

The **Kendalight**

Kendal at Oberlin Residents Association

March 2015

Volume XXII, Number 3

Join us for the Community Spaces Drop-In Open House

On **Wednesday, March 4, from 2:00 to 4:00pm** help celebrate the renovation or creation of Kendal's new community spaces. Stop by the **Woodshop, Administration Offices, Training Center, Kendal Resale Shop, Horticulture, Fitness, Channel 19 and Salon PS** to admire what's new and different.

... and See the New Creative Arts Studio

Members of the Creative Arts Group will be present to show you around the Art Studio on Wednesday, March 4, from 2:00 to 4:00pm and answer questions. This community space is open to all for inspiring creativity in art. Opportunities include signing up for a class to try something new or just dropping in to practice some art ability you already have. Questions? Call Don Parker at 935-6811.

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

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

Keep on Moving Oberlin: Mobility Fair

**March 19, 2:00-4:00pm
Oberlin Community Services**

"Keep On Moving Oberlin: Balance and Movement for Seniors" is underway! This is the first of four Mobility Fairs being funded by a \$5,000 grant from Kendal Charitable Funds.

There will be balance assessments, assistive devices to look at, therapy ideas to help people improve their mobility, and a dance-for-mobility group. Everyone in the Oberlin community has been invited to attend. And refreshments will be served!

If you have balance problems -- or if you don't -- you'll find valuable information here. **Sign up for Kendal bus.**

Now we are asking Kendal residents to volunteer to help at the Fair. Greet and register Fair visitors. Or help participants set up displays. Or be of assistance in other ways. Help make Oberlin's first Mobility Fair a success. **Sign up on the sheets by the mailboxes.**

Time for the Silent Auction!

Kendal's Silent Auction will be held March 23 through March 25 in the Heiser Lounge and Penn Dining Room. Hours on Monday and Tuesday are 8:00am-5:00pm; on Wednesday, 8:00am-2:00pm.

Silent Auction donations will be accepted from March 2 through March 20 at Heiser Front Reception Desk. We have made some

changes to improve the Auction donation process. A form is available at the Heiser Front Reception Desk for all who wish to have their Auction donations recognized as tax deductions.

The annual event's proceeds are split between the Stephens Education Fund and the Staff Emergency Fund. We

hope you have set aside the treasured items you intend to donate to raise money for these two important Kendal at Oberlin staff funds.

We are looking for items of good quality and condition. This year we will be establishing a higher minimum bid in order to upgrade our Auction's fundraising results.

-Special Events Committee

Please Note: The Silent Auction Committee reserves the right to assess the quality and condition of each donated item. Any item(s) deemed inappropriate for the Auction may be returned if possible; or if found to be unreturnable to the donor, discarded; or given to a charity.

**Save the Date!! Saturday, April 18, 7:00pm until ?
Kendal at Oberlin's Annual Spring Fling!**

**Theme for 2015 Spring Fling: "A Romp in the Garden!!"
Music and Fun and Food and Surprises for All!
Dust off your Best Spring Hat for the Spring Hat Parade!**



KNOW YOUR KORA COUNCIL

My grandkids' swim team is just completing what is called the "Long Season." It begins shortly after the summer club competitions and concludes with the resumption of regional and state meets in late winter and spring. The Long Season is a time of hard, nearly daily swim practice, getting ready for spring competition.

As I prepared the agenda for the February Council meeting, the feeling grew in me that we, too, are in the "Long Season." Planning, preparing, and organizing is the order of the day for many of our committees.

Transportation: The two task forces of this Commission are sorting through a complexity of issues, gathering data, and refining approaches. Good data is essential. When you receive a survey about your transportation uses and needs, as you surely will, please complete it and turn it in, thus doing your part for the team. **Mobility Fairs:** This Committee is in crunch time, with many tasks involved. Leadership is needed to put wheels under a very creative project. When asked for volunteer help, see if there's a task with your name on it. **Art Committee:** Even as they continue to delight us with the changing galleries, the group is looking ahead to "Kendal Collects," its big summer project. Take time to appreciate their work. **Thoughtful Medicine:** This Committee has many relevant areas to explore -- all touching on the choices we make relating to our medical care. Sorting and planning is on their agenda. The March workshop sponsored by the **Philanthropy Committee** of the KatO Board will guide us in naming the values and priorities that inform plans for using our resources. All this work, one way or another, seems like tilling the soil and planting seeds for future blooms -- work that the **Horticulture Com-**

mittee likely is doing quite literally, even now!

The kids know that the disciplines of the Long Season are helped along by pizza parties, time to be silly together, and family support and warmth. In our meetings and work together we find opportunities to connect, laugh, and appreciate one another. The folks planning the **Spring Fling**, helped along by their focus on party planning, surely had fun together the other day. It isn't a pizza party, but the **Community Spaces Drop-In Open House** on March 4, 2:00 to 4:00pm, invites us to celebrate the blooming of seeds planted long ago and nourished through a very long season of design and construction. Take some time on Wednesday afternoon to visit our new community spaces and to celebrate what has been accomplished by and for us.

