

# The Kendalight

Kendal at Oberlin Residents Association

June 2016

Volume XXIII, Number 6



## Independence Day, July 4, 2016

Celebrate the inauguration of the University of Politics! Join in the Academic Procession of the School of Superdelegates, the PAC Academy and the Electoral College. In this election year we will be marching with the various Departments of Healthcare, Full Employment, Immigration, Defense, Taxation, YouNameIt. Be ready to choose your field, devise a slogan, make a sign, design

a departmental T-shirt, recruit majors, have fun! Look for a sign-up sheet by the open mailboxes and join in the fun. The procession will be followed by a Convocation with Robert Taylor's wonderful program "Creating a More Perfect Union," and there will be singing, kite-flying, boat-sailing, and (of course) ice cream. Do plan to take part in this gala celebration honoring our unique political system!

*-Jim Helm and Dan Reiber, volunteered coordinators*

## Fun Fitness Week's Here! Join us June 6-10

For the 11th year, Kendal staff and residents will have a week of fun! There will be 22 different activities from June 6 to June 10. New events include: Baggio, Badminton, Mini Croquet, Radio-Controlled Sailing, varied Lawn Games, Recognizing your Feathered Friends and a Relay Triathlon (KELC bikers, staff and resident runners and swimmers). Your favorite activities will be back, too: Observation Walks (one indoor and two outdoor loops), Community Walk, Heiser/Perimeter Walk, Bowling, Walking Relay Race, Miniature Golf, Robot Table Tennis, Basketball Shoot, Shot Put, Cycling, Wii Fun, and Tennis Court Fun. Check the bulletin boards outside the Early Learning Center for descriptions of the events. We want everyone to sign up. If you participate in at least one event, you will be rewarded with a healthy no-charge luncheon in the Fox & Fell on Friday, June 10. (You must sign up for the luncheon.) Last year 175 residents, 78 staff and 14 Kendal Early Learning Center folks participated. This year, let's surpass those numbers. Remember: Participation not performance counts. Questions? Contact Jill Connone or Jerry Berner or your department supervisor.

## Join us for Our Annual CommUnity Picnic on Wednesday, June 15

The theme of this year's gathering is "County Fair"! The Staff Special Events Committee is looking forward to a fun-filled picnic with the usual delicious buffet made by our fantastic Dining Services staff.

We will line up the buffet tables just outside the Heiser entrance. You can count this meal under your meal plan or pay the cashier for the meal at the start of the line.

This picnic is a chance for staff members, board members, residents and community friends to have a wonderful time of fellowship as we eat under the tents on the lawn area west of the Heiser entrance. (If it rains, we will be served in the Fox & Fell.)

Stephens Care Center residents will visit the buffet line first, at 11:15am;

everyone else follows from 11:30am to 1:30pm.

Dennis and Judy Cook will lead a sing-along. And OB JUMP will return again to entertain us with their jump rope routines.

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!

*-Ann Pilisy for the*

*Staff Special Events Committee*

**NOTE TIME: COFFEE  
WITH BARBARA THOMAS  
FRIDAY, JUNE 10  
9:00AM - LANGSTON**

**AFTERNOON EXCHANGE  
WEDNESDAY, JUNE 29  
4:00PM - AUDITORIUM  
BARBARA THOMAS**

## ***FROM YOUR KORA COUNCIL***

When Council met on May 19, our Treasurer reported that the total for this year's Staff Vacation Fund was a little less than two thirds of the amount raised in previous years. The fund will be open for contributions through June 3 and we urge everyone who has not yet done so to consider a gift to the fund. There are many ways to say thank you to our staff, but only twice a year do we have a chance to give a direct, monetary "thank you" at a time when for many an extra boost can make a difference. Staff members' gratitude is heartfelt, such as this response from a longer-term employee: "...every year I am still humbled by your care, love, and generosity toward us staff members. Never taken for granted, always appreciated."

Transportation concerns have been a priority for residents, particularly pertaining to the lack of adequate public transportation in Lorain County, and to the cost of transportation for medical appointments outside the County. In 2014, a Commission was appointed by KORA to determine the extent of residents' needs, research possible solutions, and bring a report to KORA. The Commission formed two working groups -- one for medical transportation, another for public transportation. They worked throughout 2015, and in February 2016 Council received their reports (which you can read in our library) and adopted their recommendations. Several actions to implement these were reported at the May meeting. Two forms of assistance in meeting the cost of medical transportation begin June 1. Details of the first, the "transportation credit," were outlined in a letter from Donna Smith, Transportation Coordinator. A discussion with residents took place at the May 23 Afternoon Exchange. The transportation credit will be funded through Kendal at Oberlin's transportation budg-

et and administered according to a formula based on distance traveled outside of Lorain County.

The second, a resident transportation fund, will be created to assist residents who need help meeting the cost of their medical transportation, particularly outside the county, over and above the credit given by Kendal. This fund will be established as a special gifts fund maintained by donations from individuals. It will be administered confidentially by the Kendal Administration. **Assistance from both funds will apply only to transportation arranged with Ken-**

**dal or with a licensed carrier for which you have a receipt.**

A Task Force to continue the development of a Ride-Share program was appointed.

Council voted to join with the Administration and staff in a letter of support for M.O.V.E., an action group working on public transportation in Lorain County. A copy of this letter is posted on the KORA bulletin board.

John Elder's informative report on Thoughtful Medicine was received with much appreciation, and it too is posted on the KORA board.

*-Ardith Hayes, KORA President*

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## **KatO Board Notes from March and May 2016**

At the March board meeting, two special guests spoke.

**Angele Tran**, compliance specialist, provided the board's annual education in corporate compliance. She emphasized regulation changes and stressed that even governance volunteers can be held responsible for wrongdoing by an organization.

