

# The **Kendalight**

Kendal at Oberlin Residents Association

August 2014

Volume XXI, Number 8

## Let our Voices be Heard in Columbus!

After eight years of hope, disappointment and frustration, we may finally see a new Ohio law passed this summer to fix the current Do Not Resuscitate (DNR) law. Ohio's current DNR orders have been confusing and an incomplete tool to clarify what care we want to receive at the end of life.

We have watched with envy as more than 30 other states have adopted a new paradigm for directing care related to life-sustaining treatments – the MOLST or POLST. This acronym stands for Medical (or Physician) Orders for Life-Sustaining Treatment. It is a way to communicate patient preferences for end-of-life treatment that will be honored across settings of care.

Bills have been introduced this summer in both the Ohio Senate (SB 347) and Ohio House of Representatives (HB 588) to establish procedures for the use of Medical Orders for Life-Sustaining Treatment and make changes to the laws governing DNR orders.

**Please contact Representative Dan Ramos (614-466-5141) and Senator Gayle Manning (614-644-7613) to ask for their support of this legislation.** Questions? Talk to Kim Preston, Social Services Associate at Kendal.

## Oberlin Summer Events Depend on Kendal Volunteers

Kendal volunteers contributed to the success of two Oberlin summer activities. Barry Richard, coordinator of the 2014 Chalk Walk, thanked 25 Kendal volunteers for their support in making it a success. The **9th Annual Chalk Walk** on the sidewalks of downtown Oberlin had 926 registered artists, up 12% from last year. Once again, master artists joined artists of all ages to create masterpieces in chalk.

Betsy Manderen, Executive Director of the Firelands Association for the Visual Arts (FAVA), sent great praises to the 23 Kendal Gallery Volunteers for the **16th Biennial Artist as Quilt Maker** exhibit. Our volunteers welcomed nearly 3,000 visitors from mid-May through the end of July.

Visitors were also directed to the popular **6th Annual Folding Festival** exhibit at FAVA.

*-Jean Heller*

**COFFEE HOUR WITH  
BARBARA THOMAS  
TUESDAY, AUGUST 12  
9:30AM - LANGSTON**

## **AFTERNOON EXCHANGE**

**FINANCIAL FITNESS  
FOR CCRC'S  
TIM MYERS, CFO,  
KENDAL CORPORATION**

**BARBARA THOMAS  
MONDAY, AUGUST 25  
4:00PM - AUDITORIUM**

## **A Look Ahead at 2015 Budget Meetings**

**September 4 – Kick Off Meeting with Residents, 1:00 to 3:00pm, Heiser Auditorium;**

**October 6 – Resident Update on Budget Process, 4:00pm, Heiser Auditorium;**

**November 17 – Final Resident Meeting on the Budget, 4:00pm, Heiser Auditorium.** *-Ann O'Malley*

## **Share Great Fellowship, Music, Ice Cream at the CommUnity Ice Cream Social on Thursday, August 14**

Join us for Kendal at Oberlin's CommUnity Ice Cream Social, our annual outreach to our friends and neighbors, on Thursday, August 14, from 6:00 to 8:00pm. Once again, the event will take place at the corner of Maple and North Pleasant Sts. Pleasant St. will be blocked off by the city to provide a safe setting. "Mud in Yer Eye" will be returning to provide delightful music.

Join us for an evening of fellowship with our friends and neighbors (including Kendal priority list members) over an ice cream treat.

The Kendal bus will shuttle residents to the Social, leaving the Heiser entrance beginning at 6:00pm. Please be patient -- the bus will continue to circuit until the Social ends at 8:00pm. If it rains, the Social will be moved to the Heiser Auditorium. We hope to see you all at the upcoming ice cream social.

*-KatO Staff Special Events Committee*

## **KNOW YOUR KORA COUNCIL**

Kendal Board of Directors is seeking nominations for a Kendal resident to succeed Robert Taylor, who will complete six years of service at the end of 2014. If you would like to be considered, or feel that a particular resident should be nominated, please read the adjacent article for more details about the qualifications sought and how to submit your nomination by the August 10 deadline.

Wave Two of cottage reconstruction is well underway. Mack & Sons is working on an additional six cottages, having completed the ten in Wave One. A second firm, Yost Construction, has been contracted to renovate an additional ten cottages this summer, in addition to the Community Space Improvements and Carport renovations being carried out by Krill Construction. Geothermal drilling for these 16 cottages is scheduled during August. Considerable disruption of our lives, particularly for those living near each construction site, is inevitable. But disruptions might be mitigated (or made a little easier to bear) if plans and expectations were widely shared. Occasionally residents might add helpful input to a plan before it is carried out.

Toward this end, Jan McCracken and Rey Carrion have recently met with “neighbors” from renovations already begun, and plan to meet with “neighbors” in two additional areas that Yost will begin work on in August. They will be available for repeat meetings, if and as necessary. These meetings, coupled with Jan’s regular “Building Bytes,” will help answer some of our questions, explain what is happening, and avoid some surprises.

