

The Kendalight

Kendal at Oberlin Residents Association

January 2015

Volume XXII, Number 1

A Thank You from the Staff for the Holiday Fund

On December 5 a total of \$40,229.61 was distributed to 158 grateful staff members. A note accompanied each check stating this gift was from all Kendal at Oberlin residents in appreciation of our staff members' caring efforts during the past year. On behalf of our very grateful staff members, we express our warmest thanks to the KORA Council officers and to all the residents who contributed to this wonderful Holiday Fund!

-Toni Merleno, Director of Human Resources & Operational Services

Kendal at Oberlin Quarterly Health Services Forum Wed., Feb. 4 - 4:00pm - AUD

For this forum, we are asking Kendal at Oberlin residents to submit their health-related questions or topic suggestions to us from Friday, January 9 through Friday, January 23 at the Heiser Reception Desk. Or you may email me at sterrell@kao.kendal.org.

*-Stacy Terrell, KatOChief
Health Services Officer*

Time to Turn in Your Volunteer Hours for the Year-End Count

In January we ask you to remember, collect and record all the hours you contributed in service to Kendal at Oberlin or the wider community in the preceding year. Look for the 2014 form in your open mailbox. Please fill it out and place it in Box #121 by January 31. A copy is also posted on the Volunteer Bulletin Board. *-The Volunteer Committee*

Silent Auction's Coming!

Our Annual Silent Auction to support the Kendal Staff Education and Staff Emergency Funds will take place in February.

It's time to begin looking through your closets for books, pictures, DVDs, jewelry, hand-crafted pieces and other good-quality items to contribute to the Auction. Success depends upon the variety and quantity of desirable, gently used donated items AND plenty of bidders to purchase them.

Watch for details next month!

-Staff Special Events Committee

**COFFEE WITH
BARBARA THOMAS
TUESDAY, JANUARY 13
9:30AM IN LANGSTON**

**AFTERNOON EXCHANGE
THURSDAY, JANUARY 29
4:00PM - AUDITORIUM
BARBARA THOMAS**

The sitting area by Center Pond in front of Heiser has been graced by a lovely rock. Not just any rock, but one with a commemorative plaque proclaiming: "Original Paving Stones from Oberlin Sidewalks Union St. & Main St." The stones referred to form a little terrace on which two benches sit, just right for viewing Center Pond Island. (The paving stones and the commemorative rock were donated by resident Demmie Carrell.)

Photos: Nina Love



Know Your KORA Council

Happy New Year! As we begin a new year in our residents' association, I invite you to take a look around you and marvel at all we are doing together to make life at Kendal so rich and varied. We begin the year with grateful hearts. In this first week of January take time to thank someone for their contribution. Pat yourself on the back, too! Then reflect on where you find yourself in the ebb and flow of our life together.

There are two kinds of New Year's resolutions. One is to continue the good work already begun. When we find ourselves aligned with our values, purpose and heart's joy, then let's continue the good work we've begun.

The other resolution heeds the call to expand our horizons, making a commitment to do what we can to serve in a new place of need. Many of us, I suspect, are living into both realities as we begin the year.

Is there an opportunity out there with your name on it? You will be hearing more from the team planning the Mobility Fairs, the project funded by our grant from the Kendal Charitable Funds. Help will be needed on site at the time of each of the four events. Watch for news from the Transportation Commission as work begins to put wheels under several vitally important concerns for public transit and for Kendal medical transportation. One of newest committees -- Thoughtful Medicine -- is working without a permanent chairperson. The terms of 15 people chairing KORA committees or groups had to be extended beyond the four-year term limits for want of new leadership. Most committees are seeking new members.

From the beginning of the Kendal communities, a primary value has been to support the independence and self-sufficiency of their members

by **not** providing some services that community members, individually or cooperatively, are able to provide for themselves.

That said, we are blessed to have the support and collaboration of our outstanding staff members, from all departments, in all that we do. We often joke about our 88 committees, but they are the instruments through which together we work, play, care for our environment, tell our stories, dream dreams, keep on learning, support one another in good times and bad, and much more. This KORA network is

comprised of **Standing Committees, Interest Groups, Support Groups, and Service Groups**. They are listed on the bulletin board and described on the website: kaores.kendal.org

A word to newcomers: Don't hesitate to try things that come your way. Seek out the things that interest you and find out if they fit. I'd love to get to know you and your interests and hear your questions. Let's do lunch!

Good luck to all of us with our New Year's resolutions. I look forward to sharing this year with you.

-Ardith Hayes, KORA President

Register Now for LifeLong Learning Classes in Heiser Auditorium

News & Views: Domestic Issues: Common Core and Testing. Local educators will discuss the topic. Fri., 4:00-5:30pm, **Jan. 9** (see p. 3). No fee or registration.

