

The **Kendalight**

Kendal at Oberlin Residents Association

January 2013

Volume XX, Number 1

Lecture Series: "Miles to Go Before I Sleep: Reflections on Life"

On Thursday, January 17 at 7:15pm in Heiser Auditorium, Anthony J. Wilgus, Associate Professor of Social Work at The University of Findlay, will deliver the first of five lectures in his series "Miles to Go Before I Sleep: Reflections on Life." He will review the nature of sibling relationships over the life span in "Companions through Life: Birth Order and Its Implications."

Subsequent dates and topics in his lecture series:

Wed., January 30, 2013, 10:30am to 12 noon: "Anchors in a Storm: Guiding Principles in the Face of Chronic Illness and Death."

Wed., February 13, 2013, 10:30am to 12 noon: "Differentiation and the Expression of Religious Beliefs."

Wed., March 6, 2013, 10:30am to 12 noon: "The Four Horseman of the Apocalypse (or Life Without Superhuman Agents): Dawkins, Dennett, Harris and Hitchens."

Tues., April 9, 2013, 10:30am to 12 noon: "The Final Chapter: Unfinished Business and Beyond."

Professor Wilgus invites interested residents to share lunch with him following the morning presentations to continue the discussion. He considers it a privilege to share his thinking with the residents of Kendal at Oberlin while drawing upon the collective wisdom of this thoughtful group.

**COFFEE WITH
BARBARA THOMAS
THURSDAY, JANUARY 10
9:30AM IN LANGSTON**

**AFTERNOON EXCHANGE
MONDAY, JANUARY 28
4:00PM - AUDITORIUM
BARBARA THOMAS**

Employee Holiday Fund

Many thanks to our Kendal at Oberlin residents for the generous support of this year's Employee Holiday Fund. In December a total of \$39,593.00 was distributed to 167 staff members. A check was sent along with a note saying that the gift was from all Kendal at Oberlin residents in appreciation of the employees' caring efforts on our behalf during the year 2012. In line with our revised distribution policy, no staff member received a check for less than \$50. Thanks to John Elder and other resident cheerleaders for encouraging our community to make contributions to the staff fund.

As always, our staff truly appreciate receiving this tangible thanks from the residents they faithfully serve!

-Toni Merleno, Director of Human Resources & Operational Services

Kendal at Oberlin Quarterly Health Services Forum

Tues., Jan. 29 - 4:00pm - AUD

Residents can place topic suggestions or health-related questions in the box on the Heiser Reception Desk from Wednesday, January 2 through Friday, January 11. Topic suggestions after this date will be considered as time permits. Staff presenters will include Lal Arora, Molly Singletary, Stacy Terrell, Christa Decker and others as needed to answer submitted questions.

The Buttonbush Bridge is brushed with snow in a typical January scene on our Kendal campus. Photo: Eleanor Helper





One part of trying to ready myself to be President of KORA has been to read fairly carefully each of the 85 reports filed by all but two of the resident Standing Committees and sub-committees, plus Service, Interest, and Support groups. Even though Barbara and I have been here three years, I learned more about several activities I wasn't familiar with, and a couple that I wasn't even aware of!

As you review 2012 and anticipate 2013, I commend the exercise to each of you. All the reports are in the pink binder under the dictionary in the Library, thanks to the efforts of Isabel Rutherford and the Coordination Committee.

Without question, the "special" character of Kendal at Oberlin that we appreciate derives in large measure from the range and quality of our activities together and our support for one another: ambience of fresh flowers and cycles of art work in our hallways and galleries; stimulus from a wide range of programs, music and entertainment; care and nurture through times of illness or stress; attention to fitness and the environment; widely varied interest groups, to suggest only a few.

Try-It prospects and new residents quickly sense and regularly comment on the "magic" of KatO.

Many of our activities also reach beyond our immediate Kendal Community into the larger Oberlin community, and well beyond: children in the Early Learning Center and their families; churches, city government and public schools; blood banks and medical companion programs; community services, such as hot meals, food packing, housing for the homeless, tax assistance, and non-profit

business plan consulting; organizations, including arts, historical, land conservancy and many others. During this year of our 20th anniversary, and as more of the "founders" move on, we have begun informal conversations about trying to be somewhat more self-conscious about the activities and attitudes that enhance our lives together – perhaps under the banner of a "quality of life" committee, or adding such a function to an existing committee. We expect to bring a discussion proposal to an early Council meeting. In an attempt to estimate the scope of our volunteer efforts, each year we ask each of you to track or estimate as best

you can your volunteer hours, both within our Kendal community and beyond. This tabulation of voluntary service by KORA's Volunteer Clearinghouse Committee is in keeping with KatO's status as a service organization based on Quaker values.

Within the next few days you will find in your open mailbox a form for tallying your volunteer hours during 2012. Please complete and return the form to Box #121 no later than Friday, February 1. Sample forms are on the Volunteer Bulletin Board. Address questions to Box #121.

