

The Kendalight

Kendal at Oberlin Residents Association

May 2017

Volume XXIV, Number 5

Fun Fitness Week Returns to Kendal at Oberlin on June 5

Our annual Fun Fitness Week begins on Monday, June 5, and concludes on Friday, June 9, with a healthy appreciation luncheon in the Fox and Fell. Once again we will plan more than 20 FUN activities during the week. Participate in at least one activity to earn a free lunch on Friday! If you would like to help plan or execute activities, contact Kathy Caldwell or Jill Tvoraha, Fitness Center.

Accreditation Visit Confirmed for June 26-28

CARF-CCAC (Continuing Care Accreditation Commission) confirms that the dates for our upcoming visit are Monday, June 26 through Wednesday, June 28. The three-member team (two on-site and one virtual) will begin their visit on the evening of Sunday, June 25. The team members come from accredited communities and are trained surveyors, including the lead administration surveyor from Canada. They will stay at the Hotel at Oberlin but will spend considerable time at Kendal to observe our community in action.

The formal visit begins Monday with an opening session at 8:30am. The team will share a bit about their purpose and schedule. Kendal will share highlights of the process and preparation that have been underway this past year. This session is open to anyone if you would like to reserve time on your schedule and attend. Kendal residents will then conduct a tour. Throughout the rest of Monday and Tuesday, there will be many individual and group interviews with personnel, board and residents. Some may be scheduled over a lunch hour. Often, the team requests a meeting with a group of KORA Council representatives, residents at different levels of care, family representatives and volunteers.

On Wednesday morning, the surveyors will complete unfinished business and report-writing. They will hold an exit conference at about 2:00pm to share results with the whole community. The team's report will provide an overview of the results being submitted to CARF-CCAC, including recommendations and consultations on more than 1200 CARF standards that will be reviewed for three areas: CCRC, Person-Centered Long-Term Care and Dementia Specialty Program. The final decision to extend accreditation for one, three or five years is left to CARF-CCAC. This visit occurs every five years for members in good standing with annual reports submitted by Kendal during in-between years to verify we are in compliance with the standards. *-Barbara Thomas*

Commencement Highlights in Oberlin

Fri., May 19 -- The Grand Piano Extravaganza, 8:30pm, Warner Concert Hall (\$25) -- Featuring the Oberlin Conservatory piano faculty and seniors. **Sign up for Kendal bus.**

Sun., May 21 -- Campus Illumination: Social on the Square, 7:00-10:00pm -- Enjoy ice cream and music on a Tappan Square transformed by strings of colored Japanese lanterns. After the **Commencement Concert**, **Oberlin Steel** drum band ends the evening on the steps of Finney Chapel. **Please consider car pooling.**

Mon., May 22 -- At 9:30am the **Academic Procession and Commencement Exercises** begin on Tappan Square. **Darren Walker**, president of the Ford Foundation, will give the Commencement Address and receive an honorary Doctor of Humanities degree. The ceremony will be streamed live at Kendal.

"A Win/Win for the Residents Assistance Fund -- and You!" Monday, May 1 - 4:00pm - Heiser Auditorium

Find out what you need to know about tax-smart ways of giving to the KatO Residents Assistance Fund. Catherine Gletherow, senior planned giving officer at Oberlin College and a member of Kendal's Committee on Philanthropy, will discuss tax-leveraged ways of giving to benefit both you and the RAF.

COFFEE HOUR
WITH BARBARA THOMAS
FRIDAY, MAY 12
9:30AM - LANGSTON

**AFTERNOON
EXCHANGE**
WEDNESDAY, MAY 31
4:00PM - AUDITORIUM
BARBARA THOMAS

Know Your KORA Council

The ache for home lives in all of us, the safe place where we can go as we are and not be questioned. -Maya Angelou

What an amazing time of year it is at Kendal and Oberlin – so much to appreciate, celebrate, remember, and enjoy. Two words come to mind when I think about our community and town: gratitude and joy.

The intention of our founders was to build a community based on resident involvement, supported by staff. Much preparation went into our creation. Kendal at Oberlin would not be what it is today without this willingness of residents to participate and the dedication of staff. Our intention, ideas, efforts and caring for one another are invaluable in growing and maintaining our community.

This month (May 1 – June 3) KORA collects funds for the Staff Vacation Fund. This is an opportunity to show gratitude to our wonderful staff for the many ways they support and care for us. The box on the right explains how you can say “thank you” to our hard-working staff members. A letter from KORA will follow with more information.

One of joys of being on this campus comes from all the activities that are being planned and carried out. Ideas and concerns are continually surfacing. Don't forget that the KORA Suggestions and Concerns Committee meets monthly to listen to what residents have on their minds and to assist in directing or resolving concerns. Watch Ch. 27 (919) for time and place of their meeting.

At our April KORA Meeting, we learned about the revised Pet Guidelines put together by the Pet Concerns Interest Group and the Administration and the formation of a new KORA Pet Projects Interest Group. If you have questions about Pet Guidelines, talk with Elizabeth Hole. If you would like to join the Pet Projects Group, talk with

LifeLong Learning Classes in Heiser Auditorium

For more information or to register for these courses, phone 440-366-4148, the LifeLong Learning office at Lorain County Community College.

News & Views: Foreign Affairs. Discussion leaders present a major foreign affairs topic from the “Great Decisions” Foreign Policy Assn. briefing book.

Fri., May 5, 10:30am-12 noon, Gordon Evans, Saudi Arabia in Transition (see p. 3). **No registration or fee; all are welcome.**

News & Views: Domestic Issues. Fri., May 19, 10:30am-12 noon, David E. Cole, The Auto Future: Fast, Furious and Uncertain (see p. 4). **No registration or fee; all are welcome.**

Use the Past to Serve the Present: Archaeology and Politics in China.

