

The Kendalight

Kendal at Oberlin Residents Association

January 2017

Volume XXIV, Number 1

DID YOU KNOW?

Did you know that the Residents Assistance Fund (RAF) was created by the Board when Kendal was founded in 1993?

Promising residents that they would never be forced to leave if they outlived their assets through no fault of their own was considered an essential part of Kendal's identity and mission. For that reason, the Board set aside \$500,000 to create the Residents Assistance Fund.

Admission to Kendal at Oberlin depends on a careful examination of an applicant's financial condition, including the ability to meet obligations throughout one's projected lifetime. The admission decision involves a judgment call and entails a certain risk. The risk could be virtually eliminated if only applicants with vast resources were admitted, but such a practice would certainly reduce many of the qualities we cherish about this community -- its diversity, its vitality, its nurture of humane values.

Thus the Residents Assistance Fund ought to be thought of as an investment in our community's well-being. *-Kendal at Oberlin Committee on Philanthropy*

A Thank You from the Staff for the Holiday Fund

On December 2 a total of \$44,255.54 was distributed to 173 grateful staff members! A note accompanied each check stating that 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 appreciative staff, we express our warm and sincerest 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

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

Each January we ask Kendal residents 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.

Look for the 2016 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 in the hallway near the Kendal Early Learning Center.

-Volunteer Committee

Tune in to WOBC for "Kendal Community Conversations" in January

Kendal at Oberlin is providing three weeks of programming for Oberlin College's radio station WOBC (91.5 FM) during College Winter Term. "Kendal Community Conversations" can be heard from 3:00 to 4:00pm on Thursdays, January 12, 19 and 26. Oberlin College fourth-year student Katie Wilson will hold conversations with three Kendal residents on various topics:

January 12, Alan Lockwood on the effects of air pollution and climate change on human physiology and health

January 19, Nina Love on Bluebird nest monitoring at Kendal, Westwood Cemetery, and New Russia Township
January 26, Dwight Call on his experiences living with a Native American community on a reservation
For her Winter Term project, Katie is acting as station manager of WOBC, in charge of providing January programming. Last semester, she and fellow student Sophie Newman interviewed local businesses and organizations for their Community Hour WOBC program. Kendal guests included Michele Tarsitano-Amato and Jeni Hoover talking about our intergenerational programs here at Kendal; and Anne Elder and Maggie Stark discussing the volunteer programs Kendal provides to the greater community.

Tune in and see if you think "Kendal Community Conversations" should be a regular feature on WOBC.

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

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



**KNOW
YOUR
KORA
COUNCIL**

Our first Kendal at Oberlin Residents Association Council meeting of 2017 is January 19 at 10:00am in Heiser Auditorium.

All Kendal residents are members of KORA and of course are welcome. We urge you to make space in your schedule to attend these monthly meetings: to listen and learn about the work that is being done by residents (oh, so many wonderful efforts) and to share your thoughts and ideas. Our community is richer and our residents association more effective with your participation.

You can find out about your association (our mission and how we govern, our committees -- all 104) by clicking on "KORA Council" on the KORA website (*kaores*). On the Residents Bulletin Board outside the Langston, you can find KORA minutes, financial information, names of those serving on KORA, meeting dates, and current and future happenings.

At the December KORA meeting residents appreciated outgoing members of Council -- President Ardith Hayes, Vice-President Jim Helm, Treasurer Ira Steinberg and Councillor Marsha Deist -- for their dedication and service. They served their terms with humor and integrity and offered their skills and knowledge to keep the Association vibrant and our community connected and involved.

This month KORA Executive Committee and Council members are organizing for the year ahead and orienting new Council members. We will be building on what has been done in the past and nurturing new ideas to keep our community thriving now and in the future.

Your 2017 president of KORA Council is not only new to Council but also relatively new to Kendal and Oberlin

Register Now for LifeLong Learning Classes in Heiser Auditorium

For more information or to register for these courses, phone 440-366-4148, the Center for LifeLong Learning at Lorain County Community College.

My Backyard. Kendal Resident **Bill Schreiner** will show a descriptive film about several different butterflies and moths and their life stages. He will supplement the film with an account covering his experiences of more than 70 years, raising these beautiful insects. Monday, **Jan. 23** (1 session), 10:30a.m. to noon. Fee: \$10. (Class #4529)

News & Views: Foreign Affairs. This popular discussion group meets on the first Friday of most months. Discussion leaders will present major foreign affairs topics from the 2017 "Great Decisions" briefing book published by the Foreign Policy Assn. The first two sessions of the year will be from 10:30am to noon: "**U.S. Foreign Policy and Petroleum,**" by John Elder on **Feb. 3** (see p. 3) and "**Trade and Politics,**" by Don Reeves on **Mar. 3**. No registration or fee. **All are welcome.**

