

The Kendalight

Kendal at Oberlin Residents Association

March 2013

Volume XX, Number 3



Here is our Kendal at Oberlin 20th Anniversary design created by Kendal resident John Elder. Watch for it in *The Kendalight* and on our Kendal bulletin boards.

Hold the date for these upcoming 20th Anniversary events:

Monday, April 15, 7:15pm, Heiser Auditorium: Dr. Dennis McCullough will speak on "Slow Medicine." His talk is sponsored by a generous donor in honor of Kendal at Oberlin's 20th Anniversary.

Thursday, September 19: Presentation of the "History of Kendal at Oberlin," by Dick Baznik.

Friday, October 4: Talk by Oberlin College President Marvin Krislov, reception honoring our Founding Residents and Staff, Special Anniversary Dinner.

Saturday, October 5: Anniversary Symposium.

Contact **Bob Longsworth** and **Donna Baznik** with events you and your committee would like to add in celebration of our 20th Anniversary!

**COFFEE HOUR WITH
BARBARA THOMAS
WEDNESDAY, MARCH 13
9:30AM - LANGSTON**

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

**"The Four Horsemen of the
Apocalypse (or Life Without
Superhuman Agents): Dawkins,
Dennett, Harris and Hitchens"
Wed., March 6 - 10:30am - AUD**

Kendal Volunteers Set a Record for 2012

The Volunteer Committee thanks all Kendal residents and staff who submitted the 2012 Volunteer forms. It was a record year in hours of volunteer service given by folks at Kendal: **52,268 hours total. Quite a record!** About 250 volunteer forms were sent out to Kendal residents and 187 responded -- that's about a 75% return. Quite a record! Last year 180 residents reported 44,271 hours of activities. This year's total include 1,453 hours volunteered by staff and the many hours volunteered by residents in the Stephens Care Center. Take a look at Jara Stull's colorful chart on the Volunteer Bulletin Board.

KORA committees recorded the largest number of hours volunteered. You will receive a report from RAF about the hours residents have donated to that committee over the 2012 year.

The Kendal Spirit is alive and well!

KORA committees	25,861 hours
KatO	4,964
Organizations	5,782
Churches	4,276
Schools	2,263
Government	972
Meals	409
Medical	328
Miscellaneous	2,868

The Committee wishes you all well as you keep your daily/weekly/monthly record of Volunteer Hours for 2013.

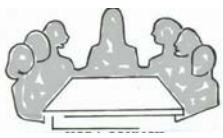
Anthony J. Wilgus, Associate Professor of Social Work at The University of Findlay, will discuss the contributions of the "new atheists" to the dialogue on religion, science and the future of homo sapiens.

This is the fourth of five lectures in his series "Miles to Go Before I Sleep: Reflections on Life." Professor Wilgus invites interested residents to share lunch with him following the morning presentation to continue the discussion.

Save the Date!! Saturday, April 27, 7:00pm 'til 10:00pm Kendal at Oberlin's Annual Spring Fling: a Night at the Beach!

The grand theme for the 2013 Spring Fling will center on Fish -- glamorous, glitzy, grandiose and glittery Fish. Ted Nowick and May Zitani are setting up sessions to work on these creations. They would welcome your help! Word has it that there will be a floating whale to add to the festivities!

The planning committee will meet at 4:00pm on Monday, March 11 at the Fox and Fell Café. Join this group and help plan food, fun and games. Share your ideas with these folks and Anne Elder.



KNOW YOUR KORA COUNCIL

If you've not already done so, I encourage you to visit the updated KORA website (<http://kaores.kendal.org/>). The most obvious change is that a "Google" search of the website is now possible; instructions appear when you open the site. With help from the Coordination Committee, the directory of committees and groups is up to date. If you can't manage a website visit on your own, ask a member of the Computer Users Group or Website Committee to help. The January Quarterly Health Services Forum and the more recent presentation by the Master Planning Committee provided good opportunities for resident understanding, questions, and input on two major continuing issues before the KatO community: the best possible health care, and the renovation of our Classic cottages. More chances to review and discuss options for the cottage renovations will be scheduled as details become available. A basic workshop for all on how geothermal heating and cooling work is under consideration; watch for details. Even as we welcome Dr. Georgia Newman as KatO Medical Director, discussions will continue regarding longer term medical institutional relationships. A critical part of these discussions will be to hold up and enhance the concepts of "Slow Medicine" and "person-centered care."

Two events are scheduled for residents.

- On Monday, April 15, Dr. Dennis McCullough, a primary advocate for Slow Medicine, will speak at 7:15pm in Heiser Auditorium. In his book, "My Mother, Your Mother: Embracing 'Slow Medicine,'" Dr. McCullough describes Circles of Concern, "...balanced, mutually respectful, and supportive partnerships between doctors, nurses, and other health professionals

and elder patients, their families, close friends, neighbors, and anyone else chosen..." Some of his experiences are drawn from being the founding medical director of Kendal at Hanover. Much has come from being an "in-the-trenches" family physician and geriatrician for 30 years. Barbara Thomas and I are putting several copies of "My Mother, Your Mother" in the Kendal library, hoping that many of you will read at least the Preface and first chapter as background for the presentation and our discussions.