Memory: What is it? How does it work? What happens with aging? Information needed to understand the concepts and experiments behind the neuroscience of memory will be presented. Wed., 10:30am to noon, **Jan. 14, 21, 28 and Feb. 4, 11, 18** (six sessions). Louise Luckenbill, Prof. Emerita of Developmental Biology and Neuroanatomy, Ohio Univ.; Affiliate Scholar, Oberlin College. Fee: \$35. (Class #5296)

News & Views: Foreign Affairs. Discussion leaders present a major foreign affairs topic from the latest Foreign Policy Assn. "Great Decisions" briefing book. Feb., Terry Carlton, **Privacy in the Digital Age**; Mar., Dwight Call, **U.S. Policy toward Africa**. Fri., 10:30am to noon, **Feb. 6 and Mar. 6** (2 sessions). No fee or registration.

Opera Preview: La finta giardiniera (The pretend garden-girl), by W. A. Mozart. This rarely performed comic opera features disguises, imagined Greek gods and unrequited love set to dazzling melodies. Oberlin Opera Theater students will join Director Jonathon Field in presenting this preview. (Performances in Hall Auditorium: 8:00pm, March 11, 13 and 14, and 2:00pm, March 15. Tickets must be purchased for opera; call 775-8169). Thur. **Mar. 5** (1 session) 4:00-5:00pm. No fee or registration.

Enjoying Contemporary American Poetry. Close reading and discussion of nine 20th and 21st Century verse and prose poems (texts will be distributed). Session 1: **Confessional and Testimonial Poetry.** One example of intimate self-disclosure; one of African-American protest; and one of Hispanic-American protest. Session 2: **Visionary Poetry.** Two examples of secular visionary experience and one of Orthodox Catholic experience. Session 3: **Playful Poetry.** Humorous parodies of: lyrical devices; use of "voice" in poetry; the creative process itself. Tues., 10:00-11:30am, **Mar. 10, 17 and 24** (3 sessions). Larry Porter, Prof. Emeritus of French and Comparative Literature, Michigan State Univ.; Affiliate Scholar, Oberlin College. Fee: \$20. (Class # 4631)

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

PROGRAMS

LECTURES

**First Wednesday Health Lecture:
“Staying Well at Kendal:
Physical Therapy and Exercise!”**

January 7 - 7:15pm - AUD

Note change in day for this month

Kendal physical therapist Brandy Palmer, along with wellness coordinator Jill Connone, will review the benefits of therapy and exercise. Topics will include, but are not limited to, conditions that frequently improve with therapy, common outcomes, the newly completed exercise equipment room and upcoming wellness programs.

**Third Thursday Lecture:
“Community Foundations at
100: More than Grantmaking”**
January 15 - 7:15pm - AUD

Brian Frederick, President and CEO of the Community Foundation of Lorain County since 1998, notes that its mission is to connect people who care with causes that matter. Founded 34 years ago, the organization is among the largest 2% of U. S. foundations. It stewards more than \$115 million, managing over 550 endowment funds and awarding more than \$4.5 million in grants and scholarship annually.

**Conversations with Community:
“Fractured Discourse:
Residents’ Perspectives on
‘Fracking’ in Communities
with Shale Gas Development”**
Wed., Jan. 14 - 4:30pm - AUD

OC Environmental Studies Visiting Assistant Prof. Darrick Evensen will discuss his research on how and why people form knowledge and beliefs about energy development. Sponsored by Environmental Concerns Committee.

TRIPS

**LUNCH BUNCH:
Black River Café, Oberlin
Wednesday, January 14**

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 Monday, January 5.

**News & Views Domestic Issues
Fri., Jan. 9 - 4:00pm - AUD**

Note change in time!

Controversial topics, **Common Core** and **Testing**, will be presented by local educators. What are the Common Core guidelines? What are the requirements of testing? Sponsored by the LCCC Center for Lifelong Learning. No fee or registration. **All are welcome.**

**Conversations with Community:
“Singing the Blues about
Horseshoe Crabs”**

Mon., Jan. 12 - 7:15pm - AUD

Kendal resident Nina Love will share the results of her study of that unique ocean creature, the horseshoe crab: Why it is invaluable as well as endangered.

**Annual Writers Bloc Reading
Thurs., Jan. 29 - 7:15pm - AUD**

You're invited to the 8th annual reading of original work presented by Writers Bloc members. These Kendal residents have been meeting for ten years with Carol Tufts, Associate Professor of English at Oberlin College.

-Thelma Morris

MUSIC

**Chartreuse Trio: Making
Contemporary Music**

Mon., Jan. 5 - 4:00pm - AUD

Oberlin grads violinist Myra Hinrichs ('13), violist Carrie Frey ('13) and cellist Helen Newby ('12) will play and discuss recent compositions by two exciting young composers, Kurt Isaacson (OC '09) and Ryan Pratt, in an interactive workshop setting.

