

The Kendalight

Kendal at Oberlin Residents Association

March 2012

Volume XIX, Number 3

The Word's Out!! Saturday, April 21 is the date for the KatO Annual Spring Fling! The Kendal Karnival!

Save the date now! Costumes, Music, Decorations, Food, Games, Dancing! What more can we want? It all begins at 7:00pm. Come decked out for a Karnival Evening of Fun!

And you're welcome at the next Committee planning meeting at 2:00pm on Monday, March 12 in the Administrative Conference Room.

Kudos to Kendal Volunteers for 2011

Residents, staff and friends of Kendal continue to contribute an amazing number of volunteer hours both to Kendal and to the wider community. Kendal residents have faithfully kept track of volunteer activities throughout 2011. And, with only a little nudging, 180 residents have reported 44,271 hours of volunteered activities. (For those who keep comparative records, in 2010 185 residents reported 49,161 hours.) Residents volunteer the most hours to KORA committees and a variety of services for Kendal at Oberlin. Next greatest number of volunteer hours go to the Oberlin community churches, schools and favorite organizations. Over 46 residents and friends of Kendal have recorded over 3100 volunteer hours in Stephens Care Center. About 30 staff members have reported close to 634 hours of volunteering. This makes a total of slightly over 48,000 volunteer hours contributed by and through our Kendal community. The Volunteer Clearing House Committee is appreciative of the Kendal spirit residents and staff have demonstrated in this survey. Committee members include: Ruth Ann Clark, Anne Elder, Martha Stacy, Peg Schultz, Budd Werner.

Primary Election Day Tuesday, March 6 6:30am -7:30pm - AUD

A reminder: Let's leave the parking spaces around the circle in front of Heiser Center for Oberlin voters. We ask that Kendal residents not park there during voting hours. Thank you!

Don't forget! You must bring ID with you to vote.

COFFEE HOUR WITH
BARBARA THOMAS
MONDAY, MARCH 12
9:30AM - LANGSTON

AFTERNOON EXCHANGE
TUESDAY, MARCH 27
4:00PM - AUDITORIUM
BARBARA THOMAS

Pick Up Your 2011 Resident Biographies Supplements

Please pick up your copy of the 2011 Resident Biographies supplement in the Heiser Lounge, between 11:00am and 1:30pm and again between 5:00pm and 7:30pm either Thursday, March 1 or Friday, March 2.

March Is National Nutrition Month

Each year, National Nutrition Month reminds us of the basics of healthy eating. This year's theme: "Get Your Plate in Shape," emphasizing the new MyPlate program that helps people make the simple changes to their daily eating plans that will benefit them for a lifetime. It encourages us to eat fruits, vegetables, grains, protein, and dairy every day. Stop by Kendal's Nutrition table on **Wednesday, March 21, 10:00am to 1:00pm** in front of the Langston. Our special emphasis at Kendal will be on "Go with the Grain." We'll offer information on whole grains, as well as free samples and recipes. Please feel free to stop and be sure to bring a friend!

-Katie Hoover, Registered Dietitian





March 17 marks the anniversaries of the death of St. Patrick (in 493) and the birth of “Kendal at Oberlin” (in 1987). On that date four Oberlinians met with Karl Heiser at his invitation to pursue the idea of an “Oberlin Retirement Village.” Present at Karl and Ruth’s home at 371 West College St. were Jephtha Carrell, Bill Long, Dorothy Luciano and Anita Reichard. Absent were three other invitees – David Clark, Diana Roose and Betty Weinstock. Much was accomplished at that meeting, not least being the commitment by Jephtha to “phone Alan Hunt, Philadelphia, who has extensive experience in organizing, building and operating Quaker retirement homes.” Over the next two months members of the committee visited several continuing care retirement communities in Ohio, New Jersey and Pennsylvania – including the original Kendal communities, Longwood and Crosslands. New members joined, most notably Dr. James “Jim” Stephens. Eric Nord and I were officially added to the group at its sixth meeting on June 1. Our first public meeting, which was held on June 24 in First Church, provided an opportunity for interested residents to meet Alan Hunt and “hear the questions and advice of local citizens who may be interested in living in the retirement center to be built here.” In November 1987 we began the process of incorporating the Oberlin Retirement Community as a 501(c)3 organization.

In a sense, this was a selfish enterprise. The Committee members themselves all hoped to become residents of this new Continuing Care Retirement Community someday, so each of us -- consciously or not -- tried to shape it to reflect our own values. Along the way we disappointed some by not forming the community as a “co-op” on the

model of several other town and college cooperative endeavors. Others were distressed that the anticipated fee schedule would exclude many townspeople of lesser means. Fortunately, both the members who decided to drop out and the new members who were added (including Ed Schwaegele and later Tom Piraino) shared the Quaker “Values and Standards” espoused by the Kendal organization. The Oberlin Retirement Community Board faced many challenges, including soliciting funds, finding a site and obtaining the Certificate of Need for nursing home beds. By entering into a contract with Kendal Management Services (which became The Kendal Corporation), we were able to move forward in financing and building our project. But our primary task remained recruiting “prospects” ready to move in soon to “Kendal at Oberlin.” Seventy per cent of the units had to be com-

mitted before construction could begin, so we formed our human community of Kendal residents first. Thus our present Kendal at Oberlin Residents Association (KORA) is in a very real sense the continuation and enlargement of that original group who gathered in the Heiser home on March 17, 1987. Let’s wish ourselves a VERY HAPPY 25th BIRTHDAY! (Remember that March 16 marks the 20th anniversary of the groundbreaking for our community. And Barbara Thomas had just been hired as the new Administrator for Kendal at Oberlin!)

