

The Kendalight

Kendal at Oberlin Residents Association

September 2021

Volume XXVIII, Number 9



An Update From Dr. Joyce Benjamin

The world is upside down. In the 1980s “bad” was slang for “good.” In our Delta Covid era, a “breakthrough” is not a good thing; it is a bad thing – not good.

We don’t want to go back to March 2020 – that was **bad** bad, as in **really** not good. But we don’t have to because we have vaccines (a big thank you to medical science). So this month and next month we have some “new normal” prescriptions from our own Dr. Joyce (a PhD, not *that* kind of doctor).

First and foremost, as Sgt. Esterhaus commanded in *Hill Street Blues*, “Let’s be careful out there.” This means let’s

reinvigorate all those hygienic protocols we learned last year:

- Wear good masks and wear them properly.
- Prefer outdoors and when indoors seek good ventilation.
- Avoid crowds.
- Wash hands frequently.
- Use hand sanitizer when soap and water are not available.

Masks: We have become accustomed to wearing masks and some experts advise that even fully vaccinated older people continue to wear masks, especially as we approach the fall season of enforced indoor activity. So wear a good quality, properly fitted mask. KN95 and N95 masks are readily available on Amazon.

Spaces: We should seek to be in non-crowded, well-ventilated spaces, especially when off campus. Our immunizations may have made us complacent. The Delta variant with its extreme viral load and transmissibility

should make us more cautious and draw us back to senior hours and curbside delivery.

Hygiene: My mother used to say, “Cleanliness may be next to godliness, but with my kids it is next to impossible.” Let’s return to frequent hand washing and using hand sanitizers. It will lessen the risk of Covid, flu, and the common cold.

But be careful about advice. The experts said a mask and gloves were enough to go to the store, but when I got there, everyone else had clothes on.

Celebrating Silliness...



Katie Brown, Anne Helm, and May Zitani celebrating Anne’s grandchild Jamie’s arrival in Germany for their Fulbright (delayed due to Covid). Jamie created the pattern and crocheted the flamingo on Anne’s shoulder.

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

The Community-Wide Charrette is a multi-disciplinary workshop with the aim of developing a design or vision for a project or planning activity. Kendal at Oberlin’s Master Planning Task Group is made up of residents, board members, outside community members, representatives from Kendal Corporation, staff, and representatives from HD&S Architects.

The Task Group has been hard at work looking through the wants and needs that were identified through resident surveys and other communication tools. This time together will be focused on sharing some of the design concepts that the architects have developed to address the wants and needs of the community and on obtaining feedback on those design concepts.

~Ann O’Malley

***Check WKAO for last minute changes in location, transportation, restrictions.**

Silliness Correction!

The August *Kendalight* article entitled “Silliness at Kendal” quoted the May 2014 “Nature Sightings” column concerning a UFO (Unidentified Floating Object) referred to as a dragon seen on Triangle pond. The author, Marti(a)n, as he’s known to his friends in the KELC, stands by the sighting. (The “dragon” was a sculpture constructed by Betsy and Tin David. Mounted on a large raft, it floated around Triangle pond for days.)

~Martin Davidoff



Kendal at Oberlin Residents Association

We Kendalites are a resilient, adaptable group of caring, thoughtful residents and staff. The pendulum swinging back and forth between Covid restrictions and opening up has been head-spinning, but we are flexible and coping with it all. Thankfully at this writing, no resident or staff member has become severely ill or hospitalized from Covid.

We recognize the difficulties these restrictions and protocols have caused and appreciate everyone's willingness to adjust and support each other.

Yet during this nearly year and a half of Covid, we have kept up a rich offering of activities and programs from KORA committees, interest and support groups, and individuals. All of this is accomplished by residents and financially supported by KORA, our association.

Every year in September, we ask for your donations to finance activities such as *The Kendalight*, Play Readers, *Eureka!*, Art, Pet Matters, Woodshop, AV, Horticulture, Floral Creations, the phone directory, resident profiles, newspapers in the library, and more. Because Covid restricted programming in 2020, unspent funds were used for special projects like the new computer in the library and a new saw for the woodshop.

Thanks to your generous donations last September, our budget for 2021 was \$37,550 which is supporting resident activities. The budget for 2022 is being finalized soon and expected to be similar.

This month you will receive a letter asking for donations. Your contributions to KORA's annual fund provide every committee, every interest group, every resident with an outstanding array of activities and opportunities which keep this community vibrant.

Fall LifeLong Learning Classes at Kendal

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

The New Supreme Court; Mon., Sept. 13, 20, 27, 10:30am–12:00pm. Kendal resident Jonathan Entin, Professor Emeritus of Law at Case Western Reserve University, will present a three-session course focusing on the fact that the Supreme Court now has three justices appointed by President Trump. This could have significant implications for legal doctrine, the Court, and the nation.

The **first session** will review the Court's 2020–2021 term and preview major cases on the docket for 2021–2022. These include public school students' First Amendment rights, religious rights, the constitutionality of the Affordable Care Act (again), and voting rights. The next term will see major cases on abortion and the Second Amendment and, possibly, the future of affirmative action.

The **second session** will focus on how the Court seems to be transforming the law of religious freedom, trace the history of the Court's treatment of religious liberty, and examine the prospects for change. The current governing test is the 1990 Smith case, which has been criticized by both the left and the right as insufficiently protective of religious liberty. During the pandemic, the Court has taken a somewhat more expansive view of religious freedom that seems to presage a departure from Smith.