-Don Reeves, KORA President

Register Now for LifeLong Learning Classes in Heiser Auditorium

"Junk" DNA. The science of Genomics reveals what "extra" DNA is doing to ensure that our cells do their jobs of keeping us healthy and functioning. Yolanda Cruz, Professor of Biology, Oberlin College. Mon., 10:30am to noon, **Jan.14 to 28** (3 sessions). Fee: \$20. (class # 4443)

News & Views. Major foreign affairs topic taken from the latest "Great Decisions" briefing book published by the Foreign Policy Association. Fri., 10:30am to noon, **Feb. 1**, Ray LeGrand, Future of the Euro; **Thurs., 4:00-5:30pm, March 7**, Zeinab Abul-Magd, Egypt (**note date and time**). No fee or registration.

Land of the Pharaohs and Feluccas: Egypt. Photographs and commentary on this modern country with over 5000 years of history. Dr. W. Jeanne McKibben shares her experiences in Cairo, on the Nile, Alexandria, the Suez Canal, the Sinai Peninsula and multiple archaeological sites. Thurs., 10:30am to noon, **Feb. 7** (1 session). Fee: \$10. (class # 4444)

Diversity is the Spice of Life. Lectures illustrated by Barry Walker's voluminous collection of photographs on Anasazi Petroglyphs and Pictographs, Colors in Nature, and Adventures on Either Side of the Rio Grande River. Dr. Barry Walker, archaeologist, naturalist, photographer. Mon., 10:30am to 11:30am, **Feb. 11 to 25** (3 sessions). Fee: \$15 (class # 4447)

Opera Preview: Die Fledermaus (The Bat). Opera masterpiece set in Vienna with music by Johann Strauss II, the Waltz King. Farcical plot includes characters with disguised and shifting identities plus other comic complications. Sung in English. Jonathon Field, Director, Oberlin Opera Theater with students singing excerpts. Performances at Hall Auditorium start March 13. Wed., 4:00 to 5:00pm, **March 6** (1 session). Fee: \$10. (class #4445)

Modern China. Cultural, social and institutional history, beginning with the Qing Dynasty in 1644, with focus on China's Communist revolution and the country's development to date. Carl W. Jacobson, Executive Director, Oberlin Shansi; Adjunct Associate Professor of History, Oberlin College. Wed., 10:30am to noon, **March 13 to April 17** (6 sessions). Fee: \$30. (class # 4446)

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

First Thursday Health Lecture “The Importance of Visual Rehabilitation: What You Can Do If You Have Macular Degeneration or Glaucoma and Are Struggling.”

January 3 - 7:15pm - AUD

Speaker: Dr. Corrie Weitzel, optometrist affiliated with Cleveland Clinic.

Third Thursday Lecture: “Companions through Life: Birth Order and Its Implications” January 17 - 7:15pm - AUD

Anthony J. Wilgus, Associate Professor of Social Work at The University of Findlay, speaks about the significant role sibling position can play in determining human behavior over one's life span. It can influence not only our behaviors, but also our choices, friendship selections and professional careers. This is the first of five lectures in a continuing series (more details on p. 1).

News & Views Domestic Issues Fri., Jan. 11 - 10:30am - AUD

The subject “American Culture and Higher Education: What Can Be Done to Improve Higher Education?” will be presented by a panel: Kendal residents Martin Davidoff, Virginia Erdy, Ray LeGrand and Ed Long; moderator Bob McClusky. Discussion to follow. Sponsored by the Center for LifeLong Learning. No registration or fee. **All are welcome.**

TRIPS

LUNCH BUNCH: Black River Café, Oberlin Wednesday, January 9

Join us for lunch (or breakfast -- it's served all day!) at this favorite local restaurant. We visit it every Winter Term when Oberlin College is on break. Every dish is made from scratch using fresh local produce. Bus leaves Heiser at 11:30am, returning about 1:30pm. NO bus charge. Lunch at your expense. Sign-up sheet posted Tuesday, January 1.

“Lake Erie: Issues and Opportunities with Ohio's Great Lake” Sun., Jan. 27 - 7:00-8:45pm Hallock Auditorium, Oberlin College Lewis Center for Environmental Studies

Gail Hesse is the Executive Director of the Ohio Lake Erie Commission, a consortium of six state agencies established for the purpose of preserving Lake Erie's natural resources, protecting the quality of its waters and ecosystem and promoting economic development in the region. Prior to her appointment to the Commission, Gail was with Ohio EPA and was responsible for administering Ohio EPA's Lake Erie restoration and protection as well as inland lakes programs. Co-sponsored by the Kendal Environmental Concerns Committee, the League of Women Voters of the Oberlin Area and the Oberlin College Department of Environmental Studies. **Sign up for Kendal bus.**

MUSIC

Ann Schaefer, piano Fri., Jan. 11 - 7:15pm - AUD

A senior piano performance major student of Peter Takacs, Ann will play a program of works by Haydn, Schumann, Debussy, and Chopin.

If You Can't Improvise, then Just Fake It: Learning Music Improvisation by Playing Theater Games Thurs., Jan. 10 - 2:00pm - AUD

Dr. Tina Chancey, a visiting professor teaching improvisation at Oberlin Conservatory, presents a 45-minute workshop for seniors. All are welcome; no music reading is required.

