

The Kendalight

Kendal at Oberlin Residents Association

March 2014

Volume XXI, Number 3

Thank You, Kendal Volunteers

Barbara Bruer, Gaye Laurell, Ruth Ann Clark, Budd Werner and Grace Tompos have spent extra Volunteer Hours collating the forms you completed. **Grand total volunteer hours for 2013, so far: 48,557.** When all the forms come in, we should have well over 50,000 hours. To show how residents volunteered, here is a sample of the hours:

KORA	24,174
KatO	6,276
Organizations	4,191
Churches	3,599
Oberlin College/	
LCCC	1,734
Schools	1,554
Government	1,111
Meals	321
Medical	170
Miscellaneous	2,354

The hours tabulated include those of 17 Kendal residents who volunteered at RAFF: 2,301.

The total hours include those collected in Stephens Care Center and presented on the colorful chart Jara Stull put together for the Volunteer Bulletin Board. Staff volunteer hours have yet to be included. They will help demonstrate Kendal's commitment to service. Barbara Thomas will be delighted to use all these numbers in her yearly reports.

Save the Date!! Saturday, May 3, 7:00pm until 10:00pm Kendal at Oberlin's Annual Spring Fling!

The grand theme for the 2014 Spring Fling is: "60's and 70's: The Flower Children"

The planning committee has begun choosing entertainment and decorations! And Stephens Care Center folks are working on invitations.

YOU will provide the refreshments!

Bring out your favorite tie-dyes and be ready for the fun!

Breakfast with Rev. Dr. James Lawson, Oberlin College Distinguished Lecturer

Rev. Dr. James M. Lawson Jr., called by Martin Luther King "the mind of the civil rights movement," will be staying at Kendal at Oberlin while serving as Distinguished Lecturer on "The Transformative Power of Nonviolent Conflict" at Oberlin College, February 27-March 6.

He will be Convocation Speaker at First Church at 7:30pm on Monday, March 3. His topic: "The Impact of Plantation Capitalism on Today's Human Rights."

Sign up for the Kendal bus if you wish to attend.

Kendal residents are invited to join Dr. Lawson for breakfast at Kendal on Wednesday, March 5 at 8:30am in the William Penn Room. Please sign up by noon March 3.

January 2014 Kendal Board Notes

In January, the Kendal Board of Directors welcomed new resident member Ruth Ann Clark. She has already started serving with an appointment on the Governance Committee as requested by chair Ed Miller. Ruth Ann noted she would not only enjoy this assignment but also be able to make contributions based on prior board service. The Board also welcomed Christine Shay-Downer, Board Fellow for 2014. Christine, who is in her second year of graduate school at Baldwin Wallace University, has a nursing background working for BioScrip Inc. Don Reeves will once again serve as the resident representative attending Board meetings.

The Board's business included an update by Corporate Compliance Officer Stacy Terrell and Risk Manager Toni Merleno for year-end reports. This year Kendal will join other Kendal affiliates in using the Peace Church Risk Retention Group (PCRRG) for several on-site corporate compliance audits through the year. With increased regulations and greater requirements on documentation *(Continued on p. 9)*

**COFFEE HOUR WITH
BARBARA THOMAS
FRIDAY, MARCH 14
9:30AM - LANGSTON**

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

KNOW YOUR KORA COUNCIL

We have a pleasant “problem.” Kendal programs and events occasionally attract more people than Heiser Auditorium can seat. Organizers of a few programs regularly anticipate the problem, and open the rear auditorium doors to accommodate more people -- Spring Fling, Oberlin Heritage Center programs, and a few others expected to attract visitors from town.

But if not planned for, an overflow crowd leads to attempts to satisfy last minute, or late, attendees. People string chairs along the north wall, which may be acceptable. Others carry chairs from the Café area, which soon creates a safety problem. In a few instances, late opening of the rear doors has created a mad scramble, distracted other attendees’ attention, or interrupted the program if it has already begun.

In addition to attractive programs, contributing factors include increasing attendance by Stephens Care Center residents, in part because of a very supportive Wheelchair Brigade. We’ve lost a few seats by giving attention to safety with more space for wheelchair attendees while preserving an exit route. Since Barbara and I arrived nearly five years ago the number of mobility devices has increased substantially, enabling more residents to attend. We seem to be attracting more visitors to our programs. We’re all pleased at participation by more sprightly new residents, hoping and expecting that their number will continue to increase! This “problem” was considered at last month’s Coffee Hour, and discussed at some length at our KORA Council Meeting. A number of suggestions were offered, including “we need a bigger auditorium” -- hardly feasible in the short term! More practically, program planners need regularly to anticipate the possibility of full house, and plan accordingly: opening the rear doors if a large crowd seems likely, or being ready to do so at first sign of a crowd. A wheelchair usher might en-

able better use of wheelchair spaces. We can reform our practice of just-in-time (or only-a-little-late) arrival, or lower our expectations for late seating, or expect to use portable listening devices outside the auditorium if all seats are taken, or the doors have closed. Some programs do not lend themselves to opening the rear doors. We might try a system of tickets or repeat performances or dress rehearsal seating. KORA Council has asked Anne Elder, Program Committee Chair, and Bob

McClusky, KORA Vice President, to consult with Program Subcommittee chairs, other programmers and the Wheelchair Brigade. Together they will draft guidelines that might facilitate maximum attendance and minimum disruption for further discussion by KORA Council.

