

The Kendalight

Kendal at Oberlin Residents Association

February 2014

Volume XXI, Number 2

Family Promise of Lorain County Needs Our Help

Kendal continues its partnership with Oberlin's Mt. Zion Church to provide support for Family Promise, a non-profit agency that shelters, feeds and supports homeless families. The network of support comes primarily from churches all over Lorain County. Kendal is a supporting agency working with Mt. Zion that coordinates a full week three times a year. Kendal donates food for meals, evening volunteers for activities, and night time hosts through resident, staff and board volunteers. While local churches provide space and services in the evening and overnight, there is a professional staff headed by Executive Director Lois Pozega to help families to secure long term housing and jobs.

In December, Kendal enjoyed the opportunity to host an appreciation luncheon for Kendal and church community volunteers who have been supporting Family Promise at Mt. Zion Church. Beautiful poinsettia plants were donated for the event by Green Circle and it was fun for resident and staff volunteers to act as hosts and servers for the luncheon. **We look forward to support of volunteers in 2014 for these dates: March 23-30; August 17-24 and October 12-19.**

Each week that we share this responsibility with Mt. Zion members, we need a total of 17 Kendal volunteers helping with such things as offering side dishes for dinner, helping with evening

Tired of Snow and Cold? Think Spring Fling!

Every Spring Kendal folks welcome the season with a festival -- the Spring Fling! **The 2014 Spring Fling will be held on Saturday, April 26.**

Plans are beginning to percolate, but we need YOUR ideas. Come talk and bring suggestions on Tuesday, February 4 at 4:00pm in the Fox and Fell Café.

programs, and sleeping overnight with the families. Please consider signing up for a week in March on the bulletin board near the Kendal Early Learning Center's play yard. **We NEED you.** Cash contributions are also helpful. In the past, Kendal has contributed various supplies and inflatable beds used by families. You may donate for the specific purpose of Kendal's support of Family Promise needs and receive a tax deduction.

If you have any questions about Family Promise, don't hesitate to ask George Andrews, Nina Love, Carol Longworth, Teresa Maynard or Barbara Thomas. *-Barbara Thomas*

Celtic Caprice: Turn the Corner Celtic Band - First Church Saturday, February 8, 3:00pm

The annual Family Promise Benefit Concert will feature Turn the Corner, a Celtic music ensemble that is the resident band for the Cleveland Ceili Club. It performs arrangements of Irish jigs and reels interspersed with O'Carolan pieces for a classical touch. A reception of Irish refreshments, supplied by professional caterers Alana Kelley and Noreen Romano, completes the Celtic theme of the day. **Note:** There is no Kendal bus available so please arrange to car pool.

Reaching out to the Next Generation

The Kendal at Oberlin admissions office is considering an event for children of Kendal residents, and we'd like to get a sense of how much interest there might be in doing this.

If you're willing, we'd like to reach out to your children and find out who might find such an event appealing. Our plan is to send a message via email, and ask if they would attend a late summer event here in Oberlin. If the interest is strong, we'll get going on the plans. If you're willing to share your children's email address with us, we'd be very grateful. Please send a note or message to Maggie Stark, mstark@kao.kendal.org. Thank you!

**COFFEE WITH
BARBARA THOMAS
MONDAY, FEBRUARY 17
9:30AM IN LANGSTON**

**AFTERNOON EXCHANGE
FRIDAY, FEBRUARY 28
4:00PM - AUDITORIUM
BARBARA THOMAS**

Know Your KORA Council **A Resolution of Thanks**

When searching for resolution of a vexing problem, Quakers often use a phrase, “as way opens,” or some variation thereof. Such a search may begin as a statement of faith or optimism, “a way will open.” Later, it may become an expression of progress, “a way is opening,” or of success, “a way opened.” Such progress commonly involves a group of people, sometimes with varying experience or judgments, reasoning together. Quakers routinely set such deliberations in a religious context, which is less directly the case at Kendal at Oberlin.

As many Kendal residents know, our proposed Community Space Improvements have been “on hold” for several months, partly because our needs and desires have seemed larger than our resources. Particularly for the improvements of greatest concern for residents -- improvements to the woodshop, upgrading and enlarging space for arts and pottery, an enlarged fitness area, a new location for horticulture activities, and a dedicated space for RAFF operations -- first outside cost estimates were greater than those on which Kendal’s borrowing was based. The shortfall was increased by a late discovery that major additional expense would be incurred for relocating underground utility lines, especially under the proposed horticulture and RAFF sites. The large shortfall was confirmed by bids from contractors in December, reviewed by the Master Planning Committee in early January.

In a process not unlike the Quaker process suggested above, the Administration’s construction working team, RAFF representatives and the Horticulture Committee held a series of meetings over three weeks, testing whether “a way might open” to any feasible alternative. RAFF pared their hopes back to an absolute minimum. Horticulture committee members tramped through the snow to explore five possible alternative sites.

Kendal at Oberlin residents, through KORA, express their profound appreciation for the extraordinary response to weather-related events of January 4-8, 2014 by every Kendal staff person, from Barbara Thomas through line workers and temporary staff called in for special service.

We further note, with satisfaction, the strong support of Kendal at Oberlin residents for one another throughout several trying days.

