

The Kendalight

Kendal at Oberlin Residents Association

April 2013

Volume XX, Number 4



KatO 20th Anniversary: Create, Participate, Celebrate, Anticipate

These are four key words as we move forward through the year. We hope to encourage many ways to honor those founding staff and residents who had the vision to **create** Kendal at Oberlin. We hope that everyone in the community will **participate** in activities that will both preserve and extend that vision as we learn about and work to enhance ourselves, our community, and our world. We will **celebrate** throughout the year all that has been done and all that we have been given by joining together in poetry, story-telling, music, theater, dance, fun and games. And we actively **anticipate** a future rich with promise, just as the founders did with the dreaming, planning, and working that gave us the foundation for our home. We are moving forward, as the arrow in the anniversary logo shows, to enhance and extend Kendal's place within the community.

This month, as you can see in related articles, we are starting a 20th Anniversary Memory Book, raising funds and having fun with the RAF, joining the Art Committee in the hanging and dedication of Bob Cothran's mural, exploring issues of aging with Dennis McCullough, being honored by the Oberlin College and Conservatory Bonner Center, and enjoying ourselves with our Spring Fling. Make sure to check out the display case next to the KatO's Admissions & Marketing office to see our "Featured Founders." We will continue to rotate the display every few weeks.

And if you or a committee on which you serve has any ideas you would like to add to the calendar, please contact either Bob Longsworth or Donna Baznik.

Annual SPRING FLING: A Night at the Beach! Saturday, April 27, 7:00pm 'til 10:00pm



Mark your calendars now! You won't want to miss this Gala Event. There will be fish swimming around the Heiser Auditorium and Lounge, so be prepared! Dress is casual. We'll have games, music, dance and food. Fun for all! Le Flamingo Café opens at 9:00pm. Please bring your favorite tasty and healthy snacks early to the table outside Fox and Fell.

**COFFEE HOUR WITH
BARBARA THOMAS
THURSDAY, APRIL 11
9:30AM - LANGSTON**

**AFTERNOON EXCHANGE
MONDAY, APRIL 29
4:00PM - AUDITORIUM
BARBARA THOMAS**

 **Lecture:
"Slow Medicine"**

**Dennis McCullough, MD
Mon., April 15 - 7:15pm - AUD**

Dr. McCullough says "slow medicine" is not a plan for getting ready to die. It is a plan for caring, and for living well, in the time you have left. His 2008 book "My Mother, Your Mother" speaks to his vision of better care for elders that can unite families in preserving quality of life in the face of difficult and accumulating health conditions.

**Overview of Kendal at Oberlin's
Organizational Structure
Mon., April 22 - 4:00pm - AUD**

Barbara Thomas, Ann O'Malley, Laurie Dupee, Stacy Terrell and Lynne Giacobbe will provide information on related entities including The Kendal Corporation, Kendal Northern Ohio, Kendal at Home, and Senior Independence. It will touch on operating principles, board oversight and areas where our operations overlap, and also offer brief program updates on Kendal at Home and Senior Independence.

FROM KORA COUNCIL

We look forward to Dr. Dennis McCullough's presentation and discussion of "Slow Medicine" on April 15. His visit prompts a review of the great work already being done by KORA's Care and Nurturing Committee, nearly always in cooperation with Stephens Care Center (SCC) Staff.

The **Care and Nurturing Committee**, chaired by Connie Bimber, works through its seven subcommittees, almost all of which could use more person-power:

- **Buddy System:** (Gay Fischer) encourages residents who live alone in cottages or apartments to choose a "buddy" and develop a mutually convenient signal or contact plan, so each person is checked on once a day. (See article on Buddy Captains on p. 9.)
- **Hospitalization:** (Nancy Cooper and Joanne Busiel) recently completed its periodic effort to collect from residents (who wish to do so) the names of (a) person(s) that resident would like to be notified if they are hospitalized. The file is housed in the Social Services office, which will notify the committee if such support is needed.
- **Medical Companions:** (Don Norenberg) maintains a list of residents who are willing to accompany other residents, usually from SCC, to off-campus medical visits.
- **Memorial Services:** (Ardith Hayes and Nancy Garver) helps plan memorial services for deceased residents, usually working with their families.
- **SCC Shoppers:** (Connie Bimber) shop weekly for small items for SCC residents.
- **Supporting Friends:** (Margaret-Ann Ellis, Connie Bimber) in close cooperation with Social Services and the Director of Nursing offer companionship and aid, such as helping with mail, visiting, and writing letters to the bereaved. They have been trained in end-of-life care and care for the very ill, for residents and their families. They also interact with socially isolated residents.

Spring LifeLong Learning Classes in Heiser Auditorium

Cleveland's Great Millionaires' Row. A popular storyteller tells about the day-to-day lifestyles, fortunes and tragedies of the families living in the grand Euclid Avenue homes from 1875 to 1930. Dan Ruminski, Cleveland area historian and storyteller. Thurs., 10:30am to noon, **April 4** (1 session). Fee \$10.

(class #4921)

Public Ritual and Private Devotion: Saints, Images, Pilgrimages and the Rosary in Christianity. An exploration of important aspects of Christianity as a lived tradition on community and personal levels, particularly in the Middle Ages, but with aspects of later times included. One session will be a guided visit to the Allen Memorial Art Museum's "Religion, Ritual and Performance" exhibit. Grover Zinn, Professor Emeritus of Religion, Oberlin College. Tues., 4:00 to 5:30pm, **April 23 to May 14** (4 sessions). Fee \$20. (class #4959)

News & Views. Major foreign affairs topic taken from the latest "Great Decisions" briefing book published by the Foreign Policy Association. Fri., 10:30am to noon, Fern and Jay Ingersoll on Myanmar and Southeast Asia, **May 3**. No fee or registration.