Exploring the Universe with Gravitational Waves. Only one year ago, scientists using newly developed instruments detected gravitational waves emanating from "black holes" which are providing an entirely new method for exploring our universe (...more detail in next month's *Kendalight*). Instructor: **Dan Stinebring**, Prof. of Astronomy and Physics, Oberlin College. Wednesday, **Feb. 8**, 10:30am to noon (1 session). Fee: \$10. (Class #4530)

Opera Preview: Cendrillon (Cinderella). The opera "Cendrillon" (1899) by Jules Massenet (music) is a humorous and witty telling of the fairy tale Cinderella. It is performed in French. Joining Jonathon Field, director of the Oberlin Opera Theater, students from the production will present a preview of this opera. Thursday, **Mar. 2**, 4:00 to 5:00pm (1 session). No fee or registration. Performances in Hall Auditorium are March 8, 10 and 11 at 8:00p.m. and March 12 at 2:00p.m. These performances are not included with the class. For tickets, call Oberlin College Central Ticket Service, 775-8169.

Seeking Perfect Community: From Thomas More's "Utopia" to the Shakers, Oberlin, Oneida and Beyond. The search for the perfect community is a recurring theme in history and literature. **Grover Zinn**, Professor Emeritus of Religion at Oberlin College, will present a survey in four parts of ideals and examples through the ages. Tuesdays, **Mar. 7, 14, 21 and 28**, 10 to 11:30a.m. (4 sessions). Fee: \$25. (Class #4531)

I am excited to be working more closely with Council members and with residents. I value and need your input and support.

These are difficult and challenging times. We are privileged to be residing at Kendal where we are among people who value community, the worth of all people and the planet. We have to thank those who founded Kendal at Oberlin and those who have enriched

it with their lives and service for the last 23 years.

How we build relationships and what we do and learn here makes a difference not only for ourselves but also for people in the wider community. May we continue to work together -- residents, staff, Board -- to make Kendal at Oberlin a joyful, caring, and meaningful place to live.

-Ann Francis, KORA President

PROGRAMS

LECTURES

No Health Lecture January 5.

**First Thursday Health Lecture
“An Overview of
Holistic Medicine”
February 2 - 7:15pm - AUD**

Speaker Edward D. Miller, MD, received his medical degree from Duke University and did his Residency in Obstetrics and Gynecology at the University of Pittsburgh. Currently the OB/GYN Hospitalist at Medina Hospital, Dr. Miller is certified by the American Board of Obstetrics and Gynecology as well as the American Board of Holistic Medicine. He is a former chair (and current member) of the KatO Board of Directors.

**Third Thursday Lecture
No Lecture January 19.**

**Play Readers: “Marty”
Fri., Jan. 20-1:30pm - AUD
Sat., Jan. 21-7:15pm - AUD**

**Late-comers will not be admitted
until the first scene break.**

Adapted from the Paddy Chayefsky screen play which won Ernest Borgnine an Oscar in 1955, this is the story of an unmarried butcher from the Bronx, homely but good-hearted, who has little hope of ever finding love.
-Marcia Deist

**Retirement Reception
for Molly Singletary
Thurs., Jan. 5 - 4:00pm - HL**

Join us in wishing Certified Nurse Practitioner Molly Singletary a wonderful and well-deserved retirement. Share memories and appetizers as we bid her a fond farewell.

TRIPS

**LUNCH BUNCH:
Black River Café, Oberlin
Wednesday, January 11**

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 2.

No News & Views January 6

**News and Views:
Foreign Affairs
Fri., Feb. 3 - 10:30am - AUD**

Kendal environmentalist John Elder will talk on “U.S. Foreign Policy and Petroleum.” John has long been involved in the debate concerning energy usage policy both foreign and domestic. For 45 years, the country has alternated between periods of energy security and insecurity, sometimes able to wield petroleum as a useful instrument of foreign policy, sometimes not. Despite the so-called “energy revolution,” the U.S. today is by no means disentangled from foreign dependence and global trends. No registration or fee. **All are welcome.**

**Annual Writers Bloc Reading
Thurs., Jan. 26 - 7:15pm - AUD**

You're invited to the 10th annual reading of original work presented by Kendal residents who have been meeting for 12 years with Carol Tufts, Associate Professor of English at Oberlin College.

MUSIC

**Geoff Kaufman, folk singer
Mon., Jan. 9 - 7:15pm - AUD**

Songs of the sea, songs of the earth, songs of the heart and the spirit, humorous glimpses of human foibles, and insights into history -- all of these are likely to be woven into one of Geoff's concerts.

Geoff has a rich tenor voice and exuberant love of singing. And part of that love is to entice audiences to sing along.

**OHC: “Treasures of the
Oberlin Conservatory of
Music's Special Collections”
Tues., Jan. 24 - 7:15pm - AUD**

Did you know that the Oberlin Conservatory of Music's special collections contain more than 700 instruments, including a triple Welsh harp and more than 100,000 jazz recordings? Jeremy Smith, Special Collections Librarian and Curator of the James and Susan Neumann Jazz Collection at the Oberlin Conservatory of Music, presents an illustrated program that reveals the breadth of the collection from 16th century European musical theory to modern jazz. He also discusses a few particular gems of the collection, including Milt Hinton artifacts and photographs documenting a 70-year career in the golden age of jazz. Hosted by the Oberlin Heritage Center and co-sponsored by Northwest Savings Bank. **Free and open to the public.**

**2017 KatO Directories
Coming Soon!**

The new Kendal at Oberlin Telephone Directory will be in your open mailboxes later this month.

