

The Kendalight

Kendal at Oberlin Residents Association

October 2021

Volume XXVIII, Number 10



Following Doctor's Orders by Dr. Joyce Benjamin (a PhD, not *that* kind of Doctor)

Mother wanted me to be a doctor but all I could manage was the illegible handwriting. Still, I can offer some prescriptions for dealing with what seem like endless waves of Covid: alpha, delta, gamma, mu, so far. You can take the following individually or as a “cocktail” of prescriptions.

A Message from Barbara Thomas: Covid Comes to Kendal

Back in early July, an article for *The Kendalight* on our life with Covid seemed an easy request. Then, in late July we had our first dreaded case among residents. With 100% of residents vaccinated, we had hoped that no one would be harmed by the Delta variant. This unexpected blow was a new low that took the wind out of my sails!

But I've come to accept that Covid will continue to deliver surprises with newer variants and more peaks and valleys. And that Covid has given us an unintended test of our Core Value Behaviors that are fundamental to every Kendal at Oberlin staff member's job commitment.

In future months I'll elaborate on more of the 12 Core Value Behaviors.

Prescription #1: Apply a liberal salve of respect. As we encounter each other, staff, the administration, and our own bumps and setbacks, think of the Queen of Soul, Aretha Franklin, and her “R-E-S-P-E-C-T.” Let's make respect more virulent than Delta.

Prescription #2: Put on our rose-colored magnifying glasses. Sometimes we get so wrapped up in what we *don't* have, we forget to consider what we *do* have. Let's look at all the tiny but important good things all around us. Fresh air, good music, a sweet treat, a beautiful pet, a lovely plant, a silly joke, a good book – you get the idea.

Prescription #3: Add S.P.I.C.E.S. to your life. It has been a long time

They certainly distinguish these times in extraordinary ways.

1. Teamwork: Never have we had to ask so many staff to give up a job they loved and take on another more needed one. For some, it meant changing departments or doing one's usual job in an entirely different way, such as remotely. People rose to extraordinary heights to respond because they were asked. I'll never forget their unwavering willingness.

2. Communication: Transparent communication is truly a part of us, but it's not always easy. During Covid, it is ever-demanding, requiring endless energy and exceeding the time available in a day. Yet our staff never stop trying to keep residents and one

since I saw the wall hanging in the Education Center, so I had to look it up (thank you, Dr. Google). Simplicity, Peace, Integrity, Community, Equality, Stewardship.

A blend of these qualities sprinkled liberally through our lives is a sure-fire remedy to allay the effects of the pandemic on us.

**COFFEE HOUR WITH
BARBARA THOMAS
THURSDAY, OCTOBER 7
9:30AM - ZOOM, KOTV**

**AFTERNOON EXCHANGE
BARBARA THOMAS
TUESDAY, OCTOBER 19
4:00PM - ZOOM, KOTV**

another in the loop of ever-changing circumstances to get through every single operational day.

3. Creativity and Planning: Like our residents, our staff have put their most creative foot forward to cope with Covid. Every department has been challenged to adapt when regulations or new circumstances demanded changes that were seemingly impossible to implement. Where there is a will, there is a way! And nothing is better than seeing staff members with bright smiles as they overcome another difficult obstacle in their day!

Covid has taught us a lot even with the current discouraging stats. We've come a long way, baby!

~Barbara Thomas, KaO CEO

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



Kendal at Oberlin Residents Association

When we were able to get vaccinated ten months ago, there was such hope and joy – we felt life might become close to normal. Now, we are weary of this Covid world with its restrictions, changes, losses, frustrations (especially when Stephens Care Center is closed), and the sense that this may be our life going forward. This leads to feeling distressed and angry, which sometimes gets expressed in the moment, not at the real cause. As a young server wisely said, “People don’t get that angry over green beans.”

Our Kendal values stress respect and care for each other. We strive to treat each other with good will, civility, and patience and to work together to resolve issues and problems. A special thank you to Anne Martin, Anne Palmer, and Barb Benjamin who organized a group of residents to hand-write notes of gratitude to our dining staff – 92 notes in all!

I hope we can concentrate on what is good, satisfying, and worthwhile about life here. We have a wealth of interesting programs and activities, a beautiful campus which offers delightful gardens and a variety of wildlife, many friends (and new ones!), a terrific library, changing art exhibits, creative opportunities, and even a silliness committee which delights us with pink flamingoes. You likely have your own list of what you are grateful for.

I am especially grateful for residents’ strong support of KORA with contributions that totaled \$33,817.00. Thank you very much for financing the many activities and groups which sustain our rich life here.

~Mary Behm, KORA President 2021

**Next KORA Council Meeting
Thurs., Oct. 21 - 10:00am
Heiser Auditorium* and KOTV**

Fall LifeLong Learning Classes at Kendal

Our courses this fall will be presented via Zoom. You will be able to ask questions by using the Zoom chat function. To register for a course and obtain the Zoom link, please contact Rebecca Cardozo. There is no fee.

Contemporary Japanese Art, 1950s–Present; Mon., Oct. 11, 18, and Nov. 1, 10:30am–12:00pm. Kevin Greenwood, Joan L. Danforth Curator of Asian Art at Allen Memorial Art Museum, presents a three-session course on some of the most prominent artists and movements in contemporary Japanese art.