The **third session**, on the changing laws on voting rights and elections, will address the current state of the law and consider how the Court might respond to the spate of new laws adopted in the wake of the 2020 election. This session will also consider proposed federal voting rights legislation that has passed the House but has so far been blocked in the Senate.

Contemporary Japanese Art, 1950s–Present; Mon., Oct. 4, 11, 18, 10:30am–12:00pm. Kevin Greenwood, Joan L. Danforth Curator of Asian Art at Allen Memorial Art Museum, presents a three-session course on some of the most prominent artists and movements in contemporary Japanese art.

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

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

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

Coming in November: Join us for a three-session course focusing on environmental issues with resident Terry McGowan and Dr. Rolf Bergman. **Dark Sky, Deep Water, and Global Warming, Tues., Nov. 2, 9, 23, 10:30am–12:00pm.**

We appreciate your continued support of KORA. Place checks made out to KORA in the marked box at the Heiser Reception Desk from September 1 to 21. Thank you very much!

~Mary Behm, KORA President, 2021



Kendal at Oberlin Residents Association

**Next KORA Council Meeting
Thurs., Sept. 16 - 10:00am
Heiser Auditorium* and KOTV**

Interrogating an Obscure Bromeliad about its Carnivorous Life Style in Venezuela’s “Lost World”
Wed., Sept. 15 - 7:15pm
Zoom and KOTV

Few locations on our planet are as poorly explored by biologists as the summits of the flat-topped mountains scattered across the Guiana Shield of northeast South America.

Resident David Benzing describes the

adventure of a group of intrepid botanists as they attempt to discover how an unusual plant endemic to this remote region counters extremely nutrient-impooverished soils by acquiring key nutrients from captured prey.

David is senior research scientist at the Marie Selby Botanical Gardens in Sarasota, FL, where he holds the Jessie Cox Chair for Tropical Botany. He is also Robert S. Danforth Professor of Biology Emeritus at Oberlin College.

Play Readers: *The Velocity of Autumn*
Fri., Sept. 24, 1:30pm; Sat. Sept. 25, 7:15pm
Heiser Auditorium* and KOTV

Alexandra, a woman in her 80s, sits in her armchair surrounded by Mason jars filled with a grayish liquid. The same liquid fills the jar she holds in one hand, a lighter in the other. She has sealed her front door with duct tape and barricaded it with furniture. Chris, her estranged son, can enter no other way than by breaking in through a window.

While this opening tableau may portend doom, do not fear. The play’s humor and poignancy will amuse and move Kendal audiences as they witness the clash occurring when children and a mother strongly disagree on when she should relinquish her home.

The Velocity of Autumn by Eric Coble dramatizes that crisis with wit and wisdom. Ruth Bent and Ted Wolner fill the two roles while Phyllis Gorfain directs.

Time for the KORA Annual Fund Appeal

KORA’s Annual Fund Appeal is Wed., Sept. 1, through Tues., Sept. 21. All expenses for committees, special interest groups, special events, and donations to community organizations are supported by your voluntary contributions.

Please place your checks made out to KORA in the marked box at the Heiser Reception Desk September 1–21. Thank you!

2022 Budget Meetings

- **Wed., Sept. 8 - Initial Kickoff Meeting with Residents on Budget 2022,** 10:00am–12:00pm, Zoom and KOTV.
- **Thurs., Oct. 28 - Budget Update with Residents,** 4:00–5:30pm, Zoom and KOTV.
- **Thurs., Nov. 18 - Final Budget Meeting with Residents,** 4:00–5:30pm, Zoom and KOTV. *~Ann O’Malley, CFO*

**COFFEE HOUR WITH
 BARBARA THOMAS
 FRIDAY, SEPTEMBER 3
 9:30AM - ZOOM, KOTV**

**AFTERNOON EXCHANGE
 BARBARA THOMAS
 THURSDAY, SEPTEMBER 23
 4:00PM - ZOOM, KOTV**

🎵 Music at Kendal 🎵

First Sunday Chamber Music Open Rehearsal
Sun., Sept. 5 - 4:00–5:00pm
Heiser Auditorium*

Stop by and listen to this informal presentation by Kendal residents. It’s a read-through (or rehearsal) for all to enjoy! Protocols limit the number of people who can be in Heiser Auditorium at any one time, but any overflow will be able to hear the music in the hallways and Heiser Lounge.

Allen Huszti Voice Recital
Mon., Sept. 6 - 3:30pm
AUD* and KOTV

Allen Huszti will be accompanied on the piano by Dianne Haley as he sings songs in English by Purcell, Butterworth, and Vaughan Williams.

The recital will be performed in Heiser Auditorium to a limited audience of residents, as well as broadcast live on KOTV. Please join Allen and Dianne for this recital of beautiful love songs and songs of nature.

🚌 Transportation News

Buses to Concerts*

Beginning in October, the Oberlin Conservatory of Music will have live concerts which will be open to the general public. The audience must be masked for these concerts.

Met Opera at Crocker Park*

The Apollo Theater in Oberlin will likely not show the Met Opera’s live transmissions of the Saturday HDTV operas this season. However, Crocker Park will be showing the operas.

Details will be forthcoming about the additional cost of bus transportation since Crocker Park is outside of Lorain County. *~Allen Huszti*

Note: Kendal Transportation has not yet indicated when our buses may be in use again. Transportation is on hold for the present.