But not every disruption can be anticipated, and reality is often more intense than a description. On July 17, KORA Council heard a plea for an ombudsman to help respond to residents’ concerns about construc-

## **Nominations Sought for Resident Member of the KatO Board**

1. The Governance Committee of the Kendal at Oberlin Board of Directors requests that KORA Council submit five to ten candidates who would like to become one of three resident Board members to Barbara Thomas by **August 30, 2014**. The term will be for three years commencing **January 1, 2015**, and may be renewed for a second term. [Robert Taylor completes his second term at the end of 2014.]
2. In seeking candidates, KORA Council is asked to consider their experiences in business, finance, marketing, engineering, and on other boards. Familiarity with Quaker values would be helpful, since the Board is seeking a new member who can work effectively with the current Board and management to keep Kendal at Oberlin healthy. A 15-point description of the role of a Board member and a summary of the nomination process have been posted on the bulletin board and also placed in a special binder in the library next to the KORA minutes binder.
3. Residents wishing to be considered for this position must submit a signed, current biography to KORA Council Secretary Anne Martin, Box #90, **no later than August 10, 2014**.
4. If you wish to nominate a fellow resident, your signed nomination must be accompanied by a current biography of your nominee and a signed note from the individual confirming his or her willingness to have his or her name put forward and to accept such a position if ultimately selected by the Board. Please submit these documents to KORA Council Secretary Anne Martin, Box #90, **no later than August 10, 2014**.
5. By **August 15, 2014** a list of the potential candidates will be shared with KORA Council members.
6. At the **August 21, 2014** KORA Council meeting, the Council will finalize the list for forwarding to Barbara Thomas by **August 30, 2014** for delivery to the Board Nominating Committee for its consideration.

**Questions concerning the KORA aspects of the selection process may be addressed to Anne Martin or Robert McClusky, Executive Committee members.** Both Don Reeves and Ira Steinberg have recused themselves since they may consent or wish to be considered for this position.

tion disruptions. The sentiment was widely shared.

Following the Council meeting, and in consultation with KORA Executive Committee and members of our Suggestions and Concerns Committee, I have asked Jim Helm and Kay Rider to serve as our “point persons” for the balance of this year’s Wave Two construction.

We’ve asked Kay and Jim to: listen to resident concerns; help sort through and perhaps combine similar concerns and convey these concerns to relevant staff; follow construction decisions that will or seem likely to affect residents, and help interpret these decisions to residents -- particularly those most affected. Hopefully, this can re-

duce the need for Jan and Rey to listen to every individual concern. Jim and Kay can involve Suggestions and Concerns Committee and/or KORA Council whenever that would seem helpful or important. We expect their roles will evolve as we move forward. My hope and expectation is that, as it evolves, this arrangement will strengthen our whole Kendal Community as we move through the reconstruction process together.

Meanwhile, if something about the construction “bugs” you or if you can think of ways to make things go better, get in touch with Kay or Jim. Jan, Rey and Barbara Thomas will continue to keep themselves available as needed.

*-Don Reeves, KORA President*

# PROGRAMS

## LECTURES

**First Thursday Health Lecture**  
No Health Lecture on August 7.

**“Mama June: A Different  
Perspective on AIDS”  
August 7 - 7:15pm - AUD**

This award-winning documentary, co-produced and co-written by Oberlin native Art Holbrook, features the inspiring June Wilson, a 74-year-old, middle-class doctor's widow with HIV, as she returns to her beloved Kasulu, Western Tanzania, to try to break through the prejudice and denial that underlies the AIDS epidemic in Africa. Art served for many years on the board of an AIDS organization where he first met June Wilson.

The son of the late Dorothy and Clyde Holbrook, Art studied American history at Oberlin College. An interest in nature and photography channeled him into a career in video and film production. As he has moved toward retirement, he has come full circle -- back to history and back to Oberlin. He is writing a book about Oberlin's role in the abolitionist movement and is doing research at the Oberlin College Archives.

## Nominations Sought for KORA Council

KORA Council consists of 11 councilors and four officers. It is the responsibility of the Nominating Committee to prepare a slate of people to fill available positions. To start this process we ask residents to suggest to us people whom you feel would well represent you as councilors and/or officers. We recommend that these residents should have lived at Kendal for at least one year. Your suggestions should be submitted to Del Jenkins **in writing before August 15.**

Please get the consent of the person whom you are suggesting while indicating to him/her that your suggestion does not guarantee that he/she will be on the committee's recommended slate. There are more well-qualified persons than places available. From this pool of names, the Committee nominates a slate of candidates, which is presented at the Annual Meeting in November for ratification by consensus. KORA's Constitution provides for nominations from the floor, in which case the election would be decided by ballot.

*-Del Jenkins, Ruth Miller, co-chairs; Mary Lynne Grove, David Schaal, Betty Weinstock*

## TRIPS

**Lunch Bunch:  
Clementine's, Olmsted Falls  
Wednesday, August 13**

This charming Victorian restaurant at Grand Pacific Junction serves soups, quiche, a good choice of salads, and an array of sandwiches for every taste. There is a wonderful selection of teas and decadent desserts.

Bus leaves Heiser at 11:30am, returning about 2:00pm. Bus charge: \$8.00. Place check to KORA for \$8.00 in Box #89 by Monday, August 11. Lunch is at your expense. Sign-up sheet posted Monday, August 4.

**Big Bus: Yo-Yo Ma and  
Cleveland Orchestra at  
Blossom Music Center  
Sat., Aug. 16, 6:00-about 11:30pm**

**NOTE: The Big Bus will depart promptly at 6:00pm. This trip is sold out so you must have reserved and paid for your seat to board the bus.** If you like, bring a brown-bag supper for a picnic on the grounds or eat on the bus as we travel. Questions? Call Pat Talbot.

## Courtyard Garden Concerts

Listen to music before dinner on Fridays in August at 4:00pm.

