

The Kendalight

Kendal at Oberlin Residents Association

October 2022

Volume XXIX, Number 10

Join Friends and Neighbors for a Traditional Souper Supper on Thursday, October 6

October 6 is the anniversary of the founding of Kendal at Oberlin, and the dining room will again be celebrating by serving a Souper Supper. As Kendal residents decided long ago, we will remember how fortunate we are by restricting our dining on that day to a simple meal and donating the cost saved, along with any other funds donated by the residents, to the Oberlin Community Services food bank.

The October 6 meal is a reminder to us that many people in southern Lorain County are food challenged. We think of Oberlin as prosperous, but more than 26% of the people who are outside the Kendal gate live at or below levels required for Medicaid or food stamps. In fact, they may not be able to choose to eat a meal at all that day.

OCS provides food and nutrition help for the marginalized and vulnerable members of the community, and the Souper Supper is just a small way we can help. Many of you saw the presentation by OCS Director Margie Flood during the Coffee Hour in August. With a proposed new facility and the increased services she described, OCS can continue to help seniors, children, and vulnerable families move back into a more sustainable and productive life. Along with the non-perishable food items you put in the big box by the front desk year-round, your monetary donations provide emergency assistance however it is needed, for everything from diapers to toothbrushes for kids to special dietary needs for seniors who live on social security.

So when you see the soup pots placed at the entrance to the dining room, please consider a generous donation.

~Carl Whitehouse, OCS board member



Living Well with Dementia Thurs., Oct. 20 - 7:15pm AUD and KOTV

In September, ten Kendal residents and staff traveled to Indianapolis to attend the *Dementia Action Alliance Conference: Living Well with Dementia*. While four of us presented our Stop, Look, and Listen Workshop at the conference, all ten of us spread out to learn what we could.

Come and find out what we learned and about practical ways we can all help make Kendal even more dementia friendly.

The travelers are grateful for the generous support of KORA, anonymous donors, and Kendal (who supplied the bus and driver). Thank you all for making it possible for us to attend.



Session presenters Michele Tarsitano-Amato, Jesse Carlock, Elizabeth Hole, and Sandi McClellen.

We especially thank ED HARDER, who drove the Kendal bus to the conference in Indianapolis. He was attentive to all the things that made our lives safe and much easier.

THANKS, ED!



Conference attendees.

Photo Credits: Carol Bojanowski.



Kendal at Oberlin Residents Association

Many of us chose to come to Kendal at Oberlin because of the full array of activities organized and presented by residents. We enjoy participating in them and gain satisfaction through contributing to others through them.

We help each other through KORA-Tech, SCC shopping, and filling bird feeders outside SCC, as well as the more noticeable auditorium programs and movies, flower arranging, and art exhibits. We help our entire Kendal community through being on Kendal boards and committees, working in the gardens and Arboretum, and working with staff on joint concerns such as dementia education and dining. We reach out to the broader community through volunteering at Chalk Walk and Allen Memorial Art Museum, parading in the Big Parade, and supporting Oberlin Community Services.

There is no way I could describe (or even know about!) everything that happens here, but I thank everyone who helps make our community such a warm, welcoming, vibrant home.

I am especially grateful for residents' substantial support of KORA with contributions that are approaching \$33,000. Thank you very much for providing the funds to finance the 2023 budget which will sustain our rich life here.

~Mary Behm, KORA President 2022



Kendal at Oberlin Residents Association

**Next KORA
Council Meeting
Thurs., Oct. 20 - 10:00am
AUD and KOTV**

Fall LifeLong Learning Classes at Kendal

October classes will be presented via ZOOM ONLY. To register for a course and obtain the Zoom link, please contact Kari Inglis. The November classes will be available in the AUDITORIUM ONLY.

Art and Architecture of Medieval European Monasteries. Tues., Oct. 4, 11, and 25, 10:30am–12:00pm. Note: no class on Oct. 18. Dr. Erik Inglis, Oberlin College Professor of Art, presents a three-lecture course focusing on medieval European monasteries from the eighth to twelfth centuries. Monasteries were set up as places of retreat from secular society, where monks and nuns dedicated their lives to prayer and worship. Paradoxically, this retreat from society attracted society's attention, and monasteries became medieval Europe's engines of prayer and education, as well as major patrons and producers of art and architecture.

Session 1: The Spaces of a Monastery. Monasteries had to meet all the needs of their inhabitants. We'll look at several examples of how this challenge was addressed, including the ninth-century plan of St. Gall and the actual medieval monasteries of Moissac, Fontenay, and Fountains.

Session 2: Three Abbesses and Their Books. This session addresses books made for three women who led convents: Uta of Niedermünster had an illuminated copy of the Benedictine Rule and a spectacular manuscript of Gospel readings; Herrad of Hohenbourg compiled an illustrated anthology of texts in order to educate her nuns; and Hildegard of Bingen commissioned a manuscript that documented and interpreted her visionary experiences.

Session 3: Monastic Artisans. We look at manuscripts and metalwork produced by medieval monks. How did their specialized labor contribute to the monastery? Where and when did it take place? How did monks reconcile individual artistic excellence with the monastic injunction to remain humble and obedient?