Please give Anne or Bob your suggestions for easing our “problem” and enabling maximum enjoyment of a continuing stream of top-notch programs. -Don Reeves, KORA President

LifeLong Learning Classes in Heiser Auditorium

News & Views: Foreign Affairs. Each month, the discussion leader will present a major foreign affairs topic taken from the latest “Great Decisions” briefing book from the Foreign Policy Assn. Fridays, 10:30am to noon. **Mar. 7**, Ben Schiff on *Israel and the U.S.* (see p. 5). **April 4**, Al Carroll and Oberlin College Professor Jafar Mahallati with *Islamic Awakening*. **May 2**, Edward L. Long with *Defense Technology*. A domestic issues session will be announced later. No fee; registration on site.

Sign Languages and Deaf Cultures in Global Context. There are many sign languages in the world. This course examines sign languages and the deaf cultures in which they function. What can these languages tell us about the human capacity for language and culture? Erika Hoffmann-Dilloway, Asst. Professor of Anthropology, Oberlin College. Mon., 10:30am to noon, **March 3-17** (3 sessions). Fee: \$20 (Class #4676)

Opera Preview: Albert Herring. Benjamin Britten’s 1947 comedy about a chaste and timid young man, dominated by his mother -- until the townspeople crown him their May King. Oberlin Opera Theater students will join in presenting this preview of the Spring opera under the direction of Director Jonathon Field. No fee or registration. Wed., 4:00 to 5:00pm, **Mar. 5**. Performances in Oberlin College’s Hall Auditorium: 8:00pm, March 12, 14 and 15 and 2:00pm, March 16. For tickets, call Central Ticket Service: 775-8169 or 800-371-0178.

Relativity for the Questioning Mind. What does Einstein’s theory of relativity say about space and time? How can the mind hold such counterintuitive concepts? What does this imply about science as a human endeavor? In addition to these three questions, your own questions will be welcomed! Daniel F. Styer, Professor of Physics, Oberlin College. Tues., 10:30-11:30am, **Apr. 1-29** (5 sessions) plus Thurs., 10:30-11:30 a.m., **May 1** (1 session). Fee: \$25. (Class #5241)

Exploring Hymns of Ohio and the Western Reserve. Take a hymnal walk through the highways and byways of Ohio; see how hymns continue to adapt to the needs of a rapidly changing society. Throughout our area’s history, waves of immigrants rallied around causes and worked and sang together. Hymns shaped history as much as history shaped hymns. Itinerant singing masters traveled to set up short-term singing schools. As more people gathered in Lorain County, several churches were organized and hymn singing flourished. Our area has a rich history of hymns and hymn writers. Mary Louise VanDyke, former coordinator, *The Dictionary of American Hymnology* Project; Oberlin College Affiliate Scholar. Mon., 10:30 to noon, **May 5-19** (3 sessions). Fee: \$20. (Class #5242)

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

PROGRAMS

LECTURES

First Thursday Health Lecture March 6 - 7:15pm - AUD “Dizziness and Fall Prevention”

Speaker: Dr. Judith White, Medical Director, Dizziness, Balance and Fall Prevention Center, Cleveland Clinic.

Third Thursday Lecture March 20 - 7:15pm - AUD “Up and Running: The First Years of the Oberlin Oral History Project”

Allan Patterson, former Oberlin middle school social studies teacher and a founder of the Oberlin Oral History Project (begun in 1981), will share stories about the early years, while Priscilla Steinberg, past director of the Oberlin Chamber of Commerce and an Oberlin Heritage Center volunteer, offers her perspective from working on the project for over two decades. OHC Museum Educator Liz Schultz provides an update on current work underway with the project. Co-sponsored by OHC.

Play Readers: “The Gin Game” Sat., March 29 - 7:15 pm - AUD

Kendal residents Ruth Bent and Robert Taylor star in this two-person, two-act play by Donald L. Coburn.

Oberlin College Convocations (Sign up for Kendal bus)

Tues., Mar. 4-7:30pm - Finney: An Evening with Natasha Trethewey

Natasha Trethewey, the 19th Poet Laureate of the United States, is the author of four collections of poetry, including “Native Guard” (2006) for which she was awarded the Pulitzer Prize. She is Robert W. Woodruff Professor of English and Creative Writing at Emory University. **Free, no ticket required.**

Wed., Mar. 5 - 7:30pm - Finney: An Evening with James McBride ’79

Award-winning writer and musician James McBride’s memoir, “The Color of Water,” was a *New York Times* bestseller for more than two years. “The Good Lord Bird,” his latest novel, is about American revolutionary figure John Brown, and was released in August 2013 to critical acclaim. **Advance ticket needed.**

TRIPS

Lunch Bunch: Magpie Pizza, Oberlin Wednesday, March 12

Not your usual pizza joint, Magpie has a wide variety of artisan pizzas as well as a selection of tasty salads and sandwiches. Bus leaves Heiser at 11:30am, returning about 1:30pm. **No bus charge.** Sign-up sheet posted Monday, March 3.