**Aug. 1** - Helen Taylor, sing-along.

**Aug. 8** - Adam Sarata and guest, jazz duets.

**Aug. 15** - Jerry Simmer, keyboard and vocals.

**Aug. 22** - TBA.

**Aug. 29** - Helen Taylor, sing-along.

## Tappan Square Band Concerts

Concerts on the Square at the Clark Bandstand begin at 7:00pm. Bring a lawn chair for comfortable seating!

**Aug. 8: Womack Family Band.** Vibe of 60's and 70's with roots of American folk, blues, jazz, country, rock.

**Aug. 15: Cats on Holiday.** Blend of Texas and Louisiana-inspired rock and blues with a dash of Zydeco.

**Aug. 22: Soul PropRioters.** Oberlin hometown band with funk, blues, folk, pop rock roots.

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## Play Readers: “The Rainmaker” Sat., Aug. 23 - 7:15pm - AUD

This comedy-drama by award-winning playwright N. Richard Nash takes place in a drought-ridden western state during the Great Depression. The Curry family is worried about their thirsty cattle, but no less about the dim marriage prospects of the only daughter, whom they consider “plain.” Lizzie is an outspoken, warmhearted, capable woman who despairs of finding a man who will desire her for who she genuinely is, despite her refusal to engage in “feminine wiles.” Enter Starbuck, the Rainmaker, a charismatic dreamer and con artist who plays on all their hopes. The play is best known in its movie version, starring Katherine Hepburn.

*-Meg Gold*

**NOTE: The dress rehearsal on Friday, August 22 at 1:30pm is open to all.** For the Saturday performance, no one will be seated after 7:15pm, until the first scene break.

## Sunday Movies in Whittier Lounge at 7:00pm

**August 3 – The Dove (1974)** - Based on true story of 16-year-old who made a five-year voyage around the world, this film includes thrilling scenes of sailing on the wide open sea. PG.

**August 10 - Born Free (1966)** - Joy Adamson with game-warden husband George (Virginia McKenna, Bill Travers) raised lion cub Elsa in Kenya. Joy then determined she must reeducate Elsa to living in the wild.

**August 17 - Davy Crockett, King of the Wild Frontier (1955)** - Disney tale of Tennessee wilderness settlers Davy Crockett (Fess Parker) and Georgie Russell (Buddy Ebsen).

**August 24 – Shall We Dance? (2004)** - Bored, overworked estate lawyer (Richard Gere) signs up for ballroom dancing lessons with beautiful instructor (Jennifer Lopez). PG-13.

**August 31 - My Man Godfrey (1936)** - Screwball comedy follows madcap antics of a ditsy debutante (Carole Lombard) who hires a “tramp” (William Powell) at the city dump to work in her household. He soon becomes the perfect butler for her eccentric family.

## Saturday Night Movie August 9 - 7:15pm - AUD

**Fried Green Tomatoes (1991)** - An adaptation of Fannie Flagg’s best-selling novel, this film features Oscar-winning actresses Kathy Bates and Jessica Tandy. It tells the story of an unhappy housewife (Bates) and the friendship she makes with nursing home resident (Tandy). She is told a remarkable tale of laughter, devotion and a special friendship that defies many obstacles. Jon Avnet directed the film which also stars Mary Stuart Masterson and Mary-Louise Parker. PG-13. *-Donna Van Raabhorst*

## Art Gallery News

“**Kendal Creates,**” which has been on display all summer in the Kendal Gallery, Friends Gallery and display case outside the Kendal Admissions Office, will end on August 18.

“**The Age of Adventure**” will go on display in the **Kendal Gallery**. Artist **Judy Takacs** painted these wonderful portraits of people she met at the Senior Center in Solon, OH. She says that she “delights in the details of a well-worn face that has seen its share of action and experience and has gained the precious wisdom that comes with life thoroughly lived.” **The Art Committee will sponsor a reception for Judy Takacs on Friday, Sept. 5 at 4:30pm in the Heiser Lounge.**

## Saturday Foreign Film August 30 - 7:15pm -AUD

**Still Life (2006)** Chinese with English subtitles - Director Jia Zhang-ke paints a picture providing a thoughtful rumination on the effect of building the Three Gorges Dam (the largest hydroelectric dam in the world) that spans the Yangtze River. From the perspective of different classes of people (working-class coal miner Sang Ming, middle-class nurse Sheng Hong), we see their return to Fenjie, their hometown near the Qutang Gorge.

A piece of cinematic poetry, it shows the breath-taking beauty of river and mountain and the displacement of people along the Yangtze. (Won 2006 Venice Film Festival Grand Prize.) *-Peggy Gordon*

## 2014 Kendal Telephone Directory Update Ready

The mid-year update to the 2014 Kendal at Oberlin Directory has been distributed in resident mailboxes. If you need more than one copy of the one-page update, it is available at the Front Reception Desk. *-Nina Love*

## Kendal 2014 Directory Further Additions and Corrections

**Diane Haley** - Check with Front Desk for correct Cottage number.

**John Leinenweber, Kendal Cottage** - Phone number is incorrect.

**Cay Thompson, Kendal Apt.** - Cell phone number has replaced land line.

**Martha Liebert’s “Fantasies: Paintings and Poems”** seek to provide a cheerful avenue of escape. They will hang in the **Friends Gallery** until October 13. **The Art Committee will sponsor a reception for her on Thursday, Sept. 18 at 2:30pm in the Friends Corner dining room.**

The selected works from the Kendal collection now on exhibit in the **Community Gallery** will continue until September 1, followed by the paintings of **Dana Juliano**.

## Art Committee Sale Results

The Art Committee sale brought in just under \$95 which will be used to repair and conserve the Kendal collection displayed in Kendal’s corridors and meeting rooms. Thanks to all of you who found treasures there.

