

# The Kendalight

Kendal at Oberlin Residents Association

July 2016

Volume XXIII, Number 7

## Fun and Fitness All Week!

Lots of people had lots of fun at our annual June Fun Fitness Week. Participants included 183 residents (175 last year), 96 staff (78 last year) and some 20 from Kendal's Early Learning Center. Here is a list of the 23 events (in order of participants) and chairpersons: Luncheon 136 (Ann Pilisy), CommUnity Walk 57 - see photo, p. 6 (Jeni Hoover), Baggo 56 (Rachel Fordyce), Recognizing Your Feathered Friends 51 (Paul Schwaegerle), Bowling 49 (Jara Dell), Observation Walk 47 (Elizabeth Hole), Fun Activity Course 46 (Kathy Caldwell), Miniature Golf 42 (Dan Reiber), Perimeter/Heiser Walk 42 (Nancy Hultquist), Walking Relay Race 31 (Kim Peters/Dan Reiber), Shot Put 32 (Danna Mitchell, Saun Howard), Radio-Controlled Sailing 32 (Dan Reiber), Basketball Shoot 27 (Noemi Cannon), Cycling 21 (Donna Baznik), Water Balloon Toss 22 (Donna Baznik), Robot Table Tennis 21 (Sidney Rosenfeld), Tennis Court Fun 17 (Larry Porter), Lap Swim/Water Walking 15 (Nancy Hultquist), Badminton 15 (Tom Riggle), Mini-Croquet 14 (Beverly Fordyce), Lawn Games 14 (Jara Dell), Wii Fit Fun 10 (Danna Mitchell/Saun Howard), Bike-Run-Swim Relay 6 (Lisa Wilken).

Helping to plan and implement these events were 35 staff and residents. Special thanks to Dining Services and Facility Services!

If you have suggestions and/or comments for planning next year's event, please contact Jill Connone or Jerry Berner. Until then, STAY FIT AND CONTINUE TO HAVE FUN!



Independence Day will once more be celebrated this year on July 4! The Kendal community will observe the birth of our country in word, song, food and action. Our theme this election year is "Politics," as we inaugurate the University of Politics, parading the Heiser Circle on foot or in a chair or with your dog, wearing patriotic garb and perhaps carrying a sign that announces your favorite issue in this year's campaign. [Ask Jim Helm for sign-making materials or for a ready-made sign]. March with the School of Superdelegates, the PAC Academy, or the Electoral College as we honor our unique political system. "Convocation" will follow, with Robert Taylor's thoughtful patriotic program, after which we will fly kites, sail boats, splurge on ice cream sundaes, join in songs – all in good fun.

The **schedule for the day** is:

**9:15am: Decorate** bicycles, tricycles, rollators, wheelchairs and pets in the Gathering Room.

**9:45am: Line up** for the parade in the hall by the open mailboxes.

**10:00am: Parade** the Circle in front of Heiser. (Stay indoors if raining.)

**10:30am: Convocation** in the Heiser Auditorium.

**11:30am: Kite Flying** and drinks in front of Heiser.

**11:30am: Festive Meal** in the Fox and Fell, Langston and Friends Corner (only a light supper available in the evening).

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**3:00pm: Ice Cream Social** in the Whittier Game Lounge.

**4:00pm: Group Singing** led by the Hannauers in the Gathering Room.

**4:30 pm: Model Sail and Power Boats** at Triangle Pond (if weather permits). **Everyone is welcome and encouraged to participate.**

*-Jim Helm, Dan Reiber, volunteered coordinators*

## **Know Your KORA Council** New Opening for a Resident Board Member

At the June meeting of Council, Treasurer Ira Steinberg reported that 243 residents contributed a combined total of \$43,790.60 to the 2016 Employee Vacation Fund. Our collective contribution will be divided among eligible staff through a formula based on hours worked and length of employment at Kendal. Eligible staff are those paid hourly wages, including part time and on-call staff averaging at least 12 hours per week during recent months. Department heads do not share in the fund. In recent years, it was decided that no recipient would receive less than \$50. The vacation bonus checks were distributed with the regular payroll, along with a note of thanks from residents and wishes for some relaxation and recreation this summer. Thanks to all our residents for their generous response to the Vacation Fund appeal.

Be sure to read the announcement of a new opening for a resident board member on this page. All residents are eligible to nominate a resident to the Board. The KORA process is as follows: Consider the qualities you believe are important in a position of governance and oversight. You might ask George Andrews, Dick Baznik or Ruth Ann Clark, our resident board members, about their experience on the Board. The person you nominate must give you a resume and a written statement of consent to be nominated. You must write a letter stating why you wish to support this person for the position. Give all three documents to KORA Secretary Sally Nelson-Olin, Box #136, by August 5. The KORA Executive Committee is responsible for reviewing the nominations and submitting them to the Board of Directors. Our policy concerning use of cell phones in community spaces dates from 2012, likely adopted from a wish to define how we can treat one another with consideration and respect, while making use of this ubiquitous technology!

