

# The Kendalight

Kendal at Oberlin Residents Association

December 2011

Volume XVIII, Number 12

## Join us for Kendal's Holiday CommUnity Potluck: A Time for Food and Fellowship

No matter what traditions our staff members and residents may observe during the winter holidays, one favorite Kendal CommUnity tradition is always the Holiday Potluck. This event takes place in the Fox and Fell on Wednesday, December 14, 11:30am to 1:15pm. Residents and staff members are asked to bring a favorite dish to share -- entree, salad, side dish or dessert -- to the Fox and Fell on Wednesday, beginning at 10:00am. Dining Services will provide beverages, rolls and ham for the meal. This is a wonderful opportunity for residents and staff to become better acquainted. Please come to enjoy a wonderful meal, terrific fellowship and holiday music to add to the festive spirit in our community!



## Get Ready for "Kendal Revels"

The annual celebration of winter solstice, a Kendal tradition since the founding of the community, will take place on Thursday, December 15, starting at 7:15pm in the Heiser Auditorium. Titled the "Kendal Revels," the 2011 program will include music, readings and narration relating to the winter holidays, with opportunities for the audience to join in the singing.

As in past years, the production brings together a large number of members of the Kendal community -- and beyond. This year's cast includes students in addition to residents; and children in the Kendal Early Learning Center and residents in the Stephens Care Center have already been working on decorations.

After the program in the auditorium, everyone will repair to the Fox & Fell for refreshments. To make that possible, we invite residents to bring cookies, fruit or cheese to share. These items should be dropped off in the Heiser Lounge after 5:00pm the day of the event.

## Kendal Holiday Events

**Tues., December 6, 9:30am** - You are invited to **THE tree trimming** in the Heiser Lounge. There will be hot chocolate and festive music, too. Hope to see you there. Questions? Call Eileen Payton.



**Tues., December 13, 5:30pm** - **AUD** Kendal Early Learning Center kids will sing some of their favorite holiday songs. Bring cookies to share afterward with fellow residents, staff and KELC families.



**Wed., December 14, 3:00pm** - Welcome **Santa and Mrs. Claus** as they stop first in the Stephens Care Center at 2:30pm, and then arrive at the Heiser Lounge at 3:00pm to greet the Kendal Early Learning Center children, residents and staff. Sing holiday songs, enjoy hot chocolate and cookies, and tell Santa what you want for Christmas!

**Sat., December 24, 7:15pm** - Celebrate **Christmas Eve** with us in Heiser Lounge. Come gather around the piano in the lounge where the Kendal trio -- Cathryn Bacon, Jane Hannauer and Wilma Weber -- will add their art to our voices as we sing favorite carols. We'll hear poetry and prose inspired by the Christmas story read by Bob Baldwin, works by T. S. Eliot, Dylan Thomas and Clement Moore. We'll thrill to the Boar's Head Carol sung by Allen Huszti and enjoy traditional refreshments. And, after the formal program, there will be more carol singing.



**Fri., December 31, 7:15pm** - Join our **New Year's Eve** festivities. Get ready for games, fun, food, prizes, music and dance (maybe even ballroom). Win prizes for your most creative holiday hat designs. Take part in Robert Taylor's and Ted Nowick's best-ever Treasure Hunt. We'll provide sparkling juice, mulled cider and decaf. Bring your own wine or holiday-cheer beer, and plenty of your best finger food and munchies. We need party-time ideas and lots of volunteers. Check the Volunteer Bulletin Board for more details, updates and sign-up sheets. Under new management of Dan Reiber and Gaye Laurell.



## MORNING EXCHANGE

**TUESDAY, DECEMBER 20**

**10:00AM - AUDITORIUM**

**BARBARA THOMAS**

**(9:30AM - REFRESHMENTS IN  
HEISER LOUNGE)**



## KNOW YOUR KORA COUNCIL

At the KORA Annual Meeting on Thursday November 3, Nancy Garver, co-chair of the Memorial Services Committee, read the names of the 20 residents who died since November 2010: William Renfrow, AnneMarie Menzel, Doris Sable, John (Jack) Brown, Bob Smith, Dewey Ganzel, Kathlyn Champney, Bill Hutchison, Estelle Palmer, Richard Blount, Marjorie LeBeau, Arthur Steele, Robert Collins, Jo Kerrigan, Jean Dehnel, Milton Yinger, Harvey Gittler, Paul Oncley, Anne Gieschen, and Hugh McCorkle. They are very much missed!

I gave my Annual Report, noting that we have grown to 319 residents and when the Stephens Care Expansion is completed early in 2012 our population could reach 360 at 100% occupancy -- well over the 300 we on the original planning committee envisioned as optimal. This population increase is straining our community spaces, especially given the high interest in fitness among the generation now beginning to enter retirement communities. Our 87 different KORA groups have been very active, and our residents have given more than 40,000 volunteer hours within Kendal and out in the larger community. KORA's fundraising has been very successful -- \$32,600 for last December's Employee Holiday Fund, \$34,000 for the Employee Vacation Fund, \$5,000 for Oberlin Community Services at our 18<sup>th</sup> Anniversary Dinner, and \$25,000 for our own KORA budget. We constantly strive to improve our communications, but take pride in our Library offerings, our publications (*The Kendalight*, *Eureka* and, now, the *Health Newsletter* shared with other Kendals), our Channel 19, poster and audio announcements, and our superb website. This year Kendal residents participated in the City of Oberlin strategic planning process ("Oberlin 2025") and

the City-College collaborative "Oberlin Project" aiming to make our town -- already an "Ohio 2012 Best Hometown" -- "the greenest city in America." I trust we will be involved in many ways as residents, not least as resident members of the Kendal Board of Directors, in developing a new 15-year strategic plan for Kendal that is integrated with these other efforts. We have started planning our celebration of the 20<sup>th</sup> Anniversary of the opening of Kendal at Oberlin in October 2013, including the publication of a history of our very special community. I concluded with special thanks to Sam Goldberg, our outstanding used car salesman, and Mary Simons and her RAF Shop associates for raising \$40,443 for our Resident Assistance Fund.