- Dr. McCullough describes Circles of Concern primarily in terms of family members. In considerable measure we at Kendal are "family" to each other. For our March KORA Council Meeting, we're scheduling a conversation about the ways we might enhance circles of concern and support, particularly for residents whose families are distant, or unable to provide ongoing help. Much of our current effort along these lines is carried out by the Care and Nurturing Committee, as they supplement the work of our

dedicated, but busy, nursing and social services staff. Are there ways in which we can all help enhance that work? The Suggestions and Concerns Committee is a venue for you to share related suggestions, as they prepare to lead our discussion at the KORA Council Meeting, Tuesday, March 19, at 10:00am in Heiser Auditorium. On related matters, you'll soon find in your box an updated form for listing family or other KatO residents you want to be notified if or when you are hospitalized. Also, your Medical Power of Attorney and End-of-Life Care Preferences forms should be reviewed from time to time and updated in your Kendal Health and Wellness Clinic file.

-Don Reeves, KORA President

Check out our KORA website:

www.kaores.kendal.org

And look at "Other Kendal" links for our blog at www.kendalatoberlin.net and the Facebook Page at www.facebook.com/kendalatoberlin, both produced by the KatO Admissions & Marketing Dept.

LifeLong Learning Classes in Heiser

News & Views. Major foreign affairs topic taken from the latest "Great Decisions" briefing book published by the Foreign Policy Association. Fri., 10:30am to noon, **April 5**, Eve Sandberg, Chair, Politics Dept., Oberlin College, China in Africa. No fee or registration.

Opera Preview: Die Fledermaus (The Bat). Opera masterpiece set in Vienna with music by Johann Strauss II, the Waltz King. Farical plot includes characters with disguised and shifting identities plus other comic complications. Sung in English. Jonathon Field, Director, Oberlin Opera Theater with students singing excerpts. Performances at Hall Auditorium start March 13. Wed., 4:00 to 5:00pm, **March 6** (1 session). Fee: \$10. (class #4445)

Modern China. Cultural, social and institutional history, beginning with the Qing Dynasty in 1644, with focus on China's Communist revolution and the country's development to date. Carl W. Jacobson, Executive Director Emeritus, Oberlin Shansi; Adjunct Associate Professor of History, Oberlin College. Wed., 10:30am to noon, **March 13 to April 17** (6 sessions). Fee: \$30. (class # 4446)

Cleveland's Great Millionaires' Row. A popular storyteller tells about the day-to-day lifestyles, fortunes and tragedies of the families living in the grand Euclid Avenue homes from 1875 to 1930. Dan Ruminski, Cleveland area historian and storyteller. Thurs., 10:30am to noon, **April 4** (1 session). Fee \$10. (class #4921)

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

PROGRAMS

LECTURES

First Thursday Health Lecture
March 7 - 7:15pm - AUD
**“Pain in the Older Adult:
Why, How, When”**

Molly Singletary, Kendal at Oberlin Health and Wellness Clinic Nurse Practitioner, will discuss the pathophysiology of pain and treatment based on the mechanisms of injury.

Third Thursday Lecture
March 21 - 7:15pm - AUD
**“Thru-Hiking on the
Pacific Crest Trail”**

Michael Reynolds will describe his trip “thru-hiking” on the Pacific Crest Trail from mid-April to early October. The Pacific Crest Trail spans 2,650 miles from Mexico to Canada through California, Oregon and Washington.

“Die Fledermaus (The Bat)”
Wed., March 13 - 8:00pm - Hall
Sun., March 17 - 2:00pm - Hall

Set in Vienna, Johann Strauss II's operetta features a farcical plot that is full of practical jokes, beguiling disguises and mistaken identities. The work is infused with sparkling melodies and lilting waltzes. Sung in English, the Oberlin Opera Theater performance is conducted by Raphael Jiménez and directed by Jonathon Field. Tickets: \$15; seniors, \$10. Call CTS: 775-8169. **Kendal bus for both performances.**

**Oberlin College Convocation: An Evening With
Dr. Harold Varmus - Thursday, March 7 - 7:30pm - Finney**

Co-recipient of the Nobel Prize for studies of the genetic basis of cancer, Dr. Harold Varmus has been the director of the National Cancer Institute, president of Memorial Sloan-Kettering Cancer Center, and director of the National Institutes of Health. Former co-chair of President Obama's Council of Advisors on Science and Technology, he has authored five books, including his memoir “The Art and Politics of Science.” **Free, no ticket required. Sign up for Kendal bus.**

TRIPS

Lunch Bunch:
YOUR Deli, Amherst
Wednesday, March 13

Established in 1989, YOUR Deli is now located in the old Higgins Pharmacy. Although best known for its chicken paprikash, it also has homemade soups, sandwiches and salads on the menu. 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 11. Lunch at your expense. Sign-up sheet will be posted Monday, March 4.

**BigBus: Trip to Cleveland
Federal Reserve Bank
Building and The Arcade**
Tues., Mar. 19 - 9:15am-3:30pm

We'll visit two historic Cleveland landmarks: First, the Cleveland Federal Reserve Bank, listed on the National Register of Historic Buildings. Our tour highlights the bank's functions as well as the architecture. Then, The Arcade, the first building in Cleveland and the ninth in the nation to be placed on the National Register of Historic Places. It opened in 1890 as one of the first indoor shopping centers in America. After lunch in the food court, we'll stop at the Horseshoe Casino on Public Square to see how the architectural details of the old Higbee department store have been incorporated into the new casino. Check with Pat Talbot for details.

MUSIC

Oberlin Community Music School
Fri., Mar. 15 - 7:15pm - AUD

These talented students, affiliated with the Oberlin Conservatory, will include their new violin/viola tour group on the program.