Cambodia and Vietnam: Angkor Wat and Eight Days on the Mekong A travelogue featuring two countries that share much tragic history and are working hard to improve infrastructure, education and health care. Includes Angkor Wat, with its thousand temples, and villages alongside the Mekong or floating on it. Judy Riggle, Oberlin resident and world traveller. Thursday, 4:00 to 5:30pm, **May 30** (1 session). Fee \$10. (class #2020)

For more information, call The Center for LifeLong Learning at 366-4148; to register by phone, call Lorain County Community College at 366-4067.

• **Wheelchair Brigade:** (Margaret-Ann Ellis) accompanies wheelchair-bound residents, primarily to programs in Heiser Auditorium.

If one or more of these activities appeals to you, please contact the chairs, as noted.

Building on the base of the work of these committees, we hope to learn from Dr. McCullough more about the experience with "Slow Medicine" at Kendal at Hanover that might be relevant here. For example, in his book, "My Mother, Your Mother," he describes "Circles of Concern" and "Advocacy Teams" primarily in terms of family members. What might he suggest for us and our Kendal "family?" What might we be doing, or doing better, in ways that do not add burden to staff?

I hope you can read his book before he comes, and join in our discussion, so we can best profit from his experience.

-Don Reeves, KORA President

News & Views

Fri., April 5 - 10:30am - AUD

Eve Sandberg, Chair, Oberlin College Politics Dept., will be the discussion leader for China in Africa, based on the Foreign Policy Assn. briefing book "Great Decisions." Sponsored by The Center for LifeLong Learning. No registration or fee. All are welcome.

"The Final Chapter: Unfinished Business and Beyond"

Tues., April 9 - 10:30am - AUD

Anthony J. Wilgus, Associate Professor of Social Work at The University of Findlay, will tell us how examining the final miles and contemplating death and beyond can be liberating. This is the last of five lectures in his series "Miles to Go Before I Sleep: Reflections on Life." Professor Wilgus invites interested residents to share lunch with him following the morning presentation to continue the discussion.

PROGRAMS

LECTURES

First Thursday Health Lecture “The Different Faces of Park- inson’s: Coping and Caring” April 4 - 7:15pm - AUD

Speakers Carolyn and Bob Parker, MD, are co-chairs of the Parkinson’s Support Group at Kendal/Crosslands communities in Kennett Square, PA. Bob (Kendal resident Don Parker’s brother) has Parkinson’s and so speaks from a personal as well as a physician’s perspective. Carolyn provides the perspective of a caring partner.

Carolyn and Bob have been part of the Parkinson’s Support Group at Kendal/Crosslands since it was initiated in 2008 and have provided leadership for the group for the last three years.

Fourth Thursday Lecture “Svalbard: an Arctic Archipelago” April 25 - 7:15pm - AUD

David Cothran will talk about his work and travels in the High Arctic. He has worked for Lindblad Expeditions-National Geographic since 1993 and is Kendal resident Bob Cothran’s son.

Oberlin College Convocations

Tuesday, April 2 - 7:30pm - Finney An Evening with Dr. Lisa Randall

As one of the most-cited physicists studying theoretical particles, Dr. Randall’s research into dark matter and extra-spatial dimensions has greatly improved our understanding of the Standard Model of particle physics. The Harvard theoretical physicist’s latest book is “Knocking on Heaven’s Door: How Physics and Scientific Thinking Illuminate the Universe and the Modern World.” **Free, no ticket required. Sign up for Kendal bus.**

Tuesday, April 9 - 7:30pm - Finney An Evening with Maya Lin

A graduate of Yale University, Maya Lin redefined the idea of the monument with her Vietnam Veterans’ Memorial, then went on to create a remarkable body of work that encompasses large-scale installations, intimate studio artworks, architecture, and memorials. **Free, no ticket required. Sign up for Kendal bus.**

LUNCH BUNCH

Harvest Café, Grafton Wednesday, April 10

This nearby restaurant has a menu offering a wide array of choices including home-made soups, a variety of salads, sandwiches and desserts. Bus leaves Heiser at 11:30am, returning about 2:15pm. Bus charge: \$7.00. Lunch at your expense. Place check to KORA for \$7.00 in Box #89 by Monday, April 8. Sign-up sheet posted Monday, April 1.

Oberlin College Theater: “The Laramie Project” Thurs., April 18 - 8:00pm - Hall

During the trial of the two young men accused of killing Matthew Shepard, a young gay man in Wyoming, Moisés Kaufman and fellow members of the Tectonic Theater Project spent time in Laramie “listening to the citizens talk.” This theatrical collage is constructed from their interviews and their own experiences in Laramie. Directed by Caroline Jackson Smith. Tickets: \$11; seniors, \$8. Call CTS: 775-8169.

Sign up for Kendal bus.

MUSIC

Marisa Novak, mezzo-soprano Fri., April 5 - 7:15pm - AUD

A third-year double-degree student in History and Voice Performance (with Lorraine Manz), Marisa will sing songs by Fauré, Schumann and Guridi. Ann Schaefer is her pianist.