Tuesday Tea at AMAM March 11 - 2:30pm

Oberlin College Art Professor Johnny Coleman talks about the life and career of self-taught Cleveland artist Rev. Albert Wagner, as well as outsider art in general. All are welcome. If you need a ride, meet at Heiser Reception Desk at 2:10pm to car pool.

Making Contemporary Music Wed., March 12 - 2:00pm - AUD

Arlene and Larry Dunn present an informal interactive workshop/performance on the making of contemporary music with the acclaimed A/B Duo, featuring flutist Meerenai Shim and percussionist Christopher Jones.

NOTE: A/B Duo will present a guest recital on Thursday, March 13 at 8:00pm in Warner Concert Hall. Sign up for the Kendal bus.

MUSIC

Nicholas King, piano Fri., March 14 - 7:15pm - AUD

Nicholas will perform pieces by Liszt and Ravel. An Artist Diploma Student at the Oberlin Conservatory studying with Angela Cheng, he holds a Performance Diploma from the Glenn Gould School of the Royal Conservatory in Toronto.

Oberlin Community Music School Fri., March 21 - 7:15pm - AUD

Louise Zeitlin will bring selected students to perform on various instruments. They are affiliated with the Oberlin Conservatory.

Andrew Frierson, voice Sat., March 22 - 7:15pm - AUD

Resident Andrew Frierson’s recital includes operatic arias and American folk songs. Accompanist Cliff Jackson is from the University of Kentucky.

Opera Scenes Recital Thurs., March 27 - 7:15pm - AUD

Students from Baldwin Wallace University will present a recital of opera scenes, directed by Prof. Benjamin Smith, BW Director of Opera. He has directed opera for the Seattle Opera and works as an assistant director of the Washington National Opera at the Kennedy Center.

Oberlin Opera Theater: Britten’s “Albert Herring” Wed., March 12 - 8:00pm - Hall Sun., March 16 - 2:00pm - Hall

Benjamin Britten followed his tragic “Rape of Lucretia” with this 1947 comedy about a chaste and timid young man who spends his days being dominated by his mother -- until the townspeople crown him their May King. Sung in English with supertitles. Conducted by Christopher Larkin and directed by Jonathon Field. Tickets: \$15; seniors, \$10. Call CTS: 775-8169. **Kendal bus for both performances.**

Sunday Movies in Whittier at 7:00pm

March 2 - Journey to the Center of the Earth (1959) - An Edinburgh professor (James Mason) and assorted colleagues follow an explorer's trail down an extinct Icelandic volcano to the earth's center.

March 9 - A Man for All Seasons (1966) - Based on Robert Bolt's play about Sir Thomas More's conflict with King Henry VIII when the King rejected the Roman Catholic Church to obtain a divorce and remarriage.

March 16 - Field of Dreams (1989) - Story of redemption and faith about an Iowa farmer (Kevin Costner) who hears a voice telling him to build a baseball diamond in his field. PG.

March 23 - Alice in Wonderland (2010) - A 19-year-old Alice returns to the magical world of her childhood adventure, where she learns of her true destiny: to end the Red Queen's reign of terror. PG.

March 30 - Lee Daniels' The Butler (2013) - The civil rights movement, Vietnam and other major events affect the life of Cecil Gaines (Forest Whitaker) as he serves eight Presidents at the White House. PG.

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

My Cousin Vinny (1992) - Classic comedy about two young men who are mistakenly arrested for murder while traveling in unfamiliar territory in the American South. They call upon their cousin Vinnie (Joe Pesci) to come and rescue them using his very recently acquired legal skills. Or will they be better taken care of by the knowledge gained by Vinnie's girlfriend (Marisa Tomei in Oscar-winning performance) in her many years of work in her brothers' automotive garage? This provides a unique and exciting courtroom drama. Rated PG.

-Diana Grossman Kahn



Art Gallery News

Kendal Gallery - "A Celebration of Ginko Gallery," featuring works by Liz Burgess, Nancy Garver, Linda Grashoff, Sue Jones and Ted Nowick, continues through March 24. On March 25, we will hang an exhibit of works by Oberlin College art students, which will remain in the gallery through Commencement Weekend.

Friends Gallery - The display of David Miraldi's dramatic colorful photographs from his travels runs through

March 13. Next up will be a show of stunning photographs by Jason Shaffer, a young Lorain commercial photographer.

Community Gallery - Desmond Bowen's photo portraits will be followed by "The Best of Oberlin High School," beginning on April 2. A reception for the students will be held on April 9 at 3:30pm in the gallery.

Curio Cabinet - Currently on display is Mae Alice Donner's needlecraft, fashioned by embroidering yarn on plastic grids cut to shape.

-Robert Taylor, Nina Love, Joe Luciano, and Nancy McClusky

Saturday Night Documentary March 8 - 7:15pm - AUD

Amandla! A Revolution in Four-Part Harmony (2002) - Documentary tells the story of black South African freedom music and the central role it played against apartheid.

The first film to specifically consider the music that sustained and galvanized black South Africans for more than 40 years, "Amandla!" is focused on the struggle's spiritual dimension, as articulated and embodied in song. Named for the Xhosa word for "power," "Amandla!" lives up to its title, telling an uplifting story of human courage, resolve and triumph.

Discussion will follow the film, led by resident Donna Van Raaphorst who selects the Saturday documentaries.