Aaron Mossburg, viola
Daniel Orsen, viola
Tues., Mar. 19 - 7:15pm - AUD

Two of the six finalists in the American String Teachers Assn. Solo Competition, both violists are alumni of the Credo String Program and study with Oberlin Conservatory Prof. Peter Slowik.

Art Songs and Operatic Duets:
Allen Huszti, Judith Overcast
Sun., Mar. 24 - 4:00pm - AUD

Judith Overcast, soprano soloist at Trinity Cathedral and an active singer in musicals in the Cleveland area, joins Kendal resident Allen Huszti. Jack Knapp will be the pianist and Dick Baznik will accompany folk-songs on guitar. The program includes music of Brahms, Haydn, Pinto, Massenet, Mozart and Loesser.

**BigBus: Trip to MOCA
and CWRU Weatherhead
School of Management**
Two Rescheduled Sections:
Fri., Mar. 22 - 9:15am-3:30pm
Fri., Mar. 29 - 9:15am-3:30pm

This trip has been postponed twice because of inclement weather. But we will try again, offering two sections. We plan to visit two unique buildings in Cleveland: The Weatherhead School of Management of Case Western Reserve University, designed by Frank Gehry, and the new Museum of Contemporary Art, designed by Farshid Moussavi, her first building in the U.S. At MOCA we will have an “Art and Architecture” tour and have time to look around and visit the gift shop. Check with Pat Talbot for details.



**Sunday
Movies
in Whittier
at 7:00pm**

March 3 - Hugo (2011) - In 1930's Paris, an orphan who lives in the walls of a train station is wrapped up in a mystery involving his late father and an automaton. PG.

March 10 - Casablanca (1942) - Oscar-winning film about expatriate Rick (Humphrey Bogart) and his old flame Ilsa (Ingrid Bergman) trying to get out of Vichy-controlled Morocco in the early days of World War II.

March 17 - The Philadelphia Story (1940) - When her ex-husband (Cary Grant) and a tabloid reporter (James Stewart) crash her high-society wedding, the intended bride (Katherine Hepburn) reevaluates her life.

March 24 - Beasts of the Southern Wild (2012) - Faced with both her father's fading health and the rising waters that threaten to flood her beloved bayou community, six-year-old Hushpuppy must learn the ways of courage and love to exist. PG-13.

March 31- The Lorax (2012) - To win the affection of the girl of his dreams, a 12-year-old boy must discover the story of the Lorax, the grumpy yet charming creature who fights to protect his world. PG.

**Saturday Favorite Films
March 2 - 7:15pm - AUD**

Chicago (2002) - Award-winning musical about a would-be star (Renee Zellweger) willing to be tried for murder -- for publicity. PG-13.

**Saturday Night Movie
March 16 - 7:15pm - AUD**

My Big Fat Greek Wedding (2002) - Toula's Greek-American family expects her to marry a nice Greek boy. But she falls in love with Ian. Chaos ensues as the wedding plans progress. PG.



**Art
Gallery
News**

Kendal Gallery - Part I of the Paul Arnold Retrospective Show continues until April 1. A list of the dozen prints on permanent display throughout Kendal can be found in the corridor between the Crossroads and Green Rooms; these prints are now tagged with a red ribbon. Part II will run from April 3 through May 27. If you have a late entry to offer, check with Nina Love as soon as possible. *-Nina Love*

**Genealogy-History Group
Thurs., Mar. 14 - 7:15pm - AUD
"Nordic Emigration; Diary of
a WWI Ambulance Driver"**

Louise Breese will discuss her father's two-volume diary of World War I experiences; the diary, now housed in the Cuyahoga Community College's Archives, is an eye-witness account by this ambulance driver on the Italian and French fronts from 1917 to 1919. Nancy and Don Hultquist will describe memorable emigrations from Scandinavia of ancestors of 18 KatO residents and staff. A newspaper account of the diary and a book summarizing the emigrations are on display in the Kendal library. All are welcome to attend this free event.

**Quarterly Health Services Forum
Tues., Mar. 26 - 4:00pm - AUD**

- Hospice 101 and What Distinguishes Hospice Providers
- What To Do When You Notice Yourself Getting Weaker
- Signs and Symptoms of Coronary Heart Disease?

Saturday Opera DVD Night: March 30 -7:15pm - AUD

Orfeo ed Euridice - Gluck's opera was one of the first to attempt a blending of recitative and aria, and challenged the rigid *opera seria* conventions, developing a more realistic depiction of emotion. This retelling of the Greek myth about the power of love stars the great British mezzo-soprano Janet Baker in a 1982 performance from Glyndebourne. *-Allen Huszti*

Friends Gallery - Grafton artist Eric Dull's wildlife paintings will be followed on March 12 by the works of four Cleveland-area printmakers -- Barbara Eisenberg, Roslyn Gaier, Maria Kaiser and Ruthe Stone. Included will be woodcuts, etchings, color screen prints, lithographs. *-Robert Taylor and Ted Nowick*

Community Gallery - Artwork from Oberlin High School's International Baccalaureate program will be featured from March 13 through April 30. A reception for the students will be held in the Gallery on Wednesday, March 20 at 3:30pm *-Joe Luciano*

**Tuesday Tea at AMAM
March 12 - 2:30pm**

Ed Vermue, Oberlin College Special Collections Librarian, discusses the intersections between collecting library and museum objects as instructional devices that engage college students and develop understanding of book arts and the history of the book. All are welcome. No registration, no fee.

