



The Kendal Diversity Awareness Committee invites you to our annual education presentation:

**“Anti-Bullying:  
Empowering Bystanders”  
Mon., Sept. 12 - 4:00pm - AUD**

We hear so many uses of the word “bullying” but really don’t know what it means. Those who witness incidents (the “bystanders”) often don’t know what to do and feel helpless. This presentation will not only help explain what bullying is but also give realistic ways for bystanders to respond assertively when bullying occurs.

The entire Kendal community is invited to attend this powerful presentation which will feature the members of our Diversity Awareness Committee: staff members Donna Smith, Ann Pilisy and Toni Merleno with residents Donna Baznik, Eleanor Helper, Priscilla Steinberg, Ann Francis and Dwight Call.

Stay for dinner in the Penn Room afterwards if you can to join a discussion on the presentation and the topic.

Staff members who attend will receive Kendal in-service credit.

*-Toni Merleno, Director of  
Human Resources*

*& Operational Services*

 **VOTING 1-2-3**

**Step 1: Register to vote by the October 11, 2016, deadline:**

Registration forms are available in the Kendal Library.

**If you moved within Ohio you can change your address on line at the Secretary of State’s website:**

<https://olvr.sos.state.oh.us/ovru/Modify.aspx>

**You can check if your registration is up to date at:**

<http://www.voterfind.com/lorainoh/vtrlookup.aspx>

**Step 2: Decide how you want to cast your ballot:**

**Vote by mail** – Fill out and send in an absentee ballot request form. This year the **Secretary of State will send an absentee application to every Ohio registered voter around Labor Day**, or you can request one by calling your county Board of Elections.

**Vote early in person** – Registered voters may vote early at their county Board of Elections. **Early voting will begin on October 12** for the November 2016 general election.

**Vote at Heiser Auditorium on Election Day** – Election Day is **Tuesday, November 8, 2016**. Polls are open from 6:30am to 7:30pm.

**Step 3: Make sure you have an acceptable form of ID:**

- Ohio driver’s license or state ID card with your name and photo. The card must be current (not expired), but it can have an old address.
- U.S. Military ID with your name and photo (address not required).
- Unexpired government ID with your name, current address and photo. Student ID is not accepted.
- Original or copy of your Kendal at Oberlin monthly statement.

<p><b>DISCLOSURE STATEMENT</b> <b>TUESDAY, SEPTEMBER 6</b> <b>4:00PM - AUDITORIUM</b> <b>ANN O’MALLEY</b></p>	<p><b>COFFEE HOUR</b> <b>WITH</b> <b>BARBARA THOMAS</b> <b>WEDNESDAY, SEPTEMBER 14</b> <b>9:30AM - LANGSTON</b></p>	<p><b>AFTERNOON EXCHANGE</b> <b>BARBARA THOMAS</b> <b>FRIDAY, SEPTEMBER 23</b> <b>4:00PM - AUDITORIUM</b></p>
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## **KNOW YOUR KORA COUNCIL LifeLong Learning Classes – September and Beyond**

**The Executive Committee has extended the timeline for submitting nominations for the open resident position on the Kendal at Oberlin Board of Directors until September 5.** The Board requested a pool of 10 to 20 nominations for consideration, and will interview each person. Ruth Ann Clark, one of KORA's three resident Board members, spoke about the uniqueness of the Kendal system's practice of having resident members (up to 20%). She said the discovery process of finding a match between what a resident brings and what the Board needs at the time can be an enjoyable and surprising one. Hence the significance of having a wide-ranging, representative number of resident candidates.

**As of late August, we still need more names.** Send a letter expressing your interest, together with a brief resume, to Sally Nelson-Olin, KORA Secretary, or speak with a resident whom you'd like to support about nominating him or her.

The focus on leadership continues with the work of the KORA Nominating Committee. Requests for nominations were made at KORA Council meetings and in the August *Kendalight*. Now the committee is developing a slate of candidates which will be submitted to the KORA President and announced at the October 20 KORA Council meeting. The slate will be printed in the November *Kendalight* along with the proposed 2017 KORA budget and the agenda for the November 10, 2016, Annual Meeting. According to the KORA Constitution, nominations for officers of Council, for Councilors, and for open positions on the Nominating Committee must be received at least one month prior to the Annual Meeting. There may be nominations from the floor at the Annual Meeting as well. To nominate someone, first speak to that person about their willingness to serve,

The LifeLong Learning Center at Lorain County Community College (LCCC) sponsors classes in the Heiser Auditorium during fall, winter and spring terms. Oberlin College is an affiliate sponsor of the program at this location. LifeLong Learning now has **one phone number** for information and registration: **440-366-4148**. Look for registration forms near the bulletin board in Kendal.

### **Classes in September 2016**

**News & Views: Foreign Affairs.** Alan Carroll will present **The Future of Kurdistan** on Friday, **Sept. 9** (see p. 3). No fee or registration.

**Shakespeare: Creating Drama through Poetry.** Robert Pierce, Professor Emeritus of English, Oberlin College, will present one session on the sonnets, and one session each on "Richard II," "Twelfth Night," "Othello" and "The Tempest." Wednesdays, 10:30am to noon: **Sept. 14 and 21; Oct. 5, 12 and 19.** (Class #4646)

DVDs of the plays will be shown on consecutive Mondays: "Richard II," **Sept. 19**, 7:15pm; "Twelfth Night," **Sept. 26**, 3:30pm; "Othello," **Oct. 3**, 3:30pm; and "The Tempest," **Oct. 10**, 3:30pm.