-Nina Love

Sunday Movies in Whittier at 7:00pm

Jan. 1 - No movie will be shown.

Jan. 8 - Miss Peregrine's Home for Peculiar Children (2016) When 16-year-old Jake discovers clues to a mystery that spans alternate realities and times, he uncovers Miss Peregrine's secret refuge. As he learns about the residents and their unusual abilities, Jake realizes that safety is an illusion and he must figure out who is real and who can be trusted -- and who he really is. PG-13

Jan. 15 - Boycott (2001) Based on the book "Daybreak of Freedom," by Stewart Burns, this TV film tells the story of the 1955-1956 Montgomery public bus boycott that played a pivotal role in the Civil Rights movement. It explores the behind-the-scenes crisis management of the boycott, which eventually led to the U.S. Supreme Court deeming the city's bus segregation laws unconstitutional. PG

Jan. 22 - To Kill a Mockingbird (1962) Gregory Peck won a Best Actor Oscar for his role as Atticus Finch, a small-town Alabama lawyer in the 1930's who defends a black man accused of raping a white woman. His innate decency affects his two motherless children as they learn about life.

Jan. 29 - Groundhog Day (1993) A Pittsburgh TV weatherman (Bill Murray) reluctantly goes to Punxsutawney, PA, to report on the annual Groundhog Day festivities, then finds himself inexplicably reliving Groundhog Day over and over again. PG.

Saturday Foreign Film - January 7 - 7:15pm - AUD

Kundun (1997) Martin Scorsese's film tells the story of Tibet's 14th Dalai Lama from childhood to adult. Tibetans refer to the Dalai Lama as Kundun (The Presence). The Dalai Lama was forced to escape from his native home when Communist China invaded and enforced an oppressive regime upon the peaceful nation of Tibet. He escaped to India in 1959 and has lived in exile in Dharamsala since then. (Tibetan, English and Mandarin with English subtitles. Filmed in Morocco, Canada and U. S.)
-Dwight Call



Art Gallery News

Currently in the **Kendal Gallery** and extending around the corner toward the Green Room are the oil paintings by **Joan Bell**, Judy Cook's sister who lives in North Carolina. Joan received a BA degree in Studio Art and Art History from Oberlin College in 1974, and a few of the paintings were made here at that time. Can you spot them? No reception is planned. Her show, up until January 30, will be followed by the monoprints of **Mindy Tousley**. The photographs in **David Miraldi's** fourth show here, displayed in the **Friends Gallery**, were taken on his travels to India. An attorney in Lorain, David is the son of the late Mary Miraldi, a Kendal resident. He has a passion for taking color photographs and a unique eye for creating pictures that tell a story. We are privileged to have

many of his photographs in Kendal's treasured collection. A reception will be held on Tuesday, January 10, at 2:30pm in the Friends Dining Room. The **Community Gallery** now displays the colorful, whimsical ink and pastel drawings and a few imaginative weavings of **Bernadette Levine ("Malke")**, a local resident. "Birds of All Feathers" is her second show here at Kendal. A reception was held in December.

Dianne Haley's collection of angels in the **Curio Cabinet** will be followed by **Judy and Tom Riggles's** collection of interesting small objects that they have collected on their travels.

Keep your eye on the **"Recent Acquisitions" Gallery** outside the Health and Wellness Clinic, across from the bank, where the many recent donations received through the generosity of Kendal residents and family are displayed a few at a time. After a few weeks, they are moved to more permanent locations in Kendal's public areas.

Saturday Night Documentary January 14 - 7:15pm - AUD

Picasso: The Man and his Work, Part I, 1881-1937 (1976) The documentary begins when Picasso was only 15, in 1896. It covers the Blue Period, the Pink Period and his first steps into Cubism in 1906. The next period, the Chrysteine, covers analytical to synthetic Cubism and then the Neoclassical Period in 1918. Part I ends with his masterpiece "Guernica" in 1937.

-Donna VanRaaphorst

Genealogy & History Interest Group

"Sharing Family History with the Younger Generations"
Tues., Jan. 10 - 7:15pm - AUD

Nancy Hultquist will describe how she painstakingly followed her maternal ancestry back to early New England, then to the British Isles, and finally (relying on history books) to Continental Europe.

She will explain her continuing efforts to transfer to the younger generations the stories of her ancestors and the stories of the search for these ancestors.

All meetings of the group are open to those interested in family history and community history. Please contact Nancy to suggest possible future programs -- short or long.