The Board of Directors is now seeking between 10 and 20 nominations from KORA for a new resident board member who will serve a three-year term beginning in January 2017. George Andrews will have capably served his maximum number of terms allowed by the bylaws as of the end of 2016. Our bylaws allow up to 20% of the Board to be filled by residents. A resident's board service is for a three-year term, with the possibility of one additional three-year term. The Board seeks candidates who are committed to helping Kendal at Oberlin stay strong and who have skills and experience that complement the skill-sets of the current Board.

Based on our skills matrix, the Board is seeking a diverse pool of candidates with experience in areas including, but not limited to medicine, nursing, law, and fundraising. Prior experience on other boards and familiarity with Quaker values which stress respect for a wide range of opinions and consensus-based decision-making are also desirable.

If you are interested or know someone who is, please notify the KORA Council by August 5, so that they can submit the nominations by mid-August. All candidates must give their permission for their name to be submitted. In September, candidates will be interviewed by representatives of the Board's Governance Committee. At the November board meeting, the candidate(s) recommended by the Governance Committee will be selected by the whole Board as well as The Kendal Corporation.

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Council decided that a friendly reminder to all of us might be helpful, and the policy is printed in its own box below. Please ask your visiting family members and guests to help us by observing the policy.

"It takes a village..." is a sometimes casually used expression. In any Kendal community, however, we live with a deep awareness of the reality that we are indeed a village -- not solely for the raising up of children, although we are blessedly intergenerational here -- but also in the opportunity daily to be a community of care. Many residents list the integration of persons in all levels of care as a reason for choosing Kendal.

Discussion on this topic will engage us for some time. In its early days, Ken-

dal corporately named and pioneered a movement whose time had come: "Untie the Elderly." Now we are challenged to keep that core commitment while adapting to the many new developments in elder care, particularly in the field of cognitive impairment. We want to discover anew what it means for a community to sustain the best quality of life possible for all its members. We will be learning about programs and activities integral to well-being for persons with dementia. We will be learning about being a safe community for all.

We need to come to these conversations with open minds, a keen interest in the unfolding possibilities, and trust in one another and our staff.

*-Ardith Hayes, KORA President*

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### **Policy No. 8. KORA Bylaws. Adopted 1/19/2012**

Residents, guests and staff are requested not to use cell phones audibly during meal times in Langston, the Fox and Fell, and the Friends Corner, during programs in the Auditorium, or at any time in the Library. Please turn off phones, set to "vibrate" or text only in these areas, and be considerate when using cell phones audibly in the hallways and the Heiser Lounge.

# PROGRAMS

**First Thursday Health Lecture**  
No lecture on July 7.

**Third Thursday Lecture**  
No lecture on July 21.

**Kendal Health Services Forum**  
Thurs., July 21 - 4:00pm - AUD

- Focus on Wellness: Staying Fit with the Fitness Center
- Quality Health Measures and What They Tell Us
- Care for the Cognitively Impaired  
*-Stacy Terrell, KatO Chief Health Services Officer*

**Oberlin Summer Theater Festival Returns to Hall Auditorium**

The Oberlin Summer Theater Festival will launch its eighth season this summer, offering three classics: **Anne of Green Gables**, by Peter DeLaurier, adapted from the novel by L. M. Montgomery (June 24-July 31); William Shakespeare's **Macbeth** (July 1-July 30); **Inherit the Wind**, by Jerome Lawrence and Robert Edwin Lee (July 8-July 30).

Performances are **FREE** and will run in rotating repertory. **You must reserve tickets.** Evening performances will begin at 7:00pm and there will be 2:00pm matinees on some Wednesdays, Saturdays and Sundays.

The Kendal bus is scheduled to take you to these performances:

- Wednesday, July 13, **Macbeth**, 2:00pm
- Friday, July 22, **Inherit the Wind**, 2:00pm
- Sunday, July 31, **Anne of Green Gables**, 2:00pm

Call 775-8169 to reserve tickets. Check the schedule posted on Kendal's Town and Gown bulletin board for other performance days and times.

**Thanks From 2016 Chalk Walk**

The 2016 Chalk Walk committee thanks the 25 Kendal volunteers for their assistance at the 11th annual event on the sidewalks of downtown Oberlin on June 25. Kendal residents handled registration, gave out chalk and sold T-shirts. It was a beautiful day and registrations were 1,005, a 7% increase from 2015. Once again, master artists joined artists of all ages to create masterpieces in chalk.

**COFFEE HOUR**  
WITH BARBARA THOMAS  
**THURSDAY, JULY 14**  
**9:30AM - LANGSTON**

**AFTERNOON EXCHANGE**  
**TUESDAY, JULY 26**  
**4:00PM - AUDITORIUM**  
**BARBARA THOMAS**

## MUSIC

**String Ensemble**  
**Credo Chamber Music**  
**Thurs., July 28 - 4:00pm - AUD**

Advanced student musicians will play classical works. Prof. Peter Slowik is founder and artistic director for Credo, a three-week summer program of intensive chamber music study, performance and service at the Oberlin Conservatory. **Note afternoon time.**

**Courtyard Garden Concerts at Kendal**

Come enjoy the lovely Whittier Courtyard Garden during the summer months. (Rain/heat location will be in the Gathering Room).