The Aging Hero: Sophocles's *Oedipus at Colonus*. Tues., Nov. 15, 22, and 29, 10:30am–12:00pm. Heiser Auditorium only. Thomas Van Nortwick, Oberlin College's Nathan A. Greenberg Professor Emeritus of Classics and Kendal resident, presents a three-part course on the literary and historical context of Sophocles's last play, *Oedipus at Colonus*. We will consider such topics as the origins and endurance of the tragic perspective in western literature and culture, the history and physical circumstances of Greek theater performance, and *Oedipus at Colonus* as a reflection of issues of aging in the human life cycle. The reading for the course will be the text of the play in English: Robert Fagles, trans., Sophocles: *The Three Theban Plays: Antigone; Oedipus the King; Oedipus at Colonus* (Penguin Books, 1984). Copies are available at MindFair Books in Oberlin.

Session 1: The Tragic Perspective in Greek poetry and drama.

Session 2: Athenian tragic drama: origins, historical context, and performance.

Session 3: *Oedipus at Colonus* as a dramatic representation of the human life cycle.

**COFFEE HOUR WITH
BARBARA THOMAS
WED., OCT. 12 - 9:30AM
FOX & FELL, ZOOM, KOTV**

**AFTERNOON EXCHANGE
BARBARA THOMAS
WED., OCT. 26 - 4:00PM
AUD, KOTV**

**BUDGET UPDATE
ANN O'MALLEY
THUR., OCT. 27 - 4:00PM
AUD, KOTV**

**First Thursday Health Lecture
October 6 lecture cancelled**

**Cultivating Psychological Resilience - Focus on Self: Awareness and Regulation of Internal Experience
Nov. 3 - 7:15pm - AUD**

Approximately one year ago, the Health Lecture Committee surveyed Kendal at Oberlin residents, soliciting ideas for future programming by the committee. The findings from the survey indicated that several Kendal residents were interested in programs that address psychological issues and issues related to interpersonal relations, including intimacy.

In response to this input, three members of the committee, Bud Spierling, Kerry Glaus, and Jesse Carlock, have outlined a series of three presentations on Cultivating Psychological Resilience.

Future presentations will include:

**Dec. 8 - 7:15pm - AUD
Focus on the Other: Awareness and Regulation of External Experience**

**Feb. 2 - 7:15pm - AUD
The Continuum of Intimacy with Self and Others**

**Play Readers: *Art* by Yasmina Reza
Sat., Oct. 1 - 7:15pm - AUD and KOTV**

On the first weekend of October, Kendal audiences can enjoy a comedy by French playwright Yasmina Reza. Three male friends almost destroy a long-standing friendship as they bicker over values and allegiances when one of them purchases an all-white painting for 200,000 francs. You'll laugh at men taking themselves all too seriously as they come undone over silly issues – including how a girlfriend waves away cigarette smoke. *Art* may be the ostensible subject, but the commotion is ultimately about nothing less than love. George Blomgren, Tom Morgan, and Grover Zinn play the friends, and Phyllis Gorfain narrates and directs.

**Play Readers (with a twist): *The Silver Samovar*
Fri., Oct. 28 - 1:30pm; Sat., Oct. 29 - 7:15pm - AUD and KOTV**

Don Parker's two-act play is a satire of life and events in an early 20th-century British noble's manor with an "upstairs-downstairs" theme, where the wits of the servants are pitted against a calamitous set of circumstances that the Lady and Lord of the manor have concocted. Written and directed by Don Parker.

**Community Conversations
Health Care and the Under-served in Lorain County
Tues., Oct. 4 - 7:15pm
AUD and KOTV**

Paul Baumgartner, Executive Director of Lorain County Free Clinic since 1995, will discuss navigating health care during a pandemic and what will happen when the pandemic emergency is lifted.

Established in 1986 as a temporary safety net for the uninsured, the clinic continues to provide access to timely and compassionate health care to some of the most economically and medically vulnerable adults in Lorain County.

Several of our Kendal residents are or have been physician volunteers.

**Lunch Bunch:
Aladdin's, Oberlin
Wed., Oct. 12 - 11:30am 🚌**

From vegan to paleo, protein-packed to gluten-free, and everything in between, Aladdin's takes pleasure in serving their guests healthy and flavorful Lebanese-American food.

Sign up for the Kendal bus. Lunch on your own. Questions? Ask Gerry Findlan.

🎵 Music at Kendal 🎵

**Live Chamber Music
at Kendal at Oberlin**

The Sunday afternoon live music concerts in Heiser Auditorium will continue through October.

Oct. 2, 4:00pm, AUD Oberlin Conservatory Professor David Bowlin, violin, accompanied by Tony Cho, piano, will present a program of violin sonatas by Fauré, Ives, and Prokofiev.

Oct. 16, 4:00pm, AUD Conservatory student Jameson Zhang, piano, returns to Kendal to perform Bach, Chopin, Beethoven, and Brahms.

For other October Sunday programs not yet scheduled, check WKAO and the bulletin boards for information.

**Faculty Recital
Wed., Oct. 5 - 7:15pm
AUD and KOTV**

Oberlin Conservatory Violin Professor Sibbi Bernhardsson, violin; and Liam Kaplan, piano, play a concert of works by Dvorak, William Grant Still, Jeff Scott, and Prokofiev.

**Blue Fiasco Jazz Band
Sat., Oct. 22 - 7:15pm
AUD and KOTV**

Resident George Cyphers and his jazz combo Blue Fiasco will play their own arrangements of pop songs from the '60s to the present.

**Jazz Listening Group
Special Session
Thurs., Oct. 20 - 2:00pm - AUD**

The Kendal community is invited to join the Jazz Listening group for a viewing of the excellent PBS American Masters film *Miles Davis: The Birth of the Cool*. This frank, "not sugar-coated" documentary of Davis's life, filled with his music, highlights the seminal contributions he made to the evolution of jazz.
~Del Jenkins

Saturday Night Movies

7:15pm - AUD, KOTV

Each month Ken Cheek plans to have a film of a play and/or a film of a classic novel. Suggestions are welcome!

