

The Kendalight

Kendal at Oberlin Residents Association

January 2014

Volume XXI, Number 1

A Thank You from the Staff for the Holiday Fund

Many warm thanks to all our Kendal at Oberlin residents for your very generous support of this year's Staff Holiday Fund. In early December a total of \$41,359.28 was distributed to 166 grateful staff members. This amount was one of the largest ever collected by our residents! A note accompanied each check stating this gift was from all Kendal at Oberlin residents in appreciation of the staff members' caring efforts on their behalf during the past year.

Thanks to KORA President Don Reeves and other resident cheerleaders who encouraged the Kendal resident community to contribute to this semi-annual gift. Our staff members truly appreciated receiving this tangible resident thank-you!

-Toni Merleno, Director of Human Resources & Operational Services

Kendal at Oberlin Quarterly Health Services Forum Tues., Jan. 28 - 4:00pm - AUD

- The Role of the Hospitalist
- Update on Changes in the Mercy Health System (Mercy Allen and Mercy Regional)
- Vitalize 360 (formerly Collage)
- Health Services Questions and Answers

Residents can place health-related questions in the box on the Heiser Reception Desk from Thursday, January 2 through Tuesday, January 14.

*-Stacy Terrell, Kendal at Oberlin
Chief Health Services Officer*

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 2013 will soon be in your open mailbox with a request to return it to Box #121 by January 31. A copy is posted on the Volunteer Bulletin Board. Not sure how many hours you volunteered? Make a good guessimate.

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

Kendal's Central Activities Room Has a New Name!

Stephens Care Center residents have asked Kendal to rename the Central Activities Room. It was suggested that the room be called the Gathering Place, an apt name considering all the group meetings that take place there! If you look in this month's *Kendalight*, you'll see that room is designated "GP" instead of "CAR."

November 2013

Kendal Board Notes

The KatO Board approved:

- Contracting with Link-Age, offering three integrated companies for the purpose of group purchasing, promotion of research and innovation in solutions for the aging and an investment of \$250,000 in a Ziegler/Link-Age Longevity Fund;
- Review of the Risk Management Plan, as required annually;
- Rate increase of 3% for contracted residents and 3% for per diem contract residents (15% discount for Gold and Silver contracts), holding entry fees flat until mid-year when an actuarial update can be completed;
- The Capital Plan with about \$6.402M projected (of which \$1.5M was for renovation of cottages and \$1.5M for community space improvements);
- 2014 Officers: Ed Miller, Chair; Liz Burgess, Vice Chair; Vance DeBouter, Treasurer; Robert Taylor, Secretary.

In additional actions:

- Kendal resident Ruth Ann Clark was nominated and approved by the Board to serve a three-year term to begin in January;
- Medical Director Georgia Newman, and Director of Clinical Services Lynn Ensinger emphasized the importance of implementing a mandatory Flu Vaccine Program. Staff who do not have the flu shot will be required to wear masks during the peak season;
- The Board was informed of the reassignment of *(Continued on p. 7)*

**COFFEE WITH
BARBARA THOMAS
WEDNESDAY, JANUARY 15
9:30AM IN LANGSTON**

**AFTERNOON EXCHANGE
THURSDAY, JANUARY 30
4:00PM - AUDITORIUM
BARBARA THOMAS**

Know Your KORA Council

Happy New Year!

A form will appear in your mailbox in a few days from KORA's Volunteer Coordinating Committee, asking you to report your volunteer hours for 2013. Please give it your prompt attention.

I use my own report both to review how I spent my volunteer hours last year, and to reflect on how I'll use them in the new year, giving particular attention to KORA and its activities.

Each time I review the complex set of KORA committees that have evolved over 20 years, I am impressed by how smoothly the system works, even though the committees have arisen in quite differing ways and serve a very wide range of interests and needs.

First, we have several **Council Committees**, named in our bylaws, which deal with KORA's minimal administration: Budget, Coordinating Committee, Suggestions and Concerns, and Audit. Except for the Audit Committee, these are made up of Council Members.

Next are 15 **Standing Committees**, set up and named by the Council "to implement activities and programs that address residents' needs, thus enriching their quality of life." Some have been created to address obvious needs (Communications; Transportation); others are focused on our individual and collective well-being (Care and Nurturing; Fitness and Health); others satisfy widely held interests (Art; Library; Program). Each Standing Committee, as those noted below, selects its own members and chairperson; many are open to all comers. A Council Member is named as liaison to each Standing Committee.

KORA's has three other categories of committees: **Interest Groups, Support Groups, and Service Groups**. Sometimes residents meet to pursue a common **interest**. Such a group may evolve into a formal KORA Committee (e.g., Jazz Listening Group; Language Dining Groups). Others never reach that status, but persist (Scrabble; Silli-

ness Committee). Some have a line in KORA's budget; others don't.