**Double Digit Piano Duo
Sun., Jan. 11 - 3:30pm - AUD**

Celebrating its tenth anniversary, Duo Ron Palka and Coren Estrin Mino have performed one- and two-piano repertoire in the Cleveland and Akron areas, including new music composed expressly for them by members of the Cleveland Composer's Guild.

**BUS: Visit Cleveland's Ethnic
Markets, Restaurants and
Transformer Station Museum
Fri., Jan. 16, 9:00am to 4:00pm**

Gather up your shopping bags and check your spice rack! We plan to visit the West Side Market, Penzey's Spices, Hansa Imports (German), Farkas Pastry Shop (Hungarian), Almadina Imports (Middle Eastern) and stop by The Breadsmith on the way home. We also will make a short visit to the Transformer Station Museum and admire the building itself, its elegant addition, and the work of two modern artists.

Lunch will be on our own in or near the West Side Market. Eat at the café in the Market or explore other ethnic options in the area.

Your check for \$20, payable to KORA and placed in Box #120, will insure your seat on the 18-passenger Life Care bus. You will be billed for the rest of the cost after the trip is completed. Sign-up sheet is posted on bulletin board opposite mailboxes. Questions? Ask Pat Talbot.

Sunday Movies in Whittier at 7:00pm

Jan. 4 - Secondhand Lions (2003) - Coming-of-age story about a shy, young boy (Haley Joel Osment) sent by his irresponsible mother to spend the summer with his eccentric great-uncles in Texas (Robert Duvall and Michael Caine). PG.

Jan. 11 - The Defiant Ones (1958) - Two escaped convicts chained together, one white and one black, must learn to get along in order to elude capture. Tony Curtis, Sidney Poitier star.

Jan. 18 - Popeye (1980) - The adventures of the sailorman (Robin Williams in his starring debut) and his friends in a seaside town. PG.

Jan. 25 - Young Frankenstein (1974) - After years of trying to live down the family reputation, Dr. Frankenstein's grandson (Gene Wilder) inherits granddad's castle and repeats the experiments. Mel Brooks directed this hilarious parody of the old Frankenstein movies. PG.

Saturday Night Movie January 3 - 7:15pm - AUD

Rabbit-Proof Fence (2002) - Based on Doris Pilkington's 1996 book, this true story is a personal account of an indigenous Australian family's experiences as members of the Stolen Generation, the forced removal of mixed-race children from their families during the early 20th century. Three young Aboriginal girls, Molly (the author's mother), Daisy (Molly's sister) and their cousin Gracie, were forcibly removed from their families, later escaped from a government settlement in 1931, then trekked over 1,500 miles home by following the rabbit-proof fence, a massive pest-exclusion fence which crossed Western Australia from north to south.

Directed by Hollywood-based Australian director Phillip Noyce, starring Everlyn Sampi as Molly and Kenneth Branagh as A.O. Neville, chief Protector of Aborigines. -*Donna Van Raaphorst*



Art Gallery News

The **Kendal Gallery** is showing **crayon batiks by Larry Walker** that went on display in mid-December and will show until the end of January. A reception is scheduled for Friday, January 9 at 3:00pm in the Heiser Lounge.

The art work of two young Oberlin artists are on display in the **Friends Gallery. Paintings by Ana Linger** and **the origami creations of James**

Peake will hang through January. Watch for a reception date to be announced later.

In the next two months the **Community Gallery** will feature photographic exhibitions. In January **Tei-han Leen's orchid photos and shots of distant places** will be exhibited. The February exhibition will celebrate distinctive **photographs of birds by Maureen Bailey.**

Darlene Krato's Santa figure collection, displayed for the holiday season in the **Curio Cabinet**, will give way to **Nancy Beauchamp's bell collection** in the New Year.

Saturday Night Documentary January 24- 7:15pm - AUD

The Unknown Known (2013) - Errol Morris' documentary offers the viewer a mesmerizing portrait of Donald Rumsfeld, the larger-than-life personality who served as United States Secretary of Defense in the administration of George W. Bush.

Donald Rumsfeld was the chief architect of the war in Iraq. He and Morris engage in a cat-and-mouse game, making the documentary disconcerting and thrilling at the same time.

Morris takes us where few have gone into the unfamiliar terrain of Rumsfeld's mind. The film depicts history from the inside out. Morris weaves the central interview through archival footage, poetic images, and an evocative musical score.

The documentary runs for 103 min., which should provide time for an interesting discussion afterwards.

-*Donna Van Raaphorst*

Genealogy & History Group: The Search for Your Family History: How to Get Started and What You Might Find Tues., Jan. 13 - 7:15pm - AUD

Nancy Hultquist presents a primer on how to begin (or continue) the search for your family history. Illustrating the strategy with her maternal ancestry, she will describe some ancestors whom she found, stories that she uncovered, and history that she learned. All meetings are open to those interested in family and community history.