The fee for five classes is \$30; DVD showings are **free** and open to the public.

**Later in the Fall Term:** More details in later issues of *The Kendalight*.

**News and Views: Foreign Affairs. Oct. 7, The Middle East; Nov. 4, The United Nations; Dec. 2, The Koreas.** No fee or registration.

**News and Views: Domestic Issues, Nov. 18, Lee C. Drickhamer, "Mass Incarceration and a New Prison Release Program."** No fee or registration.

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then give your nomination to Elizabeth Aldrich, Co-Chair of the Nominating Committee.

History and technology are coming together currently in two KORA projects. One seeks to answer the age-old question: "What do we do with all this stuff?" In this case, "stuff" is all the records, handbooks, photos, directories, minutes, publications that comprise both valuable and less valuable information. At Council's meeting in July, Jim Helm agreed to convene an ad hoc Archives Committee and Bob Follet, Nancy Lombardi, Thelma Morris and Sally Nelson-Olin rose to the challenge. Jim reported that the group has defined a three-fold purpose: preserve history of Kendal; meet legal obligations; provide continuity. The task of identifying categories of data has begun. Jim asked anyone who has records of any kind that may be of significance to give them to him for assessment by the Committee. The

Archives group envisions a variety of formats for preserving data, many of them electronically based.

That brings us to the second project underway, The KatO Resident Data Base ([kaores.kendal.org/kaores](http://kaores.kendal.org/kaores)). Dennis Cook gave a power point presentation introducing the data base which he and Bill Hole have developed in consultation with members of the KORA Website Committee. It is an interactive site which, at present, allows the user to access: Names Directory, Organizational Directory, Arboretum Catalog, and Artwork Catalog. Soon it can be used for making connections in the new Ride-Share program. A *Eureka!* Archive will be added, and likely there will be conversations between the ad hoc Archives Committee and the managers of the Resident Data Base. Council will plan for further interpretation and assistance as this new resource comes into wider use.

*-Ardith Hayes, KORA President*

# PROGRAMS

## First Thursday Health Lecture:

No lecture on September 1.

## Third Thursday Lecture:

### “Civil Liberties in an Election Year”

Sept. 15 - 7:15pm - AUD

Adrienne Gavula, regional office director and development director for the American Civil Liberties Union of Ohio, and Jocelyn Rosnick, policy manager of the ACLU of Ohio, will speak about voting rights, LGBT equality, Whole Women’s Health reproductive rights and other current issues.

## News & Views:

### Foreign Affairs

Fri., Sept. 9 - 10:30am - AUD

“The Future of Kurdistan” is the topic of resident Al Carroll’s talk. A mountainous region made up of parts of Turkey, Iraq, Iran, Armenia and Syria, Kurdistan is home to one of the largest ethnic groups in West Asia: the Kurds who have no nation. The region of northern Iraq called Iraqi Kurdistan is one of the U.S.’s closer allies in the Middle East and a bulwark against the expansion of ISIS. The American foreign policy dilemma is how to support the Kurds without offending the nations with large Kurdish minorities. No registration or fee. **All are welcome.**

## Oberlin College Convocation

### An Evening with Michele Norris

#### “Eavesdropping on America’s Conversation on Race”

Tues., Sept. 13, 7:30pm, Finney Chapel - Free, no ticket required.

Listeners know Michele Norris as a cohost of NPR’s “All Things Considered.” An Emmy and Peabody Award-winning journalist, she has worked with ABC’s “World News Tonight,” the *Washington Post*, *Chicago Tribune* and *Los Angeles Times*. She is also the founder of the six-year old Race Card Project, a national conversation about race, identity and aging. **Sign up for Kendal bus.**

## Lunch Bunch: Martino’s International Cafe, Vermilion Wed., Sept. 14

This popular spot calls itself “international” for a good reason. Menu includes Spanish paella, Lake Erie perch, wiener schnitzel, pierogies, Italian pasta, crepes and more. And they serve breakfast all day! Bus leaves Heiser at 11:30am, returning about 2:00pm. Bus charge: \$8.00. Place check to KORA for \$8.00 in Box #157 by Monday, September 12. Lunch is at your expense. Sign-up sheet posted September 5.

## Oberlin Heritage Center:

### “Victoria Woodhull for President!”

Tues., Sept. 6 - 7:15pm - AUD

Did you know that the first woman to run for president, in 1872, was from Ohio? Anne McEvoy of the Lakewood-based nonprofit Women in History ([www.womeninhistoryohio.com](http://www.womeninhistoryohio.com)) performs as Victoria Woodhull, a colorful and controversial woman of many interests, including spiritualism, women’s rights, free love and high finance. Needless to say, her life was often surrounded by highly publicized scandal. The 30-min. performance will be followed by a question and answer session. **Free and open to the public.**

## Play Readers:

### “Breaking the Code”

Fri., Sept. 23 - 1:30pm - AUD

Sat., Sept. 24 - 7:15pm - AUD

**Once the play has started, no admittance until first scene break.**

This play is about the eccentric English mathematical genius Alan Turing. He broke the complex German code called Enigma, enabling Allied forces to foresee German maneuvers. Since his work was classified top secret for years after the war, no one knew how much was owed to him when he was put on trial for breaking another code: the taboo against homosexuality. Turing, who was the first to conceive of computers, was convicted of the criminal act of homosexuality and was sentenced to undergo hormone treatments which left him physically and mentally debilitated. He died of cyanide poisoning, presumed to be a suicide, in 1954 just before his 42nd birthday. Though alone and forgotten at his death, he has subsequently been recognized and honored worldwide. In 2013 Queen Elizabeth granted him a posthumous pardon. *-Jerry Berner*