**"The Growing Global Web:
Rights, Justice and Law"
Mon., March 4 - 4:30pm
First Church UCC**

As part of Oberlin College Peace Week, *GlobalSolutions.org* CEO Don Kraus will speak about U.S. legislative action regarding United Nations conventions on women's rights and climate change. The presentation is a tribute to global peace and justice activist Floyd Ramp (1923-2012), well-known to Kendal residents for his role as an Oberlin civic leader. **Sign up for Kendal bus. A reception for Floyd's friends and fellow citizens will take place in Fellowship Hall at 3:00pm.**



Library Notes

Status of Copier Repair: The Library's new copier (a Kyocera multifunction printer) stopped working January 9, after making almost 11,000 copies in less than three months. Repairmen from Integrated Business Systems replaced three printed circuit boards, and then found only the third one was needed. The repair was completed on February 6, under warranty.

Grapefruit-Drug Interactions: Grapefruit and its juice often increase (and sometimes decrease) the potency of oral drugs. Several recent articles on the subject are in a three-ring binder labeled "Grapefruit + Drugs" placed with the diet and health newsletters on the reference shelf in the Library. Although this effect has been known since 1989, it is making news because more than 85 drugs are now known to interact with grapefruit. Doctors representing the Florida citrus industry are disputing the interaction, which can be life-threatening. (You might want to do your own computer search of grapefruit-drug interactions.)

Conversations with Community: "A Trip to Tanzania"

Mon., Mar. 11 - 7:15pm - AUD

Oberlin Alumni Assn. Executive Director Danielle Young, Oberlin College Biology Prof. Roger Laushman, photographer Dale Preston and Kendal resident Gay Fischer will share photographs and experiences of their recent Oberlin Alumni trip to Tanzania. It was an amazing safari! Dale is the husband of KatO Social Services Associate Kim Preston.

Conversations with Community: Film: "Crime after Crime"

Mon., Mar. 18 - 7:15pm - AUD

"Crime after Crime" is the story of the battle to free Debbie Peagler, an incarcerated survivor of brutal domestic violence. More than 26 years in prison cannot crush the spirit of this determined African-American woman.

Her story takes an unexpected turn when a pair of rookie land-use attorneys cut their teeth on her case (one is an Oberlin College graduate). They decide to retry her case and attract global attention to the troubled intersection of domestic violence and criminal justice. Film: 1 hr, 33 min.

"The United States of ALEC"

Tues., Mar. 5 - 4:30pm

Hallock Auditorium, Oberlin College Lewis Center for Environmental Studies

The League of Women Voters of the Oberlin Area and Common Cause Ohio will present "The United States of ALEC," a video by Bill Moyers, followed by a discussion with Catherine Turcer, director of Voter Protection for Common Cause Ohio. The American Legislative Exchange Council (ALEC) is a lobbying effort funded by some of the nation's largest and wealthiest companies. Co-sponsored by Oberlin Anti-Frack, Student Labor Action Coalition and Oberlin Young Democrats. **Sign up for Kendal bus.**

News & Views

Thurs., Mar. 7 - 4:00pm - AUD

Zeinab Abul-Magd, the Egypt authority in the Oberlin College History Dept., who just returned from Cairo, will be the discussion leader on Egypt, 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.

Note day and time change.

Oberlin Heritage Center: "Paradise Found -- Religiosity and Reform in Oberlin"

Wed., Mar. 27 - 7:15pm - AUD

Matthew Hintz, former OHC intern and volunteer, will explore how religion spearheaded Oberlin's progressive push toward human rights and social reforms such as temperance, abolition and civil rights. Religious fervor ran deep in the founding of Oberlin. Righteousness fused with intense spiritual revival to a greater degree on the western frontier where traditions were weak and cooperation a necessity. Mr. Hintz recently completed his master's thesis in American History, Religious Studies and Intellectual Thought at Clemson University. Free and open to the public.

First Thursday Evening Hours at Allen Memorial Art Museum March 7 - 5:00-8:00pm

At 5:30pm Electroacoustic Music inspired by works in the AMAM collection will be performed by TIMARA students enrolled in classes taught by Peter Swendsen, Assistant Professor of Computer Music and Digital Arts. This event is co-sponsored by the Oberlin College Administrative and Professional Staff (A&PS) Social Committee. All are welcome.

Vision Impaired

Low-Vision Support Group

**"Growing Through Grief:
Emotional Adjustment
to Vision Loss"**

**Thursday, March 14
4:00pm - Green Room**

**Reading of *The Kendalight*
Friday, March 1, at 10:00am in
Whittier Lounge**

Marie Evans reads *The Kendalight* the first of each month in Whittier Lounge. She invites any residents who are interested to join her. All are welcome!

Welcome Kendal's New Residents

Ann Davis



I was born in Akron, OH, as part of a large, interesting, extended family. I had my freshman year of college at Oberlin and then quit to marry my brother's college roommate. While Rees went through law school, then joined his father's Cleveland law firm, I produced a family of four wonderful children. After a 20-year marriage, we divorced. I moved back to Akron and got my first job at the Akron Art Museum. The museum was going through a very interesting period. A new director was determined to change the traditional, small city art museum into a *very modern* art museum, with chang-

ing exhibits every six to eight weeks. After ten years I decided to get serious and prepare myself for a serious job. At 51 I enrolled as a freshman at the University of Akron and graduated four years later as a registered nurse. I realized that I was getting far more out of college in my 50's than I did as a 19-year-old. I moved back to Cleveland and got a job at St. Luke's Hospital. The ten years that followed were very happy and satisfying, and I retired at 65. The first thing I did was buy a piano keyboard and start taking piano lessons, which I continued for 12 years. I guide at Stan Hywet Hall with my sister Julie Shaw, and I was part of a Hudson Book Club until my move to Kendal. I am now having a wonderful time exploring all the activities and learning opportunities available to me.