This month, we are unable to show films on Oct. 1, 22, and 29 because of conflicts with other Kendal events.

Oct. 15 - Persuasion (2008) Jane Austen's tale of Anne Elliot, a 27-year-old woman on the verge of spinsterhood, who encounters her long-lost love, a dashing man of humble origins whom she rejected eight years earlier because of her family's objections. Now she hopes for reconciliation.

Second Saturday Film

Oct. 8 - 7:15pm - AUD

To Be and To Have (2002) French documentary about a dedicated primary school teacher in a small village of 200 who shows patience and respect for his small class of mixed-age children (4 to 12 years old). It follows their story through a single school year.

~Dwight Call

Sunday Movies

7:00pm - WSCC

Oct. 2 - Journey to the Center of the Earth (1959)

Oct. 9 - Dark Passage (1947)

Oct. 16 - The NeverEnding Story (1984)

Oct. 23 - Angels in the Outfield (1951)

Oct. 30 - I Married a Witch (1942)

Monday Documentaries

7:00pm - WSCC

Oct. 3 - Inside the Mind of a Cat (2022)

Oct. 10 - Apes (2022)

Oct. 17 - Birds of Prey (2022)

Oct. 24 - Bears (2022)

Oct. 31 - Dolphins (2022)



Art Gallery News

Two of the exhibits in Kendal's three galleries will change this month.

The fascinating retrospective in the **Kendal Gallery** of the great variety of work over many decades by Elaine Albers Cohen continues until October 10. On Tues., Oct. 11, ceramic mosaics by Mark Yasenchack will be installed. His artist's talk is planned for Fri., Oct. 28, at 4:00pm in Heiser Lounge.

The **Community Gallery's** intriguing exhibit of Dar McDounough's collages continues through October 13, after which Sheila N Markowitz's *Altered Realities* will be installed. Her work features digital images that serve as metaphors for how the mind overlays, blends, and blurs experience. She will

present an artist's talk on Thurs., Nov. 3, at 4:00pm in Heiser Auditorium.

The current exhibit of photographs by John Seyfried in the **Friends Gallery** continues into November. Featuring panoramic photographs of landscape scenes, it shows the way technology has enhanced the ability of a skilled photographer to create panoramas.

His artist's talk takes place on Fri., Oct. 7, at 4:00pm in Heiser Lounge.

The **Curio Cabinet** exhibit of origami creations by local artist James Peake will end on October 12. Each person at his artist's talk last month received origami papers and under his guidance learned how to fold a crane and a sailboat. Next up is Janet Smith's collection of temple bells.

Finally, the **Marketing Display Window** features recent works created by two different Kendal Art Studio groups – a Clay Workshop and a Textile Arts Class.

Tuesday Themed Films

1:00pm - WSCC

Oct. 4 - Amazing Grace (2006)

Oct. 11 - The Young Victoria (2010)

Oct. 18 - Nicholas Nickleby (2002)

Oct. 25 - Persuasion (2022)

Thursday Movie Musicals

2:00pm - WSCC

Oct. 6 - Labyrinth (1986)

Oct. 13 - Doctor Dolittle (1967)


Oct. 20 - Chitty Chitty Bang Bang (1968)

Oct. 27 - Little Shop of Horrors (1986)

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

BIG BUS Trip to

Detroit Institute of Arts 

Thurs., Oct. 6, 8:00am–6:00pm

If you signed up for the trip to the Detroit Institute of Arts, we will leave from Heiser at 8:00am and return to Kendal by 6:00pm. Questions? Ask Gerry Findlan.

Save the Date!

BIG BUS Trip to

Cleveland Museum of Art 

Wed., Jan. 4, 2023

Featured Exhibit: *Impressionism to Modernism: The Keithley Collection*, more than 100 works of art given to the museum by Clevelanders Joseph P. and Nancy F. Keithley in March 2020.

Sign-up sheet will be posted Tuesday, Nov. 1.

~Kathy Hazelton and Gerry Findlan

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

**The Road to Concord:
How Four Stolen Cannon Ignited
the Revolutionary War
Wed., Nov. 2 - 7:15pm
AUD and KOTV**

John Bell, Boston resident and New England historian, tells us why British soldiers were marching through Concord on April 19, 1775. The traditional answer is vague: a search for military supplies.

Bell will discuss how the patriots were assembling an artillery force in the countryside, the British commander was tracking those guns with spies and raids, and both sides had strong reasons to keep those efforts out of the historical record.

**Suggestions and Concerns
Mon., Oct. 3 - 2:00pm
Crossroads Room**

Note that we will meet the first Monday this month (instead of the second).

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

Note change in date.



**Where 2 Turn?
Tues., Oct. 18
10:00am
Green Room**

Bring your questions (when you can't find answers elsewhere) or discussion topics to the Where 2 Turn group on the third Tuesday of each month.

Suggest topics to Josie Jones ahead of time, or just drop in!

**Catch the Trolley on
Second Thursdays!**

Rod Knight will run Len Garver's HO trolleys on Thurs., Oct. 13, 4:30–5:45pm in Heiser Lounge. Join the fun!

**Lorain County Racial
Equity Agenda
Mon., Oct. 17 - 7:15pm
AUD and KOTV**

Jeanine Donaldson, Director of the Elyria YWCA, will help us understand the action items of the Lorain County Racial Equity Agenda. It addresses five focus areas: economic justice and workforce development; housing; health care equity; criminal justice and community policing; education. A sixth was added: history.