## Readings by Robert Taylor and Jane Summer

Sun., Sept. 25 - 2:30pm

Oberlin Public Library

Kendal author Robert Taylor will be reading from three of his novels. Jane Summer, whose niece is a student at Oberlin College, will also read from her recently published book, “Erebus.” The reading was organized by Lynn Powell as part of her Main Street Readings series. **Sign up for Kendal bus.**

**Find biographies of all residents, newcomers and old-timers, in “Who’s Here” on the library center bookcase.**

## Sunday Movies in Whittier at 7:00pm

**Sept. 4 – Miss Potter (2006)** In this biopic, Beatrix Potter, author of the beloved children's book "The Tale of Peter Rabbit," struggles for love, happiness and success. PG.

**Sept. 11 – April Morning (1988)** The morning invoked by the title of this made-for-TV drama is April 19, 1775, the day the "shot heard 'round the world" was fired on Concord Green, often called the first shot of the American Revolution.

**Sept. 18 – It Started in Naples (1960)** Young nephew of American lawyer (Clark Gable) lives in Italy with his aunt (Sophia Loren) who objects to efforts to take the boy to U.S.

**Sept. 25 – Legend of Bagger Vance (2000)** A down-and-out golfer (Matt Damon) attempts to recover his game and his life with help from a mystical caddy (Will Smith). PG-13.

## Saturday Night Documentary Sept. 17 -7:15pm - AUD

**Merchants of Doubt (2014)** Documentary takes viewers on a satirically comedic yet illuminating ride into the heart of conjuring American spin. Filmmaker Robert Kenner lifts the curtain on a secretive group of highly charismatic, silver-tongued pundits-for-hire who present themselves in the media as scientific authorities -- yet have the contrary aim of spreading maximum confusion about well-studied public threats ranging from toxic chemicals to pharmaceuticals to climate change. Please stay for discussion afterwards. *-Donna VanRaaphorst*

## Friday Night Opera DVD - September 16 4:00pm Acts I and II; 7:15pm Act III - AUD

**Lucia di Lammermoor** - One of the most famous "bel canto" operas by Donizetti, this 2007 Metropolitan Opera presentation stars Anna Netrebko as Lucia and Mariusz Kwiecien as Edgardo. *-Allen Huszti*



## Art Gallery News

The **Kendal Gallery** installation featuring the handmade paper of **Pam McKee** and **Yuko Kimura** is now on display. To learn more about these delicate, airy creations, be sure to come to the artists' reception on Friday, September 9 at 4:30pm in the Heiser Lounge.

**Audrey Otto**, who had a show at Kendal in 2007, has returned with a display of recent watercolors in the **Friends Gallery**. No artist reception is planned.

"Summer Soliloquy," a show of photographs by **Dale Preston**, well-known local photographer (and husband of Kim Preston, Kendal social services associate), has been mounted in the **Community Gallery**. Watch Channel 27 (the new KaO in-house television station) for the date of his reception. Pieces from the wood sculpture collection of **Ernie Eddy** as well as some of his own creations now on display in the **Curio Cabinet** will remain on view until mid-October. And don't miss **Polly Carroll's** colorful, imaginative "Mixed Media," curated by the KaO Marketing office and installed in the **marketing display case**. The colorful art journals, fold-out paintings and collages, cubes and more are sure to brighten your day!

## Saturday Foreign Film Sept. 3 - 7:15pm - AUD

**Pather Panchali (1955)** Bengali with English sub-titles. This is the story of an impoverished young boy, Apu, and life in his small rural Bengal village. His father Harihar Ray, a writer and poet, gave away the family's fruit orchard to settle his brother's debts. Dreaming of a better life for himself and his family, he leaves the village in search of work. Apu's mother Sarbojaya bears the brunt of the family's situation. She scrapes by, selling her personal possessions to put food on the table, and bears the taunts of her neighbors as daughter Durga steals fruit from their orchard. Even after Harihar returns, the family is left with few alternatives. Directed by Satyajit Ray, as part of the well-known Apu trilogy. *-Dwight Call*

## Thursday Evening Hours at Allen Memorial Art Museum Sept. 8 - 5:00-8:00pm

Come to the opening reception for fall Allen Memorial Art Museum exhibitions focusing on the concept of time. Artist Fred Wilson will be on hand for informal discussion about his installation as well as his works in the Ellen Johnson Gallery. The evening will feature food and informal tours. **All are welcome. (Note program is on second Thursday.)**

## Genealogy and History Interest Group "An Anthropologist Digs for His Own Roots" Mon., Sept. 12 - 7:15pm - AUD

Dwight Call will present some stories about his mother's and father's sides of the family. All are welcome to attend and hear some of the large effects that the Revolutionary and Civil Wars had on these families. We are scheduling future speakers for late fall and early 2017. Please contact Nancy Hultquist or Mary Clare Beck if you could fill in a spot.

## **An Update from the Conversations Working Group**

The Conversations Working Group strives to promote conversations between Kendal residents and their families, friends and doctors about different kinds of medical situations. Currently, we are developing the concept of a Wellness Partner – a friend who might support your wellness in different ways and in different medical situations.

Would you like to invite someone to accompany you regularly to your doctor's visits as a second pair of ears? Would you like someone to help you think through your important medical choices and then communicate them to your family? If you are bed-bound, would you like someone to drop by your room and start your favorite music or release a favorite aroma? Or are you willing to do some of these things for a close friend? All of these might be tasks for a Wellness Partner.