Big Bus: Trip to MOCA and CWRU Weatherhead School of Management Fri., Jan. 25 - 9:30am-3:30pm

We will visit two unique buildings in Cleveland: The Weatherhead School of Management of Case Western Reserve University, designed by Frank Gehry, and the new Museum of Contemporary Art, designed by Farshid Moussavi, her first building in the United States. At MOCA we will have an “Art and Architecture” tour and time to look around, visit the gift shop and lunch in the small cafe.

We will leave Heiser at 9:30am and return about 3:30pm. Your name on the sign-up sheet only indicates interest. To reserve your seat on the bus, place a check for \$20, payable to KORA, in Box #120. First come, first reserved.

Sixth Annual Writers Bloc Reading Thurs., Jan. 31 - 7:15pm - AUD

Enjoy an evening of original writings presented by Writers Bloc members. These Kendal residents have been meeting for eight years with Carol Tufts, Associate Professor of English at Oberlin College.

Corrections for Kendal at Oberlin Directory 2013

Robert Coan: new email - check with Front Desk.

Jerry Murphy: corrected phone number - check with Front Desk.

Rehabilitation Therapy: **Kris Koepp** (not Kropp) is KatO Therapy Manager; **Brandy Palmer** has replaced Michelle Parrett.



**Sunday Movies
in Whittier
at 7:15pm**

January 6- Mirror Mirror (2012) - Snow White, a princess in exile, joins forces with seven dwarfs to reclaim her captured kingdom from the evil Queen and win her Prince. PG.

January 13- The Diary of Anne Frank (2009) - BBC miniseries based on the diary of a teenage girl in hiding in Nazi-occupied Amsterdam.

January 20- Paper Moon (1973) - Depression-era con man (Ryan O'Neal) finds himself saddled with a young girl (Tatum O'Neal) who may or may not be his daughter, and the two forge an unlikely partnership. PG.

January 27- Dial M for Murder (1954) - Ex-tennis pro (Ray Milland) hires a man to murder his wealthy wife (Grace Kelly) but she then kills her attacker, complicating his plan.

Saturday Favorite Films

January 5 - 7:15pm - AUD

The Pink Panther Strikes Again (1976) - Now Chief Inspector, Clouseau (Peter Sellers) is on the trail of his ex-boss (Herbert Lom) who is still crazy and out to destroy the world. PG.

Saturday Night Movie

January 19 - 7:15pm - AUD

The Secret of Roan Inish (1994) - A young girl visiting her Irish grandparents is curious to know her family's secret. They lived on an island in the Irish Sea that they abandoned hurriedly a few years before. She takes her grandfather's boat to find out why. PG.

Saturday Opera DVD - January 12 - 4:00pm and 7:15pm - AUD

Cosi Fan Tutti - Many critics have called Mozart's comic opera "the finest ensemble opera ever written." The music sparkles and the singing is beautiful. The La Scala production is conducted by Riccardo Muti.

Because of its length, the opera will be shown in two parts: Act One will begin at 4:00pm. Following a dinner break, Act Two will begin at 7:15pm. *-Allen Huszti*



**Art
Gallery
News**

Kendal Gallery - Ann Ferguson Kah's paintings will be followed by a retrospective show of the late Paul Arnold's work in January. Paul, Oberlin College Emeritus Professor of Fine Arts, lived at Kendal. We are grateful to the Kendal residents who loaned us some of their Paul Arnold originals to hang in the gallery until mid-March. *-Maribyn Myerson*

Friends Gallery - The new show going up the first week in January will be paintings by Eric Dull, a graduate of the Cleveland Institute of Art. Eric works out of the Broken Road Studio in Grafton, where he also teaches classes

**Oberlin Heritage Center:
What a Way to Become a
President! Becoming Chief
Executive in the 19th Century
Wed., Jan. 23 - 7:15pm - AUD**

Allison Powell, park ranger at the James A. Garfield National Historic Site in Mentor, offers an entertaining and educational presentation that fits in well with our nation's activities surrounding this week's Presidential Inauguration. Free, open to the public.

**Dedication of the New
Synagogue in Ulm, Germany
Fri., Jan. 18 - 7:15pm - AUD**

Bernard Eckstein was invited to the dedication of the new synagogue in Ulm, Germany, the town of his birth. The original synagogue was destroyed in the World War II bombings and he tells the story of its rebirth.

in a number of media. His most frequent subjects are birds and wildlife. In mid-March, we will hang a show by four Cleveland-area printmakers.

-Robert Taylor and Ted Nowick

Community Gallery - The display of handcrafted rugs and other items from the Oberlin Senior Center will be shown through January 30. Many items are on sale at reasonable prices.

In February a new Oberlin artist will be featured. "Malke," a French artist, has recently re-settled in Oberlin after 20 years in North Carolina. You can see her art displayed on her web site "Malke" or in the gallery through the middle of March. A reception for Malke will be held on February 19 at 2:00pm in Heiser Lounge.

**How Green Is my New Year?
Special Programs Coming Up**

The Environmental Concerns Committee (ECC), looking with optimism to the New Year, announces a number of programs and initiatives:

January 9, 4:30pm, AUD: Brad Masi (filmmaker, author, a founder of the George Jones Farm, and Lecturer at Oberlin College) will make a presentation on composting in Oberlin. Co-sponsored by LWVOA.