The Racial Equity Agenda is the centerpiece for the Elyria YWCA's newly created Lorain County Racial Equity Center, a sort of think tank designed to expand on the advocacy work the YWCA has done for decades. It seeks to drive the fight against anti-Black racism and to help the county's key players find ways to create an equitable playing field. The center's Racial Equity Agenda is the manifestation of Lorain County's desire to dismantle systemic racism in the aftermath of the George Floyd murder.

In future programs we hope to take a closer look at how this agenda is being implemented, focusing on the many ways Oberlin is addressing racial equity, diversity, and inclusion.



**Tues., Oct. 18
11:00am–2:30pm - HL**

Come visit with Deb Kogler, longtime friend of Kendal low-vision residents and owner of Magnifiers and More. Deb brings her traveling store of visual aids, including magnifying glasses, batteries, decks of large-print cards, checkbooks, and talking watches and clocks. Yes, she has the latest electronic readers, too. Stop by for an M&M catalog. As always, Deb's good advice is free.

~Sponsored by the Low Vision Support Group and Social Services staff

**Solo Diners
Thurs., Oct. 27 - 5:30pm - Den**

Join solo Kendal residents monthly for dinner and conversation in the Den. There is no planned agenda – just informal sharing.

If your spouse or usual dinner partner will be elsewhere, do join us.

Sign-up sheet is posted by the open mailboxes the week before. The Den holds only 16 diners.



Solo Diners: Come fill our table!

Medical Companions

Medical companions are resident volunteers who accompany other residents to medical appointments. Requests for medical companions come from the Stephens Care Center staff, the resident (patient), or sometimes the Health & Wellness Clinic staff.

All transportation is provided by Kendal, the Ride Share program, or if the appointment is outside of Lorain County, a commercial company.

Medical companions NEVER do the driving.

The volunteer may manage a wheelchair, help the resident navigate to the office, sit in on the appointment and take notes, or just simply be a friendly companion, depending on what the patient needs.

Jan Larsen is currently the medical companion coordinator. Would you like more information? Want to volunteer to be a companion? Need to request a companion? Call Jan, email her, or see her around campus – just let her know of your interest or need.

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



Join the Winter Solstice Choir

The Kendal Choir will gather soon to begin preparations for the annual Winter Solstice/Holiday Season program to be held Thurs., Dec.15, at 7:15pm. Look for the sign-up sheet near the mailboxes. Rehearsals will begin Tuesday, Nov. 1. The theme this year is *'Tis the Season to Be Jolly*. Carol Longsworth will direct and Polly McIlrath will accompany. ~Carol Longsworth

Solstice 2022 will be a light-hearted, joyful celebration of the season, performed LIVE and on KOTV, then made into a video.

You will hear more from us soon as we begin to make it all happen. We will ask for help with performing, stage management, ushering, and anything else that comes up. ~Carol Harvey

Learn the Art of Arranging Flowers Wed., Oct. 5 - 10:30am - Heiser Lounge

Members of the Floral Creations Committee will demonstrate how to make simple, striking arrangements using the abundant flowers blooming in the gardens on our campus.

Come watch and discover how the lovely bouquets you see around Heiser are made. Low bowl or tall vase? One basic color, or a variety? It's fun to experiment with flowers and easy to learn as you go.

The committee needs more volunteers. Enjoy this demonstration of the florist's art, then sign up to help serve our community in this beautiful way.

~Floral Creations Committee



Sunflowers in Heiser Lounge
Photo Credit: S. O. McDougal

Discussion Group: *The Sun* Readers Talk Thursdays, 3:00–3:50pm - Education Center Conference Room

The purpose of *The Sun* Readers Talk group is to engage our Stephens Care Center and Independent Living residents in telling each other stories of our lives and perceptions. In these weekly discussions, we will be provided with issues of *The Sun* literary magazine, published monthly in Chapel Hill, NC, to use at each meeting.

In *The Sun's* Readers Write section, subscribers have contributed short writings on a previously announced theme. Contributions are often pithy and profound, honest and sincere. They are reflections on life from people from very different backgrounds.

At our meetings, we sit in a circle and a member volunteers to read one of these contributions aloud. Then all have a chance to voice thoughts, memories, and emotions. We have been amazed at how revealing and satisfying this sharing can be! Often, our discussions end up far afield of the initial reading.

Please join us! Contact David Dauphiné for more information.

Cleveland Orchestra Bus for 2022–2023

There are still a few seats left on the bus for the Cleveland Orchestra **S1** Sunday afternoon series which begins on November 27. Our big bus takes us to Severance Hall, with convenient drop-off and pick-up at the main door.

Please call Anne Martin or Randy Wagner to reserve your seat on the bus.

Insurance Workshops

Donna Weber, KaO insurance coordinator, will present these workshops in October in the Kendal Education Center Conference Room and via Zoom and KOTV.

- **Wed., Oct. 5, 10:00am** - Traditional Medicare with Retiree or Commercial Insurance.
- **Wed., Oct. 26, 10:00am** - Traditional Medicare with Medigap Insurance.

Newcomer Introductions Wed., Oct. 19 - 4:00pm - KOTV

The Newcomers Committee is broadcasting the next introductions of new residents. Don't miss this opportunity to become acquainted with some of our newest neighbors. ~Sharon Farrow

Looking for Someone?

Find profiles of all residents, newcomers and old-timers, in *Who's Here* on the library center bookcase.

Recent Moves

Catharina Caldwell from Oberlin, OH, in late September.

Peggy Gordon to Jameson House in late August.