The **first session**, *The Postwar Avant-Garde*, focuses on such artists as the Gutai Group, Mono-ha, and Yoko Ono. After the wartime destruction of Japan, the postwar era was a time of radical experimentation in the arts, questioning and challenging the definition of art itself.

The **second session**, *The Present through the Past and the Future*, looks at such artists as Masami Teraoka, Yanobe Kenji, and Mariko Mori. From the 1970s through the 1990s, some artists used elements of previous art styles and futuristic imagery to comment on contemporary changes in Japanese culture.

The **third session**, *Challenges to the Cult of Cute*, discusses Murakami Takashi, Chiho Aoshima, and Aya Takano as part of an artistic movement known as Superflat, which adopted imagery from Japanese kawaii (cute) and otaku (obsessive sci-fi and comics fans) cultures and gave this imagery a critical edge.

Dark Sky, Deep Water, and Global Warming, Tues., Nov. 2, 9, 23, 10:30am–12:00pm. Kendal resident Terry McGowan, founder of Lighting Ideas, Inc., a consulting firm providing technical support to the lighting industry, and Dr. Rolf Bergman, a consultant in lighting technology and measurements, present a three-session course focusing on environmental issues.

In the **first session**, *The Wonder of Water*, Dr. Bergman will dive deep into the wonder of water. We all know water is essential for life on earth. We are familiar with many of its properties, but have we ever considered water at the molecular level?

In the **second session**, *Global Warming, Unsettled Conclusions*, Dr. Bergman explores the science of global warming and why conclusions about it are so unsettling. There is much controversy and misinformation surrounding global warming, its causes, and its impact on life on earth.

In the **third session**, *Star Light, Star Bright*, Terry looks at the Dark Skies movement. Remember when you were a kid and the sky was so full of stars? There are few places on earth where those stars are still fully visible, but – the good news – those places are becoming more numerous. Can we get those dark skies back? Might Kendal at Oberlin someday be a dark sky community?

For 38 years Terry McGowan worked at GE Lighting, Nela Park, where he served as manager of Worldwide Application Development and as manager of Lighting Application Development.

In 2001 Dr. Bergman retired as chief scientist, Lamp Technology, at GE Lighting, Nela Park. In his more than 28 years with the company, he was an individual contributor and manager in lamp technology, involved in new product and process development, measurement capability, and industry standards.

Community-Wide Master Planning Charrette Wed., Oct. 6 - 1:00–3:00pm - Zoom and KOTV

The Task Group will share the design concepts of HD&S Architects that address the needs of our community and ask for feedback from Kendal residents.

Save the Date for the 2021 Winter Solstice Thursday, December 16



This year's theme, *Songs of the Season*, is broad enough to encompass music and poetry related to many year-end observances, including solstice, winter, Hanukkah, Christmas, and Kwanzaa. Recent Covid restrictions have made it necessary to again prepare a video to be shown that evening on KOTV, as we did last December.

Many of you have already signed up to be a part of the program, and we thank you for your promptness in responding to our earlier requests. We are delighted that we will have a choir, some instrumentalists, some soloists, some poetry readers, and the participation of our Care Center Bell Choir and Early Learning students.

Whether you add your musical talents to the mix or participate in the audience, you can begin eagerly looking forward to yet another evening of entertainment provided by your friends and neighbors.

~Carol Harvey

Newcomer Interviews Wed., Oct. 20 - 4:00pm - KOTV

The Newcomers Committee continues to provide these televised interviews that provide an opportunity for the whole community to learn more about our newest residents.

~Sharon Furrow

Tour the Weltzheimer/ Johnson House* Tues., Nov. 9 - 1:30-3:30pm

Join fellow residents for a private afternoon visit to Oberlin's Frank Lloyd Wright home, led by Jill Greenwood, Eric and Jane Nord Family Curator of Education at the Allen Memorial Art Museum. Pay \$10 at the door.

Sign-up sheet will be on the shelf under the mailboxes in mid-October.

Tour will be dependent on Covid restrictions.

~Kathy Hazelton

Climate Change in Ohio Alan Lockwood Thurs., Oct. 28 - 7:15pm Zoom and KOTV

On the eve of the much-anticipated Glasgow climate meeting, officially known as the 26th UN Climate Change Conference of the Parties (COP 26), we must realize that everyone is already in the grip of the anthropogenic climate crisis. In Ohio our roofs have not been torn off nor have they burned in megadrought-triggered wildfires. But climate change is affecting us too and in ways that put the elderly and people of color at increased risk.

Resident Alan Lockwood will show how heat, redlining of American cities, and coastal wildfires are affecting us and what we can do to ensure habitability of our planet for present and future generations.



Souper Supper Fundraiser for OCS Postponed

Twelve years ago, Kendal at Oberlin residents decided to celebrate our annual anniversary in a special way – not with an elegant dinner, but with a simple, less costly supper. Generous donations from Kendal Dining Services' savings, residents, and staff were given to Oberlin Community Services to use in its many efforts to provide food support and emergency assistance to local area residents.

This tradition must be postponed until Covid restrictions ease, but please remember the needs of OCS.