This three-part series will introduce some of the most dramatic discoveries in 20th century Chinese archaeology, and show how some of the artifacts uncovered have been employed in 20th-21st century Chinese politics. 1. Art of the Shang dynasty (c.1600-1046 BCE), how proof of that dynasty's existence (and therefore the antiquity of Chinese culture) contributed to China's 20th century resurgence as a world power. 2. Art of the Warring States period (c.450-221 BCE), how a large set of bells from the period, discovered in 1977, appeared both during a ceremony for the return of Hong Kong to Chinese rule and in the Beijing Olympics. 3. Details of the spectacular discoveries associated with the tomb of China's First Emperor (259-210 BCE), including the famed Terra Cotta Army and other recent findings, and how the legacy of this emperor has become intertwined with that of Mao Zedong (1893-1976), the founder of the People's Republic of China. Kevin Greenwood, Joan L. Danforth Assistant Curator of Asian Art, Allen Memorial Art Museum. **Mon., May 1, 8, 15, 10:30am-12 noon. Fee: \$20. (Class #5017)**

Kathy Caldwell. Pet and non-pet owners are welcome.

Emerging ideas for celebrating KaO 2018 Anniversary Year are posted on the KORA Board. Please visit the display and add your ideas for a theme and how we might celebrate.

Finally, I encourage everyone to attend the KORA meetings and to volunteer. We are heartened to see new residents at our meetings and involved in committees, interest and service groups. A special need is for volunteers in the Ride Share Program; contact Ken Cheek or Barbara Barna. On the KORA Bulletin Board, you will see other places where you might lend a hand.

Yes, so much to celebrate and appreciate. Thanks for the joy, hope, and care you bring to this community and to our lives.

-Ann Francis, KORA President

“Lake Erie – As It Was and As It Is”

Wed., May 10 - 4:30pm - AUD

Dr. Pete Richards, Emeritus Senior Research Scientist with the National Center for Water Quality Research, will discuss basic geological and pre-settlement history of Lake Erie and some of the environmental issues of the past 50 years. Sponsored by the Kendal Environmental Concerns Committee.

Monday, May 1, Launch Date for Staff Vacation Fund

May is the month residents consider gifts to our Staff Vacation Fund in lieu of gratuities that are prohibited at KatO. Look for the donation box at the Heiser Front Desk, May 1-June 3.

PROGRAMS

Thursday Health Lectures

“Your Skin: How to Live in It Successfully for Many Years to Come” May 4 - 7:15pm - AUD

Speaker: Jonathan Bass, MD, Assoc. Professor, Dermatology and Assoc. Professor, Pathology, Case Western Reserve University School of Medicine; Dept. of Dermatology, Metro Health Medical Center.

“Plant-Based Nutrition” June 1 - 7:15pm - AUD

Speaker: Polly Dengel, MD, Dept. of Internal Medicine, Cleveland Clinic. Dr. Dengel, who has been affiliated with Cleveland Clinic since 1997, worked at the Oberlin Clinic in the 1980’s.

Third Thursday Lecture “Who Creates Money? Its Relation to Private Wealth and Public Austerity” May 18 - 7:15pm - AUD

John Howell, Associate Professor of Physiology Emeritus, Ohio University, co-founded Democracy Over Corporations to look into the role of corporations in determining public policy. Out of that developed interests in community rights and in banking and the monetary system. He will tell us how money is currently created, the resulting systematic transfer of wealth from the many to the few, and alternative ways of money creation.

AAA Safe-Driving Course Fri., May 5, and Mon., May 8

If you signed up for this two-day AAA safe-driving course, the class meets from 10:00am to 12:00 noon and 1:00 to 3:00pm both days in the Kendal Education Center.

Lunch Bunch:

Vintage House Cafe, Avon Wednesday, May 10

The Vintage House Cafe began life as a local Avon doctor’s office 70 years ago. Now it is a cozy cafe with two dining rooms on the ground floor and a tea room upstairs. The menu: soups, salads, sandwiches, paninis, wraps, as well as daily specials and entrees, freshly baked pie, cake and cheesecake! Sign up for the bus that will leave Heiser at 11:30am and return about 2:00pm. Bus charge: \$8.00. Place check made out to KORA in Box #157 by Monday, May 8. Lunch at your expense.

News & Views: Foreign Affairs Fri., May 5 - 10:30am - AUD

Resident Gordon Evans, an experienced Foreign Service officer, will speak to us on the topic “**Saudi Arabia in Transition.**” After graduating from Antioch College in engineering in 1955, Gordon joined the U.S. Foreign Service in 1958, serving in Pakistan, India, Ghana, Nigeria and the Ivory Coast. While stationed in Washington, DC, he served on U.S. delegations to the United Nations for nearly four years.

As Saudi Arabia struggles to adjust to the drastic decline in oil revenue, Deputy Crown Prince Mohammad bin Salman attempts to boldly transform the country. At the same time, many countries such as the U.S. point out the lack of democracy, women’s rights and human rights in Saudi Arabia, and blame its continuation of Wahhabism, an extremely conservative version of Islam, for creating jihadists. Bipartisan criticism of Saudi Arabia is rising in Congress. Despite their differences, both countries need each other. No registration or fee. **All are welcome.**

Taiko Drumming Wed., May 3 - 7:15pm - AUD

Join us for a concert in memory of Kendal resident Emiko Custer.

Making Contemporary Music: Ben Roidl Ward and Will Overcash Fri., May 5 - 2:00pm - AUD

Bassoonist Ben Roidl Ward and violinist Will Overcash (both OC ’15) return to Kendal at Oberlin as the duo Wolftone. They will perform and discuss works from their duo repertoire in this informal, interactive workshop. You can also hear them perform at 8:00pm that evening in Fairchild Chapel.

Making Contemporary Music: Tom Hamilton and Al Margolis Sun., May 7 - 2:00pm - AUD

Electro-acoustic pioneers Tom Hamilton and Al Margolis will perform, demonstrate, and discuss their music-making techniques in this informal, interactive workshop.

Oberlin High School Choir Mon., May 8 - 1:30pm - Heiser Lounge

Directed by Robert Duerr with Helen Taylor at the piano.

Community Conversations “The Future of the Health Care Safety Net in Lorain County” Mon., May 1 - 7:15pm - AUD

CEO Paul Baumgartner will speak to us about the Lorain County Free Clinic. Established in 1986 as a temporary safety net for the uninsured, the clinic continues to provide access to timely and compassionate health care for some of the most economically and medically vulnerable adults in Lorain County. Isobel Rutherford and Judy Appleton are among our Kendal resident physicians who have volunteered at the clinic.

Sunday Movies in Whittier - 7:00pm

May 7 - The Grand Budapest Hotel (2014) Gustave, a legendary concierge at a popular 1930s European ski resort, befriends Zero, the lobby boy, who then becomes his most trusted confidante. R.