Upcoming Moves

Tom and Regina Shea from Rogers City, MI, in mid-October .



Event Links

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



Nature Sightings

8/15/22–9/14/22

8/23, Eastern Wood-Pewee calling, front woods, Maureen Bailey (hskp); 9/1, Red-breasted Nuthatch, Lot 3 pine trees, Maureen B.; 9/2, Hummingbird Clearwing Moth, at #20 butterfly bush, Maureen B.; 9/2, 5-in. Garter Snake, Woodland Garden, Anne Helm; 9/8, Blue Racer Snake (baby), covered walkway behind Triangle Pond, Anne H.; 9/9, 2-ft. Garter Snake, riverstones between #92 and #88, Anne Martin; 9/13, Black-throated Green Warbler and Palm Warbler, north of Meadow Pond, Lee Hefner; 9/13, Tawny-edged Skipper (butterfly), #90, Anne M.; 9/14, Red Fox, Phase I woods, Dick Cecil.

Essential Tremor Support Group

Tues., Oct. 11 - 2:00–3:00pm
Crossroads

Essential tremor is the most common movement disorder in the Kendal age group. The ET Group shares personal experiences, coping strategies, treatments, scientific advances, and educational opportunities. All are welcome.

For more information contact Marvin Gordon-Lickey.

KENDAL RESALE SHOP

Benefiting Kendal Residents Assistance Fund (RAF) and Community Charities

SHOP!

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

DONATE!

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

Given to RAF, year to date:

Total contribution: \$35,081.

Artist Recital Series Returns for 2022–2023 Season

The Oberlin College Artist Recital Series returns with a trio of diverse concerts following a two-year interruption because of Covid.

- **Tues., Oct. 4, 12:00pm, Finney Chapel.** Rhiannon Giddens with Francesco Turrisi will perform songs from their Grammy-winning album *They're Calling Me Home*.
 - **Tues., Nov. 15, 7:30pm, Warner Concert Hall.** The Baroque Band ACRONYM.
 - **Sun., April 30, 2:30pm, Finney Chapel.** Pianist Bruce Liu.
- For ticket information call the Eric Baker Nord Performing Arts Complex at 440-775-8169. Senior discounted tickets are \$30 per concert. ~Allen Huszti

Jack-O-Lantern Showcase

From a lowly patch to the world of celebs, make your Jack-O-Lantern proud. Enter your creation in the Jack-O-Lantern Showcase to display during the run up to Halloween, October 28–31. For recognition and prizes, why not share your creation for all to see! ~Dan Reiber



Mythical celeb of yore.



Smart Giving! Join our Legacy Circle of Friends

If you choose to share your estate plans for Kendal at Oberlin, including Charitable Gift Annuities, Charitable Remainder Unitrusts, and Named Endowment Funds, or when your accumulated gifts reach a significant level, we will invite you to join our Legacy Circle of Friends.

You will be recognized as a planned giving participant, or major donor during your lifetime, and invited to the annual Legacy Circle of Friends event at which we will celebrate your generosity. ~Philanthropy Committee

Fun Fitness in 2022: You're Just a Bag of Bones Wed., Oct. 19 - 7:15pm - AUD and KOTV

The Fitness and Wellness Committee is presenting monthly programs focusing on the benefits of activity and exercise, utilizing current recreational activities and fitness programs presented by our Fitness Department. This month, Kathy Caldwell will give a talk on posture, focusing on why things get out of alignment and on some solutions available through our Fitness Department.



Kendal Kryptogram #211 – by Nina Love

DODGE WDUC KADUNK SWYKK PX ZD

CWQPPDGYMT CGXZ PRD UQPQZM PGDD.

~DZYWE SGXMPD

Solution to Kryptogram #210: “Do not go where the path may lead; go instead where there is no path and leave a trail.” ~Ralph Waldo Emerson



Turn Plastic Bags into Plarn and Then into Mats

An industrious group at Oberlin's First United Methodist Church is giving back to our world in a helpful way by using the plastic bags which seem to multiply in our storage areas.

Members meet every Wednesday afternoon to turn clean plastic bags into plastic strips, then into balls of something called plarn (think plastic yarn!).

The knitters (even beginners) turn this plarn into 6-ft. long plastic mats. Called Compassionate Carpets, they can go under sleeping bags to keep the sleepers dry throughout the night. They are distributed to homeless people through Oberlin Community Services channels.

You can help by knitting Compassionate Carpets.

Follow these steps:

- Order #19 knitting needles from Amazon. They cost under \$10 delivered to Kendal.
- Read the local news article about Compassionate Carpets posted on the Kendal Volunteer bulletin board for even more information.
- Call Anne Elder, who will supply you with plarn and help you cast on to your knitting needles to start your knitting.
- Begin simply knitting – JUST KNITTING, not even the knit 1 purl 1 which most of us can master!
- Join the ever-growing group of enthusiastic Kendal residents who are knitting Compassionate Carpets.

Call Anne Elder if you want to join her from 1:00–3:00pm on Wednesdays to help turn plastic bags into plarn at the First United Methodist Church.

~Janet Kelsey Werner

Get Ready to Vote

➤ You must be registered by October 11 to vote in the November 8 election.

- To check your status, register, update your voter registration, and also find lots of information about issues and candidates, go to the Lorain County Board of Elections (LCBOE) website: www.voteloraincountyohio.gov.
- Paper copies of voter registration forms are in the library.

➤ To Vote by Absentee Ballot.

The deadline for submitting Absentee Ballot Requests is three days before November 8. But do it now so the Board of Elections isn't overwhelmed with Absentee Ballot Requests!