Ann Wardwell of Newcomers/Friendship Committee expressed our enthusiastic welcome to our new residents since last year: Barbara Barna, Elizabeth Belden, Barbara Bruer, Joanne Busiel, Martin Davidoff, Marcia Deist, John and Peggy Gordon, Ruth Ann Clark and Ardith Hayes, Raymond LeGrand, Arnold and Beth Lewis, Robert and Carol Longworth, John and Harol Persuit, Gaye Laurell and Daniel Reiber, Pauline Handman and Paul Spierling, Judith Tandy, Janet Wanyek, Catherine Wilber, and Mary and Grover Zinn.

The Nominating Committee's slate of officers for 2012 was approved by consensus: President John Elder, Vice President Don Reeves, Secretary Sheila Eckstein, Treasurer Joe Palmieri; Councilors (2-year term) Eleanor Devereux, Thelma Morris, Don Parker, Eileen Payton, Bob Randel (with Elizabeth Aldrich, Don Hultquist, Del Jenkins, Isobel Rutherford, Mary Simons, May Zitani continuing their terms); Nominating Committee: Mary Lynne Grove, David Schaal (Demmie Carrell, Betty Weinstock, Jim White continuing). Those completing their service were warmly

## Fundamentals from the Front Desk

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• The UPS store will be in Heiser Lounge to help residents wrap, pack and send their holiday packages on the following dates:

**Wed., Dec. 7 - 4:30-7:00pm**

**Sat., Dec. 10 - 11:00am-2:00pm**

**Wed., Dec. 14 - 4:30-7:00pm**

• Don't forget to reserve your group's meeting space for 2012.

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## Oberlin Community Services Needs our "Holiday Helping Hands"

Kendal's Staff Special Events Committee is again offering support to the Oberlin area through our community's participation in the Oberlin Community Services Holiday Helping Hands program. More information is posted on the Kendal bulletin board in the Heiser hallway. We hope our residents and staff will again generously sponsor holiday gifts for children of area families in need (numbering 60% more than last year's families).

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**Check out our KORA website:  
[www.kaores.kendal.org](http://www.kaores.kendal.org)**

And check two other interesting "Other Kendal" links, both produced by KatO's Admissions and Marketing Dept.: The blog at [www.kendalatoberlin.net](http://www.kendalatoberlin.net) and the Facebook Page at [www.facebook.com/kendalatoberlin](http://www.facebook.com/kendalatoberlin).

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thanked: Vice President Sam Goldberg; Councilors Mary Lynne Grove, Anne Wilcox; Nominating Committee members: Don Illig, Pam Lenz. Treasurer Joe Palmieri's \$24,355 KORA budget for 2012 was approved by consensus. In keeping with our common practice as part of a Quaker-initiated system of continuing care retirement communities, our Annual Meeting was opened and concluded with a moment of silence. -John Elder, KORA President

# PROGRAMS

## LECTURES

### **First Thursday Health Lecture "The History of Cardiology" December 1 - 7:15pm - AUD**

Speaker: Dr. John Schaeffer from the North Ohio Heart Center.

### **Lecture: "The Impact of Hydrofracturing for Natural Gas on Ohio's Forests" Thurs., Dec. 1 - 4:30pm -AUD**

Speaker: Cheryl Johncox, Executive Director of the Buckeye Forest Council ([www.buckeyeforestcouncil.org](http://www.buckeyeforestcouncil.org)). Sponsored by the Environmental Concerns Committee.

### **Theater: Where Has Tommy Flowers Gone? Thurs., Dec. 8 - 8:00pm - Hall**

Presented as a series of skits, Terrence McNally's hilarious and biting play captures the essence of the 60's generation through the life and attitude of Tommy Flowers. Tickets \$6.00 seniors; \$3 more at door. Contact Central Ticket Service at 775-8169.

**Sign up for Kendal bus.**

### **News and Views Fri., Dec. 2 - 10:30am - AUD**

The subject "Multilateralism: How Can Nations Work Together" will be presented by Bob McClusky and a panel: Dick Baznik, Ed Long, Don Reeves and Ira Steinberg. The discussion is based on the Foreign Policy Assn. briefing book "Great Decisions." There will also be an update on results of the Domestic Issues questionnaire on the national debt. Sponsored by The Center for LifeLong Learning, there is no registration or fee. All are welcome.

## TRIPS

### **Lunch Bunch: Sal and Al's Wednesday, December 28**

This local eatery is returning to its former location in Amherst, now that Aladdin's has left that spot for Oberlin. The diner has been renovated but its menu will feature the old favorites -- home-made specials including pierogies and chicken paprikash, and their trademark burgers and ice cream sundaes. Bus leaves Heiser at 11:30am, returning about 1:30pm. Van charge: \$7.00. Place check to KORA for \$7.00 in Box #89 by Monday, December 26. Lunch at your expense. Sign-up sheet posted Monday, December 19.