Approved by KORA Council, January 16, 2014

A chance comment in a Horticulture meeting with the Administrative team triggered a new alternative: moving the Education Center from its long-planned location, near the employee entrance into Heiser, to the area north of the Patterson wing of Stephens Care Center, and housing both RAFF and Horticulture in a new structure in the vacated area. Based on rough estimates, cost savings for this plan might nearly close the budget gap. It has begun to feel like a

late stage in the Quaker process, “a way may be opening.” Several steps remain before the process is completed: fresh plans from the architect; another round of bids from contractors; and myriad other details. But the prospect of beginning construction of the Community Space Improvements by summer seems more feasible than it appeared a month ago. And my faith in open consultations among reasonable people is reaffirmed. *-Don Reeves, KORA President*

Time to Register for LifeLong Learning Classes in Heiser

News & Views: Foreign Affairs. Each month, the discussion leader will present a major foreign affairs topic taken from the latest “Great Decisions” briefing book from the Foreign Policy Assn. Fridays, 10:30am to noon. **Feb. 7**, John Elder on Energy Independence (see p. 4); **Mar. 7**, Ben Schiff on Israel and the U.S. No fee or registration.

Chaucer, Shakespeare and the Trojan War. The mythic war between Greece and Troy has been a powerful touchstone in European culture and literature. The myth itself and the contrasting treatments of it in Chaucer’s “Troilus and Criseyde” and Shakespeare’s “Troilus and Cressida” will be examined. The BBC-TV film version of Shakespeare’s play will be shown on Mon., **Feb. 17**, 2:00 to 5:15pm. Robert Longworth, Emeritus Professor of English, Oberlin College. Mon., 10:30am to noon, **Feb. 3, 10 and 24** (3 sessions). Fee: \$20. (Class #4675)

Sign Languages and Deaf Cultures in Global Context. There are many sign languages in the world. This course examines sign languages and the deaf cultures in which they function. What can these languages tell us about the human capacity for language and culture? Erika Hoffmann-Dilloway, Asst. Professor of Anthropology, Oberlin College. Mon., 10:30am to noon, **March 3 to 17** (3 sessions). Fee: \$20 (Class #4676)

Opera Preview: Albert Herring. Benjamin Britten’s 1947 comedy about a chaste and timid young man, dominated by his mother -- until the townspeople crown him their May King. Oberlin Opera Theater students will join in presenting this preview of the Spring opera under the direction of Director Jonathon Field. No fee or registration. Wed., 4:00 to 5:00pm, **Mar. 5**. Performances in Oberlin College’s Hall Auditorium: 8:00pm, March 12, 14 and 15 and 2:00pm, March 16. For tickets, call Central Ticket Service: 775-8169 or 800-371-0178.

Registration forms are available in brochures near the bulletin board in Kendal. For more information, call 366-4148; to register by phone, call 366-4067.

PROGRAMS

LECTURES

**Thursday Health Lecture:
“Macular Degeneration and
New Treatments Available”
February 6 - 7:15pm - AUD**

Speaker: Susan Rath, Physician's Assistant, Clinical Research Coordinator, Retina Associates of Cleveland.

**Third Thursday Lecture:
“The Trans-Siberian Railway:
From Moscow to Beijing”
February 20 - 7:15pm - AUD**

Speaker: Kendal resident John Pesuit.

**Conversations with Community:
“Federal, State and Local
Taxes for Kendal Residents”
Fri., Feb. 7 - 4:00pm - AUD**

Joe Palmieri, District Coordinator for the AARP Tax Aide Program, will discuss federal, state, and school district income taxes that apply to most Kendal residents. Some forms will be available.

**“A Geologist’s View on Fracking”
Wed., Feb. 12 - 7:15pm - AUD**

Prof. Dennis Hubbard, Chair of Oberlin College's Geology Dept., will share his views on the controversial process of “fracking” (horizontal slick-water fracturing of shale to extract gas and oil). Sponsored by KORA's Environmental Concerns Committee.

**Great Lakes Theater
“Seven Ages”**

Mon., Feb. 17 - 7:15pm - AUD

This one-act play, comprised of seven tales written by seven northeast Ohio playwrights, looks at “What makes a life?” A motley quartet of characters from Shakespeare's “As You Like It” cross paths when they seek shelter in the wilds of an Elizabethan forest, sharing stories to keep the darkness at bay.

TRIPS

**Lunch Bunch:
Moosehead Grill, Amherst
Wednesday, February 12**

The grill is well-known to barbecue lovers for its ribs, pulled pork, beef brisket, and more. But salads and sandwiches, as well as seafood, chicken and steak, are on the menu, too. Bus leaves Heiser at 11:30am, returning about 2:00pm. Bus charge: \$5.00. Place check to KORA for \$5.00 in Box #89 by Monday, February 10. Lunch at your expense. Sign-up sheet will be posted Monday, February 3.

**Big Bus: Canton Museum of Art
and Akron Art Museum
Thurs., Feb. 13 - 9:00am - 4:30pm**

First we'll go to the Canton museum to view 64 pages of the St. John's Bible, the first hand-written Bible created in the last 500 years. Be sure to see the film on February 5 (below) that shows the whole creative process. Then on to Akron Art where they will allow us to eat our brown bag lunches in their café if we wish. Akron has mounted 83 contemporary prints drawn from the collection of the Smithsonian American Art Museum. It is called “Multiplicity” in recognition of the variety of processes and techniques used.

To reserve your seat on the bus, place a check for \$20, payable to KORA, in Box #120. You'll be billed for the remainder of the cost upon our return.