May 14 - Freaky Friday (2003) A single mother and her teenage daughter, who somehow switch bodies, develop a new sense of respect and understanding for one another. PG.

May 21 - Road to Bali (1952) Bob Hope and Bing Crosby save Dorothy Lamour from peril in a lush jungle that is shown to good effect in the only "Road" trip filmed in color.

May 28 - Memorial Day (2011) On Memorial Day 1995 Bud tells his grandson stories about his WW II combat experiences. The film then moves on to the grandson's wartime future in Iraq, showing the parallel experiences of two men, in two different time periods, and in two different wars. R.

Saturday Documentary Film

May 20 - 7:15pm - AUD

The Address: a Film by Ken Burns (2014) At the tiny Greenwood School in Putney, VT, its roughly 50 students, young boys from ages 11 to 17, are asked every year to memorize the Gettysburg Address. No doubt this would be a daunting assignment for any young person, but the boys at Greenwood all suffer from learning disabilities that have made their personal, academic and social progress extremely challenging. Interweaving the history of this most famous of American speeches with the contemporary journey of the boys at Greenwood, the film reveals the timeless resonance of Lincoln's words, while culminating in the triumph of the human spirit in these most trying contemporary times.

-Donna VanRaaphorst



Art Gallery News

The three receptions held for **Sheila Eckstein's Kendal Gallery** show of watercolors spanning more than 40 years, **Dick Baznik's** black and white photographs in the **Friend's Gallery**, and **Kathleen Van Meter's** show of small quilts in the **Community Gallery** were well attended. All, as well as **Anne Martin's** sea shell collection displayed in the **Curio Cabinet**, will come down May 14 to make way for our biennial show "**Kendal Collects**" which goes up on May 15 and will be on display until August 14.

You should all have received the forms, placed in your open mail boxes last month, inviting you to exhibit one or two original works of art from your personal collections.

It is not too late!

If you have lost or misplaced your form, a replacement is available at the Heiser Reception Desk.

All entries must be framed, ready to hang with your name and unit number clearly labeled on the back. All submissions will be returned to their owners at the end of the show on August 14.

Please place your entry form in Box #68 before Monday, May 8. It is always exciting to see what treasures Kendal residents have! We look forward to an exciting show!

Saturday Foreign Film

May 6 - 7:15pm - AUD

Islam: Empire of Faith (2000)

If you are curious about Islam, and one who listens with a critical ear, this is a movie for you. It is a first-rate production that describes the faith accurately and recounts history as it was. It is well crafted, with beautiful cinematography, excellent narration and a stunning display of art and architecture. No one could have done a better job of trying to recount 1000+ years of history. Increasingly, scholars and historians are recognizing the impact that Islamic civilization has had on Western culture and the course of world history. The PBS presentation is narrated by actor Ben Kingsley. Film will be shown in three parts. Stay for all of them, if you can. *-Dwight Call*

News & Views: Domestic Issues Fri., May 19 - 10:30am - AUD

"The Auto Future: Fast, Furious and Uncertain" is the topic for David E. Cole, Chairman Emeritus of the University of Michigan's Center for Automotive Research. The auto industry is going through an amazing transformation. Through capacity reduction, redesigned labor contracts, financial restructuring, staff reductions, new technologies and globalization, the domestic industry has become far more competitive. However, turbulence will continue. The industry is an extremely important part of the U.S. economy; various concerns that could limit industry performance will be discussed, as well as new technologies that could yield enormous benefits. No fee or registration.

Play Readers: "The Glass Menagerie"

Fri., May 12 - 1:30pm - AUD; Sat., May 13 - 7:15pm - AUD

This play premiered in Chicago in 1944 and went on to Broadway the following year. It won the 1945 New York Drama Critics Circle Award and, as Wikipedia says, "catapulted" Tennessee Williams "from obscurity to fame." Watch Rachel Fordyce, Bob Longsworth, Louise Shoemaker and Tom Morgan as they interpret this timeless classic. For our performances, once the play has started there will be no admission until the first scene break. *-Robert Taylor*

**First Thursday Evening Hours
Allen Memorial Art Museum
May 4 - Open until 8:00pm
Program begins at 5:30pm
at The Hotel at Oberlin**

Arthur K. Wheelock, Jr., curator of northern Baroque paintings at the National Gallery of Art, will speak on "Oberlin and the Introduction of Dutch Caravaggism to America." He will celebrate the legacies of Wolfgang Stechow and Charles Parkhurst and highlight the importance of St. Sebastian Tended by Irene, AMAM's 1625 painting by Hendrick ter Brugghen which was loaned to the National Gallery in 2011. A reception will be held at the museum. Galleries will be open for viewing AMAM's Dutch paintings. **All are welcome.**

**Tuesday Tea at
Allen Memorial Art Museum
May 9 - 2:30pm**

Kendal resident Peggy Kwong-Gordon will speak on the use of seal script as motif in her paintings, in conjunction with the Ripin Gallery exhibit "The Archaic Character of Seal Script." She taught studio art at Kent State University and has exhibited her work widely. **All are welcome.**
If you need a ride, meet at the Heiser Reception Desk at 2:10pm to car pool.

**Community Conversations
"The Medical Maladies
of Musicians"**

Tues., May 23 - 7:15pm - AUD

Alan Lockwood will describe his experience as a physician to high-level musicians with instrument-related medical problems. He ran the Performing Artists Clinic at the University of Texas Health Sciences Center in Houston for five years. He will discuss instrument-related problems in general and illustrate his talk with descriptions of patients who played organ, bass guitar, oboe and banjo.