Readers Theater: *The Award* Fri., Oct. 22 - 2:00pm and 7:15pm - KOTV

How do you measure a life well lived? This readers theater Zoom production explores one life, plagued with setbacks, yet publicly acclaimed and enriched by a deep love. The protagonist reveals how the trials and difficulties of his life form the backdrop for what he learns in his later years. Join a cast of your fellow residents on KOTV as they portray a life well lived. Written and directed by Don Parker.

🎵 Music at Kendal 🎵

**Oct. 3 First Sunday Chamber
Music Rehearsal Cancelled
Join us again next month on
Sun., Nov. 7 - 4:00-5:00pm
Heiser Auditorium***

**Songs from the Mountains
Judy Cook
Thurs., Oct. 21 - 7:15pm
Zoom and KOTV**

Judy Cook, our own resident professional troubadour, will sing songs and ballads from the eastern mountain chain – some stemming from medieval time – with photos, artworks, and lyrics for the choruses so that the audience can sing along. Known for her repertoire and storytelling ability in song, she performs from New England to the Dakotas and in England. Judy also co-hosts Glad4Trad, a program of traditional folk music aired every Wednesday, 3:00-4:00pm, on WOBC 91.5 FM, live-streamed at WOBC.org/listen. You can listen at www.Glad4Trad.org any time.

**Gerald Finzi and Settings of
Shakespeare's Poetry
Thomas Bandy
Wed., Nov. 3 - 7:15pm
Zoom and KOTV**

Thomas Bandy is Associate Professor of Vocal Accompanying and Teacher of Vocal Diction at Oberlin Conservatory. Gerald Finzi (1901-1956), a British composer, was one of the most accomplished composers in history at setting the English language to music.

Saturday Night Movies 7:15pm - KOTV

Oct. 2 - Bach Cello Suite #3: Falling Down Stairs (1997) Documentary. Mark Morris dancers and YoYo Ma create a new dance performance.

Oct. 9 - A Royal Affair (2012) A young queen, married to an insane king, falls secretly in love with her physician and together they start a revolution. Danish film.

Oct. 16 - Osama (2003) After the rise of the Taliban in Afghanistan and the restriction of women in public life, a pre-teen girl masquerades as a boy to support her mother and grandmother.

Oct. 23 - On The Waterfront (1954) An ex-prize fighter turned longshoreman struggles to stand up to corrupt union bosses, including his brother.

Oct. 30 - Amistad (1997) In 1839, Mende captives revolt aboard a Spanish-owned ship. Courts must decide whether the Mende, captured off Long Island, are slaves or legally free. The ship in the film is an exact replica. [Film coordinator Ken Cheek notes that his and Jane's church in New Haven, CT, helped the "slaves."]

Sunday Movies 7:00pm - WSCC

Oct. 3 - The Three Musketeers (1974) Young D'Artagnan with three former Musketeers must unite to save the French throne and prevent war.

Oct. 10 - Tarzan the Ape Man (1932) A trader and his daughter encounter a wild man raised by apes.

Oct. 17 - The Magnificent Seven (1960) A group of poor Mexican farmers hire seven gunfighters to protect their village from marauding bandits.

Oct. 24 - The Lady in the Van (2015) A man forms an unexpected bond with a transient woman living in her van that's parked in his driveway.

Oct. 31 - The Addams Family (1991) Con artists plan to fleece an eccentric



Art Gallery News

The **Friends Gallery** has a new exhibit for the benefit of our friends in the Stephens Care Center. Members of the Art Committee contributed art from their personal collections for *The Art Committee Collects*. It will remain on display through Tues., Nov. 2. The Committee thanks Don Parker for allowing us to show his watercolor landscapes for the previous exhibit.

The outstanding exhibit of textile art, *Stitch, Resist, Reflect*, featuring the fabric embodiment of the creative visions of JoAnn Giordano, Kathleen Van Meter, and Akemi Nakano Cohn, continues in the **Kendal Gallery** until Mon., Oct. 11. The August Artist Talk by the three artists provided much insight into their processes and thought. On October 12 an exhibit of the photography of Bill Pappas entitled *Scenes and faces that give us pause...* will open in the **Kendal**

family using an accomplice who claims to be their long-lost uncle.

Tuesday Themed Films 2:00pm - WSCC

Oct. 5 - Ophelia (2018) A reimagining of Hamlet, from Ophelia's perspective.

Oct. 12 - Importance of Being Earnest (1952) Algernon's friend, Ernest, has created a fictional brother for whenever he needs a reason to escape dull country life. Algernon poses as the brother, resulting in confusion.

Oct. 19 - The Barretts of Wimpole Street (1934) Elizabeth Barrett's father has forbidden any of his family to marry. Nevertheless, Elizabeth falls in love with the poet Robert Browning.

Oct. 26 - Wuthering Heights (1939) A servant tells a traveler the unfortunate tale of lovers Cathy and Heathcliff.

Gallery and continue until December 6. His Artist Talk will be Fri., Oct. 29, at 4:00 pm on Zoom and KOTV.

The current exhibition in the **Kendal Gallery** is now available for online viewing on the FAVA website. (<https://exhibitions.favagallery.org/stitch-resist-reflect>). The committee appreciates the cooperation of FAVA in making this online show possible.

The exhibition of Carol Contentin's photography, *Hearing the Spider: Nature Photography*, continues in the **Community Gallery** until Thurs., Oct. 14. Carol's Artist Talk on Sept. 1 provided insight into her vision for nature photography, techniques, and equipment.