January 22, 4:30 pm, AUD: Jeff Kraus, Community Relations Manager for Republic Services in Lorain County, will provide an insider's description of recycling opportunities. Co-sponsored by LWVOA.

January 27, 7:00pm, Hallock Auditorium, Lewis Center for Environmental Studies: ECC, the League of Women Voters of the Oberlin Area and the Oberlin College Dept. of Environmental Studies will sponsor a talk by Gail Hesse on issues and opportunities associated with Lake Erie. More details on p. 3. **Kendal bus.**

In other initiatives, residents will receive a survey in January that will allow self-evaluation of how "green" are our daily practices. *(Cont'd on p. 5)*

Environmental Concerns...

(Continued from p. 4)

We await the impending environmentally important decision of the Board of Directors on whether geothermal heat pumps will be installed at KatO. In addition, throughout the coming year we will be communicating the status of local fracking efforts; John Elder, together with Sam Rubin (Community Organizer of Communities for Safe and Sustainable Energy), will provide valuable expertise on this issue. Sam is an Oberlin College religion major who withdrew from enrollment for one year to provide leadership on environmental challenges, which he considers to be a crisis that will be resolved only by a movement parallel to that of the civil rights movement of the past century.

*-Don Hultquist for the
Environmental Concerns Committee*

Playreaders:

“After the Revolution”

Sat., Jan. 26 - 7:15pm - AUD

A new, young, award-winning American playwright has appeared on the horizon! Amy Herzog has just received the *New York Times* 2012 award for “After the Revolution.” The play was first produced off Broadway in 2010, to critical acclaim. Now you can see the Kendal Playreaders’ adaptation of this comedy-drama. The play concerns three generations of a loving Boston-New York family, whose politics range from moderately liberal to unabashedly Marxist. A sudden revelation about the now-deceased patriarch brings consternation and highlights how hard it is for different generations to understand the circumstances that motivate their decisions and actions. The play received high praise for its “crackling dialogue” and the author’s understanding and generosity toward her characters. Please make sure to be seated before 7:15pm; the auditorium doors will remain closed after that time.

Computer Users Group “Cloud Computing: Silver Linings and Your Data”

Tues., Jan. 29 - 7:15pm - AUD

Cloud computing has been touted as a safe and secure way to save, store and access your information from anywhere you have internet access. Barbara Sawhill, Director of Cooper International Learning Center, Oberlin College, will talk about benefits and drawbacks of putting all of your data in the “cloud.” She will also talk about such tools as Evernote and Dropbox. There are currently issues about cloud computing safety and security. Further, the key development in cloud computing is the location of software and files on the cloud, making locally owned software unnecessary or obsolete. Are these good things? While we want to know about the advantages of Evernote and Dropbox, especially for file sharing, cooperative file creation and editing, we must also consider these issues.

Genealogy Interest Group

**Wed., Jan. 16 - 7:15pm - AUD
Finding Ancestors On-line and
at the Library**

Mr. Fran Stuart, local teacher and genealogist, will describe the genealogical resources that are readily available on-line and at the Oberlin Public Library. He will use his own early New England ancestors to illustrate the techniques. Fran volunteers each Wednesday afternoon from 2:00 to 4:00pm in the Greenberg Room of the library to provide personal help to those who want to begin or improve their skills in navigating on-line resources. All are welcome to attend and participate.

“Cuba from Columbus to Castro”

Carol Ganzel and Mary Simons plan to report on their recent trip to Cuba. **Check Channel 19 and the Bulletin Boards for the January date!** The Place and Time are fairly familiar!

Slow Down. Please!

Driving 30 miles per hour in the rain, Mrs. Old-Timer came around a corner of Kendal Drive. Suddenly, the electric cart of Ms. New Resident appeared in the road. Mrs. Old braked, turned hard left and her car slid into the embankment. Frightened, Ms. New veered off the road and overturned in the ditch. Result: one broken arm, one broken leg, two concussions, two damaged vehicles. Hospitalization and recovery in the Stephens Care Center was long; both residents sustained permanent disabilities and were relocated to Whittier. Ms. New sued Mrs. Old for driving too fast, and Kendal at Oberlin for failing to protect her. Stern warnings to the community ensued, the Oberlin Police Department was involved, most residents slowed down to the posted 20 miles per hour speed limit. The comity of Kendal was affected while everyone tried to make sense of this unfortunate and expensive accident.

Some variation of this story will happen. Slow Down. Please!

-Thelma Morris, Safety Committee

For the Vision Impaired

Monthly On-Line

Low-Vision Support Group

**“Suffering, Endurance,
Character and Hope”**

**Thursday, January 10
4:00pm - Green Room**

Reading of *The Kendalight*

**Tuesday, January 1, at
11:00am in Whittier Lounge**
Note time change.

Marie Evans reads *The Kendalight* the first of each month in Whittier Lounge. She invites any residents who are interested to join her. All are welcome!

For future planning, she will read the next issue Friday, February 1, in Whittier Lounge at 10:00am.

