

# The Kendalight

Kendal at Oberlin Residents Association

June 2014

Volume XXI, Number 6

## Independence Day July 4, 2014



Please hold July 4 for the Kendal Community celebration of the birth of our country: parade the circle, enjoy the patriotic program in Heiser, feast at the Fox & Fell, splurge on an ice cream sundae, take part in the other activities of the day! Come dressed for the occasion and join the parade with your pet or vehicle or on foot. Everyone is welcome and encouraged to participate.

*-Anne and Jim Helm, volunteered coordinators*

## Fun Fitness Week's Here! Join the Fun - June 9-13

We encourage our residents and staff to participate in at least one of the week's events (more if possible) during this fun-filled week. If you've done it in previous years, you know that it's fun. If you haven't, now is your chance to give it a try. You'll be glad that you did.

For our newer residents and staff, some basic information. What counts is your **participation, not performance**. If you take part in at least one event, you will be rewarded with a no-charge healthy lunch in the Fox and Fell on June 13. There will be 22 events over this five-day period. Seven of the events can be completed over four days (e.g., Observation Walk, Miniature Golf, Brain Teasers). The other 15 will be at specific times designated on a calendar, which will be displayed and available at the bulletin boards outside the Kendal Early Learning Center. Events include: bowling, dog/owner recognition, pool fun, Wii fit fun, basketball(sitting and/or standing), robot table tennis, walking relay race, shot put, bean bag toss, fun obstacle

course, tennis court fun, four square, and as a finale, the Community Walk. Last year 77 participated in the walk including 14 from the Kendal Early Learning Center.

We hope all of our staff and residents will give this a try. Questions? Contact Jill Connone or Jerry Berner

## June Silent Auction Has Been Postponed

The Staff Special Events Committee has decided to move our annual Silent Auction, usually held in conjunction with the CommUnity Picnic, from the very busy month of June to a Fall date. Watch for more details!

**COFFEE WITH  
BARBARA THOMAS  
TUESDAY, JUNE 10  
9:30AM - LANGSTON**

**AFTERNOON EXCHANGE  
MONDAY, JUNE 23  
4:00PM - AUDITORIUM  
BARBARA THOMAS**

## It's Time for our Annual CommUnity Picnic on Wednesday, June 18

Remember the picnics you attended when you were a child? Well, the theme of this year's **Annual CommUnity Picnic** is "Childhood Memories," and the Staff Special Events Committee is looking forward to a great time of bringing back some of those fun-filled picnic memories along with the usual delicious picnic buffet made by our fantastic Dining Services Staff! Traditionally we line up picnic buffet tables right outside the Heiser entrance. You can ask for this to count as a meal under your meal program or simply pay the cashier for your lunch at the start of the line outside the Heiser doors. This picnic is a chance for staff members, board members, residents and community friends to have a wonderful time of fellowship as they eat under the tents on the lawn area west of the Heiser entrance. In case of rain, tables will be set up in the Auditorium and the food will be served there for all. Stephens Care Center residents visit the buffet line first at 11:15am with everyone following at 11:30am through 1:15pm. If you would like to volunteer to help SCC residents carry their meal selections through the buffet line to their picnic tables, please contact Michele Tarsitano-Amato at 775-9890.

We hope everyone joins us for this wonderful community event. Summer is always a great time to be at Kendal!

*-Toni Merleno for the Staff  
Special Events Committee*



## KNOW YOUR KORA COUNCIL

Thanks to all who have contributed to the Kendal Employee Vacation Fund. If you've let it slip, the deadline for contributions is June 2, for distribution at the end of this week. Checks, made out to "Kendal at Oberlin" and noted "employee vacation fund," should be put in the box on the receptionist's desk. Thanks again! Next, if you've not yet updated your financial information for Kendal CFO Ann O'Malley, doing so in the next few days will help make KatO future planning more accurate. If you need help, please call Ann, who'll be glad to help you finish. Thanks to all whose information is up to date. Independent Living residents will be invited to participate in a Resident Satisfaction Survey during June. This biennial survey is conducted and scored by Holleran, a company that specializes in research services for senior living organizations, especially non-profit Continuing Care Retirement Communities such as Kendal. Completing the survey is the best chance we have, as individual residents, to review and react to the services provided by Kendal. Having the survey done by an outside group assures anonymity to residents; individual responses are not identified to the administration. But the summary of all our responses is a strong evaluation tool. Because Holleran uses the same basic survey for hundreds of retirement homes, it can easily see how Kendal at Oberlin, or the Kendal system, compares with others in satisfying its residents. Using a standardized questionnaire has a couple of downsides. Nearly all questions are about services offered by most homes, and are framed for ranking on a scale from 1 to 5, which is useful, but not always infor-

mative. If you want to comment about something you think is special about Kendal's services, you must take the initiative to write in a comment. Narrative comments will be captured and collated, so I urge you to comment freely. An even larger gap, from my perspective, is that the survey is designed to cover services offered by institutions. It includes only one cursory question about our residents association, and no reference to interaction among residents, which is one of the most important aspects of our life at KatO. These gaps in coverage are partially addressed by a brief section of questions specific to KatO, including some suggested by members of KORA Council. I urge you to give special attention to this section, and even to think ahead before seeing the survey: "What question(s) about our life together at KatO would I most like to answer?" or "What aspect of life at Kendal do I feel best about?" or "What would I like to see changed?" Responses via computer are requested. If that's a problem, resident volunteers will be able to help with computer entry, or to transcribe written responses, while preserving anonymity. Maybe we can top last time's 96% response rate! -Don Reeves, KORA President