We now have two **Support Groups** categorized as such whose activities match their names: Solo Diners and Low Vision Support Group. Several other committees or their subcommittees serve support functions (SCC Shoppers; Medical Companions; Wheelchair Brigade).

Service Groups generally serve two constituencies: ourselves (Newcomers, Friendship) and our larger community (Volunteer Clearinghouse, as a link to community service opportunities).

As you contemplate your volunteer plans for 2014, visit the list of committees and chairpersons posted on the bulletin board, or the website <http://kaores.kendal.org/CommitteeList.html> or the big notebook of annual committee reports in the Library. Surely you can match your interests and inclinations. If you're wavering, or want suggestions, the Wheelchair Brigade, Supporting Friends, Medical Companions and Heiser Desk Volunteers are each seeking additional volunteers.

Thanks for all you do, and are!

-Don Reeves, KORA President

Register Now for LifeLong Learning Classes in Heiser Auditorium

News & Views: Domestic Issues. "Preventing Terrorism," presented by Terry Carlton. Friday, 10:30am to noon, **Jan. 10** (see p. 3).

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; **Mar. 7**, Ben Schiff on Israel and the U.S. No fee or registration.

New Directions in Music History. In the history of music, certain compositions have made a radical change in music style. Many of us have noted this phenomenon in the 20th Century. But what about previous centuries? What compositions or concepts contributed to these changes? The course will be an overview of some of these innovative pieces. Allen Huszti, Emeritus Professor of Music, Sweet Briar College. Tues., 10:00 to 11:30am, **Jan. 14 to 28** (3 sessions). Fee: \$20. (Class #5438)

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.

For more information, call 366-4148; to register by phone, call 366-4067.

PROGRAMS

LECTURES

First Thursday Health Lecture Wellness: Where Are We Going? January 2 - 7:15pm - AUD

Kendal Wellness Coordinator Jill Connone and the fitness and wellness team, Danna Mitchell and Saun Howard, will talk about shifting from an illness model to a Wellness model at Kendal at Oberlin. What does that mean and how do we do it?

Third Thursday Lecture: Adventures in Southern Africa with Kurt Sarringhaus and Jeanne McKibben January 16 - 7:15pm - AUD

This illustrated lecture will focus on Zimbabwe, Zambia and Botswana.

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

Kendal resident Terry Carlton will present the subject "Preventing Terrorism" with discussion to follow in the regular News & Views format. The presentation is based on the Kettering Foundation and National Issues Forum issue guide. Sponsored by the LCCC Center for LifeLong Learning. No registration or fee. **All are welcome.**

Glass Garden of Friendship Dedication in Friends Corner Tues., Jan. 14 - 3:30pm

In Celebration of Martin Luther King Jr. Sun., Jan. 19 - 5:00pm - Finney

A solo performance of "Incognito," written and performed by Michael Fosberg, focuses on race, diversity and identity. The program includes selections sung by the Mt. Zion King's Mens Choir. Free and open to the public. **Sign up for Kendal bus.**

TRIPS

LUNCH BUNCH: Black River Café, Oberlin Wednesday, January 8

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 Wednesday, January 1.

Community Conversations: Oberlin Shansi in China through the Years Mon., Jan. 13 - 7:15pm - AUD

Gavin Tritt, Executive Director of Oberlin Shansi, will be part of a panel offering personal perspectives on living in China. Several returned Shansi Fellows, the staff of Oberlin Shansi and Kendal residents will participate. Oberlin Shansi is the organization founded after the Boxer Rebellion resulted in the massacre of Oberlin students and graduates teaching in Taigu, China. Since that time Oberlin Shansi has appointed graduates to teach in China. When China was closed to the West, appointments were made to India, Japan, Taiwan, Indonesia and Korea.

Seventh Annual Writers Bloc Reading Thurs., Jan. 30 - 7:15pm - AUD

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

MUSIC

Louise Zeitlin, viola Fri., Jan. 10 - 7:15pm - AUD

Professor of Viola at Baldwin Wallace University's Conservatory, Louise is director of the Oberlin Community Music School and the daughter of Kendal residents Aideen and Gerald Zeitlin.

Frank Weinstock, pianist Fri., Jan. 31 - 7:15pm - AUD

Frank, Professor Emeritus of Piano at Cincinnati College-Conservatory of Music, will play works by Beethoven, Schumann and Schubert. He is the son of Kendal resident Betty Weinstock.