OHC: Who Hauled Hall on Top of Hall? Wed., Jan. 28 - 7:15pm - AUD

Oberlin College Emeritus Professor of Chemistry Norman Craig offers an entertaining and informative focus on "new" developments in the Charles Martin Hall and aluminum legacy. **Free and open to the public.**

Tuesday Opera DVD - January 6 - 7:15pm - AUD

Amahl and the Night Visitors - Menotti's work was the first opera in America composed for television. This version was performed in 1953. The January date is the traditional day in the church year on which the three kings visited Jesus in Bethlehem. The touching story is about Amahl, a poor crippled child, and his mother who are visited by the three kings on their journey to see the baby Jesus. What a wonderful way to end the Twelve Days of Christmas! -*Allen Huszti*

“Years of Living Dangerously”

Documentary to be shown Mondays at 4:00pm in Whittier Lounge

Jan. 12: “Dry Season”

Stories relating to drought in the south-west USA, in Indonesia and in Syria.

Jan. 19: “End of the Woods”

Firefighters in the U. S. West; Indonesian deforestation; and Greenpeace.

Jan. 26 : “The Surge”

Superstorm Sandy’s effects; global warming data from around the world, including Christmas Island.

Watch the nine episodes of “Years of Living Dangerously,” a 2014 documentary focusing on climate change which won an Emmy Award as Outstanding Documentary or Nonfiction Series.

The Environmental Concerns Committee is sponsoring this series which continues through March 9.

The weekly episodes feature investigators who have a background in environmental reportage and have traveled to areas around the world to interview experts as well as ordinary people affected by global warming.

Transportation Talk

- The Transportation Committee is pleased to report that Barbara Barna is the new committee chair. She brings excellent experience as chair of the League of Women Voters of the Oberlin Area Transportation Committee. She is also a member of KORA’s new Transportation Commission.

- Please pick up the new green brochure which is helpful to non-drivers in planning how to get around without a car. They are available under the bulletin boards across from the mailboxes. *-Diantha Paré and Donna Smith*

French for Beginners - Mon., 3:00pm, WHT - Feb. 2- May 4

Taught by an Oberlin College student, this interactive class will introduce you to French conversational skills, vocabulary and grammar. All are welcome, regardless of experience with foreign languages. Watch for sign-up sheet!

Moving Right Along with “Keep On Moving Oberlin”

“Keep On Moving Oberlin: Balance and Movement for Seniors” is underway! Funded by a \$5,000 grant from Kendal Charitable Funds, the first of four Mobility Fairs is scheduled for March 19 at 2:00pm at Oberlin Community Services. The focus will be on mobility, fall prevention and use of assistive devices.

Now we are asking Kendal residents to volunteer to help at these Fairs. You can offer your assistance by calling Kendal resident Priscilla Steinberg.

The program is sponsored not only by KatO, KORA, Kendal at Home and Senior Independence, but also by Oberlin Community Services, Oberlin Senior Center, Mount Zion Baptist Church and the Oberlin Public Library. The Kendal group, co-chaired by resident Nancy Garver and Patty Hill-Holcomb of Senior Independence, has already come up with a schedule for the four Fairs: First occurs in March at OCS; then in June at Oberlin Public Library; September at Mt. Zion’s Fellowship Hall; and December at Kendal at Oberlin. Programs at each Fair will be led by trained persons, both from within the sponsoring groups and from outside resources.

For example, Senior Center Director Marlene Telegdy is trained in the program “A Matter of Balance.” Kendal resident Eileen Dettman and Kendal at Home member Nancy Roth will lead “Dance for Mobility.” A Drug Mart aide will be present with assistive devices. And Kris Koepp of our therapy department will be helping, too. Everyone in the Oberlin community will be encouraged to come to one or more of the sessions.

Opera Comes to Kendal

Near the end of January term at Oberlin College, the Conservatory of Music will perform two one-act operas: Michael Torcky’s “Strawberry Fields” and Menotti’s “The Telephone.” “Strawberry Fields” will integrate some Kendal residents into the chorus. The set will be designed by resident Bob Cothran.

The plot is about a Student skipping class and a friendly, senile Old Lady who accidentally meet at Central Park’s John Lennon memorial. The Old Lady thinks she is attending the opera. The Student recognizes her condition and is sympathetic to her. The piece is at once an elegy to opera and a sensitive portrayal of music’s power to elevate the listener.

“Strawberry Fields” will be performed on Tues., Jan. 27, at 7:00pm in Heiser Auditorium.

Public performances of the two operas will be on Fri., Jan. 30, at 8:00pm and on Sat., Jan. 31, at 2:00pm in the basement of Wilder Hall in the ‘Sco.

Sign up for the Kendal Bus for the performances on Friday, Jan. 30 at 8:00pm in the basement of Wilder Hall in the ‘Sco. *-Allen Huszti*

Directories Coming Soon!