Transportation Talk

If you encounter questions about Kendal transportation, the Kendal Library (see shelf above the computer) now has a Notebook called "Going My Way" which contains a basic outline of all Kendal transportation options. A list (prepared by Anne Martin) of questions and answers that came up during the November 14th presentation is also part of the notebook. Revised Green leaflets (2015) are also available across from the mailboxes for detailed information. These leaflets will be totally revised for 2017.

Paper Making in the New Art Studio

After experiencing little interest in paper making among our independent resident population, we artists using our new studio space simply kept a few donated supplies and waited for a future opportunity.

One day in Fall 2016 after we had enjoyed a professional paper artist's show in the Kendal Gallery, Jean Slonneger spoke up about her interest, enthusiasm, and previous experience many years before Kendal.

In our new Art Studio we had not planned any sessions, but began to create the possibility. Soon with new incentive and an old but suppressed interest, Joyce Parker collected library books, on-line information and supplies. She began to lay the groundwork. Vicki Shafarman who works in collage and is a paper artist was excited about the possibility of making her own paper, too. So for five days in early December we two experimented -- and then shared the learning experience with three other residents. We made many paper sheets of smaller sizes and shapes with a variety of techniques and additives. We all enjoyed the journey -- a "first" for our new Art Studio!
-Joyce Parker

**Kendal Therapy Dept.
Discovery Series:
Vow to Wow in 2017!
Thurs., Jan. 19 - 3:00pm
Education Center Training Rm.**

A Reminder Regarding Wine and Beer in the Fox and Fell

If you wish to enjoy wine or beer with your meal in the Fox and Fell, please remember these guidelines:

- Please contact dining staff ahead of your meal so that appropriate glasses may be provided at your table.
- Please bring your wine or beer in an appropriate tote.
- Beer must be in glass bottles only and drunk from glasses provided.
- No dining staff under the age of 21 are permitted to handle the containers, including the opening of or disposing of the containers.
- Residents should empty all wine/beer glasses and remove all alcoholic beverage bottles (used and unused) at the conclusion of the meal.
- The Langston Cafeteria is alcohol-free to accommodate those who do not wish to dine in the presence of alcohol and also because children often are guests in the Langston. There are special occasions when reservations are at peak level in the Fox and Fell, with overflow dining in the Langston. On those designated occasions, wine and beer are permitted in that dining area.

Take part in an interactive discussion on the benefits of focusing on health and wellness, turning everyday activities into purposeful movement. Hear tips for aging well from a 101-year-old champion sprinter.



10/31/16
to
12/10/16

Nature Sightings

10/31 Great Blue Heron, Heiser Pond: Marcia D.; **11/2** All black "wooly-bear" on Phase Two walkway: Dina S.; **11/4** Red Breasted Nuthatch in a pine tree: Janet Smith; **11/8** Great Blue Heron again on Heiser Pond: Dianne Haley; **11/13** Male Belted Kingfisher, Rock Pond's big rock: Scott O.; **11/15** Red-tailed Hawk over Rock Pond: Scott; **11/16** American Tree Sparrow, west shore of Rock Pond: Scott; **11/26-27-28** Red Shouldered Hawk behind Cottages #21 and #23, seen by Gerry and George Blomgren/Maureen Bailey; **12/1** Red-tailed Hawk on top of the windmill: (by whom?); **12/5** Northern Flicker, Downy Woodpecker, Red-bellied Woodpecker, all together on west shore of Rock Pond: lucky Scott! **12/10** Red-bellied Woodpecker, #9 feeder: Jim Pugsley.

For the Vision Impaired

Low-Vision Support Group

Webcast about educational recordings available free from the Hadley Institute for the Blind and Visually Impaired Thursday, January 12 4:00pm - Green Room

Reading of *The Kendalight* Monday, January 2, at 11:00am in Whittier Lounge

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

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

More about Kendal's New Residents

Michi and Tom Morgan

Michi: Born in Kyoto to a PhD-physician father and a college-educated mother, I spent my early years in a new suburb of Osaka. Through my father's expertise, in early childhood I was desensitized to an allergic reaction that has since allowed me to live a normal life. World War II eliminated the opportunity for my father to obtain a fellowship from Rockefeller Institute. Ironically, two months after the war's end he died of a wound incurred in a strafing run during the final days of the war. In addition to my upbringing in an enlightened family atmosphere, some of my school days were at Doshisha, a liberal arts-oriented, multi-level institution founded in 1875 by a graduate of Amherst College, J. H. Neeshima. There I first heard about Oberlin from my homeroom teacher. According to family tradition, my maternal great-grandmother was an independent and liberated woman, for her day. All female generations before me have contributed more than their fair share. My adoptive father (LLD from Brussels) provided additional perspective and breadth to the development of my life views. I obtained a scholarship to Rhode Island College of Education. At this commuter school I worked for room and board and during the summers worked for Pilgrim Fellowship summer camps in many states and as far as North Dakota and Nebraska. Out of those experiences, I learned that even in such a remote place people create their own culture, beauty, and value. In the 1980s I studied humanistic

psychology at Columbia College and earned an MS in gerontology from National Louis University. This led me to work with a range of humanity: different age groups, different cultures, refugees. . . .