## G & S Festival at Kendal

Light-hearted summer fun continues with the mini-festival of the operettas of Gilbert and Sullivan, shown at 7:15pm in Heiser Auditorium:

### Fri., August 1: The Mikado.

There is great humor in a mock execution and decrees attempting to control the morals of society.

### Tues., August 5: The Pirates of Penzance.

Inept pirates woo the wards of the “Modern Major General.” Even the English bobbies make an appearance.

**Fri., August 8: Iolanthe.** The “fairy world” and members of the House of Lords confront each other, but there is always a happy ending! *-Allen Huszti*

## RAFF ShopTalk

Where you find Reasonably Assessed Finery and Furnishings

**“Comings and Goings”** - Summer-time is filled with comings and goings of all kinds. Some call it vacation -- going from one place to another. Some are coming -- moving in, others having a Try It experience; and there are many more transitions, all significant.

RAFF has been helpful to folks in all of these circumstances. We have received belongings from people moving in, finding something that doesn't fit or really isn't needed or wanted anymore. We have been clearing two long-occupied cottages and two apartments this summer. This gives another occasion to share what is donated with the Kendal community and the wider community, such as Habitat, Mercy Thrift Shop, the Library, Goodwill, and more.

RAFF work is always important though seldom glamorous. It gets done by a crew of steady, wise volunteers. This month I particularly want to thank Joe Luciano and Betsy and Tin David (and Tibby) for their work clearing many hundreds of books from the cottages.

Other RAFF volunteers include Mary Simons, Barbara Burkhard, Diantha Paré, Max Morgan, and special help from Kay Rider, Marcia Deist, Pauline Handman, Gayle Sherry, Carla and Bob Van Dale, Joy Illig and Sam Goldberg. Two more things about comings and goings: This fall RAFF will move into our new dedicated space. *Watch it rise from the ground up at the entrance near KELC.* Also, RAFF will have two special sales in Apartments #147 (starting August 1) and #256 (in mid-August).

Be sure to watch for announcements! Receipts for June were good: \$4,083.44, which includes \$39.00 from Threads, \$350.00 from a car sale, and \$2,159.50 from a special cottage sale.

Many thanks to all our donors, shoppers, helpers (like Facility Services), and buyers!  
*-Ruth Ann Clark,  
Chair, RAFF*  
*Keep it moving!*

## Making Contemporary Music Wed., Aug. 27 - 2:00pm - AUD

The Fourth Wall hybrid arts ensemble will present an informal interactive workshop/performance in which they will discuss and demonstrate how they meld contemporary music, dance and acting to create a new form of instrumental performance. The Fourth Wall is flutist Hilary Abigana, bass trombonist C. Neil Parsons (OC '98), and percussionist Greg Jukes.

## Fourth Wall Concert: “Fruit Flies Like a Banana” Wed., Aug. 27 - 7:15pm - AUD

The Fourth Wall hybrid arts ensemble -- flutist Hilary Abigana, bass trombonist C. Neil Parsons (OC '98), and percussionist Greg Jukes -- present “Fruit Flies Like a Banana.” Three performers, 20 pieces, 60 minutes. Working at break-neck speed, these multi-disciplinary artists combine music, theatre, and dance in this sprint-triathlon variety show, with the audience playing a part in directing.

## Oberlin Family Fun Fair Saturday, August 2, Downtown Oberlin, 10:00am - 4:00pm

It's time again for Oberlin's annual downtown festival featuring a Classic Car Show on West College St., kids' activities (offered by local and regional nonprofits -- many of which will be represented by our Kendal residents), merchant sidewalk sales, music and more. Stop by and enjoy the fun!

## Transportation Talk

A reminder from Kendal resident Ray LeGrand: Those in the **State Teachers Retirement System of Ohio** have a transportation benefit available including 24 one-way non-emergency trips to doctors, pharmacies, or for laboratory tests with three days' prior notice. If you have coverage under the Aetna plan, call your provider.

*-Diantha Paré and Donna Smith*

## Furniture Gifts to Kendal

The Kendal community has been given several furniture items by our residents this past year.

Demmie Carrell gave a Sony TV, located in the central access lounge area of the apartment building. The TV sits on a cherry coffee table given by Mary Ann and John Shearer.

In the sitting area is a maple rocking chair with the Oberlin College seal placed on the back, donated by Judy Appleton.

The Shearers also contributed a maple drop leaf coffee table to the second floor north corridor seating area.

Janet Wanyek's contribution to the furniture collection is a loveseat covered with green leaf motif. The loveseat is in the second floor south seating area of the apartment building.

David and Ricky Clark's family gave a small cherry chest of drawers made by David. The chest of drawers is in the Heiser Lounge. *-Harol Pesuit*



## Vision Impaired

### Low-Vision Support Group

**There will be no meeting on Thursday, August 14.**

Please note that beginning in September the meetings will include time for discussion of any questions or ideas that participants wish to bring up after the video program.

**The Low-Vision Support Group meets at 4:00pm in the Green Room on second Thursdays.**

**Reading of *The Kendalight* Friday, Aug. 1, at 11:00am in Whittier Lounge**

NOTE TIME! Betty O'Connor will read the current issue of Kendal's newsletter. All are welcome!

## Welcome Kendal's New Residents

### Margaret Jenness Rinden Kanost

Born March 13, 1929, in Fukien Province, China, and grew up familiar with both the seven-tone local dialect and English. Parents: Arthur O. Rinden and Gertrude Jenness. Brother: Paul. Sister: Edaik.