Taylor Reiners, trombone Wed., April 12 - 7:15pm - AUD

Taylor, a student of James DeSano, will play pieces by Grondahl, Debussy and Pryor. He will be accompanied by Manni Lin, a student of Peter Takacs.

BigBus: Ohio City and the Transformer Station Museum Fri., Apr. 12 - 9:30am-3:30pm

We’ll stop at the **West Side Market** to shop and admire the cleaned and polished Gustavino tile arched ceiling (remember to bring cash). **Penzeys Spices** is diagonally across the street. And on the way home, we’ll stop for a brief visit at **Breadsmith** to pick up a loaf or two of artisan bread.

But the highlight of the day is a visit to the **Transformer Station Museum**, a gift to Ohio City by Fred and Laura Ruth Bidwell who wanted a venue to display their collection of photographic modern art. Two shows are featured: “Light of Day” and “Bridging Cleveland” (photos by Vaughn Wascovitch). Check with Pat Talbot for details.

OHC: “A Visit with Antoinette Brown Blackwell” Wed., April 24 - 7:15pm - AUD

Oberlin native Beth Marshall, senior minister at First Unitarian Church of Toledo, portrays the first woman to be ordained a minister of a recognized denomination in the United States. Antoinette Brown Blackwell (1825-1921) studied theology at Oberlin College (OC 1847). She became a Congregationalist minister and later a Unitarian minister.

Sunday Movies in Whittier at 7:00pm

April 7 - Monty Python and the Holy Grail (1975) - King Arthur and his knights embark on a low-budget search for the Grail, encountering many very silly obstacles. PG

April 14 - The Last of the Mohicans (1992) - Rousing adaptation of the James Fenimore Cooper classic about conflicts between the British army and Colonial settlers during the French and Indian War. R.

April 21 - The Odd Couple (1968) - Film version of Neil Simon play about two divorced men sharing an apartment: sloppy Oscar (Walter Matthau) and fussy Felix (Jack Lemmon).

April 28 - The King's Speech (2010) - After his ascension to the British throne, King George VI (Colin Firth) turns to an Australian speech therapist (Geoffrey Rush) to help him overcome his stammer. Film received Oscar for Best Picture. R.

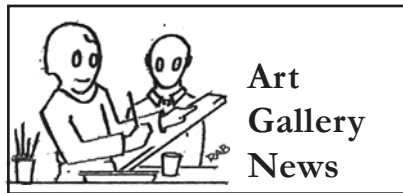
Saturday Foreign Film April 6 - 7:15pm - AUD

After the Wedding (2006) - A Dane returns home to raise funds for his Indian orphanage and is invited to join the wedding party of the donor's daughter. The story evolves after the wedding, reuniting lost past with the present. The characters rise to the challenge to do what would be the best for the people they love and care about. Directed by Susan Brier with her exclusive style of photography and editing technique. English subtitles. *-Peggy Gordon*



Outstanding Community Partner of the Year Award Tues., April 30 - 6:00-7:00pm, Lewis Center

In recognition of the many years of partnership between Oberlin College and Kendal at Oberlin, the Bonner Center for Service and Learning has awarded Kendal the Outstanding Community Partner of the Year Award. It will be accepted by KORA President Don Reeves and Director of Creative Arts Therapy Michele Tarsitano-Amato. Join us as we sample hors d'oeuvres and watch a slide show of our past interactions, created by Dick Baznik. **Sign up for Kendal bus.**



Kendal Gallery - Part II of the Paul Arnold Retrospective Show runs from April 3 through May 27. A list of the dozen prints on permanent display throughout Kendal can be found in the corridor between the Crossroads and Green Rooms; these prints are now tagged with a red ribbon. *-Nina Love*

Genealogy Group: Family History of Ann Livingston Tues., April 9 - 7:15pm - AUD

Ann Smyers Livingston will be the featured presenter in April for those interested in pursuing and/or listening to family history. Ann will relate tales of her father's *Smyers* family; her information goes back to the 1500's when, in Germany, the family name was *Schmeyer*. All are welcome to attend.

Saturday Night Movie April 13 - 7:15pm - AUD

Slumdog Millionaire (2008) - Young Jamal Malik remains one question away from winning a fortune on India's version of "Who Wants to Be a Millionaire." A crucial question: How has this young uneducated man from the slums provided correct responses to questions that have stumped countless scholars who have come before him? Will he win it or lose it all? This might include his true love. Oscars awarded for Best Picture and Director Danny Boyle. R.

Friends Gallery - Artworks by four Cleveland-area printmakers -- Barbara Eisenberg, Rosalyn Gaier, Maria Kaiser, and Ruthe Stone -- will remain in the gallery until after Commencement Weekend. Join them for a reception in Friends Corner Dining Room Thursday, April 11, at 2:30pm.

-Robert Taylor and Ted Nowick

Community Gallery - Artwork from Oberlin High School's International Baccalaureate program will be featured through April 30. *-Joe Luciano*

First Thursday Evening Hours at Allen Memorial Art Museum April 4 - 5:00-8:00pm

Celebrate National Poetry Month with a special evening at the AMAM! Organized by Lynn Powell, Oberlin College Visiting Assistant Professor of Creative Writing, the event will feature many local authors and students reading Ekphrastic poems, dramatic descriptions of works of art. All are welcome.

Tuesday Tea at AMAM April 9 - 2:30pm

Jim Swan-Tuite, Oberlin College Visiting Assistant Professor in Religious Ethics, will discuss the Allen Memorial Art Museum's "St. Jerome in his Study," by Albrecht Dürer (1514) and the theological developments during the Reformation. All are welcome.