Had I not decided to return to Japan, I would have never met Tom. That our relationship, à la R. M. Rilke, developed at all is a wonder. We look forward to more adventures here at Kendal

Tom: I was born and raised in Chicago. After my sophomore year at DePauw University, I joined the Army. I spent two years in Japan where a mentor and good friend ten years my senior introduced me to Japanese culture.

I returned to finish my degree in math, followed by an MS at Ball State University. I continued to have a great affinity for Japan and Japanese culture and I was able to return to teach math and science to the sixth and eighth grades at St. Michael's International School in Kobe. During a second year, I went to Nagoya where I earned my living teaching English while joining a math seminar as an informal visiting researcher. (At this point in my life don't ask me to do any math beyond arithmetic -- and maybe not even that!) Before returning to the United States in April 1968 I spent my last week in Kobe where I decided it was now OK to ask that pretty teacher and former colleague at St. Michael's International School for coffee. The short version of our courtship is that after exchanging three letters during the next year, but many more over the following one and a half years, Michi and I were married in December 1970. (Yikes! Can it really be that long ago?) My checkered career since 1968 was spent in the computer field at: Univer-



Michi and Tom Morgan

sity of Chicago in various positions; a small software company; and Argonne National Laboratory for my final 15 years.

My interests are many and varied. The most enduring in recent years are playing chamber music (as a returnee to violin and viola) and travel.

Kendal entered my consciousness the summer of 2013 when Michi suggested we stop for a visit on the way to Chautauqua. Seven months later after a second visit in midwinter, I completely changed my mind about the timing of entering this incredible and vital place. Life here appears to be the capstone of an already blessed life of good fortune.

Alan and Anne Lockwood

Alan: Lots of movement: born in Sterling, IL; raised in Wausau, WS, and Guilderland, NY. Attended Cornell in Ithaca and New York City for my MD and, better still, my wife, Anne, a retired child psychologist. Our daughter, Katherine (speech pathologist born in New York City), and our son, Daniel (a cellist turned neuroradiologist, born in San Francisco), followed, as training as a neurologist took us to Philadelphia, New York City and San Francisco, where I completed my neurology residency. After a post-doc at Cornell in New York City I got my first "job" at the University of Miami.



Alan and Anne Lockwood

From there it was on to Houston and then Buffalo where we lived for 25 years before moving to Oberlin. My professional life has been as varied as the places we've lived. The major focus of what I got paid to do was the use of brain imaging to study the flow of blood to the brain and the toxin that causes neural malfunction in patients with liver disease. With many colleagues, I used the techniques thus learned -- and developed -- to study problems as varied as hearing loss and tinnitus to head injury. A side trip into neurolinguistics and a query into how the brain creates past tenses of verbs was rewarding. Thus was the life of a research-oriented clinical neuroscientist.

Recent Transfers _____

Anne Parrott moved from Whittier to Jameson in late December. She has no phone.

Recent Move-Ins _____

Karen Fountain moved from Thompson's Station, TN, to a Kendal Cottage in early December.

IN MEMORIAM

JEAN EATON
DECEMBER 8, 2016

LOIS SOOK
DECEMBER 18, 2016

Ethics led me to Physicians for Social Responsibility (PSR) in the 1980s and efforts to prevent nuclear war, coal-related air pollution, and climate change, the subject of two books: "The Silent Epidemic" (2012) and "Heat Advisory: Protecting Health on a Warming Planet" (2016). Work and PSR travel have taken me all over: Europe, Turkey, China, the USSR after Chernobyl, Japan, Chile, Argentina, Kosovo, even Canada and the United States! Owen, Clara, and Duncan are our terrific grandchildren. I plan to stay active and enriched at KAO.

Anne: I was raised in Lakewood, OH, the second of four daughters attending Lakewood Public Schools. A formative experience was my year as an American Field Service exchange student in Zurich, Switzerland, where I learned German and Swiss German by immersion. Then, college in Iowa at Grinnell, where I majored in English. Next, marriage to Alan Lockwood, then a medical student at Cornell. (We met through my older sister, who was a med-school classmate!) We moved around as is common during medical training years, from New York City to Philadelphia, San Francisco, Miami, and Houston before landing in our beloved Buffalo in 1991.

We raised a daughter -- now a speech and language pathologist in Ithaca, with one daughter of her own -- and a son -- now a neuroradiologist at the Cleve-

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

land Clinic, with a wonderful wife and two sons. While we lived in Miami, I earned my PhD in counseling psychology at the University of Miami. Most of my career has been devoted to mental-health work with children, adolescents, and families in community mental health-center environments. My final job, for 15 years, was as Manager and Supervisor of Children's Outpatient Mental Health at Buffalo's Women and Children's Hospital. Since retiring I've volunteered as an in-home visitor with Hospice Buffalo; as a member of the board of a family-support agency; and for a committee to assist the Buffalo Board of Education to improve the education of Buffalo's large and growing immigrant and refugee populations. I've also audited German courses at SUNY and taken Spanish lessons, and was co-founder of a women's book-discussion group now in its 16th year. I look forward to involvement in my new communities of Kendal, Oberlin, and greater Lorain County.