-Ardith Hayes, KORA President

Lorain County Public Transportation Forum Replay Tues., Mar. 3 - 7:15pm - AUD

The League of Women Voters of the Oberlin Area and the Kendal Transportation Commission are co-sponsoring a DVD presentation of the Lorain County Public Transportation Forum which was held at Lorain County Community College on February 4. Co-sponsored by LWVOA, the Lorain County Commissioners and the LCCC Public Services Institute, the forum featured Tim Rosenberger, planner, Parsons Brinckerhoff (a leading transportation planning/engineering firm), and Ken Prendergast, Executive Director, All Aboard Ohio (an organization dedicated to improving public transportation services across Ohio.) There will be a discussion afterward. **All are welcome.**

LifeLong Learning Classes in Heiser Auditorium

News & Views: Foreign Affairs. Discussion leaders present a major foreign affairs topic from the latest Foreign Policy Assn. "Great Decisions" briefing book. Mar. 6, Dwight Call on **U.S. Policy toward Africa** (see p. 5); Apr. 3, Prof. M. Jafar Mahallati on **Sectarianism in the Middle East**. Fri., 10:30am to noon. **Mar. 6 and Apr. 3.** No fee or registration.

Opera Preview: La finta giardiniera (The Pretend Garden-Girl), by W. A. Mozart. This rarely performed comic opera features disguises, imagined Greek gods and unrequited love set to dazzling melodies. Oberlin Opera Theater students will join Director Jonathon Field in presenting this preview. (Performances in Hall Auditorium: 8:00pm, March 11, 13 and 14, and 2:00pm, March 15. Tickets must be purchased for opera; call 775-8169). Thur. **Mar. 5** (1 session) 4:00-5:00pm. No fee or registration.

Enjoying Contemporary American Poetry. Close reading and discussion of nine 20th and 21st Century verse and prose poems (texts will be distributed). Session 1: **Confessional and Testimonial Poetry**. Session 2: **Visionary Poetry**. Session 3: **Playful Poetry**. Tues., 10:00-11:30am, **Mar. 10, 17 and 24** (3 sessions). Larry Porter, Prof. Emeritus of French and Comparative Literature, Michigan State Univ.; Affiliate Scholar, Oberlin College. Fee: \$20. (Class # 4631)

For more information, call Center for LifeLong Learning, Lorain County Community College at 366-4148; to register by phone, call 366-4067.

Nest Box Monitors Wanted... in support of Eastern Bluebirds and other native cavity-nesting bird species at Kendal and in New Russia Township Park. Monitors check nest boxes, record nesting attempts, eggs, chicks and fledgings by species. All data is submitted to Cornell University's ornithological studies on nesting success across the nation. Questions? Contact Nina Love.

PROGRAMS

LECTURES

**First Thursday Health Lecture
Lorain County
Free Health Clinic
Mar. 5 - 7:15pm - AUD**

Paul Baumgartner, Jr., Executive Director of the Clinic, will explain the functions and mission of this vital health institution and how it affects you. He will be joined by Dan Trinter.

**Fourth Thursday Lecture
An Evening with
Antoinette Brown Blackwell
Mar. 26 - 7:15pm - AUD**

In celebration of Women's History Month, Oberlin native and ordained minister Beth Marshall brings to life Antoinette Brown Blackwell (1825-1921), who studied theology at Oberlin College and became the first woman to be ordained a minister of a recognized denomination in the U.S. The program presents an up-close-and-personal view of Nettie's world in her own words as seen through pages of her letters, sermons and lecture notes. Find out what one modern minister has learned from an important "foremother" in this eloquent and thought-provoking first-person portrayal. Rev. Beth Marshall is Parish Minister of First Unitarian Church of Toledo (Unitarian Universalist). Co-sponsored by the Oberlin Heritage Center. **Free and open to the public.**

Oberlin College Convocation

Tues., Mar. 31 - 7:30pm - Finney: An Evening with Dean Baquet

A former reporter for *The Times-Picayune* in New Orleans, the *Chicago Tribune*, and editor of the *Los Angeles Times*, Dean Baquet is the executive editor of *The New York Times*, overseeing news reporting in all forms. He began working as a journalist soon after leaving Columbia University in the late 1970s. He won a Pulitzer Prize for investigative reporting on corruption in the Chicago City Council in 1988, and was a 1994 Pulitzer Prize finalist for investigative reporting. **Free, no ticket required. Sign up for Kendal bus.**

TRIPS

**Lunch Bunch:
Sal and Al's Diner, Amherst
Wednesday, March 11**

This family-owned restaurant serves a wide array of dishes, including classic sandwiches, pierogies, Syrian dishes (like mjudra), chicken paprikash, old-world pizza, and perch dinners. Bus leaves Heiser at 11:30am, returning about 2:00pm. Bus charge: \$7.00. Lunch at your expense. Place check to KORA for \$7.00 in Box #89 by Monday, March 9. Sign-up sheet posted Monday, March 2.

**BUS: Architecture and
Musical Art
Wed., Mar. 25, 8:45am-3:30pm**

A reminder to those who have reserved a seat on our Life Care Bus: We will head to University Circle to tour Severance Hall and the Cleveland Institute of Music. A docent will conduct an hour-long tour of Severance, then we'll drive down the street to Cleveland Institute of Music for an hour tour there. Next, we'll drive around the corner to the Cleveland Museum of Art for lunch. Afterward, you can look at an exhibit of prints and drawings of music makers and music. Or explore other areas of the museum. Your reservation check for \$25 has ensured you a seat on the bus. Questions? Ask Pat Talbot.