**“The Illuminator”
Wed., Feb. 5 - 7:15pm - AUD**

This BBC film shows the whole arc of the seven-year creative process in producing the St. John's Bible, the first hand-written Bible since the invention of the printing press.

MUSIC

**Paul Dwyer, cello
Tues., Feb. 4 - 7:15pm - AUD**

A graduate of the Oberlin Conservatory, Paul will play a Brahms sonata and other works for piano and cello with pianist Brian Alegant, theory professor at the Conservatory.

**Geoff Kaufman, folk singer
Sun., Feb. 9 - 2:00pm - AUD**

Lead chantyman at Mystic Seaport, Geoff uses his rich tenor voice leading audiences to find truth, humor, history and beauty in folk music.

**Alexander Malikov, piano
Mon., Feb. 10 - 7:15pm - AUD**

Alex will perform sonatas by Beethoven and Liszt. A recent graduate of the Oberlin Conservatory, he is finishing a Master of Music degree in piano performance at the Juilliard School of Music in New York.

**Oberlin College Convocation:
An Evening with Avery Brooks '70
Sat., Feb. 22 - 7:30pm - Finney**

An accomplished actor, director, musician and teacher, Avery Brooks is a tenured professor of theater at Rutgers' Mason Gross School of the Arts. He is former artistic director of the National Black Arts Festival in Atlanta. Free; no ticket required.

Sign up for Kendal bus.

**Theater: “Follow Me to Nellie’s”
Thurs., Feb. 6 - 8:00pm - Hall**

Inspired by a family memoir, Dominique Morisseau's play focuses on the early civil rights movement in 1955 Natchez. It recounts the story of an aspiring blues singer looking for a way out, a voting rights activist looking for shelter, and a brothel of wounded women looking for change.

Tickets \$8.00 seniors; \$11 at door. Contact Central Ticket Service at 775-8169. **Sign up for Kendal bus.**



**Sunday Movies
in Whittier
at 7:00pm**

Feb. 2 - Watch Super Bowl XLVIII at 6:30pm in Whittier, Patterson and Jameson Lounges.

Feb. 9 - The Cutting Edge (1992) - Temperamental figure skater is paired with a hockey player in a last-ditch effort to win a gold medal in figure skating at the 1988 Winter Olympics. PG.

Feb. 16 - The Apartment (1960) - Office drudge (Jack Lemmon) climbs the corporate ladder by letting executives use his apartment for extramarital trysts. Then he falls for his boss's latest girlfriend (Shirley MacLaine).

Feb. 23 - The Iron Lady (2011) - As an elderly Margaret Thatcher (Meryl Streep) talks to the imagined presence of her recently deceased husband, struggling to come to terms with his death, she remembers scenes from her past life, from girlhood to her days as Prime Minister. PG-13.

**Saturday Night Movie
February 1 - 7:15pm - AUD**

Shirley Valentine (1989) - British-American romantic comedy-drama directed by Lewis Gilbert. Screenplay by Willy Russell is based on his 1986 one-character play of the same title. Pauline Collins plays Shirley just as she did when the play had its first runs in London's West End and on Broadway. In this whimsical story, a 42-year-old woman feels unappreciated by her family. She joins her flamboyant friend Jane who has won a trip for two to Greece. They set off for adventure and romance. Cast includes Tom Conti, Alison Steadman, Julie McKenzie, and Joanna Lumley. -*Donna Van Raaphorst*

Saturday Opera DVD - February 15 - 7:15pm - AUD

Elektra - Richard Strauss' work is one of the most gripping operas of the 20th Century. Leonie Rysanek sings the title role, supported by Astrid Varnay and Dietrich Fischer-Dieskau. It is conducted by Karl Boehm who was known as the greatest Strauss conductor of his generation. -*Allen Huszti*



**Art
Gallery
News**

Kendal Gallery - "A Celebration of Ginko Gallery" featuring works by the five artists who currently have studios there -- Liz Burgess, Nancy Garver, Linda Grashoff, Sue Jones and Ted Nowick -- will continue until March 24. Plan to attend a reception for the artists on Friday, February 21 at 4:30pm in Heiser Lounge.

Friends Gallery - David Miraldi's dramatic colorful photographs from his travels to Argentina, Belgium and Turkey have been extended to March 13. A reception will be held Thursday, February 6 at 2:30pm in the Friends Corner Dining room.

**First Thursday Evening Hours
at Allen Memorial Art Museum
February 6 - 5:00-8:00pm**

To celebrate the opening of three new exhibitions in the Ripin Gallery, West Ambulatory and Education Hallway, curators will lead gallery tours beginning at 6:00pm. All are welcome.

**Saturday Foreign Film
February 8 - 7:15pm - AUD**

Bright Star (2009) - Australian filmmaker Jane Campion's movie is inspired by Andrew Morton's 1997 biography of John Keats. It is a love story of an emotional triangle of Fanny Brawne, John Keats, and his amanuensis, Charles Brown. Campion's learned and ravishing film combines the verbal beauty of Keats' poetry with the visual beauty of the English countryside. Be sure to stay for the recitation of "Ode to a Nightingale" during the end credits. PG. English subtitles.

Community Gallery - A show of photo portraits by Desmond Bowen begins in February and will continue through March. Join him for a reception on Thursday, February 13 at 2:00pm in Heiser Lounge.