In 1946 my parents and sister returned to China, and I entered Earlham College, majoring in psychology and sociology. Half my classmates were graduates of high schools and the other half, military veterans or Civilian Public Service members (conscientious objectors) returning after the war. Richard Kanost was a military veteran, and Richmond, IN, his hometown.

At Earlham I corresponded with my family -- then experiencing the civil war between Nationalists and Communists -- and shared their letters with my brother at Yale. My roommate Polly and I later were attendants at each other's weddings and still remain close.

Following my junior and senior years at Earlham, I worked as an attendant in mental hospitals in Illinois, a job arranged by the Chicago American Friends Service Committee and before tranquilizers.

Richard Kanost and I were married in West Richmond Friends Meeting on August 30, 1950, and left for Sweden where he was in a program for English-speaking students at the University of Stockholm. Later we both had civil service jobs at Wright Patterson Air Force Base. Ruth and Rebecca were born in Ohio and Andrew in Virginia.

From 1965 to 1973 we lived in Saipan, Mariana Islands in Micronesia. I was a proofreader for the new Congress of Micronesia while

Dick was Personnel Officer for the Trust Territory of the Pacific Islands. At the University of Oklahoma I studied Chinese history while Dick got a PhD. In 1985 he taught at Oakland University in Rochester, MI, and I earned my MA in Ancient Chinese Cosmology. Dick died in 1998.

I have belonged to Friends Meetings in Gonic, NH, at Earlham College and in Birmingham, MI, and have served turns as Clerk.



### Recent Moves

**Nancy Gage** moved from Whittier to Patterson in late July. Phone number has changed.

**Bush Olmsted** moved within Whittier in mid-July. Phone number remains the same.

### Looking for Someone Special?

You'll find biographies of all residents, newcomers and old timers, in "Who's Here" on the library center bookcase. Look for them!

### Coming in September... Watch for More Details!

**Tues., Sept. 16, 7:00-9:00pm:** Kendal Medical Director Dr. Georgia Newman will talk with SCC residents and family members about end-of-life transitions and the role of MOLST at Kendal. Contact Kim Peters (776-5016).

**Mon., Sept. 22, 9:00am-3:00pm:** Teepa Snow, well-known occupational therapist with a specialty in dementia care intervention, will speak about Best Care Practices in Dementia Care: Providing Care Without a Fight.

### The Environmental Concerns Committee Presents Two Films:

#### Monday, August 4 - 7:15pm Who Killed the Electric Car?

(2006) - If you think electric cars are a new idea, think again. This documentary goes back to the mid-90s to dig out the GM EV1 Electric car, a popular green vehicle quickly buried by the auto industry and greedy politicians. It might also shed light on some of GM's practices now being investigated in regard to the recalls of multiple models.

#### Monday, August 11 - 7:15pm

**WALL-E (2008)** - Produced by Pixar, this computer-animated sci-fi romantic comedy follows WALL-E, a robot designed to clean up an abandoned, waste-covered Earth far in the future. He falls in love with another robot and follows her into outer space on an adventure that changes the destiny of humanity.

Mother Nature Network calls it "our #1 choice [for environmental films] -- amazing, visionary, hilarious and sad." It points out that Walt Disney managed to paint a picture of an apocalyptic future and make it entertaining. Despite downplaying the environmental message, "it is clear that the last robot on earth, though mute, does indeed have a message." *-Dina Schoonmaker*

### Don't Miss the Volunteer Fair Thurs., Oct. 2, 2:00-4:00pm Heiser Lounge

Community agencies are already making a commitment to come to Kendal to share opportunities for such volunteer positions as Grandparent Readers at Eastwood School and specific assignments at Oberlin Community Services. KORA Committees that volunteer services in Stephens Care Center will tell you how to receive training for wheelchair transporting, desk duties, and so on. Come see the opportunities to volunteer and use your special skills to be of service in our community and town.

## Notes from the Thoughtful Medicine Committee

Two support groups will be forming in August. One group will be for caregivers who are directly involved in the care of residents dealing with Parkinson's Disease and the other for residents living with Essential Tremor Syndrome. There is a leader for each group. If you are interested in joining one of these, leave a note in Janet Kelsey Werner's Box #41; she will be happy to see that this effort moves forward.

The topic of Advance Directives has held our attention and been the focus of many of our efforts from the beginning. An early project was the introduction of the "Go Wish" cards for dialogue with a friend or family member about end-of-life choice making. Communication and coordination with Kendal health care and social work staff is essential to many undertakings in this area.

Changes are coming to Advance Directives. Four Kendal staff members attended a workshop in late July on new Ohio directives. Kim Peters from Social Services will give a report to our Committee at the August meeting. We understand that a workshop for Kendal residents will be offered sometime this fall.

Summer reading: There are a great many books that come under the Thoughtful Medicine umbrella in the 600's section of our Kendal Library. Our Committee is at work organizing information about books and articles worth your attention.

Here is one: "End of Your Life Book Club," by Will Schwalbe, has been on the bestseller lists lately. The author writes about the conversations he and his mother had during the many hours they sat together in the waiting room for her chemo treatments. Both avid readers, they began sharing some of their favorite books, and in the process discovered that they had a

## Salvaging Material from Cottage Reconstruction

In an ongoing effort for almost a year now, as construction at Kendal has proceeded, material has been removed from the cottages being renovated in order to repurpose them. Some are being saved for reuse in new or renovated community spaces, some have been donated to the RAFF, and most have gone to the Habitat for Humanity ReStore in Lorain for resale.