In July at 4:00pm on Fridays, hear:

**July 1: Jerry Simmer**, keyboard & vocals.

**July 8: Patrick Janson**, keyboard & vocals.

**July 15: Carol Longworth and Margie Flood**, violin and piano.

**July 22: CSU saxophone duo.**

**July 29: Jara Dell**, marimba.

**Oberlin Summer Concert Series on Tappan Square**

Listen to the summer concerts on the Square at the Clark Bandstand. Bring a lawn chair for comfortable seating! Please car pool to these concerts.

**Fri., July 1: Motor City Gold**, 7:00pm.

**Fri., July 8: Cats on Holiday**, 7:00pm.

**Fri., July 15: Community Picnic with Soul Proprietors & ET King**, 5:30pm.

**Fri., July 22: Hard Days Night**, 6:00pm.

**Fri., July 29: That 80's Band**, 7:00pm.

## Sunday Movies Whittier - 7:00pm

**July 3 – Yankee Doodle Dandy (1942)** James Cagney danced and sang his way to a well-deserved Oscar for his portrayal of vaudeville composer and performer George M. Cohan in this Oscar-nominated biography.

**July 10 - Annie (2014)** A foster kid, who lives with her mean foster mom, sees her life change when a business tycoon and New York mayoral candidate (Jamie Foxx) takes her in. PG.

**July 17 - Summertime (1955)** A lonely American woman (Katherine Hepburn) on her first trip to Italy unexpectedly finds romance in Venice, when she meets a handsome antique-shop owner (Rossano Brazzi)

**July 24 - Into the Woods (2014)** This modern twist on the Brothers Grimm fairy tales intertwines the plots of a few familiar stories and explores the consequences of the characters' wishes and quests. PG.

**July 31 - The Sandlot (1993)** Coming-of-age story about a group of young boys growing up in California in 1962 who play ball in a local sandlot and have a variety of adventures. PG.

## Saturday Foreign Films July 9 - 7:15pm - AUD

**The Lunchbox (2013)** The film, set in Mumbai, revolves around a mistaken delivery by the Dabbawalas (lunchbox service) of Mumbai, which leads to a relationship between Saajan, a lonely widower close to retirement, and Ila, an unhappy housewife, as they start exchanging notes through the daily lunchbox. Hindi and English with English sub-titles. PG. *-Dwight Call; film presented by Barbara Bruer*

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



Thanks to the 52 resident artists who contributed 121 items to make this year's Kendal Creates show the largest ever! On display until August 15, the show fills all three Kendal galleries, overflowing into the corridor from the Kendal Gallery to the Green Room.

## Saturday Night Documentary July 16 - 7:15pm - AUD

**Bowling for Columbine (2002)** Michael Moore's attack on America's love affair with guns garnered him an Oscar. The film includes interviews with former NRA president Charlton Heston and shock rocker Marilyn Manson. Sometimes the film is as funny as it is sad. R. Discussion will follow. *-Donna VanRaaphorst*

## BIG BUS to Blossom Music Center Departs at 5:45pm on Saturday, July 23

Just a reminder ... If you have reserved your concert seat and bus ticket for our trip to Blossom to hear the Cleveland Orchestra, the bus will depart Heiser at 5:45pm. Jahja Ling is conducting the orchestra in Stravinsky's Four Norwegian Moods and the Symphony No. 1 of Sibelius. Jean-Yves Thibaudet will be the pianist in the Grieg Piano Concerto. Questions? Contact Randy Wagner or Anne Martin).



A stunning array of quilts is hung in the Kendal Gallery, paintings and drawings of a more abstract nature are featured in the Friends Gallery, and art work with a nature theme is displayed in the Community Gallery. Items featuring people and animals brighten the short hallway to the Green Room.

Meanwhile, there is a new exhibit in the Curio Cabinet displaying Janet Smith's "Collectibles from Around the World." Don't miss it!

## July 19 - Noon - Langston Social Services 3rd Tuesday Lunch.

Join Kim Peters and Kim Preston at the big window table.

## Share a Favorite Poem or Two Tues., July 26 at 7:15pm – AUD

Please bring a poem or two by a favorite poet to read aloud. *Eureka!* gives us a fine outlet for sharing original poetry; this evening is an occasion for sharing a few favorite poems by others.

## Kendal Therapy Dept. Discovery Series: "Pet-tastic: Ensuring Best Practices for Safely Managing Pets" Thurs., July 28 - 3:00pm - Education Center Training Room

Join Stephanie Caesar for the next installment of the Discovery Series, featuring a multi-station clinic which will address common tasks associated with pet care and the assessment of continued safety while performing these tasks. It's sure to be a howling good time!

## There's Still Time to Order an Arboretum T-Shirt!

Sales are continuing for the John Bart-ram Arboretum at Kendal at Oberlin T-shirts. You will find order sheets on a clipboard below the open mailboxes.