11/14/12
to
1/20/13

Nature Sightings at Kendal

11/14 Orcutt's: SCREAMERS AGAIN! AT 8:00 A.M.!!!

11/20 Adie O.: Heiser Pond, belted kingfisher feeding; 11/26 M. Myerson: "A great blue heron at Farmer's Pond;"

11/27 Peg Schultz: Screech owl poking his/her head out of the duck box on Green Pond; 11/27 Orcutt's: three American tree sparrows on Rock Pond, northwest corner; 11/28 Orcutt's

again: An immature red-shouldered hawk in a tree, north shore of Rock Pond. He was trying to balance on a tiny twig; 11/29 B. Barna: Muskrat in Triangle Pond at Phase III; 11/29

Marcia D.: Red-bellied woodpecker at Troll Bridge; 11/30 Adie: Harvey and Louise at Phase II - WELCOME;

12/2 Ruth Ann and Ardith: Cooper's hawk flew into the window, was stunned for about 20 min., then managed to fly to an evergreen across the pond! 12/2 Lee Hefner: Muskrat in Farmer's Pond, 12/5 Leucistic (?) goose, white head and neck, dark bill, was with 200 or so Canada geese on Russia Township Pond. Entire pond was covered! 12/8 Scott Orcutt: Belted kingfisher on Rock Pond, northwest corner; 12/14 Orcutt's: Red-shouldered hawk near Rock Pond. He/she (and both) are there quite a lot all season; 12/16 Jim Heflick: ~Ten common Redpolls on the road near parking lot (which?) mixed with a flock of American goldfinch. Screech owl (red morph) in the box on Green Pond; 12/26 Lee Hefner: Screech owl with snow piling up on his/her head in the duck box opening; 12/29 Marcia D.: Male northern flicker (second sighting) at suet feeder at #95; 12/31 Peg Schultz Red-breasted nut-hatch at the suet feeder #85; 1/5 Maureen from housekeeping: Four or so redpolls;

1/7-9 E. Pugsley: Redpolls at #9 feeder; 1/13 Peg Schultz: (Cont'd on p. 7)

Help Welcome our Visitors

Kendal at Oberlin Priority List members and Kendal at Home members often eat in our dining rooms, work out in our exercise room and swim in our pool. Please join us in welcoming them to our community. And please remember to wear your name tags!!

Move-Ins

Michael Fletcher, from Mechanicsburg, PA, became a resident on Oct. 31, 2011. He's not yet living on our campus, but will occupy a Kendal Cottage.

Upcoming Moves

Martin and Betsy David will move from Middleton, WI, to a Kendal Cottage in early March.

Computer Users Group: Exploring Better Ways to Email Tuesday, March 26 - 7:15pm - AUD

Microsoft associate Peter Kellner is developer of a program called "Ageless Email." Currently out for testing, "Ageless Email" has features designed to make things easier for everyone. He will talk about these features, such as automatically creating a simple photo viewer, using simple canned responses to acknowledge email, and navigating easily on iPads.

A seasoned software professional, he feels that email programs, from Microsoft's Outlook to Google's gmail, can be quite daunting to use. He says that there are hundreds, if not thousands, of seemingly useless options that keep getting in the way and he will talk about these programs also.

Mr. Kellner will welcome feedback on "Ageless Email" features, as well as suggestions for improvement. He will be happy to answer any computer questions about "pretty much anything he knows." He is Kendal resident Eileen Kellner's son.

Transportation Talk

Each month 200 or more medical transports are scheduled, in addition to the shuttles for entertainment events. This is a complex scheduling jigsaw puzzle using a limited number of vehicles and part-time drivers. Residents can help.

When making medical appointments, PLEASE:

1. Observe the schedule if at all possible: Monday and Thursday morning; Tuesday and Friday afternoon; Wednesday 1-4:00pm (Oberlin only).

2. As soon as you have the medical appointment, even if it is far in advance, call Transportation Coordinator Donna Smith. It is much better to cancel a reservation already made than to call in a reservation at the last minute

NOTE: A transportation notebook and brochures are on the shelf across from the open mailboxes. Many of your transportation questions will be answered there.

-Diantha Paré and Donna Smith

(Cont'd from p. 6) Two bluebirds in trees on Wildflower Hill near Parking lot 5; **1/15** Lee Hefner: Kingfisher rattling over Heiser Pond and, UNFORTUNATELY, MORE SCREAMERS! **1/17** Maureen: Two Cooper's hawks calling to each other, near Parking lot 16; **1/20** Lee Hefner : Four redhead ducks in Russia Township Pond, and the screech still there in Green Pond.

R>A>F ShopTalk

January was rather a quiet month; receipts totalled \$1,545.40. Perhaps this is OK, allowing volunteers to rest from their more strenuous labors and shoppers to recover from the holidays. With the arrival of March, however, the views outside suggest that spring is quite close at hand -- allowing for a bit more snow and cold.

For R>A>F, spring will burst forth in the month of April.