BigBUS to Cleveland Museum of Natural History with Dr. Charles E. Herdendorf Wednesday, January 15 9:00am to 4:00pm

Dr. Herdendorf, a docent at the museum, will give us a **private tour**. We will limit the total number of bus passengers who wish to tour to 30 and divide that group so each subgroup will contain 15 tourists or less. While one group tours with Dr. Herdendorf, the other will explore the museum. Then, around noon, the group that had been exploring independently will tour with Dr. Herdendorf. An exhibit on mammal reproduction, "Nature's Mating Game," has just come from showings in Paris and London. It has a \$5 entry fee which can be paid at the site. There is a planetarium (\$4 entry). The rest of the Museum seems to be free with our entry.

The bus will cost about \$29, Museum entry \$9, docent tour \$1. Add the optional Mating Game exhibit (\$5) and the total comes to \$44.

Your check to KORA for \$25 in Box #120 will insure your seat on the bus and a spot on a tour. If you don't wish to tour, please let me know. Remainder of the cost of the trip will be billed to you after our return.

Sunday Movies in Whittier at 7:00pm

Jan. 5 - *A Night at the Opera* (1935)

- The Marx brothers invade the world of opera with hilarious results. Priceless comedy bits are interwoven with tuneful music and appealing romance.

Jan. 12 - *Bringing Up Baby* (1938)

- Madcap heiress Katharine Hepburn upsets the staid existence of rigid zoology professor Cary Grant in classic screwball comedy.

Jan. 19 - *Get Smart* (2008) - Maxwell

Smart (Steve Carell), CONTROL's bumbling Agent 86, joins Agent 99 (Anne Hathaway) to expose a nuclear weapon plot by KAOS in this update of 1960's spy-spoof TV series. Rated PG-13.

Jan. 26 - *Monty Python and the*

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

Saturday Night Documentary January 11 - 7:15pm - AUD

Hannah Arendt (2012) - This biopic is about the influential German-Jewish philosopher and political theorist Hannah Arendt's coverage and reporting of the Adolf Eichmann trial in 1961. Her work was submitted to *The New Yorker* and was controversial for her portrayal of Eichmann and the Jewish councils. In *The New Yorker* articles and subsequent book, entitled "Eichmann in Jerusalem: A Report on the Banality of Evil," she first used the now-famous concept of the "banality of evil." This series of articles and the book created a whirlwind of controversy that according to historian Michael R. Marrus "prompted a debate in the historical literature that continues on to this day." The film was directed by Margarethe von Trotta and features a brilliant performance by Barbara Sukowa. It runs for 113 min., to be followed by discussion. *-Donna Van Raaphorst*



Art Gallery News

Kendal Gallery - Riverdog's cats, dogs and other whimsical creations will be on display until Monday, January 6.

Next will be a "Celebration of Ginko Gallery," featuring the five artists who currently have studios there.

Friends Gallery - The renovations to the walls have been completed and David Miraldi's photographs taken around the world are on display through February.

Saturday Opera DVD January 4 - 7:15pm - AUD

La Sonnambula (The Sleepwalker)

- One of Bellini's finest operas, this work was written for the great 19th Century soprano Giudetta Patti. Amina, an orphan girl, is about to be married to Elvino, a rich farmer. Her jealous rival schemes to dishonor Amina by accusing her of being unfaithful to Elvino. This is done by exploiting Amina's sleepwalking. This 2012 production is from the Teatro La Fenice in Venice. Welcome in the New Year with an early 19th Century melodrama with beautiful music. *-Allen Huszti*

Saturday Night Movie January 18 - 7:15pm - AUD

Radio Days (1987) - Starring Mia Farrow as the talented singer-cigarette girl and Julie Kavner as her mother, this film is a nostalgic portrait of a Jewish family of the 1940's in Brooklyn. It weaves together a young boy's comical memories with his fascination with stories from the age of radio, including about "The Avenger." Ten-year-old Joe Needleman lives with his parents and aunt and uncle in an extended household. Gripped by the radio stories, he longs for adventures and dreams of the day he'll see German spies or enemy submarines. Written and directed by Woody Allen. Rated PG. *-Diana Kahn*

Community Gallery - The Six Lake Area Artists show of paintings and textiles, for whom there was a reception on December 5, will hang through January 30. A show of photo portraits by Desmond Bowen will follow on February 3.

Curio Cabinet - We hope that you have enjoyed the Swedish Christmas Treasures that have been shown during December! During January we anticipate seeing a display of special, small objects from Monica Fuquay, a popular member of our Kendal staff.

Directories Coming Soon!

2014 Kendal at Oberlin Telephone Directory will be in your open mailboxes early this month. In addition to a stunning cover by Lee Hefner, we've made some exciting changes. A "First Name Directory," listing each resident by first name, will appear at the back of the directory. As you're frantically searching for someone whose last name you can't quite recall, you'll find a footnote at the bottom of each page to remind you that a first-name listing is in the back of the book. As always the map of the Kendal campus will be at the very back.