In Honor of "Journey in Search of Curious Herbs and Spices"

Friday, April 12 - 4:30pm Heiser Lounge and Café

Join the Art Committee for the dedication of Bob Cothran's mural, the first of three to be mounted on the walls surrounding our Café. A reception honoring Bob will include some light food and beverages that reflect his theme of "herbs and spices."

First Look at Classic Cottage Renovations

Kendal at Oberlin residents got their first look at detailed floor plans for Classic Cottage renovations last week. The “almost final” floor plans for the various sized cottages were posted near the café area for several days, along with an invitation to submit questions to the Master Planning Committee.

On Thursday, March 28, Steve Reed, Maggie Stark and Craig Kimmel of RLPS architects led a standing-room-only gathering of residents through the various plans and options and responded to questions. They highlighted the major changes in each of the five Classic floor plans: geothermal source heat pumps for heating and cooling, relocated to the rear of each cottage; a four-season sun room with gable roof and vaulted ceiling for much more light, which opens directly into the living room; an open kitchen as the basic design (with a closed kitchen or see-through opening into the living room as options); renovated kitchen cabinets and new appliances; an entrance foyer created by moving the front door; and light tubes to brighten each bathroom. Attics and exterior walls will have improved insulation; exterior doors and windows will be replaced, and cottages will have new siding and roofs. Most residents seem well pleased with the plans and with the year-long process in which they have had considerable input.

Also on Thursday, Thomas Zug, Structural Engineer, did a fairly careful examination of the carports as the initial step toward enclosing them and installing overhead doors. He found them structurally sound, with a couple of minor exceptions, and saw no reason not to proceed with more detailed planning and probable initial construction during 2013.

On Wednesday, March 27, during Barbara Thomas’s Afternoon Exchange, Ann O’Malley had reviewed



20th Anniversary T-shirts are on view in the Cardinal Shop. Come take a look and order yours! Now!

the financial plan approved by the Board to renew existing debt and borrow funds for the first stages of implementing the Master Plan while interest rates are still near record lows.

Although many details must be worked through, KatO’s Master Planning Committee and staff are optimistic that construction on the first ten cottages can begin in June, and be completed in October. Nine of these cottages are currently vacant, and the plan will be to focus on vacant cottages throughout most of the several-year construction period, in an effort to keep occupancy high. Residents have been assured that they will generally not be asked to move out to accommodate renovation.

As the intense planning for Classic Cottage renovations winds down, focus will shift toward developing plans for the Common Area improvements included in the Master Plan. Residents expect chances for input into those plans during the summer.

-Don Reeves, KORA President

Cardinal Shop News

The Cardinal Shop is sorry to report that we must increase the price of our candy to 75¢ on Monday, April 15. Our primary candy supplier has initiated a 10¢ price increase. But we still have one of the lowest candy prices in Oberlin!

A Window on Kendal’s World

Check out our KORA website:
www.kaores.kendal.org.

And look at two “Other Kendal” links. The blog at www.kendalatoberlin.net and the Facebook Page at www.facebook.com/kendalatoberlin, both produced by KatO’s Admissions & Marketing Dept.

You can access the Oberlin Project through “Outside Links” on our website as well as the Oberlin College Calendar of Events.

Help our Hearing Impaired

Many of our Kendal residents have a hearing impairment. Many are fine with hearing aids but some have varying degrees of difficulty in group situations. Some residents feel it would be helpful if we all became more aware of how to help those who have this difficulty. For example, such things as looking at the person, keeping one’s hands away from one’s mouth, perhaps even speaking more slowly can make a difference. If there is an interest in forming a “support group” to educate our fellow residents, please send a note to Katie Brown; a meeting of interested persons will be arranged.

-Katie Brown

Need Lighted Magnifying Glasses, Talking Watches?

Tom Sawyer of the Cleveland Sight Center brings his traveling Eyedea Shop to Kendal on Friday, April 12, from 10:00am to 2:00pm in Heiser Lounge. Need lighted magnifying glasses, talking watches, clocks, readers, check book fillers, pens? Here’s your chance. Spread the word.

-Kim Preston and Thelma Morris

Vision Impaired

Reading of *The Kendalight* Monday, April 1, at 10:00am by Harol Pesuit in Whittier Lounge

The Kendalight is read to residents on the first of each month in Whittier Lounge. Marie Evans invites any residents who are interested to join the group. All are welcome!

Monthly On-Line National Low-Vision Support Group:

“Overcoming the ‘Obstacle’ of Blindness”

Thursday, April 11 - 4:00pm - Green Room

Cleveland International Film Festival at Apollo on April 10

The 2013 Cleveland International Film Festival will bring two films to Oberlin's Apollo Theater for one day. **7:00pm, 10:00pm: Dear Mr. Waterson** - Documentary on the impact of the comic strip Calvin & Hobbes. **5:00pm, 10:00pm: Survival Prayer** - Film about the journey of individual food harvesters preparing for winter in a remote indigenous community. Tickets are now on sale at the Apollo box office.

Quarterly Health Services Forum Tues., April 9 - 4:00pm - AUD

- Hospice 101 and What Distinguishes Hospice Providers
- What To Do When You Notice Yourself Getting Weaker
- Signs and Symptoms of Coronary Heart Disease

Health Issues for the Older Woman

Wed., April 24 - 4:15pm - AUD
In practice for nearly 20 years, Dr. Regina Hill (our speaker) is now Medical Director, Obstetrics and Gynecology, for Mercy Allen Hospital in Oberlin.