This project does several things: it keeps things out of the landfill, it makes household building materials and goods available for reuse at low cost, it helps provide jobs for the ReStore employees, and proceeds support Habitat for Humanity projects in Lorain County.

Thus far five truckloads have been picked up by the ReStore, and there will be many more in the years to come as cottages are added to the refurbish list. Some of the items that have been donated are: doors, patio doors, screens, windows and skylights; kitchen cabinets, disposals, stove hoods, lights and a few appliances; toilets, towel bars, soap dish/cup-holder sets, toilet paper racks, shower curtain bars and bathroom wall cabinets; shelving, blinds, heating units, AC registers, electric switches, outlets, face plates and miscellaneous hardware. Many thanks to all those who have helped: Facility Services staff, Woodshop members, other residents. The Kendal administration and the contractors have cooperated fully in this endeavor. If you would like to be involved, please contact me: Jim Helm.

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lot to talk about. Along the way, the reader learns of a great many books that might be interesting to dip into! A copy is being placed in the Kendal Library. Or you may want to buy one to read and then share. -*Ardith Hayes, for the Thoughtful Medicine Committee*

**The Thoughtful Medicine Committee will meet on August 28 and October 23 at 10:00am in the Green Room.** In addition to projects underway, the digitization of medical records may be on the agenda.

## Notice about the Woodshop

Woodshop renovations will begin this fall. The entire shop will need to be cleared, with machinery stored in an inaccessible pod.

Woodshop members will be unable to make repairs for residents between August 15 and some time in November or even later. After that, we will again be ready to help wherever we can. We regret this inconvenience, but look forward to enjoying a newly refurbished shop. -*Jim Helm*

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## Kendal Kryptogram #114 -by Nina Love

**MERLR'T UAMEOUS CLAUS COME**

**BAX MEYM LROUWYLUYMOAU**

**CAU'M WXL.R. -ZYWF R. JRAUYLP**

**Solution to Kryptogram #113: "Along with antimatter and dark matter we have discovered doesn't matter which has no influence on the universe whatsoever." -Rich Tennant**

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## Time to Sign up for the Shuffleboard Tourney

It's time to find a partner and sign up for the 2014 Shuffleboard Tourney! Sign up by Friday, August 22 on the sign-up sheet below the Activities Bulletin Board. Schedule of team play will be posted and placed in your mailbox on or before Friday, August 29. Play will begin on Tuesday, September 2 and conclude at the end of September (depending on the number of participants).

No previous experience is necessary. You may practice any time the courts are open with the equipment which is stored in the north stairwell, first floor of the apartment building. Courts are in the covered walkway next to the apartment parking lot. Call Ed Wardwell for any questions or help.

This is a great game for all ages and abilities; the emphasis is on fun!

## Saturday Park Walks

If you are tired of walking around Kendal's perimeter path (viewing construction) and would like to experience Lorain County's scenic parks, come join us each Saturday morning. We meet at the Heiser Reception Desk at 9:00am to car pool and take leisurely, 1-to 3-mile walks.

Aug. 2: Black River Reservation/Bur Oak.

Aug. 9: Carlisle Reservation/Meadow Loop Trail.

Aug. 16: Wellington Reservation.

Aug. 23: Sandy Ridge Reservation.

Aug. 30: Indian Hollow Reservation/Wayne Shipman Trail.

If you have any questions, please contact Jerry Berner.

## Table Tennis Try-Its

This summer interest in table tennis climbed anew. By the third week in July, the average turnout per session stood at ten players and was about to top the already robust record for June. Best of all, four beginners, three of them new residents, began playing and were enjoying the exercise and fun of a lifetime sport.

Our "old timers," nearly all of whom advanced from ping pong to table tennis here at Kendal, are eagerly coaching and practicing with them. It's a "try-it, you'll like it" situation in which all come out winners.

Drop in and have a look! You, too, may wish to give table tennis a try.

-Sidney Rosenfeld

## Energy Conservation: Recycling Reminders -- Again

- **Milk and juice cartons** are recyclable (along with cans, glass and plastics #1-7). **The cartons are not trash.**

- A **plastic lid** from a take-out soup container is not compostable. **If it has a numeral (#1-7), it is recyclable. If it has no numeral, it is trash.**

- **Shredded paper** can be placed with other paper if it is put in a **paper (not plastic) bag, then sealed.** Otherwise, place it in trash. Shredded paper can clog up the processing machines.

- If you have **garden clippings**, call Facility Services' groundskeepers to pick them up for disposal. The person who services our trash rooms does not pick up these items.

- **Molded styrofoam** from large appliances (not food or small appliance containers) can be taken to Ace Hardware for recycling. -Jerry Berner

## RELIGIOUS SERVICES AT KENDAL

### Episcopal Service

Saturday, August 9, 11:00am,  
Gathering Room, Rev. Nancy Roth

### First Church Service

Sunday, August 17, 4:00pm, Gathering Room

### Roman Catholic Mass

Cancelled for August.

### Society of Friends

Sundays, 10:30am, Whittier Lounge



## Bridge Results

**Mondays: June 30:** 1<sup>st</sup>, Cathy Fauver; 2<sup>nd</sup>, Bill Schreiner.

**July 7:** 1<sup>st</sup>, Helen Randel; 2<sup>nd</sup>, Russ Bimber; 3<sup>rd</sup>, Bill Schreiner.

**July 14:** 1<sup>st</sup>, Helen Randel; 2<sup>nd</sup>, Bill Schreiner.

**July 21:** 1<sup>st</sup>, Helen Randel; 2<sup>nd</sup>, Mary Beth McCalla.

**Wednesdays: July 2:** 1<sup>st</sup>, Russ and Connie Bimber; 2<sup>nd</sup>, Helen and Bob Randel; 3<sup>rd</sup>, Mary Beth McCalla and Eileen Dettman.