The next show in the **Community Gallery** will feature art created by the students in the Oberlin High School art program. It runs from Fri., Oct. 15 through Thurs., Dec 9.

Joan Long's display of antique wine glasses in the **Curio Cabinet** will be followed by a selection of A.V. Shirk's Hopi fetishes. The **Admissions Office Display Case** now has a show of small sculptures by Ted Nowick.

Thursday Movie Musicals 2:00pm - WSCC

Oct. 7 - Annie Get Your Gun (1950) The story of the great sharpshooter Annie Oakley, who rose to fame while dealing with her love/professional rival, Frank Butler.

Oct. 14 - Top Hat (1935) An American dancer comes to London and falls for a model who mistakenly thinks he is married to her best friend.

Oct. 21 - Seven Brides for Seven Brothers (1954) In 1850 Oregon, when a backwoodsman brings a wife home to his farm, his six brothers decide that they want to get married, too.

Oct. 28 - Little Shop of Horrors (1986) A nerdy florist finds his chance for success and romance with the help of a giant man-eating plant.

**Virtual Insurance Workshops
With Donna Weber
Wednesdays - 10:00–11:00am
Zoom and KOTV**

- **Oct. 13** – Traditional Medicare with Retiree or Commercial Insurance
- **Oct. 20** – Traditional Medicare with Medigap Insurance

The fall season brings Open Enrollment options for your insurance coverage. Join Donna Weber, Kendal at Oberlin’s insurance coordinator, for these informative discussions.

For links, ask Ann O’Malley, or see the online Resident Calendar or WKAO.

**Suggestions and Concerns
Committee Meeting
Mon., Oct. 11 - 2:00pm
Crossroads Room***

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

2022 Budget Meetings

- **Thurs., Oct. 28 - Budget Update with Residents**, 4:00–5:30pm, Zoom and KOTV.
- **Thurs., Nov. 18 - Final Budget Meeting with Residents**, 4:00–5:30pm, Zoom and KOTV.
~Ann O’Malley, CFO

**Having trouble with the
sound on KOTV?**

Please report this to the Heiser Reception Desk.

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**

New Website Coming Soon to a Device Near You!

Website:

The Joint Committee on Technology under project coordinator Tom Taylor recruited a large group of residents and staff who compiled and entered into workbooks 648 items with information and documents for the new website.

These workbooks are now with Viibrant, which should have a beta copy for us to test by late October.

It will be user-friendly, have an inviting, clear design, and give all of us easy access to events, calendars, directories, menus, back issues of publications, request forms, archives, and more. This major endeavor has taken hundreds of hours, most of it volunteer.

~Mary Behm, KORA President



Art Information:

The Art Committee is implementing the transition to a new database that will allow residents to search for information about items in the Kendal Art Collection.

The new database will replace the one now in use on the KORA website and will become active when Kendal installs the new Kendal web presence. Committee members Jean Slonneger, Nancy Lombardi, and Barbara Whitehouse have been assisted by Bruce Richards, our computing consultant.

We are grateful for the years of design and labor that Dennis Cook put into the creation of the software for the current database. ~Grover Zinn, Chair



During October we plan to create art cards to sell to our Kendal community to benefit Oberlin Community Services. We will then host a two-day art card and pottery sale on December 3 and 4 in Heiser Lounge and hallway.

Don will lead five sessions of water color painting to produce miniatures suitable for making greeting cards (Tues., Oct. 26–Nov. 23, 3:00pm).

Joyce will present an acrylic hand-printing process that is done in layers and could be called miniature abstract paintings (Monoprinting, Wed., Oct. 6, 2:30pm). She will offer a an easy marbelizing, crafty process on paper (Wed., Oct. 13, 2:30pm). The class on Wed., Oct. 20 for acrylic pour painting is already full.

If you wish to work in our Clay Workshops, please sign up for the November classes on the bulletin board outside the Art Studio.

Special thanks to Dorothy MacIntyre for her exploration of paper quilling at the end of September.

~Joyce and Don Parker

KENDAL RESALE SHOP
Benefitting Kendal Residents Assistance Fund (RAF) and Community Charities

SHOP!*
Wednesday–Saturday,
11:00am–5:00pm
(closed Sunday–Tuesday)

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

Given to RAF year-to-date:
Total contribution: \$16,590.


Event Links

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

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

More About Kendal's Residents



Elizabeth (Betsy) Allen

Each of my parents claimed I was the most like them of their three children – I'm a blend of organized and creative, practical and adventuresome, with music in my soul.

I was born in Philadelphia and lived in Swarthmore, PA, until I was eight when the family moved to Birmingham, a Detroit suburb. Then back to Swarthmore for high school, and on to Oberlin College. I bucked family tradition by not attending an Ivy League/Seven Sisters school.

After graduation I married Paul Harvey, also class of 1967. We moved to Philadelphia where he went to Penn and I to Drexel (master's in library science). I worked as children's librarian and branch head in the Free Library of Philadelphia 1968–1972.

Then we moved to State College, PA, where Paul taught at Penn State. I worked as children's librarian and then as director of the State College public library, the latter from 1976 to 2010.

During my time as library director, Schlow Library grew in staff, resources, physical plant, technology, and services. It was an exciting, frustrating, and difficult job, but it was worth it – State College is now quite proud of its library and so am I.