-John Elder, KORA President

Check out our KORA website:
www.kaores.kendal.org

Look at “Other Kendal” links for our blog at www.kendalatoberlin.net and the Facebook Page at www.facebook.com/kendalatoberlin.

LifeLong Learning Classes in Heiser

Opera Preview: Ravel One-Act Operas, L’Heure espagnole & L’Enfant et les sortilèges. Brilliant music and enchanting characters: the first, a farcical romp concerning a bored wife; the second, a bad child’s tormentors. Presented by Oberlin Opera Theater with students singing excerpts. Performances at Hall Auditorium start March 14. Thurs., 4:00 to 5:00pm, **Mar. 1** (1 session). Fee: \$10. (class #4620)

Music and Movement. Introduction to Dalcroze Eurhythmics for mature learners with emphasis on the development of sensitivity to rhythm, melody, phrasing and form by means of physical motion. Must be able to walk unaided in soft-soled slippers or low heeled shoes with leather soles; no sneakers. Enrollment limited to 20. Advance registration advised. Herbert Henke, professor emeritus, eurhythmics, Oberlin College. Mon., 10:30 to 11:30am, **Mar. 5 to 26** (4 sessions). Fee: \$20. (class #4621)

Chinese Civilization. Introduction to the main themes of 5,000 years of Chinese civilization including patterns of thought and culture, social structure, political organization and economic history. Carl W. Jacobson, executive director, Oberlin Shansi, and adjunct associate professor, history, Oberlin College. Wed., 10:30am to noon, **Mar. 21-Apr. 25** (6 sessions). Fee: \$30. (class #4622)

Neurobiology of Brain Dysfunction II. Biological basis of several common disorders of the brain and underlying anatomy, physiology, genetics and pathology, providing insight into how research can lead to future treatments. Two sessions each on Parkinson’s disease and autism spectrum disorders. Louise Luckenbill, emerita neuroscientist, Ohio University and Affiliate Scholar, Oberlin College. Mon., 10:30am to noon, **Apr. 9 to 30** (4 sessions). Fee: \$25. (class #2087)

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

PROGRAMS

LECTURES

First Thursday Health Lecture March 1 - 7:15pm - AUD "What Biology Has to Offer Medicine"

Speaker: Yolanda Cruz, Oberlin College Professor of Biology.

Third Thursday Lecture March 15 - 7:15pm - AUD "Studying Genetic Influences on Human Behavior: A Progress Report"

Norman Henderson, Oberlin College Emeritus Professor of Psychology, is an expert in making his research interesting and clear to a general audience. He is currently collaborating with colleagues in Colorado and Oxford seeking chromosomal links to anxiety.

Opera: "L'Heure espagnole & L'Enfant et les sortilèges" Wed., March 14 - 8:00pm - Hall Sun., March 18 - 2:00pm - Hall

Ravel's two one-act operas are a true delight with brilliant music and enchanting characters: the first, a farcical romp concerning a bored wife; the second, a bad child's punishment and return to innocence. Oberlin Opera Theater performance is conducted by Christopher Larkin and directed by Jonathon Field. Tickets: \$12; seniors, \$8. Call CTS: 775-8169.

Kendal bus for both performances.

Oberlin College Convocation: A Conversation With Jonathan Alter and Ross Douhat - Wed., March 7 - 7:30pm - Finney

Jonathan Alter has authored more than 50 cover stories for *Newsweek*. He writes on politics, education, fiscal policy and military service. He is also a political analyst for MSNBC. Ross Douhat is the youngest op-ed columnist in the history of the *New York Times*. Representing a new generation of conservative commentators, he offers penetrating analysis of domestic and international politics and government. **Free, no ticket required. Sign up for Kendal bus.**

TRIPS

Lunch Bunch: Vintage House Cafe, Avon Wednesday, March 14

The Vintage House Cafe began life as a local Avon doctor's office 70 years ago; in 2004 it was transformed into a cozy cafe with two comfortable dining rooms on the ground floor, and a tea room upstairs. The menu: soups, salads, sandwiches, paninis, wraps, along with daily specials and entrees; freshly baked cakes, pies and cheesecakes! Bus leaves Heiser at 11:30am, returning about 2:00pm. Bus charge: \$7.00. Place check to KORA for \$7.00 in Box #89 by Monday, March 12. Lunch at your expense. Sign-up sheet will be posted Monday, March 5.