"Antisemitism Old and New: East/Central European Nationalism, Western Anti-Zionism" Thurs., March 6 - 4:30pm OC Dye Lecture Hall (Sci. Bldg.)

Speaker: Leonidas Donskis, leading Lithuanian public intellectual, member of European Parliament, defender of human and civil rights, author or editor of 30 books (translated into 15 languages), professor of political and moral philosophy. Talk sponsored by OC Program of Jewish Studies, Program of Russian & East European Studies, Dept. of Russian, Dept. of History, Dept. of Politics, Office of the Dean of Arts & Sciences, Office of the President, OC Hillel, OC Zionists.

Sign up for Kendal bus.

Fundamentals from the Front Desk

Beginning April 15, Cottage #83 will no longer be available for use as a guest room. It is scheduled for renovation beginning this spring. The four guest rooms in the apartment building will remain available. During weekends and holidays, one guestroom may be requested per resident/per couple. At all other times, each resident/couple may request two guestrooms.

The maximum length of stay is one week. A Try It cottage/apartment may only be used in an emergency situation – such as family members staying for a memorial service. Reservations for the Try It cottage/apartment must be approved by the Admissions/Marketing Office. Reservations for the guestrooms can be made by contacting the receptionist at the front desk. For additional information about the guest room policies, please see Teresa Maynard.

News & Views: Foreign Affairs Fri., March 7 - 10:30am - AUD

Ben Schiff, Professor of Politics at Oberlin College, has taught and written on the Israeli-Palestinian conflict and multilateralism, among other aspects of world politics. Dr. Schiff will explore how the U.S. has stepped in as Israel's ally over many decades, due to the two countries' shared values, providing years of military and diplomatic support. But now these ties are being tested, with visible strains in the special relationship. Background information to be found in the Foreign Policy Assn.'s "Great Decisions" briefing book. Sponsored by the Center for Lifelong Learning. No registration or fee. **All are welcome.**

Genealogy Interest Group Tues., March 11 - 7:15pm - AUD "Spencer's Mark"

Great-grandfather's Travail into and out of Slavery

Lifetime Oberlin resident Phyllis Yarber Hogan will describe the emotional uncovering of the details of her family history. Through her genealogical research, she learned of the sale of her great-grandfather into slavery and his subsequent service with the United States Colored Troops. The return of Phyllis to Heiser Auditorium fittingly comes on the heels of Black History Month and the visit to Oberlin of Rev. James Lawson, the mentor of Martin Luther King. **All are welcome.**

First Thursday Evening Hours at Allen Memorial Art Museum March 6 - Open until 8:00pm

Philip Yenawine will give a talk titled "What is Art For?" He is co-founder of Visual Understanding in Education, a nonprofit organization that studies ways to teach visual literacy and use art to teach thinking and communication skills. Lecture at 5:30pm. **All are welcome.**

Transportation Talk

Residents who don't drive sometimes don't realize the many opportunities for transportation provided by the Kendal bus. In addition to the free in-county medical trips, residents can take the Kendal bus for local shopping trips on Wednesday mornings and Thursday afternoons; twice-monthly trips to Midway Mall; fourth-Wednesday trips to Avon Commons. And don't forget the Kendal bus trips to musical performances, lectures, plays and other Oberlin events, including the third-Monday movie night at the Apollo. We get these opportunities simply by signing up on the sheets outside the open mailboxes. For a popular event, there are often multiple trips. Our drivers are extremely accommodating. Few retirement communities are so generous. Thank you Kendal!

-Diantha Paré and Donna Smith

Philanthropy Seminar Mon., March 10 - 4:00pm - AUD

Patrick Griffin, Senior VP, Lorain National Bank, and Catherine Gletherow, Senior Philanthropic Advisor and Director of Gift Planning for Oberlin College, will team up to offer insights on what clients and donors should consider in evaluating the performance of an Investment Advisor in today's market to maximize benefits for both the individual and/or other benefactors such as family or a named nonprofit in estate planning. Included will be a brief look at the first quarter's market performance.

Kendal Balance Clinic Monday, March 24 10:00am-12:00noon;1:00-3:00pm Health & Wellness Clinic

All residents "at risk" for falling will be screened by the Therapy Dept. Anyone who has fallen in the past six months or is age 90 and above should attend. We will use standardized tests to determine a resident's level of fall risk. Sign-up sheet at the H&W Clinic.

Conversations with Community:

"Oberlin Community Services and Planting Seeds" Mon., March 10 - 7:15pm - AUD

Cindy Andrews, the new director of Oberlin Community Services, will give an overview of the Oberlin agency, telling Kendal residents OCS's goals and needs and how we can help.

"A Visit to the Cuyahoga Valley National Park and Conservancy" Mon., March 31 - 7:15pm - AUD

John Debo, retired CVNP Superintendent and currently Chief Development Officer for the CVNP Conservancy, will describe the development of this national treasure and how we can ensure that it continues its mission. Late Kendal resident Janet Hutchison worked with John Debo for many years to build this National Park.

"The Oberlin Project and Climate Change in the United Kingdom and Denmark" Tues., April 1 - 7:15pm - AUD

The Oberlin Project is hosting two international experts studying climate change -- one from the UK, the other from Denmark. They will share what their countries are doing to approach Zero Carbon.