Saturday Night Movies 7:15pm - KOTV

Sept. 4 - Out of Africa (1985) In 20th-century colonial Kenya, a Danish baroness (Meryl Streep) has a passionate love affair with a free-spirited big-game hunter (Robert Redford).

Sept. 11 - A Beautiful Mind (2001) After John Nash (Russell Crowe), a brilliant but asocial mathematician, accepts secret work in cryptography, his life takes a turn for the nightmarish.

Sept. 18 - A Royal Affair (2012) A young queen, married to an insane king, falls secretly in love with her physician and together they start a revolution. Danish film.

Sept. 25 - No movie tonight. Watch the Play Readers perform *The Velocity of Autumn* at 7:15pm on KOTV.

Sunday Movies 7:15pm - WSCC

Sept. 5 - The Laundromat (2019) Swindled out of insurance money, a widow (Meryl Streep) looks for answers and finds two cunning lawyers in Panama who hide cash for the superrich.

Sept. 12 - Inherit the Wind (1960) A fundamentalist orator (Fredric March) opposes a liberal lawyer (Spencer Tracy) defending a Darwinist teacher in the 1920s South.

Sept. 19 - What Dreams May Come (1998) A man (Robin Williams) explores a lush, vivid afterlife and tries to reunite with his beloved wife.

Sept. 26 - Great Expectations (1947) A humble orphan (John Mills) suddenly becomes a wealthy gentleman with the help of an unknown benefactor.

Tuesday Themed Films 2:00pm - WSCC

Sept. 7 - The Life Aquatic with Steve Zissou (2004) Oceanographer Steve Zissou (Bill Murray) rallies a crew to exact revenge on a mythical shark that killed his partner.



Art Gallery News

Carol Conti-Entin's exhibit *Hearing the Spider: Nature Photography* has been installed in the refurbished and expanded **Community Gallery**. Her artist talk is on Wed., Sept. 1, at 4:00pm on Zoom and KOTV. Carol finds that making images requires bypassing the ego and the intellect which fancies it can improve upon nature's eccentric perfection. "To lose oneself in nature is to gain the infinitude of the universe."

The **Kendal Gallery** display of the work of textile artists JoAnn Giordano, Kathleen Van Meter, and Ake-mi Nakano Cohn continues until Mon., Oct. 11. The show, *Stitch, Resist, Reflect*, gives us the opportunity to admire the wide variety of materials and techniques used in the creation of these extraordinary pieces. At our Zoom conversation last month, the three artists emphasized their use

Sept. 14 - The Bucket List (2007) Two terminally ill men (Morgan Freeman, Jack Nicholson) escape from a cancer ward and head off on a road trip with a list of wishes to fulfill.

Sept. 21 - The Darjeeling Limited (2007) Three estranged American brothers mourning the loss of their father embark on a spiritual bonding trip across India to visit their mother who's entered a convent in the Himalayas.

Sept. 28 - Forrest Gump (1993) Past history unfolds through the perspective of Forrest Gump (Tom Hanks), an Alabama man with an IQ of 75 who finds himself at the center of various historical events.

Thursday Movie Musicals 2:00pm - WSCC

Sept. 2 - Hairspray (1988) In 1960s Baltimore a plump teen (Ricki Lake) be-

comes an overnight celebrity after she wins a spot on a popular local dance program. Directed by John Waters.

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of natural materials, dyes, and glues, their careful hand stitching, and their inspiration from nature and human experience, as well as the reflective thought that goes into their art.

The Stephens Care Center remains closed to residents living outside of Kendal. We are grateful to Don Parker for allowing us to continue to show his watercolors in the **Friends Gallery**. For the next exhibit, the art committee members will loan works from their own collections, centered on beach scenes and travel.

Joan Long's collection of antique wine glasses as well as a number of decorative glass bowls, all of which belonged to her husband's maternal grandfather, are on view in the **Curio Cabinet**. Some of the glasses are known as Roemer, a type of wine glass that originated in the Rhineland and the Netherlands in the 17th century. They are still being produced today.

The **Marketing display window** now shows a series of Ted Nowick's small whimsical sculptures.

comes an overnight celebrity after she wins a spot on a popular local dance program. Directed by John Waters.

Sept. 9 - Meet Me in St. Louis (1944) A St. Louis lawyer's (Leon Ames) family (Judy Garland, Margaret O'Brien) stays in town for the 1903 World's Fair.

Sept. 16 - Grease (1978) After a summer romance, good girl Sandy (Olivia Newton-John) and greaser Danny (John Travolta) discover they're now in the same high school.

Sept. 23 - My Fair Lady (1964) Oscar-winning adaptation of the Broadway hit about an English professor (Rex Harrison) who teaches a cockney flower-seller (Audrey Hepburn) "to speak like a lady."

Sept. 30 - Dreamgirls (2005) A trio of Black female soul singers crosses over to the pop charts in the early 1960s, facing their own personal struggles.

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

- **Sept. 1** – Things to Consider during Open Enrollment
- **Sept. 29** – How Medicare Advantage Plans Work - Pros and Cons
- **Oct. 13** – Traditional Medicare with Retiree or Commercial Insurance
- **Oct. 20** – Traditional Medicare with Medigap Insurance

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

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

Suggestions and Concerns Committee Meeting
Mon., Sept. 13 - 2:00pm
Crossroads Room*

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

Masks for the New Normal

Get New – From box at Heiser Reception Desk.

Customize – Call Joyce Parker for alterations appointment.

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

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**

Wellness Support Network Workshop Scheduled for October 6

Here’s another situation a resident might experience:

Resident A: I don’t need a wellness support network. My daughter in Seattle knows what I want.