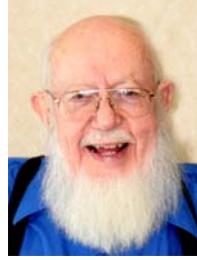
Welcome Kendal's New Residents

Lee and Bob Hefner

Lee: My mother from Moosejaw, Saskatchewan, and my father from Glasgow met in Toronto, came to the United States for his graduate studies. I remember preschool years and teen years in Manhattan, elementary years in Oxford, OH (my father taught at Miami University). All summers were spent in New York, where my mother directed a K-12 summer program and took me to lots of theater. I loved both the sledding and catching crawdads in the "crick" in Oxford, and the subways, museums and theater in New York. Back to Miami for college, became reacquainted with elementary school friend Bob Hefner, married, and headed to the University of Michigan. Had our four children while finishing our PhDs, blending kids, dogs and our professional studies/work into a very busy, fun period of life. Now, our daughter and three sons feel close but are scattered among St. Louis, Massachusetts, New York and New Jersey. They are, respectively, in genetics counseling, science teaching, public housing, and producing publications by and for teens. Nine grandchildren (three adopted), one great-grandchild. While Bob taught at the University of Michigan in mathematical/social psychology, I worked as a clinical psychologist, first in pediatrics (co-directed a program for multiply handicapped infants and preschoolers), later privately with families and adults. As our kids moved out of our big house, other people moved in. We had a cooperative household (sharing cooking and chores, ideas and fun) for many years. Later we got involved in planning and building an ecological, caring and sharing community run by consensus called



Lee Hefner



Bob Hefner

Cohousing. After 14 years there, it was hard to leave. But through our Quaker connections, we had thought of Kendal as an ultimate goal since 1994. We were drawn by the Kendal values and above all, the wonderful assortment of people here. I'm delighted to find others sharing interests of mine like bird-watching and painting (and dogs), but I also love learning from people with different experiences and perspectives.

Bob: Born in Oxford, OH; BS physics 1952, Miami University; married on September 6, 1951 to Lee; four children: Keith 1954, Meg 1956, Brodie 1957, Craig 1958 while we were both working on our PhDs at the University of Michigan, Ann Arbor. Nine grandchildren, from 18 to 36; one great-grandchild. Affectionate dog, Salem, is a central part of our lives.

With a degree in mathematical psychology, I taught statistics and mathematical modeling at Michigan, with sabbaticals at Michigan State University and Yale. Changed research direction about every five years: (1) Color vision; (2) Peace research (cofounded *Journal of Conflict Resolution* and the Center for Research on Conflict Resolution [CRCR]); (3) Sharp turn to political left after 1966, organizing a conference in Nigeria, networking with third-world social scientists; (4) Race relations: collaboration with Tuskegee, and the Black Action Movement through CRCR while I was director; (5) Sex roles and sexism in education; sex role transcendence;

(6) China: Studied and taught with Chinese colleagues, led seven tours to China focused on education or health care. I have also worked as a chemist, furniture installer, and in real estate sales and investment.

Played volleyball at national tournaments since 1971; many gold medals. Hope to continue after projected second-shoulder replacement: actively seeking shoulder surgeon and local or nearby volleyball practices. Would welcome collaborative (i.e., we teach each other, rather than going to an expert) efforts learning almost any topic, perhaps, as a jumping-off point, using resources such as Great Courses on DVD or Audio, or special TV series on DVD. I am also interested in gardening and permaculture, nature study, travel, community activism and especially alternative and complementary approaches to health and longevity, with conventional medicine as a starting point.

Upcoming Move-Ins

Bob and **Carla VanDale** will move from New Wilmington, PA, to a Kendal Cottage in early January.

Move-Ins

Grace Tompos moved from Wooster, OH, to a Kendal Cottage in early December.

Transfers

Charlie Sheppard moved from Whittier to Patterson in mid-December.

Transportation Talk

- Bad driving weather is on the way.

If you are planning to drive to a medical appointment and think the weather may keep you from driving, make an appointment with Donna at 440-775-9832. **It is better to cancel, if needed, than to call her for a ride at the last minute.**

- A transportation notebook and brochures are on the shelf across from the open mailboxes. Many transportation questions are answered there.

MANA Continues Helping Area Nonprofits

During 2012, Management Assistance for Nonprofit Agencies (MANA), the volunteer consulting group that is based at Kendal, has taken on significant assignments to aid organizations in Lorain County. Here are some highlights.

A MANA team led by Don Illig completed work with the **Boys and Girls Clubs** early in 2012. The engagement involved helping B&GC of Lorain County consider organizational alternatives and approaches to strengthening governance. The group operates program to help school-age children throughout the county.

More recently, a MANA team of Dick Baznik and Don Illig worked with the **Child Care Resource Center**, designing and leading a weekend retreat for board members that resulted in a plan for enhancing the operation of the board.

Two ongoing engagements with the **Oberlin Project** have occupied a large share of MANA's time during 2012.

The principal assignment involves helping the Project by structuring, leading, and summarizing a series of "community conversations" to solicit opinions and interests of area residents regarding the effort to develop a sustainable and prosperous future for Oberlin. Bob McClusky and Peg Schultz lead a team of six consultants for this engagement. The second engagement with the **Oberlin Project** involved Dick Baznik's service as a communications consultant to the staff for a three-month period.