### **Ohio Dance Theatre: "The Nutcracker" Saturday, December 17 7:30pm - Stocker Arts Center**

Ohio Dance Theatre's fully staged professional production of Tchaikovsky's "The Nutcracker" has delighted audiences for 17 years. The role of Clara will be danced by Chelsea Sprague, a graduate of Interlochen Arts Academy. Before joining Ohio Dance Theatre, Ms. Sprague danced with Ballet Austin, North Carolina Ballet Theatre and Atlanta Ballet Festival among others.

**Sign up for Kendal bus:** Bus will leave at 7:00pm and return at 10:15pm. Senior discount ticket with bus fare is \$39.00. We have tickets reserved for us but first come, first served. Place your check for \$39.00 to KORA in Box #192 by Friday, December 9.

### **Annual Philanthropy Workshop Wed., Dec. 7 - 4:00pm - AUD "Year-end Wrap-up on the Markets, Taxes & Giving"**

## MUSIC

### **Oberlin High School Choir Thurs., Dec. 8 - 2:30pm - Heiser Lounge**

Kendal resident Helen Taylor will accompany the choir. The director is Rob Duerr, new this year. All are invited!

### **Geoffrey Sanford, oboe Thurs., Dec. 22 - 7:15pm - AUD**

Geoffrey, Kendal resident Vi Blount's grandson, is an MM degree student at Rice University.

### **The Marimbas Are Back! Sunday, December 11**

Once again, Oberlin Conservatory percussion students will present "Marimba Christmas." After eating brunch at 11:30am, they will play in Heiser Lounge. The hours for brunch will be extended to include all diners.

### **Kendal Bell Choir Fri., Dec. 16 - 3:15pm Central Activities Room**

The Kendal Bell Choir under the guidance of Jara Stull, Kendal's music therapist, performs music for the holidays. You are cordially invited to join us to share music, songs and cookies.

### **Performances in CAR ❄️❄️❄️**

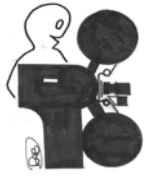
**Friday, Dec. 23, 4:00pm -** Dave Markle, holiday songs on the piano.

**Tuesday, Dec. 27, 3:15pm -** Jara Stull, holiday songs on the marimba.



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

Denise Birkhofer, Assistant Curator of Modern and Contemporary Art at the Allen Memorial Art Museum, will discuss the sculpture "Untitled" from 1989-93 by Doris Salcedo in the context of the artist's awareness of violence in Colombia. This work is currently on display in the Ellen Johnson Gallery. All are welcome. No registration, no fee.



**Sunday Films  
in CAR  
at 7:15pm**

**December 4 - Miracle on 34th Steet (1947)** - Kris Kringle (Edmund Gwenn) gets a job as Macy's Santa and then has to prove he really *is* Santa Claus to a skeptical little girl (Natalie Wood).

**December 11 - The Polar Express (2004)** - This Oscar-nominated film is based on the children's book by Chris Van Allsburg. Wonderful animation brings the artwork to life in this tale of a young boy who boards a train on Christmas Eve and ends up in a magical place. Rated G.

**December 18 - Elf (2003)** - Buddy (Will Ferrell), an orphan raised by Santa's elves, goes to New York City to find his birth father (James Caan). Bob Newhart is a hoot as Papa Elf. Rated PG.

**December 25 - No film will be shown on Christmas Day.**

**Saturday Favorite Film  
December 3 - 7:15pm - AUD**

**Eat, Drink, Man, Woman (1994)** - Chinese chef with three rebellious daughters. Features a fabulous kitchen and delectable dishes he prepares for them. Taiwanese film directed by Ang Lee. Rated PG.

**Saturday Night Movie  
December 17 - 7:15pm - AUD**

**A Christmas Story (1983)** - Nine-year-old Ralphie Parker wants only one thing for Christmas: a Red Ryder BB Gun with a compass in the stock. He tries various schemes to persuade his parents to get him this gift but everyone tells him, "You'll shoot your eye out." But there may be a surprise in store for him. Some scenes were shot in Cleveland's Higbee Co. and on Public Square. Rated PG.



**Art  
Gallery  
News**

**Kendal Gallery - Deborah Banyas and T. P. Speer** create their mixed media wall pieces from carved wood, stuffed cotton fabric, polymer clay, tooled metal and acrylic. The artists, whose Riverdog Studio & Gallery is located in Wakeman on 20 acres along the East Fork of the Vermilion River, will display their creative creatures, beginning December 6. A reception will be held on Friday, December 9 at 4:00pm in Heiser Lounge. *-Marilyn Myerson*

**Friends Gallery** - A reception for **Maria Kaiser** and **Ruthe Stone**, the two Cleveland-area printmakers whose works are now on display, will be held in the Friends Corner dining room on

Tuesday, December 6. Talks by the artists will begin at 2:30pm, followed by refreshments and a chance to discuss individual works out in the gallery. Our next show will be **The Nature of Kendal**, selected photographs that have been shown in recent years at the beginning of our daily announcements on Channel 19. We will hang this show on December 22. The Art Committee is grateful to Charlotte Long for giving us the idea for this show.