Resident B: That’s very nice, but she won’t be able to drive you to the hospital if you fall and cut your head on a weekend evening. Feel free to call me if you need something. If I’m here, I’d be happy to drive you and stay while they fix you up.

The Thoughtful Health Conversations Group Wellness Support Subcommittee has a possible solution. Our mission is to encourage residents to choose a few friends who agree ahead of time to help them in times of medical emergency or with other health-related needs, thus forming their Wellness Support Network. We would like to designate October as Wellness Support Month.

At our workshop on **October 6, 10:30–11:30am in Heiser Auditorium,*** anyone who is interested can learn more about forming a Wellness Support Network for him/her/themself.

We will talk about situations in which help might be needed, how to invite someone to be part of your Network, and whom you might invite. Attendees will hear how a resident successfully formed and used her own support network.

Save the date and look at the October *Kendalight* for more details. We will also make a short presentation at the September 23 Exchange. ~Sandi McClellen



There will be two opportunities to paint (watercolor) this fall:
Tues., Sept. 21–Oct. 12, 3:00pm, Art Studio
 Four-week class for those who want to try watercolor painting for the first time (or for those who want practice in watercolor basics).

Tues., Oct. 26–Nov. 23, 3:00pm, Art Studio
 Five week workshop for producing watercolor landscape and still-life miniatures that could be used for greeting cards or for tabletop display. For those with some previous experience in watercolor. Class size is limited to six due to room limitations. Contact Don Parker with questions or to hold a spot in one of these classes.

In August, the Clay Workshop created shapely square boxes with matching lids. You may be able to see the glazed results about September 18. In October we plan to use acrylic paints for some crafty projects. Those possibilities will appear on the bulletin board outside the Art Studio. Questions? Ask Joyce Parker.

KENDAL RESALE SHOP

Benefitting Kendal Residents Assistance Fund (RAF) and Community Charities

SHOP!

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

DONATE!

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

Given to RAF year-to-date:

Total contribution: \$15,550.



Event Links

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

More About Kendal's Residents



Elizabeth Swenson

Most of my life I've lived in Northeast Ohio, mainly Shaker Heights.

I started college at the University of Rochester hoping to be a flute major. But when I arrived, I soon realized that I had an inflated view of my ability, so I switched to psychology and never looked back.

When I had completed two years of college, I married my high school sweetheart, Paul Swenson, and transferred to Tufts University near where he was a graduate student at MIT. Before I graduated from college, we had our first child, Karen Beth, who went to Oberlin College and now teaches judicial politics at Eastern Illinois University.

Paul's life-long ambition was to work for General Motors, so our next home was in Royal Oak, MI. Our second daughter, Connie Patricia, was born there. She is now a freelance

editor in Pepper Pike.

After two years we returned to Cleveland, and Paul and his father started up their own business. Meanwhile I began graduate school at Case Western Reserve University while our third daughter, Kirsten Joan, was born. She teaches art history at the University of Massachusetts, Lowell.

Since I was not mobile, I took the first psychology teaching job I could find, at John Carroll University, which I loved and where I stayed for 46 years.

I had always considered going to law school, so I took a few courses at Cleveland Marshall College of Law when my two oldest were in college. Not many people really enjoy law school, but I was one of the few. Luckily, after a stint clerking for a federal district court judge, I could change my teaching area to forensic psychology.

Although I will continue to teach online and to work on college accreditation, at Kendal I hope to do more writing, flower arranging, attending Cleveland Orchestra concerts, sewing, trying out creative art, taking Oberlin College courses, and making new friends. Janet Larsen, a current Kendal resident, and I have traveled the world together, so perhaps we can do that again.



Smart Giving! What Are Charitable Gift Annuities?

Beginning in the 19th century, Americans have enjoyed being philanthropic while maintaining life-long income for one or two persons by creating gift annuities. Distinct from commercial annuities, gift annuities are simple contracts between one or two donors and a nonprofit organization they plan to assist. Gift annuities provide retaining life income payments for one or two people; a promise that the remaining funds after death will support the nonprofit organization; and current-year income tax deduction (subject to income tax law).

Kendal's gift annuity information can be found in the "gratitude rack" near Langston, opposite the open mailboxes. Sample rate tables are provided.

A Gift Annuity Seminar will occur at Kendal in February 2022. In the meantime, for a personalized illustration, please contact Ann O'Malley. A gift annuity may be arranged any time, at the convenience of the donor(s).

Candidates in Conversation

2021 Oberlin Community Candidates Night Wed., Sept. 29 - 7:00-9:00pm First Church Meeting House*

This year Oberlin Community Candidates Night will once again take place in the First Church meeting house! Candidates for Oberlin City School Board and the Oberlin City Council have been invited to participate in this nonpartisan question and answer forum, open to all. As in the past, audience members will be invited to ask questions of the candidates, in addition to those asked by the Moderator.

Due to the ongoing pandemic, both in-person and remote access to OCCN will be offered. The event will be limited to 140 in-person attendees, but the forum will be livestreamed and recorded for those who cannot attend. If Covid conditions change, the program may be presented as a virtual event.

Face masks and physical distancing will be required in the Meeting House. There will be no refreshments served and the usual pre-forum reception will not be held.

OCCN is a nonpartisan event with a long-standing tradition that encourages informed and active participation in government by facilitating voter engagement. A coalition of Oberlin community groups (including League of Women Voters Oberlin Area and Kendal at Oberlin) has cosponsored this volunteer event for more than 30 years.