Kendal Kryptogram #144 -by Nina Love

AM THE AX CON HYYHXACN HM YQH

AX THERQNXX CON HYYHXACN HM

YQHRQNXX?

-LEHEZPHBX

Solution to Kendal Kryptogram #143: "Consciousness: That confusing time between naps." -Bumper Sticker

Report on the Arboretum: What Trees and Shrubs Shall We Plant?

Two basic scientific principles taught in the Tree Commission Academy can inform how we at Kendal decide on what tree to plant:

1. Plant the tree which will become the largest size that the site will support. The benefits from the tree over its lifetime will be much greater than from a smaller-sized tree.

2. Plant for diversity, choosing a tree which will thrive from a family, genus, and species less-used in that geographical neighborhood. Diversity is protective. Remember how damaging the Dutch Elm disease, spread by the elm bark beetle, was to the tree canopy and the emotional impact the removal of so many elm trees had on us all. A wide variety of trees lessens the damage from insects and diseases and insures that whole areas of the land are not devastated by dead and dying trees. Diversity helps limit catastrophic events.

At the John Bartram Arboretum we back away from planting the types of trees which we already have in great abundance, such as the red maple, honey locust and Austrian pine. For the health of the Arboretum, we need to emphasize other varieties. A long-

standing guideline for tree collections has been to plant no more than 30% from any one family, no more than 20% from any one genus, and no more than 10% from any one species. However, most tree scientists today advocate bringing the percentages closer to 15% for families, 10% for genus and 5% for species to make for even greater diversity.

Stop and look at the display of books and brochures on the table behind the couch by the fireplace in Heiser Lounge. Michael A. Dirr's book, "Manual of Woody Landscape Plants," has been considered the bible of tree and shrub references since it was first published in 1975. The brochures from the respected Cincinnati Zoo and Botanical Garden suggest large-, medium- and small-sized trees and shrubs appropriate for our climate. The Arboretum Committee plans to group several sizes of trees and shrubs together in mulched beds to lessen the amount of grass to be mowed, enabling healthier, less-compacted soil and the screening of less attractive areas such as parking lots.

*-Anne Helm for
the Arboretum Committee*

Cardinal Shop Serves You... and Residents Assistance Fund

Need a one-of-a-kind gift or a special children's book? Or a last-minute birthday card? Or your well-loved Kit Kat bar? Or a quick replacement for that empty toothpaste tube?

The Cardinal Shop serves Kendal residents and staff by providing a convenient on-site source of small essentials and gifts. In addition to offering greeting cards, candy bars and sundries like bars of soap, the shop is an outlet for our resident creative artists. We have unique pottery, paintings, vests, note cards and more -- all crafted by Kendal residents.

Any profit goes to the Residents Assistance Fund, with a small gift to the Staff Emergency Fund.

In order to stay open five days a week from 10:30am to 1:00pm (and until 3:00pm on Fridays), **we need volunteer cashiers.** If you can help us, drop a note in the Cardinal Shop open mailbox.

Kendal 2016 Directory Update

Doug Kirtz: Check with Heiser Reception desk for cell phone number.

A Warning to Kendal Car Drivers Concerning Bikes and Trikes: A Cautionary Tale

"The sky darkened early during the short winter days. It was dinner time at Kendal. The parking spaces in front of Heiser Community Center were filled, as were those in front of the Education Center where a late afternoon meeting had just adjourned. Suddenly, a crash was heard, then a scream. A horn began to blast. A car, backing from one of the spaces in front of Heiser, had rammed the side of a tricycle driving just behind it along Kendal Drive. The elderly trike rider was thrown off her seat, slammed to the cement. A passerby called 911. The responding ambulance transported the rider to the local hospital emergency room; police took statements from the car's driver and witnesses; Facility Services cleared the accident site."

This tragic accident is just waiting to happen during these long dark evenings of the year. A trike or a bike -- required by law to drive on the road, equipped with the legal components of lights -- can still be too dark to spot, or, in the case of trikes, too low to the ground to sight. The trike in our tale had a rear light and waving pennant, but it was not bright enough for the driver in the car to see in the dark, even with backup lights.

Remind your visiting driver friends that Kendal Drive is shared with many kinds of vehicles large and small, some with lights, some without. Please tell them to be extra observant and cautious during this time of the year, and... Remember to be extra vigilant yourself!

To trike and bike riders: These same cautions apply to you as well. Don't assume cars backing out can see you behind them even if you have the requisite lights, and the driver is attentive. If you sustain severe injuries or even death, it is small comfort that you had the right of way.