Paul and I divorced in 1980, and in 1986 I married Bob Allen, director of Penn State audiovisual services. Paul and I had no children, but I gained a large family when I married Bob. Sadly, since Bob's death in 2004, I have lost contact with them.

My favorite things are traveling, music, and art, all of which I have pursued most of my life. I look forward to doing these things at Kendal.

My parents lived at Kendal at Longwood for many years, and I grew up mostly Quaker, so Kendal at Oberlin is going to feel like home in many ways.



Nancy Amstutz

I was born in Chicago, IL, in 1936, but lived there only two years before my parents moved 250 miles south to Shelbyville, IL, where my father had bought a medical practice. Most of my adult life has been in Massachusetts.

Shelbyville, a town of 4,500, was challenging for my mother but fun for me. I played flute in the high school band, enjoyed ice skating, tennis, swimming, and biking. I got my driver's license at 15 and drove on back country roads with friends. I dearly loved our dog, Pal.

For college, I chose Carleton in Minnesota, brrr! I majored in psychology but wasn't happy with the behaviorist emphasis. In summer, I worked at the National Music Camp at Interlochen, MI, where I was a counselor and taught synchronized swimming. Fortuitously, I met my future husband there. A later transfer to Tufts University brought us close together. I con-

tinued at Tufts for my master's degree and certifications as a guidance counselor and English teacher.

Things happen! Children weren't one of them. Divorce, after ten years, was. Then came many jobs: English teacher (225 students in classes of 45!), guidance counselor, psychologist at a children's hospital, high school quality control specialist, evaluator at a vocational school, and real estate agent.

I also taught classes at Clark University while getting a doctorate. Later, I spent 30 years teaching ESL and Citizenship to immigrants in Framingham, MA.

I married again in 1991. We both liked skiing, biking, hiking, camping, and even ballooning. We couldn't have been happier, but in 2009 our age difference of 18 years caught up with us.

I've traveled extensively in Europe and spent a lot of time in Petoskey, MI, and St. John, US Virgin Islands. I'm supportive of a girls' high school in Kenya and had planned to go there when Covid arrived. Hopefully, my Kenya trip will still happen. For now, I am enjoying settling in at Kendal at Oberlin, my new home.

Recent Transfers

Sam Goldberg to Stephens Patterson.

Ann Slosser to Jameson House.

Library book overdue?

Please return it as soon as you can, or let us know where it might be.

Thanks!



Wellness Support Network Workshop scheduled for Wednesday, October 6, has been postponed.

Get Ready to Vote

You must be registered to vote by Oct. 4 to vote in the Nov. 2 election.

- To check your status, register, update your voter registration, and find information about issues and candidates, go to the Lorain County Board of Elections (LCBOE) website: www.voteloraincountyohio.gov/.
- **Vote early in person at the Lorain County Board of Elections starting on October 4 (1985 North Ridge Rd. E., Lorain, Ohio 44055).**
- **Vote on Election Day, November 2, from 6:30am to 7:30pm, at the New Russia Township Hall.**

Apply for Absentee Ballot

The deadline for submitting Absentee Ballot Requests is three days before November 2. But do it now!

1. **Get an Absentee Ballot Request Form.** To download a form, go to www.voteloraincountyohio.gov/.
2. **Fill out the form.** Make sure to provide your phone number and email at the bottom of the form so that the Board of Elections can contact you.
3. **Mail your completed form** to: Lorain County Board of Elections, 1985 North Ridge Rd. E., Lorain, OH 44055. Actual ballot will be mailed to you on or after October 4, 2021.
4. **Track the status** of your application at the LCBOE website.
5. **When you receive your ballot, fill it out soon, and send it back to the Lorain County Board of Elections.** Don't let a pandemic, post office problems, or fewer voting sites cause you to miss your opportunity to vote.

REMEMBER:

The United States Postal Service estimates first class mail may take 3 to 5 days for delivery.

Questions? Please contact Ann Francis or Mary Van Nortwick.

Healing Democracy

The Program Committee is pleased that Oberlin College is sharing its lecture series with us. Healing Democracy was presented by Oberlin professors to last spring's incoming students and recorded. This multi-disciplinary lecture series grapples with the urgency and complexity of the current state of our democracy and explores questions of common humanity, mutual accountability, and faith in democracy as the promise of equality.

The first three lectures were shown on KOTV in September. The remaining lectures will be shown on KOTV as follows:

- **Tue., Oct. 5 - 7:00pm - KOTV** Free Speech, Academic Freedom, and Democracy, Carmen Twillie Ambar, Oberlin College President
- **Thurs., Oct. 14 - 7:00pm - KOTV** Is Politics America's New Religion? Cindy Chapman, Adelia A. F. Johnston and Harry Thomas Frank Professor of Religion
- **Wed., Oct. 20 - 7:00pm - KOTV** Disparities in Global Health, Gunnar Kwakye, Associate Professor of Neuroscience
- **Tues., Oct. 26 - 7:00pm - KOTV** Poetic Language and Restoring Black Humanity, Chanda Feldman, Assistant Professor of Creative Writing
- **Tues., Nov. 2 - 7:00pm - KOTV** The Bondsman's Unrequited Toil and a New Birth of Citizenship: Truth, Reconciliation, and Reparations, Charles Peterson, Associate Professor of Africana Studies

All lectures in the series will be available on the OC website (<https://advance.oberlin.edu/events/2021/09/14/healing-democracy-lecture-series>).