Curio Cabinet - "Monica's Miniatures," small objects from Monica Fuquay, will be on display through the first weeks of February. Monica, a member of Kendal Dining Services, is known as the "cornerstone" of the breakfast staff as well as a regular at the weekly Wednesday night Kendal Spanish dining table.

Later in February we will display some unusual handcrafts by Kendal resident Mae Alice Donner.

-*Nina Love, Robert Taylor and Nancy McCluskey*

**News & Views: Foreign Affairs
Fri., Feb. 7 - 10:30am - AUD**

Kendal resident John Elder will discuss how energy independence, by taking the bargaining chip of oil dependence off the table, would be good for American foreign policy. But the very technological advances that make independence possible have created a dilemma for lawmakers. In a government with fixed resources, should the U.S. encourage more traditional fuel production or invest in the young technology of renewable resources? Background information to be found in the Foreign Policy Assn.'s "Great Decisions" briefing book. Sponsored by the Center for LifeLong Learning. No registration or fee.

All are welcome.

**Tuesday Tea at
Allen Memorial Art Museum
February 11 - 2:30pm**

Curatorial Assistant Sarah McLusky examines "Portrait of a Botanist" through the lens of botany and medicine in 17th Century Europe. All are welcome. Meet at Heiser Reception Desk at 2:10pm to car pool.

Is that really YOUR coat? Or does it just look like yours? _____

When you pick out your jacket or coat from the array of outerwear hanging on the Langston hooks (or those outside the Wood Shop or Heiser Auditorium or elsewhere), please double check to verify that the clothing is indeed yours! John Elder is still looking for his large black rain jacket; in mid-October his jacket was taken by mistake and a smaller dark blue rain jacket left in its place. If you return home and find that piece of clothing isn't yours, please return it to the same row of hooks -- someone will be looking for that item there. Or if you don't remember where you picked it up, turn it in to Heiser Reception Desk.

Computer Users Group Everything You Need to Know to Join the Blogosphere Tues., Feb. 25 - 7:15pm - AUD

Kendal resident Larry Dunn will explore what blogging is, who does it, why they do it, and how they do it. He will introduce online blogging tools like Tumblr and Wordpress. He will also discuss the micro-blogging site Twitter and the concept of pseudo-blogging on Facebook. Larry is a Contributing Editor for "I Care if you Listen" (icareifyoulisten.com), one of the leading blogs about contemporary music and arts. He and his wife Arlene write concert reviews and artist interviews for the site, and also regularly contribute "audience perspective" pieces for the International Contemporary Ensemble's ICEblog. They are active on Facebook and on Twitter as @ICEfansArleneLD.

Oberlin Heritage Center: "Do Roots Matter: Change at Three Religion-Born Schools – Cedarville, Malone, Oberlin – from 19th to 21st Centuries" Wed., Feb. 26 - 7:15pm - AUD

Oberlin College Archivist Ken Grossi and fellow historians Tom Mach and John Oliver examine the relationship between founding values and present day ideals at three Midwestern institutions of higher learning. The event is co-sponsored by the Oberlin Heritage Center and the Oberlin College Archives. Free and open to the public.

Don't Miss the Trolley!

Celebrate Valentine's Day by reminiscing about your trolley memories in Heiser Lounge from 4:45 to 6:00pm. Watch Len Garver and friend Rod Knight celebrate three years of monthly exhibits of the HO-gauge trolley layout that Len built when he was a teenager in Milwaukee. Two cars run independently on a variety of routes. Len and Rod welcome guest conductors to give it a try!

Genealogy Interest Group "Glimpse into the Early Industrialization of Ohio" Thurs., Feb. 13 - 7:15pm - AUD

Kendal resident Vi Blount will present episodes in the lives of her great grandfather and great uncle, Henry and Frederick Blandy, who emigrated to America from England in 1830 and became prominent entrepreneurs and manufacturers in Zanesville, OH. All are welcome.

For the Vision Impaired Monthly On-Line National Low-Vision Support Group "The Monster Behind the Door: Conquering Fear of the Unknown" Thursday, February 13 4:00pm in Green Room

Reading of *The Kendalight* Saturday, February 1, at 11:00am in Whittier Lounge

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

RAFF ShopTalk

Reasonably Assessed Finery & Furnishings

It was 2005 when Mary Simons began to work in R>A>F. She was attracted to the work by seeing old stuff and its endless variety. As a child she enjoyed the few family treasures handed down from three and four generations. Many years later she and her husband began to enjoy country auctions in Indiana where they were caring for her parents. They took their "buys" home to the Washington, DC, area to sell in flea markets -- an auspicious background for the work of RAFF! In mid-2005 Mary asked Chair Ernie Eddy about doing a one-time yard sale during the Oberlin town-wide sale. She anticipated it might make at least \$400. From its location on the lawn of First Church, it brought in \$1,100! Soon, Mary was encouraged to chair R>A>F. She notes that there was one "Antiques Roadshow" moment when someone donated a pair of brass bookends with glass inserts. Thinking there might be real value in these (perhaps \$50 to \$100), she took them to an auction house in Cleveland where the pair sold for \$2,100! In 2005 the sales room was in what is now the computer staff office in the back hall near the south entrance of Heiser. Large items were moved into an open studio cottage until 2007 when the upstairs "Room 280" became available. In the fall of 2009 the main sales room moved to #155, where it is today.