**David Jones**, project manager from The Kendal Corporation, looked at senior living trends in relation to strategic planning. He differentiated between master planning and strategic planning and urged the board not to rely on staff for this work but rather to work hand in hand. He spoke of consumer expectations, importance of choice and changes in financial models in senior living. He stressed the importance of organizations evolving rather than getting stuck on past practices. Members were urged to review the Kendal at Oberlin Mission and Vision statements and the 2012 marketing study. The strategic plan needs to emphasize what it means to be a leader in aging services. (David returned to Kendal in April to facilitate 11 SWOT sessions with board member Dick Baznik.) At the May board meeting, two resolutions were passed, one assuring flexibility in financing arrangements for future land development and another showing support for the city's interest in setting up a fund for sustainable projects that could be funded from earnings on renewable energy credits (RECs). The board was pleased to hear that KatO earned an exemplary seal for financial benchmarks from our actuary. Occupancy was reported at 92% but lagging on revenues through March; they should improve as new occupants move in. Bylaws have been further revised to reflect the changes in Kendal at Oberlin being the affiliate to The Kendal Corporation. The board received its results from its annual board self-evaluation; the CEO's performance review is getting underway. The finance committee has authorized engaging an architect to begin design for one set of garages. The board was updated on the status of strategic planning and the first draft of goals and initiatives.

John Diffey's reflections on his 24 years at Kendal included what he credits for much of its success as a leader in retirement communities. He captured it in four "G words": Goodness, Generosity, Governance, Growth. He noted that a Lexington resident, savoring the abundant good life led at Kendal, had added a fifth: Gaiety.

*-Barbara Thomas, CEO, Kendal at Oberlin*

# PROGRAMS

## **First Thursday Health Lecture “Living Better, Longer: Eating for Longevity” June 2 - 7:15pm - AUD**

Sue Campbell RD, LD, Kendal Community Nutritionist, will look at the “whole picture” when it comes to living longer. Nutrition is an important factor but there are several factors which impact our health and longevity. She will discuss portion control, use of vitamin supplements and general nutrition concerns for those over 50.

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**NOTE: There will be no Third Thursday Lecture on June 16.**

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## **Kendal Health Services Forum Thurs., June 30 - 4:00pm - AUD**

Please join us for our continued community dialogue on health and wellness. Residents’ questions about health services at Kendal at Oberlin or other topics for discussion may be submitted at the Heiser Reception Desk from June 6 through June 17. Our Health Care Services staff will answer them at this June forum. - Stacy Terrell, *KatO*

*Chief Health Services Officer*

## **Kendal Therapy Dept. Discovery Series: Meditate for the Health of It Thurs., June 23 - 3:00pm - AUD**

Join Stephanie Caesar MA, CCC/SLP, for the next installment of the Discovery Series. This presentation includes a short interactive discussion on the benefits of meditation and types of meditation available, followed by a simple meditation session that can be replicated at home. **All are welcome.**

## **Lunch Bunch: Jackalope Lakeside, Lorain Wednesday, June 8**

Serving up a variety of seafood to complement its water views, this bistro-style restaurant’s specialty is home-made lobster bisque. Menu includes a variety of seafood appetizers as well as salads, sandwiches (including Lake Erie perch), pasta and pizza.

We hope to stop and look at the roses in nearby Lakeview Park We usually eat lunch at Rose Café in June but this Lorain County Metro Parks facility is no longer open to the public; it is available for catered functions only. Bus leaves Heiser at 11:30am, returning about 2:30pm. Van charge: \$7.00. Place check to KORA for \$7.00 in Box #157 by Monday, June 6. Lunch at your expense.

## **2016 Chalk Walk Sat., June 25, 10:00am-4:00pm (Rain Date - Sunday, June 26)**

It’s time for the 11th Annual Chalk Walk on the sidewalks of downtown Oberlin. Twenty-seven Kendal volunteers again are staffing the booths that assign space and provide materials (free of charge).

Master artists, local artists and scores of community members of all ages create beautiful, inspired and unique works of chalk art throughout downtown Oberlin.

Sponsors are Allen Memorial Art Museum, the Firelands Association for the Visual Arts (FAVA), Oberlin Business Partnership, Oberlin Public Library and Oberlin Heritage Center.

## **Oberlin Summer Concert Series on Tappan Square**

**Friday, July 1, 7:00pm - Motor City Gold** - The first Friday Night Concert of the year is a diverse combination of urban, R&B and Motown. (*Sponsored by Ohio Educational Credit Union.*)

## **Keith Kendrick and Sylvia Needham, folk singers Wed., June 15 - 7:15pm - AUD**

Keith Kendrick and Sylvia Needham will be visiting from Derby in central England. Keith and Sylvia sing mainly English traditional and traditionally influenced contemporary songs in striking a cappella harmony. They also frequently accompany themselves and play lively dance tunes on three different kinds of the only English-invented musical instrument -- the concertina.

## **Judy Cook’s Song Swap: New Time, New Place Wed., June 8 - 7:15pm - AUD Wed., June 22 - 7:15pm - AUD**

The Song Swap with Judy Cook will no longer take place in the Heiser Lounge from 6:00 to 7:00pm on second Wednesdays and fourth Tuesdays of the month.

Beginning on June 8, Judy will lead song swaps every month on the second and fourth Wednesdays in the Heiser Auditorium at 7:15pm. Don’t miss the popular song swaps at this new time and place.

## **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 3:** Martha Stacy, piano  
(in Gathering Room)

**June 10:** Joe Marotta, accordion

**June 17:** TBA

**June 24:** TBA

If it rains, the concerts will take place in the Gathering Room.

## Sunday Movies Whittier - 7:00pm

**June 5 - James and the Giant Peach (1996)** Witty and imaginative film adaptation of Roald Dahl's fantasy about an orphan with terrible aunts for guardians who discovers a magic pathway inside a peach. PG.

**June 12 - Walk the Line (2005)** Tuneful biopic about Johnny Cash (Joaquin Phoenix) who finds true love with June Carter (Reese Witherspoon, winner of Best Actress Oscar). Both actors do their own singing. PG-13.