Recent Move-Ins

Elizabeth Swenson from Shaker Heights, OH, in early August.

Elizabeth "Betsy" Allen from State College, PA, in mid-August.

Nancy Amstutz from Natick, MA, in mid-August.

Get Ready to Vote

Make sure your voter registration is up to date.

You must be registered by October 4 to vote in the November 2 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.

Apply for an Absentee Ballot.

The deadline for submitting Absentee Ballot Requests is three days before November 2. But do it now so the Board of Elections isn't overwhelmed with Absentee Ballot Requests in October!

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.

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 5, 2021.

4. **Track the status** of your application at the LCBOE website.

Questions? Please contact Ann Francis or Mary Van Nortwick.

When you receive your ballot, fill it out soon, and send it back to the Lorain County Board of Elections. Don't let a pandemic, post office problems, or fewer voting sites cause you to miss your opportunity to vote.

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

- Vote early in person at the Lorain County Board of Elections starting on October 5 (1985 North Ridge Rd. E., Lorain, Ohio 44055).
- Vote on Election Day, November 2, from 6:30am to 7:30pm, at the New Russia Township Hall.

Library book overdue?

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

Thanks!



Kendal Kryptogram #198 - by Nina Love

TL'Z APL LGC ZLKPAHCZL PQ LGC ZYCETCZ
LGNL ZXKMTMCZ, APK LGC VPZL TALCOOTHCAL
JXL LGC PAC VPZL KCZYPAZTMC LP EGNAHC.

Free Classical Music CDs!

(Donation to RAF Suggested)



Classical CD Giveaway to Benefit the RAF

Mon., Aug. 30–Sat., Sept. 4

Residents and staff are invited to take home classical music on hundreds of CDs displayed in the Heiser Lounge. The Kendal Resale Shop asks that you simply leave a donation to benefit the Residents Assistance Fund. Contributions can take the form of either cash or a check made out to Kendal at Oberlin (please add "KRS" to the memo line). The huge KRS sale includes instrumental music from symphonic to chamber to solo performances. Vocal music includes full operas to operatic solos to performances by great choral groups. Most of the CDs are used, of course, but you'll find many brand-new CDs still sealed, rare historic recordings, boxed sets, and more.

Looking for Someone?

You'll find profiles of all residents, newcomers and old-timers, in "Who's Here" on the library center bookcase.

Changing a Date for an Event?

Notify *The Kendalight* and WKAO so we can update your announcement on the website or elsewhere!

Solution to Kryptogram #197: "You don't stop laughing when you grow old; you grow old when you stop laughing." ~George Bernard Shaw

~EGNKOCZ BNKRTA



Strategic Planning Update

The pieces are beginning to come together for the Strategic Plan 2022-2026. The Strategic Planning Committee has researched emerging trends, engaged residents and staff in a variety of ways, and collated and studied this input.

In September, the Committee will meet with KORA Council to hear their ideas about opportunities and challenges for the next five years. Later in the month, the committee will engage Oberlin leaders to receive their concerns and hopes and learn how they see Kendal contributing positively to the future of the Oberlin community.

This month, the drafting committees will begin working on the major topics the plan will address. Each writing group will be convened by a member of the Committee, and will include staff and resident representatives.

~Gary Olin, Vice Chair,
Strategic Planning Committee

Health Services Forum

Wed., Sept. 22 - 4:00pm - Zoom

Kendal's quarterly Health Services Forum has returned!

Our topics include:

- Supports for Neighbors in Need/
How the Continuum of Care Works
- Building Mental Health Resiliency
- Covid Boosters
- Q and A with our Medical Director

Newcomer Interviews

Wed., Sept. 15 - 4:00pm - KOTV

The Newcomers Committee is resuming its monthly interviews with new residents. Although the Kendal community now has more opportunities to meet up, mingle, and dine together, these interviews provide an opportunity for the whole community to learn more about our newest residents. We hope you will continue to enjoy these televised interviews over the coming months.



Encore Programs - Mondays - 7:15pm - KOTV

Missed a program you'd hoped to watch? Want to re-watch a particular favorite? Many of our programs that take place over Zoom are recorded. If you have specific programs you'd like to see, contact Mary Van Nortwick. Mary and fellow coordinator Ken Cheek will do their best to accommodate special requests!

Sept. 6 - Tennyson, Browning, and Sonorities of the English Language

Bob Longworth, Oberlin College Professor Emeritus of English, reads a poem by each of these Victorian poets and reflects on how in different but effective ways they drew on the strengths (and overcame weaknesses) of their native tongue in order to enrich and deepen the meanings of their poems. *(From March 29, 2021)*

Sept. 13 - The Botanical Response to Global Change: Multidimensional and Too Serious to Have Received So Little Publicity

David Benzing, Oberlin College Professor Emeritus of Biology, talks about how plants behave individually and as key components of biological communities and ecosystems. Climate change is only one dimension of a human-induced multidimensional phenomenon labeled by scientists as global change, the individual components of which to varying degrees and by different means are eroding Planet Earth's bio-support capacity. *(From Nov. 16, 2020)*

Sept. 27 - Modeling Climate Change Using MIT's EnRoads Tool

Tamara Risser, environmental engineer and activist in Portland, ME, invites audience participation and uses the tool to show the estimated extent to which different actions – such as planting trees – would impact climate change. This model has been used by the UN in climate talks and is endorsed by, among others, Bill Nye, the Science Guy. Website: www.climateinteractive.org/tools/en-roads/ *(From Jan. 11, 2021)*



Smart Giving!