The Conversations Working Group is now developing a form to help Kendal residents have these thoughtful conversations with each other. It is intended to help friends think carefully about the different ways they might support each other in different medical contexts. It also encourages the Wellness Partner to think about what they feel comfortable taking on. Our form has been approved by Kendal Social Services and the Kendal Ethics Committee. We expect to have it ready for introduction at the September KORA Council meeting. We will host two workshops for residents to use the form with a possible Wellness Partner: Tuesday, September 27 at 10:00am and Thursday, September 29 at 4:00pm. Sign-up sheets will be posted by the mailboxes closer to that time. Thank you to everyone who has helped us develop the form. If you have questions, please contact Elizabeth Hole.

## **The Importance of Educating Mayan Youth in Rural Guatemala Rigoberto Ordoñez Morales Sat., Sept. 10 - 7:15pm - AUD**

The Santa Elena Project of Accompaniment (SEPA), a group formed by Oberlin residents 19 years ago, seeks to help improve education in rural Mayan communities in northwest Guatemala by financing scholarships, teachers' salaries and projects in the villages of Santa Elena and Copal AA. Speaker Rigoberto Ordonez is a founding member of Nuevo Amanecer (New Dawn) middle school in Copal AA and of a two-year university preparatory program. These serve 75 students in Copal AA and the surrounding countryside. In addition to providing basic education, the two programs promote organic farming, democratic principles, gender equality and pride in Mayan accomplishments both current and historic. Rigoberto will discuss the challenges and accomplishments in educating young people in this area. SEPA maintains a close relationship with the two communities of Santa Elena and Copal AA by frequent phone calls, email, and an annual visit. SEPA also sponsors "Human Rights" monitors in Guatemala to support those groups and individuals who are fighting for peace, justice and an end to impunity. A reception will follow.

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### **"Go Wish" for Ice Cream**

The Conversations Working Group is happy to announce that eighteen people checked out the Go Wish cards this summer. In addition to clarifying end-of-life preferences, players got free ice cream. The ice cream offer will now be suspended until the Thanksgiving and winter holidays, but the cards will continue to be available on the desk in the Kendal Library. Feel free to check them out and play with a friend or a family member to better understand your end-of-life choices.

*-Elizabeth Hole, Chair,  
Conversations Working Group*

### **Kendal Open House Sat., Sept. 24 - 9:00-4:30pm**

Kendal will hold an open house in conjunction with the Alumni Volunteer Summit at Oberlin College. Join us in welcoming family, friends and visitors.

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### **Kendal 2016 Directory Update**

**Ruth Ann Clark** - New cell phone number. Check with Front Desk.  
**Linda and Jim Marshall** - New email address. Check with Front Desk.

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### **Tuesday Tea at AMAM September 13 - 2:30pm**

Printmaker and painter Charles Ritchie, associate curator at the National Gallery of Art, will discuss times of the day as subject matter for his work as seen in the Ripin Gallery exhibition. **All are welcome.** If you need a ride, meet at Heiser Reception Desk at 2:10pm to car pool.

### **Vision Impaired**

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#### **Low-Vision Support Group**

**Update on Stem Cell Transplantation Therapy for Retinal Diseases  
Thursday, September 8  
4:00pm - Green Room**

#### **Reading of *The Kendalight* Thursday, Sept. 1, at 9:00am in Whittier Lounge**

Barbara Bruer will read the current issue of Kendal's newsletter. **All are welcome!**

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

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## More About Kendal's New Residents

### Amy and Frank Mitch

**Amy:** Born, raised, and graduated from high school in Omaha, NE. Lived with relatives in Beverly Hills, CA, and received an associate degree from University of California, Los Angeles. Transferred to Iowa State College (now Iowa State University) in Ames, majoring in Household Equipment and receiving a B.S. degree. After graduation worked for General Electric Co. in Bridgeport, CT, doing research on home freezers which were just becoming popular. Married Frank, moved to Akron and worked for Ohio Edison Co. giving cooking schools and instructing people how to use electric ranges. Became a full-time homemaker when our first son was born. He was six months old when we moved to New Zealand. Our second son was born in New Zealand and our third son was born after we returned to Akron. Was involved with nursery school, PTA and other children's school activities both in New Zealand and when we moved back to Akron. Over the years took several classes at the University of Akron in art history, music, and an earned a degree in food-service management. My volunteer activities included six years with Project Learn helping adults learn to read; over 20 years as an AARP Tax Aide Counselor helping people prepare income taxes; 20 years as a volunteer at Summit Metro Parks and a board member of the



*Amy and Frank Mitch*

Friends of Summit Metro Parks. For many years have been an active member of the League of Women Voters and treasurer of the LWV Akron Area Education Fund. Overseas travels, sometimes with Elderhostel and sometimes on our own -- including trips to China, Japan, Scandinavia, Italy, France, Netherlands, Spain, Soviet Union, Greece, Israel, Turkey and Great Britain -- have served to broaden our interest in the world.

**Frank:** Born on a farm in Central Illinois. Graduated from high school in Springfield, IL, and joined the Navy toward the end of WW II. Met my wife Amy while at Iowa State College on a Navy training program. Graduated from the University of Illinois with a Mechanical Engineering degree. Later took business and finance courses at Kent State University and received an MBA degree. Employed by BF Goodrich Tire Co. for 43 years, retiring in 1991. Tire technical work at Goodrich took us to New Zealand for six years in the 1950s. Since then lived in Akron, with final 10 years in the BFG International group. Tire technical consulting took me to visit many countries including Turkey, Germany, Italy, Greece, Spain, France, England, Israel, Philippines, Mexico, Columbia, and Canada. We have three sons: David, economics professor at University of Maryland; Mark, environmental science professor

at New England College; and Charles, PhD degree in chemistry recently retired from Eli Lilly Co.

