

# The Kendalight

Kendal at Oberlin Residents Association

November 2020

Volume XXVII, Number 11



## Election Day

Tuesday, November 3 - 6:30am–7:30pm

If you haven't voted yet, note that the Absentee Ballot Drop-off Drive-thru in the Lorain County Board of Elections parking lot will be open:

- November 1, 1:00–5:00pm
- November 2, 8:00am–2:00pm

## A Time of Remembrance

Sunday, November 22 - 4:00pm - KOTV

Seventeen Kendal residents have left us during this pandemic year of 2020. Their families were unable to come here and we have been unable to get together to remember and celebrate them.

In this special memorial program, we will highlight each of the individuals we lost this year.

We will share facts from their Resident Profiles, and show pictures sent by their families, plus think back on what made each one so special to us during their years here at Kendal.



## Solstice Is Coming

Thursday, December 17 - 7:15pm - KOTV

*Darkness turning to Light on the earth  
with the returning rays of the sun*

Several groups of performers have already been practicing and videotaping themselves. Robert Taylor and Dennis Cook will be stitching together individual performances and presentations to create our program.

Solstice promises to showcase the many talents of our Kendal residents. So don't miss this new and different experience. Settle back in your comfy chair, wassail cup in hand, and watch KOTV.

*~Special Events Committee*

**EXCHANGES WITH  
BARBARA THOMAS**

**THURSDAYS AT 4:00PM  
ZOOM, KOTV, WSCC**



**FINAL BUDGET MEETING**

**ANN O'MALLEY  
MON., Nov. 23 - 4:00PM  
ZOOM, KOTV, WSCC**

**KORA 2020 Annual Meeting  
Thurs., Nov. 12 - 4:00pm - Zoom**

**AGENDA**

- **Call to Order** – Gary Olin, President
- **Moment of Silence**
- **Approval of Minutes of November 7, 2019, Annual Meeting**
- **Time of Remembrance, naming Kendal residents who died since 2019 Annual Meeting** – Carol Harvey, Chair, Memorial Services
- **Recognizing new Kendal residents since 2019 Annual Meeting** – Anne Wardwell, Chair, Newcomers/Friendship Service Group
- **President’s Report** – Gary Olin
- **Consideration for Approval: 2021 Budget** – Randy Wagner, Treasurer
- **Election of KORA Council, Officers, and Leadership Development and Nominations Committee for 2021** – Ardith Hayes, Co-Chair, Leadership Development and Nominations Committee
- **Designation of KORA Council Representative to KaO Board of Directors for 2021** – Gary Olin, President
- **Consideration of Three Amendments to KORA Constitution** – Bruce Richards, Vice-President
  1. Change name of the Budget Committee to the Finance Committee, expanding its job to include advising on other aspects of KORA finances;
  2. Clarify the appointment and function of Facilities Liaisons (formerly Construction Liaisons) who provide a two-way communication channel between residents and Facility Services;
  3. Codify the existence and appointment of Joint Committees whose members include both residents and staff, and eliminate a specific date for submission of Annual Reports.
- **Closing Remarks & Moment of Silence**

**Nominations for KORA Council for 2021**

**Nominated as Officers for 1-year term:**

President: Mary Behm  
 Vice-President: Charlotte McGowan  
 Treasurer: Bruce Richards  
 Secretary: Sandy Siebenschuh

**Nominated to a first 2-year term as KORA Councilor:**

Rollin Conway, Barbara Pierce, A V Shirk

**Nominated to a second 2-year term as KORA Councilor:**

Anne Lockwood, Sandi McClennen

**2021 Budget for KORA as approved by the 2020 Budget Committee**

<b>Code</b>	<b>Committee Name</b>	<b>Proposed 2021 Budget</b>
801	Art	\$1,650.00
802	Care/Memorial	400.00
803	Communication	4,800.00
805	Environmental Concerns	350.00
806	Thoughtful Medicine	100.00
807	Fitness and Wellness	750.00
808	Dining Matters	100.00
810	Horticultural	1,500.00
811	Floral Creations	750.00
812	House - General	200.00
813	Library	2,750.00
815	Res Med Resources	
816	Program - General	3,000.00
820	LDNC	225.00
822	Pet Matters	300.00
824	Sports and Recreation	3,700.00
825	Transportation	50.00
826	Woodshop	700.00
830	Audio Visual	1,000.00
831	Newcomers/Friendship	900.00
832	Volunteer Clearing House	125.00
834	Essential Tremor	60.00
837	Drama Circle	250.00
838	Eureka	2,200.00
839	Genealogy	50.00
840	Play Readers	500.00
842	Creative Arts & Crafts	250.00
843	Website	300.00
844	KORA Health Letter	300.00
846	Residents Assoc - KORA	3,000.00
848	LGBTQ+	200.00
850	KRS (RAFF)	200.00
855	Contingency Fund	5,390.00
860	Arboretum	1,500.00
<b>TOTALS</b>		<b>\$37,550.00</b>

**Nominated to a 2-year term on Leadership Development and Nominations Committee (LDNC):** Ann Francis, Tom Morgan, Sue Palmieri, Barbara Whitehouse

**Continuing for 2nd year of term as KORA Councilor:** Joyce Benjamin, Rich Hall, Elizabeth Hole, Anne Palmer, Marjorie Porter, Phil Pritchett

**Continuing for 2nd year of term on LDNC:** Robert Longsworth

**One member of LDNC to be appointed from Executive Committee by KORA President for 1-year term**  
*Slate submitted by 2020 LDNC: Ardith Hayes, Sue Palmieri, Co-Chairs; Robert Longsworth, Secretary; Sandy Siebenschuh, Barbara Whitehouse*

**Meeting agenda, proposals, and nomination slate are in the library, on the KORA website, and on the KORA bulletin board.**



Kendal at Oberlin Residents Association

November is a busy month for Kendal at Oberlin Residents Association. This month includes our annual meeting, November 12 at 4:00pm. At that time we will celebrate this unusual year and look ahead to 2021 as we receive the nominations for new officers and councilors for next year. The Association will also accept the 2021 budget. (Nominees, proposed budget, and the proposed agenda are listed on p. 2.)