Mary chaired R>A>F for 5½ years, until July 2012. During her time the project grew as did the income for the Resident Assistance Fund. We are grateful to Mary for her leadership and for the team of volunteers who worked with her.

Receipts for December 2013 were \$3,340. We are grateful to all donors and buyers alike! THANK YOU!

*Ruth Ann Clark, Chair, RAFF
Keep it moving!*

Welcome Kendal's New Residents

Ron and Diana Grossman Kahn

Ron: I was born Sept. 19, 1942, weighing in at 2.5 lb. and hoping ever since to get back to a comparable weight for my body type. I went to public schools in Clifton, NJ, and earned a BA from Rutgers-New Brunswick, and an MA (1967) and PhD (1973) from the University of Chicago, all in political science.

I married Diana July 13, 1969. We arrived at Oberlin a week later. We have one daughter, Rachel, an artist and art therapist; and two grandsons under the age of eight, Saul and Judah. I love being a husband, father and grandfather. In 1994 I published my first book, "The Supreme Court and Constitutional Theory, 1953-1993;" in 2006, my second, "The Supreme Court and American Political Development." My articles and book chapters cover a range of topics: police accountability politics in NYC; the politics of the Interstate Highway System; why the Supreme Court expanded gay rights and did not overturn the right of abortion choice; and why leading political scientists and legal scholars get it wrong when they try to explain, much less predict, Supreme Court decision-making.

But most of all, I have loved being a teacher at Oberlin College, highlighted by the following: 1997, named James Monroe Professor of Politics and Law; 1999-2002, American Political Science Association (APSA) delegate to American Council of Learned Societies; 2001, Oberlin College Distinguished Teacher Award; and 2006, Teaching and Mentoring Award from the Law and Courts Section of the APSA.



Ron Kahn



Diana Kahn

I am most proud of my work establishing Oberlin College's Law and Society major in 1973, and 30 years later organizing the Conference on Law and the Liberal Arts. Fifty alums loved the opportunity to discuss their professional projects and mentor students and younger alums.

Finally, I am an avid stamp collector. I enjoyed participating in Eva Greenberg's Ohio Humanities Council events at the Public Library and speaking at forums in town and at the College.

Diana: I was born and educated in Queens, New York City. Both my parents were immigrants from Poland before the Second World War. We were close with our relatives and friends, many of whom were also immigrants. Every Sunday we would drive an hour to my mother's sister's home in Brooklyn, where all their five sisters and my 16 cousins would gather. After graduation, I taught English at a junior high school, explored foster-care social work, and spent a year as a group worker at Hull House in Chicago. For eight years I was a counselor at the residential treatment school run by Bruno Bettelheim at the University of Chicago. I learned a good deal there about psychoanalysis.

I worked on a master's degree at the University of Chicago for most of those years. I met Ronald Kahn there. We were married in 1969, and suddenly I found myself in Oberlin, OH, for the rest of my life. I finished my Chicago

MA long-distance and went to Case Western Reserve to complete my PhD. In Oberlin I have been a psychologist in private practice since 1973, with children, couples and groups. I was also Consultant at Family Services of Lorain. In 1985 I became Clinical Director of the Center for Children and Youth, the primary mental-health resource for children in Lorain County. There, when Ohio finally provided funding to remedy the long neglect of children, I was able to expand the staff of seven to 38 people and to start training programs.

I also taught Women's Studies at Oberlin College for 12 years. Ron and I and our daughter spent happy sabbatical years in Chicago and Boston. I was a fellow at the Bunting Institute of Radcliffe while Ron had a fellowship at Harvard Law School.

Now it is we who follow our daughter and her partner to Brooklyn and Sweden to be with them and their two sons while they do research and artwork.

Recent Moves

Margaret Kanost moved from Lake Orient, MI, to a Kendal Cottage in early January.

Recent Transfers

Sue Graham moved to a room in Whittier in early January. Phone number remains the same.

Mary Ann Shearer moved to a room in Whittier in early January. Phone number remains the same.

Len Singer moved to another room in Patterson in early December. Please check with the desk for the number. Phone number remains the same.

IN MEMORIAM

FEITE "FRED" HOFMAN
JANUARY 15, 2014

Notes from the Thoughtful Medicine Committee

The library here at Kendal has a valuable and extensive collection of books which will help you explore our initiative to develop an approach to your medical care now known as Thoughtful Medicine. You will find these books in many areas of the library and on a variety of subjects from "How to Talk to Your Doctor" to "Healing and the Mind." Here are a few of our new additions which have been donated by residents who found them very useful.

Still Alice, by Lisa Genova (F Gen)

A novel, both sensitive and realistic, about one woman's descent into Alzheimers. Alice is a 50-year-old professor and as loss of memory, confusion, and disorientation progress, not only Alice but all who love her are affected.

Handbook for Mortals, by Joanne Lynn, MD, Joanne Harrold, MD, and Janice Lynch Schuster, MFA (362.17)

The book is subtitled "Guidance for People Facing Serious Illness." Dr. Lynn and Dr. Harrold work in hospice and Janice Lynch Schuster is a writer in the fields of public health and health care.

How We Die, by Sherwin B. Nuland MD (LP 616)

Through many years of teaching and practice, Dr. Nuland writes about what he has learned about the choices each of us can make so we can prepare for our own death. These are his reflections on life's final chapter.