~Shirley Taylor, Chair, Program Committee

Transportation News*

The Kendal bus will be sent to the **Apollo Theater** in Oberlin for the **Met Opera in HD** performances on certain Saturdays for the 2021–2022 season. The bus can accommodate only six passengers each trip to the theater. Two trips will be made to the Apollo, so we can transport only 12 persons to any Met Opera event. The sign-up sheet will appear a week before the scheduled trip.

The trips to the **Conservatory concerts** will follow the same format. Generally, the bus is sent to selected faculty recitals, student opera performances, and larger ensembles (orchestral and choral).
~Allen Huszti

NOTE: If you signed up for the **AAA Safe Driving course** on Mon., Oct. 4 (10:00am–3:00pm) and Thurs., Oct. 7 (10:00am–3:00pm), we hope to be able to present this class, despite continuing Covid restrictions, following proper safety protocols. Check WKOA for confirmation.

Kendal Kryptogram #199 - by Nina Love

GR SMART LOVE HLORT KRHKXR MP WHY FVE;

GYL ZH EHL LRXX LORD AH.

~XHTZ FORALRTPMRXZ

Solution to Kryptogram #198: "It's not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change."

~Charles Darwin



Strategic Planning Committee Update

During the month of October, seven drafting teams are continuing to develop our goals, with strategies and initiatives to reach the goals. Teams are made up of the committee members, KaO board members, staff representatives, and residents.

Each team is responsible for producing a draft proposal for one of seven areas of concern:

1. Strength of Kendal at Oberlin
2. Health & Wellness
3. Information Technology
4. Workforce
5. Environment, Energy & Climate
6. Diversity, Equity, Accessibility & Inclusion
7. Growth and Evolution

This work will be reported to the Strategic Planning Committee by November 30. The target date for presenting the final Strategic Plan 2022–2026 to the KaO Board of Directors is March 15, 2022.

*~Gary Olin, Vice Chair,
Strategic Planning Committee*

Kendal Master Landscape Plan Update

Work began on the landscape renovation in front of Heiser in late September. Many perennials had already been removed to be replanted elsewhere. This work was done by Kendal horticulturist Rachel Duncan and many resident volunteers.

Landscape plans are being developed for the area near Parking Lot 7 where new garages have been built.

The KMLP calls for some turf to be converted to meadows or no-mow grasses. The area between Parking Lot 3 and the covered walkway is being converted to no-mow grass similar to that in front of Heiser. Look for more updates about turf conversion in the coming months.

*~Arlene Dunn, on behalf of
the KMLP Steering Committee*

Nine Strategies for Managing and Transforming Conflict Tues., Oct. 19 - 7:15 - Zoom and KOTV

Kimberly Jackson Davidson, the ombudsperson for Oberlin College and Conservatory, will discuss anger transformation. Kim is the director of the Yeworkwha Belachew Center for Dialogue which promotes social change through conflict transformation, mediation, community building, and dialogue.

From Fri., Oct. 21, through Sat., Oct. 23, the Thoughtful Health Conversations group will facilitate small groups focusing on the possible application of the nine strategies both nationally and personally. Final dates, times, and ways of gathering (Zoom, in-person) will be announced soon.

If you would like to discuss Kim’s talk with a group of friends on your own, contact Elizabeth Hole for a copy of the questions to be discussed.

If you are interested in learning more about anger and its transformation, several copies of Kim’s 37-page textbook, *The Surprising Purpose of Anger*, are in the Kendal library (some copies can circulate; others are non-circulating).



Library Notes

Transition in the Library

Having reached the KORA term limit, I am retiring after four happy but exhausting years as Library Committee chair. Fortunately, Joan Long is willing and able to take on the job, and I’m sure she will have the same support and encouragement I received.

Looking back, there is satisfaction in the improvement in many areas, from space use to cataloging. It’s a pleasure to see the popularity of the new DVD shelves, the monthly displays of topical books, the cozy chair in the back corner, and the expanded New Book shelf. The collection has been weeded, the clutter has been reduced, users have been surveyed, and there’s even a new, improved overdue notice. A high point was our library remaining open when

so many others closed during the pandemic, providing a welcoming community space as well as a stock of reading and viewing materials especially needed in a difficult time.

One unresolved difficulty that has been recognized from the early years of the library is the constant loss of library materials, from pages of newspapers to magazines, books, and DVDs. That some do not respect the library as a community resource to be shared by all is frustrating and discouraging to the Library Committee. Another issue is inadequate space. The original interior designers planned an attractive reading area with no provision for staff workspace, equipment, archival materials, and all the other things residents think should go “in the library.”

To thank everyone who helped and offered kind words about our library would take many pages, so I’ll limit it to a heartfelt “Thank you, one and all!”