1. Get an Absentee Ballot Request Form.

- To download a form, go to the website: www.voteloraincountyohio.gov.
- Paper copies of the request forms are in the library.

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 if something is missing/wrong with the ballot application.

Thanks for Recycling Plastic Grocery Bags!

Please continue to recycle ONLY your CLEAN plastic grocery bags! Place them in the bin marked **Clean Plastic Bags Only** located next to Heiser Auditorium's back double doors.

These bags are delivered to Oberlin's First United Methodist Church to be turned into plarn.

Other plastic bags (such as bread loaf bags, fruit and vegetable wrappers, and dry-cleaner bags) CAN-NOT be used for making plarn.

~Anne Elder, Volunteer Clearing House

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 12, 2022.

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. The USPS estimates first class mail may take 3 to 5 days for delivery.

➤ To Vote in Person.

- Vote early in person at the Lorain County Board of Elections starting on October 12 (1985 North Ridge Rd. E., Lorain, Ohio 44055).
- Vote on Election Day, November 8, from 6:30am to 7:30pm, in Heiser Auditorium.

➤ Questions?

Please contact residents Ann Francis or Mary Van Nortwick.

Get Ready to Vote: In Person Information About November 8!!!

• Voter Information & Assistance
Tues., Oct. 4 - 1:00–3:00pm
Heiser Lounge

Stop by to check your voter status, update, or register to vote. Complete an absentee ballot application. View the General Election ballot. Fill out Concerned Voter cards. Ask questions.

• Voter Election Info Chat
Tues., Oct. 25 - 3:00–5:00pm
Crossroads

Ann Francis and Mary Van Nortwick will facilitate a chat with residents about the November 8 ballot. The chat is intended to be informational and nonpartisan. The focus will be on ballot issues and candidates that you may not know about, and on answering questions about voting in the General Election.

From the John Bartram Arboretum A Thriving Cactus Garden

Our John Bartram Arboretum includes an amazing Cactus Garden designed and executed by our own resident retired botanist, David Benzing. When David began the project, he told me he was not that confident it would work, but being the innovative person that he is, he went forward with trying it.

David mixed lots of sand with good soil to raise the level of what would be the cactus patch, slanting its southside down to the already existing sidewalk. That made for good drainage and a rooting medium like that of a desert. A top dressing of river stones created an even more desert-like, well-drained site.

Our cacti represent more than 20 varieties, most of which are members of *Opuntia*, the largest genus in family Cactaceae. *Opuntias* are known as prickly pears due to the pear-shaped spiny fruits that they produce. Most feature shoots composed of segmented stems with flat rounded subunits.

The jumping cholla, which has cylindrical stem segments, is among the *Opuntias* represented in the garden. This type is described as “jumping” because the individual stem segments easily break off when brushed by passing animals. They almost seem to jump to catch rides!

The several barrel-type cacti here belong to genera other than *Opuntia*.

All of the cacti in the collection are winter-hardy as a consequence of being adapted to cold climates in North and



David Benzing near Cactus Garden within Courtyard Garden.



Opuntia in Cactus Garden.



Closeup of Opuntia Flower.

Photo Credits: Linda Grashoff

South America, mostly at high altitudes in the Rocky Mountain and Andean habitats.

Cacti qualify as shrubs owing to their woody interiors and long lives. A few species like the tall and single-stemmed saguaro cactus of the American southwest amount to trees.

The cacti in our Arboretum usually flower from late May through June.

Most cactus flowers are large and showy, as you can see from the pictures here.

Our amazingly diverse collection is thriving. David says that he’s seen nothing quite like it in our area. Come and see it.

*~ Anne Helm and David Benzing
for the Arboretum Committee*

Get Ready to **V**ote: Online Information About November 8 Election

Check out these nonpartisan websites about the November 8 Ohio General Election before you vote. The websites will be updated more frequently as we approach election day.

Ballotpedia https://ballotpedia.org/Ohio_elections_2022

Vote411 <https://www.vote411.org/>

Judicial Votes Count <https://www.judicialvotescount.org/find-your-candidates/2022-general/lorain/>

[VoteOhio.Gov](https://www.ohiosos.gov/elections/voters/) <https://www.ohiosos.gov/elections/voters/>

Lorain County Board of Elections <https://www.voteloraincountyohio.gov/>

~ Ann Francis

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 9:00am (weather permitting) to carpool.

- **Oct. 1** Oberlin Reservoir
 - **Oct. 8** Old Woman Creek
 - **Oct. 15** Schoepfle Garden
 - **Oct. 22** French Creek - Pine Tree
 - **Oct. 29** Carlisle - Deer Run
- Questions? Contact Phil Pritchett.

Tennis Anyone?

Every Monday, Wednesday, and Friday at 8:00am, weather permitting, a group of Kendal residents, staff, and neighbors gets together on our beautiful clay-surface tennis courts for a friendly game of doubles tennis with rotating partners. Our players have varying skill levels and all are welcome. Main objective: get some exercise and have fun!

Come out and join us, even if you haven't played in a while or have never played. To be on our tennis alert email list, contact Arlene or Larry Dunn.



- Clay Workshop, Beginner and Intermediate, Joyce Parker's classes on Wed./Thur., 2:30pm (Oct. 5/6 & 19/20). Sign up on bulletin board outside Art Studio.

- New art cards in the Art Studio card rack, available for a \$3 donation to RAF.
- Drawing class by Don Parker, Tuesday afternoons in November.
- Christmas pottery and art sale December 1-3 to benefit community causes. *~Joyce Parker*

Did You Know?