Do Larry King and Michael Jackson Share a Similar Dilemma?

Mon., Sep. 20 - 7:15 pm - KOTV

Tales from the Crypt In one of Kendal's past programs, Catherine Gletherow explains how to avoid costly mistakes in estate planning.

Climate Query



Did you know that advances in attribution science have clarified how climate change is making floods, fires, and heat waves worse? Attribution studies matter because we prioritize what's local and immediate. One such study has quickly concluded that global warming made the recent lethal heat wave in the Pacific Northwest 150 times more likely to occur. That awareness can galvanize action. **To receive information from the Environmental Concerns Committee, ask Ted Wolner to add your name to his mailing list.**



*The Kendal at Oberlin Residents Association thanks
Fran Cooper and Anne Martin
For 7 years of service as
Chairs for the Bulletin Board Committee
And welcomes Dorothy McIntyre to that position*

From the John Bartram Arboretum: Our Invasive Plants

Any arboretum must work to control invasive plants. This is especially true at our John Bartram Arboretum where we have enjoyed the beautiful spring bloom of the Callery pear trees in front of the Heiser entrance year after year. But this invasive species has seeded out in areas like Wildflower Hill and along the wooded edges on our community's perimeter drive. The trees need to be removed. Hopefully, residents will tolerate the removal work this fall, knowing that much thought has been given to the new landscape design for the Heiser entrance.

The invasive plants in the Arboretum include the Canada thistle (*Cirsium arvense*). Listed as a noxious weed by the Ohio Dept. of Agriculture, it was introduced to North America in the 1600s from eastern and northern Europe and western Asia. The thistle is capable of sending out lateral roots from its main root and its seeds can be viable for up to 20 years. But it has a hollow stem down into the root, and a drop of herbicide directly into the root

can help destroy it without getting any herbicide on other plants. And hand cutting of individual plants before seeds mature helps prevent its spread.

English ivy, burning bush, bamboo, purple loosestrife, and periwinkle are other problem plants. Although they may look lovely, these plants can take nutrients from the soil and change the Ph level, making it difficult for the native plants to survive. Unlike the nonnative plants, the native plants provide nutritious food for many insects, birds, and other animals in our environment. OSU Extension Agent Craig Everett notes that nonnative bush honeysuckle produces less-nutritious berries than the native dogwoods and highbush cranberries it displaces. This has caused cardinals, Ohio's state bird, to be genetically less fit.

The glossy buckthorn is one of the worst nonnative invasive species. We have fought it on our Kendal campus for decades. It aggressively invades fields and forests, leafing out earlier than most of our noninvasive trees. Work is underway on our campus to remove buckthorn from wooded areas under renewal to let in the sunshine



Purple loosestrife.



Canada Thistle.

needed for spring ephemeral plants.

We need to prohibit the growth of invasive species in order to protect native plant species. We have wonderful resident volunteers working to control our invasive plants, Arlene Dunn in Phase 3 and the Buttonbush Bridge area, and Jill Wettersten on Wildflower Hill, to name a few main folks.

To be contacted about helping in these efforts, sign up on the sheet on the Arboretum display table in Heiser Lounge.

~Anne Helm for the
Arboretum Committee

Program Committee Notes

And so we come to a new year of programs at Kendal, hoping that some of them can be run in Heiser Auditorium with a KOTV broadcast. We have learned that programs can be successfully Zoomed from near and far. Whatever the presentation mode, we are working to develop a list of engaging events.

We need your help! Do you have an idea for a program or a favorite professor with a program to share? Do you know someone willing to share a career interest or experience? Or an organization that would share its work? We do not pay our presenters, but we can give them an appreciative audience.

Are there past programs that you

would like to see again? Our Encore Programs have received good reviews over the summer.

Ask Carol Harvey to place you on her email list to receive weekly links for upcoming programs.

There are many moving parts to getting a program out to the community. We are always looking for folks who would like to help us plan programs or provide technical assistance (Zoom tech, video editing). If you would like to join us – even if for a trial – please let me know.

I am grateful for the support of the Kendal community, and most especially to our Program Committee team. And I would be very grateful for any suggestions, ideas, or offers to help that you can send our way.

~Shirley Taylor, Chair

Dementia Friendly Discussion Group Fri., Sept. 24 - 10:30am Green Room* and Zoom

We will meet in the Green Room, if permitted. If you prefer joining us via Zoom, contact Carol Bojanowski to get the link. **All are welcome!**



Dr. Alan Power's sixth component of well-being is **GROWTH**. Many people see cognitive changes as a devastating, hopeless condition. Yet even though this condition can slowly deteriorate, people with cognitive changes can learn new skills and find joy in their lives. It's important to support people with cognitive changes to learn new activities that bring them joy. **STAY CONNECTED.**

Saturday Walks

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

- **Sept. 4** Vermilion River - Bacon Woods
- **Sept. 11** Rowland Preserve
- **Sept. 18** Carlisle - Meadow Loop
- **Sept. 25** Wellington Reservation

Questions? Contact Phil Pritchett.

Table Tennis Has Returned

Regular hours for table tennis have been set for Wednesday, Friday, and Sunday from 10:00am to 12:00pm in Heiser Auditorium. Come and play! All are welcome!
~*Sidney Rosenfeld*

KaO Fall 2021 Bocce Tournament

Our bocce tournament will start again in early September. Those interested in playing, please sign up (teams or individuals) on the sign-up sheet in Heiser Center by the open mailboxes, or contact Joe Colucci.