~Mary Clare Beck

Climate Query



Did you know? A recent [UN report](#) concluded that the newest pledges made by 200 countries to reduce their carbon emissions were still so low as to keep the world on a “catastrophic pathway” to 2.7°C of warming by 2100. Urge Senator Portman (202-224-3353) to support 100% clean electricity by 2035. **To receive information from the Environmental Concerns Committee, ask Ted Wolner to add your name to his mailing list.**

From the John Bartram Arboretum: Buttonbush (*Cephalanthus occidentalis*)

How many of you have noticed the Buttonbush for which the Buttonbush Bridge and the Buttonbush area of our Arboretum were named? You will find this plant along the west end of the bridge near the seating area.

The Buttonbush is a member of the *Rubiaceae* family and greens out late in the spring. Its flowers are borne on long stalks, which makes it unique. Those round flower clusters made up of many tiny flowers look like round buttons, which are occasionally called ping pong balls.

These flowers are helpful to bees and butterflies, as well as pollinating insects and hummingbirds. Flowers that are fertilized by pollinators develop into a ball of reddish-brown nutlets maturing from August to November and are eaten by waterfowl. The Buttonbush is

a nesting site for many song birds. Take a walk across the Buttonbush Bridge and notice what is going on.

The bush is very adaptable. Even though native to swampy areas, it survives in all but dry areas. It likes sun or part shade but not deep shade. It usually grows to about eight feet tall, but different cultivars have adapted to be somewhat taller or shorter. Some have been known to grow 20 feet high. Thought of as a short-lived shrub, its life span is about 20 years, but cuttings put into the same wet soil will propagate easily. It tolerates pruning.

The species *occidentalis* is the main Buttonbush growing in the United States. Another one, *salicifolius* or Mexican Buttonbush, occasionally crosses the Rio Grande into Texas.

~Anne Helm for the Arboretum Committee

Reference: Rhode Island Wild Plant Society



Buttonbush plant
and flowers.

Horticulture Committee Report

Horticulture is an inclusive field of study. The KaO Horticulture Committee is often concerned with cultivated plants, native and non-native, but horticulture studies also include plants that we don't cultivate, such as the wildflowers in our woods.

David Benzing's recent talk on the carnivorous lifestyle of an obscure bromeliad in Venezuela included a photograph and a short description of a carnivorous plant found here at Kendal – the Common Bladderwort or *Utricularia vulgaris*. David reported its occurrence in Rock Pond, but it has also been spotted in the waters of Buttonbush pond in early August. The roots of the plant are found below the surface of the water and have small bladders dotted along the length of the root. Small invertebrates and microbes get trapped in the bladders where they undergo digestion, thus providing the plant with nutrients, possibly some mineral nutrients as well as products of protein and carbohydrate digestion.

We have noted that there is no mention of Bladderwort in Betty Weinstock's comprehensive list of wildflowers (*Wildflowers Seen In or Around Oberlin, 1998-2001*), digitized earlier this year and available online as well as in hard copy in the Kendal library. The presence of this particular plant now in Oberlin makes us wonder if there are other recent plant arrivals in our area, and if there are plants that occurred in the area 20 years ago but are no longer found.

NOTE: The October meeting of the Horticulture Committee has been rescheduled for Mon., Oct. 11 at 10:00am. A Zoom link for the meeting will be sent to members a couple of days before the meeting. ~Prudy Hall, chair



Over the past few months, we have mentioned the components of well-being for those living with dementia: **identity, connection, safety, autonomy, meaning, and growth.** When these components of well-being are supported and kept in balance, those living with dementia (and all of us) can find moments of well-being and joy. **STAY CONNECTED**

Dementia Friendly Discussion Group Fri., Oct. 22 - 10:30am - Zoom

Contact Carol Bojanowski to get the link. **All are welcome!**

IN MEMORIAM

MARCIA GOLDBERG
SEPTEMBER 21, 2021

MARIAN LOTT
SEPTEMBER 24, 2021

CONSTANCE "CONNIE" BIMBER
SEPTEMBER 28, 2021



Smart Giving!

Kendal Grows Its Own: Nursing Assistants aka Care Partners

Julia Diedrick began working at Kendal when she was a sophomore at Midview High School in Grafton. She had worked in Dining Services for more than three years when Kendal asked if she might be interested in training to become a nursing assistant – at Kendal these staff are called “Care Partners.” From getting to know the residents, she realized that she wanted to do that. She was offered a tuition scholarship from Kendal’s Stephens Staff Education Fund to take classes toward becoming a nursing assistant.



Julia completed her training last year, taking classes for three weeks: four days a week, five hours a day. For her clinical work, she partnered with nurse’s aides at Kendal on Saturdays and Sundays. She passed her State Tested Nursing Assistant (STNA) exam and now works as a Care Partner at Kendal on the third shift (11:00pm–7:30am) two days a week. “I’m a night owl, so I don’t mind it,” she explains. “I’ve gotten very close to some of the residents, and I’m honored to do this work. It’s a hard job and not everyone can do it.”

After eight months in her new job, Julia has gained lots of real-life experience. “I see residents differently now, more personally. It’s better, because I know them well. Especially with Covid, I tried to get as close to the residents as I could, since their families couldn’t come. I want my residents to feel loved and cared for.”

Julia also picks up extra shifts in the Stephens Care Center and occasionally works in Dining Services when needed. She is taking prerequisite courses for the Registered Nurse program at Lorain County Community College, working toward her Bachelor of Science degree in Nursing.