*-Robert Taylor & Ted Novick*

**Community Gallery** - On display now are the watercolors of Kendal resident **Betsy Belden**. Later this month we will see an exhibit of Japanese holiday cards which have been collected over many years by Ed and Ruth Schwaegerle and arranged by Nina Love. *-Katie Brown*

**Kendal at Oberlin Artists  
Featured in FAVA Show**

The works of ten Kendal artists are included in the Firelands Association for the Visual Arts 32nd Annual Members Holiday Show. Kendal artists on exhibit are: Paul Arnold, Polly Carroll, John Elder, Eleanor Helper, Jane Nord, Don Parker, Peg Schultz, Cate Schwaegerle, Paul Schwaegerle and Mary Louise VanDyke. The show runs through December 18. Gallery hours are Tuesday-Saturday, 11:00am-5:00pm; Sunday, 1:00-5:00pm.

**Friday Night Opera DVD  
December 16 - 7:15pm - AUD**

**The Italian Girl in Algiers** - Rossini's comic opera was described by Stendhal as "organized madness." The 21-year-old Rossini, according to different sources, composed the opera in 18 to 27 days. Come see and hear the sparkling music and laugh at the antics of the Bey, Mustafa, as he attempts to win the heart of the Italian girl, Isabella. *-Allen Huszti*

**Genealogy-History Group  
Thurs., Dec. 8 - 7:15pm- AUD  
"Ancestor Memorabilia"**

This program will bring together a group of Kendal residents who will be displaying an ancestor object and telling about the ancestor who owned it. The variety of objects that have been passed down to the current Kendal owners is great, ranging from jewelry, fabric, a letter, a book, and christening cup, to a violin and a tiny painting of a house in Switzerland.

**Don't Forget to Count  
Your Hours, Volunteers**

Are you keeping track of the hours you have donated in service to folks here at Kendal and in some community organization? Please be sure to include the hours you spend in preparation, too, i.e., practicing or writing a report and so on. If you will be away in January and want to turn in your volunteer hours early, please put a note in Box #121. Thanks for your help!

## **Ohio Heritage Center: Elisabeth Severance Prentiss - Oberlin's "Forgotten" Angel Wed., Dec. 14 - 7:15pm - AUD**

Neither Oberlin's Allen Memorial Art Museum nor the Allen Memorial Hospital could have been built if not for the generosity of Elisabeth Severance Prentiss. The Severances' longstanding involvement with and allegiance to this community will be traced by journalist Diana Tittle, author of a 2010 biography of this remarkable Western Reserve family, in an illustrated lecture. Co-sponsored by the Oberlin Heritage Center and the Allen Memorial Art Museum. Free and open to the public.

## **Help Ring in the Season**

Martha Stacy is signing up Kendal folks to "ring the bell" at IGA for the Salvation Army for a few hours each Saturday until Christmas. Greeters are needed to help the Salvation Army provide local families with the means to get through the winter in these tough economic times. Sign-up sheet is posted at the bulletin board.

## **Kendal's Supporting Friends Committee Needs Your Help**

The Supporting Friends Committee works at the direction of our social workers and Kendal's Director of Nursing to help in the nursing units. We do a variety of things. We help with mail. We visit those who are lonely. We sit with the dying. We can be of assistance to an out-of-town family because we know our way around Kendal and Oberlin. Our group could use more help. If you would like to join us, contact Margaret-Ann Ellis.

**"Awakening the Dreamer,  
Changing the Dream"  
Symposium postponed to  
January 27, 10:00am-3:00pm  
in the Crossroads Room.**

## **Domestic Issues on National Debt Results**

Forty attended the first Domestic Issues News & Views using the Kettering Foundation small group discussion format which was observed by Wanda Miner from Kettering.

Over 75% surveyed felt the format helped them better understand the issues. The results of the questionnaire on the subject of the national debt were tabulated by Wanda, summarized by the committee and sent to Sherrod Brown and Marcy Kaptur, and presented personally to staff at Rob Portman's Cleveland office since he is on the "super committee."

The summary report will be reviewed at the December 2 News & Views session and is on the bulletin board outside the library; the full report is in the library. Committee members were Jerry Berner, Dick Baznik, Jean Heller, Bob McClusky, Bob Randel and Don Reeves. Several Domestic Issues subjects are being considered for 2012; suggestions are always welcome.



## **Vision Impaired**

### **Monthly On-Line Low-Vision Support Group**

### **"Holiday Nutrition Magic"**

**Thursday, December 8**

**4:00pm - Crossroads Room**

Presenter: Ellen Troyer, MT, MA,  
CEO, Biosyntx Inc.

### **Reading of *The Kendalight* Come One, Come All!**

**Bring Your Calendars!**

**Thursday, December 1, at  
10:00am in Crossroads Room**

Marie Evans reads the parts of *The Kendalight* which are important to you.

## **Recycling Paper, Ink Cartridges and Newspaper Sleeves**

**Recycling Paper:** Only about 50% of the paper used in America is currently being recovered for recycling. The market for recycled paper keeps growing.

Recycle all of your paper all the time. It really makes a difference. When paper is placed in a landfill instead of being recycled, more virgin forests must be cut (hastening climate change). The landfilled paper itself produces methane, a greenhouse gas that also hastens climate change.

Switch to digital/online subscriptions and memberships away from paper whenever you can.

Purchase magazines printed on recycled paper. The Better Paper Project Web site features a regularly updated list of magazines that publish on recycled paper.

Use paper printed only on one side in your computer printer. One of our residents makes scratch pads out of such paper. (For more information ask Nancy Hultquist).

**Recycling Ink Cartridges:** Used printer ink cartridges can be recycled. Give them to our Early Learning Center or place them in the box under the copy machine in our Library. From both sites the cartridges will be turned in for reimbursement for funds that will be used to support those facilities.