Vision Impaired

Low-Vision Support Group

"Echolocation: Seeing with Your Tongue"

**Thursday, March 13
4:00pm - Green Room**

Reading of *The Kendalight* Saturday, March 1, at 11:00am in Whittier Lounge

NOTE TIME! Jane Blodgett will read the current issue of Kendal's newsletter. **All are welcome!**

Welcome Kendal's New Residents

Jim and Linda Marshall

Jim: Our transition to Kendal was not difficult because we have lived in Huron, less than 30 miles away, for almost 47 years. We have been attending concerts and other events at Oberlin College during these years and feel very comfortable here.

I grew up in Glen Ridge, a small suburban town in northern New Jersey. Pearl Harbor happened during my senior year of high school. That event changed most of our lives, but in my case I was lucky. I joined the Navy, got into the Naval ROTC, and was sent to Yale University. After graduation in 1947, I worked for two companies. In 1953 I joined the Hyatt Bearings Division of General Motors Corp. in Harrison, NJ. This started my career with General Motors, which ended in 1985 at the New Departure/Hyatt Division in Sandusky, OH. We started traveling when Linda took her French students to France during spring breaks and continued after retirement with Elderhostel, as well as on our own. We have been on over 50 Elderhostel trips over the years, both foreign and domestic programs.

Linda's record covers many family details, so I will not repeat them here. My early years were different from most American kids. My father was a mining engineer in Colombia, South America, where I was born. The mining operations were in the Choco (Pacific rain forest), but we also had a home in the mountains near Cali. We lived in both places, probably according to the rainy season in the tropics. I was home-schooled in the early grades, then sent to boarding schools in Wisconsin for two years. We moved to Glen Ridge in 1935 because my father was transferred to the New York offices.



Jim Marshall



Linda Marshall

Linda: I was born in Dresden, Germany, mother's home town. Both my parents were chemists, working in Hamburg during the early 1920's when inflation was rampant. They decided to emigrate to the United States for better opportunities.

I grew up in Montclair, NJ, and attended Montclair College High School and Swarthmore College, spending my junior college year in Geneva, Switzerland. After graduating in 1952 from Swarthmore, I got a job at the Chase National Bank in New York City. I married Jim; we lived in Summit, NJ, for almost 11 years and had four children, moving with them to Huron, OH, in 1966. These "children" are grown and married now. Doug, our oldest, lives in Sun Prairie, WI; Sally in New York City; Lee in Mason, OH; and Newton, our youngest, in Winnetka, IL. We have nine grandchildren. I was certified to teach French after taking many courses at Bowling Green State University; later I got a master's degree in reading from there. I've taught French and reading in high school and college and have done some tutoring in French.

I have been a member of the League of Women Voters for many years and was instrumental in getting a League started in Erie County.

We have spent our summers on Upper Saranac Lake in the Adirondacks since 1986, and at this special place or "camp" our children, spouses and grandchildren gather together each summer whenever possible. Jim and I

volunteer at the nearby Wild Center Museum in Tupper Lake, NY. Our Adirondacks activities -- canoeing, hiking, and sailing -- have lately been reduced to walking in the woods and riding on our pontoon boat. We are enjoying being Kendal residents, participating in all it has to offer.

Don't Forget! Wear Your Kendal Nametag

In addition to our new Kendal residents, we also have Priority List and Kendal at Home members who often eat in our dining rooms, work out in our exercise room and swim in our pool. Please join us in welcoming everyone to our community. Remember to wear your nametags!!

Move-Ins

Helen Schaefer moved from Elyria, OH, to Whittier in early February. Phone number to come.

IN MEMORIAM

**JUNE O'NEIL
FEBRUARY 3, 2014**

**JEAN WRIGHT
FEBRUARY 8, 2014**

**JANET HUTCHISON
FEBRUARY 14, 2014**

**FLORENCE "BOBBIE"
CARLSON
FEBRUARY 16, 2014**

**JEAN "SUE" GRAHAM
FEBRUARY 18, 2014**

**MARY "PAULIE" EVANS
FEBRUARY 19, 2014**

**RICARDA "RICKY" CLARK
FEBRUARY 21, 2014**

**MARGARET "PEGGY" REID
FEBRUARY 27, 2014**

RAFF ShopTalk Reasonably Assessed Finery & Furnishings

This month I will focus on the community charities to which RAFF donates our excess inventory when it has not sold for some time in the shop.

One charity is the Mercy Thrift Shop in Lorain, part of the Mercy Hospital system. There seems to be a significant community of homeless men who shop there. For this reason, we take lots of mens clothes there. We heard that a homeless man who had been living under a bridge came to Mercy Thrift Shop, found some decent clothes, got himself cleaned up enough to be presentable to an employer, was hired, and then got a place to live. With stories like this, it is easy to continue taking clothes to this charity.

Another charity to which we have contributed is Women of Worth, a program for incarcerated women. Occasionally we have been given large amounts of scrap fabrics and other materials. We have given them to these women, whose work in crafting, sewing, quilting, crocheting, knitting, etc., allows them to give back to the community. The self esteem of these women is enhanced as they find meaningful service.

RAFF extends your donations to Family Promise, Habitat, the Boys and Girls Club, Goodwill, Hospice of the Western Reserve, and more. It is a way to keep the love going out to many people.

In January the shop receipts totaled \$2,813.25. This is a good average for the month and not a bad way to start the year. Many thanks to all of you!