**OHC: "Oberlin Serves in
World War II"
Tues., May 9 - 7:15pm - AUD**

Oberlin Heritage Center trustee and community historian Steve Johnson looks at World War II's local impact, focusing on Oberlin residents' service in the military – on the frontlines as pilots, infantrymen and medical personnel, as well as behind the scenes in research, intelligence and logistics. The program also includes a special salute to those who lost their lives in the war. Sponsored by Northwest Savings Bank. **Free; open to the public.**

**Genealogy-History Group
"Hazards in Doing Genealogy"
Mon., May 15 - 7:15pm - AUD**

Marcia Goldberg, who will speak about her genealogy, says, "Genealogical research doesn't always run as smoothly as we would like. Going into the past seems as simple as a straight line moving behind us, but often there is a change in a name that we don't recognize or a move to a different part of the world without explanation that leaves one perplexed. Or there is a real hazard in someone publishing a book on your ancestors which doesn't agree with your research."
Marcia will speak about a great, great, great, grandfather who changed his name. **All are welcome.**

Vision Impaired

Low-Vision Support Group

**Audio Program: "Getting
Around the House"**

**Thursday, May 11
4:00pm - Green Room**

**Deb Kogler and Her Traveling Magnifiers and More Store
Tues., May 16 - 11:00am to 2:00pm - Heiser Lounge**

Check out her many low-vision devices including batteries, watches, playing cards, magnifiers...and much more. And remember: Deb's good advice is always free. Sponsored by the Low-Vision Support Group and the Social Services Staff.

**2017 Silent Auction Results
Among the Highest Ever!**

The Silent Auction closed on April 12, raising \$3,900 to split equally between the Stephens Education Fund and the Staff Emergency Fund. Items that received no bids were placed in the Cardinal Shop for sale as these had the potential to raise another \$400, which would make this one of the most successful Silent Auctions to date. Warmest thanks to everyone who donated, bid, and bought!!!

*-Toni Merleno, Director of Human
Resources & Operational Services*

**Saturday Night Opera DVD:
May 27 - 7:15pm - AUD**

Ariadne auf Naxos - Richard Strauss' opera is about serious and comic opera in the 18th century. When a wealthy patron decrees that both operas he commissioned be performed simultaneously because the fireworks display in his garden cannot be delayed, chaos reigns! The humorous result is enchanting and musically satisfying. This 1978 movie studio production features Gundula Janowitz as Ariadne, Rene Kollo as Bacchus and Edita Gruberova as Zerbinette. The Vienna Philharmonic Orchestra is conducted by Karl Böhm. *Allen Huszti*

**Reading of *The Kendalight*
Monday, May 1, at 11:00am
in Whittier Lounge**

Thelma Morris will read the current issue of Kendal's newsletter.
All are welcome!

More about Kendal's New Residents

Barbara and Carl Whitehouse

Barbara: I was born in a tiny Quebec town about 400 miles northeast of Montreal in 1942. My father was serving in the Royal Canadian Air Force, so my mother and I lived with my maternal grandparents. Two years later my father was shot down and killed over Italy, and Mother and I moved to Ontario to be closer to my paternal grandparents. Eventually we moved to a suburb of Montreal where I completed high school and university. I taught school for three years and met Carl aboard ship returning from England to Montreal. After thousands of letters and many visits we married in 1966.

Three children later we began a wonderful life in Vermont. We had 18 acres for gardening, raising cattle, pigs and chickens, and a pond for ice skating in the winter. We enjoyed downhill and cross-country skiing, and making maple syrup to celebrate the change of seasons.

After our sons were in elementary school, I coordinated a volunteer aide program for the school, recruiting, training, and supervising 75 volunteers to help teachers with daily tasks. I began to work closely with the school librarian, which led me to an MEd at the University of Vermont with a concentration in school library media. I then became the librarian for the local high school, a job I enjoyed for 15 years.

Both Carl and I retired in 2005, and set about rebuilding and upgrading our cottage on Big Rideau Lake in Ontario where we have lived for the last ten years.

Our sons and their families are truly scattered: Seattle; Jacksonville, FL;



Barbara



Carl

and Bethlehem, PA. Our four grandchildren enjoy visiting us at the lake where they can swim, kayak, and have squirt-gun battles.

We look forward to participating in some of Kendal's activities and getting to know the many talented residents.

Carl: I was born in Galesburg, IL, in 1943 and grew up in Galva, IL, 150 miles west of Chicago. I graduated from Galva High School and attended Northwestern University, continuing on to the Illinois College of Optometry and graduating with BS and OD degrees in 1966. I had been a foreign-exchange student during high school and, returning home aboard ship from a visit with my former host family in Scotland in 1963, I met a lovely Canadian brunette named Barbara who, after two and one-half years of long-distance courtship, countless letters, and considerable mileage, consented to become my wife.

Right away the Vietnam War required my services as an officer in the Navy Medical Service Corps. So we moved to Camp Lejeune, NC, to become part of the Naval Hospital team caring for 60,000 U.S. Marines and their families. After two years we were transferred to the Naval Hospital in Chelsea, MA, where our first son was born.

After the Navy we moved to Montpelier, VT, in 1969 to enter private practice. The year 1970 brought changes: Barbara delivered twin sons, and we

moved to join a group practice in St. Albans, VT, where we lived for the next 35 years. In the 1980s I pursued an MS in epidemiology from McGill University and became involved in more public health-oriented activities, serving on the board of the North-western Medical Center in Vermont, participating in rural eye clinics in Mexico and Guatemala, and becoming an associate professor of clinical optometry at the New England College of Optometry in Boston. We retired in 2005 and moved to our cottage on the Rideau Waterway in Ontario, enjoying sunsets, loons and otters.

We have three sons and four grandchildren. Barbara and I enjoy traveling, and we hope to continue as long as our legs and lungs hold out. My interests include music, boating, flying, woodworking and nature; and I am looking forward to exploring new interests here at Kendal at Oberlin.

Upcoming Moves

Fred and Mary Behm move from Grafton, OH, to a Kendal Cottage in late May.

Suzanne McDougal moves from Alexandria, VA, to a Kendal Cottage in early May.

Irene Smith moves from Cleveland, OH, to a Kendal Cottage in early May.

IN MEMORIAM

ANN POTTER
APRIL 10, 2017

DUDLEY "ARN" LEWIS
APRIL 15, 2017

RALPH TURNER
APRIL 16, 2017

NANCY BEAUCHAMP
APRIL 20, 2017

Chat with Your City Council VP

Oberlin City Council Vice-President Linda Slocum will sit at a table in the Fox and Fell Cafe on Monday, May 8, from 10:30am to noon with a coffee pot in tow. Stop by to offer comments, share your thoughts or ask questions about city government. Linda will return again on Mondays, June 12 and June 26.

Sale of Spring Fling Decorations on May 27

The beautiful decorations from this year's Spring Fling will be on sale Saturday, May 27, from 12 noon to 2:00pm in Heiser Auditorium. As usual, all of the proceeds from this sale will go to the Residents Assistance Fund. The large decorated umbrellas will sell for \$25 each, the umbrella mobiles for \$10 each, and strings of cut-out paper umbrellas for \$5 each.