2015 Kendal at Oberlin Telephone Directory will be in your open mailboxes later this month. *-Nina Love*

For the Vision Impaired

Low-Vision Support Group

“Living with a Low-Vision Person”

Thursday, January 8

4:00pm - Crossroads Room

Reading of *The Kendalight*

Friday, January 2, at 11:00am in Whittier Lounge

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

Welcome Kendal's New Residents



Janet Smith

Because Chapel Hill was too small a village to support a hospital, I was born in Durham, NC. Early experiences include sand sidewalks for bicycling; a university for activities and a huge swimming pool; and freedom to roam. When I was 11, I read Richard Halliburton's "Book of Marvels:" such exotic places beyond sand sidewalks! The summer after Pearl Harbor, we moved to northern Virginia. I graduated from Western High School in Washington, DC, and then from The College of Wooster with a BA in music. Returning to Virginia, I was a soloist with the National Presbyterian Church and worked in the Library of Congress. I married Robert Smith and we had three children. I continued to sing in churches and choruses during our various moves with the Air Force and following his discharge. We returned to Chapel Hill to pursue advanced degrees, I, in library science. An early move meant an unfinished thesis; however, I worked in the Arlington County Library, the Institute for Defense Analyses library and, after moving to Toledo, OH, in the Owens-Illinois research library. When the library closed, I moved to their corporate telecommunications division and traveled for them in this field. During this time I earned a master's degree in liberal studies from The University of Toledo. After ten years, I moved to an architectural/engineering firm as a senior designer in telecommunications.

My volunteer interests have included fun as a Girl Scout leader, serving on the board of *Compassion* (a bimonthly newsletter written by and for prisoners on death row in the United States) and years as a hospice volunteer. I have volunteered with Global Volunteers in Tanzania and recently with El Porvenir every January for seven years, building latrines and lavaderos in Nicaragua. My wandering foot has taken me many places around the globe. As a member of the Religious Society of Friends, I have clerked preparatory, monthly and yearly meetings and served in other capacities for Friends. It has been a joy always to be with family and to watch children and grandchildren adventure on their own.

Recent Moves

Marj Henderson - From Oberlin, OH, to a Kendal Apartment in late December.

Bill and Elizabeth Hole - From Hambleton, WV, to a Kendal Cottage in mid-December. Until their land line is connected, Bill and Elizabeth can be reached at their email addresses.

Ron and Chris Price - From Shaker Heights, OH, to a Kendal Cottage in early December. Cell phone numbers for Ron and Chris are available at the Front Reception Desk.

Upcoming Move-Ins

Gary Olin and Sally Nelson Olin - From Lakeside, OH, to a Kendal Cottage in mid-January.

Randy Wagner - From Erie, PA, to a Kendal Cottage in early January.

November 2014 Kendal Board Notes

- The November Kendal Board of Directors meeting was highlighted by the review and approval of the 2015 budget. The budget's purpose is to fulfill our mission and meet resident, financial and regulatory commitments. The Board approved a 3% increase in monthly fees for contracted residents. Entry fees will be increased based on the market and actuarial analysis. Expenses for 2015 are projected to increase in the 7% range, with some increases as high as 14% (electricity) and others a more reasonable 4% (food).

Revenue is below budget, but so are expenses. Kendal had its highest number of deaths since 1993 which has compromised occupancy projections. The new cottage re-design is being very well received and is building occupancy back up. Overall, finances are in good order.

- In 2015 the KORA President will be invited to submit a brief report to be included in each board packet. Board committees will be reviewing their committee charge and job description to be sure they are staying strategically focused.

- Board officers elected for 2015 include Ed Miller, Chair; Liz Burgess, Vice Chair; Vance (Continued on p. 9)

Recent Transfers

Katy Lester - From a Kendal Cottage to an Apartment in early December. Same phone number.

Dave and Jean Schaal - From a Kendal Cottage to Whittier. Same phone number.

Alverta Schneider - From a Kendal Cottage to Whittier in late December. Same phone number.

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

RAFF Shop Talk

Reasonably Assessed Finery
and Furnishings

We start 2015 on the solid foundation of 2014, which accomplished so much: moving twice, processing 38 units, increasing our giving to community charities, contributing over \$40,000 to the Resident Assistance Fund, and preparing to move into our dedicated space this year. It's hard to believe we will have our own space this new year.

In November our receipts totaled \$3,452.80, including \$15.50 from the work of Threads. The 60% off sale helped to move our inventory.

Questions asked by everyone:

When will you be open? Our goal is to open **February 1**. This depends on the completion of construction, the finishing of shop details by Facility Services, and getting ourselves moved from our current four locations. It is a mercy that RAFF has a terrific team of volunteers.

When will the donation box be open? This will happen when the new shop opens.

Where will the donation box be located? With the reconfiguration of administrative offices, the donation box will be located outside our workroom, just inside the south or employee entrance to Heiser Community Center.