**June 19 - We Bought a Zoo (2011)** After the death of his wife, a Boston newspaper columnist (Matt Damon) buys a dilapidated New Hampshire zoo in hopes of making a new start with his 13-year-old son and 6-year-old daughter. PG.

**June 26 - The Nutty Professor (1963)** To improve his social life, a nerdy professor (Jerry Lewis) drinks a potion that temporarily turns him into the suave lady-killer Buddy Love.

## Saturday Foreign Film June 4 - 7:15pm - AUD

**Cinema Paradiso (1988)** A boy who grew up in Sicily returns home as a famous director after receiving news about the death of an old friend. Told in a flashback, Salvatore reminisces about his childhood and his relationship with Alfredo, a projectionist at Cinema Paradiso. Salvatore fell in love with filmmaking, and the duo spent many hours discussing films. Alfredo painstakingly taught Salvatore the skills that became a stepping stone for the young boy into the world of filmmaking. The film brings the audience through the changes in cinema and the dying trade of traditional filmmaking, editing and screening. It also explores a young boy's dream of leaving his small town for the world outside. Italian with English subtitles. R. *- Dwight Call*



**"Kendal Creates,"** now displayed in all three Kendal galleries, overflowing into the corridor to the Green Room, will be on display until August 15. Fifty-two resident artists contributed 121 items. It is the largest "Kendal Creates" show ever! In addition to the stunning display of quilts in the **Kendal Gallery**, paintings and drawings of a more abstract nature are featured in

## Saturday Night Movie June 11 - 7:15 pm - AUD

**My Week with Marilyn (2011)** Based on the true story written by Colin Clark, from his book of the same name, this film is about a whimsical week when Monroe was in London to film "The Prince and the Show Girl," with Sir Laurence Olivier. Michelle Williams was an Academy Award nominee for her portrayal of Monroe. The film also stars Kenneth Branagh, Judi Dench, Zoe Wanamaker, Emma Watson and Eddie Redmayne. R. *-Donna VanRaaphorst*

## Tuesday Night Opera DVD: June 14 - 7:15pm - AUD

**Aida** - This is Verdi opera at its finest! The 1994 performance is from the Royal Opera Covent Garden in London. The title role is sung by Cheryl Studer and Radames is sung by Dennis O'Neill. Others in the cast are Luciana d'Intino (Amneris), Robert Lloyd (High Priest) and Alexandru Agache (Amonasro). The English opera conductor is Edward Downes. *-Allen Huszti*

## Looking for Someone?

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

the **Friends Gallery**. Art work with a nature theme is displayed in the **Community Gallery**. The short hallway to the Green Room has items featuring people and animals. Thanks to all resident contributors for making this year's "Kendal Creates" such a knock-out show! Meanwhile, the **Curio Cabinet** now displays Margaret Ann Ellis's collection of miniature Chinese tea sets.

In other news...Stephen Tomasko, whose photographs were displayed in the Kendal Gallery in April and May, has donated a book of his work to the Kendal library. Check it out.

## Play Readers: Another Antigone Fri., June 17 - 1:30pm - AUD Sat., June 18 - 7:15pm - AUD

A.R. Gurney's play takes place on a college campus and describes the conflict between a headstrong student (desiring to contemporize the Greek tragedy) and her stubborn classicist professor who will abide no such meddling. Come and see how Nancy McClusky, Grover Zinn, Ruth Ann Clark and Dan Reiber work through this conflict. The play is directed by Jerry Berner.

**NOTE:** For these performances, latecomers will be seated after the first scene break. Refreshments will not be served after the matinee performance.

## Special Kendal Bus Trip to Crocker Park in June

The KORA Transportation Committee plans to schedule a Saturday Shopping Trip on the Kendal bus to Crocker Park or Great Northern Mall every quarter. Sign up for this shopping trip bus:

**Saturday, June 18,  
10:00am-4:00pm,  
Crocker Park in Westlake**

## Thanks for the Memories of 2016 Spring Fling!

A **BIG THANK YOU** to all the folks who helped make the **2016 Spring Fling** -- “**The Bird’s the Thing**” -- a delightful evening of fun! The Program listed many of the names of the helpers. **But let’s give special thanks:**

- **To the Nowick-Taylor team** who supervised the hanging of a world of leafy trees, birdhouses, birds and balls, made by Ted’s amazing, nimble-fingered crew who worked nightly for several months cutting and coloring and pasting. Special thanks to Lal Arora, Ruth Bent, Marilyn Carson, Arn Lewis, Nina Love, Marilyn Myerson, Bob Randel, Ruth Schwaegerle, Carol Tufts, May Zitani -- and any one else who wandered in to help!
- **To Facility Services** staff who helped with the auditorium arrangements and setups. And to Liz Burgess and Michael Reynolds who climbed the tall ladder under the careful supervision of Robert Taylor.
- **To our resident A/V crew.** John Pesuit produced the video shown on the big screen in Heiser Lounge, giving everyone a closer look at the program, and Joe Luciano took care of the mics.
- **To Ann Pilisy’s Dining Services** staff who helped in the Fox & Fell. Elizabeth Hole’s committee made sure you’d find a refreshing drink. And the goodies residents supplied were a splendid end to the evening.
- **To the creators of the Special Bird Activities.** Sue Colucci and Nancy Lombardi prepared Glenda the Goose for decoration; Jill Wettersten set up a charming bird-viewing center; Joe Colucci challenged us with a bird trivia quiz. Over 60 folks guessed how many eggs were in the jar. Winners Jane Nord, Anita Parins, Joyce Dugan and Louise Luckenbill received their share!
- **To the Stephens Care Center art crew** who made and delivered the unique invitations shaped like birdhouses. Placed in each open mailbox, the invitations gave us a charming memento of the evening (see photo below).
- **To the splendid Performers.** Dan Reiber was masterful as our MC -- and as a dancer. Kendal residents have amazing talents! Thanks to them all!
- **To our appreciative and supportive Kendal audience.** Many thanks!