MUSIC

**Dana Johnson, Violin
Wed., Mar. 4 - 7:15pm - AUD**

Violinist Dana Johnson is a second-year student of Milan Vitek at Oberlin Conservatory. Joining her for the Janacek Violin Sonata will be third-year pianist Daniel Hautzinger.

**Shea Pierre, jazz pianist
Fri., Mar. 6 - 8:00pm
First Church in Oberlin**

A recent graduate of Oberlin College, Shea Pierre will play on the newly rebuilt piano at First Church. **Car pool.**

**Zoe Sorrell, Aaron Butler,
Aaron Helgeson: Making
Contemporary Music
Wed., Mar. 18 - 2:00pm - AUD**

Oberlin student flutist Zoe Sorrell, visiting percussionist Aaron Butler, and Professor of Composition Aaron Helgeson will play and discuss recent compositions, including one by Helgeson premiered by Zoe Sorrell at the 2014 Nief Norf Festival.

**Oberlin Community Music School
Fri., Mar. 20 - 7:15pm - AUD**

Director Louise Zeitlin says the recital will be a showcase of the school's students. Students of all ages (as well as instruments) will perform a variety of works. The school is affiliated with the Oberlin Conservatory.

**Oberlin Opera Theater:
Mozart's "La finta giardiniera"
(The Pretend Garden-Girl)
Wed., Mar. 11 - 8:00pm - Hall
Sun., Mar. 15 - 2:00pm - Hall**

This rarely performed comic opera features disguises, imagined Greek gods and unrequited love set to dazzling melodies. Sung in Italian with supertitles. Conducted by Raphael Jimenez; directed by Jonathon Field. Tickets: \$10. Call CTS: 775-8169. See preview on p. 2. **Sign up for Kendal bus for each performance.**

Sunday Movies in Whittier at 7:00pm

Mar. 1 - To Kill a Mockingbird (1962) - Gregory Peck won a Best Actor Oscar for his role as Atticus Finch, a small-town Alabama lawyer whose innate decency affects his two children.

Mar. 8 - Erin Brockovich (2006) - A brassy divorced mother of three helps bring down a California power company accused of polluting a city's water supply. Julia Roberts received Best Actress Oscar for this role. (R)

Mar. 15 - My Left Foot (1989) - Irish artist-author Christy Brown, born with cerebral palsy, deals with his infirmity with grit and determination. Daniel Day-Lewis won Best Actor Oscar. (R)

Mar. 22 - The Quiet Man (1952) - An American boxer (John Wayne) retires to his native Ireland and falls in love with a spirited lass (Maureen O'Hara). Complications ensue.

Mar. 29 - Saving Grace (1986) - A down-to-earth Pope, overwhelmed by meaningless duties, flees to the Italian countryside to get in touch with real people and get back to helping them one-on-one. (PG)

Saturday Night Movie March 21 - 7:15pm - AUD

The Way (2010) - *English, occasional French and Spanish with subtitles.* A powerful story about family, friends and the challenges we face while navigating this ever-changing and complicated world. Martin Sheen plays Tom, an American doctor who comes to France to collect the remains of his adult son, killed in the Pyrenees in a storm while walking El Camino de Santiago, also known as The Way of Saint James. Rather than return home, Tom embarks on the historical pilgrimage to honor his son's desire to finish the journey, on which he meets other pilgrims from around the world,



Art Gallery News

The artworks created from handmade paper by **Aimee Lee** will remain in the **Kendal Gallery** until March 16. Our next show on March 17 will be photographs by **Robert Studzinski**. The subjects he has photographed range from Central America and the Amazon basin to Mali to Laos. The Art Committee will host a reception for him in the **Heiser Lounge** on **Friday, March 20 at 4:30pm**. Now on display in the **Friends Gallery** are paintings and drawings of **Greg Cross**, an Oberlin resident, who taught in the Cleveland Public Schools and is currently teaching part time in

local schools as well as FAVA. We hope you had a chance to hear him describe how he creates his art last month.

The bird photography of **Maureen Bailey**, an avid bird watcher and a Kendal staff member, will continue in the **Community Gallery** until April 1. She considers owls to be her favorite. And don't miss the current **Curio Cabinet** display in the Heiser entrance area featuring **Janet Smith's** bells. They come from Tibet, India, Indonesia, Italy, Belgium, Columbia, Nigeria and the United States.

If you also have an interesting collection of small objects you would be willing to share with your fellow residents, please let Darlene Krato or Nancy McClusky know. We are always looking for new possibilities!

Kendal Collects is Coming in May!

One of the Art Committee's most popular exhibits is our summer biennial **Kendal Collects**. Residents are invited to submit a few original works of art from their personal collections, **owned but not created** by them. Because of our residents' wide range of interests and travel experiences, this is always a fascinating exhibit.