“I can’t wait to do more, and I’m 90% sure I want to go into geriatrics. That’s my plan,” she says. “Kendal has been very helpful in preparing me for my future. Thank you for helping me to continue my education, build my character, and learn about teamwork. It’s helped me a lot. I’m looking forward to staying at Kendal at Oberlin.”



Coming Out: Why It Matters A Roundtable Conversation Tues., Oct. 12 - 7:15–8:30pm KOTV and ZOOM

KaO’s LGBTQ+ & Allies Interest Group invites residents and staff to join a conversation about the experience of coming out, why coming out matters, and ways to learn how to support those who may come out to you.

The roundtable will feature Kendal at Oberlin residents sharing stories plus opportunities for the LGBTQ+ & Allies Core Group and others to comment.

Table Tennis Suspended

In keeping with the tightened restrictions imposed by Covid, table tennis sessions have been suspended until further notice. ~Sidney Rosenfeld

Benefits of Dance for Healthy Aging

Jill Tvaroha, Wellness Coordinator
Mon., Oct. 25 - 7:15pm
Zoom and KOTV

Saturday Walks

Come explore walking areas off the KaO campus. The walks are leisurely, about 2 to 3 miles, and generally scenic. We meet outside the Heiser main entrance every Saturday at 9:00am (weather permitting). Remember to display in your car the pink card that identifies you as a Kendal resident.

- **Oct. 2** Black River – Day’s Dam (subject to cancellation)
- **Oct. 9** Old Woman Creek
- **Oct. 16** Indian Hollow – Royal Oaks
- **Oct. 23** Schoepfle Garden
- **Oct. 30** Cascade Park

Questions? Contact Phil Pritchett.

Church Services on WSCC

First Church in Oberlin UCC
Sundays, 10:00am

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

Christ Episcopal Church
Sundays, 12:30pm

The Kendalight

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

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

Photos: Sally Nelson-Olin, Gary Olin

- Deadline for the November 2021 issue of *The Kendalight* is October 15.
- The editors regret that they cannot assume responsibility for errors in content in material submitted for publication.
- Note: Please submit articles by email to our address: Klite600@yahoo.com
- If no email access, please type article on separate sheet, sign, and place in *The Kendalight* open mailbox.
- All articles must carry a signature and telephone number.



Dining and Nutrition Services



Dining Matters

Have you noticed that inflation is back and prices are rising everywhere? Kendal is not immune to these rising prices.

Although our Dining Staff uses economy of scale and searches for the best prices for quality locally sourced goods to keep inflation in check, food prices have risen more than 5% in the past few months.

Wages also have risen during the pandemic and continue to rise as employers compete for workers in dining as well as other industries. For instance, to continue to attract students as part-time waitstaff, student wages have increased 20% over the past year. More skilled workers now require better salaries.

Therefore, we should expect to see a

rise in the price of food we buy with our dining dollars in the Fox and Fell. The price will still be significantly less than the price you would find in the greater community, but the same pressures that are causing inflation in the general community are pushing up our food prices as well.

We wanted you to be aware that our dining food prices may continue to increase gradually – reflecting the reality of the costs.

You should take these expected price increases into account as you plan your dining dollars budget – those dollars may not stretch as far as they did initially.

Remember that you can change your tier to account for any expected price increases for the three-month quarter starting October 19.

Meet a Dining Star: Autumn Conley

Autumn is bubbly and always smiling. Between school and work at Kendal, she is hardly ever home (that’s in Elyria). She is a senior at Lorain County’s Joint Vocational School in the Allied Health Program, which provides pre-nursing training.

After graduation, Autumn will take her State Tested Nursing Assistant (STNA) exam. She wants to start her nursing career in Kendal’s Stephens Care Center. She will continue taking classes leading to a nursing degree and hopes to work with residents in Jameison House.

When she has time, she enjoys playing volleyball. Autumn loves working in the dining room and talking to our residents. She appreciates being able to do this.

So take an extra minute and meet Autumn.

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

English Country Dancing

Sundays - 7:15pm

ON HOLD

Contact: Judy Cook.

Square Dancing

Tuesdays - 4:00pm

ON HOLD

Contact: Jeanne Berger.

UU Gathering: Creating Resilience Wed., Oct. 20 - 4:00pm - Zoom

How are you weathering the continuing political attacks on democracy and the manipulation of mass anxiety?

We’ll share strategies for cultivating resilience: emotionally, physically, and spiritually. We’ll explore actual good news from around the city, the country, and the world, to remind us that life is vibrant and adaptable.

And so are we!

All are welcome.

Zoom Link: <https://zoom.us/j/3574352466>

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

Centering Sessions Return Mondays - 11:00am - WSCC

Once again, you have the opportunity to join weekly sessions with psychologist Indira Palekar on WSCC.

In addition, many of her sessions are recorded by Kendal for use at your convenience. See https://www.youtube.com/playlist?list=PLrQ1HFd99-AWDMH_noC6e2loI8bTtTB7

Health Lecture Series

Bud Spierling is issuing a call for any Kendal residents with health-related professional backgrounds to help him arrange programs on various aspects of health of interest to our entire community. Contact: Bud: Box #210 or 774-3043 or pbspierhand@oberlin.net

Where to Find Contact Info

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

Low-Vision Support Group on Fri., Oct. 8 Canceled

Because of continuing Covid restrictions at Kendal, we are not able to meet this month. ~Terry Carlton