-Nina Love

Computer Users Group 2013: Year of the MOOC Tues., Jan. 28 - 7:15pm - AUD

Barbara Sawhill, Director of Cooper International Learning Center at Oberlin College, will explain MOOC, an acronym for Massive Online Open Courses. MOOCs provide access to full college-level academic courses to anyone, anywhere, at no cost to the user. All that is needed is a reliable internet connection. She will take a look at its origins, how it has evolved over time, and the effects of such a program (for instance, what do MOOCs mean for tuition-charging, residential, liberal arts colleges, such as Oberlin?). All are welcome.

Resident Medical Resource Becomes Available

A questionnaire, distributed in November, asked residents if they would volunteer to speak informally and privately with another resident about their experience and/or knowledge of a given medical condition. Over 100 questionnaires were returned and residents, by a ratio of 10 to 1, expressed their willingness to share such information, agreeing that this sharing would benefit our community.

This resource will be functional beginning in January. In the Kendal Library, residents may access a booklet entitled "Resident Medical Resource." Volunteers' names will be listed under 24 general areas of medicine, with appropriate subcategories for each. For a number of conditions and subcategories, the document notes *unlisted resident(s)**. This designation indicates that at least one additional resident is willing to share but wishes to be on a confidential list. To connect with an unlisted resident, call Barbara Reeves, Pat Talbot or May Zitani.

Conversations resulting from the re-

source are expected to be similar to the health discussions that we now have with our friends and dining partners. Such conversations may vary widely in terms of helpfulness to us. Nothing associated with the "Resident Medical Resource" or the informal health conversations that it might engender is intended nor should be construed as professional medical advice. This resource would not be intended to substitute for or interfere with the advice and care provided by medical providers.

If you wish to add your name, change or delete your entry, or make suggestions for the operation of this resource, please place your comments in the mailbox marked Resident Medical Sharing at the upper righthand corner of the open mailboxes.

Thanks to all Kendal residents for the cooperation that is making this service possible. *-Eleanor Devereux, Anne Elder, John Elder, Don Hultquist, Nancy Hultquist, Pam Lenz, Barbara Reeves, Don Reeves, Kay Rider, Isobel Rutherford, Pat Talbot, May Zitani*

Notification to Residents When You Are Hospitalized

If you are unexpectedly hospitalized, it is important that Kendal's nursing and social work departments know if you wish to have other specifically named Kendal residents informed of your hospitalization. To do this you must complete a form called Release of Information of Hospitalized Kendal Residents. You may also sign a space on this form that indicates that you do not want any resident to be informed (except your spouse, partner or Durable Power of Attorney for Health Care). When a resident is unexpectedly hospitalized, the social workers follow the directives on your form. If you have designated other residents to be notified, they inform the Hospitalization Notification Committee, whose members call those residents. The Committee is not called if you have requested that no resident be informed.

It is important to note that if you do not have a form on file, privacy regulations call for the assumption to be made that you do not wish other residents to be notified.

These forms are available in a rack on the counter of the Health and Wellness Clinic. After completion, the form should be turned in to the Clinic, where it is copied and placed in a binder and passed to the Hospitalization Notification Committee, where a binder of the original signed forms is kept.

A new form was issued last March, but many residents have not yet completed it. If you would like to check if you have a form on file and what it says, you may do so at the Clinic or by contacting me. *-Joanne Busiel, Co-Chair, Hospitalization Notification Committee*

Hospitalization Notification Committee

Genealogy & History Interest Group: A College Dropout's Experience at the Panama Canal: 1909-1910 Thurs., Jan. 23 - 7:15pm - AUD

Newly arrived resident Jim Marshall will describe what his father did and saw during his employment on the building of the Panama Canal during 1909 and 1910. All are welcome to attend. Residents who in the future would consider making a short or full-length presentation are encouraged to contact the Hultquists.

ZumDance Sundays, January 5, 12, 19, 26 3:00pm - AUD

Light aerobic exercise to uptempo Latin and swing music in a line dance format with Dan Reiber.

Oberlin Heritage Center: A Marriage Made in Japan and Nourished in Oberlin Wed., Jan. 29 - 7:15pm - AUD

Oberlin College Emeritus Professor of Chemistry Norman Craig offers a "prequel" to Frank and Fannie Jewett's life in Oberlin. Using new information acquired through colleague Yoshimitsu Miyagi, he tells how two young people far from home fell in love in Yokohama. Free and open to the public.

For the Vision Impaired

Monthly On-Line
Low-Vision Support Group
Overcoming the Emotional Barrier of Blindness
Thursday, January 9
4:00pm - Green Room

Reading of *The Kendalight* Thursday, January 2, at 9:00am in Whittier Lounge

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

Welcome Kendal's New Residents

Dennis and Judy Cook

Dennis: My father and grandfathers on both sides were machinists and mechanics, so engineering was a natural choice. My BS degree in electrical engineering is from the University of Maryland, my master's in electrical engineering from Carnegie Mellon University, with postgraduate studies in computer science and lots of on-the-job training.