## May 2014 Kendal at Oberlin Board Notes

- At the May 2014 meeting, John Diffey, CEO and President of The Kendal Corporation, contributed to the shared review of the outcomes on the review of the Kendal System Agreement that took place over a series of four meetings, starting last summer. While the outcomes were summarized in an extensive set of written materials, much of the meeting was spent with John sharing the history of the Kendal affiliates coming into being and their shared Core Values and Practices. Ultimately, the Board reached consensus on the System Review recommendations with some suggestions on the bylaw regarding the use of voting under

select circumstances. While the board reached consensus on the recommendations, they do intend to have further discussion on some of the content.

- The Board approved a new Entry Fee pricing increase of 10%, effective July 1 for the Silver Contract with the plan to increase it another 10% in January 2015. The pricing recommendations resulted from an updated actuarial report. The Silver Contract generally works with a long-term care insurance plan and has a limited level of health care days covered by Kendal before per diem rates are billed.
- The 2013 Audit was accepted by the Board. It was a clean audit opinion, also expressed as an Unmodified Opinion by CliftonLarsonAllen. This highest level of opinion used to be referred to as an unqualified opinion. On the internal control, no material weaknesses or significant deficiencies were noted. CliftonLarsonAllen reported "*Staff is excellent, cooperative and forthcoming*" in the audit process.
- The Board continues discussion on the governance structure that will best serve our organization and has been involving other board representatives from Kendal Northern Ohio, Kendal at Home and Senior Independence. There will be a dedicated meeting at the end of May to look at various models that might be more suitable.
- Marketing reported that nine of the first 10 remodeled cottages are now under contract and five of the next 15 are committed. There are 4,000 people registered for Commencement Weekend and a team of residents and staff will be welcoming many alumni back to Oberlin and a visit to Kendal. Several reunion dinners are being held over Memorial weekend at Kendal.
- The board was also brought up to date on the Master Plan implementation and the start of heavier construction with the community spaces and carports now getting underway with Krill Construction.

-Barbara Thomas

# PROGRAMS

## LECTURES

### **First Thursday Health Lecture “Women’s Health Care” June 5 - 7:15pm - AUD**

In practice for more than 20 years, Dr. Regina Hill attended the University of Akron prior to receiving her medical degree from Northeastern Ohio Universities College of Medicine. Her residency in Obstetrics and Gynecology was completed at the University of Cincinnati Medical Center, after which she began her clinical practice in the West-lake area.

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**NOTE: There will be no Third Thursday Lecture on June 19**

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### **2014 Chalk Walk Sat., June 21, 10:00am-4:00pm (Rain Date - Sunday, June 22)**

It’s time for the ninth annual Chalk Walk on the sidewalks of downtown Oberlin. Twenty-seven Kendal volunteers are staffing the booths that assign space and provide materials (free of charge). There are master artists, local artists including the Oberlin High School Art Club, and many children and adults exercising their creative talents. The main sponsors are Allen Memorial Art Museum, Firelands Association for the Visual Arts (FAVA), Oberlin Business Partnership, Oberlin Heritage Center and Oberlin Public Library.

### **Tappan Square Band Concerts at Clark Bandstand**

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#### **Family Concert in the Park Saturday, June 21, 6:00-8:00pm**

Following a day of fun at Chalk Walk, listen to Kevin Jones and The Scrooges, a hometown band playing rock and roll.

## TRIPS

### **Lunch Bunch: Rose Café and Garden at Lakeview Park Wednesday, June 11**

If we are lucky, the historic Rose Garden at Lorain County Metro Parks’ Lakeview Park will be in bloom. If not, we’ll enjoy our lunch and admire the Lake Erie view.

Van leaves Heiser at 11:30am, returning about 2:30pm. Van charge: \$8.00. Place check to KORA for \$8.00 in Box #89 by Monday, June 9. **Lunch at your expense.** Sign-up sheet posted Monday, June 2.

### **Play Readers: “Good People” Sat., June 7 -7:15pm - AUD**

This contemporary play by David Lindsay-Abaire is about a single mother from a blue-collar Irish neighborhood. She has just been fired from her job. Her bingo-playing friends urge her to try to gain employment by confronting a former high school classmate who is now a successful physician. A clash of these two social cultures produces many verbal fireworks. *The New York Post* review called the play “poignant, brave and almost subversive in its focus on what it really means to be down on your luck.” —*Jerry Berner*

**NOTE: All are invited to the 2:30pm rehearsal on Friday, June 6. For the Saturday performance, please be seated before 7:15pm. No one will be admitted after that until first scene break. Thanks.**

#### **Oberlin Summer Concerts Friday, June 27, 7:00 p.m.**

The First Friday Night concert of the year features “Jersey,” a Bruce Springsteen Tribute Band.