Friends of the Oberlin Public Library Spring Book Sale

April 10, 5:00p.m.-8:00pm

April 11, 10:00am-8:00pm

April 12, 10:00am-6:00pm

April 13, 10:00am-6:00pm

April 14, 1:00pm-3:30pm

New members can join at the door on **April 10 for Friends Preview Night.** Most items: \$0.50-\$1.00. From noon Friday: \$5.00/bag. Saturday: All items half-price. Sunday: all items 10 cents. Contact: Joe Luciano.

IN MEMORIAM

MARGARET "PEG" PIRAINO
MARCH 16, 2013

Computer Users Group: An Update from Cable Co-op Tues., April 30 - 7:15pm - AUD

Ralph Potts, General Manager of the Oberlin Cable Co-op, will talk about new developments in the cable and broadband industries in general and, specifically, about how such changes affect our programming at Kendal. This will be the last Computer Users Group program until September.

"Gas Rush: a Reporter's Perspective"

Mon., April 8 - 7:30pm
Craig Lecture Hall, Science Ctr.
Sign up for Kendal bus.

Speaker Tom Wilber, an expert on Marcellus Shale gas development, is the author of "Under the Surface: Fracking, Fortunes and the Fate of the Marcellus Shale" (2012). The award-winning journalist blogs on fracking issues at www.tomwilber.blogspot.com.

He will be a guest at a breakfast meeting at Kendal on Tuesday, April 9, at 8:30am. Bring your tray from Langston to the Fox and Fell. Please sign up by April 7. Sponsors include Kendal Environmental Concerns Committee.

Upcoming Moves

Ron and Diana Kahn will move from Oberlin to a Kendal Cottage in early April.

Recent Moves

Martin and Betsy David moved from Middleton, WI, to a Kendal Cottage in early March.

Recent Transfers

Betty DeWitt moved to another Whittier room in early March. Phone number remains the same.

Lois Sook moved to Whittier in early March. She does not have a telephone.

Eva Stunkel moved from Lorain, OH, to Whittier in early March.



20th Anniversary Memory Book

Among projects planned by the Kendal at Oberlin 20th Anniversary Committee is a Memory Book in which residents and staff are invited to record their memories of life at Kendal. Whether you've resided (or worked) at Kendal for a few weeks or many years, you have memories of your experiences. Perhaps they include many new friends, a Fourth of July Parade, a solstice program or Spring Fling, special concerts or meals, and especially rewarding volunteer tasks. Refer to back issues of *The Kendalight* and the 10th Anniversary Memory Book, all found in the Kendal Library, to help prompt your memory. Watch for an invitation to participate and a 20th Anniversary letterhead on which to record your memories in your open box soon. Refer questions to Jane Eddy. Volunteers will be needed to work with residents who request assistance writing their Kendal memories. If interested, please inform Jane.

Conversations with Community "50th Anniversary of LCCC"

Tues., April 2 - 4:00pm - AUD

Representatives of Lorain County Community College will tell the story of its long history in Lorain County and give its vision for the next 50 years.

Conversations with Community "Çudamani -- Music of Bali"

Thurs., April 4 - 9:00am - AUD

Çudamani is an amazing group of musicians from Indonesia. Under the aegis of Arts Midwest World Fest, this group is in residence at Lorain County Community College. Hailing from the village of Pengosekan, Çudamani performs a highly creative musical and dance repertoire that is vibrant and free spirited, evoking both contemporary vitality and dedication to Balinese traditions.



R>A>F Shop Talk

This month the most important word I can share with you is:

**YOU ARE INVITED
to the
SPRING STYLE SHOW
House of RAFF
RAFF: Reasonably Assessed
Finery & Furnishings**

Featuring:

**Styles by the RAFFoni Brothers
-Never imagined styles by
Oleg RAFFoni, Uleg RAFFoni,
and Noleg RAFFoni**

**Friday, April 5, two shows:
Noon & 1:00pm, Fox and Fell
Bring your lunch.**

Drinks & dessert will be provided.

The Style Show is planned so all parts of the community can participate. Models will be several residents and staff. Also, those who are attending the show might want to wear their R>A>F purchases. This event will be the first of many 20th Anniversary events for Kendal at Oberlin this year. It will be lots of fun to celebrate the role of R>A>F in our life this way. Everyone is invited!
Volunteers are what keep R>A>F going. Last year the volunteers gave **5,468 hours** of service to R>A>F! This number represents a total of 23 volunteers with an average of 238 hours each. Some helped raise the average significantly, with one person donating more than 1,000 hours! These folks are really the heart of the program.
In February the shop receipts were \$1,116. There were no car sales then. If you or someone you know are interested in buying a car now, call Sam Goldberg. He has a car for sale (as of this writing).

*-Ruth Ann Clark, Chair
Keep it flying!*

2013 LeadingAge-Ohio STARS Nominations

The STARS Awards is an opportunity for residents, resident family members and staff members to nominate up to five Kendal at Oberlin non-supervisory staff members whose consistently outstanding dedicated service fulfills our mission and to express sincere thanks to these committed individuals. These awards offer a moment of public recognition for our Kendal staff members. Each honoree is recognized at a regional luncheon and receives an awards certificate, a framed professional photograph and a commemorative lapel pin.