## Medical Orders for Life Sustaining Treatment (MOLST) Update

Have you been wondering about the progress to pass MOLST legislation in Ohio?

After years of effort, there finally is action! The Ohio Senate recently passed the measure by a vote of 30-3; the House is to vote on it after summer recess.

Medical Orders for Life Sustaining Treatment (MOLST) will replace Ohio's sometimes confusing two-tiered Do Not Resuscitate (DNR) protocol. The MOLST, also known as POLST in other states, allows greater flexibility and choice to direct end-of-life medical treatments. Stay tuned for more information in coming months telling you how to help advocate for this important legislation. Questions? Talk to Kim Preston (775-9813).

## “Go Wish” for Ice Cream

The Thoughtful Medicine Conversations Working Group invites you to play “Go Wish” with your family, friends or fellow residents this summer. “Go Wish” is a card game where you sort and then re-sort possible end-of-life choices to see what matters most to you. Do you want quiet or music? Do you want your family there with you? What matters most to you?

Each of you can play the game individually, or you can have a family member or friend try to anticipate your end-of-life wishes by seeing if they can sort the cards the way you do.

When you are done, you can photograph your selection and email it to other family members, your Health Care Power of Attorney or Kendal Social Services.

Then, each participant can take a coupon from the box in the Library to the Langston for a celebratory ice cream. The decks of cards, with the instructions, are in our library on the main desk. Offer valid through Labor Day!

## Kendal at Oberlin Blog: Q & A

Many of you are reading the Kendal at Oberlin blog, or you've been interviewed for an article by Molly Kavanaugh, who writes the large majority of them. Some topics are meant to be helpful, while others are more entertaining. And sometimes we are sharing great stories about the vibrant lifestyle that you enjoy here at Kendal. Either way, we hope you like them.

Some residents have had questions about the KatO blog. Who reads it? Why aren't the stories all about Kendal? Why are you doing this?

First, some “behind the scenes” facts:

- The admissions office publishes 8 to 10 blog articles each month.
- The stories are sent via The Kendal Connection weekly email to about 2,000 people. That includes residents of Kendal at Oberlin, prospective residents, professionals, staff and news media. They have chosen to subscribe to the email, so it is a list of interested people.
- Blogs are also shared on the KatO Facebook page ([facebook.com/KendalatOberlin](https://facebook.com/KendalatOberlin)), on LinkedIn and on Twitter.
- Even if a blog is not about Kendal, the stories always include an invitation on the page to learn more about Kendal, or to visit other pages on our website. About ¾ of the articles written do not mention Kendal at all. Instead, they offer general information that we hope people will share with friends and family members and, in the process, spread the opportunity to learn more about our community. Research tells us that people rarely share articles that seem to promote an organization or product. Instead people tend to ignore or delete stories that appear to be advertising or self-serving. We write stories that are interesting, helpful or entertaining. We also aim to have stories that will show up in online search engines for topics of general interest to older adults. This is considered “content marketing,” where the stories draw people in to our website.

And yes, the primary purpose of the Kendal at Oberlin blog is marketing to prospective residents. We welcome your ideas for stories and appreciate your willingness to be interviewed or photographed. If you read something on the blog that strikes you as worthy of sharing, please do so. You are our best ambassadors and we are so grateful for all you do to help spread the word about Kendal.

If you are not reading the blogs, visit [blog.ka.o.kendal.org](http://blog.ka.o.kendal.org) to check it out. To sign up for the Kendal Connection weekly email, send an email to [tkovach@ka.o.kendal.org](mailto:tkovach@ka.o.kendal.org), and you'll be added to the weekly email list. We do not sell our list to anyone. If you change your mind, there is always an option to “unsubscribe” at the bottom of each message. We hope you enjoy the articles!  
-Terry Kovach

## A Reminder from the Kendal Transportation Committee:

If you registered and paid for the **AAA Safe Driving Course**, join us on Monday, July 18, 10:00am-12 noon, and Wednesday, July 20, 1:00-3:00pm in the Kendal Education Center Training Room.

Registration for the July class is closed but another safe driving class will be offered in the fall. Watch for updates on the activity and for sign-up sheets.

## Vision Impaired

### Low-Vision Support Group

### “Recent Developments in Gene Therapy for Ophthalmic Conditions”

Thursday, July 14

4:00pm - Green Room

### Reading of *The Kendalight* Friday, July 1, at 11:00am in Whittier Lounge

Barbara Reeves will read the current issue of Kendal's newsletter.

All are welcome!

## More About Kendal's New Residents

### Jill and Vern Wettersten

**Jill:** I have lived most of my entire life in the Midwest. This includes several Chicago suburbs as well as the city of Chicago; Davenport and Grinnell, IA, where I attended high school and college, respectively; Madison, WI, (master's degree in history and education); and most recently, southwest Michigan (Sawyer) before we moved to Oberlin. Professionally, I was a high school teacher of history and social studies in a Chicago suburb for six and one-half years. I later became a college professor for over 25 years at North Park University in Chicago in the School of Education. We lived in Chicago near the North Park campus for over 45 years. I have a PhD in education from the University of Illinois at Chicago. As a teacher, my major academic interests centered on curriculum design; teaching and learning strategies; and teacher development at both the high school and college levels.