Where is the south/employee entrance? It is down the short hallway from the Kendal Early Learning Center and Salon PS.

We will inform you right away if there are any changes to our opening date. I am grateful for the wonderful team of volunteers, people of good cheer, warmth, dedication, and much humor. Laughter is our elixir of choice.

The resolution for our new year is to build on the good foundation of this Kendal resale shop for residents, staff and the community at large. Your donations are key to the good difference we can make to the community.

THANK YOU! *-Ruth Ann Clark, Chair
Keep it moving!*

Notes from the Thoughtful Medicine Committee

We have been talking to various people and discussing in committee meetings the possible need for a more formal procedure for assisting fellow residents who are taken to the emergency room or have an unexpected hospitalization. It is often helpful to have a thoughtful friend accompany you or be willing to be with you early in your hospitalization to support you and be your link with Kendal.

If you have an opinion on this issue, please contact a committee member. Or place a note in the new Thoughtful Medicine Committee open mailbox. This is now an easy way to communicate with us.

Another task we have undertaken is to compile a list of health-related books and newsletters that are in our Kendal library. You can find a copy of the four-page list in a folder in the Thoughtful Medicine file box located on the top rear of the first free-standing shelf in the center of the library. Please make a copy of the list for

Learn American Mah Jongg!

Discover the allure and challenge of the game. Contact Vicki Shafarman to learn to play.

IN MEMORIAM

MARGARET "MEG" GOLD
DECEMBER 15, 2014

your own use or take one of the extra copies in that folder.

We will call your attention to these resources in our periodic columns. As a start, here is a brief review of "Being Mortal: Medicine and What Matters in the End," by Dr. Atul Gawande. Dr. Gawande lays out his deep concern over the failure of medical science to honestly examine the issues of aging and dying. He uses his own experiences as vivid illustrations of the rigid focus on prolonging life which often undermines what's best for a dying patient. He praises those who do hospice and palliative care as asking the important questions and placing the goals and wishes of patients foremost in the decision-making process. He discusses nursing homes, geriatrics, letting go, hard questions, and the influence of rigid compensation guidelines for physicians, among other topics. Take a look at this important book, shelved in the 616s in our library. The next meeting of the Thoughtful Medicine Committee will be on January 22 at a place to be announced. All are welcome! *-Peg Schultz, Ruth Miller*

Kendal Kryptogram #119 -by Nina Love

PA ER LET LYRK QSHT BYNAD ER

CAENA LYRK QSHT ZAYMKPSTD, EZU

WAR AENK ZAL QAET JYZU QSH E

PARRAT GEZ. -PAZFEGYZ JTEZXWYZ

Solution to Kendal Kryptogram #118: "Laughter is the sun that drives winter from the human face." -Victor Hugo

The Computer Users Group Needs a Volunteer 2015 Chair

The Computer Users Group's aim is to help one another and Kendal residents by sharing computer-related problems, answering questions, giving tips and advice on computer use.

But it needs a chair to continue to provide presentations in areas of interest to residents. These include Computer Basics; Computer Maintenance; Identity Theft; Internet; Microsoft Office; Mobile Communications; Photo Editing; Security; Skype; Social Networking; Storage, and so on. Its members also serve as computer tutors in specific areas of computer expertise as well as sharing in program planning. KatO needs a CUG!!

Yard Waste Pickup Problems

Kendal's grounds crew has run into problems with yard waste pickup. Bags may be too heavy, hard to lift or tear during pickup. Let's be considerate and use sturdy bags and **not** overfill them. Please include **ONLY** yard waste:

No trash.

No compostable food containers.

No branches (too long to decompose).

No heavy, big lumps of earth.

No hanging baskets or the like (leave them next to the bag).

For pickup, call Becky Bolyard, Facility Services, at 775-9899 and let her know the pickup location so the crew can take the yard waste to the compost pile near the community garden.

"Threads" Needs More Sewers

Our members have been happy to make small alterations for residents in exchange for a donation to the Resident Assistance Fund. But we need help! If you have even the slightest sewing skills (like sewing on a button), contact Eileen Dettman, Heidi Leen or Arlene Dunn.

Join us at "Threads" at 10:30am on Thursdays for any type of needlecraft – we have fun sharing our stories, as well as providing a needed service.

Saturday Walks

The Saturday Walking Group has decided to continue meeting every Saturday at the Heiser Reception Desk at 9:00am. The group will walk as the weather allows and will decide each week where to go. Let's all hope for cooperative weather. *-Jerry Berner*

Table Tennis Update

Heading into the Christmas week, table tennis was bounding along, with an average of 11 players per session busying our three tables. With our beginners coach Doyle Harbaugh due back soon from his tourney in Costa Rica, the prospects for the New Year look bright.

Time for a reminder that the annual tournament will start on Mon., Jan. 12, with sign-up deadline at noon on Fri., Jan. 9. Look for the sign-up sheet soon at the bulletin board and, by January 11, the match schedule, too.