TRIP: Cleveland Aquarium Fri., Mar. 16 - 10:30am-3:30pm

Built last year in the lower level of the historic late-19th-century Powerhouse, the aquarium has 10 exhibition areas housing 40 tanks of various sizes with 6,000 creatures of more than 100 species. A huge 500,000 gal. tank with its 150 ft. "sea tube" allows you to move through the water while ocean creatures cruise around you. Cost: Approx. \$31 (group rate; Life Care bus). Brown bag lunch (or try the nearby cafe). Place check to KORA for \$30 in Box #120 to reserve your place. Sign up sheet opposite mailboxes only indicates your interest.

MUSIC

Oberlin Community Music School Students

Fri., Mar. 23 - 7:15pm - AUD

These talented students will present a recital. The school was voted "Best Music Instruction 2011" by Lorain County's Pulse Magazine.

Recital Attendance Request

Kendal recitals start promptly at 7:15pm. The performers deserve not to be interrupted by latecomers. It is best to be on time, but if the program has already begun when you arrive, please wait for applause before you enter the Auditorium. Thank you for observing this courtesy. *-The Music Committee*

Book Talk: "Superman vs. The Ku Klux Klan: The True Story of How the Iconic Super- hero Battled the Men of Hate" Mon., Mar. 12 - 7:15pm - AUD

Prize-winning documentary maker and author Rick Bowers returns to Oberlin to speak about his newest book, which traces the intersecting stories of the emergence of the Superhero – beginning with two Jewish teenagers in Cleveland – and the formation and persistence of the Ku Klux Klan.

Conversation with Community: "Life Reimagined"

Tue., Mar. 13 - 10:15am - AUD

Rick Bowers, Director of Creative Initiatives for AARP, will share the latest insights from research on how new realities of technological change, expanding longevity, health care advances and such are transforming the way people view, plan for and live the stage formerly called such names as "senior" or "golden" years. These changes in perspective and lifestyle have resounding implications for many aspects of society, ranging from retirement planning to intergenerational communications.



**Sunday
Movies
in CAR
at 7:15pm**

March 4- Mona Lisa Smile (2004)

- A free-spirited novice art history professor (Julia Roberts) at all-female Wellesley College in 1953 inspires her students to look beyond the image of what is, and consider the possibilities of what could be. Rated PG-13.

March 11 - The Producers (1968) -

Written and directed by Mel Brooks, dark comedy tells the story of a theatrical producer (Zero Mostel) and an accountant (Gene Wilder) who want to produce a sure-fire Broadway flop. The plan goes awry when the show turns out to be a hit. Rated PG.

March 18 - The Importance of Being Earnest (2002) -

Two young gentlemen living in 1890's England (Colin Firth, Rupert Everett) both use the pseudonym Ernest. When they fall in love with two ladies who have a fondness for the name, comic mishaps ensue. In this version of the Oscar Wilde play, Judi Dench is Lady Bracknell. Rated PG.

March 25 - Miss Potter (2006) -

Film about children's author and illustrator Beatrix Potter combines stories from her own life with animated sequences featuring characters from her tales, such as Peter Rabbit. Rated PG.

Saturday Favorite Films

March 3 - 7:15pm - AUD

White Nights (1985) - A Russian ballet dancer who defected to the U.S. (Mikhail Baryshnikov) finds himself back in Russia after a forced plane landing. The KGB tries to convince him to become a dancer for the Bolshoi again. Rated PG-13.

Playreaders: "Born Again"

Sat., March 24 - 7:15pm - AUD



**Art
Gallery
News**

Banners made by Oberlin High School art class students featuring famous paintings continue to be on display. Photos of the students with their artwork are included. *-Marilyn Myerson*

Friends Gallery - The "Nature of Kendal" show remains on display until

Genealogy-History Group

**Thurs., Mar. 8 - 7:15pm - AUD
"The Witch of Northampton"**

Nancy Parsons Stoutz Hultquist will discuss the recently published historical novel, "My Enemy's Tears". This authentic and powerful description of the life of Puritan Mary Bliss Parsons is authored by Karen Vorbeck Williams. Prior to the Salem witch trials, Goody Parsons was accused of being a witch, was imprisoned, and twice successfully defended herself. Nancy will describe the emotions associated with understanding how mass hysteria led to the slander of this historical figure, who was both her 7th- and 8th-great-grandmother. All are welcome to attend.

Saturday Night Movie

March 17 - 7:15pm - AUD

Rashomon (1950) - Early masterpiece by the late Japanese film-maker Akira Kurosawa tells the dark tale of a crime in the woods that involves a bandit, a rape victim, a woodcutter and the murdered man's ghost. Kurosawa leaves it to the viewer to decide who is guilty of the crime. (Note: We hope to show more of Kurosawa's films.)

Friday Opera DVD Night: March 2 - 7:15pm - AUD

Turandot - The story of the passionate Turandot, who has for so long been suffocated beneath the ashes of her immense pride, appealed to Puccini after seeing a production of the play in 1911. This Vienna Staatsoper production of his last opera is conducted by Lorin Maazel. The role of Turandot is sung by Eva Marton; Spanish tenor Jose Carreras sings the role of Calaf. *-Allen Huszti*

March 5. On March 6 drawings by a young artist, Erin Schechtman, will be hung. *-Robert Taylor and Ted Nonick*

Community Gallery - "Try Something New: A Decade of Art Exploration" feature works in a variety of media and techniques by Kendal resident John Elder. This exhibit will be followed by one showing artwork from Oberlin High School's International Baccalaureate program.