## **Listen to Concerts in the Courtyard Garden**

Come enjoy the lovely Courtyard Garden and listen to music before dinner during the summer months. In June at 4:00pm on Fridays, you’ll hear:

- June 6:** The Singing Seniors choir  
**June 13:** Helen Taylor, piano and singalong  
**June 20:** Jerry Simmer, keyboard and vocal  
**June 27:** Helen Taylor, piano and singalong

## **A Quilt Summer for Oberlin**

Twenty-two Kendal residents are volunteering in the gallery at the Firelands Association for the Visual Arts (FAVA) for the 16th biennial Artist as Quilt-maker exhibit. In this juried show, Juror Tina Cassara from the Cleveland Institute of Art selected the 41 quilts on exhibit from over 400 entries from the United States and Canada. During a “quilt bombing” on May 9, the large oak tree in FAVA’s front yard was wrapped in quilts, and quilts were placed in other outdoor areas. Ten other venues in the area to visit are listed in the QuiltConnection flyer. Kendal resident Ricky Clark who died February 21 is memorialized in the catalog and the Founder’s Award has been established in her memory. Ricky coordinated the first exhibit in 1983 and was the author of many books about quilts. Kendal residents Dorothy and Joe Luciano sponsor the architecture award. The exhibit runs through July 27. FAVA hours are 11:00am-5:00pm, Tuesday through Saturday and 1:00-3:00pm on Sundays.

**Saturday, June 14  
Juneteenth Parade  
and Festival  
Tappan Square  
10:00am to 5:00pm**



## Sunday Movies Whittier - 7:00pm

**June 1- Casablanca (1942)** - In war-torn Casablanca, jaded nightclub owner Rick (Humphrey Bogart) finds his loyalties put to the test when old flame Ilsa (Ingrid Bergman) reappears to seek his help in escaping the Nazis.

**June 8 – The Guilt Trip (2012)** - When Andy (Seth Rogen) invites his mother (Barbara Streisand) on an 8-day, 3,000-mile trip across the country, he finds that the farther they go, the closer they get to one another. PG-13.

**June 15 – The Molly Maguires (1970)** - A secret society of Irish-American militant coal miners, the Molly Maguires battled their exploitation by mine owners with violence, intimidation, and sometimes murder.

**June 22- Paris When It Sizzles (1964)** - As screen writer (William Holden) dictates last-minute script to typist (Audrey Hepburn), various plotlines play out in his mind with the two of them as the lead characters.

**June 29 - Heidi (1937)** - When little Heidi (Shirley Temple) is abducted to be a companion to the invalid daughter of a wealthy man, her grouchy grandfather searches for her.

### Saturday Foreign Film June 14 - 7:15pm - AUD

**Mrs. Palfrey at the Claremont (2005)** - English comedy-drama stars Joan Plowright as Mrs Palfrey, a 70-something widow arrived from Scotland to a London residential hotel for her retirement, expecting her grandson's visit. But neither is the residence splendid nor her grandson a visitor. By chance she meets Ludovic (Rupert Friend) who becomes her "pretend" grandson. This endearing, delightful story celebrates friendship and dignity in aging. It will make you laugh!

-Peggy Gordon



## Art Gallery News

**"Kendal Creates,"** our biennial exhibition of art, photography, ceramics, woodwork, and textiles created by residents at Kendal, is now on display until August 19 in the Kendal Gallery, Friends Gallery and the display case outside the Kendal Admissions Office.

### Film: Chasing Ice Tues., June 24 - 7:15pm - AUD

Within months of his first trip to Iceland, James Balog conceived a bold expedition: The Extreme Ice Survey. With a band of young adventurers in tow, he began deploying revolutionary time-lapse cameras across the brutal Arctic to capture a multi-year record of the world's changing glaciers.

His hauntingly beautiful videos compress years into seconds and capture ancient mountains of ice in motion as they disappear at a breathtaking rate. "Chasing Ice" depicts a photographer trying to deliver evidence and hope to our carbon-powered planet. -Dina Schoonmaker,

*Environmental Concerns Committee*

### Saturday Night Movie June 21 - 7:15 pm - AUD

**Watch on the Rhine (1943)** - Film adaptation, by Dashiell Hammett of Lillian Hellman's 1941 play, stars Paul Lukas and Bette Davis, who wanted the role because she believed in its importance. The film centers on the German underground leader Kurt Muller who arrives in Washington, DC, with his family only to find out that the tentacles of Nazi terror have a long reach. Awarded the New York Film Critics 1943 Best picture prize. -Donna Van Raaphorst

Call June Swartwout to get a copy of "An Open Letter from God" that was read at Kathryn Farnsworth's service.

The curio cabinet contains pottery created by Joyce Parker and her students. We thank all of the many creative contributors to this special exhibition.

On Friday, June 13, the Art Committee is planning a sale of art work and textiles that either do not display well or cannot be displayed at Kendal due to regulations. In addition, a fairly large collection of picture frames will also be available. Come early for the best selection. -The Art Committee

### OHC: "Repealing the Fugitive Slave Law"

#### Tues., June 3 - 7:15pm - AUD

In observance of the 150th anniversary of the repeal of the notorious Fugitive Slave Act of 1850, Oberlin Heritage Center docent and blogger Ron Gorman looks at the fervent crusade by Ohio Republicans to overturn the law. Galvanized by the Oberlin-Wellington Rescue of 1858, impassioned locals initially were at odds with Illinois Republican Abraham Lincoln. Gorman focuses on local political leader James Monroe, an Ohio state legislator, whose radical and controversial "personal liberty law" was accused by critics of stirring up an armed confrontation between the federal government and local law enforcement. The ensuing battle between Ohio Republicans and Democrats played out in the streets of Oberlin.