All Kendal residents are heartily invited to play in the tournament. It's friendly and fun! *-Sidney Rosenfeld*

First Church United Fellowship Saturday, January 10 - AUD

9:30am: Food and fellowship

10:15am: Cindy Andrews

Cindy is Executive Director of Oberlin Community Services. Her topic: "Planting Seeds of Sustainability and Growth." **All are welcome!**

RELIGIOUS SERVICES AT KENDAL

Christ Church Episcopal Service

Saturday, January 10, 11:00am, Gathering Room

First Church Sunday Service

Sunday, January 18, 4:00pm, Gathering Room

Roman Catholic Mass

Friday, January 16, 10:00am, Crossroads Room

Society of Friends

Sundays, 10:30am, Whittier Lounge

Bridge Results

Mondays: Nov. 24: 1st, Bill Schreiner and Eileen Dettman (tie); 2nd, Nancy Beauchamp.

Dec. 1: 1st, Mary Beth McCalla; 2nd, Helen Randel.

Dec. 8: 1st, Mary Beth McCalla and Betty DeWitt.

Dec. 15: 1st, Eileen Dettman; 2nd, Bill Schreiner.

Dec. 22: 1st, Russ Bimber; 2nd, Enid Cleary.

Wednesdays: Dec. 3: 1st, Helen and Bob Randel; 2nd, Russ and Connie Bimber.

Dec. 17: 1st, Helen Randel and Connie Bimber.

UU Kendal Gathering

Wed., Jan. 21 - 3:45pm - AUD

(Note earlier start time)

"Islam, Empire of Faith: The Awakening"

This PBS documentary tells the story of the great sweep of Islamic power and faith. We'll watch the second in this three-part series, then resident Lynn Killean will lead a discussion. The third in the series will be shown in February. **All are welcome!**

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 2015 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, sign and place in *Kendalight* open mailbox. All articles must carry a signature and telephone number.



Dining and Nutrition Services

Monday, January 26, 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 Monday, January 19 on the sheet by the open mailboxes or bulletin board. (Residents who do not sign up for the Robert Burns birthday dinner may eat in the William Penn Room, the Den or in Langston.)

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

Weather Emergency Meal Delivery

When potentially extreme weather such as actual temperatures or wind chill temperatures in the low to mid-teens, or heavy snow and icy conditions are predicted over the dinner hour, Kendal Administration may declare an extreme weather situation. In that case, cottage residents have the option to order a boxed dinner which will be delivered to their home. Before 2:00pm, Channel 19 will broadcast an announcement and two options for your meal. Please call the Dining Room/Catering Manager's office at 775-9801 between 2:00pm and 4:30pm to place your meal order. Delivery will be between 5:15pm and 6:00pm. Please note that you will likely need to reheat your meal.

November 2014 Board

Notes ... (Continued from p. 6)

DeBouter, Treasurer; Ruth Ann Clark, Secretary. Robert Taylor was thanked for his six-year service on the board and his prior participation as President of KORA. He has done an excellent job through the period of master planning and chairing marketing while we have adopted a new design for the Classic Cottages. Midge Brittingham will be the new chair for the marketing committee. Don Reeves was also thanked for his service, attending board meetings for the past two years as KORA President. Ardith Hayes will take his place in 2015.

• The Board bylaws continue to be fine-tuned. It was clarified that KORA may elect its own representative to attend each year. Historically, it has been the President of KORA or his/her designee; this is an annual decision. The bylaws contain a new optional section to be followed if voting becomes necessary, though most decisions are reached by consensus.

• Construction continues and the 16

cottages for 2014 will be completed by year end. Ten are now complete and move-ins are underway. Community Spaces will be completed by the end of January.

• The Board approved a change in the wording of our Care and Residence Agreement. It was necessary to satisfy Ohio's Dept. of Taxation to gain approval for a tax-exemption on the new assisted living beds opened in 2013. Kendal will next apply for exemption on the renovated Community Spaces.

-Barbara Thomas

Meet, Greet and Eat Returns on Monday, January 19

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 Room, where you will meet your tablemates. Sign-up sheets for Meet, Greet and Eat will be posted below the open mailboxes on Monday, January 12. 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!

Note: There were 133 responses to our survey, with the overwhelming majority (76) in favor of continuing to meet four times a year.

-Sheila Eckstein, Kay Rider and Priscilla Steinberg

Dining Notes From Ann Pilisy:

• **Future holiday reservation seating times** will be altered, as needed, to avoid the long line for carved turkey that occurred at Thanksgiving dinner 2014.

Reservations forms will be sent out prior to each holiday, with 12:00pm and 2:00pm seating times. Each seating will take reservations for up to 150 people. When seating time reaches capacity, overflow reservations may be directed to eat in Langston at 1:00pm.

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

• German table, Tuesday, 5:30pm.

Contact Bernard Eckstein.