Curio Cabinet Specials

Many conversations have occurred around the Heiser Curio Cabinet: folks are enjoying John Pesuit's collection of trolley cars. John has also shared information about Northern Ohio Railway Museum's Museum Store in Medina County and given directions for getting there. He has many more train models in his cottage and will enjoy talking with you about them. The trolley car exhibit will remain through March.

In April we anticipate the debut of some small clay sculptures. These have recently been made or are now being made in a clay workshop of independent-living residents, led by Joyce Parker.

Tuesday Tea at AMAM

March 13 - 2:30pm

Melissa Duffes, Allen Memorial Art Museum Media and Publications Coordinator, will present "Search for Singularity," which examines picturesque tourism and the search for an "authentic" experience by 18th- and early 19th-century travelers.

This talk is presented in conjunction with the exhibition "Italy on Paper," on view in the Ripin Print Gallery. No registration, no fee.



Library Notes

Some people have mistaken the locked shredder box by the copier for a shredder. It is just a secure receptacle which accumulates materials to be shredded. About every four weeks, a Cintas truck with a powerful shredder parks by the main entrance while the contents of several such boxes here at Kendal are shredded. (The only one for use by residents is in the library.) **Paper clips should be removed before putting paper in the box, but staples do not need to be removed.** Shredding the contents of the box costs \$20.00 each time. Two or three times last summer, we tried going eight weeks between shreddings and the box became overstuffed! Shredder contributions for the year were \$161.01. Copier profit paid the rest of the \$220 total. This year we expect to have the box emptied every four weeks for \$260.00. The library has added three more shelves of paperback books and many more audio books than usual during the last month.

-Russ Bimber

Conversations with Community: “Deep Drilling, Deep Pockets” Wed., Mar. 7 - 4:30pm - AUD

James Browning, Regional Director of State Operations for Common Cause, will show how Ohio’s public policies regarding “fracking” for natural gas are being influenced by campaign contributions and lobbying by the natural gas industry (His report is available at www.commoncause.org/fracking2012). Co-sponsored by KORA’s Environmental Concerns Committee and the League of Women Voters of the Oberlin Area.

Conversations with Community: 8th Graders Look at Poverty, Hunger and Homelessness Mon., Mar. 19 - 4:00pm - AUD

Langston Middle School students have focused on issues of poverty, hunger, and homelessness through a service learning approach -- class exercises and interactions with community organizations actively working in these areas. They are raising money for a trip to Washington, DC.

Sights and Sounds of Oberlin: Kendal and AMAM Tour Fri., March 16 - 9:30am

In the second of our series, breakfast will be served at 9:30am in Fox and Fell. Following our meal, we will travel to the Allen Memorial Art Museum for a docent-led tour. Included on the tour will be two Spring 2012 exhibits: “Artists on Artists” and “Italy on Paper.” Seating is limited, so reserve your space today by calling the Kendal Admissions Office at 1-800-548-9469 or by email at admissions@kao.kendal.org. For Kendal residents, breakfast cost will be \$5.00 or you may choose it as one of your meals for the month.

News & Views Fri., Mar. 2 - 10:30am - AUD

Kendal resident Ray LeGrand will be the discussion leader on Cybersecurity, the New Frontier, based on the Foreign Policy Assn. briefing book “Great Decisions.” Sponsored by the Center for LifeLong Learning; there is no registration or fee. All are welcome.

Kendal 2012 Directory Additions and Corrections

Jane and Ernie Eddy - new email address: check with Front Desk.
John Pesuit - new email address: check with Front Desk.

What’s Your Story?

Calling creative writers, beginners to advanced, memoir-writers, poets, essayists, short story writers, novelists, screen play writers!

Interested in a workshop to stir your writing juices? Join T.L. Champion, seasoned Cleveland writer and workshop facilitator, for four Saturday mornings in the Green Room from 10:00-11:00am, March 17-April 7, as she guides us through exercises designed to refresh our ways of looking at our writing world. She’ll help us set writing goals, motivate us to try the next step. Sign up for four sessions: \$60; one session, \$15. See poster on Heiser Activities Board. Details? Contact Thelma Morris.

OHC: “You Cannot Resist the Call”: Oberlin and Women’s Changing Roles in the Nation Wed., Mar. 28 - 7:15pm - AUD

Youngstown State University graduate students Roger Juntunen and Jane Spies have been researching women, acknowledged and unsung, as part of an internship project with the Oberlin Heritage Center. In celebration of Women’s History Month, highlights of their findings will be presented in an illustrated lecture that includes rarely heard stories of outspoken women who lived in Oberlin or attended the college. Free and open to the public.

Vision Impaired

Low-Vision Support Group

**“Helping Others Understand”
Thursday, March 8
4:00pm - Green Room**

**Reading of *The Kendalight*
Thursday, March 1, at
10:00am in Crossroads Room**
Eleanor Devereux reads the parts of *The Kendalight* which are important to you.