My husband Vern and I have enjoyed travels throughout the United States and to Mexico, Australia and several countries in Europe and Asia. We have studied in Japan and taught as exchange teachers in Sweden. We have two children: Anne, who teaches writing at the Hartford campus of the University of Connecticut and at Trinity College; and Jon, who is a project director and software developer for the global consulting firm of IDEO in its Chicago office. My personal interests include such outdoor activities as biking, hiking, and watching birds. I enjoy photography, tennis, gardening, various styles of music, and most dogs and cats. I have regularly taken part in numerous church and community activities as a



*Vern and Jill Wettersten*

volunteer. Personal concerns include environmental causes and social justice issues which can better care for our planet and for each other.

**Vern:** We lived in Chicago's North Park neighborhood where we enjoyed the cultural richness and economic diversity of the city. I was a professor of anthropology at North Park University, a liberal arts college in Chicago. My education included North Park, the University of Wisconsin, and Northwestern University (PhD, anthropology). My wife Jill and I shared an exchange teaching position in Jönköping, Sweden. Born in Chicago, my family lived in a Chicago suburb. I met Jill in Madi-

son and we have two children, Anne and Jon.

I have enjoyed seeing other cultures through overseas travel. Attending Sophia University (Tokyo) for one summer term was as fascinating as the term teaching in Sweden. In retirement, Jill and I have been able to visit most of the countries of Europe and participate in an ecological field trip to Australia.

I served in various church committees focused on the relationship of the church to our community. This interest began with my participation in a peace group with representatives from neighborhood churches, synagogues and labor unions. My interest in social justice led me to participate in civil rights activities in Chicago and Selma, AL.

I enjoy photography, including dark-room work. I began listening to classical music as a small child since my mother was an organist and we always had music in our home. I dabbled in model railroading after our son asked me to help him build a model railroad when he was in junior high. He moved on, I didn't! Reading, primarily nonfiction, has played an important role in my professional life and remains one of my favorite activities.

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*Kendal residents, staff and Kendal Early Learning Center children and staff participated in the CommUnity Walk on Friday, June 10 as Fun Fitness Week came to a close.*



*Photo: Eleanor Helper*

## **Kendal Resale Shop Talk** *Benefiting the Kendal Resident Assistance Fund & Community Charities*

It is with mixed emotions that I write my last column as chair of Kendal Resale Shop team. It has been an incredibly challenging four years that I complete as of this July 1 publication of *The Kendalight*. We have enjoyed a wonderful team of volunteers. Some of our team have completed their lives and are no longer with us. Others carry on with much dedication and creativity. All along the way we have had lots of fun working with one another, even as we have occasionally been pushed to

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### **Recent Moves**

**David Benzing and Linda Grashoff** moved from Wakeman, OH, to a Kendal Cottage in late June.

**Marilyn Burns** moved from Oberlin to a Kendal Apartment in late June.

**Peter Rozmarynowycz** moved from Oberlin to a Kendal Cottage in early June.

**Janet Stewart** moved from North Ridgeville, OH, to a Kendal Cottage in mid-May.

**Elizabeth "Betsy" Young** moved from Oberlin to a Kendal Cottage in late June.

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### **Transfers**

**Shirley Hayward** moved from a Kendal Apartment to Whittier in mid-June. Phone number remains the same.

### **IN MEMORIAM**

**JANE GARRETT**  
**JUNE 18, 2016**

our own limits. The deadline for writing this column has come with predictability, ready or not. This time, I am ready, both relieved and grateful to be turning over the reins to a very able new leader.

**Nancy Lombardi**, who moved to Kendal in late May 2015, has stepped up to the job and the team with her own style and expertise. At a recent occasion celebrating Nancy's birthday, Arlene and Larry Dunn wrote a *haiku* about Nancy:

Help Wanted: Resale  
One Female Action Figure  
Nancy fills the bill.

Nancy has been a collector of female action figure sculptures, so she clearly offers the kind of strength needed for this job. She has my support and gratitude, as well as that of the whole team. She welcomes new volunteers, so speak to her about your interest. In fact, we all welcome new folks to the team. Contact Nancy at 517-214-0025 or [nancyxvnp@gmail.com](mailto:nancyxvnp@gmail.com). Receipts for the month of May totaled \$3,427.69, with \$25 being contributed through the work of Threads. THANK YOU EVERYONE! Now, I can relax and enjoy being a regular member of the Kendal Resale Team.

*-Ruth Ann Clark, former chair of  
Kendal Resale Shop  
-Nancy Lombardi, new Chair of  
Kendal Resale Shop*

## **Kendal Artists and Writers Score Again**

Kendal's submissions to the Leading-Age Regional Arts and Writing Resident Forum, held at the Eliza Jennings Center in Garfield Heights on June 9, garnered many prizes and much praise. First place in the Special Arts category was won by Kendal's Art Studio comprised of several permanent residents in the Stephens Care Center. Their silk painting, "Kendal Crane," greeted visitors outside the exhibition hall.