**Free and open to the public.**

### Going to Prison to See Shakespeare?

If you received your pre-arranged entry pass to attend "The Tempest" on June 6, 7 or 8 at 6:00pm at the Grafton Correctional Institution, remember that you must arrive at the prison at 5:00pm to check in. The program will begin at 6:00pm and end by 8:00pm. Car pooling must be arranged by residents. Oberlin Drama at Grafton, the inmate acting troupe, is directed by Phyllis Gorfain, retired Oberlin College English professor.

## “Resident Medical Resource”

In January, a dozen residents made available to the community a medical resource that allows one to find other residents who have volunteered to talk to individuals about a specific medical condition. In response to a questionnaire, 88 residents agreed to share their knowledge of and/or their experience with one or more medical conditions. This information is now provided in “Resident Medical Resource.” An orange-colored booklet with a black spiral binding, it is found on top of the middle section of the reference shelves close to the librarians’ desk. It contains ten pages of specific medical conditions. After each condition are listed the names of residents who are knowledgeable and willing to talk about it. The medical conditions are listed under 24 such general areas of medicine as alternative medicine, cardiovascular, dermatology, and so on. For example, let’s say that your caregiver informs you that you need cataract removal and gives you the names of several surgeons who have been used by other Kendal residents. Turn to “Ophthalmology” on p. 6 in the orange booklet and under that medical category is listed “cataract removal” with the names of five residents with whom you can talk about the procedure and the subsequent recovery. Or look up “sleep apnea” under “Sleep Disorders” and find “unlisted resident(s)” next to that medical condition, indicating that one or more residents chose to remain anonymous. On every page you will see the sentence “to connect with unlisted residents call Barbara Reeves, Pat Talbot, or May Zitani.” Call one of them and they will ask an unlisted resident to call you and arrange to talk. Each page of the booklet contains the statement “nothing associated with the ‘Resident Medical Resource’ or the informal health conversations that it might engender is intended nor should be construed as professional medical advice.”

“Resident Medical Resource” is updated on a regular basis. If you wish to provide information to other residents, please complete the form in the back of the booklet and place it in the “Resident Medical Sharing” mailbox near the upper right hand corner of the open mailboxes.

*-Don Hultquist, for the Resident Medical Resource Committee*

## Book Discussion of “Twelve Steps to a Compassionate Life” Planned for September

The Community Peace Builders will sponsor a series of discussions of “Twelve Steps to a Compassionate Life,” by Karen Armstrong. The book provides a very readable and engaging series of responses to the *why* and *how* questions people raise when introduced to Armstrong’s appeal for global adoption of The Charter for Compassion (see [www.charterforcompassion.org](http://www.charterforcompassion.org)).

The actual discussions will begin at Kendal in September, probably at 4:00pm on Mondays.

It is recommended that those who are interested in the weekly discussions read the book between now and September. This will allow for more informed discussion of the individual chapters. Advanced reading of the entire book will not be assumed -- and certainly not required -- as a prerequisite for participation in the discussions.

The Elyria City Council recently signed The Charter for Compassion, thus joining the global network of Charter for Compassion cities. Residents of Elyria and surrounding communities have been gathering in small groups for conversations centered on the Armstrong book. They report being impressed and energized as they examine their communities in light of the book, the group conversations, and the action of the Council.

For more information contact Carla or Bob VanDale.

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## Next meeting of the Thoughtful Medicine Committee is June 26 at 10:00am in the Green Room.

On the agenda is clarification of the documents that best fit each successive stage in planning to live well as we go along. **All are welcome.**

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## Genealogy-History Interest

### “Unplanned Adventure: A Fight for Survival in a Tropical Rain Forest”

**Tues., June 17 - 7:15pm - AUD**

Resident Jim Marshall will recount his father’s dilemma when a routine flight crashed in the mountains of Colombia, South America, in 1934. All meetings of the Group are open to those interested in family history and community history. Contact the Hultquists (Box #124) to suggest possible future programs -- short or long.

## Craft Room News

The new model-making table in the Craft Room is ready for use! Storage bins for your supplies can be rolled out from under the table when you need them, then rolled under again when you are finished working, thus keeping the table clear for others to use. Come see the improvements to this workspace. *-Eileen Dettman for the Craft Room Committee*

## Vision Impaired

**Low-Vision Support Group  
“Summary of Research and Development”  
Thursday, June 12  
4:00pm - Green Room**

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

NOTE TIME! Alverta Schneider will read the current issue of Kendal’s newsletter. All are welcome!

## Welcome Kendal's New Residents

### Gayle Sherry



I was born in Canton, OH, and grew up in Hartville where I went to high school. I graduated from Kent State University with a bachelor's degree in education with a major in math. After teaching high school math for five years, I received an associate's degree in computer science from The University of Akron and began work as a computer programmer at Ohio Edison Co. (now FirstEnergy) in Akron. I received an MBA from Akron U and subsequently became a manager in human resources at Ohio Edison. I retired from FirstEnergy in 2000. In 1978, I began a fitness program that has continued in some form to the present time. I started by running/

walking two miles and soon I was running the entire distance. I gradually increased the distance and five years later I ran the Cleveland Marathon. A year after I started running, I started bicycling. As a member of the Akron Bicycle Club, I participated in many club rides including many "centuries," which is bicycle-speak for a 100-mile ride. In fact, my first visit to Oberlin was on a 100-mile ride roundtrip from Akron to Oberlin. My vacations usually involved cycling, including week-long tours in Vermont, Michigan and Wisconsin, a tour of the Natchez Trace Parkway, and a tour of the Mississippi River Valley from St. Louis to Memphis in 1993 -- the year of the great flood. Both my running and cycling programs continued until I was in my late 50's when both activities were replaced by walking. In addition to walking for exercise, my other interests include reading (usually history and mysteries), quilting, sewing, crocheting and making jewelry. I look forward to continuing these activities, as well as finding new ones, while I am at Kendal at Oberlin.