**June 16:** 1<sup>st</sup>, Helen and Bob Randel; 2<sup>nd</sup>, Connie and Russ Bimber; 3<sup>rd</sup>, Alverta Schneider and Torie Young.

**The First Church United Fellowship and Unitarian Universalist Kendal Gathering will not meet in August.** Join them again in September. All are welcome!

**To hear announcements and menus of the day, call 775-9868**

## 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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Deadline for the September 2014 issue of *The Kendalight* is August 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 mailbox. All articles must carry a signature and telephone number.**

## Zoning in on Food Safety: Keep Your Foods out of Dangerous Temperature Zones

Summertime can be one of the best times of the year. But as the temperatures rise, so should our diligence when it comes to serving and storing foods and leftovers. As people age, their bodies are less able to combat bacteria.

Older adults become more at-risk for illnesses and once ill, it can take them longer to recover.

Bacteria grow rapidly between the temperatures of 40 and 140 F (the danger zone). Therefore, it is important to keep your hot foods above 140 F and your cold foods below 40 F. When serving foods buffet style, keep your cold foods in an ice bath or serve foods in small serving trays and replace them often. Hot foods should be kept in chafing dishes, slow cookers, or warming trays. Less creamy foods are desirable in warm temperature; choose baked potatoes or potato chips instead of creamy potato salads. Cookies and brownies are safer than perishable cream or fruit-filled pies.

Discard any foods that have been sitting out longer than two hours (one hour recommended above temperatures of 90 F). Cover leftovers, wrap them in airtight packaging, or seal in storage containers. To prevent bacterial growth, cool food rapidly so it reaches the safe refrigerator storage temperature of 40 F or less as quickly as possible. Dividing larger trays of leftovers into smaller, shallow containers decreases the time it will take to get into the safe temperature zone.

Refrigerate or freeze them immediately. Leftovers from parties, picnics or restaurants should not be kept for longer than three to four days. Labeling your leftovers with the date is helpful.

The recommended time for frozen foods is three to four months. Although safe indefinitely, frozen leftovers can lose moisture and flavor when stored for longer times in the freezer.



## Dining and Nutrition Services

### Upcoming Special Events

**Thursday, August 14, 6:00pm to 8:00pm**

**CommUnity Ice Cream Social with Mud in Yer Eye at corner lot on Maple and N. Pleasant Sts. Kendal bus shuttle service.**

||| **Solo Diners** and **SPINACH** are on summer hiatus. Both invite Kendal residents -- newcomers and old timers -- to join them again in September. |||

When reheating leftovers, be sure they reach 165 F as measured with a food thermometer. Sauces and soups are best reheated by bringing them to a rolling boil. Covering the leftovers during reheating helps retain moisture and ensures that food will heat all the way through. Microwaving is another safe method for reheating. Cover your foods to retain the moisture. The moist heat will help destroy harmful bacteria and will ensure uniform cooking. Allow a resting time before checking the internal temperature of the food as meats tend to continue cooking for a longer time.

If you would like more information on food safety, check online at USDA Food Safety and Inspection Service.  
*-Sue Campbell, Kendal at Oberlin  
Community Nutritionist*

### Grobe's Fresh Produce Returns to KatO

Our popular Grobe's Fresh Market will be held in Heiser Auditorium from 10:30am until 1:30pm, starting Friday, August 8 and continuing on Friday mornings at least through August.

**The reason we can keep the prices as low as possible is because we, the residents, volunteer to be the cashiers!**

**Want to help? Call Janet Kelsey Werner to volunteer.**

### Notes From Ann Pilisy

#### Definition of a "Meal"

Your "Meal" should consist of as much as you can eat in one sitting for each meal. Generally, this will be soup, salad, crackers, bread, butter, one entrée, two accompaniments, beverages and dessert.

If you would like additional food, our staff is happy to package it and to charge your account as a grocery sale. This is the design of the Kendal Meal Plan.

Following this Meal Plan enables Dining Services to establish its annual food budget.

Note: Planning or attending a **catered event** cannot be considered a meal as part of your Meal Plan.

#### Dining Room Hours

**Langston:** Breakfast: 7:30-9:30am; Lunch: 11:30am-1:15pm; Dinner: 5:15-7:00pm; with limited selection of foods available all day in Langston: 7:30am-7:30pm.

**Friends Corner:** Breakfast: 7:30-9:00am; Lunch: 11:30am-1:00pm; Dinner: 4:45-6:30pm.

**Fox & Fell:** Monday through Saturday dinner: Waited service 5:15-6:30pm and buffet service 5:15-7:00pm; Sundays: 11:30am-1:30pm.

On **major holidays**, when there are two seatings in Fox & Fell, dinner will be available in Langston and Friends Corner only.