I was very lucky in getting a position in the Advance Research Branch of the Army's Harry Diamond Laboratories. The work was mostly feasibility studies, and involved research, experimentation (including designing and building the experimental equipment) and analysis. It was great: I was never prepared for any job I had. Being the one in the branch with a pilot's license, I got all the projects involving aircraft. I happily stayed for 30 years and retired as chief of the branch.

I was even luckier in meeting my wife, Judy, at an opportune time in our lives. We certainly had approval from both parents; our grandparents were neighbors in Washington, DC, our mothers grew up together. I proposed to Judy on Tappan Square in her final semester at Oberlin, and we've been happily married ever since. I wasn't exactly prepared for this job either.

Judy turned me on to folk music. I don't know if it was the music or her sparkle in singing it, but I love the traditional songs now. We sold our plane and gave up flying when we joined the Foidore Society of Greater Washington. That was about the time I started doing live sound for traditional music concerts. Now I also do studio recordings for fun and profit, and main-stage live sound for several traditional music festivals. I am now the sound engineer, harmony



Dennis Cook



Judy Cook

backup, and roadie for an unaccompanied singer; we spend a significant portion of our lives on the road presenting multimedia song and history programs.

Judy: My earliest memories are of singing with my family, and some of my happiest times have always been singing with friends. I delight in sharing this pleasure with others, entertaining folks around the United States and Britain with the songs I love.

Years ago I worked with kids as camp counselor, home teacher, assistant at a special-needs summer program, and executive secretary for a national computer users' group.

Finding a packet of Civil War letters between my great-great-grandparents seemed a personal invitation to the past. I transcribed them all, then started researching. The resulting book is being published by the University of Wisconsin Press. I continue transcribing 19th Century family letters. I also do historically themed programs using letters, songs, and images.

I am supremely lucky to be married to Dennis Cook since 1971. Together we have piloted small planes, written and maintained computer databases, and designed a number of construction projects. We have heated with wood for more than three decades (splitting wood keeps me sweet-tempered). We've enjoyed hosting many house concerts and folk musicians, and driven countless miles giving concerts and programs.

I am fortunate, too, to be part of a loving family. Nineteen of us -- at last

count, spanning three generations -- spend a week around each New Years on North Carolina's Outer Banks. For "Sibling Revelry" our generation spends a week at one of Britain's Landmark Trust properties.

It is no surprise to find Kendal residents and staff are the folks with whom we feel most at home. I was the fourth generation of women in my family to graduate from Oberlin College; my siblings and most of my nieces and nephews did as well. My great-aunt lived at Kendal at Longwood from the early 1970's, and my mother lived at Kendal at Oberlin until 2001.

Recent Moves

Jerry and Jeanne Berner moved from their Kendal Cottage to the Apartments in mid-December. Phone number remains the same.

Gayle Sherry moved from Canton, OH, to a Kendal Cottage in mid-December.

Transportation Talk

• **Kendal Bus to the Monday Night Movie at the Apollo:** Donna Smith, Kendal's Transportation Coordinator, has now scheduled the bus for a regular run on the third Monday of the month. Look for a sign-up sheet in front of the open mailboxes.

• **Kendal Transportation Schedule for Medical Appointments:**
Mon. and Thurs., 8:00-12:00pm;
Tues. and Fri., 1:00-4:00pm;
Wed., 1:00-4:00pm. In Oberlin, can also be scheduled to fit the Town trip.
Please give at least 72 hour advance notice. Schedule the bus for follow-up appointments as soon as you receive them. **It is better to cancel, if needed, than to call Donna for a ride at the last minute.** She may not be able to accommodate you. As always, if you would like to visit downtown Oberlin on Tuesday mornings until 11:00am or Friday afternoon 1:00-4:00pm, call Donna to schedule.

-Diantha Paré and Donna Smith

RAFF Shop Talk

Reasonably Assessed Finery and Furnishings

Knowing that everything changes over time, I decided to explore the beginnings of Kendal's resale shop by talking with Ernie Eddy, the founder of the project.

The first re-sale event was in the summer of 1994, and again in 1995. Ernie Eddy learned of an ongoing shop at Kendal at Hanover and wanted to bring that idea here. Initially the shop was located in the hallway by the south entrance to Heiser Center. Shelves lined the hall until the fire marshal said the hall had to be cleared. Then the shop moved to a small cubicle-size room on that same hallway. The ongoing shop moved to Apt. 155 in 2009. When I wondered about the origin of the name R>A>F and the motto "Keep It Flying," Ernie said he grew up like an Army brat as his father established USO Centers in the South during the late 1930's. He was much engaged by the war and military life. Hence, playing with the initials of the Resident Assistance Fund, for which the shop existed, the military connection was made. The motto reflects the intention of gaining more value from our stuff and more resilience for our own lives.