Welcome Kendal's New Residents



Barbara Bruer

I was born and raised in Oak Park, IL. As much as I liked Chicago, I migrated East to college and went to Bryn Mawr where I majored in modern European history. After graduation, I decided it would be interesting to work in New York for a year or two – I ended up staying there for 55 years! I joined a college women's training program at one of the major banks. It soon was apparent that there was a difference between the training given to college men and that given to women.

I then joined American Express International Banking Corp., the subsidiary that operated as a commercial bank outside the United States, and I spent a number of years writing political and economic background reports for the bank officers and corporate senior management. Along the way I acquired what I describe as my mid-life MBA from New York University. I moved to the Federal Reserve Bank of New York where I was a senior financial analyst in the Bank Supervision group, working with bank and bank-holding company mergers and acquisitions. While living in the city and later in the suburbs, I always did as much museum, theater, concert, and film-going as time and my finances permitted. I also participated in an architectural walking tour group that covered New York and much of the tri-state area. I've always loved traveling, and I hope to continue to do so while I can. As far as volunteer work, I've concentrated on fundraising for Bryn Mawr and the Asia Society where I most recently worked with patron member groups. By moving to Kendal I feel that I have almost come full circle. I look forward to exploring my new community.



Judy Tandy

I was born in Detroit. After early childhood in Albion, MI, my family moved in 1944 to Cleveland Heights where I attended Roxboro Elementary and Junior High. I have special memories of Saturday art classes at the Cleveland Museum of Art, piano and violin lessons at the Cleveland Institute of Music, and school orchestra with Mr. Canfield.

I concentrated on art at Shaker Heights High, then headed south to Ohio Wesleyan University and a bachelor of fine arts in painting. After three years and a master of fine arts in ceramics from the University of Iowa, I married a fellow artist. We lived in California, Ohio, Illinois, Colorado and finally in Patagonia, AZ, where we built a rammed-earth house and studio.

Over the years I threw pots, scuba dived, learned to weave, managed a produce-and-cheese store, tried to learn Spanish and managed a Catholic Community Services emergency assistance center in Denver. In Patagonia I worked in several art galleries and became very involved with our local library and Friends of the Library. My daughter Erin lives in Chicago and my son Peter, his wife Rachelle and grandson Colin live in Austin, TX.

I have spent time off and on in Costa Rica, mostly in the Quaker settlement of Monteverde. Travel has taken me also to Mexico, to Europe with family, Spain, eastern Turkey, walking in Portugal, and to Nepal, Bhutan and Assam, India.

Bradley, my eight-year-old Australian kelpie, shares my cottage. I am enjoying Kendal and its proximity to Oberlin College and the community. Not to mention the music.

Computer Users' Group: Exploring eBooks and eReaders Tues., Mar. 20 - 7:15pm - AUD

What are eBooks, where do you get them? What do you read them on? Amazon is now selling more eBooks than paperbacks. Sandra Ruth will try to help us sort it out and will provide us with a wealth of interesting information and updates. Sandee retired recently after working 35 years at the Lorain Public Library. She is currently the president of the Lorain County Computer Users Group, which she helped found in 1989.

Come hear all about eBooks and what is happening with this interesting concept, along with lots of hints and tips. Learn about the various eBook readers available, the various eBook formats, and the issues with compatibility. Both audio books and eBooks will be touched on. The program will be followed by a question and answer period. According to Sandee, in the next month or two the Oberlin Public Library will start lending eBooks, as other area libraries are doing.

Recent Move-Ins

Melissa Reed moved from Piqua, OH, to a Kendal Cottage in late February.

Upcoming Moves

Yuji and Tomoko Ijiri will move from Pittsburgh, PA, to a Kendal Cottage at the end of March.

Recent Transfers

Corning Chisholm moved from the Kendal Apartments to Patterson in mid-February.

Gerlind Koerner moved from a Kendal Cottage to Patterson in late January.

Milton Garrett moved from the Kendal Apartments to Patterson in late February.

Memorial for Service for James W. White
Saturday, March 10 - 2:00pm, First Church in Oberlin, UCC
Sign up for Kendal bus.

Announcements for Channel 19

The only notices appearing on Channel 19 are those regarding activities on the Kendal premises or those providing bus service to off-campus events. To keep viewing time on Channel 19 to as short a period as possible, it is necessary to limit the number of days an announcement can be shown.

- Most announcements can be seen four days prior to the publicized event, plus the day on which the event occurs -- a total of five days.
- Events with an early registration deadline will be announced four days before the deadline and on the day of deadline itself -- a total of five days. After this, an announcement will be shown three days before the actual pre-registration event and on the day of the event -- a total of four days.
- Weekly activities will have a slide to view on the day of the activity (e.g., Jazz Listening) as well as on the day before -- a total of two days.
- Please do not submit an early request, asking for an "immediate release". If this were done for all, it might add up to a 15 or 20-min. waiting period to view the menu for the day. *-Milt Ellis*

Newspaper Bags Needed

Want to help our dog owners and keep Kendal beautiful at the same time? Save your plastic newspaper bags (no food or grocery bags, please) and bring them to a box to be placed under the open mailboxes at Heiser.