Hold the Date! FRIDAY, APRIL 5, for the **R>A>F FASHION SHOW!** Folks have talked about having such a show, and now we are actually going to do it. In order to include the whole community of Kendal at Oberlin, the show will occur during lunch hours so staff can join the festivities. We will have two showings, the first one at 12 noon and the second at 1:00pm. We hope all staff as well as residents can join in the fun of this event. Models will be residents and staff. Some items

will show clothing already purchased by the models, and some items will be for sale at the time of the show and beyond. The show will be in the Fox and Fell. Folks are invited to bring their lunch (or get it in Langston). Drinks and dessert will be provided. Those of you who have purchased clothing from the R>A>F Shop are invited to wear your purchases to the show - maybe even make a price tag for your items. Everyone is invited to join in the fun for this occasion!

R>A>F is glad to have a special event in this year of Kendal's 20th Anniversary. As Donna Baznik of the 20th Anniversary Planning Committee says: "Bring your wallet and help support R>A>F. Let's do 20 for our 20th Anniversary -- 20 cents ... 20 dollars ... a check for 20 thousand."

*Ruth Ann Clark, R>A>F Chair
Keep it flying!*

Thank You, Kendal Residents!

Kendal at Oberlin recently received letters of appreciation on behalf of the City Council and Oberlin residents for two distinct contributions to support the continuation of the Oberlin Connector Transit Service in 2013. KORA Council and Kendal Administration pledged \$2500 each to assure this bus would be there for our citizens. In a period of declining funds for regional transportation services, this has become a vital resource that runs on Mondays and Thursdays. During 2012, the Oberlin Connector provided more than 2,000 trips that enabled Oberlin residents to accomplish essential travel. There are a total of 12 sponsors who, along with the City of Oberlin, understand how valued it has become. We were pleased to see two new sponsors: Drug Mart and NACS (National Association of College Book Stores).

Thank you for providing support for this community benefit. And use it; it's a great value!

The new schedule for the Oberlin Connector is posted on the Kendal bulletin boards. *-Barbara Thomas*

IN MEMORIAM

WARREN DEIST

FEBRUARY 15, 2013

WILLIAM "BILL" DEWITT

FEBRUARY 19, 2013

Kendal Kryptogram #97 -by Nina Love

UN'Y MAN NOX EXM UM ED QUWX

NORN KASMN; UN'Y NOX QUWX UM

ED EXM. -ERX FXYN

Solution to Kendal Kryptogram #96: "The whale put Jonah down the hatch but coughed him up because he scratched." -Burma Shave

Table Tennis Coaching

In mid-February, seven members of Kendal's table tennis group took part in coaching sessions with Keith Pech of Strongsville. (Keith is the top Ohio player under the age of 21 and a gifted teacher. Since his last visit to Kendal, he's been certified to coach at the state level.) On this visit, Keith taught us a simple hit/block drill that, with dedicated practice, will improve our play. He also helped fine-tune our fore- and backhand counter drives. Remarkably, at the very next session our progress was already on display.

What with Kendal's three tables, a slight winter lull, and plenty of helping hands, now's the time to join our open play sessions. You'll be welcomed with smiles, and the light, safe exercise comes with a big fun bonus. *-Sidney Rosenfeld*

Our Breakfast Series Continues...

Musical March: Northern Ohio Youth Orchestra Thurs., Mar. 21 - 9:00am - AUD

In the second of our breakfast series, students from the Northern Ohio Youth Orchestra String Quartet, under the direction of Joanne Erwin, Professor of Music Education in the Oberlin Conservatory, will play Haydn's String Quartet "The Bird."

Join us after the concert for brunch at 10:00am in The Fox and Fell dining room. Reserve your space by March 16. Call the Kendal Admissions Office at 1-800-548-9469 or email us at admissions@kao.kendal.org. A sign-up sheet for residents will be available on the counter in front of the open mailboxes Monday, March 11.

Saturday Park Walks

There are no scheduled, organized walks from Kendal in the local parks until April. However, Cleveland Clinic continues to sponsor Walks with a Doc every Saturday at Bur Oak starting there at 9:00am.

Kendal residents who would like to continue to walk off-campus on Saturdays this month are encouraged to meet at the Heiser Reception Desk on Saturdays at 9:00am to plan your walk for that day. *-Jerry Berner*

Share Your Interests with a Summer School-Age Camper

Kendal Early Learning Center is considering providing intergenerational school-age camps this summer. We would like to offer one-week camps, 2½ hours a day, Monday through Friday, to local school-age children.

This would be a great opportunity to share your interests or hobbies on a short-term basis in such areas as fishing, tennis, table tennis, gardening, soccer, swimming, and woodworking. Do you have an area of interest you would like to share with a camper? Please see Jeni Hoover in the Kendal Early Learning Center by March 15 to discuss your participation.

First Church United Fellowship Saturday, March 9 - AUD 9:30am: Food and fellowship 10:15am: Bill Schreiner

A retired science and mathematics teacher, Bill will speak on the elusive Cecropia, the largest of the 70 species of so-called silk moths.

All are welcome.



Bridge Results

Mondays - Jan. 28: 1st, Cathy Fauver; 2nd, Helen Randel; 3rd, Bill Schreiner.

Feb. 4: 1st, Helen Randel; 2nd, Bill Schreiner.

Feb. 11: 1st, Mary Beth McCalla; 2nd, Cathy Fauver.

Feb. 18: 1st, Helen Randel; 2nd, Nancy Beauchamp.