You can call 775-9868 to hear announcements and menus of the day.

Where to Find Contact Info

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

UU Monthly Kendal Gathering Cultivating Resilience to Live with Courage Wed., Oct. 19 - 4:00pm - Ed Ctr

How do we stay centered in stressful times? And how may we bounce back when overwhelmed?

The "answer" is cultivating resilience. Our theme is the Path of Belonging.

~Rev. Mary Grigolia and Zella Zelley

Let's Dance!

English Country Dancing

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

Line Dancing

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

Square Dancing

Tuesdays - 4:00pm
Heiser Auditorium
Contact: Donna and Larry Steele.

Rollator Line Dancing

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



Church Services

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

Oberlin Friends Meeting
Sun., 10:30am, Ed Center and Zoom

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

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

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

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

Table Tennis Hours

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

Come and play! All are welcome!

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

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: Polly McIlrath, Kathy Reichard, Mary Simons

Profile Photos: Sally Nelson-Olin

- Deadline for the November 2022 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



This month's Morsel is a potpourri of notices. The first is that visitors using the guest rooms are welcome to enjoy breakfast as part of their package. On Sunday mornings, they are invited to brunch. Somehow this feature was not clearly revived after the shutdown, but it is still Kendal's policy.

For those trying to control their salt intake, here are a few sodium totals for several bread items: The flatbread pizza crust has 310 mg of sodium – much less than the old pizza crust. A slice of bread averages 120 mg. Hamburger or hotdog buns average 190 mg. Pita bread averages 210 mg. A wrap averages 400 mg. Cheddar and Swiss cheeses have lower amounts of sodium than other cheeses. Marinara sauce, with fairly low sodium, can be used in a bowl meal or on a flatbread. Low-sodium soy sauce is always available.

Chicken breasts and fish are always available and can be added to a salad or bowl of your own creation.

We have heard complaints from residents who must avoid cheese that sometimes all the entrees include cheese. Remember that it may be possi-

ble to have the chef leave the cheese out.

If you discover that your entrée is too tough to cut or is mostly fat or gristle, please request a better cut. This is also true for cuts that are too well done. It is easy to ask that your entrée be cooked further. We all hate to waste food or be a bother, but the staff assure us that this is their preferred solution to an unsatisfactory entrée.

You may have noticed that the servers are stretched thin. Service flags have been added to the tables to provide you with an easy and discreet way of signaling your server that you are ready for dessert or a cup of coffee or whatever other service you need. Servers have also been equipped with cards listing their names to make it easier for you to identify the person you need to speak with.

The Dining Matters Committee comes away from every meeting deeply impressed by how hard the staff is working to provide good service and tasty meals. We appreciate their efforts and hope that you do, too.

~Barbara Pierce

Meet a Dining Star Hailie Perkins

Hailie is a junior at Western Reserve High School and loves art. She's taken several classes in that area. She knows she wants to go to college, but does not know where yet.

She lives in Kipton and is home-schooled. During Covid it was very hard to have much of a social life with her friends. Hailie plays games with them and listens to music. She also loves to garden. She has two younger brothers and a cat named Philip.

She likes to experiment with coloring her hair, so you will recognize her in the Fox and Fell. Most recently it was red including her bangs, then green, and now with lovely blonde bangs.

Her mother also works at Kendal in the Housekeeping department.

Hailie loves the residents and working at Kendal and appreciates our beautiful community. ~Priscilla Steinberg

Grief Support Group Tues., Oct. 25 - 10:00am Green Room - All are welcome.

Dementia Action Alliance Conference

See page 1 for pictures and information about the upcoming debriefing lecture.

For more about the DAA organization, see <https://daanow.org/>

Dementia Friendly Discussion Group Fri., Oct. 28 - 10:30am - Penn All are welcome.

Meet, Greet, and Eat Postponed

The September 20 Meet, Greet, and Eat dinner had to be postponed until a future date.

Additional time is needed for dining staff to be hired and fully trained before a large dining event such as Meet, Greet, and Eat can occur successfully.

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

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

Low-Vision Support Group Audio Presentation



“Low Vision Rehabilitation from the Inside Out” Tues., Oct. 4 - 1:30pm Crossroads

~Terry Carlton

IN MEMORIAM

MARILYN MYERSON
SEPTEMBER 1, 2022

The way people experience dementia is greatly affected by the response of the community around them. Your positive attitude, inclusiveness, and understanding help our residents to thrive. **STAY CONNECTED.**

SUN	MON	TUE	WED	THU	FRI	SAT
<p><u>First Church Service</u> 10:00am WSCC</p> <p><u>Quaker Worship</u> 10:30am Ed Ctr, Zoom</p> <p><u>RC Mass</u> 11:15am WSCC</p> <p><u>Christ Episcopal Service</u> 12:30pm WSCC</p> <p><u>Film (see p. 4)</u> 7:00pm WSCC</p> <p><u>English Country Dancing</u> 7:15pm AUD</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Centering Program</u> 11:00am Zoom, WSCC</p> <p><u>Line Dancing</u> 5:00pm AUD</p> <p><u>Documentary (see p. 4)</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Themed Film (see p. 4)</u> 1:00pm WSCC</p> <p><u>Square Dancing</u> 4:00pm AUD</p> <p><u>Rollator Line Dancing</u> 5:15pm AUD</p> <p><u>First Woman Constable</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>News Currents</u> 2:00pm WSCC</p> <p><u>SCC Council</u> 4:00pm WSCC 10/12</p> <p><u>Song Swap</u> 7:00pm Zoom, KOTV 10/12 & 10/26</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Musical Film (see p. 4)</u> 2:00pm WSCC</p> <p><u>Jazz Listening</u> 2:00pm AUD 10/13 & 10/27</p> <p><u>The Sun Talks</u> 3:00-3:50pm Ed Ctr</p> <p><u>Ken Burns: The West</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Famous Composers</u> 2:00pm WSCC</p>	<p><u>Saturday Walk</u> 9:00am Heiser</p> <p><u>Catholic Communion Service</u> 3:30pm Green Rm</p> <p><u>Film (see p. 4)</u> 7:15pm AUD, KOTV</p>



October 2022

Zoom: See *kaores.net* and click "Calendar" for link.