Let Me Die Before I Wake, by Derek Humphry (610)

Derek Humphry is a newspaper reporter and the Director of the Hemlock Society in Britain. "A book that must be handled with care," says the *Los Angeles Times*

Looking for Someone?

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

Knocking On Heaven's Door: The Path to a Better Way of Dying, by Katy Butler (616.02)

After Katy's father has a debilitating stroke at age 79, the family learn much about each other, the choices to be made, and the medical establishment. Kendal resident Joanne Busiel said that this book was a game changer for her and hopes that others will read it so that there can be a book discussion. We are planning this for the second week in March. Read the book and let's talk.

The next meeting of the Thoughtful Medicine Committee will be on Thursday, February 13 in the Green Room from 10:30am to 12:00 noon. All are welcome. -Ruth Miller for

The Thoughtful Medicine Committee

Volunteer Committee Hard at Work Counting those Hours

The Volunteer Committee is busily counting the survey results for 2013 received from Kendal volunteers.

It is always amazing to reflect on the number and variety of volunteer time given by both residents and staff, not only here at Kendal but also at many places in the wider Oberlin and Lorain County area.

Next month *The Kendalight* will feature the final total. Check the Volunteer Bulletin Board for a preview in early February. And check that Board each month, where we offer different Volunteer Opportunities. Some you may know well, but others may be new to you!

-Volunteer Clearinghouse Committee

Transportation Talk

• STRS Ohio Retirees Take Note:

Kendal resident Ray LeGrand reports that 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.

• **Trip to Avon Mall:** Donna Smith, Kendal's transportation coordinator, will soon try out a Kendal bus trip to Avon Commons on the fourth Wednesday afternoon each month. Watch for the sign-up sheet.

• **Monday Night at the Apollo:** The Kendal bus to the Apollo on the third Monday of the month will continue as long as there is interest by residents. Films to be shown will be listed on the sign-up sheet in front of the open mailboxes. You can also use this opportunity to spend time downtown, even if you don't wish to go to a film.

• New Kendal Bus Step Height:

Some residents have complained about the step height in the new bus; the step is 1½ in. higher than the step in the big bus. Donna reports that there seems to be no satisfactory way to adjust the step so paint will be used to alert riders to the height.

• **Ride Share:** Don't forget to utilize the Ride Share program as a driver or a rider. Use the blue or yellow slips to post your need or offer on the bulletin board across from the open mailboxes.

-Diantha Paré and Donna Smith

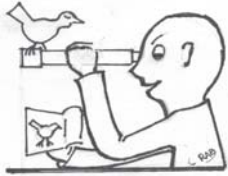
Kendal Kryptogram #108 -by Nina Love

COTET DTTAD CX QT DX ARPO AXET

MLYCTE COHY MT YTTS COLD UTHE.

-ZHCObTTY YXEELD

Solution to Kendal Kryptogram #107: "I think in terms of the day's resolutions, not the year's." -Henry Moore



8/14/13
to
12/19/13

Nature Sightings at Kendal

This time it took a whole five months to fill the paper with sightings. Come on, now. Look harder!

8/14 Barbara Barna had a red-shouldered hawk near Buttonbush Bridge.

8/17 Peg Schultz saw the white squirrel in the pool parking lot.

8/21 and 8/22 Maureen from house-keeping (probably our keenest bird spotter!) had a hummingbird moth near Cottage #4.

8/22 Scott Orcutt had a Leopard Frog in/on the compost pile.

8/23 Peg had a cedar waxwing at Parking Lot 6.

8/27 Carol Ganzel had a luna moth in the Buttonbush area, and the next several days at least four green herons in the same place.

8/28 Lee Hefner had a praying mantis on her bike basket!

8/30 Marilyn Myerson had a bittern in Farmer's Pond.

9/4 Roger and Fran Cooper saw a bald eagle soaring over Phase I. Wonderful!

9/11 Anne Helm had three female mallards parading proudly around her cottage as well as a great blue heron flying over Farmer's Pond.

9/11 Dennis and Judy Cook had a skunk in back of their house, and the next day a possum as well.

9/14 A double-crested cormorant seen by Orcutts at Island Pond.

9/23 "Lots of goldfinch feeding on Wildflower Hill" seen by G. Gretton.

9/27 Maureen watched a Cooper's hawk catch a house sparrow, Lot 3.

10/6 Pat T(albot?) had an egret on Island Pond.

10/7 Lee Hefner had a pied-billed grebe on Island Pond, and five days later it (or a friend) was on Rock Pond, according to the Orcutts

(Continued on p. 9)

Table Tennis Wrap-up

In this year's table tennis tournament, Tomo Ijiri won all her matches to take women's gold, while Beverly Fordyce won the silver medal. On the men's side, in a hard fought final, Sid Rosenfeld topped reigning champion Terry Carlton. Throughout, the 2014 tournament made for good fun.