This year will be the first time that the annual meeting is conducted as a Zoom meeting. All residents are encouraged to join the meeting via Zoom in order to participate in the business and to be counted toward our mandatory quorum. A Zoom link for the meeting will be sent to the community prior to the meeting.

November is also the time for our annual Employee Holiday Appeal, the second opportunity in the year for residents to express our appreciation for our staff by contributing to a special fund. It is one way we say “thank you” for their dedicated work on our behalf. A box for contributions is available at the Heiser Reception Desk, with the gifts due by Monday, November 30.

Finally, this year the KORA Council is offering a Special Projects Initiative. Because of the pandemic, it appears that KORA will end the year with unspent funds from our 2020 budget. Groups that are included in the KORA budget are invited to survey their un-budgeted needs to see if there are things which might be purchased with unspent 2020 funds. These requests are due to KORA Treasurer Randy Wagner by November 15 and will be approved by KORA Council at its December 10 final meeting of the year.

~Gary Olin, KORA President 2020

**Next KORA Council Meeting  
Dec. 10 - 10:00am - KOTV**

**Kendal System Educational Series on Racial Inequality**  
**Thurs., Oct. 29 - 2:00pm**  
**Mon., Nov. 9 - 2:00pm**  
**Tues., Nov. 17 - 10:00am**  
**Mon., Dec. 7 - 2:00pm**  
**Zoom and KOTV**

Kendal appointed a Racial Justice and Reform Task Force to get conversations underway related to racial injustice and inequity that would encourage all of us to reexamine our own potential unconscious biases around race.

The result is a series of four one-hour sessions, now underway, that offers a shared learning experience for Kendal System residents, staff, and board.

The first three sessions, led by Christopher Ridenhour, Director of Workplace Culture at Spirit Trust Lutheran life plan community, include a passive learner curriculum on racial inequality where participants can learn the uniqueness of diversity, equity, and inclusion in aging services.

The final session will be a Kendal System Town Hall on Race for which questions will be submitted in advance.

Even if you missed the late October session, please join us for sessions two and three, and the final Town Hall on Race on KOTV.

## 🎵 Music at Kendal 🎵

**The Making of a Musical Bestseller: Gastoldimania Tops the Charts in 16th-Century Europe**

**Thurs., Nov. 19 - 7:15pm - Zoom**

Megan Long, Oberlin Conservatory Associate Professor of Music Theory, explores Gastoldi’s very popular secular song collection *Balletti a cinque voci*, tracing the conditions that inspired its production, its meteoric rise in popularity, and its transmission throughout Western Europe and translation into several languages. This collection helped to shape the music printing industry and defined secular style for a generation of European composers.

~Sponsored by Music Committee

**Play Readers: Native Gardens Fri., Nov. 20 - 7:15pm - KOTV**

Adapted and directed by Robert Taylor, this play by Karen Zacarias involves a border dispute between neighboring gardeners that addresses the very contemporary issues of which people are – or are not – immigrants and which plants are – or are not – invasive.

One recent review called the play “a true breath of comic fresh air.”

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## LifeLong Learning Classes at Kendal for Fall 2020

**What We’ve Learned about the COVID-19 Virus; Nov. 3, 10, 17; 11:00am–12:30pm (note time change).** Yolanda Cruz, Robert S. Danforth Professor of Biology, Oberlin College. This course will be taught via Zoom. To sign up for an invitation to the Zoom sessions, contact Rebecca Cardozo. No fee.

COVID-19 is offering us valuable lessons about immunity, viral diseases, and pandemics. What are we to make of such lessons? This three-part lecture series will explain why COVID-19 has been so dangerous, what immunity means, and what could lie ahead in a post-COVID-19 world. The first session asks: Why is COVID-19 so dangerous? How does it kill? How might it damage victims who survive it? The second focuses on: What does immunity mean? Since we have an immune system, why can’t we fight this virus better? Why are some people more vulnerable than others? The third examines: What is the (near) future of COVID-19? Will there be a vaccine? What drugs have been found useful in mitigating the ravages of the virus?

## Saturday Night Movies 7:15pm - KOTV

**Nov. 7 - The Best Exotic Marigold Hotel (2011)** British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, it slowly begins to charm in unexpected ways. Judy Dench, Maggie Smith, and others.

**Nov. 14 - The Second Best Exotic Marigold Hotel (2015)** Continuation of a magical life at the hotel in India. Includes many issues of aging.

**Nov. 21 - Desperate Crossing (2006)** Made for TV account accurately depicts the Pilgrims' harrowing journey across the Atlantic on the Mayflower and first year of survival in North America.

**Nov. 28 - American Experience: The Pilgrims (2015)** TV film chronicles the history, origins, and first decade of the first permanent English colony in New England at Plymouth, including early negotiations with Native Americans.

## Sunday Movies 7:00pm - WSCC

**Nov. 1 - Lost Horizon (1973)** Musical remake of 1937 film about plane-crash survivors who are rescued and taken to the Tibetan utopia of Shangri-La.

**Nov. 8 - Stonehearst Asylum (2014)** New doctor takes up a job in a mental asylum, only to discover that there is more going on than meets the eye.