We will try to match up singles. No experience needed. It is fun to play and good social exercise.

Virtual LeadingAge Ohio Arts & Writing Resident Show Deadline for Submissions: September 20

LeadingAge Ohio is the website and its Gather Voices is the platform where contributions from Kendal's artists and writers will appear this year. Choose your favorite art work, poem, essay, or short story created during the 2020–2021 pandemic.

Plan to send art photo or writing electronically to LeadingAge Ohio for inclusion. **Reminder: deadline is September 20.** See LeadingAge flyer posted on the resident bulletin board.

Need more info?

- ART AND CRAFTS: contact Don Parker (parkerdon@oberlin.net or Box 92).
- WRITINGS: contact Thelma Morris (theljeanmorris@oberlin.net or Box 38) or Anne Palmer (acpalmer1904@gmail.com or Box 100).



2021 Walk to End Alzheimer's Sat., Sept. 18 - 8:30am Crushers Stadium, Avon

The Walk is back! Join the Kendal at Oberlin team of residents and staff for the 2021 Walk to End Alzheimer's. Cognitive change and dementia have impacted all of us in some way. The Alzheimer's Association leads the way to end Alzheimer's and all other dementia by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Come walk for fun and to show our support.

Entry: 8:30am. Ceremony: 9:15am. Transportation will be provided to Crushers Stadium in Avon.

Look for the "Purple Flower" bulletin board in September or call Kim Preston for more information.

Let's Dance!

English Country Dancing

Live music by band *Consensus*
Sundays - 7:15pm
Lot 4 or Education Center*
Contact: Judy Cook.

Square Dancing

Tuesdays - 4:00pm
ON HOLD
Contact: Jeanne Berger.

UU Gathering: Creating Resilience Wed., Sept. 15 - 4:00pm - Zoom

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

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

And so are we!

All are welcome.

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

Church Services on WSCC

First Church in Oberlin UCC
Sundays, 10:00am

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

Christ Episcopal Church
Sundays, 12:30pm

The **Kendalight**

Monthly newsletter of the
Kendal at Oberlin Residents Assn.
600 Kendal Dr., Oberlin, OH 44074
Managing Editor: Elizabeth Aldrich
Associate Editor: Suzanne McDougal
Proofreaders: Kathy Reichard, Mary

Simons
Photos: Sally Nelson-Olin, Gary Olin

- Deadline for the October 2021 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 *The Kendalight* open mailbox.
- All articles must carry a signature and telephone number.



Dining and Nutrition Services



Dining Matters

We are in the midst of a trial period, using Dining Dollars as we explore the options of the Choice Meal Plans. The decisions we will make on September 19 lock us into a plan for the next quarter.

Dining venue, dining menus, and dining options will continue to evolve depending on a host of factors – many beyond our control.

Dining Dollars have allowed us to pay for individual items (à la carte) rather than ordering a complete meal. We now have fewer extra charges on our monthly statements for the odd bagel or ice cream that we picked up on a whim. We are selecting only those items we really want rather than eating a traditional three-course meal.

This “point of sale” part of the Choice Meal Plan has allowed flexibility and fairness; it is more in line with meal plans at other life plan communities.

We pay our monthly fee and Kendal uses that fee for operating costs including dining. Our Dining Dollar allocation is the amount budgeted by Kendal for our contracted meal a day. Our contracts do not specify that Kendal should or would refund any of that allocation, but the tiers that we have been trying out do just that – provide a credit based on the tier selected. The credit is basically a refund for the cost of the raw food we elected to forgo.

This part of the Choice Meal Plan is still being evaluated. It has caused concern among residents who think this is a way to reduce their monthly fee while other residents think they must spend all their Dining Dollars to “get their money’s worth.” The impact of the Choice Meal Plan on Kendal’s operating budget is still being evaluated to ensure long-term sustainability in options and design.

Food for Thought Meet Avery Harssema

I had the pleasure of talking to Avery Harssema, one of our waitstaff. After graduating this year from Oberlin’s Joint Vocational School, he is now attending Lorain County Community College, studying Game Design and Game Theory. His hope is to get his degree and work in a company in Silicon Valley. This has been his great interest for years.

Avery loves working at Kendal and has set his college schedule so he can continue to do so. He really enjoys talking to our residents and finds their work life very interesting.

Please introduce yourselves to Avery and chat with him.

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

Did You Know?

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



5/24/21 to 8/5/21

Nature Sightings

5/24, **Chipping Sparrow** with **Red Mohawk**, near #65, Larry Porter; 5/24, **Albino Squirrel**, behind #13, Maureen Bailey (hskp); 5/24, **Red Squirrels**, in woods behind pool, Maureen B.; 6/1, **Kingbird**, **Brown Creeper**, Farmer’s Pond, Charlotte Elsner; **Red-Eyed Vireo**, singing in Whittier woods, Maureen B.; 6/8, **Great Crested Flycatcher**, calling from tree behind #23/24, Maureen B.; 6/8, **Monarch Butterfly**, near Education Center, Anne Martin; 6/8, **Red-Spotted Purple Butterfly**, near #80, Anne M.; 6/21, **Northern Flicker**, in front of #11, Joan Long; 6/22, three male **Rose-Breasted Grosbeaks**, #210 feeder, Lee Hefner; 6/29, **Monarch**

Butterflies and **Chipping Sparrow**, #65, Larry and Marjorie Porter; 7/10, two **robins** fledged from nest for total of ten this year, #11, Joan L.; 7/16, **Baltimore Orioles**, Rock Pond area, Mary Van Nortwick; 7/23, **Red Squirrel**, crab tree behind #65, Larry P.; 7/23, pair of **Indigo Buntings**, opposite Lot 8, Prudy Hall; 7/24, **Great Blue Heron**, rock in Farmer’s Pond, Prudy H.; 7/29, **Chimney Swifts**, foraging Lot 3, Maureen B.; 8/3, **Snapping Turtle**, near #128, Prudy H.; 8/5, large kettle of **Turkey Vultures** (25-30), Lots 2 & 3, Maureen B.; **Green Heron**, in water behind Phase 3, Tom van Nortwick.