Early volunteers included Bobbie Carlson, Gerlind Koerner, Heidi Lickliger, Janet Ferguson, Max Morgan, Joy Illig and Mary Beth McCalla.

Ernie and his cohorts in the Woodshop developed the idea of selling cars for R>A>F, and Ernie sold many cars on behalf of the Fund before Sam Goldberg took on this task. We can all be grateful to Ernie and the others for their pioneering work to develop this creative project for Kendal at Oberlin. RAFF receipts for the month of November were \$4,463.91. Indeed, we are still keeping it moving!

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

November 2013 Board Notes... (Continued from p. 1)

Dr. Sathya Reddy by Cleveland Clinic; the return of Dr. Lal Arora to serve Independent Living residents; and the excellent results of the Ohio Department of Health survey;

- Marketing reported a successful Priority Luncheon and many "Try-It" visitors; six of nine Classic units now have been put under contract, with construction completion expected in February for the first six units;
- Update on Master Plan noted some delay of the cottage schedule caused by custom window orders; anticipation of geo-thermal moving forward for some or all of the Classic Cottages; sprinkler system in approval process with the City; community spaces still under bidding process with concerns made known about utility locations;
- Committee on Philanthropy stated it is not clear what the need will be for a fund-raising campaign until bids are in for community spaces. KORA's Ad Hoc Committee is not taking a position until more information is known.

-Barbara Thomas

**IN MEMORIAM
CORNING CHISHOLM
DECEMBER 12, 2013**

**CHARLOTTE LONG
DECEMBER 16, 2013**

A New Name: Thoughtful Medicine Committee

"Thoughtful Medicine" is now the official name of the formerly named "Slow Medicine" Committee. We hope that name will be less confusing and more inclusive of a variety of activities and interests in areas of wellness, education about our medical care, and advance planning for end of life choices. Our committee is all about helping you to **take charge** of your health and your health care. That includes getting what you need as well as avoiding medical interventions that may not be helpful at certain stages of your life. Those are big topics, and each of us needs to engage with them personally, identifying what we need going forward. You can help us identify resources and programs that you would like to have. For instance, we are working to have one universally available resource to guide us through the maze of decisions involved in completing advance directives. We hope to move from that to workshops or discussion groups for those who want them. We're considering training for medical companion and advocacy volunteers. We've talked with Clinic staff about expanded use of the annual physical. We're working on Library resources. Maybe you'd like to have some help to be your own advocate when dealing with hospitals and doctors. We welcome your interest, suggestions and participation. Our next meeting will be Feb. 13, 10:30am in the Green Room. *-Ardith Hayes for the Thoughtful Medicine Committee*

Kendal Kryptogram #107 -by Nina Love

A YEARS AR YOUTH ZD YEO FLP'H

UOHZMXYZRH, RZY YEO POLU'H.

-EORUP TZZUO

Solution to Kendal Kryptogram #106: "Those people who think they know everything are a great annoyance to those of us who do." *-Isaac Asimov*

Bike, Trike, Scooter Safety

Increasing numbers of Kendal residents navigate our campus with electric scooters, tricycles and bikes. Kendal at Oberlin's Resident and Staff Safety Committee has drafted some proposals to govern operation of the three vehicle types on roads, paths and walkways within the campus. We hope they will generate community discussion and help all Kendalites and visitors remain safe, whether walking or riding.

- **Pedestrians always have the right-of-way.**
- **Riders on wheels -- cars, bicycles, tricycles, electric motor scooters: Yield the right of way to all pedestrians.** Use your horn, bell or a loud voice to announce your presence, or slow down until a pedestrian has gained sufficient distance beyond your vehicle. Remember that the pedestrian may not hear or see you approach, and may become unstable on their feet if startled.
- **Bicycles are outdoor vehicles** only, to be operated on **Kendal roads and uncovered paths.** Walk the bicycle on covered walkways. Park bicycle off narrow paths and walkways.
- **Tricycles are outdoor vehicles** only, to be operated on **Kendal roads and uncovered paths.** Park tricycle off narrow paths and walkways.
- **Electric scooters** are designed to operate **indoors and outdoors** on all paths and walkways, covered and uncovered. Operate at **slow walking speed** in all indoor hallways in Heiser Community Center and the Apartments, and **slowly, with extreme care** throughout the Stephens Care Center. Operate at walking speed on all outdoor paths and walkways. Park scooter in assigned parking places outside dining rooms and other gathering areas. Also park off narrow paths and walkways. See Resident Manual, Sec. III-7 and ID (Important Documents). Electric scooters may be the desirable choice if a resident in independent living has difficulty in walking to or from

an outside doorway to the destination inside Heiser Community Center, the Apartments or Stephens Care Center. A physician's evaluation and prescription will allow purchase of electric scooters through Medicare. The Therapy Department will teach the resident how to drive the scooter, and periodically screen operator for safe use.