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

How About a Summer Kendal Home and Garden Tour?

Let's get together to discuss the possibilities at the Fox and Fell Café on Monday, March 3 at 4:00pm. Call, email, drop me a note or stop me in the hallway with your thoughts.

-Janet Kelsey Werner

Notes from the Thoughtful Medicine Committee

Lynn Ensinger, Director of Clinical Services/DON at Kendal, came to the February Thoughtful Medicine Committee Meeting and presented an overview of the Kendal Health Care System. The goals are Healthy Living, Preventive Medicine, and Disease Management.

First, the staff works to insure that the residents' needs are identified and an action plan arranged. To start the day there is a Standup meeting where all departments are represented -- from housekeeping to the medical staff. Information can be shared to help residents throughout the Kendal campus. In addition there is a Wednesday morning meeting with Dr. Georgia Newman and the clinic staff to insure that residents' medical needs are met and coordinated in the clinic system. Second, the clinic has many ways to support residents in need and offer preventive care. There is always a nurse on duty to access the problem and send you on to a PA or a MD. In the clinic, the medical needs of the residents are addressed in a number of ways, among them: administering IV meds (antibiotics), addressing hydration problems, changing dressings, ordering x-rays, monitoring high blood pressure, upper respiratory illnesses, and blood sugar, doing bladder scans, and giving and reconciling meds.

Finally, here are some of the best

things you can do to stay out of the ER: Reconcile your meds (have the most current orders and make sure your list is correct, know the proper doses, side effects, and adverse interactions) and at each medical visit ask that your results be put in your chart. Remember always that you are in charge and that you can accept or deny any treatment or trip to the emergency room.

The Kendal Health Care System is always changing and evolving. Here are some of the goals for the future: Develop clinics for the prevention of congestive heart failure, chronic lung disease, hypertension and diabetes, and balance testing/ambulation assessment.

The library continues to receive donations of books relating to the thoughtful medicine approach at Kendal. A discussion of "Knocking on Heaven's Door: The Path to a Better Way of Dying," by Katy Butler, is scheduled for March 10. Please put a note in my box if you are interested.

-Ruth Miller, Thoughtful Medicine Committee

Medical Companions Needed

A valued service we offer each other is being a medical companion, going to appointments with a fellow resident via Kendal transportation. This takes most of a morning or an afternoon, and you'll be called on once a month or less. Please volunteer to Don Norenberg. Thank you!

Kendal Kryptogram #109 -by Nina Love

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THE FNN. -QHWZ CRHOE

Solution to Kendal Kryptogram #108: "There seems to be so much more winter than we need this year." -Kathleen Norris

Office Hours for Kris Koepf

Kris Koepf, Kendal's Director of Rehab, welcomes any and all questions or concerns during these hours: Monday through Friday: 7:30-8:30am, 12:00noon-1:00pm, and 3:30-4:30pm.

Table Tennis Summons

Despite a whiff of spring last month, more gray cold lies ahead. Escape the winter doldrums by trying your hand at table tennis! The energy and good cheer at our three-times weekly sessions is catching, and the fun from learning to play warms the body and spirit. Stop in and see for yourself!

-*Sidney Rosenfeld*

Have any Extra Umbrellas?

As a courtesy, two umbrellas were made available in the main foyer of Heiser Center for residents to borrow on rainy days. Residents are asked to return the umbrellas the next time they return to Heiser.

The umbrellas were borrowed but have not been returned. If you borrowed an umbrella and forgot to return it, please bring the umbrella back and hang it on the hook in the foyer. The umbrellas have labels indicating they belong to Kendal. Please check your umbrella stand and the corners in your closets. Let's hope the umbrellas are returned before the rainy days.

-*Kendal House Committee*

UU Kendal Gathering

Wed., Mar. 19, 4:15pm - AUD
"Olaf Stapledon: Speaking for the Future" Rev. John Elder

William Olaf Stapledon (1886-1950) influenced many of the most influential thinkers of the past 80 years, from Arthur C. Clarke and C.S. Lewis to Freeman Dyson. His books, including "Star Maker," are now classics of science fiction. He dealt with issues of science, religion and spiritual values in ways especially pertinent to our time.

All are welcome.

A Plea from Supporting Friends

Among the standing committees of KORA is Supporting Friends, whose mission is "to help residents in the Stevens Care Center and their families, under the direction of the Social Services and the Director of Nursing." Supporting Friends offer companionship and aid, such as helping with mail, visiting, letters to the bereaved, and planned activities. At this time "planned activities" represent the committee's greatest need: for the Wheelchair Brigade. These volunteers push SCC residents who wish to attend activities in Heiser Auditorium, stay with them and return them to SCC. This makes it possible for the professional staff to remain on duty in SCC. Residents who are active and mobile are needed.