It will take place May 18-August 17 in all three of our galleries, and entry forms will be distributed later this month. Please plan to share your treasures with your fellow residents and the community at large.

each with their own issues and looking for greater meaning in their lives. From the unexpected and amusing experiences along the way, an unlikely pilgrim quartet is created with an everlasting bond, and Tom begins to learn what it means to be a citizen of the world again. (PG-13) *-Dwight Call*

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

Inequality for All (2013) - Robert Reich, former Secretary of Labor in the Clinton Administration, presents both a humorous and an enlightening examination of the country's widening income gap. (PG)

This film lasts about 90 minutes. Here's hoping for a good discussion afterwards. *-Donna Van Raaphorst*

News & Views: Foreign Affairs Fri., Mar. 6 - 10:30am - AUD

Dwight Call will present **U.S. Policy toward Africa**. Africa, home to some of the fastest-growing economies in the world, has become a draw for investors from across the globe. After the 2008 "Obamamania" died down, it seemed that the President wasn't going to overturn, or even prioritize, U.S. Africa policy. Still, the U.S. has promised to promote "strong institutions, not strong men," favoring good governance and healthy economies. How can U.S. policy live up to its promise and values while securing its interests in the region? Discussion will follow. A LifeLong Learning class from LCCC. No registration or fee. **All are welcome.**

BUS: Just Orchids!

Wed., Mar. 4, 10:00am-3:30pm

This trip is aimed to satisfy those who did not get a reservation on "Architecture and Orchids" in February. The Life Care bus will deliver us to the Botanical Gardens in University Circle, depositing us at about 11:00am. We'll look at orchids, stop for lunch at noon, then look at more orchids. The display is described as "thousands of orchids in every shape, size, scent and stunning color." Or perhaps tour the Madagascar spiny desert biome. At 2:00pm we'll see the release of that day's crop of newly emerged butterflies in the Costa Rican biome. Your reservation check for \$25 has ensured you a seat on the bus. Questions? Ask Pat Talbot.

Genealogy-History Group "A Kansas Family"

Tues., March 17 - 7:15pm - AUD

Mary Clare Beck will describe her strong-minded, enterprising great grandfather who overcame a multitude of difficulties in making a life for his extended family in Kansas in the 1870s. They were among the many pioneers from the eastern states and from abroad who had migrated west at this time, expecting farmland and meeting instead a land of plains. Mary Clare will also describe some of the sources she used for information about her ancestors. **All are welcome.**

First Thursday Evening Hours Allen Memorial Art Museum March 5 - Open until 8:00pm Artist talk at 5:30pm at First Church in Oberlin

Chilean artist-activist Alfredo Jaar will give a lecture, "It Is Difficult," at First Church. He is known for politically charged works that often call attention to genocide, military violence and the imbalance of power between industrial and developing nations. A reception at AMAM follows the talk.

All are welcome.

Good Stewardship:

It's Not Just about Money

**Sat., March 28 - 9:00am-3:00pm
Kendal at Oberlin Education
Center Conference Room**

Kendal residents and local Quakers are invited to an in-depth workshop on financial and estate planning. It will take up questions of importance to you and your loved ones, including:

- How well do we manage our assets to support our families and our important causes?
- How well do we connect our values to our financial decisions?
- Are our resources sufficient to see us through retirement?
- What are the important, continuing needs of our families?

We will learn about specific strategies to plan for a more secure financial future in all stages of life, consistent with our values and individual circumstances.

During our lunch break, we will eat together in the Fox & Fell Dining Room: Bring your own brown bag lunch or buy lunch from Kendal.

The workshop is co-sponsored by Kendal at Oberlin Committee on Philanthropy and Oberlin Friends Meeting. Resource persons will be Larry Jalowiec, Stewardship Services Program of Friends General Conference, and Jim Frado, Managing Director of Everence Northeast Ohio, the Mennonite financial services organization. Opportunity will be offered for individual follow-up appointments, including a personalized financial/estate plan, without cost or obligation.

There is no charge for the workshop but pre-registration will be appreciated to assure adequate space.

Watch for a registration form in your open mailbox about March 10. Questions? Contact Don Reeves, Box #214 or 440-774-4672.

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

Transportation Talk

Just a reminder about Kendal transport to cultural events at Oberlin College. The number of bus trips to a college event is determined by the seating capacity of the hall. For example, there may be only one bus trip to a small venue such as Fairchild Chapel or Kulas Hall. There will usually be multiple bus trips to larger venues such as Warner Hall or Finney Chapel. Sign-up sheets for all Kendal bus trips are placed by the open mailboxes and will indicate how many trips and bus seats are available. If you don't get a seat at first, please keep checking the lists – there are always some cancellations at the last minute. And for those of you who sign up but find you have to cancel, **please, please** take your name off the list so others can get a seat. *-Barbara Barna and Donna Smith*

Tuesday Tea at AMAM March 10 - 2:30pm

Jason Trimmer, Eric & Jane Nord Family Curator of Education, will discuss the process and materials involved in recreating a 15th-century Italian Renaissance panel painting.

All are welcome. If you need a ride, meet at Heiser Reception Desk at 2:10pm to car pool.