At year-end, MANA was in conversation with four other nonprofits in the area about their needs; at least some of these entities will likely become clients. Questions and suggestions may be directed to Dick Baznik or Peg Schultz.

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

R>A>F Shop Talk

CHANGE: This is a major component of our lives, one that we welcome or sometimes fear, something that we choose or avoid, an experience that we seek or refuse. How do we choose to approach the changes in our lives as we begin a new year? Will we commit to clearing one item out of our closets each week this year? Or out of our kitchen, carport, cottage, apartment? You get the idea. This is choosing to make changes in our lives. The main reason R>A>F has been so productive for our community is that YOU have been willing to make changes regarding your belongings and so generous with your donations. THANK YOU for your support!

As 2012 comes to a close, there has been much tragedy in our nation and across the world. Our choice to make positive use of all our gifts is a decision to live with all the power we can muster. That indeed is a joy to be celebrated all year long. That spirit can sustain us throughout the new year. And as for "business," receipts for the month of November 2012 were \$1,597.65, including \$360. for a car sale. *Keep it flying!*

-Ruth Ann Clark, Chair, R>A>F

Healthy Cooking and Portion Size Demonstration Tues., Jan. 29 - 2:00pm - AUD

Chef Scott Stonestreet and Kendal's dietitian Katie Hoover will perform a healthy cooking demonstration and tell us how to determine the right portion size. There will be plenty of helpful handouts as well as free samples. All are welcome to attend.

2013 Kendal at Oberlin Directories Are Here!

You've already received your copy of the 2013 Kendal at Oberlin Directory with a new larger foldout map of the Kendal campus. Now on p. 3 of *The Kendalight* you'll find some changes to add to your directory. A directory listing residents by first name is also available at the front desk. Remember to recycle your 2012 directory in the box under the mailbox shelf. -Nina Love

Check out our KORA website: www.kaores.kendal.org. And be sure to check "Other Kendal" links.

Kendal Kryptogram #95 -by Nina Love

X MUSK OBU GSH OBSO

OUPBTFCFDH VXCC LEKQSLF FEK

BEAST XTOUKSPOXFT. OBU VFKCG

VXCC BSWU S DUTUKSOXFT FM

XGXFOL. -SCJUKO UXTLOUXT

Solution to Kendal Kryptogram #94: "Mother Nature made me beautiful but Father Time beat the daylight out of me." -Elwood Patrick

Saturday Walks

There will be no further scheduled, organized walks from Kendal in the parks until April.

However, Cleveland Clinic will continue to sponsor Walks with a Doc every Saturday at Bur Oak starting there at 9:00am.

Kendal residents who would like to continue to walk off-campus on Saturdays through the winter are encouraged to meet at the Heiser Reception Desk on Saturdays at 9:00am to plan your walk for that day.

Stay well, have fun, keep fit and enjoy the Holidays!
-Jerry Berner

First Church United Fellowship Saturday, January 12 - AUD

9:30am: Food and fellowship
10:15am: Ann Schaum

The chair of the Capital Campaign will present an update on the "Not for Us Alone" campaign which will kick off next month. Bring a friend!

All are welcome!

Time to Turn in Hours for the Year-End Count

Every January you are asked to remember, collect and record all the volunteer hours you contributed in service to Kendal at Oberlin or the wider community in the preceding year. The form for 2012 will soon be in your open mailbox with a request to return it to Box # 121 by January 31. A copy of the form is posted on the Volunteer Bulletin Board.

Not sure how many hours you volunteered? Or where? Check your date book and calendar and if you gave your services to Kendal or any one of the agencies or programs noted on the Bulletin Board, make a good guesstimate. Then in 2013 remember to keep a daily/monthly record!

Kendal at Oberlin is very grateful for your participation in volunteering as an important part of our mission to the community.

Table Tennis Tournament Sign-up Reminder

Kendal's 2013 table tennis tournament, sponsored by the Sports and Recreation Committee, will start on Monday, January 7. The format will be round robin, with a women's and a men's division.

Sign up by noon on Thursday, January 3! A weekly match schedule and other details will show up on the bulletin board ledge by Saturday, January 5.

Why wait? Get on the players list now! Table tennis is fun. *-Sidney Rosenfeld*

Cardinal Shop News

Janet Bolland's fabulous fudge will be in the shop in time for Valentine's Day. Check out our gifts and cards, too!

UU Kendal Gathering Wed., Jan. 16 - 4:15pm - AUD

"Doubt Can Set You Free" Cal Frye, Oberlin College

Science and religion traditionally have different views on knowledge and doubt. How can you be certain you're following the right path? By doubting your sense of direction, and checking your maps. OC Computer Network Administrator Cal Frye holds degrees in Physics and Paleontology. His theology is Humanist and he has long counted himself among the unbelievers.

All are welcome!