*-The Spring Fling Planning Committee*

*Eileen Payton (left) and May Zitani, members of the SCC art crew, arrange invitations to 2016 Spring Fling in Kendal residents’ open mailboxes. Photo: Kathy Reichard.*



## Sale of Spring Fling Decorations on June 4

The beautiful decorations from this year’s Spring Fling will go on sale Saturday, June 4, from noon to 2:00pm in Heiser Auditorium. As usual, all of the proceeds from this sale will go to the Resident Assistance Fund. The large branches will sell for \$35 each, the birdhouses for \$10 each, and strings of cut-out paper birds and leaves for \$5 each. Buy a few and smile each time you see them!

## Bluebird and Tree Swallow Nest Box News

**Five Eastern Bluebird chicks** fledged from one of Kendal’s 13 nest boxes. Another three nest boxes contain a total of 11 **chicks** -- all who are expected to fledge before June 5! And the adults are beginning to show interest in other nest boxes. Close by, in New Russia Township Park, 12 Bluebirds fledged from three nest boxes.

**Will there be second clutches? Stay tuned...**

Meanwhile, the busy **American Tree Swallows** have 31 eggs and six chicks in seven nest boxes at Kendal, and they have 55 eggs and four chicks in 13 of New Russia Township Park’s 22 boxes. So many Tree Swallows flying around catching insects on the wing should help make a dent in the mosquito population! *-Nina Love*

## Vision Impaired

**Low-Vision Support Group**

**“Summary of Research and Developments”**

**Thursday, June 9**

**4:00pm - Green Room**

**Reading of *The Kendalight***

**Wednesday, June 1, at**

**11:00am in Whittier Lounge**

Jane Blodgett will read the current issue of Kendal’s newsletter.

**All are welcome!**

## More About Kendal's New Residents

### Rachel Fordyce

I was born and grew up in the foothills of the Laurel Mountains. All my degrees are from the University of Pittsburgh. My professional life was spent in college/university education, and I retired as a vice chancellor for academic affairs. Along the way I published some books and articles, and became a Fellow of the American Council on Education. Career would appear linear except for lots of lovely tangents. When I retired I wrote grants as an AmeriCorps Volunteer for a year and a half in East Palo Alto, CA, then went back to Hawaii to help kids apply to colleges and for financial aid. I love to travel, lots on business. Set up an agreement with two Hungarian universities in late October 1989 to bring some of the country's 2,000 overnight out-of-work Russian teachers to our university to teach in the public schools in exchange for graduate ESL degrees. Several days later I was on the border between Germany and France (*another* rail strike) while the Berlin Wall came down. Absolute favorite trip was three-plus weeks in Tanzania and Zanzibar during the Serengeti Great Migration and Ramadan. I have lived in Great Britain, Germany, and 11 states. I like a lot of things, in alpha order: animals (including my own species), ballet, books, dance, making things with my hands, Music with a capital M, opera, theater, walking, words, and much more. My husband, an architect and early designer of solar energy, died in 1990. My son taught at Stanford for nine years (theater), then moved to Berlin. Family followed: wife Birgit, grandchildren Siri (7 -- who got her name



Rachel Fordyce



Gordon S. Doble



Malcolm Lieblich

before the voice-in-a-box) and Finn (4). One of the things I liked most about my only visit to Kendal was a really strong sense of place, of community. When I got home, I realized that Kendal at Oberlin is actually a state of mind. I hope to take on that state quickly. Other family members include a sweet, dingbat cat and a puppy-for-life. You may recognize us because the latter will have me at the end of a leash.

### Gordon S. Doble

I was born November 5 (Guy Fawkes Day), 1935, in Elyria, OH. Shortly after my birth my parents returned to Detroit where I grew up. I attended Detroit Public Schools through high school and participated in track and swimming. Paper routes and part-time supermarket jobs covered my first year of college.

I attended Massachusetts Institute of Technology and graduated with an SB degree (MIT degrees are in Latin) in metallurgy. I obtained a position in Cleveland, OH, with Thompson Products, which became Thompson-Ramo-Wooldridge and finally TRW, all the while at the same desk. In what was laughingly called my spare time, I earned MS and PhD degrees from Case. Most of my career was devoted to contract research and development on advanced jet-engine materials funded by defense agencies and NASA. I hold

six patents on material fabrication and authored a modest number of technical papers and reports. My late wife joined me in skiing, sailing, and concert going. I still maintain a ski chalet, which I built, in Ellicottville, NY. I currently divide my time among Cleveland,

Ellicottville, visiting a girlfriend in South Carolina, and nine weeks at the Chautauque Institution. My car radio is usually tuned to WCLV so I have frequently heard Maggie Stark promoting Kendal. With my son and three-year-old granddaughter living in nearby Copley and the attractions of the Oberlin music department, the choice of Kendal was easy.

### Malcolm Lieblich

I was born in New York City and grew up in Brooklyn, NY. After spending two years at the University of Wisconsin, I was drafted and spent three years in the army, one year in the 82nd Infantry Division, two years in the First Infantry Division.

After the army, I returned to University of Wisconsin and completed a BA degree in speech therapy. Then I entered New York University where I completed an MA degree and PhD in speech therapy.

After working as a speech therapist for ten years in the New York City school system, I taught speech therapy at Southern Illinois University until age 68, when I retired.

I was married for 51 years to the former Beverly Cooper. Unfortunately, we didn't get the chance to grow old together. She died ten years ago, leaving me and our two children, Julia and Michael.

## Kendal Resale Shop Talk

### *Benefiting the Kendal Resident Assistance Fund & Community Charities*

As I near the end of my four years' term of service as chair of the Kendal Resale Shop team, I find myself reflecting on some significant aspects of our work together. This service project done by Kendal residents was started by Ernie Eddy. My immediate predecessor was Mary Simons. Their leadership and mine have made a major contribution to the Resident Assistance Fund. With the records being tracked by the Kendal at Oberlin business office since 2008, the Kendal Resale Shop (formerly the R>A>F> Shop) has contributed \$318,252.27! Clearly, in 8-1/3 years, the endeavor is well worth the work involved. In the most recent month, April 2016, receipts were \$2,810.95.