**Nov. 15 - Cast a Giant Shadow (1966)** Story of retired American military officer Colonel David "Mickey" Marcus, who commanded units of the fledgling Israel Defense Forces during the 1948 Arab-Israeli War.

**Nov. 22 - The Kindness of Strangers (2020)** Six strangers' lives intersect in a tale of ordinary people struggling to find help, hope, and love in New York City.

**Nov. 29 - Still Mine (2013)** Moving love story about a farmer in rural New Brunswick who battles a government



## Art Gallery News

Helen Wilson, whose show of exquisite cut, painted, and gilded collages, *A Botanical Voice*, is on display in the **Kendal Gallery**, gave the very first Zoom Artist Talk on Friday, October 23. Robert Taylor, the gallery curator, introduced Helen and moderated the discussion after Helen's presentation. It was particularly interesting to hear Helen talk about the way she cuts, curls, paints, and gilds the paper to create these striking three-dimensional images. The Zoom talk, hosted by Grover Zinn, was attended by 33 Kendal residents, while many other Kendal residents watched Helen's presentation on KOTV. Our thanks to Joyce Benjamin for setting up the Zoom account, Nancy MacRae for setting up the KOTV

bureaucrat for the right to build a new house for his ailing wife.

## Wednesday Themed Movies 2:00pm - WSCC

**Nov. 4 - Dead Poets Society (1989)** A teacher at a New England prep school uses unconventional methods to instill spirit into the lives of his students.

**Nov. 11 - Detachment (2012)** Substitute teacher at a public school with apathetic students, disinterested parents, and burned-out teachers inadvertently becomes a role model.

**Nov. 18 - Good Will Hunting (1996)** High-IQ Will (Matt Damon) chooses to work as a janitor at MIT where his mathematical talents are discovered by a professor who decides to help him reach his potential with help from a therapist.

**Nov. 25 - The Man Who Knew Infinity (2016)** True story of pioneer Indian mathematician who earned

session, and Terry Carlton for being the "engineer" for the actual KOTV broadcast.

Tom Van Nortwick's stunning photographs, *Filtered Light*, are showcased in the **Community Gallery**. The photographs are printed on aluminum plates by a special process which Tom adopted on the advice of James Ward Peake, a local origami artist, who has also exhibited in the Community Gallery. Tom is especially interested in the play of light, shadow, and color, and particularly in how water reflects those properties. The view from his cottage on Rock Pond and his daily walks around Oberlin have been a rich source for his images as he posts a photo a day on his Facebook page. The Conservatory and its reflecting pool are featured in several. All proceeds from the sale of these photos will be donated to FAVA, the Firelands Association for the (Cont'd p. 5)

admittance to Cambridge University during World War I and became a pioneer in mathematical theories.

## Thursday Movie Musicals 2:00pm - WSCC

**Nov. 5 - Royal Wedding (1951)** A brother and sister dance act (Fred Astaire, Jane Powell) encounter challenges and romance when booked in London during the Royal Wedding.

**Nov. 12 - La La Land (2015)** A jazz musician and an actress (Ryan Gosling, Emma Stone) fall in love as they struggle to succeed in Los Angeles.

**Nov. 19 - The Stork Club (1945)** An eccentric old New York millionaire (Barry Fitzgerald) anonymously repays a hatcheck girl (Betty Hutton) for saving his life.

**Nov. 26 - Grumpy Old Men (1993)** Minnesota neighbors (Jack Lemmon, Walter Matthau) rekindle a 10-year feud when they fall for the same widow (Ann-Margret).

## Art Gallery News *(Cont'd from p. 4)*

Visual Arts, in downtown Oberlin. Tom's show will run through December 10, and a Zoom/KOTV Artist Talk by Tom will take place on Friday, November 13 at 4:00pm. A link to his talk will be emailed to residents and appear on the WKAO daily slides.

Be on the lookout for the **Founders Quilt**. It is being rehung in a new location, the small alcove off the Heiser Lounge where the framed documents connected with the founding of Kendal at Oberlin hang on the wall.

The quilt was created by a number of our Founders (the first residents of Kendal). Each square depicts some aspect of the early days at Kendal, including a broken Kendal at Oberlin sign which had been hit by a moving van, bicyclists with their scarves flying, Rock Pond with its rock, and so on.

## Community Conversations Our Oberlin Prairie Tues., Dec. 1 - 7:15pm ZOOM and KOTV

Kate Pilacky and Andy McDowell from the Western Reserve Land Conservancy, Ohio's largest land trust, will present a program on their work. They will focus on the Firelands area and specifically on the newly opened Oberlin Preserve. The site is historically significant because it was a stop on the Underground Railroad and was once owned by the family of the Oberlin abolitionist John A. Copeland, Jr. Learn about the conservancy's plans for restoring the prairie to Oberlin.

## A Thank You from Ken Cheek for Your Film Suggestions

Thanks for all the wonderful suggestions for Saturday night movies! I have enough for a year or more, but please continue to make suggestions. The more choices the better! I would like to get as much feedback as possible so as to know what directions to go.

## Mercury Thermometers

**Do you still have an old mercury thermometer? Don't use it! Get rid of it!**

Always take your temperature with a digital thermometer.

Mercury is a toxic hazard. Take your mercury thermometer to the Health and Wellness Clinic – they will dispose of it properly.



## Community Conversations The Botanical Response to Global Change: Multidimensional and Too Serious to Have Received So Little Publicity Mon., Nov. 16 - 7:15pm Zoom and KOTV

David Benzing, Oberlin College Professor Emeritus of Biology, will talk about how plants behave individually and as key components of biological communities and ecosystems.