-Thelma Morris for the Safety Committee

Kendal Resident Rights and Responsibilities

In the fall, you received a copy of your rights and responsibilities as a Kendal resident. As a reminder of these important points, *The Kendalight* has been printing some of the rights each month. In November, we listed your Medical Rights. In December, we listed six of your 12 rights under "Cares and Concerns." The remaining six appear below.

If you have any questions about your resident rights and responsibilities, please call Kim Peters or Kim Preston in Social Services.

Resident Rights: Care and Concerns

7. To have freedom from restraints or from any form of seclusion.
8. To be informed of realistic care alternatives and to receive guidance in the pursuit of those alternatives if desired.
9. To be informed of and to give or withhold consent to any human experimentation or other research/educational projects affecting your care or treatment.
10. To access the Kendal at Oberlin Ethics Committee if you have ethical issues concerning your care.
11. To be informed of the right and given the means to file a complaint or grievance, request to have care reviewed, or notify regulatory and certifying agencies by contacting Stacy Terrell, Kendal's Chief Health Services Officer and Corporate Compliance official, at 775-9811, or by contacting the Corporate Compliance Hotline at 1-800-211-2713.
12. To know the disposition of such complaints and to voice grievances without fear of discrimination or reprisal.

Note: When residents are admitted to the Stephens Care Center, the version of rights is modified as approved by the State of Ohio for residents residing in a nursing home.

Recycling Your Magazines? If you have any copies of *Reminisce* or *Good Old Days*, residents of the Stephens Care Center would appreciate receiving them. Please contact Jara Dell at jdell@kao.kendal.org or 775-9858. Thanks!!



January brings prospects for a new -- and brighter -- year. And reminders of the joys we share ... like the winter beauty of the Buttonbush Bridge brushed with snow.

Photo: Eleanor Helper

Kendal Resale Shop Talk

Benefitting Kendal Residents Assistance Fund and Community Charities

Happy New Year! I hope everyone enjoyed the holiday season. The KRS enjoyed very productive holidays, thanks to our donors, volunteers and all the shoppers from the Kendal and Oberlin communities. Our on-site cottage sale in late November was a success, earning \$1,640 for RAF. In December we held two special sales in the Resale Shop: a Holiday Decorations Sale and an End-of-Year 50% Off Sale. (See February's *Kendalight* for our December and 2016 RAF report.) And we are preparing to conduct an on-site apartment sale in January – keep an eye on our Resale Shop bulletin board (it's in the hallway between the Health and Wellness Clinic and Heiser Community Center) and Channel 27 for details.

On the morning of December 15, members of our KRS team hosted our third annual Twigbee Shop for the students of the Kendal Early Learning Center (KELC) in the Café outside the Fox & Fell. For our Twigbee Shop, KRS gathers and displays small items such as knickknacks, scarves and ties for the KELC students to select and purchase for members of their families. Groups of two or three students are brought in to the Twigbee by KELC staff. For \$2 to KRS, each student can select two items. Volunteers help the children select and wrap their gifts. It was a fun activity for the students, staff and volunteers, as well as onlookers!

Resale Shop deposits to the Resident Assistance Fund for the month of November totaled \$3737.40 (including the cottage sale). Thanks to all our donors and shoppers!

THANK YOU! Keep those donations coming and keep shopping the KRS!

-Nancy Lombardi, Chair of the Kendal Resale Shop

Plastic Caps/Lids for Benches

Our Kendal community -- Early Learning Center, staff, residents -- is collecting plastic caps and lids. When we have collected at least 200 pounds, we will deliver them to Green Tree Plastics in Evansville, IN. That company will process the caps and lids into a bench for the Kendal Early Learning Center. Collection sites: Langston Napkin Return, Staff Lounge, Early Learning Center.

- **Acceptable Caps:** Medicine bottle caps, milk jug caps, detergent caps, hair spray caps, toothpaste tube caps, deodorant caps, drink bottle caps, flip top caps (ketchup, mustard), spout caps (mustard), spray paint caps, ointment tube caps, caps with recycle numbers 2, 4, 5.

- **Acceptable Lids:** Cottage cheese container lids, mayonnaise jar lids, yogurt lids, peanut butter jar lids, ice cream bucket lids under 8 in., whipped topping container lids, coffee can lids, cream cheese container lids, butter container lids, prescription bottles (labels removed). **No take-out food lids or fast food drink lids.**

- **Never Acceptable:** Any metal or trash, drink bottles, plastic ziplock-type bags, trigger sprayers, food containers, soap pumps, lotion pumps, grocery bags.

For further information, contact: greentreeplastics.com, Jerry Berner (Environmental Concerns Committee), or Jeni Hoover (Kendal Early Learning Center).

First Church United Fellowship Saturday, January 14 - AUD

9:30am - Food and Fellowship
10:15am - "Middle East Refugees: A Century of Wars and Displacement"

Peter Makari of the Disciples and United Church of Christ Global Ministries will be our speaker.
All are welcome.