**Recycling Plastic Sleeves:** The plastic sleeves and rubber bands that come with your delivered newspapers can be re-used by the delivery person. Just place them at your delivery site for re-use. Otherwise, he has to purchase new supplies.

*-Jerry Berner, for the Environmental  
Concerns Committee*

**Call 775-9868 to hear menus  
for the dining rooms and  
other announcements.**

## Welcome Kendal's New Residents

### Robert "Bob" and Carol Longsworth



Bob



Carol

**Bob:** I was born and reared in rural Ohio. I completed my undergraduate education at Duke University, in Durham, NC, where I had the great good fortune to meet Carol Herndon, who was a native Tarheel. We were married during the summer following our graduation, and spent the next six years in Boston. Following receipt of the PhD degree in English from Harvard, I became a member of the Oberlin College faculty in 1964, and I remained there until my retirement in 2001.

My dissertation, which dealt with medieval drama, was published in 1968 as *The Cornish Ordinalia*. Medieval literature continued to be my primary field of interest throughout my active career, and the subject of several articles that I have published. At the behest of the Department of English at Oberlin, I undertook to teach a course in the History and Structure of the English Language: That experience led me to the publication, after retirement, of a book entitled "A Decade of Campus Language at Oberlin College." Late in my career I began offering a course on The Bible in Literature, a topic that continues to nudge me toward further publication.

Beginning in 1974, I interrupted my teaching to serve for a decade as Dean of the College of Arts and Sciences at Oberlin. In 1980, I was granted a leave of absence in order to take up a research fellowship at the National Humanities Center in North Carolina.

Carol and I are the parents of three children: Eric (born in Boston) is married to Pascale Graham and is a violoncellist who lives permanently in France;

Margaret (born in Oxford, England) is married to Richard Flood (an Oberlinian) and is a violinist; Ann (born in Oberlin) is married to Daniel Orr and, while living in Green Springs, OH, is a member of the staff of Senator Sherrod Brown.

Among them, they have bestowed upon us eight grandchildren (Jacob, William, SaraEve, Samuel, Ariana, Clara Margaret, Lewis and Molly), each of whom is worthy of a panegyric.

**Carol:** My North Carolina accent gives me away, although my husband and I have lived in Oberlin for 47 years. I was born and raised in Durham, attended Duke University and met there my sweetheart, Robert Longsworth, to whom I have been married for 53 years.

Music was my major at Duke and in the Master of Music program at New England Conservatory. Our children's growing up years included cello, violin and piano and even now we enjoy family musicales when we get together at Christmas time.

I was privileged to serve as Director of Music at The First Church in Oberlin, UCC for 28 years, starting in 1977, and had the pleasure of directing a chamber concert choir in the area for 37 years.

I started flute lessons ten years ago. Since retiring, I have continued with various volunteer efforts, especially serving on the Board of Family Promise and the Interfaith Hospitality Network, an organization that helps

homeless children and their parents. My husband and I also volunteer at First Church in various ways, including arranging Adult Education programs on Sunday mornings.

We have many friends who live at Kendal and we look forward to joining them, not only for the remarkable events that enliven the Kendal calendar, but also for the wonderful sense of community and caring that permeates the campus. In addition, the new Kendal residents we have met have such a wealth of experiences to share. We are honored to be among you!

### The Medical Buzz from Molly Singletary, HWC Nurse Practitioner



Medical discoveries, warnings and updates are available daily to us thanks to the speed of cyberspace. Each day, a website called *Medscape* alerts medical professionals to the latest "buzz." The purpose of this column is to share some of this breaking news from the medical front. I hope you find this column informative and helpful in your own lives.

- A recent U.K. study found that a 12-session, 3-month yoga program led to greater improvements in back function than usual care for those with chronic low back pain. However, yoga did not yield greater reductions in pain or improvements in overall health compared with usual care. But the study team notes that "...confidence in performing normal activities despite pain improved more in the yoga group than usual care group at 3 and 6 months."

- Late last month the pharmaceutical world was turned upside down when the lipid-lowering agent atorvastatin (Lipitor from Pfizer), which has claimed the number one spot in drug sales for the past five years, lost its patent protection in the U.S. The generic company Ranbaxy Laboratories has launched its generic product.

## 'Tis the Season to Be Scammed -- a Risk Management Advisory!

As Kendal's Risk Manager, I have appreciated residents notifying me when they have experienced a "near miss" with a phone scam or other seemingly fraudulent or suspicious happening. Here are some active scams to avoid:

- Recently a company identifying itself as "911 Medical" called a Kendal resident and asked her to sign up to aid in the organization and transfer of her medical records in case of a medical emergency. The caller asked for two payments of \$247.12 to insure that all her medical records would be forwarded to her place of treatment. The resident wisely declined the offer and called Kendal's Health & Wellness Clinic. Our staff reassured her that our Clinic would forward all her records.
- Here's a scam that has happened frequently during the annual Part D open enrollment. Phone callers identify themselves as an employee of Medicare or a non-existent agency such as the "National Medical Office." You are told that you need a new Medicare card, but first you must authenticate your identity by providing your Medicare number (which is your social security number) and date of birth. You may be asked for a credit card or bank account number. **Please do not respond to these calls! Medicare will not call you asking for your number.** Medicare has no agents who will visit your home or send you unsolicited email messages. If you call Medicare directly, however, you will be asked for your number.
- The "grandparent scam" is alive and well! Someone calls a grandparent claiming to be a grandson. His story varies: he was in a car accident or became stranded while traveling overseas. But there is always an urgent need for money to be wired. The Better Business Bureau says this scam has become an "epidemic in Ohio." **Never be pressured or persuaded to send money in response to a phone call. And never give out your personal identity numbers, bank account or credit card information!**