Congratulations to all the prizewinners: Don Parker (1st prize, Prose Fiction, 3rd prize, Fine Art 1); Paul Schwaegerle (1st prize, Photography, 2nd prize Computer Art); Eleanor Helper (1st prize, Computer Art); Joyce Parker (1st prize, 3D or multi-dimensional art); Kathy Caldwell (3rd prize, Photography, 3rd prize, Computer Art); Jane Hanauer (2nd prize, Woven Art, Honorable Mention, Prose Non-Fiction), and Sam Goldberg, (Honorable Mention, Woodworking).

Other writers who won: Rita Haessly (2nd prize, Prose Fiction); Marjorie Porter (2nd prize, Prose Non-Fiction); Lal Arora (3rd prize, Poetry); and Anne Martin (Honorable Mention, Poetry). All the winners will compete in the statewide LeadingAge show September 7 to 9. Thanks to every participant for making Kendal at Oberlin look so good in the regional competition.  
*-Michele Tarsitano-Amato, Thelma Morris*

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## **Kendal Kryptogram #137 -by Nina Love**

**M VTAMTBT MU AFFGMUK ZTLAMEX**

**HEZLMKOE MU EOT TXT LUP PTUXMUK**

**ME. -KLZZMHFU GTMAAFZ**

**Solution to Kryptogram #136: "We've got to build better politics that's less spectacle and more a battle of ideas." -Barack Obama**

## Saturday Walks

Come discover new, interesting places to walk off the Kendal campus. These are leisurely 1- to 3-mile walks. We will gather at the Heiser Reception Desk at 9:00am each Saturday to car pool. Questions? Contact Jerry Berner.

**July 2 Schoepfle Gardens**

**July 9 Black River Reservation/  
Steel Mill Trail**

**July 16 Wellington Reservation**

**July 23 Indian Hollow Reservation**

**July 30 Oberlin Reservoir**

## Table Tennis News

This year's tournament, with 13 players, ended on June 1. In the women's bracket, Tomo Ijiri again finished first, with Sheila Eckstein gaining a close second place. On the men's side, Sidney Rosenfeld reversed last year's results by taking first place, with Terry Carlton in second. Throughout, our players contested their matches in a spirit of fairness and goodwill. That's what Kendal table tennis is about.

In week three, for a full two hours our visiting coach Doyle Harbaugh helped us by turns to improve our strokes. Afterward, we all felt Doyle had moved us a good step further in our aim to play better.

We wish him steady progress in his long healing from Guillain Barré syndrome, and look forward eagerly to his next session with us. -*Sidney Rosenfeld*

## Canoeing and Kayaking

On July 5 and 19 we'll meet in front of Heiser at 9:00am (rain day: second and fourth Tuesdays). Let us know on or before the preceding Saturday if you will join us (contact Milton Ellis). Even if you don't have a canoe or kayak, you will be welcome; we often need extra paddlers. We usually arrive at our destination by 10:00am, paddle about two hours, and relax together with a brown-bag picnic lunch.

## Social Services Insights: Advance Care Planning

In April, Kim Peters, Social Services Associate, became a Facilitator and Instructor with Respecting Choices™ Advance Care Planning. Advance Care Planning (ACP) is a focused process to learn, record and honor one's wishes for future health care needs. At Kendal, Social Services play a role in ensuring your wishes are accurately recorded and in supporting your health care agent and family when you do not have capacity to make decisions for yourself.

Part of ACP is a process whereby a person discusses with their support people health care decisions they want made, or not made, in case of an unexpected emergency or accident. Advance Care Planning includes discussions on defining life's value and what happens when that value is depleted. ACP recognizes that what makes life worth living may change over time as new realities unfold. In contrast, Advance Directives (AD) are tangible, legal documents that are part of ACP. Completing Advance Directives is a task, whereby Advance Care Planning is an ongoing conversation that changes as your outlook and needs change.

As an Advance Care Planning Facilitator, Kim Peters welcomes meeting with you and any support person to discuss and record ACP wishes. Social Services (Kim Preston and Kim Peters) are available to discuss your health care choices with you and your support persons. ACP sessions can be booked on Tuesdays and Fridays at 11:00am through the Health & Wellness Clinic at 775-9819.

### It's Time for Grobe's Again !

Grobe's Fresh Market will return to the Heiser Lounge from 10:30am-1:30pm on Friday mornings from the end of July through August.

But we need resident volunteers to be the cashiers -- two people for each shift: 10:30am-12:00pm and 12:00-1:30pm on Fridays.

To volunteer, call Janet Kelsey Werner or leave a note in her open mailbox with your name and phone number.

### RELIGIOUS SERVICES AT KENDAL

#### Episcopal Service

Saturday, July 9, 11:00am, Gathering Room, Rev. Brian Wilbert

#### First Church Sunday Service

Sunday, July 17, 4:00pm, Gathering Room

#### Roman Catholic Mass

Friday, July 15, 10:00am, Gathering Room

#### Society of Friends

Sundays, 10:30am, Education Center

### Taking a Summer Break

**Solo Diners and SPINACH (Senior Persons Interested in Nutrition And Community Health)** dining groups are going on summer hiatus. Both invite Kendal residents -- newcomers and oldtimers -- to join them in September.