Writers Ink Annual Reading Thurs., May 25 - 7:15 pm - AUD

You are invited to the annual reading by members of Writers Ink, a Kendal at Oberlin group of writers.

Writers Ink has met for several years with Carol Tufts, Associate Professor of English at Oberlin College. Members will read selections of original work (fiction, non-fiction and poetry).

All are welcome.

Recent Moves

Melvin "Mel" Lerner moved from Boca Raton, FL, to a Kendal Cottage in mid-April.

Nancy Snyder moved from Bethlehem, PA, to a Kendal Apartment in mid-April.

Recent Transfers

Don Illig moved from Whittier to Patterson in late March.

Ron and Chris Price moved from one Kendal Cottage to another in mid-April.

**Saturday, May 6, 1:00-3:30pm:
Petitti's Garden Center, Avon
Sign up for the Kendal bus.**

Big Bus Trip to Blossom Music Center on Saturday, July 22

Again this year we are going to Blossom, the spectacular summer home of the Cleveland Orchestra located in the lush Cuyahoga River valley. Jahja Ling will conduct the orchestra in the Rossini Overture to the Barber of Seville and Dvorak's New World Symphony. Eli Matthews will be the violinist in the Paganini First Violin Concerto.

The bus will depart Heiser at 5:45pm and deliver us to the Music Center tram stop. The tram takes us to the edge of the pavilion. It is only a short walk to our seats, central but convenient to the restrooms. After the concert, the tram takes us back to our bus which will depart on the speedy bus lane. Bus steps are standard. Rollators/walkers can be accommodated.

RESERVATIONS: Total charge for the concert and transportation will be \$50.00 per person. Place non-refundable checks payable to KORA in Box #112 by **May 31**. Your check is your reservation. Watch for a signup sheet by the bulletin board. Questions? Contact Randy Wagner or Anne Martin.

Introducing the KatO 2017 Staff STARS

John Dziak III of Facility Services was nominated by resident Dan Reiber; **Shontae Jackson** of Hospitality Dining Services was nominated by resident Janet Kelsey Werner; **Brian Milligan** of Facility Services was nominated by resident Marilyn Burns and seven other residents; **Bonnie Valentine-Byrd** of Facility Services was nominated by resident Ann Slosser; and **Taylor Whitworth** of Stephens Care Center Health Services was nominated by resident Anne Wardwell.

All five STARS, their resident nominators and Chief Health Services Officer Stacy Terrell celebrated at the LeadingAge Ohio STARS Awards Luncheon held April 12 at The Renaissance in Olmsted Township.

Other Kendal staff nominated as STARS were: **Maureen Bailey, Lorraine Crites, Monica Fuquay, Matt Hannon, Saun Howard, Jim Keith, Denise Makay** and **Nick Ward**. Each received a congratulatory memo with a copy of their nomination entry and a \$5 Langston gift certificate.

Thanks to everyone who took the time to nominate a staff member for this wonderful staff recognition program! ALL our Kendal at Oberlin staff members shine brightly every day with their dedicated, caring service!

-Toni Merleno, Director of Human Resources & Operational Services

Kendal Kryptogram #148 -by Nina Love

(AV VAK THKOVY LMTTKL): "MCN LXAOS

SORT OV AFUTF KA XFASAVY OK."

-TU SAVY

Solution to Kendal Kryptogram #147: "Henry the Eighth sure had trouble: short-term wives and long-term stubble." -Burma Shave

Report from the Arboretum: Healthy Trees: Steps to a Thriving Urban Forest

How can we assure healthy trees at our John Bartram Arboretum?

We should choose trees appropriate to our climate which add to the diversity of our collection so that one disease or one insect cannot decimate our arboretum.

Then we need to find the right tree for the right place. Different varieties have different needs. Ask questions about the tree's need for water and for sunshine. What type of soil does it thrive in? Acidic or basic, sandy loam or clay?

Often we should choose the largest tree suitable for the location because the larger the tree, the more benefit we receive. This does not mean we plant only large trees; several-sized trees and shrubs can benefit from being grouped together.

Before planting, prepare the site well, loosening the soil 2 feet down and mixing 2 inches of compost into a wide circle. Plant the tree properly, making sure that the root flare is above ground and that no plastic, wire mesh or such surrounds the root ball. Put 1 more inch of compost on top of the entire circle and mulch about 2-4 inches deep, but not around the root flare. A bit more mulch can be added every several years, but not up around the trunk and not too thickly.

"Water is the lifeblood of the tree. The nutrients it carries are crucial to carry on photosynthesis which in turn produces carbohydrates to re-grow the roots lost during transplanting. . . . Routine watering is essential for newly planted trees even if established trees are doing fine," according to Alan Siewert, an Ohio Natural Resources Urban Forester.

If you have strength to water a new tree, consider volunteering to take care of one planted near your home for the first two years of its life here

at Kendal. Kendal Grounds and the Arboretum Committee can use such dedicated volunteer help.

Tree pruning is an ongoing process throughout the life of the tree, but pruning to shape it while it is young is the most important thing you can do for a young tree, according to the Arbor Day Foundation. The tree should have a clear leader and not weak, narrow, angled branches. We need to be sure that this young tree training takes high priority here in our Arboretum so that we develop strong trees.

Scientists are discovering that living near trees is good for your health. Healthier trees, healthier residents. More about that another time.

-Anne Helm for the Arboretum Committee

Climate Change, Cultural Survival and Resilience among the Inupiat of Arctic Alaska Tues., May 23 - 10:30am - AUD

Rosemary Ahtuanguaruak, who will receive an Honorary Doctor of Humanities degree from Oberlin College on May 22, is environmental manager for the Alaska Native Village of Nuiqsut. She has been an emergency responder, tribal and city council member, participant with the National Tribal Think Tank with CDC/APHA, member of the North Slope Regional Advisory Committee for the federal subsistence board, and a member of the working group of the Rising Sun Arctic Council study of suicide prevention.

Severe Weather Season Is Here: Be Alert

Our mild winter has already brought strong thunderstorms to our region, but the spring season brings a stronger threat of severe weather, ranging from strong thunderstorms with damaging winds and heavy rains to tornadoes. This severe weather can occur at any time of the year, but especially in April through August. We have a Safety Plan and Procedure at Kendal that must be followed by everyone -- residents and staff members -- to avoid injury in the event of a Weather Warning.

