submitted for publication.
- Note: Please submit articles by email to our address: Klite600@yahoo.com
- If no email access, please type article on separate sheet, sign, and place in *The Kendalight* open mailbox.
- All articles must carry a signature and telephone number.



Dining and Nutrition Services



It is no secret that our dining service is engaged in a continuing struggle to hire and keep staff at every level.

What may not be so obvious is that they are competing in a sellers' market. Gone are the days when the administration could tell workers how many and which days in a week they were assigned to work. If a server can come in on Tuesday, Thursday, and Saturday, the schedulers adjust the worker's schedule to fit that requirement. The schedule is a never-ending jigsaw puzzle. The result is that diners can never anticipate when they will be facing few servers or a skeleton cooking crew. This can be frustrating for diners; it is exhausting and nearly impossible for those responsible for making the system work for us all.

The Dining Matters Committee has urged the staff to post signs warning us when the staff is scanty and reminding diners of the rules for meal pick-up and sit-down dining. Here is a summary of the rules we are going to be dining by.

Lunch: At lunch we are asked to place our order for both take-out and

sit-down meals at the door to Fox and Fell. Meal pick-up time is 11:30am to noon. Sit-down diners can order and then find a seat beginning at noon. If pick-up lunchers arrive late, they will have to wait for a break in the dining line to place their orders. Staff members are always willing to help seat someone who needs assistance, but try to remember to place your order before accepting assistance to a table.

Dinner: The evening dining room meal service will still include server-accepted ordering. But we are trying a slightly different schedule for orders. Those ordering take-out can do so from 4:45 to 5:30pm and again from 6:30 to 7:00pm. The hour from 5:30 to 6:30pm is reserved for sit-down dining service. Of course, diners can come into the Fox and Fell earlier than 5:30pm, but they should be prepared to wait for the attention of a server until 5:30pm.

We urge you to give this system a try. This is a work in progress, with the goal to relieve pressure on the staff. Tell us what you think using the comment cards.

~Barbara Pierce, Chair, Dining Matters

Mindful Mondays Lunch with Kim and Cyndi Mon., March 20 - 12:00pm Fox and Fell Alcove

Join Kendal Social Services Associates Kim Peters and Cyndi Moran for an hour of conversation and discussion while enjoying lunch.

Mindful Mondays are scheduled on the third Monday of each month from 12:00–1:00pm in the Fox and Fell Alcove. We hope you will grab your meal (or just show up) and participate in an informal social connection with your Social Services Team!

No sign up required. We look forward to our mindful discussions!

~Kim Peters (776-5016) and
Cyndi Moran (775-9813)



Solo Diners: Come fill our table!

Solo Diners Tues., March 28 - 5:30pm - Den

Join solo Kendal residents monthly for dinner and conversation in the Den. There is no planned agenda – just informal sharing. Sign-up sheet is posted by the open mailboxes the week before. The Den holds only 16 diners.

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

Grief Support Group Tues., March 28 - 10:00am Green Room

Facilitated by Melissa Thompson, LSW.



Event Links

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

Centering Time With Indira Palekar Mondays - 11:00–11:30am Zoom and WSCC

Psychologist Indira Palekar offers the Kendal community a time to reflect on topics that are suggested by the current participants. She also suggests a self-reflection practice for the week.

For the Zoom link, contact Kim Peters (kpeters@kao.kendal.org).

Dementia Friendly Discussion Group Fri., March 24 - 10:30am Ed Center Training Room

Note room change! All are welcome.

I've been diagnosed with mild cognitive impairment. One symptom I have is forgetting people's names. Sometimes I don't acknowledge



someone because I take too long to remember their name. Then they think I'm not interested

in them, they avoid me, and I end up feeling abandoned. Give me another chance – I still need my friends.

STAY CONNECTED.