Nomination forms will be available at the Heiser Front Desk and at the Stephens Care Center Medical Secretary Desk. Please legibly write or type your nomination; be sure to include your name and phone number.

Nomination forms must be returned to me by Monday, April 15.

Our finalist STARS nominees and their nominators will be invited to attend the luncheon on **Wednesday, May 8**, at the Jennings Center for Older Adults in Garfield Heights. Details about this event will be announced later.

All nominees must be front-line or key staff members who are not supervisors or managers. Our 2012 STARS (Ebony Baker, Debbie Gray-Boggs, Saun Howard, Ken Menefee and Kasandra Torres) are not eligible to be nominated this year.

-Toni Merleno, Director of HR & Operational Services

Our Breakfast Series Continues... Artistic April Tues., Apr. 23 - 9:00am

Join us for a morning of art appreciation at Kendal and at Firelands Assn. for the Visual Arts (FAVA). Breakfast will be served at 9:00am in The Fox and Fell dining room. Then we will view the Paul Arnold Retrospective in the Kendal Gallery. We will travel to FAVA for a tour led by Executive Director Betsy Manderen, followed by a watercolor demonstration by artist Barbara Rollins, president of the Ohio Watercolor Society. Reserve your place by April 19 by calling 1-800-548-9469 or emailing us at admissions@kao.kendal.org.

Big Parade's on May 4: Time to Join Kendal's Drill Team

Spring is definitely here when you see the Kendal Precision Lawn Chair Drill Team practicing for the Big Parade. We are always looking for new folks to join in the fun. As one of our lyrics goes, "... The precision part is just a joke!" **An organizational meeting (and rehearsal) will be held at 2:30pm on Monday, April 22 in Heiser Auditorium.** Additional rehearsals: 3:00pm, Thursday, April 25; Thursday, May 2; Friday, May 3. The Big Parade is on Saturday, May 4. We have chairs available! Please let Don Parker know of your interest.

Kendal Kryptogram #98 -by Nina Love

OMUEU GEU WS STONSSE YQSEYOY GY

AEGKULTF GY OMESHPPWA YOSWUY GO

G NPKOGOSEYMPQ.

-GP HUP HUP

Solution to Kryptogram #97: "It's not the men in my life that count; it's the life in my men. -Mae West

Transportation Talk

Katherine Nunley has prepared a one-page simplified Local Transportation schedule, which some people would prefer to the more complete "Planning Your Transportation" brochure. Copies of it (in blue) are available in the same box as the brochure under the bulletin board across from the mailboxes. -*Diantha Paré and Donna Smith*

Saturday Walks in the Park Resume This Month

It is April and the Saturday Park Walks are resuming. These walks are at a leisurely pace, about 1.5-3.0 miles. The intention is to familiarize our residents with the wonderful park trails in Lorain County as an alternative to our Kendal perimeter path. First Saturday of each month we will join "Walk With a Doc," led by a health care person from the Cleveland Clinic system.

April 6, 8:30am - Walk With a Doc, Bur Oak, Black River Reservation.

April 13, 9:00am - Amherst Beaver Creek Reservation.

April 20, 9:00am - Oberlin Reservoir.

April 27, 9:00am - Kopf Reservation.

We gather at the Heiser Reception Desk to carpool at the designated time. If you have any questions, contact Jerry Berner.

First Church United Fellowship Saturday, April 13 - AUD 9:30am: Food and fellowship 10:15am: Dr. Ronald Rollins "A Ball of Fire, 150 Years Ago"

Dr. Rollins, an OB-GYN in Oberlin for almost 30 years, has pursued his love of American history and the Civil War period since his retirement in 1997. **All are welcome!**

UU Kendal Gathering Wed., Apr. 17, 4:15pm - AUD "Feeding the World"

Speaker: Oberlin College Associate Professor of Biology Marta Laszkowski. **All are welcome!**

Table Tennis and Brain Health

Clinical studies in Japan have found that table tennis activates five areas of the brain at once. It has also been learned that people living in retirement facilities with table tennis tables have become mentally awakened when playing the game. Today, table tennis is being promoted as a method of warding off Alzheimer's and for assisting in the treatment of dementia. Brain imaging specialist Dr. Daniel Amen points out that table tennis activates brain function, increases mental focus and alertness, develops thinking skills, enhances hand/eye coordination, and provides aerobic exercise and social interaction. For a short video on the benefits of table tennis, go to <http://www.table-tennis-tables.co.uk/shop/customer-service/health-benefits.html>.

The table tennis group at Kendal meets three times weekly. If you're new to the sport, you'll find fellow residents ready to help you learn and practice the basics. We're a lively, cheerful group. Stop in and give it a try! -*Sidney Rosenfeld*

Work with Clay?

Might you be interested in an outdoor (carport) workshop with stoneware clay? There will be two sessions of hand-building bowls in May/June. Call Joyce Parker.

RELIGIOUS SERVICES AT KENDAL

Episcopal Service

Holy Communion
Saturday, April 13, 11:00am, CAR
Rev. Brian Wilbert

First Church Service

Sunday, April 21, 4:00pm, CAR

Roman Catholic Mass

Friday, April 19, 10:00am, Crossroads

Society of Friends

Sundays, 10:00am, Whittier Lounge



Bridge Results

Mondays: Feb. 25: 1st, Helen Randel; 2nd, Bill Schreiner; 3rd, Alverta Schneider.

March 4: 1st, Cathy Fauver; 2nd, Nancy Beauchamp.