The following are recommended shelter areas within our community:

- **Heiser Community Center:** Public restrooms, auditorium, and interior corridors away from windows.
- **Apartment Building:** First floor in bathrooms, laundry rooms, stairwells or corridors away from windows.
- **Stephens Care Center:** Public restrooms, bathing rooms, interior corridors, or resident bathrooms away from windows.
- **Cottages:** Bathrooms or closets inside cottages; away from windows.

When the National Weather Service issues a Tornado or Severe Thunderstorm Warning for Lorain County, all residents and staff members should respond immediately by taking precautions and seeking appropriate shelter. When staff members remind us that a warning has been issued, please cooperate and follow directions to seek safe shelter -- even if the warning comes during a meal in one of our dining rooms! Facility Services and the Stephens Care Center have weather radios that will send watch, warning, and advisory announcements. They will inform the Community Center of imminent severe weather and all-clear messages.

Oberlin's and Kendal's warning sirens will sound only when Oberlin is in the direct path of an approaching tornado or other violent storm. Since these sirens may be difficult to hear, please rely on weather radios, computers and TV messages to stay updated on the latest weather advisories.

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

Kendal Resale Shop Talk

Benefiting Kendal Residents Assistance Fund and Community Charities

Our special on-site sale in mid-March, which consisted solely of furniture and kitchenware from a number of donors, earned \$994 for RAF.

Our "one-week-only" on-site sale in early April was a great success. Thanks to all the shoppers from our Kendal and Oberlin communities, we made a total of \$2,311 for the Residents Assistance Fund in one week! Even more impressive: we sold all the furniture and almost every item in the cottage! KRS volunteers and Kendal staff work hard to make our on-site sales and in-shop sales so successful. We are deeply appreciative of their efforts on behalf of the Residents Assistance Fund.

Resale Shop deposits to the Residents Assistance Fund for the month of March totaled \$8,925.12. This total includes late February proceeds (\$1,584) that were officially deposited in March. Thanks to all our donors and shoppers! DID YOU KNOW? All non-cash contributions (e.g. furniture, art objects, musical instruments, electronics) are donations to Kendal at Oberlin. Any items not utilized by Kendal at Oberlin directly are given to the Kendal Resale Shop where proceeds benefit the Residents Assistance Fund. Anything the Resale Shop cannot sell is donated to area charities.

THANK YOU! Keep those donations coming and keep shopping the KRS!

*-Nancy Lombardi, Chair
of the Kendal Resale Shop*

Kendal 2017 Directory Additions and Corrections

Doug Kirtz - corrected telephone number: Check with Front Desk.

Sandi McClennen - new email address: Check with Front Desk.

From the Conversations Working Group:

Have you updated your conversation with your Health Care Power of Attorney recently?

Conversations Working Group (CWG) believes we should regularly update our conversations with our HCPOA/s and our Wellness Partners.

- We feel it is important to discuss and refine our wishes and our quality of life choices as our understanding and our medical conditions evolve.
- We believe that it is important for our HCPOA, who is legally responsible for making medical decisions when we can no longer speak for ourselves, and our Wellness Partner, a local friend and medical confidant, to share a common understanding of our wishes and priorities.
- We then can feel comfortable that our wishes will be carried out, and our HCPOA/s can feel confident that they are implementing our wishes should they have to make difficult choices.

So, we welcome both your HCPOA and your Wellness Partner to our workshops if they are able to attend.

To encourage these conversations, CWG will host two workshops: **Tuesday, May 9 at 10:00am** and **Wednesday, May 10 at 4:00pm** in the **Education Center Training Room**. Bring your HCPOA/s and/or your Wellness Partners with you to have these important conversations -- or come yourself and work through your own wishes so that you can communicate them more easily. There will be two sign-up sheets by the open mailboxes. If you have any question, contact Elizabeth Hole.

Migratory Bird and Amphibian Trip to Ramsey Right-of-Way Wednesday, May 3 Meet at 9:45am at Heiser

Ray Stewart and John Katko (Ohio Wetlands Association) and Dean Kulwicksi (Black River Audubon) will be our guides for the Western Reserve Land Conservancy outing to the Oberlin South Woods along the Ramsey Right-of-Way. Cosponsored by Kendal Environmental Concerns Committee.

-Kate Pilackey, Firelands Assoc. Field Director

Kendal Open House for Commencement Weekend Fri., May 19-Mon., May 22

Kendal will hold an open house from 1:00 to 4:30pm on Fri., May 19, and from 9:00am to 4:30pm, Sat.-Mon., May 20-May 22. Our Hospitality Suite will be in Crossroads Room. Join us in welcoming visitors to our campus!

Nest Box News

As of Saturday, April 22, two of the nest boxes on Kendal property have Eastern Bluebird nests with five eggs each! New Russia Township Park has two active boxes with five eggs each in the cemetery (off Oberlin Rd.) and one active box in the park north of Butternut Ridge Rd., also with five eggs. That makes a total of 25 Eastern Bluebird eggs -- so far! While it is still early in the nesting season, and many terrible things can happen (such as weather and predation), your chances of glimpsing bluebirds' bright color and hearing their soft melodic song this summer are looking up. Tree Swallows with their bright white fronts and iridescent dark backs are everywhere, both at Kendal and in New Russia Township Park. They have claimed some boxes but (since they start later) have not yet laid any eggs.

-Nina Love

Table Tennis Tourney Time

The high spirits and solid player numbers of the winter months carried over into April. And with smiles of satisfaction, our players were seeing how practice has brought improvement. A faster, spinnier backhand here, lower, longer serves there, fast hits off the bounce, returning balls when jammed, have given solid reason to keep at it.

Notable too, that in April we gained still another new player -- who left her first session rightly feeling proud of herself.

As of this writing, the 2017 tournament had entered its second week. With 11 women and nine men at play, we've been witnessing lots of friendly fun, with top-notch rallies.

We're most pleased that Admissions has made our sessions a regular stop-off for prospective residents. Many comment on our full-court barriers and back-saving ball scoops -- "That's a great idea! Where'd you get those?" We hope that others looking in who, recalling young years, may think "ping pong," observe that at Kendal *table tennis* is a sport for all ages.