You will be re-using the bags instead of discarding them, helping dog owners who are chronically in need of bags to pick up after their dogs, and contributing to a clean environment. Also, if you have guests who bring dogs with them, hand them a few bags and remind them to please pick up after their dogs while they are visiting Kendal. **Woof!**

R>A>F ShopTalk

The Shop now has an open mailbox labeled R>A>F on the extreme right of the bottom row of the open boxes. We encourage you to write us a note and place it in that box. You can tell us what's on your "wish list" that the volunteers could watch for; you could tell us that you want to donate something that won't fit into the big blue donations box behind Heiser Reception; and you could place a check in an envelope to settle your account (with the price tape on the outside of the envelope). If you are paying cash, it's better to deposit it in the locked box in the Shop.

Receipts for the period January 25 through February 22 were \$1,879.15. *Keep It Flying! -Mary Simons, chair*

IN MEMORIAM
ANGUS MCLAY
FEBRUARY 10, 2012

HENRY "JACK" FREAS
FEBRUARY 21, 2012

It's Time to Nominate Our 2012 LeadingAge-Ohio Stars!

Now in its 13th year, this annual non-supervisory staff recognition program sponsored by our state association (formerly known as AOPHA) provides the opportunity for residents, resident family members and staff members to nominate up to five Kendal at Oberlin staff members whose dedicated service fulfills our mission and vision in their daily work. Nomination forms are available at the Heiser Front Desk and at the Stephens Care Center Desk. Please write or print legibly or type your nomination and be sure to include your name and phone number.

Nomination forms must be returned by Thursday, March 8, Our finalist STAR nominees and their nominators will be invited to attend their recognition luncheon event on **Wednesday, March 28,** to be held at **Wesleyan Village** in Elyria. All nominees must be front-line or key staff members who are not supervisors or managers; the only staff members who may *not* be nominated are our 2011 STARS (Kim Blair, Bonnie Belcher, Laura Diedrick, Laura Todaro, and Greg Wilgor).

-Toni Merleno, Director of HR & Operational Services

Kendal Kryptogram #85 -by Nina Love

OGRT B OLD PWQTX UGRER OLD TW
ERDYRFU CWE UGR PWQTX LTS TWO
UGLU B LZ WAS UGRER BD TW
ERDYRFU CWE UGR WAS. B ZBDDRS
WQU FWZBTX LTS XWBTX. -H. J. YEBRDUAP

Solution to Kendal Kryptogram #84: "Suppose you were an idiot, and suppose you were a member of congress. But I repeat myself." *-Mark Twain*

Table Tennis Tournament

In mid-February, Peg Schultz and Ardith Hayes, respective winners of women's divisions A and B, squared off in Kendal's 2012 women's table tennis final. In a close three-game match, Ardith gained the gold medal, with Peg winning the silver. Notably, both players had advanced from "ping pong" to table tennis after joining our open sessions in 2011.

On the men's side, Jacques Rutzky continued his quick climb from avid beginner to skilled player by retaining his 2011 crown. Overly modest Arn Lewis emerged close behind Jacques as silver medalist.

Hearty thanks go to all 17 of our players for an exciting, comradely tournament. Throughout, they sustained a climate of goodwill and spirited fair play. *-Sidney Rosenfeld*

Walks With a Doc

On Saturday March 3, a physician from Cleveland Clinic-Westlake will lead a walk about three miles in length at the Bur Oak area of Black River reservation. Kendal residents who have participated have found that the leaders have been generous in sharing helpful medical information with the walkers. If you are interested in walking, meet Dave Evans at the Heiser Reception Desk at 8:30am.

Building Your Own Theology Mar. 6, 13, 20, 27, Apr. 3, 10 Crossroads Rm. - 3:15-4:45pm

This 6-week Tuesday series explores how your beliefs and faith in life have evolved. Participants will share their philosophical, spiritual and religious journeys. Uplifting and fun! Material cost: \$15 (for the book). Co-facilitated by OUUF's Rev. Mary Grigolia and Bob Schwenk. **All are welcome.**

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

It's Time to Get Ready for 2012 Reaccreditation -III

As a leadership team, Stacy Terrell, Laurie Dupe and Christa Decker continue to highlight various aspects of our CARF reaccreditation preparation.

Program/Service Structure: Kendal provides coordinated care and services to all residents across the continuum. A variety of services are available based on the needs of the individual. Our philosophy of health and wellness creates a community focused on quality of life for as long as possible. Service delivery planning takes into consideration the changing needs and expectations of the individual and may include dining, health care, housekeeping, rehabilitation, security, social interaction and transportation, to name a few. Implemented policies and procedures are followed regarding how services are provided and arranged for the individual.

Continuing Care Retirement Community: These standards ensure that Kendal provides *(Continued on p. 9)*

First Church United Fellowship Saturday, March 10 - Penn Rm. 9:30am: Food and fellowship 10:00am: "Wales and Tales"

Photographic works by Kendal resident Paul Schwaegerle.

All are welcome.