Climate change is only one dimension of a human-induced multidimensional phenomenon labeled by scientists as global change, the individual components of which to varying degrees and by different means are eroding Planet Earth's bio-support capacity. Featured are some of the less publicized dimensions of global change, including several that most seriously impact vegetation. Mechanisms and the vulnerabilities of affected ecosystems are emphasized.

## 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

## Taking Temperatures during COVID-19 Pandemic

Is it important to take your temperature regularly during the pandemic? Are daily temperature readings valuable in helping prevent the spread of the virus? These are questions that require different answers.

First, a specific rise in your body temperature is a sign of a fever, one of the cardinal symptoms of a COVID-19 infection (along with cough and shortness of breath). Temperature is measurable data, while having a fever is a symptom, how you feel, and is subjective. When your temperature is 2° or more above normal, you likely have an infection. "Normal" is typically different for everyone, varying by as much as 1°F. It is best to establish a baseline for yourself by checking your temperature daily for a period of several weeks or a month. Take your temperature with a digital thermometer at the same time every day and record it in a log book. If you think you might have a fever, check your temperature. If it is more than 2° above baseline, or greater than 100°F, report it to the nurse in charge (Health and Wellness Clinic during the day, or Stephens Care Center at night).

Second, research has shown that an infected person starts spreading the virus days before getting a fever. In fact, the greatest degree of infectivity occurs the day before the temperature rises. Many people who test positive for COVID-19 never get symptoms but can transmit the virus. Thus routine temperature checks are not an effective way to prevent the spread of the virus. Only a COVID-19 test will determine if a person is infected.

The bottom line: Take your temperature to establish a baseline, but don't depend on your temperature as reassurance that you are not a carrier of the virus. That is why it is so important to wear a mask and maintain safe distancing at all times in public (outside the "safe bubble" of your home).

~Don Parker, MD

## More About Kendal's Residents



### Posie and David Dauphiné

#### Posie:

I was born and raised in Bronxville, NY, and graduated from Wheaton College Massachusetts and Columbia Teachers' College. I taught social studies to high school seniors in Perrysburg, OH.

I have two daughters and a son from my first marriage, born in three different cities, Buffalo, Toledo, and Boston. My son was born severely hearing impaired and led to my studying at Boston University to become a teacher of the deaf. I worked in Woburn, MA, mainstreaming hearing-impaired students, working with their teachers, and leading parent groups.

After my divorce, I took up running and pursued my interests in personal growth through Transcendental Meditation, the EST Training, Gestalt groups, and later in hypnotherapy.

I met David on a white-water river in Maine. We were married five years later in 1979 and I joined him at the Nantahala Outdoor Center in Western NC. I taught canoe clinics, became a raft guide, and led trips with David. These were heady days for us, with trips on Western rivers and sailing in the Caribbean.

We moved to Atlanta where I trained at the Hypnosis Motivation Institute to become a hypnotherapist. I was in private practice for 30 years, both in Atlanta and later in Blowing Rock, NC, just off the Blue Ridge Parkway.

While I loved hiking in the mountains, I also learned to quilt and was

part of a small group of women who met weekly. David and I lived and shared an office there.

We are seasoned foreign travelers, seeking archeological remains in Europe, the Middle East, and north Africa. We were in Beirut last year when the protests began and fires blocked the streets. We barely got out the next day. This year our much-anticipated tour to northern Algeria was aborted by COVID-19. I practice random acts of kindness.

#### David:

Born in Bronxville, NY, I grew up on a peach farm in the upstate near Niagara Falls. My mother instructed me that I possessed the energy of the Irish and the ingenuity of the French. My father's arm was amputated as a result of two medical errors. The Vietnam War happened. The Catholic church opposed marriage to my love, Posie. I learned to question authority.

In high school, I attended boarding school across the border in Canada. I earned degrees from Penn State and Northeastern Universities, worked for DuPont in Delaware and Boston, and for Grant Thornton CPAs in Boston.

As a result of EST training, I left that life for whitewater canoeing adventures in the North Carolina mountains with a good friend. I've always felt at home on

the water. Sailing and canoeing are passions. I helped manage a budding outdoor recreation company, where I handled all financial matters, taught white-water kayaking and canoeing, guided raft trips, and raced to a national championship. Leading whitewater trips on western rivers and sailing trips in the Virgin Islands was exciting work!

I returned to college full-time at age 36 to become a chiropractic kinesiologist. My practice of 32 years was in Blowing Rock and Boone, NC, never accepting medical insurance, advertising, nor dealing with the legal system.

I've loved working with fast-paced businesspeople, families, athletes, and musicians.

I've sung in an Anglican choir, I play the viola da gamba, and I am learning to play the lute and to speak French. I'm a nutitarian and presently an anti-theist. I enjoy studying western philosophy and traveling to ancient western world archaeological sites. I practice tai chi, play tennis and pétanque, bike, hike with our dog, and cross-country ski.

I look forward to contributing value in this community. Amen.

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### Recent Move-Ins

**Sara Millman**, from Lake Forest Park, WA, in mid-October.

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### Recent Transfers

**Frank and Amy Mitch**, to Whittier.

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## A Winter Holiday Spirit Committee Forming

An ad hoc committee is looking at how to support and augment the winter holiday spirit for those in the Stephens Care Center. Of course, the care center staff will continue their amazing work with their residents, but others would like to work with them to enrich the holiday spirit for everyone.

Some working groups would like suggestions and help. If you are interested, please contact the listed coordinators directly:

- Turning the Courtyard Garden into a winter wonderland – Nick Long, Tom Taylor
- Indoor decorations, especially resident doors – Lillie Long
- Storytelling – Phyllis Gorfain
- Holiday card writing – All Kendal residents and staff

For general questions, suggestions, or offers of help, contact Elizabeth Hole.