### Recent Move-Ins

**Nelson and Enid Cleary** moved from Wilmette, IL, to a Kendal Cottage in mid-May.

**Jean Slonneger** moved from Peoria, IL, to a Kendal Cottage in mid-May.

**Ann Slosser** moved from Minneapolis to a Kendal Apartment in early May.

### Recent Transfers

**Eunice Schaeffer** moved from a Cottage to Whittier in early May. Phone number remains the same

### Upcoming Moves

**John Leinenweber** will move from New Haven, CT, to a Kendal Cottage in mid-June.

**Janet Smith** will move from Perrysburg, OH, to a Kendal Cottage at the end of June.

### Play: "Buried Treasure" Fri., June 27 - 7:15pm - AUD

This lively comedy by Don Parker will be played by four readers from the Writers Ink group.

**NOTE: Dress rehearsal on Thursday, June 26 at 7:00pm in Heiser Auditorium will be open for those unable to attend on Friday.**

## Recycling Reminders

The following information was obtained from Dan Schoewe, Operations Manager, Republic Services:

- Plastic caps are acceptable (or may be discarded). To save space, try to compress air out of the bottle and securely tighten the lid back on. At the plastic mills the two plastics are ground and then separated.
  - Glass: Recycle ONLY food and beverage containers. NOT RECYCLABLE are ceramic dishes, china plates or cups, mirrors, laboratory glassware, light bulbs, Pyrex, porcelain and window glass.
  - Rinse out all aluminum, glass and plastic containers.
  - You don't need to remove labels from bottles and cans.
  - You don't need to remove staples or other metal fasteners from paper and cardboard.
  - Do not recycle shredded paper. It's too small for recycling sorting machines.
  - Plastic bags are NOT recyclable. Place them in the barrel in Trash Rooms #3 or #8 or return them to your grocery store.
  - Batteries should be placed in the TRASH containers.
- Questions? Contact Jerry Berner.

## IN MEMORIAM

**MILTON "MILT" GARRETT**  
MAY 6, 2014

**MARY AUGUSTINE**  
MAY 13, 2014

**ESTHER HUNT**  
MAY 15, 2014

**JERRY MURPHY**  
MAY 21, 2014

## RAFF ShopTalk Reasonably Assessed Finery & Furnishings

The new location of the RAFF Shop is in the upstairs of Heiser apartments, #257. Many of you have visited this new location (Thank you!) and are pleased with its appearance. To this, we owe many, many thanks to the shop wizardry of Barbara Burkhard and the work of key volunteers: Mary Simons, Carla VanDale, Marilyn Myerson, Diantha Paré and Marcia Deist. These RAFF volunteers stepped up to the plate when we learned we had to move our shop before the new dedicated space was ready. I could not ask for a better team, although with illnesses and vacations, we could use a few more folks helping out this summer. I would be remiss not to mention also the hard work of our Facility Services staff. They are terrific in every way! We could not do what we do without them. As the reconstruction process gets underway this summer, especially regarding cottages, RAFF gets called on for processing these units. Again we need the help of Facility Services to get everything done. **THANK YOU!** RAFF will hold a special cottage sale in #58 (Parking Lot 5) starting Friday, June 6 for a week or two. Check later announcements for more detailed information. We will have furniture for living spaces, office spaces, porch and kitchen spaces. There will be special finds for those who come to shop. RAFF receipts were \$2,961.25 in April, including \$81 donated for work done by the Threads Sewing Group. Many thanks to all our shoppers and contributors.

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

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

## Banner Crop of Kendal Arts and Writing Winners

Kendal residents won many prizes in the regional LEADING/AGE Arts and Writing Resident Forum at St. Augustine Manor in Cleveland on May 22. The 1st, 2nd and 3rd prize winners will continue on to the state-wide competition held on August 27-28. Watch for the announcement of a bus to Columbus on one of those days.

**Poetry:** 1st, "Antoinette and the Gunman," by Al Carroll; 3rd, "Johnny," by Larry Porter. **Prose, Fiction:** 1st, "Willow Way," by Rita Haessly; 2nd, "Holga," by Meg Gold. **Prose, Non-Fiction:** 1st, "Shared Silence," by Anne Martin; Honorable Mention, "Marian and Me," by Jane Hannauer.

**Fine Art 1:** 2nd, "Lake Study #1, Homage to ADB," by John Elder.

**Fine Art 3D - Any media:** 3rd, "My Nighttime Journey," by Joyce Parker.

**Woven and Needle Arts:** Honorable Mention, "Untitled," by Eileen Dettman. **Photography:** 2nd, "Abstract in Black and White," by Eleanor Helper.

**Computer Art:** 2nd, "Alone With the Birds," by Paul Schwaegerle; Honorable Mention, "Curvy Flower," by Eleanor Helper.