Vision Impaired

Low-Vision Support Group

"Overcoming Challenges of Vision Loss"

**Thursday, March 12
4:00pm - Green Room**

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

NOTE TIME! Betty O'Connor will read the current issue of Kendal's newsletter. **All are welcome!**

Welcome Kendal's New Residents

Tina and Howard Storch

Tina: I grew up in northeast Philadelphia in a Quaker family and attended George School and Swarthmore College. While in George School I was an exchange student to our affiliated school in Berlin. Following college graduation I volunteered with the American Friends Service Committee, working in Frankfurt am Main with their School Affiliation Service for three years. While in Germany, I met and married an American Army sergeant, name of Howard Storch. Then to Pittsburgh where Howard did graduate work and I supported us by working as a welfare caseworker. After five years we returned to Germany for two years, this time with our one-year-old daughter in tow. Howard attended Bonn University; I played hausfrau and made do with very little money! We ended up in New Jersey since Howard found employment there. By our choice, I was a stay-at-home mom and Girl Scout leader for many years. Then I had some part-time jobs, which led, through various unlikely twists and turns, to my becoming a certified New Jersey Municipal Tax Collector. (One does not wake up as a freshman at Swarthmore with a burning desire to become a tax collector!) I cobbled together a full-time job by working for several small municipalities in northwestern New Jersey. Meanwhile, our daughter turned into a very independent young adult, teaching English in Korea and R&R-ing all over Asia, ending up home schooling a disabled child for an American family in Italy and, while vacationing in Germany, met an Australian. She followed him to Oz. They married. They have a daughter and are living happily ever after. All of which explains why



Tina



Howard

we make frequent trips to Australia. After retirement I volunteered at a local food co-op, a community-supported garden, and at an ecological learning center. I was treasurer of my small Quaker Meeting for decades.

Howard: I was born in 1938 in Depression-era Pittsburgh where I attended parochial school until sophomore year when I won a scholarship to a New England prep school. Subsequently, I entered Oberlin College from which I graduated as a history major, though on the side I was very active in the Conservatory of Music. Conscription led to three years of Army Intelligence service in Frankfurt am Main where I met and married American Friends Service Committee volunteer Tina Jensen. Following an overseas discharge, I studied history on scholarship at the German university in Frankfurt. The following year I returned to the United States and earned my MA in European history at the University of Pittsburgh. Later, as an exchange student and Mellon Fellow, I went back to Germany with Tina and our baby, Margaret, to study at the University of Bonn. I then took a teaching position in the history department at the County College of Morris (New Jersey) where I taught and was a faculty union leader from 1973 to 2005. Before undertaking my life's work as an academician, I was a home-delivery newsboy, lawn cutter, dishwasher, busboy, waiter, produce clerk, musician, music teacher, bandleader, and summer-resort entertainer.

Conversations with Community: Great Lakes Theater: "The Great Globe Itself" Mon., Mar. 9 - 7:15pm - AUD

From London to the shores of Lake Erie and back again, what's past is truly prologue in an inspiring tale of three Globe Theatres that are forever united by history. Great Lakes Theater presents a World Premiere of a play written and directed by David Hansen.

Accordion was my first musical instrument. In secondary school I picked up cymbals and bass drum for the marching band, plus double bass for the school orchestra and dance band. In the Oberlin Conservatory, I studied classical bass and played in the Oberlin Orchestra. My own band played dormitory dances; in pianist Stanley Cowell's jazz group I did weekly jazz radio shows on WOBC. During my working years, I played little but enjoyed having a subscription to the New York Philharmonic. In retirement, I have returned to playing again, leading a jazz group and playing in community orchestras in New Jersey and Australia, where our daughter and granddaughter live.

Transfers

Joyce Dugan - From a Kendal Cottage to Whittier at the end of January. Phone number remains the same.

John Shearer - From Whittier to Patterson in early February. Phone number remains the same.

Warren Wickes - From an apartment to Whittier at the end of January. Phone number remains the same.

IN MEMORIAM

MADELEINE "MOLLY"

ANDERSON

FEBRUARY 6, 2015

RICHARD TRUMP

FEBRUARY 25, 2015

Kendal Resale Shop Talk

Benefiting Kendal Resident Assistance Fund and Community Charities

Do you want to see our new shop? The door is open to you daily from 8:00am to 7:00pm. In February it has been a great pleasure to share this beautiful shop with you. It has been quite satisfying to see your purchases and those of staff and community persons adding to our receipts and helping to clear a great abundance of inventory!

Many of you have expressed your enthusiasm and appreciation for the quality of the new shop. In actuality, all members of the team have helped to create this space, with Barbara Burkhard being our chief designer of the shop. We are grateful to have her on the team. For those of you who want to know who are all the Resale Shop volunteers, please go to the KORA website where you will find the RAF annual report for 2014. All the volunteers are listed at the end of this report. Additionally, members of our team will be present for the Community Spaces Drop-In open house on Wednesday, March 4, 2:00-4:00 pm. We will be glad to welcome you then also!

In January Sam Goldberg, our team member in charge of car sales, retired after 6.5 years of service. Sam sold 37 cars for a total of \$32,915 which was added to the Resident Assistance Fund. Thank you, Sam! In February, Dan Reiber agreed to be Sam's successor. Thank you, Dan, and welcome to the team! Folks who wish to sell their cars with a portion of the sale proceeds going to the RAF may contact Dan for help with the process (774-4394).