## Changing with the Seasons

As the outdoor growing season slows and comes to an end, activities of the Horticulture Committee focus on plants indoors. Displays, like that along the hallway connecting the apartments with Heiser, expand and become more colorful as a number of plants are moved indoors. Repotting and starting new plants from cuttings become a focus in the Horticulture Room.

Committee members will also turn their attention to some ideas for longer-term projects at our Zoom meeting on Mon., Nov. 9 at 12:30pm. If you wish to join us for that meeting, notify Joan Long or Barbara Green or leave a note in Box 128.

## Staff Holiday Fund Gifts

The KORA Holiday Fund for the Kendal staff will be received during November. This is one of two times a year that we residents give a special appreciation gift to our staff. The appeal letter will be distributed the week of November 2, with the gifts due by Monday, November 30. Gifts are to be made out to Kendal at Oberlin, with Staff Holiday Fund in the memo line, and placed in the box at the Heiser Reception Desk. ~Gary Olin, KORA President

## Oberlin Conservatory Large Ensembles Are Back

Raphael Jiménez and Timothy Weiss have worked wonders to reimagine “large” ensembles and have crafted a new format for students to physically perform together within Oberlin’s COVID-19 safety stipulations.

Each Saturday at 8:30pm, Oberlin Stage Left (<https://www.oberlin.edu/conservatory/stage-left>) will broadcast performances which have been rehearsed and recorded for a virtual audience. As an added bonus, presenting online offers the opportunity to hear insights from some of the composers prior to performances of their works.

## WANTED: Kendal residents who play musical instruments and are interested in making music with others

Many of us moved to Kendal at Oberlin for the music, but the Covid restrictions have sharply curtailed what is available to us. The Music Committee is reaching out to residents who play musical instruments in an effort to find ways for us to make our own music.

If you would like to participate, please email your answers to the questions below to Larry Mirel ([lawrencemirel@gmail.com](mailto:lawrencemirel@gmail.com)). A survey form will also be placed on the shelf below the open mailboxes and you may respond there. A similar survey was completed two years ago, but many new residents have moved in since then, and we know that some of them are musicians.

### October 2020 Survey of KaO Musical Talent

If you are a Kendal resident and would like to play music with other Kendal residents, please answer these questions:

1. Instrument (or instruments) played.
2. Your playing level on each instrument: Professional; Amateur high level; Amateur medium level; Amateur beginner.
3. Type or types of music you enjoy playing: Classical; Jazz and popular; Other (specify).

Please include your name, phone number, email address, mailbox number.

## KELC Fundraiser Offers a Very Special Calendar!

### Looking for the perfect gift to make your family and friends smile in these pandemic times?

For 2021, Jason Kotecki, the author of *Escaping Adulthood*, has created a “Celebrate Everything Calendar” filled with simple ways to enjoy simple daily holidays such as Ice Cream Flavor Day, Chicken Dance Day, and Astronomy Day.

And to help us all enjoy life and not take ourselves too seriously, he has included a monthly fun challenge to do with our family, friends, or co-workers.

Stop by the Kendal Early Learning Center to purchase a calendar for \$20 (two for \$35). Or email [jeboover@kao.kendal.org](mailto:jeboover@kao.kendal.org).

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## Looking for Someone?

Find profiles of all residents, newcomers and old-timers, in “Who’s Here” on the Kendal Library center bookcase.

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## It’s Time to Check the 2021 Kendal Directory

A draft in a white three-ring binder is on the shelf by the open mailboxes so you can check your entry in the 2021 KaO Directory for accuracy. ~Nina Love

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## Kendal Kryptogram #188 - by Nina Love

CLOUD I KISS KDUU A BASS SAU ILO SUK

KXU PSYCOM ZY MIASALZ RE. ~Q. D. D. KYSTAUL

Solution to Kryptogram #187: “Autumn is the mellow season, and what we lose in flowers we more than gain in fruits.” ~Samuel Butler

## Kendal Resale Shop Talk

*Benefitting Kendal Residents Assistance Fund and Community Charities*

The seasons are changing. The weather is growing chilly. Are you reorganizing your closets? The Resale Shop has you covered.

Treasure hunts are fun! There are “fabulous finds” even beyond those that appear on the daily WKAO slides. You can try clothes on. You can find unique jewelry to accessorize. And so many treasures for your home!

Donate your gently used clean clothing and household items. **But please don't give us your unwanted paper, plastic, and cloth shopping bags.**

Remember: contributions are tax deductible. (Get a form at the front desk.)

Whether purchasing or donating, you are helping the Kendal Residents Assistance Fund. The Resale Shop raised over \$2,300 just in September.

### COME SHOP!

Wed.-Sat., 11:00am-5:00pm  
(closed Sunday–Tuesday)

### COME DONATE!

The donation box is always available outside the shop.

## Notes From the Program Committee

We hope that you have enjoyed our October programs and movies. And we hope that you have responded to the quick survey that you received via email or in your box. If not, please take time to respond. It is important for us to know what ideas our Kendal community has about programming.

As always, we are looking for ideas about programs you would like to present or programs that you know of.

AND we are also looking for people who are willing to sponsor programs. What does a sponsor do? A sponsor is in contact with the presenter to get publicity information and sometimes zoom links. A sponsor coordinates the program's advertising and publicity. No technical knowledge is needed –



## Library Notes

### New Books

We are pleased to report that our Kendal Library has eight of the current 20 best sellers, all of them donations from residents. This year we have received the latest fiction by such popular authors as Louise Penny, Michael Connelly, Anne Tyler, John LeCarre, Ann Patchett, and Brit Bennett. In nonfiction, a BIG THANK YOU to John Matsushima for keeping us supplied with the newest books about the Trump presidency.