-Sidney Rosenfeld

Please ... Slow Down, Kendal Drivers!

"Summertime and the driving is easy...."

But remember, you are not alone on Kendal Drive -- or on any roads -- during warm weather.

As you drive into Kendal's campus, please **SLOW DOWN to 20 miles per hour**; go even more slowly if the drive and walks are busy.

At dusk and nighttime, remember that some walkers, dogs, trikers and bikers are hard to see.

Remind your family and guests to slow down, too, when entering our campus. This is not your anonymous small town but a neighborhood of us Old Folks with many mobility problems.

-Thelma Morris for the Safety Committee

Saturday Park Walks

Come and experience some of the wonderful parks we have in Lorain County. Our 1- to 3-mile walks are leisurely. We will gather at the Heiser Reception Desk at 9:00am to car pool. This month we will go to the northwest corner of the county (Vermilion Reservation), the southeast corner (Columbia Reservation), the area where the birds are (Sandy Ridge Reservation), and, finally, everyone's favorite spot (Schoepfle Garden).

May 6 - Sandy Ridge Reservation

May 13 - Vermilion Reservation

May 20 - Columbia Reservation

May 27 - Schoepfle Garden

Questions? Contact Jerry Berner.

UU Kendal Gathering "Healing the Heart of Democracy: Now Can We Talk to Each Other?"

Rev. Mary Grigolia
Wed., May 17 - 4:00pm
Education Center Bldg.

Join Rev. Mary Grigolia, minister of the Oberlin Unitarian Universalist Fellowship, for a conversation about the role of religion in the public arena in the era of Trump.

How are we challenged spiritually as religious liberals by the continuing upheaval in our political landscape? **All are welcome.**

RELIGIOUS SERVICES AT KENDAL

Episcopal Service

Sat., May 13, 11:00am, Gathering Room, Rev. Nancy Roth

First Church Service

Sun., May 21, 4:00pm, Gathering Rm.

Roman Catholic Mass

Fri., May 19, 10:00am, Crossroads

Society of Friends

Sun., 10:30am, Education Center



Bridge Results

Monday: April 3: 1st, Tin David; 2nd, Betsy David.

April 10: 1st, Betsy David; 2nd, Joe Colucci.

April 17: 1st, Enid Cleary; 2nd, Joe Colucci.

April 24: 1st, Joe Colucci; 2nd, Rachel Fordyce.

First Church United Fellowship Saturday, May 13 - AUD 9:30am: Food and Fellowship 10:15am: David Simmer

David Simmer of Lorain County Sacred Landmarks returns with a program about the village of Elyria founded in 1817 by Herman Ely. Ely Square is in the center of Elyria with several churches calling this area home. Come learn more about these churches. All are welcome.

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

The Kendalight

Monthly newsletter of the Kendal at Oberlin Residents Association, 600 Kendal Dr., Oberlin OH 44074
Consulting Editor: Robert Baldwin
Managing Editor: Elizabeth Aldrich
Proofreaders: Kathy Reichard, Mary Simons
Photos: Lyn Cope, Eleanor Helper, Sally Nelson-Olin, Gary Olin
Production: Don VanDyke

Deadline for the June 2017 issue of *The Kendalight* is May 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 *Kendalight* open mailbox. All articles must carry a signature and telephone number.



3/16/17-4/12/17

Nature Sightings at Kendal

3/16 Red-tailed hawk over Rock Pond. And flock of coots on Rock Pond: Larry Porter; 3/22 Cooper's hawk over #65: Larry P.; 3/24 Great Blue Heron over Rock Pond: Larry P.; 3/25 Bufflehead at Triangle Pond: Dan Reiber; 3/25 Egret at Triangle Pond: G&G Blomgren; 3/25 Killdeer fly-over Phase II: Scott O.; 3/26 Male Bluebird area of Lot 7: Marcia D.; 3/29 Common Loon, Grebe (Pied-Billed?) Russia Park Pond : Scott O.; 3/30 Horned Grebe (in transitional plumage) Rock Pond: Scott O.; 3/30 Common Loon and five Horned Grebes in Russia Park: Maureen Bailey; 3/30 Pair of Scaups on Center Pond: Jane Cheek; 3/31 Blue-winged Teal, Ring-necked Duck on Rock Pond: Scott O.; 4/2 Pair of Ruddy Ducks on Rock Pond: Scott O.; 4/3 Great Egret on Triangle Pond: Maureen B.; 4/4 Pair of Buffleheads on Farmer's Pond: Marcia D.; 4/4 Two Wild Turkeys near Lot 9: Sharon Furrow; 4/5 Multiple Ducks! Ring-necked, Scaup, Ruddy, Northern Shoveler, Bufflehead, and Mallard! Scott O., of course; 4/7 Kingfisher Triangle Pond: Jim Pugsley; 4/8 White Cabbage Butterfly in front of #89-92: Anne Martin; 4/12 Fly-catcher (maybe Olive-sided?): Anne M.; 4/12 12 Wilson's Snipe at New Russia Twp. Cemetery: Maureen B.

If It's Spring ... It Must Be Time for the Plant Sale!

Friday, May 12 - 7:30am to 5:00pm in the West Corridor between mailboxes and bank

A multitude of plants is growing in the Horticulture Room in preparation for the upcoming sale. Mark the date on your calendar!



Dining and Nutrition Services

Sunday, May 14, Mother's Day Buffet, 12 noon and 2:00pm, Fox & Fell Dining Room: Reservation forms are due May 3.

Monday, May 8, Ninde Scholars Reception, 5:00pm, AUD

The late Richard and Nan Ninde, long-time Kendal residents, presented a challenge grant of \$450,000, asking the community to match it dollar for dollar. The resulting endowment supports the Ninde Scholars program.

Solo Diners: Thursday, May 11, 5:30pm, The Den. Watch for our sign-up sheet. Limit is 20 diners, so sign up early.

SPINACH: This dining group will not meet again until September.

Intergenerational Event: Thurs., May 18, 3:15pm, Langston. Wear purple for peace and make pinwheels for peace to fly.

Talking Tuesday with the Kims May 16 - 12 noon - The Den

Join Kim Preston and Kim Peters, Kendal's Social Services Associates, over lunch from 12 noon to 1:00pm in The Den to discuss areas of interest and concern.