- To the team who have worked so diligently over these years, we all owe a word of thanks and a round of applause.
- To the donors who give such good quality things, it is a pleasure to offer them to our shoppers, knowing the items will go on to be loved and enjoyed all over again.
- To the shoppers who choose to enjoy what others have loved, and in the process provide good receipts for us to forward on to the Resident Assistance Fund, you help to make our work worthwhile.
- And to those who may receive assistance from the Resident Assistance Fund, know that the gift comes from the work of love.

For all of us, love is what keeps going round and round and round, and love keeps all of us going onward.

*-Ruth Ann Clark, Chair  
Kendal Resale Team for the RAF*

## New Books in the Thoughtful Medicine Collection in the Kendal Library

**“Dying in America: Improving Quality and Honoring Individual Preferences Near the End of Life,” Committee on Approaching Death: Addressing Key End of Life Issues; Institute of Medicine, 2014.**

The Institute of Medicine of the National Academies became aware of the many changes in the health care of people nearing the end of life which have taken place in the last two decades. An extensive study was conducted to present a report on the state of medical care for persons of all ages with a serious illness or medical condition who may be approaching death and will require special care. Here you will find a wealth of information on every aspect of current practices in end-of-life care. This book can be found in the reference section next to the library front desk. *-Ruth Miller*

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### Upcoming Moves

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

**Marilyn Burns** will move from Oberlin to a Kendal Apartment in mid-June.

**Elizabeth “Betsy” Young** will move from Oberlin to a Kendal Cottage in late June.

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### Recent Moves

**Doug and Sandi McClennen** moved from Plymouth, MI, to a Kendal Cottage in mid-May.

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

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### Transfers

**Jane Garrett** moved from Whittier to Patterson in early May.

## IN MEMORIAM

**KENNETH “KEN” ROOSE  
APRIL 24, 2016**

**NORMA DAFFIN  
MAY 19, 2016**

**“When Breath Becomes Air,” by Paul Kalanithi, Random House, 2016.**

This is an insightful, compelling and beautifully written autobiography of a neurological surgeon in his last year of residency who learns he has brain cancer. It describes his journey, with his wife, of how he makes decisions regarding how he wants to live the rest of his short life. *-Kenneth Cheek*

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**Kendal Kryptogram #136 -by Nina Love**

**BA'RA CKS SK WHOPE WASSAV LKPOSOXT**

**SMYS'T PATT' TLAXSYXPA YQE ZKVA Y**

**WYSSPA KD OEAYT. -WYVYXF KWYZY**

**Solution to Kendal Kryptogram #135: “Don't count the days. Make the days count.”  
-Muhammad Ali**

## About our Arboretum

Thanks to all who helped celebrate our new John Bartram Arboretum at Kendal at Oberlin:

- Saturday's Education Day with OSU expert Jim Chatfield.
- The opening session of Arbor Day in Heiser Lounge.
- The performance of "Stones/Water/Time/Breath" at Center Pond that followed.
- The dedication of our signature tulip tree at the corner of our ring road and Heiser Boulevard with our Kendal Early Learning Center children participating.
- The ceremonial tree planting of the tulip tree we donated to the City of Oberlin at Martin Luther King Park.

Now we are challenged to complete some hard work in the days ahead and all of you can help in some way. If anything below speaks to you, please let us know.

The perimeter path seems to be a logical place to begin planting new trees because:

- Residents have asked for more shade along the walkway.
- It is a public area of our campus where it is particularly appropriate for nonresidents to enjoy our property.
- We plan to mark on the existing map of our Kendal property notable trees and shrubs near the perimeter walkway to help educate ourselves and our visitors.

We also need to remove failing trees, make proper labels for existing trees, and enter information about them into our database. We already have a new labeling machine purchased with money from our ArbNet grant. If you think you might enjoy working on that desk job, let us know.

New trees will be added according to best practices: diverse woody plants which have a good chance of thriving in particular locations. We are ready to begin a tree and shrub nursery in our

Community Garden with plants donated to us by the Arbor Day Foundation and by Oberlin City Arborist Dennis Cuthbertson as well as those purchased with our ArbNet grant. These plants will need proper care including regular watering. Growing trees and shrubs from seeds and seedlings will enable us to populate the arboretum at a reasonable cost.

Kendal residents also want to add more mature trees which will give more pleasure sooner. We plan to work with the KatO Board's Philanthropy Committee to show how to donate money for larger trees, including memorial trees. We want to record such large donations in a book so these special tree can be located in coming decades. We are grateful that at Melissa Reed's initiative KatO welcomed the State of Ohio Tree Commission Academy to

our campus, enabling residents Jane Cheek, Melissa Reed and Anne Helm and Kendal grounds coordinator Matt Hannon to take an urban forestry course. These four will participate in eight days of training over a one-year period. It will help us learn and use best practices for selecting and caring for our trees.

Speaking at the inauguration of The John Bartram Arboretum on May 8, KORA President Ardith Hayes clearly stated the deep reasons for this work: "An Arboretum itself is a statement of hope in the future, for the trees and woody plants we care for today will outlive us, and generations of residents to come will inherit the responsibility to care for this environment."

Please join us in this environmental stewardship.

*-Anne Helm, Arboretum Subcommittee*

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## Severe Weather Safety Practices at Kendal

With spring's arrival comes the threat of severe weather, ranging from strong thunderstorms with damaging winds and heavy rains to tornados. This severe weather can occur any time of the year, but especially in April through August. We have a Safety Plan and Procedure at Kendal that must be followed by both residents and staff members to avoid injury in the event of a Weather Warning. The following are recommended shelter areas within our community:

- **Heiser Community Center:** Public restrooms, auditorium, and interior corridors **away from windows.**
- **Apartment Building:** First floor in bathrooms, laundry rooms, stairwells or corridors **away from windows.**
- **Stephens Care Center:** Public restrooms, bathing rooms, interior corridors, or resident bathrooms **away from windows.**
- **Cottages:** Bathrooms or closets inside cottages; **away from windows.**

When the National Weather Service issues a Tornado or Severe Thunderstorm Warning for Lorain County, all residents and staff members should respond immediately by taking precautions and seeking appropriate shelter.