Keith Pech, our young coach and Ohio's #2 player, has joined us three times for small-group coaching sessions. During the holiday season, from Thanksgiving to New Year, the alcove table hosted lots of frolicsome play. More than once, three generations of a family took turns at hitting the little ball back and forth over the net. In good weather and bad, table tennis enlivened the Kendal scene. Come by, share the enjoyment! -*Sidney Rosenfeld*

UU Kendal Gathering Wed., Feb. 19 - 4:15pm - AUD "Reflections of a UU Buddhist Hospice Chaplain"

Dr. Joan Webster, MD

A graduate of the University of Pennsylvania Medical School, Dr. Webster did her postgraduate training in Pediatrics at Children's Hospital of Pittsburgh. She has been a chaplain with hospice for the past seven years, and an Adjunct Assistant Professor of Family and Community Medicine at North East Ohio Medical University (NEOMED). **All are welcome.**

RELIGIOUS SERVICES AT KENDAL

Episcopal Service

Saturday, February 8, 11:00am, Gathering Room (formerly CAR)

First Church Service

Sunday, February 16, 4:00pm, Gathering Room (formerly CAR)

Roman Catholic Mass

Friday, February 21, 10:00am, Crossroads Room

Society of Friends

Sundays, 10:30am, Whittier Lounge



Bridge Results

Mondays: Dec. 23: 1st, Russ Bimber; 2nd, Ed Schwaegerle.

Dec. 30: 1st, Connie Bimber; 2nd, Ed Schwaegerle; 3rd, Bill Schreiner.

Jan. 6: No Bridge

Jan. 13: 1st, Nancy Beauchamp; 2nd, Alverta Schneider.

Jan. 20: 1st, Bill Schreiner; 2nd, Helen Randel.

Wednesdays: Jan. 1: 1st, Cate and Paul Schwaegerle; 2nd, Helen Randel and Eileen Dettman; 3rd, Ed Schwaegerle and Pete Andrews.

Jan. 15: 1st, Pete Andrews and Ed Schwaegerle; 2nd, Cate and Paul Schwaegerle; 3rd, Russ and Connie Bimber.

First Church United Fellowship Saturday, February 8 - AUD 9:30am: Food and fellowship 10:15am: A Valentine's Day Celebration

Valentine games and old-time movies will be shared. **All are welcome.**

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 March 2014 issue of *The Kendalight* is February 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.



Dining and Nutrition Services

Watch for Sign-up Sheets

Solo Diners: Thurs., Feb. 13, 5:30pm, The Den (meets on second Thursday of the month).

SPINACH (Senior Persons Interested in Nutrition and Community Health): Wed., Feb. 26, 5:15pm, William Penn Room (meets on fourth Wednesday of the month).

Consider joining a Foreign Language dinner table, held weekly in the Den or back of Penn Room: Tuesdays, German table, 5:30pm, Bernard Eckstein. Wednesdays, Spanish table, 5:30pm Don Parker.. Thursdays, French table, 5:30pm, Irv Lewis.

Nature Sightings at Kendal...

(Continued from p. 8)

10/12 A flock of bluebirds was checking out the accommodations on Rock Pond, according to Ginko Gallery's Liz Burgess.

10/31 Woolly bear caterpillar was seen near Troll Bridge.

11/12-11/15 Orcuttts were seeing winter approach -- ruddy ducks, and young bufflehead on Rock Pond and Juncoes and American tree sparrows at Phase II.

And the best of winter is about to arrive. There are over 100 snowy owls in Ohio this winter, some at Lorain County Airport, Russia Rd. and Oberlin Rd. and at Lorain harbor. Also there are some short-eared owls. Maureen has seen them on **12/4** and **12/19**. And so has Patty Kellner. You "can hear their 'barking' call. Magnificent flight displays and perched on the perimeter fence on Russia Rd."

-Betty Weinstock

Recycling Reminder:

A Note about Composting

The biodegradable beverage cups, soup and meal containers used at Kendal are suitable for composting. Please help us insure that these items are composted:

- After food-related events in the Heiser Lounge or elsewhere, please do not throw your beverage cup into a waste basket. Place it on a tray or other site from which the dining staff can pick it up to place in the appropriate container designated for composting.

- Please rinse and place your biodegradable beverage cup, soup or meal container on the conveyor belt in the Langston. The Dining Staff in the kitchen will place it into the specially designated composting receptacle.

Note: Plastic lids for the cups and bowls are not compostable. Place those in the recycle container. Green plastic take-out containers are not recyclable and should be returned to Langston.

Thanks for your help. *-Jerry Berner*

Dining Notes From Ann Pilisy:

- Please **practice safe knife handling** in dining rooms. When you walk to your table with a steak knife, carry it with the knife tip pointed down. Do not carry it with the knife tip pointing straight out.

- **Please do not put soiled trays on the stack of clean trays** on the tray stand near the dessert buffet in Fox & Fell. Give the tray to your server to remove.

- **Never reach directly into foods with bare hands. Always use provided utensils.** Some residents have been observed reaching into croutons or breads with bare hands. If you see this happening, please offer a gentle reminder to the resident, then ask staff to discard and replace any possibly contaminated foods.

- **Check to see if you have any Dining supplies in your home**, such as dishes, silverware, green plastic to-go containers, etc. Please return items to the Langston conveyor to be washed and sanitized. Help us avoid having to purchase replacement supplies; we'll save money for everyone.

Wine and Beer Policy

Kendal welcomes residents to bring wine or beer to the Fox & Fell. Since we have many underage Dining staff, we ask residents to follow guidelines:

- Please contact Dining staff in advance so glasses may be provided;
- Bring wine in a wine tote;
- Bring beer in glass bottles only and drink from glasses provided; and
- Please remove all alcoholic beverage bottles from dining room at conclusion of meal.