My hobbies and interests include gardening, beekeeping (for 35 years), painting, photography, hiking, website design, building and maintaining computers. Volunteer activities include Mobile Meals delivery, Gardeners of Greater Akron, National Director from Central Great Lakes Region gardeners, and chair of several committees of The Gardeners of America/Men's Garden Clubs of America. First joined the Men's Garden Club of Akron in 1962 and after some years dropped out to be Scoutmaster of a Boy Scout troop for 13 years. Then rejoined Men's Garden Club of Akron in 1984 and served as club president in 1998. Developed and still maintain websites for the Akron club, the Central Great Lakes Region clubs and the Gardeners of America/Men's Garden Club of America. Recently volunteered to be elected as 2nd Vice President for that national organization.

### Recent Moves

**Maxine Houck** moved from Oberlin to a Kendal Apartment in mid-August.

**Alan and Anne Lockwood** moved from Buffalo, NY, to a Kendal Cottage in early August.

**Betsy Young** moved from Oberlin to a Kendal Cottage in late July.

### Upcoming Move-Ins

**Tom and Michi Morgan** will move from Arlington Heights, IL, to a Kendal Cottage in early September.

**Dan and Lynn Ayres** will move from Ypsilanti, MI, to a Kendal Cottage in late September.

### Recent Transfers

**Nancy Beauchamp** moved from a Kendal Apartment to Whittier in late August.

### IN MEMORIAM

**MURIEL MORGAN**  
AUGUST 24, 2016

## Highlights of July 2016 KatO Board Meeting

The July KatO board meeting featured committee reports on the status of finances; occupancy (91% in July, 93% in August); property (acquisition of the nearby Windmill property -- 5 acres); the signing of a new Kendal System Agreement for KatO since Kendal at Home is now an independent affiliate; and a governance report that focused on upcoming nominations work for 2017. Master Planning reported that work is getting underway to design garages in place of carports.

Discussions continued on the concept of a "small house" with the design of "Jameson House" offering more structure in a "quiet neighborhood" that will benefit residents including those that are prone to unsafe exploring. The current high amount of traffic and activity in the Stephens Care Center makes this both disruptive and disturbing to some residents having cognition changes. Staff is currently in a six-month period of training called "GEM." Stacy Terrell provided a white paper that was greatly appreciated by the Board and will be made available in the Kendal library for interested residents.

July's generative discussion focused on the status of the strategic plan which is nearing completion. There are five principal goals: 1. Continuing strength of KatO's core community; 2. Enhancing health care to benefit expanded markets and changing environments; 3. Introducing new features that build on current strengths; 4. Increasing the role of technology for both operations and residential life experience; 5. Strengthening governance and partnerships to achieve our goals. The board also had a chance to review the current mission statement and vision statement. The mission statement generally does not change but will have some minor tweaking. For example, a couple of additional (Cont'd on p. 9)

**Oberlin Community and  
Culture Festival  
Saturday, September 24  
1:00-4:00pm, Tappan Square**

Come celebrate the diversity, creativity and commitment that make Oberlin the unique town that it is! Enjoy the food, music, art of different cultures. **If you attend, please car pool.**

## Transportation Talk

**Ride-Share Program Debut** - As reported in last month's *Kendalight*, the Kendal Ride-Share Program Task Force, co-chaired by Barbara Barna and Kenneth Cheek, will inaugurate the new program this month with a six-month trial period during which ride requests from Kendal residents will be accepted only for medical appointments outside of Lorain County. A full description of the program together with detailed instructions for riders has been placed in Kendal residents' mailboxes. Information sessions will be held on September 20 in the Green Room for residents interested in participating in the program as Call Managers (9:00am) or Drivers (10:00am).

**Reminder: Kendal Now Has a Medical Transportation Credit Policy** - In 2015 Kendal at Oberlin's Board of Directors approved the establishment of a Medical Transportation Credit Policy. Details were worked out and the policy was initiated effective June 1, 2016. It provides Kendal residents with a transportation credit to offset out-of-county medical transportation provided by a third-party transportation company. Please note that Kendal's Ride-Share Program for Medical Transport does not qualify as a third-party transportation company under the transportation credit policy.

The amount of the credit available is based on geographic zones as follows:

**Zone #1:**

Between 1 and 10 miles outside of Lorain County = \$19 credit for round trip;

**Zone #2:**

Between 11 and 20 miles outside of Lorain County = \$38 credit for round trip;

**Zone #3:**

Between 21 and 30 miles outside of Lorain County = \$54 credit for round trip.

In addition, thanks to the generosity of Kendal residents and the Kendal at Oberlin Residents Assn., a Transportation Assistance Fund has been established for those residents who currently have demonstrated a financial need or who would suffer financial hardship due to the frequency of medical trips needed for specialized treatments over a period of time. If you think you are in need of this type of assistance, please set up a confidential meeting with either Barbara Thomas or Ann O'Malley to work through the process.

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## Kendal Kryptogram #139 - by Nina Love

**TAE'D NXNY DOWN O CNEFN TAKE**

**SEDQH RAS WEAK KVR QD KOU LSD SL.**

**-YAZNYD CYAUD**

**Solution to Kryptogram #138: "Hell is empty and all the devils are here." Shakespeare: The Tempest**

## Report from the Arboretum Committee

The Arboretum Committee has Project Teams which function in particular areas of our work.