Please keep those suspicious notifications coming to me or to anyone in Administration if I am not available. *-Toni Merleno, Director of HR and Operational Services*

## R>A>F ShopTalk

Hope you are enjoying the Holiday Shop in "Room 280," as a buyer or as a casual visitor. Even some long-time residents and staff need directions to find it! Go to the second floor of the apartments; turn left from the elevator; turn left again and go most of the way down the long hall. "Room 280" is on the right side, between Apartments 266 and 268. The honor system prevails here, just as in the downstairs Shop. Look for the cash box and follow the simple directions posted there. You are more than welcome to look at both Shops; please don't feel you need to make a purchase each time. In addition to adding proceeds to Kendal's Resident Assistance Fund, an important aim of the R>A>F shop is to provide a welcoming space that residents, staff and visitors may enjoy.

Receipts for the four-week period October 26 – November 22 were \$3,183.48, including a \$950 commission on the sale of a car by Sam Goldberg. *Keep It Flying*  
*-Mary Simons, Chair*

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### Upcoming Move-Ins

**Michael Fletcher** will move from Mechanicsburg, PA, to a Cottage in late December.

### Recent Move-Ins

**Joan Croom** moved from Mountain Home, AR, to a Cottage in late November. She is a former Kendal at Oberlin resident.

**Robert "Bob" and Leslie "Lee" Hefner** moved from Ann Arbor, MI, to a Cottage in mid-November.

**Louise Shoemaker** moved from Queensbury, NY, to a Cottage in early November.

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

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### Cardinal Shop Ready for the Holidays

**Good news! We are open Saturdays, Dec. 3, 10 and 17, 1:00-3:00pm.**

Come in and check our selection of gifts, cards and candy for the season!

Janet Bolland will make her fabulous fudge and dark-chocolate-covered pecans, just in time for holiday gatherings. Watch for the announcement on Channel 19.

And Kendal residents have crafted exquisite pottery, vests, jewelry, Shaker boxes and other items that can be the perfect gift. Stop and see what's new!

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### Kendal Kryptogram #82 -by Nina Love

UHARBUT BY SHEAR RCMBUT HE SHEAR

DHYVYVYBUT QUFVYY BA PCU NV YRCEVK

SBAR HARVEY.

*-R. TBAAFVE'Y TECUKXCARVE, "DHD" FBDZCU*

**Solution to Kryptogram #81: "The first half of our life is ruined by our parents and the second half by our children." -Clarence Darrow**

## Shuffleboard Tournament 2011

Shuffleboard ended with a Fox and Fell Den gathering in November. The most outstanding story told there was shared by two teams who got the "Adrenalin Award". Rusty Long made the final shot in a tie-breaker game which miraculously changed the score in favor of his and Peg Schultz' team. Sam and Marcia Goldberg, the opposing team, had been comfortably in the lead and in that one shot of the last disc, lost the game. Sam brought his score notes and told the story well for our listening pleasure. The other four teams had less dramatic times, but enjoyed the season. (If we had a consistently smooth court, the games could be played more skillfully, it was noted by the Werners who are familiar with the excellent courts at Lakeside.)

In 1532, shuffleboard began as a table game for royalty in England, it is told. It moved to the masses, then to luxury liners where it was played with poles and discs on the deck. In 1913 that form of the game showed up on shore in Florida resorts. Both table and ground forms have international tournaments. In 2010, the 28th Team World Cup was held in Germany with Canadian women's team and United States' men's team becoming the winners of deck shuffleboard.

*-Joyce and Don Parker*

## First Church United Fellowship Saturday, December 10

**9:30am - Penn Room: Food and Fellowship**

**10:00am - AUD: Christmas Tidings & Cheer:**

Words from Margaret-Ann and Milt Ellis and Music by Helen Taylor and June Swartwout.

**11:00am: Everyone will go caroling in Stephens Care Center.** Join old and new friends greeting the Holiday Season!!!  
**All are welcome!**

## Table Tennis News

Table tennis booms on. In November we unveiled our new, third table. With the help of our avid coaching cadre, all our beginners have begun stroking the little yellow ball smoothly, and game patterns are emerging. This winter's tournament should be a suspenseful one. Watch for details before too long!

Are you curious about a lifetime sport that will energize your body and mind? Come see your fellow Kendalites doing what they thought was way past them just a few weeks back. Join us in the spirited social fun! *-Sidney Rosenfeld*

## Saturday Walks in the Park this Winter

The only scheduled Saturday Park Walks throughout the winter will be those run by Walk with a Doc (Cleveland Clinic/Westlake). The next walk takes place December 3. Subsequent walks will be held on the first Saturday of each month. All walks will be at the Bur Oak area of Black River Reservation. The walks start at 8:30am and Kendal residents who are interested are invited to meet at the Heiser front desk at 8:00am to car pool.