KOTV: Cable 920, 19-2, or 95-101

WSCC: Cable 921, 20-1, or 96-100

Note:

"Home" events (at Kendal) are in **Bold**.

"Away" events are not.

1

Play Readers: Art 7:15pm AUD, KOTV

<p>2</p> <p>Chamber Music 4:00pm AUD</p> <p>Faculty Voice Recital Kendra Colton, Sop. 7:30pm Kulas 🚗</p>	<p>3</p> <p>Suggestions and Concerns 2:00pm Crossroads <u>Note date change.</u></p>	<p>4</p> <p>LLL Class: Monasteries 10:30am Zoom ONLY</p> <p>Artist Recital Series Noon Finney Tx 🚗</p> <p>Voter Information 1:00-3:00pm HL</p> <p>Low-Vision Support 1:30pm Crossroads</p> <p>Health Care in LC 7:15pm AUD, KOTV</p>	<p>5</p> <p>Insurance Workshop: Medicare + Retiree or Commercial Insurance 10:00-11:00am Ed Ctr</p> <p>Arranging Flowers 10:30am HL</p> <p>Faculty Recital S. Bernhardtsson, violin; L. Kaplan, piano 7:15pm AUD, KOTV</p>	<p>6</p> <p>Big Bus to Detroit Institute of Arts 8:00am-6:00pm 🚗</p> <p>Souper Supper Dinner in F&F</p> <p>Faculty Recital David Bowlin, Violin 7:30pm Kulas 🚗</p>	<p>7</p> <p>Artist's Talk John Seyfried 4:00pm HL</p>	<p>8</p> <p>Second Saturday Film: <i>To Be and To Have</i> 7:15pm AUD</p>
<p>9</p> <p>Oberlin Chamber Singers Ben Johns, Conductor 2:30pm Fairchild 🚗</p>	<p>10</p>	<p>11</p> <p>LLL Class: Art and Architecture of Med. Eur. Monasteries Erik Inglis 10:30am Zoom ONLY</p> <p>Essential Tremor Support Group 2:00pm Crossroads</p>	<p>12</p> <p>Coffee Hour with BT 9:30am F&F, Zoom, KOTV</p> <p>Lunch Bunch Aladdin's, Oberlin 11:30am-2:00pm 🚗</p>	<p>13</p> <p>Rod Knight's 2nd Thursday HO Trolley Run 4:30-5:45pm HL</p> <p>Oberlin Orchestra, College Choir, MU Raphael Jimenez, Conductor 7:30pm Finney 🚗</p>	<p>14</p>	<p>15</p>
<p>16</p> <p>Chamber Music 4:00pm AUD</p>	<p>17</p> <p>Lorain County Racial Equity Agenda Jeanine Donaldson 7:15pm AUD, KOTV</p>	<p>18</p> <p>Where 2 Turn 10:00am Green Rm</p> <p>Magnifiers & More Deb Kogler 11:00am-2:30pm HL</p>	<p>19</p> <p>Newcomer Intros 4:00pm KOTV</p> <p>UU Gathering 4:00pm Ed Center</p> <p>Fun Fitness: You're Just a Bag of Bones 7:15pm AUD, KOTV</p>	<p>20</p> <p>KORA Council 10:00am AUD, KOTV</p> <p>Jazz Listening Group Film: <i>Miles Davis</i> 2:00pm AUD</p> <p>Living Well with Dementia 7:15pm AUD, KOTV</p>	<p>21</p>	<p>22</p> <p>Met. Opera in HD MEDEA (Cherubini) 1:00pm Apollo Tx 🚗</p> <p>Blue Fiasco Jazz Band 7:15pm AUD, KOTV</p>
<p>23</p>	<p>24</p>	<p>25</p> <p>Grief Support Group 10:00am Green Rm</p> <p>LLL Class: Art and Architecture of Med. Eur. Monasteries Erik Inglis 10:30am Zoom ONLY</p> <p>Voter Information 3:00-5:00pm Crossroads</p>	<p>26</p> <p>Insurance Workshop: Medicare + Medigap 10:00-11:00am Ed Ctr</p> <p>Exchange with Barbara Thomas 4:00pm AUD, KOTV</p> <p>Guest Recital Alexandre Dossin, Piano 7:30pm Warner 🚗</p>	<p>27</p> <p>Budget Update 4:00pm AUD, Zoom, KOTV</p> <p>Solo Diners 5:30pm Den</p> <p>Film: <i>Black and Blue</i> Brian Kruger 7:15pm AUD</p>	<p>28</p> <p>Dementia Friendly Discussion Group 10:30am Penn</p> <p>Play Readers (twist): The Silver Samovar 1:30pm AUD, KOTV</p> <p>Artist's Talk Mark Yasenchack 4:00pm HL</p>	<p>29</p> <p>Play Readers (twist): The Silver Samovar 7:15pm AUD, KOTV</p>
<p>30</p>	<p>31 Halloween</p> 					