March 11: 1st, Mary Beth McCalla; 2nd, Alverta Schneider.

March 18: 1st, Bill Schreiner; 2nd, Alverta Schneider

Wednesdays: Mar. 6: 1st, Helen and Bob Randel; 2nd, Cate and Paul Schwaegerle; 3rd, Alice Kohl and Nancy Beauchamp; 4th, Eileen Dettman and Mary Beth McCalla.

March 20: 1st, Helen and Bob Randel & Russ and Connie Bimber (tied); 2nd, Torie Young and Alverta Schneider; 3rd, Ed Schwaegerle and Pete Andrews; 4th, Eileen Dettman and Mary Beth McCalla.

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

The Kendalight

Monthly newsletter of the Kendal at Oberlin Residents

Association, 600 Kendal Dr., Oberlin OH 44074

Consulting Editor: Robert Baldwin

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Production: Don VanDyke

Deadline for the May 2013 issue of *The Kendalight* is April 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 (NOT on room request form), sign and place in *Kendalight* open box.

All articles must carry a signature and telephone number.



Dining and Nutrition Services

Special Events for April Meet, Greet, Eat Returns on Monday, April 15

Sign-up sheets will be posted below the open mailboxes on Monday, April 8. Reserve your place early! Then come to the Fox and Fell around 5:30pm on April 15 wearing your name tag, and enjoy a meal with new (or old) friends. Each dining table is assigned a number; you pick a number to find your table. The usual dining options in Langston and the Fox and Fell will be available for those who do not want to participate.

Saturday, April 20 Reception for Kendal Staff High School Senior Graduates Heiser Lounge, 3:30pm

Watch for Sign-up Sheets:

Solo Diners: Thursday, April 11, 5:30pm, The Den (second Thursday).

SPINACH (Senior Persons Interested in Nutrition and Community Health): Wednesday, April 24, 5:15pm, William Penn Dining Room (fourth Wednesday of the month in Jan., Feb., Mar., Apr., Sept., Oct.).

Who's Your Buddy Captain?

An emergency call button worn around your neck is the fastest way to get help if you fall and are unable to get back up. But not everyone feels the need for one. So KORA set up a Buddy System. A buddy is a nearby neighbor with whom you have an arrangement to let each other know that you are OK each day. This is especially important for people living alone.

The resident Buddy Captains listed will not find a buddy for you but can suggest people who might be willing to be your buddy. Some couples have adopted a single buddy. The Buddy Captains can also discuss ways to develop a mutually convenient signal or contact.
1st Floor Apt. - Betty O'Connor
2nd Floor Apt. - Shirley Hayward
Phase I - M. L. Grove, Marian Lott
Phase II - Marie Evans

Phase III - Needs a captain

Cottages 1-24 - Eunice Shaeffer
Cottages 25-52 - Emiko Custer
Cottages 53-80, 101-104 - N. Cooper
Cottages 81-100, 105-120 - Nancy Beauchamp

Cottages 121-144 - Jean Schaal
Gay Fischer is chair of the Buddy Committee. Please let her know if you can help out in any way.

It's Time to Garden!

In the Community...

Volunteers are requested for Community Gardens! Check the Volunteer Bulletin Board for sign-up sheets and sign up to join community members:
Monday, April 22 - 3:00-5:00pm
Prospect School

Sunday, April 21 - 1:30-4:30pm
Oberlin Unitarian Universalist Fellowship, 355 East Lorain St.
For more information contact Anne Elder, Box #121.

... and at Kendal

A few plots in the Kendal community garden, near the tennis courts, are currently available for adoption. If you're interested in a tour of the garden, please leave your name and contact information in Box #94.

If It's Spring ...



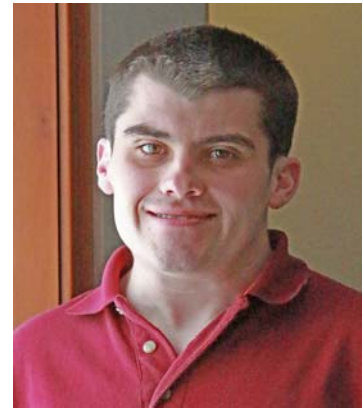
It Must Be Time for the Plant Sale

Friday, May 3 - 7:30am to 5:00pm in the West Corridor between mailboxes and LNB

A date for Bill Schreiner's plants will be announced in mid-May.

Food for Thought

Meet Jonah Becker...



Happy! That's Jonah Becker.

You've probably seen him in The Langston, smiling and helpful. Jonah was happy at Firelands High School, playing drums in the band. He's happy playing golf and skiing and taking photographs.


He's happy working in the kitchen and serving residents in the cafeteria. He's happy with his parents and his older brother who is in the Marines. And, of course, Jonah enjoys playing with his dog, a 95-pound black Lab and St. Bernard mix.

He sees his friends from high school whenever he can spare the time. Jonah enjoys watching the History Channel, especially programs about the Civil War which he can relate to his American History course at Firelands. Music? He loves rock 'n' roll and country. Travel? He's been to many states: Florida, New York, Michigan, Arizona, Virginia, and North and South Carolina. Jonah's ebullient attitude and personality are contagious. It's hard not to smile when you see him!

Naomi Barnett interviews one of our Dining Services staff each month on behalf of the Kendal Food Committee.

Midday Meditation with Rev. Mary Grigolia:

Whittier Lounge, Tuesdays,
12:00-1:00pm. No need to
sign up: Just drop in!