RELIGIOUS SERVICES AT KENDAL

Episcopal Christ Church Service

Holy Communion

Saturday, January 12, 11:00am, CAR

Roman Catholic Mass

Friday, January 18, 10:00am,

Crossroads Room

Society of Friends

Sundays, 10:00am, Whittier Lounge

First Church Third Sunday Service

Sunday, January 20, 4:00pm, CAR



Bridge Results

Mondays: Nov. 26: 1st, Bush Olmsted; 2nd, Cathy Fauver; 3rd, Carol Ganzel; 4th, Betty O'Connor.

Dec. 3: 1st, Nancy Beauchamp; 2nd, Bill Schreiner (two tables).

Dec. 10: 1st, Carol Ganzel; 2nd, Bill Schreiner; 3rd, Warren Wickes.

Dec. 17: 1st, Nancy Beauchamp; 2nd, Connie Bimber (two tables).

Wednesdays: Dec. 5: 1st, Alice Kohl and Nancy Beauchamp; 2nd, Russ and Connie Bimber; 3rd, Bush and Levona Olmsted; 4th Mary Beth McCalla and Harvey (the invisible rabbit).

Dec. 19: 1st, Ed Schwaegerle and Pete Andrews; 2nd, Helen and Bob Randel; 3rd, Alverta Schneider and Louise Breese; 4th, Cate and Paul Schwaegerle

**For daily announcements
of Kendal happenings and
dining room menus, call
775-9868.**

The Kendalight

Monthly newsletter of the Kendal at Oberlin Residents

Association, 600 Kendal Dr., Oberlin OH 44074

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Deadline for the February 2013 issue of *The Kendalight* is January 15. The editors regret that they cannot assume responsibility for errors in content in material submitted for publication.

Note: Please submit articles by email to our address:

Klite600@yahoo.com

If no email access, please type article on separate sheet (NOT on room request form), sign and place in *Kendalight* open box.

All articles must carry a signature and telephone number.



Dining and Nutrition Services

January Special Meals

Friday, January 25, 5:00pm

Robert Burns Bagpiping and Dinner - Heiser Lounge and Fox&Fell

There will be bagpiping in the Lounge, followed by a festive dinner in the main Fox and Fell. Sign-up sheet for the dinner will be posted at the bulletin board. Any questions? Ask Ben or Pam Lenz for answers. (Non-dinner Kendal residents may eat in the William Penn Room, The Den, or in Langston.)

Meal Delivery Guidelines for Cottage Residents

Every year between January 1 and March 31, Kendal at Oberlin provides a meal delivery service to interested Kendal residents who reside in cottages. A meal will consist of an entrée, two hot side dishes and one soup. The meals will be delivered to residents only (not guests or friends). Guidelines are:

1. Residents must call the Heiser receptionist (775-0094) by 3:00pm (11:00am on Sunday) to place the meal order.
2. Residents may order from a limited menu for that day's meal -- no variations or exceptions from the menu options listed (no "special preparation"). Dining Services will provide menu copies each morning to the receptionist listing the menu choices for that particular day.
3. Residents will be charged a \$4.00 per person meal delivery fee to cover the cost of upgraded food containers, transportation and labor costs.
4. Dining Services staff will prepare all of the meals for delivery.
5. Facility Services staff will deliver meals between 5:30-6:30pm or about 1:30-2:00pm on Sunday (unless delayed because of a campus emergency during that time period which would require the Facility Services staff member's response).
6. Meal delivery will be provided for cottage residents only.

In the event of a bad weather/snow emergency day, residents will be able to utilize the established system above, but with only two meal options, and will receive the meal delivery service at no charge. Such days are determined when the temperature is projected to be extremely low (12 degrees F and lower) during day hours or a significant amount of snow is predicted. Weather forecasts are checked at the beginning of the day and checked again mid-day. Administration/Facility Services staff will do this on weekdays; on weekends the MOD (manager on duty) will handle it.

NOTE: This program would not conflict or replace or alter the meal delivery services provided for those residents temporarily ill or disabled.

Meet, Greet, Eat Returns on Monday, January 14

Sign-up sheets will be posted below the open mailboxes on January 7. Reserve your place early! Then come to the Fox and Fell around 5:30pm on January 14, wearing your name tag, and enjoy a meal with new (or old) friends. Each dining table is assigned a number; you pick a number to find your table.

Watch for Sign up Sheet for:

Solo Diners: Thurs., Jan. 10, 5:30pm, The Den (second Thurs. of month).

Reminder: Solo Diners Now Meets on Thursdays!

SPINACH (Senior Persons Interested in Nutrition and Community Health): Wed., Jan. 23, 5:00pm, Penn Room (fourth Wed. of month).

Dining Notes From Ann Pilisy:

- For 2013 **Weekly Foreign Language Dinners** are scheduled in The Den (but may be relocated as needed):
Tuesdays, German dinner, 5:30pm, contact Bernard Eckstein.
Wednesdays, Spanish dinner, 5:30pm, contact Don Parker.
Thursdays, French dinner, 5:45pm, contact Irv Lewis.
- **Breakfast** is available daily in **Friends Corner Dining Room** and **Langston** from 7:30-9:30am, with a Continental Breakfast served in Friends Corner until 11:00am.