SUN	MON	TUE	WED	THU	FRI	SAT
<p><u>First Church Service</u> 10:00am WSCC</p> <p><u>Quaker Worship</u> 10:30am Ed Ctr, Zoom</p> <p><u>RC Mass</u> 11:15am WSCC</p> <p><u>Christ Episcopal Service</u> 12:30pm WSCC</p> <p><u>Film (see p. 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 Zoom, WSCC</p> <p><u>Blown Away</u> 2:00pm WSCC</p> <p><u>Line Dancing</u> 5:00pm AUD</p> <p><u>Documentary (see p. 4)</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>Square Dancing</u> 4:00pm AUD</p> <p><u>Rollator Line Dancing</u> 5:15pm AUD</p> <p><u>Rick Steve's Europe</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>News Currents</u> 2:00pm WSCC</p> <p><u>SCC Council</u> 4:00pm WSCC 2nd Wednesday</p> <p><u>Song Swap</u> On hiatus in March</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Musical Film (see p. 4)</u> 2:00pm WSCC</p> <p><u>Jazz Listening</u> 2:00pm Penn 3/2, 3/16, 3/30</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Art History</u> 2:00pm WSCC</p>	<p><u>Saturday Walk</u> 9:00am Heiser</p> <p><u>Finding Your Roots</u> 1:00pm WSCC</p> <p><u>Catholic Communion Service</u> 3:30pm Green Rm</p> <p><u>Film (see p. 4)</u> 7:15pm AUD, KOTV</p>
<h1 style="color: red;">March 2023</h1> <p>Zoom: See kaores.org 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>1</p> <p>Opera Previews of <i>Candide</i> 4:00pm AUD</p> <p>Faculty Recital Peter Takács, piano, and violin faculty Beethoven Violin Sonatas 7:30pm Kulas 🚌</p>	<p>2</p> <p>Open Studio 1:00-3:00pm Art Studio</p> <p>Balance Equip- ment Demo 1:00pm AUD</p> <p>What's Going On with Our Skin as We Get Older 7:15pm AUD, KOTV</p>	<p>3</p>	<p>4</p> <p>Fiber Artistry: Spinning and Weaving Demo 3:00-5:00pm AUD</p>
<p>5</p>	<p>6</p> <p>LLL Class: Lamas, Khan, and Emperors Kevin Greenwood 10:30am ZOOM ONLY</p>	<p>7</p> <p>Big Bus: Orchids & Art 9:00am-4:00pm 🚌</p>	<p>8</p> <p>Lunch Bunch Blue Sky, Amherst 11:30am-2:00pm 🚌</p> <p>Opening Night, <i>Candide</i>, Opera by Leonard Bernstein 8:00pm Hall Tx 🚌</p>	<p>9</p> <p>STOP, LOOK, LISTEN 10:00am Ed Center</p> <p>Rod Knight Runs Len's Trolley 4:30-5:45pm HL</p> <p>Rebecca Ryan Signals of the Future 7:15pm ZOOM, KOTV</p>	<p>10</p> <p>ASL Class 1:30pm Ed Center</p> <p>Dmitry Kouzov, cello Yulia Fedoseeva, piano 7:15pm AUD</p> <p>Oberlin Sinfonietta, Tim Weiss, conductor 7:30pm Warner 🚌</p>	<p>11</p> <p>Second Saturday Film: Rabbit-Proof Fence 7:15pm AUD</p> <p>Oberlin Jazz Ensemble 7:30pm Finney 🚌</p>
<p>12</p> <p><i>Candide</i> Matinee 2:00pm Hall Tx 🚌</p> <p>Chamber Music Open Rehearsal 4:00pm AUD</p> <p>Faculty Recital Alexa Still, flute 7:30pm Kulas 🚌</p>	<p>13</p> <p>LLL Class: Lamas, Khan, and Emperors 10:30am ZOOM ONLY</p> <p>Suggestions and Concerns 2:00pm Crossroads</p> <p>Charitable Gift Annu- ities Workshop 2:00pm AUD, KOTV</p>	<p>14</p> <p>Interactive Session on Diversity, Equity, Inclusion, and Belonging 1:30pm AUD</p> <p>New Trends in Unionization in the Workplace 7:15pm ZOOM, KOTV</p>	<p>15</p> <p>Newcomer Intros 4:00pm KOTV</p> <p>Oberlin College Choir, Ben Johns, conductor 7:30pm Warner 🚌</p>	<p>16</p> <p>KORA Council 10:00am AUD, KOTV</p>	<p>17</p> <div style="text-align: center;">  </div>	<p>18</p> <p>Met. Opera in HD <i>Lohengrin</i> 12:00pm Apollo Tx 🚌 Note early start time</p>
<p>19</p> <p>Chamber Music Natasha Wu & Fiona Wu, piano 4:00pm AUD</p>	<p>20</p> <p>Balance Clinic 10:00am-1:00pm AUD</p> <p>Mindful Mondays Lunch with Kim & Cyndi 12:00pm F&F Alcove</p> <p>Exploring Essence Judi Bachrach and Rebecca Cardozo 7:15pm AUD, KOTV</p>	<p>21 Bahá'í New Year</p> <p>Ways to Visit Friends in Stephens 1:30pm Ed Center</p>	<p>22 Ramadan Begins</p> <p>Exchange with Barbara Thomas 4:00pm AUD, KOTV</p>	<p>23</p>	<p>24</p> <p>Dementia Friendly Discussion Group 10:30am Ed Center</p> <p>Play Readers: <i>The Price</i> 1:30pm AUD, KOTV</p>	<p>25</p> <p>Play Readers: <i>The Price</i> 7:15pm AUD, KOTV</p>
<p>26</p> <p>Chamber Music See WKAO 4:00pm AUD</p>	<p>27</p> <p>LLL Class: Lamas, Khan, and Emperors Kevin Greenwood 10:30am AUD ONLY</p> <p>Salvation Army's 49-9 Grafton Prison Project 7:15pm AUD, KOTV</p>	<p>28</p> <p>Grief Support Group 10:00am Green Rm</p> <p>UU Gathering 2:00pm Green Rm</p> <p>Solo Diners 5:30pm Den</p>	<p>29</p>	<p>30</p>	<p>31</p> <p>ASL Class 1:30pm Ed Center</p> <p>Oberlin Community Music School Students 7:15pm AUD</p>	<p>Note:</p> <p>"Home" events (at Kendal) are in Bold.</p> <p>"Away" events are not.</p>