## RELIGIOUS SERVICES AT KENDAL

### Episcopal Services

Holy Communion  
Saturday, Dec. 10, 11:00am, CAR  
Rev. Brian Wilbert  
Christmas Eve Holy Communion  
Saturday, Dec. 24, 4:00pm, CAR  
Rev. Nancy Roth

### Roman Catholic Mass

Friday, Dec. 16, 10:00am,  
Crossroads Room

### Society of Friends

Sundays, 10:00am, Green Room

### Third Sunday Service

Sunday, December 18, 4:00pm, CAR



## Bridge Results

**Mondays: Oct. 24:** 1st, Helen Randel; 2nd, Eileen Dettman; 3rd, Alverta Schneider.

**Oct. 31:** 1st, Helen Randel; 2nd, Betty DeWitt; 3rd, Bush Olmsted.

**Nov. 7:** 1st, Betsy Belden; 2nd, Eileen Dettman.

**Nov. 14:** 1st, Alverta Schneider; 2nd, Connie Bimber; 3rd, Helen Randel.

**Wednesdays: Nov. 2:** 1st, Connie Boase and Carol Ganzel; 2nd, Mary Beth McCalla and Warren Wickes; 3rd, Betsy Belden and Ed Schwaegerle.

**Nov.16:** 1st, Helen Randel and Eileen Dettman; 2nd, Russ and Connie Bimber; 3rd, Joe and Sue Palmieri.

## Weekly Catholic Mass on TV

Sacred Heart Catholic Church of Oberlin video-records their Sunday morning Mass each week. It is then broadcast on Cable Co-op's Channel 9 on Thursdays at 1:00pm and again at 8:00pm. Homebound Catholics and anyone interested in viewing Catholic worship are invited to tune in.

## The Kendalight

A monthly newsletter of the Kendal at Oberlin Residents Association, 600 Kendal Drive, Oberlin OH 44074

Associate Editors: Connie Bimber, Robert Baldwin  
Managing Editor: Elizabeth Aldrich  
Immediate Past Editor: Betsy Thomas  
Photos: Eleanor Helper  
Proofreaders: Mary Ashbrook, Mary Simons  
Production: Don VanDyke

Deadline for the January 2012 issue of *The Kendalight* is December 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 articles on separate sheet (NOT on room request form), sign and place in *Kendalight* open box. All articles must carry a signature and telephone number.**





**December Special Meals**

**Tuesday, December 20  
Hanukkah Dinner**

**Sunday, December 25  
Christmas Day Dinner  
12 noon and 2:00pm**

**Fox and Fell Dining Room**

Note: There are two seatings for reserved service. Holiday seatings are limited to the first 150 reservations received. Others will be advised to

choose the 2:00pm seating. Reservation forms for Fox and Fell will be emailed or placed in mailboxes.

**11:30am to 1:15pm - Friends Corner Dining Room.** Normal serving hours for all meals.

**Langston** will be open for breakfast service on Christmas Day. Box lunches will be prepared in advance for residents desiring an evening meal on Christmas Day.

**Meet, Greet, Eat is Coming!**

A new dining group, Meet, Greet and Eat, will be introduced on Monday, January 9 in the Fox and Fell. Based on a Kendal at Ithaca program, it is designed as a way for residents (new -- and not so new) to get to know each other better. You'll add your name to the sign-up sheet to participate. Each dining table will be assigned a number; you'll pick a number, get your meal (or ask for waited service) and go to that numbered table. Everyone is welcome!

*-Sheila Eckstein and Priscilla Steinberg*

**Kendal Unitarian  
Universalist Gathering  
Wednesday, December 21  
4:15pm - Heiser AUD**

**Making Meaningful Holidays  
Rev. Mary Grigolia**

Now is a natural time to reflect on how we are learning and growing -- as individuals and families, as friends and communities. Rev. Grigolia will share a flexible structure for reflection: 12 Days, based on Carl Jung's 12 stages of individuation, offering a different focus for each day. It is compatible with all spiritual paths and appropriate for all ages. We'll sit with the questions for Day 1 (December 21) and explore how to use 12 Days (through January 1). **All are welcome!**

**Kendal Now Offers Reiki and Reflexology Sessions**

Susan Flanagan, certified in both Reiki and Reflexology practices, now provides scheduled sessions for any interested Kendal residents or staff.

**Session Times:** Tuesdays and Saturdays, 10:00am to 2:30pm **by appointment only**

**Session Rates:** \$35.00 + tax for 30 minutes; \$70.00 + tax for 60 minutes. Residents will be billed for sessions on their monthly Kendal statements. Staff members must pay by cash or check for sessions at time of service. If you are interested in scheduling a session, please call the Health & Wellness Clinic at 775-9807.

**Health Connections**

If you would like to provide occasional transportation for other Kendal residents to medical appointments in the Cleveland area, please call Eleanor Devereux or Donna Baznik.

**Watch for Sign up Sheet for:**

**Solo Diners:** Wed., Dec. 14, 5:30pm, Penn Room (second Wed. of month).

**SPINACH:** Dinners will resume on Wed., Jan. 25, 5:15pm, Penn Room (fourth Wed. of month).

**Dining Notes From Ann Pilisy:**

• On major holidays (Easter, Mother's Day, Thanksgiving Day, Christmas Day) forms will be sent out to make reservations, for 12:00pm or 2:00pm seating. Tables will be assigned as reservations are received. Each seating time will be closed at about 150 people. You may be notified of need to change your requested seating time. We do not expect this to affect many reservations.

**Reminder:** Please do not print out reply, simply email your response, if you are able, and save paper!!

• Did you know there are weekly **foreign language tables**? These groups usually meet in the Den (but are occasionally relocated if another group needs the Den). Consider joining, and practice your language skills.