Right now we do not have enough members of the Wheelchair Brigade. There is a sign-up sheet opposite the mailboxes for potential members of an expanded Wheelchair Brigade. When you sign up, you'll take part in a single training session and be ready to perform one of the most appreciated volunteer tasks at Kendal. You will be abundantly thanked and will know that you have increased the audience for the outstanding programs offered here at Kendal. -*Margaret Ann Ellis, Chair, Wheelchair Brigade.*

RELIGIOUS SERVICES AT KENDAL

Episcopal Services

Ash Wednesday, March 5, 4:00pm,
Gathering Room
Saturday, March 8, 11:00am,
Gathering Room

First Church Service

Sunday, March 16, 4:00pm,
Gathering Room

Roman Catholic Mass

Friday, March 21, 10:00am,
Crossroads Conference Room

Society of Friends

Sundays, 10:30am, Whittier Lounge



Bridge Results

Mondays - Jan. 27: 1st, Bill Schreiner; 2nd, Carol Ganzel.

Feb. 3: 1st, Alverta Schneider; 2nd, Carol Ganzel; 3rd, Cathy Fauver.

Feb. 10: 1st, Mary Beth McCalla; 2nd, Nancy Beauchamp.

Feb. 17: 1st, Cathy Fauver; 2nd, Harvey (the invisible rabbit).

Wednesdays - Feb. 5: 1st, Helen and Bob Randel; 2nd, Ed Schwaegerle and Pete Andrews; 3rd, Cate and Paul Schwaegerle.

Feb. 19: 1st, Helen and Bob Randel; 2nd, Nancy Beauchamp and Alice Kohl; 3rd, Ed Schwaegerle and Pete Andrews; 4th, Mary Beth McCalla and Eileen Dettman.

First Church United Fellowship Saturday, March 8 - AUD

9:30am: Food and fellowship

**10:15am: Amanda Moore,
Koinonia Farms**

She will share some of the history and present ministries of this interracial community founded by Clarence Jordan in 1942 in Americus, GA..

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 2014 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 mailbox. All articles must carry a signature and telephone number.



Dining and Nutrition Services

Special March Meals

Tuesday, March 4

Mardi Gras Dinner

Monday, March 17

St. Patrick's Day

Notes from Ann Pilisy

Grocery Order Forms are available in Langston. Please ask for a copy. Langston is open for grocery sales during normal service hours. For your convenience, you may drop off your grocery order for pick up the next day. The Grocery List includes: Dairy, Bakery, Cereals, Beverages, Deli Meats and Cheeses, Produce, and Pantry items.

Solo Diners: Thursday, March 13, 5:30pm, The Den. Sign up.

SPINACH (Senior Persons Interested in Nutrition and Community Health): Wednesday, March 26, 5:15pm, Wm. Penn Room. Sign up.

January Board Notes...

(Continued from p. 1)

for federally reimbursed services, it is valuable to have this outside service. The board also heard mini updates from most of the board committees.

Examples included: The Finance Committee learned more about the self-insurance plan for staff (PCHIP); Health Care Quality Management shared changes related to physician coverage and a continuing dialogue with Mercy and the Cleveland Clinic; a view was provided into quality reports from the Ohio Dept. of Health for services delivered by Senior Independence; the Governance Committee initiated the annual forms to be completed by board members including an annual Code of Conduct, Conflict of Interest Form, and an annual Self-Assessment; Marketing gave an overview of the year, noting 17 new move-ins and 13 close-outs. The department's activity also included 5,185 touch points with prospective residents, 56 Try-It visits, and 350 inbound marketing

requests for down-loaded information. The board's main focus for the meeting was a status update on renovated cottages now projected to be completed in April. Geothermal wells are in process with three completed as of mid-January. The geothermal cost is about \$8,000 per cottage vs. \$6,000 budgeted. The designs for community spaces (Horticulture and RAFF and Training Center) were still undergoing refinement at the time of the board meeting. Cleveland-based firm Krill has been selected as our preconstruction management firm and are now on board to work with Kendal representatives for new estimated design costs. Kendal previously used Higley for preconstruction services. A Master Plan Update for residents is to be scheduled in March for the finer details of project status. The board was briefed on the January extreme weather incidents and necessary repairs. It expressed sincere appreciation for the extraordinary efforts by staff and residents to get through this difficult time.

-Barbara Thomas

Kendal 2014 Directory Additions and Corrections

Check with Heiser Reception Desk for Correct Listings

Eileen Dettman - new email address.

George Langeler - new email address.

Dorothy Luciano - new cell phone number.

Judy Tandy - new email address.

Carla & Robert VanDale - new email address.

National Nutrition Month 2014

The month of March is National Nutrition Month. National Nutrition Month is a nutrition education and information campaign created by the Academy of Nutrition and Dietetics which celebrates a new theme annually. The theme of this year's celebration is "Enjoy the Taste of Eating Right."

Consumer research confirms that taste tops nutrition as the main reason why one food is purchased over another. There are certainly social, emotional and health factors that impact our food choices. However, the foods people eat most often are usually the ones they enjoy the most.

Although, I have only been a nutritionist at Kendal for a short time, I have observed that many residents are very knowledgeable and curious about healthy eating and cooking. Many of you already understand that foods that are good for your health also can taste terrific. This is why I am excited to participate in this year's campaign at Kendal at Oberlin! The following are some nutrition activities I have planned:

March 3: Cooking with Kids at 3:00pm in the Country Kitchen -- Eric Carle's "The Very Hungry Caterpillar" activity.

March 10: Diet Fad History -- A diet trivia contest to be held during the week in the Langston and Fox and Fell.

March 19: Green Smoothie sampling to celebrate St. Patrick's Day.

March 26: Cooking with quinoa information table with samples.