Wednesdays - Feb. 6: 1st, Helen and Bob Randel; 2nd, Connie Boase and Pete Andrews; 3rd, Cathy Fauver and Mary Beth McCalla; 4th, Betty O'Connor and Warren Wickes.

Feb. 20: 1st, Connie Boase and Pete Andrews; 2nd, Russ and Connie Bimber; 3rd, Helen and Bob Randel; 4th, Alice Kohl and Nancy Beauchamp.

UU Kendal Gathering Wed., Mar. 20, 4:15pm - AUD "Two Americas"

Rev. Mary Grigolia, speaker
All are welcome.

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 April 2013 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 article on separate sheet (NOT on room request form), sign and place in *Kendalight* open box. All articles must carry a signature and telephone number.

RELIGIOUS SERVICES AT KENDAL

Episcopal Services

Saturday, March 9, 11:00am, CAR
Saturday March 30, 4:00pm, CAR

First Church Service

Sunday, March 17, 4:00pm, CAR

Roman Catholic Mass

Friday, March 15, 10:00am,
Crossroads Conference Room

Society of Friends

Sundays, 10:00am, Whittier Lounge



Dining and Nutrition Services

Special March Meals

Sunday, March 17

St. Patrick's Day Dinner

Sunday, March 31

Easter Dinner

12 noon and 2:00pm

Fox and Fell Dining Room

Two seatings for reserved service.

Friends Corner Dining Room: Normal serving hours for all meals.

Langston: Open from 7:30am to 9:30am for breakfast only on Easter.

Reservations forms for Fox and Fell will be emailed or placed in open mailboxes.

Notes from Ann Pilisy

• **Language Diners:** Please let us know the day before (or as soon as possible) if you are planning to join another dinner group (like SPINACH or Eureka) so we can utilize the appropriate room and table seating arrangement to best accommodate everyone.

• Thank you for using the **green plastic food containers** and reducing waste.

Please return these plastic containers to the Langston conveyor to be washed for reuse. Additional plastic food containers have been ordered at \$4.95 each to replenish our supplies.

Food for Thought

Meet Shelby Balint...



If you eat lunch in the Friends Corner Dining Room, or even walk by, you may see Shelby Balint. Although she started out in the Fox and Fell Dining Room, Shelby's good work habits and her concern for each resident were noted, and she was asked to transfer to Friends Corner. Two years ago, she graduated from Firelands High School where she was very active in the Future Farmers of America and in the County Fair. This activity (and owning a miniature horse since she was 15) fit into her dream.

When I wondered why she had a miniature horse, she said her parents felt she was too small for a saddle horse. But since that time, she has leased (and paid for) a saddle horse. One of her favorite TV shows? Animal Planet! Her dream/ambition? To become a teacher of agriculture in a high school.

Shelby is necessarily careful in allotting her time among working at Kendal, taking a full schedule at LCCC, caring for her horses, and hanging out with her many friends. When she leaves to attend Ohio State University next fall, we can hope that her younger sister will want to work at Kendal at Oberlin. With a sister like Shelby, she's got to be great, too.

Naomi Barnett will interview a member of our Dining Services staff each month on behalf of the Kendal Food Committee.

Playreaders: "The Barretts of Wimpole Street"

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

Written by Rudolf Besier in 1930, this play is based on the romance between the poets Elizabeth Barrett and Robert Browning. Can their love for each other overcome her poor health and her tyrannical father's unyielding opposition? Come find out!

Watch for Sign-up Sheets:

Solo Diners: Thursday, March 14, 5:30pm, The Den (meets every second Thursday of month).

SPINACH (Senior Persons Interested in Nutrition and Community Health): Wednesday, March 27, 5:15pm, William Penn Dining Room (meets fourth Wednesday in Jan., Feb., Mar., Apr., Sept., Oct.)

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

March Is National Nutrition Month

This year's theme is "Eat Right, Your Way, Every Day." It encourages consumers to include the foods they love as a part of a healthy eating plan that is tailored for their lifestyle, traditions, health needs and tastes.

This year, the 40th anniversary of National Nutrition Month, we are putting an emphasis on staff wellness and nutrition education. We will also be featuring some new, healthy menu items in the Langston during the month of March. Every Wednesday in March, there will be a booth set up outside of Langston from 10:00am to 1:00pm. Please stop by for free samples and to better your overall health. In addition to plenty of free samples, we will have nutrition handouts, door prizes, and more!

-Kendal Dietician Katie Hoover, RD LD

Wednesday, March 6: Breakfast - Most Important Meal of the Day!