When staff members remind us that a warning has been issued, please cooperate and follow directions to seek safe shelter -- even if the warning comes during a meal in one of our dining rooms! Facility Services and the Stephens Care Center have weather radios that will send watch, warning, and advisory announcements. They will inform the Community Center of imminent severe weather and all-clear messages. They will **not** inform the cottages since it would endanger our staff to be outside in the storm.

Oberlin and Kendal public siren systems will sound only when Oberlin is in the direct path of an approaching tornado. Since these sirens may be difficult to hear, please rely on weather radios, computers and TV messages to stay updated on the latest weather advisories. *-Toni Merleno, Director of HR & Operational Services*



## A Conversation with your Health Care Power of Attorney

The Conversations Working Group, a subgroup of Thoughtful Medicine, has developed a form designed to promote conversations between a Kendal resident and his or her Health Care Power of Attorney (HCPOA). This form is designed to help the resident and the HCPOA discuss the kind of relationship they both want and the kinds of help and support the resident would like (or not like) from the HCPOA. Most importantly, it asks the resident to specify what types of treatment she or he would want in different medical situations if unable to make these decisions for him- or herself.

**The Conversations Working Group will host two workshops in June in the Education Center Training Room, using this new form.** To promote thoughtful discussions, **we will limit each session to 32 people.** If you are interested in having a conversation with your HCPOA about your end-of-life wishes, please register for a workshop on the sign-up sheets in Heiser Center for:

**Wednesday, June 15, at 10:30am  
OR**

**Tuesday, June 21, at 4:00pm.**

Ideally, you would have this conversation directly with your HCPOA. However, if your HCPOA is not available to attend with you:

**Bring a friend** to help discuss and record your wishes, so you may communicate them to your HCPOA; or **Get a copy** of this form from the library for use when you are with your HCPOA in the near future; or **Complete this form in writing** and share it with Kendal Social Services for their information.

If you have questions about these workshops or about how to use the form with your HCPOA over the summer, please contact Elizabeth Hole.

## Kendal at Oberlin's 2016 LeadingAge-Ohio STARS!

The Finalist STARS selected for this year are **Mary Balduff**, Kendal Early Learning Center (nominated by Donna Baznik); **Wayne Jacob**, Dining Services (nominated by Janet Kelsey Werner); **Karen Moore**, Kendal Early Learning Center (nominated by Marie Evans); **Christine Stanley**, Housekeeping (nominated by Carol Harvey, Grace Tompos, Dianne Haley, Enid Cleary and Jean Slonneger); and **Laura Young**, Stephens Care Center (nominated by Jim Heimann). Congratulations to this year's Kendal at Oberlin five STARS Finalists! The STARS and their nominators attended the Recognition Luncheon on Thursday, May 12, at Jennings Center for Older Adults in Garfield Heights, where they were honored along with STARS from other LeadingAge-Ohio facilities in our northeast region.

Kendal staff members who were nominated for this year's program but not selected as finalists are: **Tina Abraham**, Dining Services; **Britney Fox**, Facility Services; **Saun Howard**, Fitness Center; **Ruth Jasko**, Stephens Care Center; **Patty Johnson**, Stephens Care Center; **Denise Makay**, Housekeeping; **Ken Menefee**, Facility Services; **Carolyn Morrow**, Housekeeping; **Deb Pleska**, Housekeeping; **Julie Price**, Housekeeping; **Nikki Scott**, Housekeeping; **Larry Thompson**, Human Resources; **Christopher Twymon**, Dining Services; **Belinda Varner**, Housekeeping; **Marquell Walden**, Stephens Care Center; and **Nick Ward**, Facility Services.

Each received a congratulatory letter, a copy of their nomination, and a \$5 certificate to use in the Langston Dining Room.

Thanks to everyone who took time to submit nominations for these wonderful staff members. All Kendal staff are STARS who shine brightly with their dedicated service every single day! *-Toni Merleno, Director of HR & Operational Services*

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## Recycling Updates

Generally speaking, our Trash/Recycling rooms are in good condition.

However, there are items that need our residents' attention:

1. **Batteries or incandescent bulbs** should **not** be placed in the **compact fluorescent bulb** containers. Those items should be placed in TRASH
2. **Plastic bags** should be placed in designated barrels in trash rooms #3, #8, or #9/10. They will be taken to Oberlin Community Services Center.

3. **Printer ink cartridges** should be placed in the designated cardboard box under the copy machine in Kendal Library.

4. **The lids from take-out soup containers** are TRASH. They are not recyclable or compostable. Lids with a triangle number are recyclable.

5. **Lawn clippings** should be in paper bags outside the trash rooms.

6. **Styrofoam** goes into TRASH.

**Any items that are not recyclable are TRASH.**

*-Mary Clare Beck and Jerry Berner*

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## The Pool's Open!

Come try some of the unique classes we have to offer. Need to improve your balance? Try water Tai Chi. You can work on balance and core strength without getting your hair wet! If you don't mind getting your hair wet, you can join us for water meditation. It is 15 minutes of floating on the noodles and relaxing. Want to get your heart rate up and build up your aerobic capacity? Come try the 9:00am class and get your blood pumping, your mind clear and your heart healthy! Be well!

*-Jill, Saun, and Danna*

## Saturday Park Walks

Spring is finally here. Come join us and experience the wonderful park system in Lorain County. We meet at Heiser Reception Desk every Saturday (weather permitting) at 9:00am to car pool. The walks are from 1 to 3 miles, at a leisurely pace. Questions? Contact Jerry Berner.