- **Lights, front and rear,** should be installed for outdoor operations if any vehicle is driven after dusk.

*-For the Kendal Safety Committee,
Thelma Morris, KORA Liaison*

Coaching with Keith Pech; Table Tennis Tournament

- On January 4, our young coach Keith Pech will teach us the backhand stroke, with the switch from backhand to forehand. It's a rare chance to get it right!
- Kendal's 2014 table tennis tournament, with a men's and women's division, will start on Monday, January 13. Sign up by noon on Wednesday, January 8! Look for a match schedule and other details at the bulletin board by January 11. Sign up now! *-Sidney Rosenfeld*

First Church United Fellowship Saturday, January 11 - AUD 9:30am: Food and fellowship 10:15am: Jean Foggo Simon

Jean, who grew up on St. David's Island, Bermuda, will share stories from the island and her Pequot Indian connection. **All are welcome!**

RELIGIOUS SERVICES AT KENDAL

Christ Church Episcopal Service
Saturday, January 11, 11:00am,
Gathering Place (GP, formerly CAR)

First Church Third Sunday Service
Sunday, January 19, 4:00pm, GP

Roman Catholic Mass
Friday, January 17, 10:00am,
Crossroads Room

Society of Friends
Sundays, 10:30am, Whittier Lounge

Bridge Results

Mondays: Nov. 26: 1st, Helen Randel and Bill Schreiner (tied); 2nd, Warren Wickes; 3rd, Betty O'Connor.

Dec. 2: 1st; Eileen Dettman; 2nd, Carol Ganzel; 3rd, Helen Randel.

Dec. 9: 1st, Helen Randel; 2nd, Cathy Fauver.

Dec. 16: 1st, Bill Schreiner; 2nd, Cathy Fauver

Wednesdays: Dec. 4: 1st, Ed Schwaegerle and Pete Andrews; 2nd, Connie and Russ Bimber; 3rd, Cate and Paul Schwaegerle.

Dec. 18: 1st, Cate and Paul Schwaegerle; 2nd, Alice Kohl and Nancy Beauchamp; 3rd, Helen and Bob Randel.

UU Kendal Gathering

**Wed., Jan. 15 - 4:15pm - AUD
"Role of Reason in Religion"
Cal Frye, Oberlin College**

Often it's held that Faith and Reason are in opposition. Unitarians, in particular, have long wrestled with this relationship. A frequent service leader for the Oberlin UU Fellowship, Cal's theology is Humanist. Although he works in the IT Dept. at Oberlin College, his background is in Geology and Paleontology. **All are welcome!**

The Kendalight

Monthly newsletter of the Kendal at Oberlin Residents Association, 600 Kendal Dr., Oberlin OH 44074
Consulting Editor: Robert Baldwin
Managing Editor: Elizabeth Aldrich
Proofreaders: Joanne Busiel, Mary Simons
Photos: Eleanor Helper
Production: Don VanDyke

Deadline for the February 2014 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 mailbox. All articles must carry a signature and telephone number.



Dining and Nutrition Services

Friday, January 24, 5:00pm, Robert Burns Bagpiping and Dinner

The Robert Burns birthday celebration will begin with bagpiping in the Heiser Lounge at 5:00pm, followed by dinner in the Fox and Fell at about 5:30pm. Please sign up for the dinner by Saturday, January 18 on the sheet by the bulletin board. (Kendal residents who are not signing up for the Robert Burns birthday dinner may eat in the William Penn Room, The Den or in Langston.)

For daily announcements of Kendal menus, call 775-9868.

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 20

Meet, Greet and Eat gives Kendal residents an opportunity to share a meal with other residents with whom they don't usually eat.

Just sign up in advance, come to the Heiser Lounge at 5:30pm and draw a number which will correspond to your table in the Fox and Fell or William Penn,

where you will meet your tablemates. Sign-up sheets for Meet, Greet and Eat will be posted below the open mailboxes on Monday, January 13.

Usual dining options in Langston and the Fox and Fell will be available for those who do not wish to participate. Do join us -- and don't forget to wear your name tags.

-Sheila Eckstein, Gaye Laurell and Priscilla Steinberg

Dining Notes From Ann Pilisy:

- Please try to arrive in Langston by 7:15pm nightly for dinner. If you know you are running late, call Ann Pilisy's office at 775-9801 to have food plated and held for you. Leave a message if no one picks up the phone; someone will access voicemail.
- Remember to remove your coat from Langston by 8:00pm. Don't be left out in the cold!