Advance Directives Clinics Scheduled through April

Beginning January 9, Advance Directives Clinics will be scheduled from 1:00-3:00pm on the first Wednesday of every month through April. For appointments, call the Health & Wellness Clinic: 775-9819 or Social Services: 775-9813. Pursue your questions about Living Wills, Healthcare Power of Attorney and DNRs with Kim Preston or Kim Peters. All queries welcome!

Kris Koepp Named KatO Therapy Manager

Kris Koepp, Physical Therapist Assistant, has accepted the position of Therapy Manager for Therapy Partners at Kendal at Oberlin. He succeeds Jan Fehrer, formerly KatO Director of Rehabilitation. Jan resigned to focus on other responsibilities. Kris is a graduate of Firelands High School and Lorain County Community College and has been a licensed Physical Therapy Assistant since 2001. He has spent much of his professional career focused on outpatient therapy in both long-term and acute care settings. Kris lives in Lorain with his wife Kathy and daughter Kloe. Together they enjoy golfing, traveling, and being with family and friends.

SUN	MON	TUE	WED	THU	FRI	SAT
January 2013 		1 New Year's Day Reading of Kendalight 11:00am - WHT	2 Morning Discussion Group every Wednesday 10:00am - WHT Pairs Bridge 7:00pm AUD	3 Health Lecture: "Macular Degeneration, Glaucoma" Dr. Corrie Weitzel 7:15pm AUD	4 Len Garver's Trolley Run 4:45pm HL	5 Met Opera HD at Crocker Park: Les Troyens  Iv. Heiser 10:45am Film: The Pink Panther Strikes Again 7:15pm AUD
		6 Quaker Worship 10:00am WHT English Country Dancing every Sunday, 7:15pm - AUD Film: Mirror Mirror 7:15pm WHT	7 Bridge 7:00pm AUD	8 KORA Council 10:00am AUD	9 LUNCH BUNCH: Black River Café, Oberlin  11:30am-1:30pm ECC: Brad Masi, Composting in Oberlin 4:30pm - AUD Scrabble 7:15pm CCR	10 Coffee with Barbara Thomas 9:30am Langston Learning Music Improvisation by Playing Theater Games 2:00pm AUD Low VisionGroup 4:00pm Green Rm Solo Diners 5:30pm Den (Sign up)
13 Quaker Worship 10:00am WHT Film: The Diary of Anne Frank 7:15pm WHT	14 Meet, Greet and Eat (Sign up) 5:30pm Fox & Fell Bridge 7:00pm AUD	15 KORA Council 10:00am AUD	16 UU Gathering 4:15pm AUD Pairs Bridge 7:00pm CCR Genealogy: "Finding Ancesters On-line and at the Library" 7:15pm AUD	17 Lecture: "Birth Order and Its Implications" Prof. Anthony J. Wilgus 7:15pm - AUD	18 Roman Catholic Mass 10:00am CCR "Dedication of Ulm Synagogue" 7:15pm - AUD	19 Met Opera HD at Crocker Park:  Maria Stuarda Iv. Heiser 11:40am Film: The Secret of Roan Inish 7:15pm AUD
20 Quaker Worship 10:00am WHT First Church 3rd Sunday Serv. 4:00pm - CAR Film: Paper Moon 7:15pm WHT	21 Martin Luther King, Jr. Day Bridge 7:00pm AUD	22 ECC: Jeff Kraus, Republic Services, Recycling in Oberlin 4:30pm - AUD	23 SPINACH 5:00pm Penn Rm. (Sign up) OHC: "What a Way to Become President!" 7:15pm AUD Scrabble 7:15pm CCR	24 Big BUS: MOCA and CWRU 9:30am-3:30pm Bagpiper in Heiser Lounge, 5:00pm; followed by Robert Burns' Birthday Dinner in Fox and Fell (Sign up needed)	25 Big BUS: MOCA and CWRU 9:30am-3:30pm Bagpiper in Heiser Lounge, 5:00pm; followed by Robert Burns' Birthday Dinner in Fox and Fell (Sign up needed)	26 Playreaders: "After the Revolution" 7:15pm AUD
27 Quaker Worship 10:00am WHT Northern Ohio Youth Orchestra Concert 3:30pm WCH  Lecture: "Lake Erie: Issues and Opportunities" 7:00pm, Hallock AUD, OC Lewis Center for Environmental Studies 	28 Afternoon Exchange Barbara Thomas 4:00pm AUD Bridge 7:00pm AUD Film: Dial M for Murder 7:15pm WHT	29 Healthy Cooking Demonstration 2:00pm - AUD Kendal at Oberlin Quarterly Health Services Forum 4:00pm AUD Computer Users' Group "Cloud Computing Silver Lining" 7:15pm AUD	30 Lecture: "Guiding Principles in the Face of Chronic Illness and Death" Prof. Anthony J. Wilgus 10:30am-12 noon AUD	31 Sixth Annual Writers' Bloc Reading 7:15pm AUD	Check Channel 19 for changes in scheduling and late additions. CCR = Crossroads Room CAR = Central Act. Room GCR = Green Conf. Rm HL = Heiser Lounge WCH = Warner Concert Hall WHT = Whittier Lounge Bold Face = at Kendal tx = Tickets needed  = Kendal Bus	