Congratulations to all the entrants and winners.

*-Michele Tarsitano-Amato, Creative Arts  
Therapy Director, and Thelma Morris*

## Conversations with Community

### "The State of Affirmative Action in Higher Education" Marvin Krislov, President, Oberlin College

**Tues., June 3 -4:30pm - AUD**

While serving as Vice President and General Counsel of the University of Michigan, Marvin Krislov led the university's defense of its admissions policies, resulting in the 2003 Supreme Court decision recognizing the importance of student body diversity. His topic is timely in light of the recent Supreme Court decision upholding the Michigan constitutional amendment banning affirmative action in admission to the state's public universities.

*-Sponsored by Community Peace Builders*

### It's Bike Riding Time Again

Joe from SWERVE bike shop has volunteered his services once again to tune-up and do minor repairs on our bikes-trikes-recumbents, etc. He will be on the Kendal campus on Thursday, June 19, from 10:30am to 12:30pm in Parking Lots 9 and 10. If repair and maintenance can't be done during the above servicing times, the bike shop will pick up (and return) a bicycle for free.

We are lucky to have such obliging shop owners as those at SWERVE and we should support them whenever we can. *-Dina Schoonmaker,*

*Environmental Concerns Committee.*

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## Kendal Kryptogram #112      -by Nina Love

**JWTWES EBZ RWUWTHGY POW ABZ.**

**FXP JWTWES YPWZWR KY CHEW**

**DXKWPTS JOWZWR.      -HQRWV VBYO**

**Solution to Kendal Kryptogram #111: "Be careful reading health books. You may die of a misprint." -Mark Twain**

## Table Tennis Celebration

Mark your calendar now for a table tennis dazzler on Sunday, 8 June at 3:00 p.m. (AUD)! Keith Pech and Jennifer Mast, two of Ohio's best, will show their eye-popping skills in a one-hour stroke demonstration and exhibition match. We know Keith as our visiting coach and from several sparkling Kendal displays. At 22, he's Ohio's number two player and headed to the July US Open. Jennifer will be the first female player to perform at Kendal. Competing mainly against men, at 23 she ranks as Ohio's top-rated woman player (and number one among her six table tennis-playing siblings plus father/coach Ivan). This will be a one-of-a-kind, fun-packed event. Bring the kids and grandkids, too! You will never say "ping pong" again!

-*Sidney Rosenfeld*

## Bocce Tournament Begins

The 12th Annual Bocce Tournament will begin Monday, June 16. Sign up with a partner by Saturday, June 14 on the sheet by the bulletin board. NO EXPERIENCE NECESSARY! All Kendal residents are invited to play the "world's oldest sport." There are two bocce sets available for your use (stored by the exit door near the William Penn Room). Take them out for a trial spin on any outside lawn. Questions? Ask Pam or Ben Lenz.

## Umbrellas for Rainy Days

Residents need not worry about getting wet during our summer downpours. Ruth Bent has donated two umbrellas for residents and visitors to borrow when caught at Heiser without an umbrella during a rainstorm. Residents are asked to return the umbrellas to Heiser foyer in a timely fashion before they get "lost" in a closet or in the trunk of a car. The umbrellas replace the ones "borrowed" and never returned to the foyer in Heiser. -*Harol Pesuit, House Committee*

## Saturday Park Walks

Join us for a weekly walk off the Kendal campus and discover new, interesting places in Lorain County. The walks are 1-3 miles at a leisurely pace. We gather at the Heiser Reception Desk to car pool, leaving at 9:00am. Questions? Contact Jerry Berner.

**June 7** - New Russia Park and Cemetery.

**June 14** - Lorain Pier.

**June 21** - French Creek Visitors Center.

**June 28** - Indian Hollow Windfall Trail.

## Did You Know?

Did you know that our KatO Dining Services can become a grocery store of sorts? Pick up a Grocery List at the Langston cash register and read all about it. Many items can be ordered in these categories: Dairy, Bakery, Cereals, Beverages, Refrigerated Items, Produce, Pantry Items. And we all know that some prepared foods from the previous day are available for sale. This service is open for grocery sales during normal service hours. After filling out your order (and date needed), the items will be available for you. You can either pay in cash or put the amount on your account. Thank you, Dining Services, for providing this convenient service!! -*Janet Kelsey Werner, Chair, Food Committee*

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## RELIGIOUS SERVICES AT KENDAL

### Episcopal Service

Holy Communion  
Saturday, June 14, 11:00am,  
Gathering Room, Rev. Nancy Roth

### First Church Service

Sunday, June 15, 4:00pm,  
Gathering Room

### Roman Catholic Mass

Friday, June 20, 10:00am, Crossroads

### Society of Friends

Sundays, 10:30am, Whittier Lounge

## Bridge Results

**MONDAYS April 28:** 1st, Nancy Beauchamp; 2nd, Betty DeWitt.

**May 5:** 1st, Eileen Dettman; 2nd, Helen Randel.

**May 12:** 1st, Bill Schreiner; 2nd, Carol Ganzel, 3rd, Alverta Schneider.

**May 19:** 1st, Cathy Fauver; 2nd, Carol Ganzel.

**WEDNESDAYS May 7:** 1st, Helen Randel and Irv Lewis; 2nd, Ed Schwaegerle and Pete Andrews; 3rd, Russ and Connie Bimber.