Wednesday, March 13: Healthy Lunch Options

Wednesday, March 20: Snacks and Fruits & Veggies

Wednesday, March 27: Portion Sizes

SUN	MON	TUE	WED	THU	FRI	SAT	
<h1>MARCH 2013</h1> <p>March is National Nutrition Month (See p. 9 for activities)</p>				<p>CAR = Central Activities Room CCR = Crossroads Conf. Rm WCH = Warner Concert Hall WHT = Whittier Lounge</p> <p>Bold Face = at Kendal</p> <p>tx = Tickets needed 🚗 = Kendal Bus</p>		<p>1 Reading of Kendalight 10:00am WHT</p> <p>Trolley Run 4:45pm HL</p> <p>Alek Shrader, '07, tenor 🚗 7:00pm WCH</p>	<p>2 Met Opera HD at Crocker Park: Parsifal 🚗 lv. Heiser 10:45am</p> <p>Film: Chicago 7:15pm AUD</p> <p>Oberlin Chamber Orchestra 🚗 8:00pm Finney</p>
<p>3 Quaker Worship 10:00am WHT</p> <hr/> <p>English Country Dancing Every Sunday at 7:15pm in AUD</p> <hr/> <p>ARS: Leipzig String Quartet 🚗 4:00pm Finney (tx)</p> <p>Film: Hugo 7:00m WHT</p>	<p>4</p> <p>"Global Web: Rights, Justice and Law" First Church, 4:30pm 3:00pm Reception 🚗</p> <p>Bridge 7:00pm AUD</p>	<p>5</p> <p>"The United States of ALEC" 🚗 4:30pm, Hallock AUD, OC Lewis Center for Environ- mental Studies</p>	<p>6</p> <hr/> <p>Morning Discus- sion Group every Wed., 10:00am WHT</p> <hr/> <p>"Dawkins, Dennett, Harris, Hitchens" Anthony J. Wilgus 10:30am AUD</p> <p>Pairs Bridge 7:00pm AUD</p>	<p>7 News & Views 4:00pm AUD</p> <p>First Thursday Evening Hours at AMAM 5:00-8:00pm</p> <p>Health Lecture: Molly Singletary 7:15pm AUD</p> <p>OC Convocation 🚗 Dr. Harold Varmus 7:30pm Finney - no tx</p>	<p>8</p>	<p>9 United Fellowship 9:30am AUD</p> <p>Episcopal Serv. 11:00am, CAR</p> <p>Oberlin Baroque Orchestra 🚗 8:00pm WCH</p>	
<p>10 Quaker Worship 10:00am WHT</p> <p>Film: Casablanca 7:00pm WHT</p> <p>ARS: Deborah 🚗 Voigt, Soprano 8:00pm Finney (tx)</p>	<p>11 Sounding Board 2:00pm WHT</p> <p>Plan Spring Fling 4:00pm Fox & Fell Café</p> <p>Bridge 7:00pm CCR</p> <p>Conversations With Community: "Trip to Tanzania" 7:15pm AUD"</p>	<p>12 Tuesday Tea at AMAM 2:30pm</p>	<p>13 Coffee Hour with Barbara Thomas 9:30am Langston</p> <p>Lunch Bunch: YOUR Deli, Amherst 🚗 11:30am-2:00pm</p> <p>Scrabble 7:15pm CCR</p> <p>Oberlin Opera: 🚗 Die Fledermaus 8:00pm Hall (tx)</p>	<p>14</p> <p>Low Vision Group 4:00pm Green Rm</p> <p>Solo Diners 5:30pm The Den</p> <p>Genealogy-History 7:15pm AUD</p>	<p>15 Roman Catholic Mass 10:00am CCR</p> <p>Oberlin Community Music School 7:15pm AUD</p>	<p>16 Film: My Big Fat Greek Wedding 7:15pm AUD</p>	
<p>17 St. Pat's Day Quaker Worship 10:00am WHT</p> <p>Oberlin Opera: 🚗 Die Fledermaus 2:00pm Hall (tx)</p> <p>First Church Serv. 4:00pm - CAR</p> <p>Film: The Phila- delphia Story 7:00pm WHT</p>	<p>18</p> <p>Bridge 7:00pm CCR</p> <p>Conversations With Community Film: "Crime After Crime" 7:15pm AUD"</p>	<p>19 BigBUS: Cleveland Fed. Res. Bank, The Arcade 9:15am-3:30pm KORA Council 10:00am AUD</p> <p>A. Mossburg, D. Orsen, violas 7:15pm AUD</p>	<p>20 Artists' Reception 3:30pm Community Gallery</p> <p>Unitarian Univ. Rev. Mary Grigolia 4:15pm AUD</p> <p>Pairs Bridge 7:00pm AUD</p>	<p>21 Breakfast Series 9:00am AUD 10:00am brunch in Fox and Fell</p> <p>Third Thursday Lecture: "On the Pacific Crest Trail" 7:15pm AUD</p> <p>Jupiter String Quartet 8:00pm Kulas 🚗</p>	<p>22 BigBUS: MOCA and CWRU Weatherhead 9:15am-3:30pm</p>	<p>23 Playreaders: "The Barretts of Wimpole Street" 7:15pm AUD</p>	
<p>24 Quakers 10:00am WHT</p> <p>A. Huszti, J. Overcast, Art Songs, Duets 4:00pm AUD</p> <p>Film: Beasts of the Southern Wild 7:00pm WHT</p>	<p>25</p> <p>Bridge 7:00pm AUD</p>	<p>26 Kendal at Oberlin Quarterly Health Services Forum 4:00pm AUD</p>	<p>27 Aft. Exchange Barbara Thomas 4:00pm AUD</p> <p>SPINACH 5:15pm Penn Rm</p> <p>Scrabble 7:15pm CCR</p> <p>OHC Lecture: "Paradise Found" 7:15pm AUD</p>	<p>28 Master Planning Update 4:00pm AUD</p>	<p>29 BigBUS: MOCA and CWRU Weatherhead 9:15am-3:30pm</p>	<p>30 Easter Eve Episcopal Serv. 4:00pm, CAR</p> <p>Opera DVD: Orfeo ed Euridice 7:15pm AUD</p>	
<p>31 Quaker Worship - 10:00am - WHT</p> <p>Easter Dinner, 12 noon, 2:00pm Fox and Fell</p> <p>Film: The Lorax, 7:00pm WHT</p>		<p>Computer Users Group: "Better Ways to Email" 7:15pm AUD</p>					