With our shop being closed for most of January, receipts for the month were quite low. Even so, Sam sold a car for us, adding \$1,100 to the RAF. Total receipts were \$1,848.90 for the month. We look forward to reporting a much improved income in the months ahead. *Ruth Ann Clark, Kendal Resale Shop Chair* *Keep it moving!*

Notes from the Thoughtful Medicine Committee

The committee is trying out different ways of organizing our meetings and our working subgroups. For now the plan is to have a different member of the committee convene each of our bi-monthly meetings, with Ruth Miller coordinating the invited speakers and the drawing up of an agenda and providing the continuity from meeting to meeting. There were 30 or so members and friends who attended the January meeting and this arrangement seemed to do well.

The speaker in January was Health and Wellness Clinic Coordinator Kathy Bodde, who spoke about emergency procedures followed when a cord is pulled or 911 is called. She emphasized the importance of keeping lists of medications up-to-date, both in the HWC binders and in our homes. She also noted that it is very helpful to have a friend accompany you, or meet you, in the emergency room in order to support you, make sure your wishes are known, and help you understand and respond to questions and information provided. (Note: Stacy Terrell, Chief Health Services Officer, also addressed specific questions about emergency procedures at the KatO Quarterly Health Services Forum on February 4).

The working subgroups reported on work in progress. A number of other topics of interest were briefly dis-

cussed and will be followed up at future meetings, including end-of life care in the Stephens Care Center, safety in hospitals, the possibility of registering the trademark "Thoughtful Medicine," and the accessibility of important documents, in addition to DNRs placed in the plastic pockets under our kitchen sinks.

The Thoughtful Medicine file holder on the top of the first center shelving in the Kendal Library was displayed and its contents briefly described. It is for the use of all residents and guests, not just for the committee. Articles and lists can be taken from the folders and copied on the machine in the library if desired.

The discussion of safety in the hospital and the important role of a friend or advocate in checking on safety issues stimulated Peg Schultz to do an internet search on this topic. There is now a new folder in the file holder with a number of articles on this subject. There is also a book, "Protect Yourself in the Hospital," on the far right reference shelf in the library. It might be useful for spouses and friends already self-designated as "emergency advocates" to look at these resources (and add to them).

*-Peg Schultz and Ruth Miller,
Thoughtful Medicine Committee*

Next Thoughtful Medicine Committee meeting will be held on Thursday, March 26, at 10:00am in the Green Room.

Kendal Kryptogram #121 -by Nina Love

LANE NONBCFAJED JZ YUPJED CURB

LHC CUR'BN MBUXHXWC JE FAN

LBUED WHEN. -FUP ZECKNB

Solution to Kendal Kryptogram #120: "I'm a rodent, not a meteorologist." -Punxsutawney Phil

What Did our Vounteers Contribute to the Community in 2014?

Here are some pictures of how residents have collected their volunteer hours.

- A dedicated group of delivery persons provides seven-day Newspaper Delivery service to residents in Stephens Care Center. "Delivery" includes unwrapping the bundles of papers, sorting the papers and actually delivering them to each room. Our deliverers this year included Jane Hannauer, Virginia Erdy, Eileen and John Payton, Dave Evans, Eleanor Devereux, Joe Luciano, Nancy Garver, Ray LeGrand, Linda and Jim Marshall, and Howard Storch. Dick Myerly was often a substitute.
- Some Kendal residents make certain that Oberlin residents who are home-bound due to disabilities, old age or insufficient income receive regular meals through Meals on Wheels. Kendal delivery folks were Cate and Paul Schwaegerle, Dina and Dick Schoonmaker, Dan Reiber, Gaye Laurel and Ruth Searles.
- Another faithful group of Kendal residents shows up at Oberlin's Eastwood School as Grandparent Readers.

These are a few of the volunteer opportunities available for newcomers. If you would like to share in a volunteer experience, please check with Anne Elder for more information.

Keep track of your Volunteer Hours in 2015! *-The Volunteer Clearinghouse*

LeadingAge Resident Art and Writing Show 2015

It's time again for Kendal artists and writers to submit their creative works for LeadingAge's Northeast Ohio Regional Show to be held at the Jennings Center for Older Adults in Garfield Heights on June 4.

Kendal's writers and artists have always fared well at the regional competition. Winning entries are sent to the annual meeting in Columbus in late August for state-wide judging.

Get your entry forms and details from Michele Tarsitano-Amato or Thelma Morris.

This year we are handling the entry details online, but we can help you with this if you wish.

Artists: Return entry form via email, if possible, to Michele by Monday, April 6. Art work, labeled and ready to hang, can be dropped off at Michele's office by May 15.

Writers: Return entry form plus your written submission by email to Thelma by Monday, April 6.

-Michele Tarsitano-Amato, Thelma Morris

Thank You, Kendal Volunteers

Barbara Bruer, Anne Elder, Peg Schultz, Grace Tompos and Budd Werner spent extra volunteer hours collating the forms 184 residents returned that document the amazing amount of volunteering done in a wide variety of places and settings. In 2014 almost 45,000 hours have been volunteered by Kendal at Oberlin residents. When staff and final forms are recorded, we will again demonstrate Kendal's commitment to service. Here are 2014 figures compared with 2013:

	2013	2014
KORA	24,174	20,945
K@O	6,276	7,717
Organizations	4,191	3,431
Churches	3,599	4,215
Oberlin College/		
LCCC	1,734	2,702
Schools	1,554	979.5
Government	1,111	1,781
Meals	321	620
Medical	170	535
Misc.*	2,354	937

*More hours were assigned to specific categories in 2014.