**June 4** Rowland Nature Preserve

**June 11** Carlisle/Meadow Loop

**June 18** Indian Hollow/Royal Oaks

**June 25** Findley State Park

## Table Tennis Tournament

With Commencement Weekend at the door, the annual tournament was rolling ahead. Seven women and six men were contesting their matches, and the high spirits in the room were palpable. No matter the score, the camaraderie and sheer fun ensured that all were winning. It's safe to bet, then, that our lifetime sport will be further enlivened in the weeks and months ahead. That's all the surer as we've the best prospects of gaining new players from among our incoming residents. Stop in and give it a try! (And sign up now for Robot Table Tennis on Tuesday, June 7, at 7:15pm in Heiser Auditorium during Fun Fitness Week!) *-Sidney Rosenfeld*

## Bocce Tournament Begins

The 14th Annual Bocce Tournament begins Monday, June 13. Sign up by Saturday, June 11, on the sheet by the bulletin board. Bocce will be played in teams of two; you may sign up as a couple or a single (we'll match you). **NO EXPERIENCE NECESSARY!** All Kendal residents are invited to play the "world's oldest sport, a sport known to revive the body and mind and, next to soccer, the most popular game in the world." There are two bocce sets available for your use (stored by the exit door near the William Penn Room). Take them out on any outside lawn. Questions? Ask Pam Lenz.

## Time for Canoeing and Kayaking

**"For, lo, the winter is past, the rain is over and gone; The flowers appear on the earth; the time of the singing of birds is come, and" ... it's time to go paddling again!** On the first and third Tuesdays of June, July and August we'll meet in front of the Heiser Entrance at 9:00am (rain days will be the second and fourth Tuesdays). Our first trip will be to Old Woman Creek, our second to Findley State Park. 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. (It's been suggested that we try dining at a nearby restaurant instead.) It's lots of fun, so if you're interested, mark the dates on your calendars

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## Additions for Kendal at Oberlin Directory 2016

### Dick & Dina Schoonmaker -

New email address: check with Heiser Reception Desk.

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## RELIGIOUS SERVICES AT KENDAL

### Episcopal Service

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

### First Church Service

Sunday, June 26, 4:00pm,  
Gathering Room (note date)

### Roman Catholic Mass

Friday, June 17, 10:00am, Green Room

### Society of Friends

Sundays, 10:30am, Education Center

## UU Kendal Gathering Wed., June 15 - 4:15 pm - AUD "Toward a Science of Supernatural Phenomena" Speaker: Anthony J. Wilgus

Anthony Wilgus, Associate Professor Emeritus of Social Work, University of Findlay, asks if the highly subjective domain of supernatural phenomena might be studied a little more scientifically. His talk is an attempt to move in that direction, rooted in the work of Dr. Murray Bowen, a pioneer in the study of the human family. Dr. Wilgus will focus on how these beliefs function in the emotional process of individuals, families and society. A research study done in collaboration with a group of clergy highlights human variation when it comes to the expression of these beliefs among clergy and their congregants. **All are welcome!**

**The First Church United Fellowship will not meet in June, July and August. Join them again in September.**

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## The Kendalight

Monthly newsletter of the Kendal at Oberlin Residents Association, 600 Kendal Dr., Oberlin OH 44074

Consulting Editor: Robert Baldwin

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Deadline for the July 2016 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, sign and place in *Kendalight* open mailbox. All articles must carry a signature and telephone number.**



## Dining and Nutrition Services

**Friday, June 10**  
**Fun Fitness Week Participants’**  
**Recognition Luncheon**  
**11:30am-1:30pm, 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.

**Wednesday, June 15**  
**Annual CommUnity Picnic**  
**11:30am-1:30pm in front of**  
**Heiser Center**

**Sunday, June 19**  
**Father’s Day Buffet**

**Intergenerational Event: TBA, 3:15pm, Langston (Watch for date!)** Join us for “Monkey Around Day” with a Curious George book and banana splits to celebrate National Ice Cream Month.

**Solo Diners: Thursday, June 9, 5:15pm in The Den.** Sign-up sheet will be posted by mailboxes.

**SPINACH (Senior Persons Interested in Nutrition And Community Health) is on summer hiatus until September.**

### Congratulations, Kendal Dining Services Staff 2016 Graduates

**Iris Arbogast, Oberlin High School** - Swarthmore or Yale-NUS, Singapore, Environmental Science: “I have greatly enjoyed Kendal as a workplace and a community... I’ve learned a lot here and hope to carry these lessons with me in the future.”

**Nalin Beckman, Oberlin High School** - Oberlin College, Sociology or Biology: “I love it! The residents make me happy.”

**Emme Bliss, Oberlin High School** - Kent State University, Architecture: “I love my job! It is a great environment and I truly enjoy coming to work. I love the interaction I have with residents and my coworkers.”

**Susie Cunningham, Elyria Catholic High School** - University of Cincinnati, Psychology.

**Matt Finkel, Wellington High School** - U. S. Army: “Great place to work, good people, good residents, learned a lot, especially about dementia.”

**Anna Geitz, Oberlin High School** - Oberlin College, Economics: “It’s been great.”

**Nautyca Harris, ECOT-online school** - Writing, Singing.

**Sam Holcomb, Elyria Catholic High School** - LCCC, Radiation Therapy: “The residents, workers, and employees are very nice and welcoming. I have made friendships here that I plan to keep for a long time.”

**Leslie Johnson, Firelands High School** - LCCC, STNA. “Love the people that I work with and love learning new things and interacting with residents.”

**Shamar Lucky, Elyria High School** - University of Findley to play football, undecided major: “So far, I have had a great experience working at Kendal. All of the kitchen staff are very cool and nice people.”

**Catherine Mavrich, Oberlin High School** - “Gap Year” in Brazil, then Oberlin College: “I love working at Kendal, the residents are the best and the staff is great. Happy to work with such nice people for my first job.”