Kendal Therapy Dept. Discovery Series: Walking Thurs., May 18 - 3:00pm - AUD

Join our Therapy Team for an interactive discussion on the key components of a walking program. The finale is a 15-min. group walk.

More on Jameson House: Hiring a Life Coordinator

We are expecting to open Jameson House by early July. Jameson House will expand our continuum of care for the cognitively impaired by providing a focused program and environment of person-centered engagement. Central to Jameson House will be the role of the Jameson House Life Coordinator, whose primary duties will include: understanding and consistent modeling of Kendal Values and Practices; creating a warm, welcoming, edifying home and community life within Jameson House between residents and staff members; developing creative group and resident-specific one-on-one engaging programming that enhances the quality of well-being and resiliency for each resident; designing programming that is purposeful and meaningful; empowering and training staff members, family members and volunteers on ways to be with and how to supportively interact with residents living with a cognitive impairment; and ensuring the interaction of Jameson House residents with the greater Kendal community and greater Kendal community residents with Jameson House residents.

We began interviewing for this position in April and hope to have it filled about one month before we open Jameson House, for pre-opening planning and coordination. More information to come next month.

-Stacy Terrell, KatO Chief Health Services Officer

SUN	MON	TUE	WED	THU	FRI	SAT	
<p>It's Not a "Performance": But Kendal residents joined by a guest cellist will be reading two Mozart string quintets on Mother's Day, May 14, in Heiser Lounge between the two brunch seatings.</p>	<p>1 Reading of <i>The Kendalight</i> 11:00am WHT</p>	<p>2</p> <p>Chamber Orchestra * 8:00pm Finney</p>	<p>3 Ramsey Right-of-Way Bird Outing Meet at 9:45am at Hesier to car pool</p>	<p>4</p> <p>First Thursday at AMAM Open til 8:00pm; Program 5:30pm Hotel at Oberlin</p> <p>Health Lecture: "Your Skin" Dr. Jonathan Bass 7:15pm AUD</p>	<p>5 News & Views: Foreign Affairs 10:30am AUD</p>	<p>6 Walk in the Park: 9:00am Heiser</p> <p>Trip to Petitti's Garden Center 1:00-3:30pm *</p> <p>Film: Islam: Empire of Faith 7:15pm AUD</p> <p>Opera Scenes * 8:00pm Finney</p>	
	<p>Episc. Bible Study Mondays 10:00am Green</p> <p>"Win/Win for RAF and You" 4:00pm AUD</p> <p>Bridge 7:00pm CCR</p> <p>Lorain County Free Clinic 7:15pm AUD</p>		<p>7 Quakers 10:30am Ed Ctr</p> <p>Contemporary Music: Hamilton and Margolis 2:00pm AUD</p> <p>Film: Grand Budapest Hotel 7:00pm WHT</p> <p>English Country Dancing Sundays 7:15pm AUD</p>		<p>8 Council VP F&F Cafe 10:30am-noon</p> <p>OHS Choir 1:30pm HL</p> <p>Suggestions & Concerns 2:00pm CCR</p> <p>Reception for Ninde Scholars 5:00pm AUD</p> <p>Bridge 7:00pm CCR</p>		<p>9 CWG Workshop: 10:00am Ed Ctr</p> <p>Tea at AMAM 2:30pm</p> <p>OHC: "Oberlin Serves in WWII" 7:15pm AUD</p>
<p>14 Quaker Worship 10:30am Ed Ctr</p> <p>Mother's Day Buffet - Fox & Fell 12noon; 2:00pm</p> <p>Film: Freaky Friday 7:00pm WHT</p>	<p>15 Bridge 7:00pm CCR</p> <p>Monday Night at Apollo (tx) * Sign up for bus</p> <p>Genealogy-History Group: 7:15pm AUD</p>	<p>16 Magnifiers and More Store 11:00am-2:00pm HL</p> <p>Talking with the Kims Noon Den</p>	<p>17 UU Kendal Gathering: Healing the Heart of Democracy 4:00pm Ed Ctr</p>	<p>18 KORA Council 10:00am AUD</p> <p>Therapy Dept.: Walking 3:00pm AUD</p> <p>Pinwheels Langston 3:15pm</p> <p>3rd Thurs: "Who Creates Money?" 7:15pm AUD</p>	<p>19 Roman Catholic Mass 10:00am Crossroads</p> <p>News & Views: Domestic Issues 10:30am AUD</p> <p>Grand Piano * Extravaganza (tx) 8:30pm WCH</p>	<p>20 Walk in the Park 9:00am Heiser</p> <p>Film: The Address 7:15pm AUD</p> <p>Commencement Recital * 8:00pm Finney</p>	
<p>21 Quakers 10:30am Ed Ctr</p> <p>First Church Service 4:00pm GaRm</p> <p>Film: Road to Bali 7:00pm WHT</p> <p>Illumination Night 7:00-10:00pm Tappan Sq. car pool</p>	<p>22 Oberlin College Commencement 9:30am - Tappan Sq. car pool (live stream in AUD)</p> <p>Bridge 7:00pm CCR</p>	<p>23 Inupiat of Arctic Alaska 10:30am AUD</p> <p>"Medical Maladies of Musicians" 7:15pm AUD</p>	<p>24 Song Swap with Judy Cook 7:00pm AUD</p>	<p>25 Writers Ink Reading 7:15pm AUD</p>	<p>26 Rod Knight with Len Garver's Trolley Run 5:00-6:15pm HL</p>	<p>27 Walk in the Park 9:00am Heiser</p> <p>Spring Fling Sale - 12:00-2:00pm AUD</p> <p>Opera DVD: "Ariadne auf Naxos" 7:15pm AUD</p>	
<p>28 Quaker Worship 10:30am Ed Ctr</p> <p>Film: Memorial Day 7:00pm WHT</p>	<p>29 Memorial Day</p> <p>Bridge 7:00pm CCR</p>	<p>30</p>	<p>31 Afternoon Exchange Barbara Thomas 4:00pm AUD</p>	<h1 style="color: red;">May 2017</h1> <p>GaRm = Gathering Rm WHT = Whittier Lounge HL = Heiser Lounge BF = at Kendal CCR = Crossroads Rm * = Kendal Bus WCH = Warner Concert Hall tx = Tickets needed</p>			