The total hours collected in Stephens

January 2015

Kendal Board Notes

The January Board of Directors meeting welcomed guests from other Kendal Northern Ohio boards as well as Jon Hendrix, the new board fellow from Baldwin Wallace University.

Ardith Hayes attended her first meeting as the new KORA President and Richard Baznik as the new resident board member.

- The **Finance Committee** reported that preparation is underway for the **2014 audit** with results to be presented to all board members in March.

- **Health Care Quality Management** noted that the annual Ohio Dept. of Health survey was deficiency-free.

- Midge Brittingham, the new chair of **Marketing**, reported that Kendal at Oberlin ended the year at 88% occupancy and 92% of units under contract. Marketing staff had 11,681 "touch points" with prospects in 2014. Resident referrals to marketing were up for the year. Referrals and Try It visits help market Kendal best.

- The board was brought up to date by KORA's president on the wellness initiative "**Keep On Moving Oberlin: Balance and Movement for Seniors**" and the newly appointed **Transportation Commission**.

- The board accepted a **corporate compliance report**, now presented quarterly through the year.

- Reference materials were made available on succession planning (*Cont'd p. 9*)

Care Center are presented on the colorful chart Jara Stull posted on the Volunteer Bulletin Board.

Barbara Thomas will be delighted to use all these numbers in her yearly reports. The Committee expresses its thanks for all those who completed forms. *-The Volunteer Clearinghouse*

Late news! We just received more volunteer hour forms, bringing the current 2014 total to 48,500 hours!

“Years of Living Dangerously” Documentary shown Mondays at 4:00pm in Whittier Lounge

Watch the last two episodes of this 2014 documentary which won an Emmy Award as Outstanding Documentary or Nonfiction Series. The Environmental Concerns Committee has sponsored this series which focuses on climate change.

March 2: A Dangerous Future

Michael C. Hall travels to Bangladesh to see how climate change will impact workers and the poor in developing countries in the coming decades. Matt Damon explores public health emergencies around the nation and world caused by more frequent, intense and longer heat waves. Tom Friedman continues his Middle East investigation in Yemen, where the scarcity of water is leading to local fighting.

March 9: Moving a Mountain

Michael C. Hall concludes his journey to Bangladesh; M. Sanjayan asks top climate scientists to explain how our climate is changing; and Tom Friedman interviews President Barack Obama on climate change.

“Northern Ohio’s Newest Natural Gems: Land Preservation in 2014”

Wed., Mar. 25 - 4:30pm - AUD

Andy McDowell, Western Reserve Land Conservancy Vice President for Western Field Operations, will highlight some important land preservation projects in the WRLC service area, like the miles of Lake Erie shoreline preserved. He will also focus on some of the future acquisitions of parkland in Lorain County including in the Oberlin South Woods area. Last year the WRLC preserved about 2,800 acres out of the Oberlin field office, including additional Lorain County Metro Parks parkland. Sponsored by the Environmental Concerns Committee.

Laurie Dupee talks about... Transitional Care Services at Kendal at Oberlin

Transitional care has been highlighted by the Affordable Care Act (ACA) as a method to improve care transitions from the hospital to other settings. One goal is to reduce hospital readmissions for Medicare beneficiaries, especially those at high risk due to their medical conditions. Historically, 1 in 5 Medicare patients who are discharged from a hospital will be readmitted to the hospital within 30 days.

Kendal at Oberlin has its own transitional care team to ensure that your health care needs are being managed appropriately and consistently at every transition in care – from the time you see your physician, to an admission to the hospital, to a stay in the Stephens Care Center, to your return home.

Part of that process is a health assessment when you return directly home from the hospital, provided by Senior Independence, Kendal’s home health service. This is completed before you even make a scheduled appointment with your physician or staff in Kendal’s Health & Wellness Clinic.

Senior Independence will contact you to schedule a visit by the RN shortly after you return home to evaluate your current health care needs since discharge from the hospital.

The nurse may find during the assessment that you only need some simple assistance from a trained home health aide for a short period of time to help you with bathing, preparing meals or other needs.

Or the RN may assess a need for a skilled level of service such as periodic visits from an RN to monitor your current health condition or assist with medications.

You may need therapy services in your home for a short time as you regain your strength. This will allow you to transition safely to outpatient therapy.

In performing this process the Kendal

team can help ensure a better recovery and strengthen your quality of care and services.

If you have any questions, please call me at 775-9894 or 731-8801. Or stop in and see me in our Senior Independence office in Apartment #155.

Come in and chat about how Kendal Senior Independence can serve you as we share a favorite cup of coffee.

*-Laurie Dupee, Program Director,
Senior Independence*

January Board Notes...

(Continued from p. 8)

in preparation for a **March generative discussion**. All Kendal affiliates are committed to engaging in executive and board succession planning to assure plans are on file for both emergency and non-emergency needs.