SUN	MON	TUE	WED	THU	FRI	SAT
<h1 style="color: red;">August 2014</h1> <p>CCR = Crossroads Room WCH = Warner Concert Hall WHT = Whittier Lounge</p> <p>HL = Heiser Lounge B = Kendal Bus</p> <p>Bold Face = at Kendal</p> <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 45%;">English Country Dancing every Sunday in August 7:15pm AUD</div> <div style="border: 1px solid black; padding: 5px; display: inline-block; width: 45%; margin-left: 10px;">Morning Conversation Group every Wednesday 10:00-11:00am - WHT</div>				<p>It's Time for Summer Fruits and Vegetables!</p> <p>Starting August 8, Grobe's Fresh Produce will be sold in Heiser Lounge every Friday from 10:30am-1:30pm. Remember, cash or check only!</p>	<p><b>1</b></p> <p>Reading of Kendalight 11:00am WHT</p> <p>No News &amp; Views</p> <p>Courtyard Garden Concert 4:00pm</p> <p>G&amp;S Film: The Mikado 7:15pm AUD</p>	<p><b>2</b></p> <p>Walk in the Park 9:00am Heiser</p> <p>Family Fun Fair 10:00am-4:00pm Downtown Oberlin</p>
<p><b>3</b></p> <p>Quaker Worship 10:30am WHT</p> <p>Film: The Dove 7:00pm WHT</p>	<p><b>4</b></p> <p>Bridge 7:00pm CCR</p> <p>Film: Who Killed the Electric Car? 7:15pm AUD</p>	<p><b>5</b></p> <p>G&amp;S Film: The Pirates of Penzance 7:15pm AUD</p>	<p><b>6</b></p> <p>Pairs Bridge 7:00pm AUD</p>	<p><b>7</b></p> <p>No First Thurs. Health Lecture</p> <p>Film and Talk: "Mama June: A Different Perspective on AIDS" 7:15pm AUD</p>	<p><b>8</b></p> <p>Courtyard Garden Concert 4:00pm</p> <p>G&amp;S Film: Iolanthe 7:15pm AUD</p>	<p><b>9</b></p> <p>Walk in the Park 9:00am Heiser</p> <p>No First Church United Fellowship</p> <p>Episcopal Serv. 11:00am</p> <p>Gathering Room</p> <p>Film: Fried Green Tomatoes 7:15pm AUD</p>
<p><b>10</b></p> <p>Quaker Worship 10:30am WHT</p> <p>Film: Born Free 7:00pm WHT</p>	<p><b>11</b></p> <p>Sounding Board 2:00pm Whittier</p> <p>Bridge 7:00pm CCR</p> <p>Film: WALL-E 7:15pm AUD</p>	<p><b>12</b></p> <p>Coffee Hour with Barbara Thomas 9:30am Langston</p>	<p><b>13</b></p> <p>LUNCH BUNCH: Clementine's, Olmsted Falls B 11:30am-2:00pm</p> <p>Song Swap with Judy Cook - Heiser Lounge 6:00pm</p> <p>Scrabble 7:15pm CCR</p>	<p><b>14</b></p> <p>No Low-Vision Support Group Today</p> <p>CommUnity Ice Cream Social - Maple &amp; North Pleasant Sts. 6:00-8:00pm B</p>	<p><b>15</b></p> <p>Cancelled: Roman Cath. Mass 10:00am CCR</p> <p>Courtyard Garden Concert 4:00pm</p>	<p><b>16</b></p> <p>Walk in the Park 9:00am Heiser</p> <p>Big Bus: Blossom Yo-Yo Ma 6:00-11:30pm (must have paid for ticket)</p>
<p><b>17</b> Quakers 10:30am WHT</p> <p>First Church Serv. 4:00pm</p> <p>Gathering Room</p> <p>Film: Davy Crockett, King of the Wild Frontier 7:00pm WHT</p>	<p><b>18</b></p> <p>Monday Night Movie at Apollo (bx) Sign up for Kendal bus B</p> <p>Bridge 7:00pm AUD</p>	<p><b>19</b></p>	<p><b>20</b></p> <p>No Unitarian Univ. meeting</p> <p>Pairs Bridge 7:00pm AUD</p>	<p><b>21</b></p> <p>KORA Council 10:00am AUD</p> <p>No Third Thurs. Lecture</p>	<p><b>22</b></p> <p>Courtyard Garden Concert 4:00pm</p> <p>Remembering Len Garver: Rod Knight Runs Len's Trolley 4:30-6:00pm HL</p>	<p><b>23</b></p> <p>Walk in the Park 9:00am Heiser</p> <p>Play Readers: "The Rainmaker" 7:15pm AUD</p>
<p><b>24</b></p> <p>Quaker Worship 10:30am WHT</p> <p>Film: Shall We Dance? 7:00pm WHT</p>	<p><b>25</b></p> <p>Aft. Exchange Tim Myers, CFO Kendal Corp. Barbara Thomas 4:00pm AUD</p> <p>Bridge 7:00pm AUD</p>	<p><b>26</b></p> <p>Song Swap with Judy Cook - Heiser Lounge 6:00pm</p> <p>Orientation Concert: Select Conservatory Students B 7:00pm Finney</p>	<p><b>27</b></p> <p>Healthy Cooking in the WHT Country Kitchen - 2:00pm</p> <p>Fourth Wall: Making Contemporary Music 2:00pm AUD</p> <p>Fourth Wall Concert: "Fruit Flies Like a Banana" 7:15pm AUD</p> <p>Scrabble 7:15pm CCR</p>	<p><b>28</b></p> <p>Thoughtful Medicine Committee 10:00am Green Rm. All are welcome!</p>	<p><b>29</b></p> <p>Courtyard Garden Concert 4:00pm</p>	<p><b>30</b></p> <p>Walk in the Park 9:00am Heiser</p> <p>Film: Still Life 7:15pm AUD</p>
<p><b>31</b></p> <p>Quaker Worship 10:30am WHT</p> <p>Film: My Man Godfrey 7:00pm WHT</p>						