Best seller status does not always indicate quality, of course, so we also are glad to see the frequency with which our books win awards. *She Said*, by two *New York Times* reporters who investigated sexual harassment, has been named one of the ten best journalism books of the decade, while N.K. Jemison not only won a Hugo best sci-fi/fantasy award for each volume of her *Broken Earth* trilogy but has just

just the coordination to make the program happen. And we have a checklist to help you.

Programs have always been an important educational and entertaining part of our life at Kendal. Please help us keep them going with your ideas and offers to help. ~Shirley Taylor, Chair, Program Committee



I like calling my friend in the Stephens Care Center to share stories about friends and family. But sometimes I talk too fast and she gets confused. It's better when I slow down and leave quiet spaces for her to respond. **STAY CONNECTED**

received a MacArthur “genius” grant for creativity.

We now are recognizing our book donors with “Donated to the library by” labels. Those willing to be so credited, please include a note of your name in your book donation and enjoy the thanks you receive from readers.

### Magazines

This is the time of year when magazines offer their subscribers deals on gift subscriptions. Tom Morgan astutely saw this as an opportunity to gift the library with a subscription to the much read *Atlantic*, assuring us of its prompt arrival and relieving the current donor of pressure to finish reading his copy. Another resident, asked to donate his copies of *National Review*, simply ordered a subscription for the library, giving us some needed political and intellectual diversity of opinion.

As we enter the season of Thanksgiving and gift giving, our library is an enduring reminder of our residents' sharing spirit that readers appreciate every day.

~Mary Clare Beck, Library Committee

## Suggestions and Concerns Committee Meeting Mon., Nov. 9 - 2:00pm Crossroads Room

We meet in the Crossroads Room on second Mondays, 2:00--3:00pm, following COVID-19 protocol, wearing masks and observing social distancing. Only two residents at a time may meet with the committee, keeping the maximum number in the room to six.

~Marjorie Porter, Chair

## Dementia Friendly Discussion Fri., Nov. 27 - 10:00am - Zoom

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



## Alone & Sharing Groups

Kendal's Covid closure has felt particularly isolating for many of our residents who live alone. To develop a way of bringing them together safely, a small group of residents began discussions on Zoom in June. The idea originated with Christina Graf, an organizational change consultant.

The planning group (Christina, Dianne Haley, Robin Laurén, and Anne Palmer) started the project with a pilot group of five participants who responded enthusiastically and gave helpful feedback. Times and meeting spaces were arranged for 16 more groups to meet with masks in venues large enough to allow for social distancing. In each group, Christina facilitated a structured exchange so that participants had a chance to share their thoughts on three topics: what has been challenging about Kendal's hard closure, what has turned out to be good, and what might each individual explore in the next month.

Every attempt was made to contact all independent living residents who live alone, including those separated from a spouse in the Stephens Care Center. By September 22, 76 residents had met in 17 groups. Christina collected feedback and ideas from each group discussion and relayed them to the planning group.

Sample comments follow:

- This is my longest experience in four months being with someone.
- We have shared disappointment at not having meals together.
- It's getting harder as time passes.
- I liked the openness everybody showed sharing their thoughts; everybody had a positive lift to their comments, not down or complaining, stating reality and what's good under these conditions.
- It's a thrill to be back in the Green Room with live people!

A positive result of these one-hour meetings has been that a few groups have elected to meet on a regular basis. Additionally, some individuals have

## From The John Bartram Arboretum: Importance of Community Relationships

Kendal at Oberlin staff and residents have established a great relationship with the Western Reserve Land Conservancy (WRLC) over many years. Kate Pilacky with the WRLC has worked tirelessly with Kendal at Oberlin to provide wildflower seeds, native plants and trees, and expertise to better our campus. In return, Kendal resident Don Reeves has been collecting seeds of wildflowers from Center Pond and around campus to give Kate to use on WRLC lands.

Most recently the WRLC donated many ferns and wildflowers to Kendal for use within the Courtyard Garden, Woodland Garden, Buttonbush Bridge Woodland, and Lot 8 Woodland. These plants came from a newly acquired 60-acre property in Milan. It was recently willed to the WRLC which intends to transform it into a preserve. To make this transformation a reality, it was necessary to tear down old structures, some of them with plants growing inside and through rotting floorboards. Kate undertook a plant rescue, salvaging ferns and wildflowers affected by the demolition.

She reached out to Kara Phillips, the Grounds Supervisor at Kendal, to see if our campus would be interested in these plants as a donation from the WRLC. We gratefully accepted and arranged for the plants to be dropped

been inspired to connect with residents they wish to know better and to reach out to single newcomers to Kendal.

As winter approaches, new ways of getting together, both in person and on Zoom, will become essential for keeping residents connected and emotionally satisfied. What can we as a community do next?

off at the main entrance. They were dispersed to appropriate locations around campus, where residents planted them. Most of them fit as understory plants in our woodlands. The resident workers included Mary Behm, David Benzing, Bettina Frisse, Anne Helm, Nick Long, Tom Taylor, Bill Washburn, Carl Whitehouse, and May Zitani.

The relationship that KaO and the WRLC have established is invaluable and a great way to stay connected to the community, especially during these unprecedented times.

Consider visiting one of the many WRLC preserves and parks in our surrounding area on a scenic-drive pass during the pandemic. One property under restoration, the Oberlin Preserve, has an entrance just west of the intersection of South Professor and West Hamilton Streets.

Read more about the WRLC at: [www.wrlandconservancy.org/whatwedo/parksandpreserves/](http://www.wrlandconservancy.org/whatwedo/parksandpreserves/).