• Spanish table, Wednesday, 5:30pm.

Contact Don Parker.

• French table, Thursdays at 5:30pm.

Contact Irv Lewis.

Watch for Sign up Sheet for:

Solo Diners: Thurs., Jan. 8, 5:30pm, The Den (second Thurs. of month).

SPINACH (Senior Persons Interested in Nutrition and Community Health): Wed., Jan. 28, 5:00pm, Penn Room (fourth Wed. of month).

SUN	MON	TUE	WED	THU	FRI	SAT
<h1 style="color: red;">January 2015</h1> <p>CCR = Crossroads Room WHT = Whittier Lounge GaRm = Gathering Room Bold Face = at Kendal HL = Heiser Lounge tx = Tickets needed WCH = Warner Concert Hall * = Kendal Bus</p>				1 New Year's Day	2 Tree Untrimming 9:30am Heiser Reading of Kendalight 11:00am - WHT Jehovah's Witness Bible Study Every Friday 10:00am WHT	3 Film: Rabbit- Proof Fence 7:15pm AUD
4 Quaker Worship 10:30am WHT Film: Second- hand Lions 7:00pm WHT English Country Dancing every Sunday 7:15pm - AUD	5 Chartreuse Trio: Making Contem- porary Music 4:00pm AUD Bridge 7:00pm CCR	6 Opera DVD: Amahl and the Night Visitors 7:15pm - AUD	7 Morning Discus- sion Group every Wednesday 10:00am - WHT Pairs Bridge 7:00pm CCR Health Lecture: "PT and Exercise" 7:15pm AUD	8 Low-Vision Group 4:00pm CCR Solo Diners 5:30pm The Den (sign up)	9 Artist's Reception: Larry Walker 3:00pm HL Domestic Issues News & Views 4:00pm - AUD NOTE TIME Chamber Music Festival * 8:00pm Kulas	10 United Fellowship 9:30am and 10:15am AUD Episcopal Serv. 11:00am Gathering Rm
11 Quaker Worship 10:30am WHT Double Digit Piano Duo 3:30pm AUD Film: The Defiant Ones 7:00pm WHT	12 Sounding Board 2:00pm WHT Film: Dry Season 4:00pm WHT Bridge 7:00pm CCR "Horseshoe Crabs" 7:15pm AUD	13 Coffee with Barbara Thomas 9:30am Langston Genealogy & History Group: Search for your Family History 7:15pm AUD	14 LUNCH: Black River Café 11:30am-1:30pm * Fractured Discourse 4:30pm AUD Song Swap with Judy Cook - Heiser Lounge 6:00pm Scrabble 7:15pm CCR Chamber Music Festival * 8:00pm Kulas	15 KORA Council 10:00am AUD Third Thursday Lecture: "Communi- ty Foundations at 100" 7:15pm - AUD	16 BUS: Cleveland's Ethnic Markets and More 9:00am-4:00pm Roman Catholic Mass 10:00am CCR	17 Met Opera HD The Merry * Widow lv. Heiser 11:40am
18 Quaker Worship 10:30am WHT NOYO Winter Concert * 3:30pm WCH First Church Sunday Serv. 4:00pm GaRm Film: Popeye 7:00pm WHT	19 Martin Luther King, Jr. Day Film: End of the Woods 4:00pm WHT Meet, Greet and Eat (Sign up) 5:30pm Fox&Fell Monday Night * Movie at Apollo (tx) Sign up for bus Bridge 7:00pm CCR	20	21 UU Gathering Film: Islam, Empire of Faith - II The Awakening 3:45pm AUD Pairs Bridge 7:00pm AUD	22 Chamber Music Festival * 8:00pm Kulas	23 Rod Knight with Len Garver's Trolley Run 4:45-6:00pm HL	24 Film: The Unknown Known 7:15pm AUD Chamber Music Festival Gala * 8:00pm WCH
25 Quaker Worship 10:30am WHT Film: Young Frankenstein 7:00pm WHT	26 Film: The Surge 4:00pm WHT Bagpiper in HL, 5:00pm; then Robert Burns' Birthday Dinner in Fox and Fell (Sign up needed) Bridge 7:00pm CCR	27 Song Swap with Judy Cook - Heiser Lounge 6:00pm Winter Term Opera: "Strawberry Fields" 7:00pm AUD	28 SPINACH 5:00pm Penn Rm. (sign up) Scrabble 7:15pm CCR OHC: Who Hauled Hall on Top of Hall 7:15pm AUD	29 Afternoon Exch. Barbara Thomas 4:00pm AUD Eighth Annual Writers Bloc Reading 7:15pm AUD	30 * Winter Term Opera: "The Telephone" & "Strawberry Fields" 8:00pm Wilder Sco	31 Met Opera HD The Tales of Hoffmann * lv. Heiser 11:40am KatO Quarterly Health Services Forum will be on Feb. 4