Two teams that are now operational: **Assessing our Trees** - Members of the Arboretum Committee have begun assessing the conditions of trees on the grounds of John Bartram Arboretum at Kendal at Oberlin. To date, we have assessed about 250 individual trees (about 20% of our collection). Tree assessors identify the tree by looking for a numbered tag and referencing the catalog to verify that the tree is correctly identified. Our objective is to assess the current state of each tree in the Arboretum, including:

- Overall condition (good, fair, poor or dead)
- Trunk caliper
- Geo-location (latitude and longitude, using GPS)
- Pruning needs (obstructing walking, mowing or driving; too close to a building or roof)
- Status of the root crown (is it buried and to what extent? Consulting arborists helped us diagnose this as a cause of many of our tree problems)
- Disease or injury problems (e.g., diplodia tip blight disease that affects Austrian Pines, apple scab disease that afflicts many of our crabapples)
- Condition of tree number tag(s).

Our assessments are documented on a form based on one designed by the Ohio Dept. of Natural Resources Urban Foresters. Data from the completed forms is entered into our Arboretum Catalog Database, currently being developed by Dennis Cook and the KORA Website Committee. The assessment sheets will also feed the process for creating the new informational labels we will hang on each tree. We are planning to continue our tree assessments on a neighborhood-by-neighborhood basis and will let you know when we'll be in your area. We invite residents to participate in the

tree assessment. Once an area assessment has been completed, we will hold a meeting with nearby residents to inform them of our assessment results and hear their concerns and wishes regarding trees in that area. If you are interested in getting involved in Arboretum tree assessment, either in general or just in your neighborhood, contact team leader Arlene Dunn.

**Public and Educational Events** - The Arboretum's first educational event was held on April 23 when Jim Chatfield of Ohio State University joined us for our Arboretum Day celebration. In addition to an event on or near Arbor Day, we envision other indoor and outdoor events, e.g., collaboration with the Ohio Dept. of Natural Resources, Ohio State University

Extension, and Ohio Independent Arborists Assn. (OIAA), as well as trips to area botanic gardens and arboretums. Here at Kendal, a luncheon for priority list members in September and an OIAA workshop in November will be opportunities to broaden interest in our John Bartram Arboretum.

Like all of our working teams, this team will be happy to welcome new members who will join Jane Cheek, Arlene Dunn and Ruth Searles. Contact Jane Cheek for more information about working on events. Enjoy and learn from our Arboretum and even consider contributing your skills. Many are needed.

*-Jane Cheek, Arlene Dunn and Anne Helm for the John Bartram Arboretum Committee*

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## Opportunities for Meditation with our Fitness Center Staff

### Monday

**Water Yoga** - Yoga class itself is considered to be meditative. 15 minutes of supported water floating at the end of class. 11:30am-12:15pm.

**Water Tai Chi** - Tai Chi is meditative by nature and there is a 15 minute silent meditation at the end of class. 3:30-4:30pm.

### Tuesday

**Gentle Yoga** - 15 minutes of meditation at the end of class. 9:00-10:00am.

**Tai Chi** - Tai Chi is defined as "moving meditation." 15 minutes of meditation at the end of class. 11:15am-12:15pm.

**Lunch Time Meditation** - Guided Meditation - 12:30-1:00pm.

**Chair Yoga** - 15 minutes of meditation at the end of class. 2:15-3:00pm.

### Wednesday

**Chair Tai Chi** - 15 minutes of meditation at the end of class. 2:15-3:00pm.

### Thursday

**Gentle Yoga** - 15 minutes of meditation at the end of class. 9:00-10:00am.

**Tai Chi** - Tai Chi is defined as "moving meditation." 15 minutes of meditation at the end of class. 11:15-12:15pm.

**Lunch Time Meditation** - Guided Meditation - 12:30-1:00pm.

**Chair Yoga** - 15 minutes of meditation at the end of class. 2:15-3:00pm.

### Friday

**Water Yoga** - Yoga class itself is considered to be meditative. 15 minutes of supported water floating at the end of class. 11:30am-12:15pm.

**Water Tai Chi** - Tai Chi is meditative by nature and there is a 15 minute silent meditation at the end of class. 3:30-4:30 pm. *-Jill Connors, Wellness Coordinator*

## Kendal Resale Shop Talk

*Benefitting Kendal Resident Assistance Fund and Community Charities*

Kendal at Oberlin was a busy place this summer, with new residents moving in and current residents transitioning to smaller quarters. As a result, our Resale Shop (KRS) received many wonderful items to sell to new, appreciative owners. Thank you all for your generous donations!

Although our KRS team is smaller in the summer, with several members "off campus" on vacation, we were able to process donations quickly and get them out on our shop floor for resale, preventing our workroom from overflowing with backlogged items. Thanks, team members for your hard work!

KRS deposits to the Resident Assistance Fund for the month of July were \$4,481.94 plus \$2,600 from the sale of a pickup for a July total of \$7,081.94. In addition, the 50% Off Summer Clothing Sale in August was a big success. Thanks to all our shoppers!

We now move into the Fall and Winter seasons. (Hard to believe since I'm writing this column in mid-August, with a heat index and humidity in the 80s.) THANK YOU! Keep those donations coming and keep shopping the KRS!