**May 21:** 1st, Helen and Bob Randel; 2nd, Russ and Connie Bimber; 3rd, Joe and Sue Palmieri; 4th, Cate and Paul Schwaegerle.

## UU Kendal Gathering

**Wed., June 18 - 4:15 pm - AUD**  
**"What Does Sustainability Mean to a Native of Oberlin?"**

Sharon Pearson, Program Coordinator for The Oberlin Project, tells how this job has helped her form a commitment to the community as a member of Oberlin City Council where she is involved in Transportation, Community Benefit Agreements, and Health and Wellness. **All are welcome.**

## The Kendalight

Monthly newsletter of the Kendal at Oberlin Residents

Association, 600 Kendal Dr., Oberlin OH 44074

Consulting Editor: Robert Baldwin

Managing Editor: Elizabeth Aldrich

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Photos: Eleanor Helper

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Deadline for the July 2014 issue of *The Kendalight* is June 15. The editors regret that they cannot assume responsibility for errors in content in material submitted for publication.

**Note: Please submit articles by email to our address:**

***Klite600@yahoo.com***

**If no email access, please type article on separate sheet (NOT on room request form), sign and place in *Kendalight* open mailbox. All articles must carry a signature and telephone number.**



## Dining and Nutrition Services

### Special Events for June

**Sunday, June 15**  
**Father's Day Buffet**

**Wednesday, June 18**  
**Annual Community Picnic**  
**11:30am-1:30pm in front of Heiser**

**Friday, June 13**  
**Fun Fitness Week Participants'**  
**Recognition Luncheon**  
**11:30am-1:15pm in the Fox and Fell**

If you participate in **one** Fun Fitness event, you are invited to this free lunch. But you must sign up for it in advance.

### Notes from Ann Pilisy

- Dining Services will say good bye to many staff over the summer, as they leave Kendal to begin their college careers. Please welcome new hires, and let me know how they are doing.
- Thank you for supporting Kendal's High School Class of 2014! Your interest in their future and attendance at their May 17 reception is appreciated.
- As a reminder, none of our meal plans include catered events. Attendance at a catered event cannot be considered your Meal of the Day or used as a meal in the Flexible Meal Plan.

### Eat Your Anthrocyanins!

We often hear the advice to eat more fruits and vegetables. What makes them so beneficial? Well, there are numerous benefits. They are a good source of vitamins, rich in fiber, and low in calories and fat.

**Anthrocyanin Benefits** -- Recently, another beneficial component of fruits and vegetables has been drawing more attention: **Anthrocyanins**, the phytochemicals found in certain fruits and vegetables which provide a bright blue-violet or red-orange color.

Anthrocyanins are most commonly found in berries such as blueberries, strawberries and black raspberries, concord grapes, their juice, and red wine. Anthrocyanin pigments have been used in folk medicine for generations to treat vision disorders and infection. Only recently have the pharmacological properties been isolated and studied in controlled research trials. Although how and why anthrocyanins prevent disease remains somewhat of a mystery, it is becoming clear that they are instrumental in reducing certain health risks.

A growing amount of evidence shows that anthrocyanins play an important role in the prevention of cancer, heart disease and memory loss. They have also been found to enhance visual acuity. Those are some exciting claims!

- Anthrocyanins, when studied in the laboratory and in animals, have anticarcinogenic activities. Human studies have not been as promising. However, in a study of 25 colon cancer patients who received 60g/day of an anthrocyanin-rich black raspberry powder for two to four weeks, the tumors showed reduced growth rates and increased cancer cell death.
- Several studies show a link between anthrocyanin-rich foods and heart attack prevention. Anthrocyanins may reduce arterial stiffness and blood pressure which are strong indicators of whether an individual may be prone to developing atherosclerosis and cardiovascular disease.
- Anthrocyanins have been credited with the ability to enhance memory and to help reduce age-related declines in mental function. Although there are no human studies yet available, animal

studies showed improvements in certain aspects of memory.

**Anthrocyanin Recommendations** - Ximena Jimenez, a spokesperson from the Academy of Nutrition and Dietetics, says: "Aim for three or more servings per week. Start your day with blueberries or blackberries, grape juice for lunch, and add eggplant, purple cauliflower, or purple onions to your favorite recipes." Another good idea is to keep frozen berries on hand to add to a blended smoothie.

**Go Berry Picking** — Picking your own berries is a great way to buy the best quality produce, support local business, and get some outdoor exercise. The next few summer months are berry picking season. Best times locally: strawberries (6/1-6/30); blueberries ((7/15-9/15); and black raspberries (7/1-8/15). Find a local berry farm on the website [PickYourOwn.org](http://PickYourOwn.org).

*-Sue Campbell, Kendal  
Community Nutritionist*

### Berry Smoothie Recipe

2 cups plain or vanilla Greek yogurt  
 2 cups fresh or frozen blueberries  
 2 cups fresh or frozen mixed berries  
 1/4 head red cabbage  
 1 whole banana, peeled  
 1/4 cup honey  
 1 cup cranberry or grape juice (or any purple blend!)

Throw all the ingredients in a blender and mix until smooth. Taste and adjust sweetness, creaminess -- whatever it needs! Add ice if you prefer it to be more "frozen."