RELIGIOUS SERVICES AT KENDAL

Episcopal Services

Holy Communion

Saturday, March 10, 11:00am, CAR
Rev. Brian Wilbert

Roman Catholic Mass

Friday, March 16, 10:00am,
Crossroads Conference Room

Society of Friends

Sundays, 10:00am, Green Room

Third Sunday Service

Sunday, March 18, 4:00pm, CAR

Bridge Results

Mondays - Jan. 30: 1st, Carol Ganzel; 2nd, Paul Spierling; 3rd, Bill Schreiner.

Feb. 6: 1st, Carol Ganzel; 2nd, Eileen Dettman; 3rd, Mary Beth McCalla.

Feb. 13: 1st, Alverta Schneider; 2nd, Bill Schreiner; 3rd, Betty O'Connor.

Feb. 21: 1st, Eileen Dettman; 2nd, Bill Schreiner.

Wednesdays - Feb. 1: 1st, Mary Beth Mc Calla and Russ Bimber; 2nd, Betsy Belden and Ed Schwaegerle; 3rd, Bush and Emily Olmsted.

Feb. 15: 1st, Helen and Bob Randel; 2nd, Betty O'Connor and Warren Wickes; 3rd, Louise Breese and Alverta Schneider.

UU Kendal Gathering Wed., Mar. 21, 4:15pm - AUD "Evolution of Power"

Rev. Mary Grigolia, speaker

Our relationship to power evolves over our lifetimes. We will explore experiences and share insights and learning from power used well.

All are welcome.

The Kendalight

A monthly newsletter of the Kendal at Oberlin Residents Association, 600 Kendal Drive, Oberlin OH 44074

Consulting Editors: Connie Bimber, Robert Baldwin
Managing Editor: Elizabeth Aldrich
Immediate Past Editor: Betsy Thomas
Photos: Eleanor Helper
Proofreaders: Mary Ashbrook, Mary Simons
Production: Don VanDyke

Deadline for the April 2012 issue of *The Kendalight* is March 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 articles on separate sheet (NOT on room request form), sign and place in *Kendalight* open box. All articles must carry a signature and telephone number.

2012 Reaccreditation -III ...

(Continued from p. 8)

and/or arranges for a continuum of residential and support services from residential living through nursing care. The variety of residential contracts that are offered by Kendal are reviewed to ensure that the specific provision of services agreed to are offered and that these services are coordinated throughout the continuum of care. These standards ensure that persons served have the choice of flexible accommodations that are designed to meet their changing needs over time. A spirit of community with a focus on wellness that enhances the quality of life for the persons served is also assessed through these standards.

Person-Centered Long Term Care:

The Stephens Care Center at Kendal was the very first Person-Centered Long-Term Care Community in Ohio. Hallmark to these standards focused on life in the SCC are: autonomy, individual choice, cultural competence, and flexibility. These standards review SCC programs to ensure they foster a holistic culture of successful aging and self-determination where the voices of the persons served are heard. In partnership with persons served and their families/support systems, personnel understand what services persons served want, how the services should be delivered, and how the persons served can be engaged in their homes. These standards are set to confirm that Kendal's SCC is a place where persons served want to live, personnel want to work and both choose to stay.

First Friday Trolley Run

If you haven't seen resident Len Garver's dual trolley layout in action, Len and co-conductor Rod Knight will show it in Heiser Lounge the first Friday of each month at 4:45pm. See them on Friday, March 2. Browse through their new route book and choose one you'd like to see running.

Report on Meet, Greet and Eat

The committee had a gut feeling that this event would be a success, but did not anticipate the overwhelming enthusiasm of residents before and after. Within four days, 130 had signed up (that is the capacity of the entire Fox and Fell and William Penn, excluding the tables for two). There were 26 on the waiting list, and we were able to accommodate 9 because of cancellations. We want to thank all of you for your patience while waiting to be checked in and while waiting for your table mates to join you. The goal of this event was for residents to have the opportunity to eat with and get to know other residents with whom they do not ordinarily dine. There was a buzz of conversation in the dining room and there were smiling faces all around. We sent out an evaluation form after the event. So far we have received 106 responses, and of these only 3 were not interested in a repeat. We appreciate the time many of you took to provide very helpful comments and suggestions.

Monday is the overwhelming favorite day of the week. Meeting quarterly is the slight favorite over meeting monthly. **The next Meet, Greet and Eat will be Monday, April 16.** Mark your calendars! There will be more information in the next *Kendalight*.

Watch for Sign-up Sheets:

Solo Diners: Thursday, March 8, 5:30pm, The Den (second Thursday of month -- note change in day).

SPINACH (Senior Persons Interested in Nutrition and Community Health): Wednesday, March 28, 5:15pm, William Penn Dining Room (fourth Wednesday of the month).

Dining Services welcomes many new staff. Let us know how they are doing. We appreciate all Comment Cards.