**German Table**, Tuesdays at 5:30pm. Contact Bernard Eckstein.

**Spanish Table**, Wednesdays at 5:30pm. Contact Fred Hofman or Don Parker.

**French Table**, Thursdays at 5:45pm. Contact Paul Arnold.

• **Solo Diners** meet in 2012 on **2<sup>nd</sup> Thursday** every month (except July and August) at 5:30pm in the Den. Sign-up sheet will be posted by open mailboxes about one week prior, limited to 20 people. **Note change in day.** Contact Betty O'Connor



• **Unitarian Univerlists** have dinner on **3<sup>rd</sup> Wednesday** every month (except July and August) at 5:15pm in the Den. Contact Peg Schultz.

• New in 2012: A monthly **"Meet, Greet and Eat"** will begin Monday, January 9. Contact Sheila Eckstein or Priscilla Steinberg.

• **Don't forget to reserve your group's meeting space for 2012.**

• **Reminder:** please be sure to **check in for every meal** at Fox & Fell desk or Langston cash register so we can be sure to account for all meals.

**Dining Services wishes everyone a happy holiday season and new year!** ❁❁❁❁❁❁❁❁❁❁

SUN	MON	TUE	WED	THU	FRI	SAT
 <h1 style="margin: 0;">December 2011</h1>  <p>CCR = Crossroads Conf. Rm      Bold Face = at Kendal  GCR = Green Conf. Rm              tx = Tickets needed  HL = Heiser Lounge                 🚌 = Kendal Bus  WCH = Warner Concert Hall        CTS (tickets) 775-8169</p> <p>English Country Dancing            Wed. Morning Discussion Group  Every Sunday at 7:15pm - AUD      Every Wed. 10:00-11:00am - CAR</p> <p>Check Channel 19 for changes in scheduling and late additions.</p>				1 Reading of Kendalight 10:00am - Crossroads Rm	2 News & Views 10:30am - AUD	3  Met Opera HD at Crocker Park: Rodelinda 🚌 lv. Heiser 11:15am
4 Quaker Worship 10:00am - Green Rm  Film: Miracle on 34th Street 7:15pm - CAR  Musical Union 8:00pm Finney 🚌	5     Bridge 7:10pm - AUD	6 Tree decorating and cocoa 9:30am at Heiser  Artists' Reception 2:30pm Friends Dining Room  Oberlin Orchestra 🚌 8:00pm Finney	7  Philanthropy Workshop 4:00pm - AUD  UPS Store: 4:30- 7:00pm - HL  Pairs Bridge 7:10pm - AUD	8 KORA Council 10:00am AUD (NOTE DATE)  OHS Choir 2:30pm - HL  Low Vision Group 4:00pm - CCR  Genealogy- History Group 7:15pm - AUD  Where Has Tommy Flowers Gone? 🚌 8:00pm Hall (tx)	9  Sounding Board 10:00am - Green   Artists' Reception 4:00pm HL	10 United Fellowship 10:00am - AUD  Episcopal Serv. 11:00am - CAR  UPS: 11:00am- 2:00pm - HL  Met Opera HD at Crocker Park: Faust 🚌 lv. Heiser 11:40am  Oberlin Jazz Ensemble 🚌 8:00pm Finney
11 Quaker Worship 10:00am - Green Rm  Marimba Christmas 12:15pm - HL  Messiah Sing-along 7:00pm WCH 🚌  Film: Polar Express 7:15pm - CAR	12     Bridge 7:10pm - AUD	13 Tea at AMAM 2:30pm  KELC Christmas Program 5:30pm - AUD  Oberlin Chamber Orchestra 🚌 8:00pm Finney	14 Potluck 11:30am-1:15pm Fox & Fell Santa - 3:00pm - HL  UPS Store 4:30-7:00pm - HL  Solo Diners 5:30pm - The Den  OHC: Elisabeth Severance Prentiss 7:15pm AUD  Scrabble 7:15pm CCR	15     Kendal Revels Winter Solstice Celebration 7:15pm - AUD	16 Catholic Mass 10:00am CCR  Kendal Bell Choir 3:15pm - CAR  Opera DVD: Italian Girl in Algiers 7:15pm - AUD  Empty Mugs Holiday Brass & Organ Spectacular for OCS - 8:00pm First Church 🚌	17 "The Nutcracker" Stocker Center (tx) Bus lv: 7:00pm return 10:15pm. Reserve tickets 🚌  Film: A Christ- mas Story 7:15pm - AUD
18 Quaker Worship 10:00am - Green Rm  3rd Sunday Serv. 4:00pm - CAR  Film: Elf 7:15pm - CAR	19     Bridge 7:10pm - AUD	20 Hanukkah Begins  Morning Exchange - Barbara Thomas 10:00am - AUD 9:30am - Refresh- ments in Lounge  Hanukkah Dinner	21  Unitarian Univ. Rev. M. Grigolia 4:15pm - AUD  Pairs Bridge 7:10pm - AUD	22     Geoffrey Sanford, oboe 7:15pm - AUD	23     Dave Markle, holiday songs on piano 4:00pm - CAR	24     Episcopal Serv. 4:00pm - CAR Rev. Nancy Roth  Christmas Eve Gathering 7:15pm - HL
25 Christmas Quaker Worship 10:00am - Green Rm Christmas Dinner 12noon; 2:00pm Fox & Fell 11:30am-1:15pm Friends Corner	26 Kwanzaa Begins   Bridge 7:10pm - AUD	27 Jara Stull, holiday music on marimba 3:15pm - CAR	28 LUNCH BUNCH: Sal and Al's, 🚌 Amherst 11:30am-1:30pm  Scrabble 7:15pm - CCR	29	30	31     New Year's Eve Celebration Fox & Fell, HL, AUD 7:15pm - ?