Low-Vision Support Group Audio Presentation Retina Specialist on Macular Degeneration and Other Conditions Fri., Sept. 10 - 1:30pm - Green Room*

Where to Find Contact Info

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

SUN	MON	TUE	WED	THU	FRI	SAT
<p><u>First Church Service</u> 10:00am WSCC</p> <p><u>RC Mass</u> 11:15am WSCC</p> <p><u>Christ Episcopal Service</u> 12:30pm WSCC</p> <p><u>Film (see page 4)</u> 7:15pm WSCC</p> <p><u>English Country Dancing</u> 7:15pm Ed Ctr / Lot 4</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Documentary</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Themed Film (see p. 4)</u> 2:00pm WSCC</p> <p><u>Square Dancing</u> 4:00pm ON HOLD</p> <p><u>Downton Abbey</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>News Currents</u> 3:00pm WSCC</p> <p><u>SCC Council</u> 4:00pm WSCC 9/1 & 9/22</p> <p><u>Song Swap</u> 7:00pm Zoom, KOTV</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Musical Film (see p. 4)</u> 2:00pm WSCC</p> <p><u>Great Courses</u> 7:00pm WSCC</p>	<p><u>Chronicle News</u> 10:00am WSCC</p> <p><u>Art History</u> 2:00pm WSCC</p> <p><u>Ken Burns Baseball</u> 3:00pm WSCC</p>	<p><u>Saturday Walk</u> 9:00am Heiser</p> <p><u>Book Reading</u> 1:30pm WSCC</p> <p><u>AA for You?</u> 7:00pm Ed Ctr</p> <p><u>Film (see page 4)</u> 7:15pm KOTV</p>

September 2021

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

1	2	3	4	5	6	7	8	9	10	11			
<p><u>Insurance Workshop</u> Donna Weber 10:00am Zoom, KOTV</p> <p><u>Artist Talk:</u> Carol Conti-Entin 4:00pm Zoom, KOTV</p>		<p><u>Coffee Hour with BT</u> 9:30am Zoom, KOTV</p>			<p><u>Allen Huszti Voice Recital</u> 3:30pm AUD, KOTV</p> <p><u>Encore: Tennyson, Browning, and Sonorities of the English Language</u> 7:15pm KOTV</p>		<p><u>Initial 2022 Budget</u> Ann O'Malley 10:00am Zoom, KOTV</p>		<p><u>Low-Vision Group Retina Specialist</u> 1:30pm Green Rm</p>				
12	13	14	15	16	17	18	19	20	21	22	23	24	25
	<p><u>LLL Class</u> New Supreme Court Jonathan Entin 10:30am Zoom, KOTV</p> <p><u>Suggestions, Concerns</u> 2:00pm Crossroads</p> <p><u>Encore: Botanical Response to Global Change</u> 7:15pm KOTV</p>		<p><u>Kendal Newcomers</u> 4:00pm KOTV</p> <p><u>UU Gathering: Creating Resilience</u> 4:00pm Zoom</p> <p><u>Bromeliad in Venezuela's "Lost World"</u> David Benzing 7:15pm Zoom, KOTV</p>	<p><u>KORA Council</u> 10:00am AUD, KOTV</p>		<p><u>Walk to End Alzheimer's</u> 8:30am Crushers Stadium, Avon (Transportation available, see p. 10)</p>		<p><u>LLL Class</u> New Supreme Court Jonathan Entin 10:30am Zoom, KOTV</p> <p><u>Encore: Do Larry King and Michael Jackson Share a Similar Dilemma?</u> 7:15pm KOTV</p>	<p><u>Grief Support Group</u> 10:00am Green Rm</p>	<p><u>Health Services Forum</u> 4:00pm Zoom</p>	<p><u>Exchange with BT</u> 4:00pm Zoom, KOTV</p>	<p><u>Dementia Friendly Discussion Group</u> 10:30am Green Rm, Zoom</p> <p><u>Play Readers: The Velocity of Autumn</u> 1:30pm AUD, KOTV</p>	<p><u>Play Readers: The Velocity of Autumn</u> 7:15pm AUD, KOTV</p>
26	27	28	29	30	<p>For details, links, and last-minute scheduling, see WKAO and the KORA Calendar.</p>								
	<p><u>LLL Class</u> New Supreme Court Jonathan Entin 10:30am Zoom, KOTV</p> <p><u>Encore: Modeling Climate Change</u> 7:15pm KOTV</p>		<p><u>Insurance Workshop</u> Donna Weber 10:00am Zoom, KOTV</p> <p><u>Oberlin Community Candidates Night</u> 7:00-9:00pm First Church</p>										

* Check WKAO for last-minute changes in location, transportation, and restrictions!