~Kara Phillips for the Arboretum Committee



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

### Masks for the New Normal



**Get New** – From box at Heiser Reception Desk.

**Customize** – Call Joyce Parker for alterations appointment.

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

## Saturday Walks

Come explore walking areas off the KaO campus. The walks are leisurely, about 2–3 miles, and generally scenic. We meet outside the Heiser main entrance every Saturday at 9:30am (weather permitting). Only one household/bubble per vehicle is permitted; remember to bring a car pass.

Questions? Contact Phil Pritchett.

## Table Tennis in November

We've taken a big step forward! Now on Saturdays and Sundays, a table will be available for play in Heiser Auditorium. Sign up for a slot at the reception desk. Precautionary measures apply!

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

~Sidney Rosenfeld

## Meet Our Kendal Newcomers on KOTV

Because of the suspension of large group activities last March, the Newcomers Committee has been unable to hold receptions to introduce new residents to the community. Zoom and KOTV can provide a partial substitute and opportunities for you to learn more about our newest Kendal residents.

Programs for the next two months are scheduled for your viewing on KOTV at 4:00pm on Wednesdays on November 18 and December 16. Mark your calendars!

In the future, there will be more such programs featuring residents who have moved to Kendal since November 2019. Watch for announcements of these future broadcasts.

### IN MEMORIAM

ERLE "DAN" AYRES  
OCTOBER 16, 2020



## Smart Giving!

### Rerun of Recent Charitable Giving Workshop Monday, November 2 - 4:00pm - KOTV

Originally presented on October 7 with Ann O'Malley, Grace Tompos, Randy Wagner, and Tom Konkoly, this program provides helpful information on Estate Plan Housekeeping, Tax-Wise Philanthropy, and the Kendal at Oberlin Gift Annuity Program.

### 2020 Taxes and Changes Wednesday, November 18 - 12:30pm - Zoom and KOTV

Vance DeBouter, local CPA and a community member of KaO's Finance Committee, will talk with Grace Tompos and Tom Konkoly about 2020 year-end tax planning. Attend via Zoom (using the "chat" function to ask questions) or watch on KOTV. Feel free to forward your year-end tax planning questions to Tom ahead of the presentation so Vance can be aware of topics of interest to our Kendal community.

~The Kendal Philanthropy Committee, in the series "Tax-Wise Giving"

## Bocce Tournament Results

Here are the winners of the July and October bocce tournament.

July: 1st place Joe Luciano and Joe Colucci; 2nd place Sandy and Bill Siebenschuh.

October: 1st place Rebecca Cardozo and Tom Morgan; 2nd place Joan Long and Philip Pritchett.

Congratulations to them and to all who played.

The 2021 seasons will begin in the Spring. We look forward to the return of all who played this year and invite all Kendal residents, especially newcomers, to give it a try. It's fun and good socializing. No experience required.

~Joe Colucci

## Thanks from the KaO Residents Association!

Total received for the KORA 2021 Budget Fund Appeal is \$37,550 as of October 15, 2020. This exceeded our goal and has been incorporated in our 2021 Budget.

As always, we thank our generous residents for their funding of the engine that drives the Kendal at Oberlin program.

~Randy Wagner, KORA Treasurer

## Church Services on WSCC

**First Church in Oberlin UCC**  
Sundays, 10:00am

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

## The Kendalight

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

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

Simons  
Photos: Sally Nelson-Olin, Gary Olin

- Deadline for the December 2020 issue of *The Kendalight* is Nov. 15.
- The editors regret that they cannot assume responsibility for errors in content in material submitted for publication.
- Note: Please submit articles by email to our address: [Klite600@yahoo.com](mailto:Klite600@yahoo.com)
- If no email access, please type article on separate sheet, sign and place in *The Kendalight* open mailbox.
- All articles must carry a signature and telephone number.



## Dining and Nutrition Services



## Dining Matters

Now that transmission of COVID-19 through talking and even through exhalation has been scientifically confirmed, it will be some time before we can resume normal dining. We do have options, and the dining staff is working to expand these.

In our bubbles, independent living residents are able to dine together safely within our apartments and cottages. At some point when safety allows, we will be able to dine with our bubble buddies in our Kendal dining rooms with the tables widely spaced. We are not there yet.

Meanwhile, many Stephens Care Center residents don't have easy access to microwaves and are dependent on staff to provide meals at properly warm temperatures. The disposable containers used are not only an environmental concern but don't hold the temperature of the food. This has been a problem. New hot food tray service equipment has been ordered to ensure that SCC meals can be served at warmer temperatures. It should facilitate transporting hot food items for residents in the SCC to enjoy.

The dining staff is working on a plan to offer SCC resident bubbles some dining options in the Friends' Corner dining room with limited, separated seating. These plans are tentative and will depend on maintaining a Covid-free environment.

**Remember! We can recycle many of the containers used for meal delivery:**

- Clean and dry plastics #1 - 7. Includes meal-delivery containers: clam shell box, black soup bowl with lid, black entrée box with lid. Reattach translucent plastic cover to soup bowl (if not attached, it could stop up sorting machines).
- NEVER recycle Styrofoam dish or cup and its plastic lid.



### For the Vision-Impaired

### Low-Vision Support Group Now on Hiatus

Monthly meetings of the Low-Vision Support Group probably will not resume until it becomes possible for residents of Stephens Care Center to again meet face-to-face with those who live elsewhere.

Zoom technology presents barriers to some of the group's participants. This brief column about the group's meetings will disappear from *The Kendalight* until the happy time when it becomes possible to announce resumption of the group's meetings.