### 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: Kathy Reichard, Mary Simons

Photos: Lyn Cope, Eleanor Helper

Production: Don VanDyke

Deadline for the August 2016 issue of *The Kendalight* is July 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, July 4 - Independence Day! Holiday Festive Meal in Fox and Fell Dining Room, after parade, 11:30am-1:30pm.

Evening meal will be available in Langston and Friends Corner only. Fox and Fell is closed.

### Monday, July 4 - 3:00pm Ice Cream Social in the Whittier Game Room Lounge

### Bluebird Bonanza!

**Bluebirds:** The four pairs of **Eastern Bluebirds** in Kendal's nest boxes have fledged 11 chicks from the first clutches. As of June 26, these four pairs have started second broods that are well on their way with 14 eggs and 6 chicks. This is a Kendal record! Heady stuff!

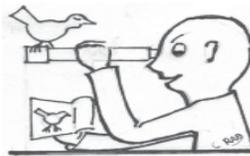
Close by, in New Russia Township Park, where 12 Bluebirds fledged from three nest boxes, there are also second broods under way with 4 eggs and 7 chicks. Actually, Bluebirds (and probably other species) seem to be doing well everywhere in the region. Some people credit the 17-year cicadas. Birds have been seen chasing them in mid-air or picking them up from the ground and feasting on them.

**Tree Swallows:** Meanwhile, Kendal's busy **American Tree Swallows** have fledged 33 chicks. American Tree Swallows in New Russia Township Park fledged 35 chicks, and there are still 10 unhatched eggs and 9 chicks in other tree swallow boxes. No wonder the swallows are everywhere soaring over lawns and ponds snapping up flying insects as they go.

-Nina Love

### Meet, Greet, Eat Returns on Monday, July 25

Sign-up sheets for the Meet, Greet and Eat dining group will be posted below the open mailboxes on Monday, July 18. Then come to the Fox and Fell around 5:30pm on July 25 wearing your name tag and enjoy a meal with new (or old) friends. Each dining table will be assigned a number and you'll draw a number to find your table. The usual dining options are also available in Langston and Fox and Fell.



5/16  
to  
6/14/16

### Nature Sightings

5/1 Wood Ducks sighted in back of #138 by the Cooks; 5/2 Brown Thrasher singing near Heiser Pond heard by Maureen Bailey; 5/3 Ruby-crowned Kinglet, Gray Catbird, Rose-breasted Grosbeak, seen by Scott Orcutt and Lee Hefner on path around Meadow Pond. Also a coot on Rock Pond. And a Baltimore Oriole seen by Marcia Deist and the Cooks; 5/4 White-breasted Nuthatch and a coot at Rock Pond – Scott O.; 5/5 Large snapping turtle at Troll Bridge, the Helms & Jane Cheek; 5/7 Rose-breasted Grosbeak and a House Wren at #95, Marcia D. And a Baltimore Oriole “eating last year's fruit on my crabapple tree at Apt 166”; 5/8 Large toad by Troll Bridge, Anne Helm; 5/9 “Goldfinches daily outside our cottage,” A. Elder. And Barn Swallows making a new nest above Carport #61, Lot 5, Larry Porter. And a “Cloudless Sulphur Butterfly on south slope of Mt. Kendal”; 5/10 Rose-breasted Grosbeak, #144, near Farmer's Pond, Carla VanDale; 5/11

### Intergenerational Gathering: July 14, 3:15pm, Langston.

Vote for Duck for President! Guest reader Donna Baznik. Enjoy Green Punch and Duck's very own trail mix. **If you are interested in taking part in an intergenerational event or being a guest reader or singer, contact Lisa Wilken for a list of events. The more the merrier!**

Warbling Vireo & Yellow Warbler singing on north shore Rock Pond, Scott O.; 5/12 Downy Woodpecker behind #64, Mary Clare Beck; 5/13 Two egrets on Heiser Pond, M. C. Beck; 5/15 Eastern Kingbird on west shore Rock Pond, and Chimney Swifts over Rock Pond, Scott O.; 5/10 to 5/15 Duck nested in front of #63 until its eggs were destroyed by an unknown intruder, M. C. Beck; 5/19 Bald Eagle soaring over campus and chimney swifts (?) nesting in a pipe coming out of the wall behind the pool, Maureen B.; 5/22 Great-crested Flycatcher at the Cooks, #138; 5/29 Leopard Frog in garden near #72, beautiful! – Jean Slonneger; 6/1 Great-crested Flycatcher at #14 (and at the woodshop on 6/6), Ken Cheek; 6/3 White Egret over Island Pond, Larry P.; and raccoon carrying two very young cubs near Parking Lot 10, Don Parker; 6/4 Hummingbird visited our feeder, #26, Paytons; 6/5 Hummingbird visited our feeder, #9, Pugsleys; 6/12 Three Spotted Sandpipers at Rt 58 (almost dry) waterway, Scott O.; 6/13 Wood Thrush singing in woods near Parking Lots 14 & 15 and a Great-crested Flycatcher calling in same area, Maureen B.; 6/14 Widow Skimmer (a dragonfly) at #220, Scott O.; 6/15 Rose-breasted Grosbeak in the pool lot, Ken C.