SUN	MON	TUE	WED	THU	FRI	SAT	
	1 Reading of <i>Kendalight</i> 10:00am WHT Bridge 7:00pm AUD	2 50th Anniversary of LCCC - Visions 4:00pm AUD OC Convocation: Lisa Randall 🚌 7:30pm Finney	3 10:00-11:00am WHT Wed. Morning Discussion Group meets every Wed. Pairs Bridge 7:00pm AUD	4 Çudamani Musicians 9:00am AUD First Thursday Evening Hours at AMAM 5:00-8:00pm Health Lecture: "Parkinson's" 7:15pm AUD	5 News & Views 10:30am AUD RAFF Spring Style Show Fox & Fell Two showings: Noon & 1:00pm Marisa Novak, mezzo-soprano 7:15pm AUD	6 Walk With a Doc 8:30am Heiser Film: <i>After the Wedding</i> 7:15pm AUD Oberlin Chamber Orchestra 🚌 8:00pm Finney	
	7 Quaker Worship 10:00am WHT English Country Dancing meets every Sunday at 7:15pm AUD Film: <i>Monty Python and the Holy Grail</i> 7:00pm WHT	8 Sounding Board 2:00pm WHT Bridge 7:00pm AUD "Gas Rush: a Reporter's Perspective" Tom Wilber 7:30pm Craig Lecture Hall 🚌	9 Breakfast with Tom Wilber 8:30am Fox & Fell "The Final Chapter" Anthony J. Wilgus 10:30am AUD Tea at AMAM 2:30pm Kendal at Oberlin Quarterly Health Services Forum 4:00pm AUD Genealogy 7:15pm AUD OC Convocation: Maya Lin 🚌 7:30pm Finney	10 LUNCH BUNCH: Harvest Café, Grafton 🚌 11:30am-2:15pm Scrabble 7:15pm CCR	11 Coffee Hour: Barbara Thomas 9:30am Langston Artists Reception 2:30pm Friends Comer Dining Rm. Low Vision Group 4:00pm Green Rm Solo Diners 5:30pm Den ARS: Cooper Int'l. Competition Concert 7:00pm Finney (Free) 🚌	12 BigBUS: Ohio City, Transformer Station Museum 9:30am-3:30pm Eyedea Shop in Heiser Lounge 10:00am-2:00pm Bob Cothran Reception 4:30pm Café, Heiser Lounge Taylor Reiners, trombone 7:15pm AUD Contemporary Music Ensemble 8:00pm WCH 🚌	13 Walk in Park: 9:00am Heiser United Fellowship 9:30am AUD Episcopal Serv. 11:00am, CAR Film: <i>Slumdog Millionaire</i> 7:15pm AUD Oberlin Orchestra 8:00pm Finney 🚌
14 Quaker Worship 10:00am WHT Film: <i>The Last of the Mohicans</i> 7:00pm WHT	15 Meet, Greet and Eat (sign up) 5:30pm Fox&Fell Bridge 7:00pm CCR "Slow Medicine" Dr. Dennis McCullough 7:15pm AUD	16 Breakfast Series Artistic April: 9:00am breakfast in Fox and Fell; tour of FAVA (Sign up in advance)	17 Unitarian Univ. Gathering 4:15pm AUD Pairs Bridge 7:00pm AUD	18 KORA Council 10:00am AUD Theater: "The Laramie Project" 8:00pm Hall (tx)	19 Roman Catholic Mass 10:00am CCR Oberlin College Choir and Treble Ensemble 8:00pm Finney 🚌	20 Walk in the Park: 9:00am Heiser Reception for Kendal Staff HS Senior Graduates 3:30pm Heiser Lounge	
21 Quaker Worship 10:00am WHT First Church Serv. 4:00pm - CAR Film: <i>The Odd Couple</i> 7:00pm WHT	22 Bridge 7:00pm CCR "KatO Organizational Structure" 7:15pm AUD	23 Breakfast Series Artistic April: 9:00am breakfast in Fox and Fell; tour of FAVA (Sign up in advance)	24 Health Issues for the Older Woman 4:15pm AUD SPINACH 5:15pm Penn Rm Scrabble 7:15pm CCR OHC Lecture: "Antoinette Brown Blackwell" 7:15pm AUD	25 Fourth Thursday Lecture: "Svalbard: an Arctic Archipelago" 7:15pm AUD	26 Oberlin Collegium Musicum 🚌 8:00pm Fairchild	27 Walk in the Park 9:00am Heiser Met Opera HD at Crocker Park: Giulio Cesare - lv. 10:45am 🚌 Spring Fling 7:00-10:00pm AUD, Heiser Lge, Fox and Fell	
28 Quaker Worship 10:00am WHT ARS: Apollo's Fire Baroque Orchestra 4:00pm Finney (tx) 🚌 Film: <i>The King's Speech</i> 7:00pm WHT	29 Afternoon Exchange 4:00pm AUD Barbara Thomas Bridge 7:00pm AUD	30 Outstanding Community Partner Award to KatO from Bonner Center 6:00-7:00pm 🚌 Lewis Center Computer Users Group: "Cable Co-op" 7:15pm AUD	<h1>April 2013</h1>			CAR = Central Activities Rm CCR = Crossroads Conf. Rm WCH = Warner Concert Hall WHT = Whittier Lounge Bold Face = at Kendal tx = Tickets needed CTS: 440-775-8169 🚌 = Kendal Bus	