*-Nancy Lombardi,*

*Chair of the Kendal Resale Shop*

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## Our Windmill

Quite a few of you have indicated your interest in exploring restoration or assuring our windmill's continuance as an interesting landmark in Lorain County. **Let's get together on September 8 at 4:00pm in Crossroads Room** to talk about it. Everyone is welcome. We need your ideas! Questions? Contact Marie Evans.

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## Time to Think about Volunteering!

September means cooler days, back to school days and opportunities for new challenges! Oberlin schools and organizations are gearing up and looking for volunteers -- YOU!

Check the Volunteer Bulletin Board (just before the KELC corner; if you get to the Northwest ATM, you've passed it).

**Here are a few of the volunteer opportunities available:**

- **Oberlin Community Services (OCS)** has several requests for help ranging from Meals on Wheels delivery to helping at GED classes to working in their food pantry. Hannah Rosenberg and Maque Lawson are OCS Volunteer Coordinators and would love to hear from you. Call them at 774-1353.

- **Eastwood Elementary School** always welcomes Grandparent Readers.

- **Seventh Day Adventist Church** on South Park St. is looking for help with their food pantry.

Check out these opportunities to be a part of the Oberlin community. If you would like to share in a volunteer experience, please check with Anne Elder for more information. *-The Volunteer Clearinghouse*

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## Locally-Sponsored Day/ Overnight Trip Information

The Bulletin Board subcommittee of the Communications Committee has assembled a resource binder to help residents learn about locally-sponsored day/overnight trips. The black binder is on the counter under the Town and Gown section of the bulletin board, opposite the mailboxes. Trips listed are sponsored by local, well-known travel organizers; contact information is given. The folder includes names of Kendal residents who have taken trips with these travel groups and will be happy to share their experiences. (These are not Kendal-organized trips.) Some of the trips are listed in the LCCC course catalog. Trips planned for this fall include a day trip to the Cleveland Botanical Gardens gingerbread house display; a day trip to Frankenmuth, MI, for holiday shopping; and an overnight trip to Toronto to see two glass and art exhibitions. Listings in the folder will be changed quarterly. If you have questions or know of other travel groups to consider including, contact Committee Co-chair Anne Martin,

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## Highlights of July 2015 KatO Board Meeting...

*(Continued from p. 7)*

words were suggested: "inclusive" and "intergenerational."

And while we offer "older" people services, it was suggested we drop the word "older."

There was a good deal of discussion on how "outreach" is defined, which boils down to taking a wider role in impacting change for older adults through programs, advocacy, education and policy development. When the board was asked what they would like to say about KatO to their successors on the board, they envisioned being able to transform the experience of aging more widely than just for Kendal at Oberlin residents, while at the same time maintaining reasonable costs.

Suggestions were made to make the vision statement more concise. The July meeting concluded with an executive session to complete the annual performance evaluation of the CEO, a process in which all members take part.

*-Barbara Thomas, CEO, KatO*

## Table Tennis Wrap-up

Like July, August, too, was a noteworthy kids-and-grandkids month. Our young visitors kept us hopping as teachers and practice partners. Reports tell us they left Kendal ready for lots more table tennis. And that's just how our visiting coach Doyle Harbaugh left us after he custom-tailored two hours of instruction to helping us oldsters progress.

Most welcome, too, was a drop-in from Admissions/Marketing, who we hope will be with us again before long. (What about a weekly 15-min. table tennis break for staff?)

Finally, three still-new residents who gave table tennis a try in July have stuck with it and, step by step, have been moving forward.

**Mark your calendars for Saturday, Sept. 24, at 3:00pm!** That's when the Pech brothers, Keith and Seth, will return to Kendal for a one-hour exhibition of top-flight table tennis. August is called the dog days month, but by week four we were averaging 11 tennis table players per session. Stop by and join us in moving up from ping pong to table tennis! You'll surprise yourself! *-Sidney Rosenfeld*

## AAA Safe-Driving Course Offered at Kendal

A two-day AAA safe-driving course will be offered again at Kendal on Monday, October 25, and Wednesday, October 27, from 10:00am to 12:00 noon and 1:00 to 3:00pm both days in the Kendal Education Center. Cost: \$10.00 for members; \$15.00 for non-members.

Please bring your check made out to AAA with you to registration. Participants receive a certificate of completion (usually good for three years) for their insurance company. Some insurance companies may offer a discount after proof of AAA course completion. A sign-up sheet is posted by the mailboxes.

## Saturday Park Walks

If you would like to experience walking off the Kendal campus, come join us on Saturday mornings. (Our perimeter path can get a bit boring.) Our walks are leisurely ones, 1 to 3 miles in length.

Be adventuresome! Give it a try!

We will meet at the Heiser Reception Desk at 9:00am to car pool.

Questions? Contact Jerry Berner.

**Sept. 3** - French Creek Reservation/  
Nature Center

**Sept. 10** - Wellington Reservoir

**Sept. 17** - Lorain Pier

**Sept. 24** - To Tappan Square for  
Alzheimer Walk

## UU Kendal Gathering

### “Healing the Heart of Democracy”

**Rev. Mary Grigolia**

**Wed., Sept. 21 - 4:15pm - AUD**

Join us for readings, questions, sharing, facilitated by Rev. Mary Grigolia.

Here are the questions we'll consider:

Can we be equitable? Can we be generous? Can we listen with our whole

beings and offer attention and not just opinions? Do we have enough resolve in our hearts to act courageously, relentlessly, without giving up, trusting our fellow citizens to join us in our determined pursuit of a living democracy?