**Liam McCullogh, Vermilion High School** - Cleveland State University, Computer Science: “My experience at Kendal has been great.”

**Hannah Nibert, Firelands High School**

**Hannah Pando, Amherst High School** - LCCC: “I have enjoyed getting to know my coworkers and residents. I have also learned a substantial amount of information on the aging process through meetings and Relias.”

**Alexis Rednour, Oberlin High School** - College, law or nursing: “Amazing, everybody has been nice and welcoming.”

**Emily Ann Terrell, Open Door Christian School** - LCCC, then

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

Malone University, Early Childhood Education: “I have loved my two years at Kendal. The residents are so kind and genuinely care for the student staff members. I have enjoyed getting to know my coworkers and the residents.”

**Rylee Wheaton, Firelands High School** - Bowling Green State University, Dietetics, pursue registered dietician in oncology: “Working at Kendal has been one of the greatest learning experiences I’ve had. They have been so willing to work around my busy schedule and I have learned so many valuable life skills. Most importantly I am beyond grateful for the relationships and bonds I have built with my coworkers and residents.”

**Emily Williams, Keystone High School** - LCCC, Teaching: “Best place I’ve worked at so far, love the residents and the people I work with.”

**Brooke Yeager, Lorain County JVS** - Cosmetology. Want to be a skin care specialist at a salon: “I love getting to know the residents and staff. It is a very welcoming environment and I couldn’t have asked for a better first job.”

SUN	MON	TUE	WED	THU	FRI	SAT
<h1>JUNE 2016</h1>			1 Reading of <i>Kendalight</i> 11:00am WHT	2	3	4 Walk in Park 9:00am Heiser  Spring Fling Sale 12:00- 2:00pm AUD  Film: Cinema Paradiso 7:15pm AUD
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		Courtyard Garden Concert 4:00pm GaRm
5 Quaker Worship 10:30am Ed Ctr  English Country Dancing every Sunday, 7:15pm AUD  Film: James and the Giant Peach 7:00pm WHT	6 Fun Fitness Cycling, Observation Walks, Miniature Golf, Perimeter/Heiser Walk  Bike-Run-Swim Relay - 9:30- 11:00am Amb Cir Water Balloon Toss 10:45-11:15am- Pool Parking Lot Badminton 11:30am-1:00pm Croquet Court Baggo - 1:30- 3:00pm - HL  Bridge 7:00pm CCR	7 Fun Fitness Bowling - 9:30- 11:00am GaRM Fun Activity Course - 11:00am- 12:30pm - HL Basketball Shoot 3:30-5:00pm FS Lot Robot Table Tennis 7:15pm - AUD	8 Fun Fitness Walking Relay Race 9:30 -11:30am Shuffleboard Walk Shot Put Throw 11:30am-1:00pm Croquet Court Mini Croquet 1:30-3:00pm Courtyard Gar Lawn Games - 3:30-5:00pm - Greenleaf Gar  LUNCH BUNCH: Jackalope ★ 11:30am-2:30pm Song Swap 7:15pm AUD Jasper String Quar. 7:30pm WCH ★ (tickets at door)	9 Fun Fitness Walking, Tennis Court Fun 7:30-9:30am Wii Fun - 9:30- 11:00am - Fitness Rm Bird Recognition 11:45am or 1:00pm - AUD Radio-Cont. Sailing 3:00-4:30pm Triangle Pond  Low Vision Group 4:00pm Green Rm. KELC Graduation 4:00pm AUD Solo Diners 5:15pm Den	10 Fun Fitness CommUnity Walk 10:00am - GaRM  Participants' Recognition Luncheon 11:30am-1:15pm Fox & Fell  Coffee Hour with Barbara Thomas 9:00am Langston  Courtyard Garden Concert 4:00pm  Am. Viola Society Festival 7:30pm WCH ★ (tickets at door)	11 Walk in the Park 9:00am Heiser  Episcopal Serv. 11:00am Gathering Room  Film: My Week with Marilyn 7:15pm AUD
12 Quaker Worship 10:30am Ed Ctr  Film: Walk the Line 7:00pm WHT	13 Suggestions & Concerns 2:00pm CCR  Bridge 7:00pm CCR	14  Opera DVD: Aida 7:15pm AUD	15 HCPOA Workshop 10:30am Ed Ctr CommUnity Picnic 11:30am-1:30pm UU - Tony Wilgus 4:15pm AUD Folk singers 7:15pm AUD	16 KORA Council 10:00am AUD  Milt Hinton Concert 7:30pm WCH ★ No Health Lecture	17 Catholic Mass 10:00am Green Rm Play Readers: "Another Antigone" 1:30pm AUD Courtyard Garden Concert 4:00pm Vocal Academy 8:00pm Kulas ★	Juneteenth Festival at Tappan Sq. 10:00am-5:00pm Trip to Crocker Park ★ 10:00-4:00pm Play Readers: "Another Antigone" 7:15pm AUD
19 Father's Day Quaker Worship 10:30am Ed Ctr  Film: We Bought a Zoo 7:00pm WHT	20 Monday Night Movie at ★ Apollo (tx) - sign up for Kendal bus  Bridge 7:00pm CCR	21 HCPOA Workshop 4:00pm Ed Ctr	22 Song Swap with Judy Cook 7:15pm AUD	23 Therapy Dept.: Meditate for the Health of It 3:00pm AUD	24 Courtyard Garden Concert 4:00pm Trolley Run in Remembrance of Len Garver 5:00pm HL	25 Walk in the Park 9:00am Heiser  Chalk Walk 10:00am-4:00pm Downtown Oberlin
26 Quaker Worship 10:30am Ed Ctr First Church Serv. 4:00pm GaRM Film: The Nutty Professor 7:00pm WHT	27 Bridge 7:00pm CCR  Organ Academy Concert ★ 7:30pm Finney	28	29 Afternoon Exchange Barbara Thomas 4:00pm AUD	30 Health Services Forum 4:00pm AUD		