In March, we will feature a "wellness lunch" option for purchase at a reduced price of \$3.50, Monday through Friday. The guidelines for the wellness lunch will closely match the nutrition guidelines of the Cleveland Clinic's "Go! Foods for You" program. These include minimal saturated fat, no trans fats, minimal sugar and minimal sodium. *-Sue Campbell, RD, LD, KatO Community Nutritionist*

SUN	MON	TUE	WED	THU	FRI	SAT
<h1>MARCH 2014</h1>				Social Dance Class Sundays, March 2, 9, 16 and 30 (no 3/23) at 2:00-3:00pm AUD (no partner needed)		1 Reading of Kendalight 11:00am WHT Met Opera HD: Prince Igor lv. Heiser 10:45am ARS: George Li, piano 🚗 8:00pm Finney (tx)
CCR = Crossroads Conf. Rm Bold Face = at Kendal WCH = Warner Concert Hall tx = Tickets needed WHT = Whittier Lounge 🚗 = Kendal Bus		March is National Nutrition Month (See p. 9 for activities)		Morning Discussion Group every Wednesday, 10:00am WHT		
2 Quaker Worship 10:30am WHT English Country Dancing Every Sunday at 7:15pm in AUD Film: Journey to the Center of the Earth 7:00pm WHT	3 Bridge 7:00pm AUD "Impact of Plantation Capitalism on Today's Human Rights" Rev. Dr. James Lawson 🚗 First Church, 7:30pm	4 Meditation Every Tuesday with Rev. Mary Grigolia 2:30pm WHT Mardi Gras Dinner OC Convocation: N. Trethewey 🚗 7:30pm Finney - no tx	5 Breakfast with Dr. James Lawson 8:30am Penn Episc. Ash Wed. 4:00pm GAR Opera Preview 4:00pm AUD Pairs Bridge 7:00pm AUD OC Convocation: James McBride 🚗 7:30pm Finney - tx	6 "Antisemitism Old and New" 4:30pm OC Dye Lecture Hall, Sci. Bldg. (car pool) First Thursday at AMAM 5:00-8:00pm Health Lecture: Dizziness and Fall Prevention 7:15pm AUD	7 News & Views 10:30am AUD	8 First Church United 9:30am AUD Episcopal Serv. 11:00am GAR Film: Amandla! 7:15pm AUD Oberlin Baroque Orchestra 🚗 8:00pm WCH Oberlin Jazz Ensemble 🚗 8:00pm Finney
9 Quaker Worship 10:30am WHT Film: A Man for All Seasons 7:00pm WHT ARS: Punch Brothers 🚗 7:30pm Finney (tx)	10 Sounding Board 2:00pm WHT Philanthropy Seminar 4:00pm AUD Bridge 7:00pm CCR "Oberlin Com- munity Services" 7:15pm AUD"	11 Tuesday Tea at AMAM 2:30pm (car pool) Genealogy Group: Phyllis Yarber Hogan 7:15pm AUD	12 Lunch Bunch: Maggie Pizza, 🚗 11:30am-1:30pm "Making Contem- porary Music" 2:00pm AUD Song Swap with Judy Cook Heiser Lounge 6:00pm Scrabble 7:15pm CCR Albert Herring 🚗 8:00pm Hall (tx)	13 Low Vision Group 4:00pm Green Rm Solo Diners 5:30pm The Den A/B Duo 🚗 8:00pm WCH	14 Coffee Hour with Barbara Thomas 9:30am Langston Trolley Run 4:45pm HL Nicholas King, piano 7:15pm AUD	15 Met Opera HD: Werther lv. Heiser 11:40am Film: My Cousin Vinnie 7:15pm AUD
16 Quakers 10:30am WHT Oberlin Opera: 🚗 Albert Herring 2:00pm Hall (tx) First Church Serv. 4:00pm GAR Film: Field of Dreams 7:00pm WHT	17 St. Pat's Day Dinner Bridge 7:00pm AUD Monday Night Movie at 🚗 Apollo (tx) - sign up for Kendal bus	18 KORA Council 10:00am AUD	19 UU Kendal Gathering Rev. John Elder 4:15pm AUD Pairs Bridge 7:00pm AUD	20 Third Thursday Lecture: "Oberlin Oral History Project" 7:15pm AUD	21 Roman Catholic Mass 10:00am CCR Oberlin Community Music School 7:15pm AUD	22 Andrew Frierson, voice 7:15pm AUD
23 Quakers 10:30am WHT Northern Ohio Youth Orchestra 3:30pm WCH 🚗 Film: Alice in Wonderland 7:00pm WHT	24 Kendal Balance Clinic: 10:00am- noon; 1:00-3:00pm H&W Clinic Bridge 7:00pm AUD	25 Song Swap with Judy Cook Heiser Lounge 6:00pm	26 SPINACH 5:15pm Penn Rm Scrabble 7:15pm CCR	27 Aft. Exchange Barbara Thomas 4:00pm AUD	28	29
30 Quaker Worship - 10:30am - WHT Film: Lee Daniels' The Butler 7:00pm WHT		31 Quaker Worship - 10:30am - WHT "Cuyahoga Valley National Park" 7:15pm AUD"		Opera Scenes Recital 7:15pm AUD	Play Readers: "The Gin Game" 7:15pm AUD	