**All are welcome!**

## RELIGIOUS SERVICES AT KENDAL

### Episcopal Service

Holy Communion

Saturday, September 10, 11:00am,  
Gathering Room - Rev. Brian Wilbert

### First Church Service

Sunday, September 18, 4:00pm,  
Gathering Room

### Roman Catholic Mass

Friday, September 16, 10:00am,  
Crossroads Room

### Society of Friends

Sundays, 10:30am, Education Center

## Kendal Therapy Dept.

### Discovery Series:

### “Learning on the Move: Movement and Brain Connection”

**Thurs., Sept. 22 - 3:00pm - AUD**

Join members of the therapy team for another installment of the Discovery Series. This month's presentation is an interactive discussion highlighting how movement and exercise enhance memory and brain function, followed by a short, active demonstration of simple moves you can complete at home.

Hope to see you there!

## First Church United Fellowship Sat., Sept. 17 - AUD

**9:30am** - Fellowship and food  
**10:15am** - Cindy Andrews and  
Pastor David Hill

Cindy Andrews, executive director of Oberlin Community Services and First Church moderator, and Pastor David Hill of First Church will present their views of where the church is headed. **All are welcome.**

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## The Kendalight

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

Consulting Editor: Robert Baldwin

Managing Editor: Elizabeth Aldrich

Proofreaders: Kathy Reichard, Mary Simons

Photos: Lyn Cope, Eleanor Helper, Sally

Nelson-Olin, Gary Olin

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Deadline for the October 2016 issue of *The Kendalight* is September 15. The editors regret that they cannot assume responsibility for errors in content in material submitted for publication.

**Note: Please submit articles by email to our address:**

***Klite600@yahoo.com***

**If no email access, please type article on separate sheet, sign and place in *Kendalight* open mailbox. All articles must carry a signature and telephone number.**



## Dining and Nutrition Services

### Monday, Sept. 5 - Labor Day

Regular hours for meal service are in effect in all Kendal at Oberlin dining rooms on Labor Day.

### Tuesday, Sept. 27 - Ninde Scholars Reception - 5:00pm - AUD

### Watch for sign-up sheets for Solo Diners and SPINACH:

**Solo Diners:** Thursday, Sept. 8, 5:30pm, The Den.

**SPINACH:** Wednesday, Sept. 28, 5:30pm, Penn Room.

### Langston Bistro Dinner Specials

Dining Staff are working to improve flow of service and varied selection for all residents. We need your cooperation.

- All residents are welcome to take a peek at the dinner specials, but if you decide to get one, please remember to be courteous and get in line and wait your turn. Often the line stalls while people “cut in” just to get a special.
- When getting food to go, as always please wait in line to check out at the Langston cash register.
- Be sure to tell the Langston cash register operator if you are checking in for Langston or Fox & Fell to avoid double check-in (which would negatively affect your meal balance).

### Intergenerational Gatherings:

**Thurs., Sept. 15, 3:15pm, Langston.** Make Pinwheels for Peace to fly on International Peace Day with Donna Baznik. Share pinwheel cookies and sing the peace song with Ann Francis -- in Spanish, French, Hebrew and English!

**Thurs., Sept. 22, 3:15pm, Langston.** Caps and Cones with Donna Baznik. Say hello to fall with the reading of “Caps for Sale” -- and some monkey business! Then say goodbye to summer with an ice cream cone.

### Best Bluebird Year Ever: the Final Numbers!!

**Bluebirds:** As reported last month, Kendal’s nest boxes had a record year. In fact, of the 36 eggs laid in seven broods, 35 chicks hatched and survived to fledge. And that’s just Kendal! In Westwood Cemetery 53 eggs were laid and 40 Bluebirds fledged, while in New Russia Township Park and Cemetery 37 eggs were laid and 27 Bluebirds lived to fledge. The cumulative totals for Kendal, New Russia Township Park and Westwood Cemetery is 102 Bluebird chicks fledged from 19 of the 61 boxes on those trails.

**Other cavity nesting species:** 80 American Tree Swallow chicks

fledged from nest boxes on these trails. And while both **Black-Capped Chickadees** and **Nuthatches** raised many chicks from cavities everywhere around us (as any of you who put out feeders know), one pair of chickadees and one pair of nuthatches chose two of the boxes in Westwood Cemetery from which they fledged eight and seven chicks respectively.

Now, just think: If just half of those chicks return (plus their experienced parents) to raise broods again next summer, our nest box monitors will be very busy indeed! *-Nina Love*

### Regular Dining Groups resume in September:

**French** table, Thursdays, dinner in The Den.

**German** table, Tuesdays, dinner in The Den.

**Spanish** table, Wednesdays, dinner in The Den.

**Solo Diners**, 2<sup>nd</sup> Thursday, dinner in The Den, sign-up sheet.

**SPINACH**, 4<sup>th</sup> Wednesday, dinner in Penn Room, sign-up sheet.

If more than one group requests The Den or Penn, best decision is made to accommodate everyone. Memorial family meals receive priority seating.

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

### Something New for Newcomers

A Newcomer Table will meet every Friday at 5:30pm for new residents to socialize and get to know each other. It is an opportunity to join others who are also going through the experience of being a recent arrival. The table will be in the Fox and Fell dining area. There is no need for reservations; just come at 5:30pm and the greeters at the door will guide you to the table.

### Kendal Bus Trip to Great Northern Mall, North Olmsted Saturday, September 10, 10:00am-3:15pm

Sign up for Kendal bus.

**Reminder:** The KORA Transportation Committee schedules a Saturday shopping trip on the Kendal bus to Great Northern Mall or Crocker Park every quarter.

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