~Terry Carlton

### Grief Support Group

Our group is not only for those who have lost a loved one but for anyone who has experienced a loss. We meet every Tuesday at 10:30am, facilitated by licensed social worker Melissa Thompson. Stephens Care Center residents meet in person in Whittier Lounge, and others may participate via Zoom.

Residents can gather with others who also have experienced a loss and are looking for support, encouragement, and information to help them cope during this difficult time of change and transition. For the link, contact Melissa ([mktompson@kao.kendal.org](mailto:mktompson@kao.kendal.org)), Kim Preston ([kpreston@kao.kendal.org](mailto:kpreston@kao.kendal.org)), or Kim Peters ([kpeters@kao.kendal.org](mailto:kpeters@kao.kendal.org)).

~Melissa Thompson, LSW, Grief Support Group Facilitator, Social Services Team

### Please Keep Track of Your Volunteer Hours!

Each October, the Volunteer Clearing House (VCH) reminds us to get ready for our annual collection of resident and staff volunteer hours. Even in these pandemic times, Kendal folks are still performing volunteer services, whether here or in the wider community and world.

In 2019 VCH recorded more than 52,000 hours of volunteer service by resident and staff. In 2020, much of our community volunteering has been curtailed, but new volunteer tasks have become even more important to our Kendal lives – delivering packages and newspapers, organizing ice cream socials and support groups for residents, and much more.

In January you will receive a form in your open mailbox asking you to estimate the hours you have volunteered in 2020. When you receive your form, please return it promptly to Box 121. A copy of the form will also be posted on the Volunteer Bulletin Board in December. Questions? Place them in Box 121.

~Volunteer Clearing House Committee

### Need Tech Help?

Our Oberlin College student Kennie Fierro is now available virtually to assist with technology. He will be available on Fridays at 11:00am on Zoom: # 916 6217 3903, call-in number: +1 646 558 8656.

**Did You Know? You can call 775-9868 to hear announcements and menus of the day.**

SUN	MON	TUE	WED	THU	FRI	SAT
<u>First Church Service</u> 10:00am WSCC  <u>RC Mass</u> 11:15am WSCC  <u>Music by Nate</u> 2:00pm Zoom  <u>Food Science</u> 3:00pm WSCC  <u>Film (see page 4)</u> 7:00pm WSCC	<u>Chronicle News</u> 10:00am WSCC  <u>Centering Program</u> 11:00am WSCC  <u>Spanish Class</u> 1:00pm WSCC  <u>Documentary</u> 7:00pm WSCC	<u>Chronicle News</u> 10:00am WSCC  <u>Violin by Shannon</u> 10:30pm Zoom  <u>Theater in Review</u> 2:00pm WSCC  <u>News Currents</u> 3:00pm WSCC  <u>The Crown</u> 7:00pm WSCC	<u>Chronicle News</u> 10:00am WSCC  <u>Themed Film (see p. 4)</u> 2:00pm WSCC  <u>SCC Council</u> 4:00pm WSCC  <u>Song Swap</u> 7:00pm Zoom/KOTV	<u>Chronicle News</u> 10:00am WSCC  <u>Yoga/Meditation</u> 1:30pm WSCC  <u>Musical Film (see p. 4)</u> 2:00pm WSCC  <u>Exchange with BT</u> 4:00pm Zoom/KOTV/WSCC  <u>Art History</u> 7:00pm WSCC	<u>Chronicle News</u> 10:00am WSCC  <u>Music by Nate</u> 2:00pm WSCC  <u>Ken Burns' Baseball</u> 3:00pm WSCC	<u>Saturday Walk</u> 9:30am Heiser  <u>Chronicle News</u> 10:00am WSCC  <u>Violin by Shannon</u> 10:30pm Zoom/WSCC  <u>Music by Jara</u> 3:00pm WSCC  <u>Film (see page 4)</u> 7:15pm KOTV
1	2	3 Election Day!  LLL: What We've Learned re: COVID-19 11:00am Zoom  	4	5	6	7
8	9 Horticulture Meeting 12:30pm Zoom  Kendal Series on Racial Inequality 2:00pm Zoom/KOTV  Suggestions & Concerns 2:00pm Crossroads	10 LLL: What We've Learned re: COVID-19 11:00am Zoom	11	12 KORA 2020 Annual Meeting 4:00pm Zoom	13 Artist Talk Tom Van Nortwick 4:00pm Zoom/KOTV	14
15	16 Botanical Response to Global Change David Benzing 7:15pm Zoom/KOTV	17 Kendal Series on Racial Inequality 10:00am Zoom/KOTV  LLL: What We've Learned re: COVID-19 11:00am Zoom	18 2020 Taxes and Changes 12:30pm Zoom/KOTV  Welcome Our Kendal Newcomers 4:00pm KOTV	19 No KORA Council Meeting  Gastoldimania Megan Long 7:15pm Zoom	20 Play Readers: <i>Native Gardens</i> 7:15pm KOTV	21
22 Time of Remembrance 4:00pm KOTV	23 2021 Final Budget Update Ann O'Malley 4:00pm Zoom/KOTV/WSCC	24	25	26 Thanksgiving  	27 Dementia Friendly Group 10:00am Zoom	28
29	30	<h1 style="color: red;">November 2020</h1> <p><b>Zoom:</b> See resident database (<a href="http://kaores.net">kaores.net</a>) and click "Calendar" for link.</p> <p><b>KOTV:</b> Cable channel 920, 19-2, or 95-101</p> <p><b>WSCC:</b> Cable channel 921, 20-1, or 96-100</p> <div style="border: 1px solid red; padding: 10px; width: fit-content; margin: 10px auto;"> <p>For details, links, and last-minute scheduling, see WKAO and KORA Calendar.</p> </div>				