I apologize for missing a month or so of Sightings. **Would, perhaps, someone wish to take over the job of putting together these things?**

-Betty Weinstock, 774-4781

SUN	MON	TUE	WED	THU	FRI	SAT
<h1>JULY 2016</h1>					<b>1</b> Reading of <i>Kendalight</i> 11:00am WHT Courtyard Garden Concert 4:00pm  Baroque Per- formance Institute 8:00pm WCH *	<b>2</b> Walk in the Park 9:00am Heiser
GaRm = Gathering Rm HL = Heiser Lounge CCR = Crossroads Conf. Rm WCH = Warner Concert Hall		WHT = Whittier Lounge Bold Face = at Kendal * = Kendal Bus tx = Tickets needed		Wed. Morning Conversation Group meets every Wed. 10:00-11:00am WHT		
<b>3</b> Quaker Worship 10:30am Ed Ctr  English Country Dancing every Sunday, 7:15pm AUD  Film: Yankee Doodle Dandy 7:00pm WHT	<b>4</b> July Fourth Independence Day Parade - Heiser Circle 10:00am; program in AUD 10:30am. Festive meal 11:30am-1:30pm Ice Cream Social 3:00pm WHT Game Lounge  Group Singing 4:00pm GaRm Bridge 7:00pm CCR	<b>5</b>	<b>6</b>	<b>7</b>   No Health Lecture	<b>8</b>   Courtyard Garden Concert 4:00pm	<b>9</b> Walk in the Park 9:00am Heiser  No First Church United Fellowship  Episcopal Serv. 11:00am GaRm  Film: The Lunchbox 7:15pm AUD
<b>10</b> Quaker Worship 10:30am Ed Ctr  Film: Annie 7:00pm WHT	<b>11</b>  Suggestions & Concerns 2:00pm CCR  Bridge 7:00pm CCR	<b>12</b>	<b>13</b> LUNCH BUNCH: Nine Bistro, * LaGrange 11:30am-2:00pm  Oberlin Summer Theater Festival: Macbeth * 2:00pm Hall -Free!  Song Swap with Judy Cook 7:15pm AUD	<b>14</b> Coffee Hour with Barbara Thomas 9:30am Langston  Vote for Duck! with Donna Baznik Langston 3:15pm  Low Vision Group 4:00pm Green Rm.  No Solo Diners	<b>15</b> Catholic Mass 10:00am GaRm  Courtyard Garden Concert 4:00pm  Credo Faculty Concert * 8:00pm Kulas (tx at door)	<b>16</b> Walk in the Park 9:00am Heiser  Film: Bowling for Columbine 7:15pm AUD
<b>17</b> Quaker Worship 10:30am Ed Ctr First Church Service 4:00pm GaRM  Film: Summer-time 7:00pm WHT	<b>18</b> Monday Night Movie at * Apollo (tx) - sign up for Kendal bus  Bridge 7:00pm CCR	<b>19</b> Talking with the Kims Noon - Langston  Sphinx Academy String Quartet * 7:00pm Kulas	<b>20</b>  No UU Gathering  Cooper Intl. Piano Competition * Recital Finals 7:00pm WCH	<b>21</b> KORA Council 10:00am AUD Health Services Forum 4:00pm AUD  Cooper Intl. Piano Competition * Honors Recital 7:00pm WCH	<b>22</b> Oberlin Summer Theater Festival: Inherit the Wind * 2:00pm Hall -Free!  Courtyard Garden Concert 4:00pm	<b>23</b> Walk in the Park 9:00am Heiser  Big Bus to Blossom leaves 5:45pm, returns about 11:30pm
<b>24</b> Quaker Worship 10:30am Ed Ctr  Film: Into the Woods 7:00pm WHT	<b>25</b> Meet, Greet, Eat 5:30pm Fox & Fell Sign up!  Bridge 7:00pm CCR	<b>26</b> Aft. Exchange Barbara Thomas 4:00pm AUD  Credo Guest * Recital: Ariana String Quartet (tx) 7:00pm Kulas  Share Favorite Poems 7:15pm AUD	<b>27</b>   Song Swap with Judy Cook 7:15pm AUD	<b>28</b> Therapy Dept.: Pet-tastic 3:00pm Education Center  Credo String Ensemble 4:00pm AUD  Cooper Piano * Festival Recital 7:00pm WCH	<b>29</b>   Courtyard Garden Concert 4:00pm	<b>30</b> Walk in the Park 9:00am Heiser
<b>31</b> Quaker Worship 10:30am Ed Ctr  Oberlin Summer Theater Festival: Anne of Green Gables 2:00pm Hall -Free! *  Film: The Sandlot 7:00pm WHT						