There are certain holidays and special occasions when reservations are at peak levels in Fox & Fell. **On these days only, wine and beer are permitted in Langston.**

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

Corrections for Kendal at Oberlin Directory 2014

We regret inadvertently omitting Howard Hatton from the 2014 telephone directory. In our enthusiasm to welcome Carol Harvey, we inadvertently deleted his information. A label with his correct entry has been distributed to residents in the open mail boxes to paste on p. 17. You may still request a second copy of the directory by placing \$1.00 with your name and unit number in Box #8.

Ruth Ann Clark - corrected phone number: check with Front Desk.

Esther Hunt - corrected room number: check with Front Desk.

Alice Kohl - corrected phone number: check with Front Desk.

Directory, p. 2 - Add **Jane Webster, Accounts Payable/Payroll, 775-9069.**

SUN	MON	TUE	WED	THU	FRI	SAT
FEBRUARY 2014			CCR = Crossroads GaRm = Gathering Rm (formerly CAR) GCR = Green Conf. Rm HL = Heiser Lounge	WCH = Warner Concert Hall WHT = Whittier Lounge Bold Face = at Kendal tx = Tickets needed = Kendal Bus	1 Reading K'light 11:00am WHT Film: Shirley Valentine 7:15pm AUD	
2 Quaker Worship 10:30am WHT Super Bowl in WHT, Patterson, Jameson Lounges 6:30pm English Country Dancing Every Sunday 7:15pm AUD	3 Bridge 7:00pm AUD	4 2014 Spring Fling Planning 4:00pm Fox & Fell Café Paul Dwyer, cello 7:15pm AUD	5 Morning Discus- sion Group every Wed., 10:00am WHT Pairs Bridge 7:00pm CCR BBC Film: "The Illuminator" 7:15pm AUD	6 David Miraldi Reception 2:30pm Friends Corner First Thursday Evening Hours at AMAM 5:00-8:00pm Health Lecture: "Macular Degeneration" 7:15pm AUD "Follow Me to Nellie's" 8:00pm Hall (tx)	7 News & Views 10:30am AUD Conversations: Joe Palmieri on "Taxes" 4:00pm AUD Danenberg Honors Recital I 8:00pm WCH	8 United Fellowship 9:30am AUD Episcopal Serv. 11:00am GaRm Met Opera HD: Rusalka Iv. Heiser 11:40am Celtic Caprice 3:00pm First Church (Please car pool) Film: Bright Star 7:15pm AUD
9 Quaker Worship 10:30am WHT Geoff Kaufman, folk singer 2:00pm AUD ARS: Imani Winds and Gilbert Kalish, piano 4:00pm Finney (tx) Film: The Cutting Edge 7:00pm WHT	10 Suggestions & Concerns 2:00pm WHT Bridge 7:00pm CCR Alex Malikov, piano 7:15pm AUD	11 KELC Kids Valentine's Day with Residents 10:00am AUD Tea at AMAM 2:30pm	12 LUNCH BUNCH: Moosehead Grill, Amherst 11:30am-1:30pm Scrabble 7:15pm CCR "A Geologist's View on Fracking" OC Prof. Dennis Hubbard 7:15pm AUD	13 BigBUS: Canton Museum of Art; Akron Art Museum 9:00am-4:30pm Desmond Bowen Reception 2:00pm Heiser Lge Low Vision Group 4:00pm Green Rm Solo Diners 5:30pm The Den (Sign up) Genealogy Interest Group 7:15pm - AUD	14 Len Garver's Valentine's Day Trolley Run 4:45pm HL Master Class: Marilyn Horne 8:00pm Finney (tx)	15 Opera DVD: Elektra 7:15pm AUD
16 Quaker Worship 10:30am WHT Master Class: Marilyn Horne 2:00pm Finney (tx) First Church Serv. 4:00pm - GaRm Film: The Apartment 7:00pm WHT	17 Coffee Hour with Barbara Thomas 9:30am Langston Bridge 7:00pm CCR Great Lakes Theater "Seven Ages" 7:15pm AUD	18 KORA Council 10:00am AUD Faculty Recital Jonathan Moyer, organ 8:00pm WCH	19 UU Gathering: Dr. Joan Webster 4:15pm AUD SPINACH 5:15pm Penn Pairs Bridge 7:00pm AUD	20 3rd Thurs. Lecture: "Trans-Siberian Railway" John Pesuit 7:15pm AUD	21 Roman Catholic Mass 10:00am Crossroads Ginko Artists' Reception 4:30pm Heiser Lge	22 OC Convocation: Avery Brooks 7:30pm Finney
23 Quaker Worship 10:30am WHT Film: The Iron Lady 7:00pm WHT	24 Bridge 7:00pm AUD	25 Computer Users Group: Join the Blogosphere 7:15pm AUD	26 Heimlich Training 2:00pm AUD SPINACH 5:00pm Penn Rm. (Sign up) Scrabble 7:15pm CCR OHC: "Do Roots Matter?" 7:15pm AUD	27 Kendal's Diversity Awareness Committee presents: "The Help," a 2011 film adaptation of Kathryn Stockett's novel. Set at the dawn of the civil rights movement, story tells about three Mississippi women who are about to take one extraordinary step. Octavia Spencer won Best Supporting Actress Oscar. Shown in two parts in AUD: Part I at 4:00pm, followed by dinner; Part II at 7:15pm. Donna Van Raaphorst leads a discussion after.	28 Afternoon Exchange Barbara Thomas 4:00pm AUD	Oberlin Chamber Orchestra 8:00pm Finney