Saturday Walks

Just because the weather is getting colder is no reason to stop walking outside. Starting in November, on every Saturday through the winter months residents who would like to go for a walk off our Kendal campus are invited to gather at the Heiser Reception Desk at 9:00am. If the weather is suitable, the group will decide to walk on that day. The walks are between 1 and 3 miles at a leisurely pace, usually in one of the Lorain County parks. We will car pool.

Beginning in April, we will once more choose specific designated walk sites. Questions? Contact Jerry Berner.

UU Kendal Gathering Film: "Where to Invade Next" Wed., Jan. 18 - 3:15pm - AUD (Note Earlier Start Time)

Director Michael Moore playfully visits various nations in Europe and Africa as a one-man "invader" to capture their ideas and practices and bring them back to the U. S. This non-confrontational collection of factual interviews from seven different countries shows what we can learn from the rest of the world. Come enjoy a film that embraces our Unitarian Universalist principles and traditions.

All are welcome.

RELIGIOUS SERVICES AT KENDAL

Christ Church Episcopal Service
Saturday, January 14, 11:00am,
Gathering Room

First Church Sunday Service
Sunday, January 15, 4:00pm,
Gathering Room

Roman Catholic Mass
Friday, January 20, 10:00am,
Crossroads Room

Society of Friends
Sundays, 10:30am, Education Center

Table Tennis at Year's End

By Christmas weekend, Kendal table tennis devotees were ringing out the month of December in high spirits. After 11 sessions, counting enthused grandkids on school break, we'd seen an average of 11 players at each. Our visiting coach, wheelchair pro Doyle Harbaugh, again came twice to help us improve our strokes. As always, he focused on the basic fore- and back-hand, but he also eased us into faster rallies.

Just as welcome as Doyle were four first-timers from among Kendal's newest residents. Perhaps visions of ping-pong danced in their heads when they ventured in, but two sessions later they were humming our mantra: "Top of the bounce, top of the ball!" Their zest for table tennis had us smiling with pleasure. Want to learn what it's all about? Drop in anytime between 10:00am and 12:00 noon three days a week to join the fun. Fun in any season does us good! *-Sidney Rosenfeld*

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 2017 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

Saturday, January 28, 5:00pm, Robert Burns Bagpiping and Dinner

Everyone is invited to the Annual Robert Burns Dinner! Enjoy the piper, good food and ale, and a short program. You don't have to be at all Scottish to be part of the celebration. Come for Auld Lang Syne.

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 21, 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.)

Dining Notes From Ann Pilisy:

Remember, you live in a community. In consideration of others, please practice good habits.

A few reminders (shared with me by Kendal residents):

- Be aware of the door/entry into the kitchen in Fox & Fell, near the dessert buffet. Be sure to allow some space for staff to access this door, coming into the dining room and going back into the kitchen. If you see that a resident has left some needed space in the line, please do not cut in front of this considerate person.
- Try to avoid congregating in the doorway of Fox & Fell. This is a busy area for all to enter and exit the dining room. Space is needed for all our residents as well as wheelchairs and rollators.
- Always use utensils (not your hands) to take any food from the buffet tables, including the bread baskets.
- Never lick your fingers, or the utensils, on the buffet line.
- If food falls onto the counter, please do not pick it up and put it back into the buffet dish. Leave it on the counter.
- The Langston and the Fox & Fell each have four courtesy rollators for community use at meals. Please cooperate with staff when they need to take a trayed rollator for others to use.
- Please be sure to always cover your coughs and sneezes.

Watch for Sign up Sheet for:

Solo Diners: Thurs., Jan. 12, 5:30pm, The Den (second Thursday of month).

SPINACH (Senior Persons Interested in Nutrition and Community Health): Wed., Jan. 25, 5:00pm, Penn Room (fourth Wednesday of month).

Thank you to the regular groups who have reserved their preferred space for 2017.

Don't Miss the Trolley!

If you haven't yet seen the late Len Garver's dual trolley layout in action, conductor Rod Knight, his good friend, will be showing it in Heiser Lounge on Friday, January 27, from 5:00 to 6:30pm.

Weather Emergency Meal Delivery at Kendal

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 at Oberlin Administration may declare an extreme weather situation.

In that case, cottage residents have the option to order a home-delivered boxed dinner. Before 2:00pm, Channel 27 (919) will broadcast an announcement and two options for your meal. Please call the Dining Room/Catering Manager's office at 775-9801 between 2:00 and 4:30pm to place your meal order. Delivery will be between 5:15 and 6:00pm. Please note that you will likely need to reheat your meal.

-Greg Zehe, Hospitality Services Director

Meet, Greet and Eat Dinner Returns Monday, January 23

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 will be posted below the open mailboxes on Monday, January 16; deadline for signing up is noon on Saturday, January 21.

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!

-Shelia Eckstein, Sharon Furrow, Gaye Laurell, Kay Rider and Priscilla Steinberg

Langston to Host Intergenerational Event

Get your crazy hats ready for the second annual **Mad Hatter's Tea Party** on **January 26 at 3:00pm** in the Langston! Alice and the rabbit will join us. *-Lisa Wilken, Dining Mgr.*

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