Nutrition and Dining Services

Special March Meals

Saturday, March 17

St. Patrick's Day Dinner

Report from Greg Zehe

On Tuesday, February 21, Dining Services hosted a **coffee tasting** session from 5:00-7:00pm in the Heiser Lounge. Kendal residents tasted and compared three varieties of coffee and the coffee we currently serve, then submitted a comment card with their observations. Mike Dardis, Beverage Manager with Northern Haserot, was on hand to answer questions. Many residents participated in the informative session and as you can imagine, there were many opinions represented:

- 2% preferred our existing coffee overall
- 7% did not like any of the options including our existing coffee
- 23% preferred the Euro Roast coffee over all of the options including our existing coffee
- 32% preferred the Guatemalan coffee over all of the options including our existing coffee
- 45% preferred the Kenyan coffee over all of the options including our existing coffee

It was clear the "strength" was the primary driver in the groups that preferred the Euro Roast and Guatemalan coffees. The Kenyan coffee was perceived as the "smoothest" by those who favored it. We plan to utilize the feedback from this event to work with Mike Dardis to create a custom blend for use in our dining operation. We will use the "smooth" Kenyan coffee beans and increase the amount of coffee used to yield a "stronger" flavor.

SUN	MON	TUE	WED	THU	FRI	SAT
<h1>MARCH 2012</h1> <p>March Is National Nutrition Month (see p. 1 for activities)</p>			CAR = Central Activities Room CCR = Crossroads Conf. Rm GCR = Green Conf. Room WCH = Warner Concert Hall Bold Face = at Kendal tx = Tickets needed = Kendal Bus	1 Reading of Kendalight 10:00am CCR Health Lecture: 7:15pm AUD Jasper Quartet and Friends 8:00pm WCH	2 News & Views Cybersecurity, the New Frontier 10:30am AUD Opera DVD: Turandot 7:15pm AUD Oberlin Sinfonietta 8:00pm WCH	3 Walk With a Doc at Bur Oak 8:30am Heiser Film: White Nights 7:15pm AUD
4 Quaker Worship 10:00am Green Rm <hr/> English Country Dancing Every Sunday at 7:15pm in AUD <hr/> Film: Mona Lisa Smile 7:15pm CAR	5 Bridge 7:10pm AUD	6 Primary Election Day 6:30am-7:30pm Auditorium Be Sure to Vote and Bring ID	7 <hr/> Morning Discussion Group every Wed., 10:00am CAR <hr/> Environmental Concerns: "Deep Drilling, Deep Pockets" 4:30pm AUD Pairs Bridge 7:10pm AUD OC Convocation: J. Alter, R. Douthat 7:30pm Finney - no tx	8 Low Vision Group 4:00pm Green Rm Solo Diners 5:30pm The Den Genealogy-History "Witch of Northampton" 7:15pm AUD Oberlin Chamber Orchestra 8:00pm Finney	9 Sounding Board 10:00-11:00am Green Room Oberlin Jazz Ensemble 8:00pm Finney	10 United Fellowship 9:30am Penn Rm Episcopal Serv. 11:00am, CAR Rev. Brian Wilbert Inter. Women's Day Luncheon (tx) Noon - Fox & Fell James W. White Memorial Service First Church, 2:00pm Oberlin Jazz Ensemble 8:00pm Finney
11 Quaker Worship 10:00am Green Rm Film: The Producers 7:15pm CAR	12 Coffee Hour with Barbara Thomas 9:30am Langston Bridge 7:10pm CCR Book Talk: "Superman vs. Ku Klux Klan" 7:15pm AUD	13 Conversations With Community: "Life Reimagined" 10:15am AUD Tuesday Tea at AMAM 2:30pm ARS: Herbie Hancock Jazz Ensemble 8:00pm Finney (tx)	14 Lunch Bunch: Vintage House Cafe, Avon 11:30am-2:00pm Scrabble 7:15pm CCR Oberlin Opera: Two One-Act Operas by Ravel 8:00pm Hall (tx)	15 KORA Council 10:00am AUD Third Thursday Lecture: "Genetic Influences" 7:15pm AUD	16 Sights and Sounds of Oberlin 9:30am F&F (sign up) Roman Catholic Mass 10:00am CCR Life Care BUS: Cleveland Aquarium 10:30am-3:30pm Oberlin Baroque Orchestra 6:30pm WCH Note time!	17 St. Patrick's Day Dinner Film: Rashomon 7:15pm AUD
18 Quakers 10:00am Green Rm Oberlin Opera: Two One-Act Operas by Ravel 2:00pm Hall (tx) Third Sunday 4:00pm CAR Film: Importance of Being Earnest 7:15pm CAR	19 Conversations With Community: "8th Graders Look at Poverty, Hunger" 4:00pm AUD Bridge 7:10pm AUD	20 Computer Users' Group: "eBooks and eReaders" 7:15pm AUD	21 Unitarian Univ. Rev. Mary Grigolia "Evolution of Power" 4:15pm Green Rm Pairs Bridge 7:10pm AUD	22 Apollo's Fire: "The Magic Flute" 8:00pm Finney (tx)	23 Oberlin Community Music School 7:15pm AUD	24 Playreaders: "Born Again" 7:15pm AUD
25 Quaker Worship 10:00am Green Rm Film: Miss Potter 7:15pm CAR	26 Bridge 7:10pm AUD	27 Afternoon Exchange Barbara Thomas 4:00pm AUD	28 SPINACH 5:15pm Penn Rm Scrabble 7:15pm CCR OHC Lecture: "Oberlin, Women's Changing Roles" 7:15pm AUD	29 	30 	31