Remember to Reserve Space for your Dining Group in 2014

Please contact Ann Pilisy if your 2013 dining group would like to continue in 2014. Some of the regular groups have already reserved space but we are still waiting to hear from others!

Watch for Sign up Sheet for:

Solo Diners: Thurs., Jan. 9, 5:30pm, The Den (second Thurs. of month).


SPINACH (Senior Persons Interested in Nutrition and Community Health): Wed., Jan. 22, 5:00pm, Penn Room (fourth Wed. of month).

Some Gentle Reminders from the Environmental Concerns Committee

Now that winter has descended please keep energy use to the minimum required for your comfort. Set your temperature as low as possible during the day, reduce it at night; keep windows and doors shut when the heat is on; take shorter showers; take your own bags to shop; turn off unneeded lights; turn off computers and TVs at night.

Recycle any cardboard "to-go" containers from the dining rooms by placing them on your tray next time you come to eat; rinse and then recycle all #1 to #7 plastics, milk cartons and metal cans plus paper and cardboard in your trash rooms.

In other words follow the mantra: **REDUCE – REUSE – RECYCLE** in that order. *-Dina Schoonmaker*

SUN	MON	TUE	WED	THU	FRI	SAT
<h1>January 2014</h1> 			1 New Year's Day <hr/> Morning Discussion Group every Wednesday 10:00am - WHT <hr/> Pairs Bridge 7:00pm AUD	2 Reading of Kendalight 9:00am - WHT NOTE TIME! Health Lecture: Wellness: Where Are We Going? 7:15pm AUD	3	4 Opera DVD: La Sonnambula 7:15pm - AUD
		5 Quaker Worship 10:30am WHT Film: A Night at the Opera 7:00pm WHT <hr/> English Country Dancing every Sunday, 7:15pm - AUD	6 Bridge 7:00pm AUD	7 <hr/> Meditation Every Tuesday with Mary Grigolia 2:30pm WHT	8 LUNCH BUNCH: Black River Café, Oberlin 🚌 11:30am-1:30pm Scrabble 7:15pm CCR	9 Low Vision Group 4:00pm Green Rm Solo Diners 5:30pm Den (Sign up)
12 Quaker Worship 10:30am WHT Film: Bringing Up Baby 7:00pm WHT	13 Sounding Board 2:00pm WHT Bridge 7:00pm CCR Community Conversations: Oberlin Shansi 7:15pm AUD	14 Glass Garden of Friendship Dedication 3:30pm - Friends Corner	15 BigBUS: Cleveland Museum of Natural History 9:00am-4:00pm Coffee with Barbara Thomas 9:30am Langston UU Gathering 4:15pm AUD Pairs Bridge 7:00pm AUD	16 KORA Council 10:00am AUD Lecture: Adventures in Southern Africa 7:15pm - AUD	17 Roman Catholic Mass 10:00am CCR Cavani 🚌 String Quartet 8:00pm Kulas	18 Film: Radio Days 7:15pm AUD
19 Quaker Worship 10:30am WHT First Church 3rd Sunday Serv. 4:00pm GP (CAR) Martin Luther King Jr. Celebration 🚌 5:00pm Finney Film: Get Smart 7:00pm WHT	20 Martin Luther King, Jr. Day Meet, Greet and Eat (Sign up) 5:30pm Fox & Fell Monday Night Movie at 🚌 Apollo (tx) - sign up for Kendal bus Bridge 7:00pm AUD	21	22 SPINACH 5:00pm Penn Rm. (Sign up) Scrabble 7:15pm CCR	23 Genealogy & History Group: Experience at the Panama Canal - 1909-1910 7:15pm AUD	24 Bagpiper in Heiser Lounge, 5:00pm; followed by Robert Burns' Birthday Dinner in Fox and Fell (Sign up needed)	25 Jupiter 🚌 String Quartet 8:00pm WCH
26 Quaker Worship 10:30am WHT Film: Monty Python and the Holy Grail 7:00pm WHT	27 Bridge 7:00pm AUD	28 Kendal at Oberlin Quarterly Health Services Forum 4:00pm AUD Computer Users Group Year of the MOOC 7:15pm AUD	29 OHC: A Marriage Made in Japan, Nourished in Oberlin 7:15pm AUD	30 Afternoon Exch. Barbara Thomas 4:00pm AUD Seventh Annual Writers Bloc 7:15pm AUD 31 Frank Weinstock, piano 7:15pm AUD	Check Channel 19 for changes in scheduling and late additions. CCR = Crossroads Room GP = Gathering Place (CAR) HL = Heiser Lounge WCH = Warner Concert Hall WHT = Whittier Lounge Bold Face = at Kendal tx = Tickets needed 🚌 = Kendal Bus	