### It's Time for 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 old timers -- to join them again in September.

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

SUN	MON	TUE	WED	THU	FRI	SAT
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# JUNE 2014

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

<b>1</b> Quaker Worship 10:30am WHT <hr/> English Country Dancing every Sunday, 7:15pm - AUD <hr/> Film: Casablanca 7:00pm WHT	<b>2</b> Reading of <i>Kendalight</i> 11:00am WHT  Bridge 7:00pm AUD	<b>3</b> Conversations with Community Oberlin College President Marvin Krislov 4:30pm AUD  OHC: "Repealing Fugitive Slave Law" 7:15pm AUD	<b>4</b>  Pairs Bridge 7:00pm AUD	<b>5</b> Senior Community Outreach Initiative 11:30am-1:00pm New Russia Hall Lunch included. Call 440-935-8117  Health Lecture: Women's Health Dr. Regina Hill 7:15pm AUD	<b>6</b>  Courtyard Garden Concert 4:00pm	<b>7</b> Walk in the Park 9:00am Heiser  Play Readers: "Good People" 7:15pm AUD
<b>8</b> Quaker Worship 10:30am WHT  Table Tennis Exhibition 3:00pm AUD  Film: The Guilt Trip 7:00pm WHT	<b>9</b> Fun Fitness ----- Cycling, Observation Walk, Water Walking, Miniature Golf Bowling - 9:30am- Noon - GaRM Kendal Dog Recognition 11:45am OR 1:30pm - AUD Pool Fun 4:30-5:30pm Pool  Sounding Board 2:00pm WHT Bridge 7:00pm AUD	<b>10</b> Fun Fitness ----- Cycling, Observation Walk, Water Walking, Miniature Golf Wii Fun - 9:30am- Noon - GaRM & ExerciseRm Fun Activity Course- 1:00-2:30pm Heiser Lounge Sitting Basketball Shoot: 3:30pm GaRM Robot Table Tennis 7:15pm - AUD  Coffee Hour with Barbara Thomas 9:30am Langston	<b>11</b> Fun Fitness ----- Cycling, Observation Walk, Water Walking, Miniature Golf Brain Teasers, Lap Golf, Perimeter/Heiser Walking Relay Race 9:30-11:30am Shuffleboard Walk Shotput Throw 12 Noon - 2:00pm Croquet Ct. Area Bean Bag Toss 4:00-5:30pm GaRM Seated Table Tennis 7:00pm - GaRM  LUNCH BUNCH: Rose Cafe  11:30am-2:30pm Scrabble 7:15pm CCR	<b>12</b> Fun Fitness ----- Cycling, Observation Walk, Water Walking, Miniature Golf Swim/ ----- Walk Tennis Court Fun 7:30-9:30am Four Square 1:00pm AUD Standing Basket- ball Shoot: 4:00pm FS Parking Lot Water Balloon Toss 7:00pm - Heiser Entrance  KELC Preschool Graduation 4:00pm AUD Low Vision Group 4:00pm Green Rm. Jazz Concert  8:00pm WCH	<b>13</b> Fun Fitness ----- Cycling, Observation Walk, Water Walking, Miniature Golf CommUnity Walk 10:00am - GaRM  Participants' Recognition Luncheon 11:30am-1:15pm Fox and Fell  Art Committee Sale in Heiser Lounge Courtyard Garden Concert 4:00pm	<b>14</b> Walk in the Park 9:00am Heiser  United Fellowship - No meeting today Episcopal Serv. 11:00am Gathering Room  Juneteenth Festival at Tappan Sq. 10:00am-5:00pm  Film: Mrs. Palfrey at the Claremont 7:15pm AUD
<b>15</b> Quaker Worship 10:30am WHT Father's Day Buffet First Church Service 4:00pm GaRM Film: The Molly Maguires 7:00pm WHT	<b>16</b> Bocce Tournament Begins  Bridge 7:00pm AUD Monday Night Movie at  Apollo (tx) - sign up for Kendal bus	<b>17</b>  Genealogy-History Interest Group 7:15pm AUD	<b>18</b> CommUnityPicnic 11:30am-1:30pm Front of Heiser  Unitarian Univ. 4:15pm AUD  Pairs Bridge 7:00pm CCR	<b>19</b> KORA Council 10:00am AUD  Bike Repair Parking Lot 9 & 10 10:30am-12:30pm	<b>20</b> Catholic Mass 10:00am CCR  Courtyard Garden Concert 4:00pm	<b>21</b> Walk in the Park 9:00am Heiser  Chalk Walk 10:00am-4:00pm Downtown Oberlin  Film: Watch on the Rhine 7:15pm AUD
<b>22</b> Quaker Worship 10:30am WHT Film: Paris When it Sizzles 7:00pm WHT	<b>23</b> Aft.Exchange Barbara Thomas 4:00pm AUD Bridge 7:00pm AUD	<b>24</b>  Documentary Film: Chasing Ice 7:15pm AUD	<b>25</b>  Scrabble 7:15pm CCR	<b>26</b> Thoughtful Medi- cine Committee 10:00am Green Rm. All are welcome!	<b>27</b> Courtyard Garden Concert 4:00pm  "Buried Treasure" 7:15pm AUD  Baroque Institute Concert  8:00pm WCH (tickets at door)	<b>28</b> Walk in the Park 9:00am Heiser
<b>29</b> Quakers 10:30am WHT Film: Heidi 7:00pm WHT	<b>30</b> Bridge 7:00pm AUD					