- With the construction of new community spaces now complete, Kendal will initiate an **application for property tax exemption** with the State of Ohio as was done for the assisted living beds added in 2012.

- Kendal at Oberlin reached consensus on a **reorganization** that will position Kendal at Oberlin as the affiliate to The Kendal Corporation and reposition Kendal Northern Ohio under Kendal at Oberlin. Other Kendal Northern Ohio boards reached the same conclusion. The assumption is that Kendal at Home will be an independent affiliate of The Kendal Corporation sometime in 2015. This process, which is being worked out with cooperation of The Kendal Corporation, will take some months to complete and require further adjustment to the bylaws.

- The **January generative discussion** featured an overview of Senior Independence to date and its impact in serving the larger community. Action was approved to extend its line of credit by \$75,000 with interest terms at 3%. Planning is underway to assure a more viable operating model by consideration of a joint venture.

-Barbara Thomas, CEO, KatO

Table Tennis Results

Tomo Ijiri and Peg Schultz, who had both finished the 2015 tournament with a 5-1 record, squared off in the women's final. In a tight, friendly contest, Tomo prevailed. At the end, the fun had both smiling. Indeed, throughout the tournament everyone enjoyed giving their best.

Now we're back to honing our strokes and hiking our game up a peg. Look in and see for yourself! Table tennis is a great way to perk up the body and mind.
-Sidney Rosenfeld

Recycling Salvaged Hardware

The Woodshop Committee salvages cabinets, shelving, blinds, towel racks and other hardware from Kendal cottages that are being upgraded. These are being given to Lorain County Habitat for Humanity as a Kendal at Oberlin charitable deduction.

Some have been reinstalled in community facilities, and we have received inquiries from residents wanting to buy hardware for their own or local organizational use.

If you are interested in buying salvaged hardware, email the Woodshop Committee at ms@kaores.kendal.org. Or call Kendal resident Dennis Cook. Hardware will be available on a first-come-first-served basis at competitive resale prices with donations going to the Resident Assistance Fund.

UU Kendal Gathering Wed., Mar. 18 - 4:15pm - AUD Human Trafficking: Modern Day Slavery

Presenters Joan Clark and Mary Jane Hansen, members of the Unitarian Universalist West Shore and Allies Against Human Trafficking task force, explore what trafficking is, who the victims are, who the traffickers are, what state and federal legislation say, and how we can help.

All are welcome.

Parkinson Sharing Group

The Parkinson Sharing Group will meet on Friday, March 27, at 3:00pm in Whittier Lounge. All those concerned about Parkinson's Disease and Parkinsonism are welcome. Questions? Contact Lynn Killean.

Magnifiers and More Coming to Kendal

Deb Kogler, low vision guru, will bring her traveling Magnifiers and More market to Heiser Lounge Wednesday, March 11, from 1:00 to 4:00pm. Stop by to order devices or to look at the latest in electronic readers, watches, lighted magnifiers -- and more. Deb's expert counsel is well known to many Kendal residents from past visits.

*-Thelma Morris for the
Low Vision Support Group*

Saturday Walks

The Saturday Walking Group will continue meeting every Saturday at the Heiser Reception Desk at 9:00am. The group will walk as weather allows and decide each week where to go.
-Jerry Berner

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

RELIGIOUS SERVICES AT KENDAL

Episcopal Services

Saturday, March 14, 11:00am,
Gathering Room

First Church Service

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

Roman Catholic Mass

Friday, March 20, 10:00am,
Crossroads Conference Room

Society of Friends

Sundays, 10:30am, Whittier Lounge



Bridge Results

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

Feb. 9: 1st, Eileen Dettman; 2nd, Mary Beth McCalla.

Feb. 16: *

Feb. 23: *

Wednesdays - Feb. 4: 1st, Eileen Dettman and Mary Beth McCalla.

Feb. 18: *

*Our apologies for the incomplete Bridge scores. Some scores were not turned in to the person who submits them to *The Kendalight*. (Note: This committee has no chairperson.)

First Church United Fellowship Saturday, March 14 - AUD

9:30am: Food and fellowship

10:15am: Scott Broadwell

Oberlin City Council President Scott Broadwell will explain the functioning of Oberlin City commissions.

All are welcome.

The Kendalight

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

Consulting Editor: Robert Baldwin

Managing Editor: Elizabeth Aldrich

Proofreaders: Joanne Busiel, Kathy Reichard,
Mary Simons

Photos: Eleanor Helper

Production: Don VanDyke

Deadline for the April 2015 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, sign and place in *Kendalight* open mailbox. All articles must carry a signature and telephone number.



Dining and Nutrition Services

Watch for Sign-up Sheets for These Dining Groups:

Solo Diners: Thurs., March 12, 5:30pm, The Den (meets on second Thursday of the month).
SPINACH (Senior Persons Inter-

ested in Nutrition and Community Health): Wed., March 25, 5:15pm, William Penn Room (meets on fourth Wednesday of the month).

“Healthy Loves Local” Community Wellness Fair Wed., March 25 - 11:00am-3:00pm - Heiser Auditorium

Kendal will be hosting a number of local business owners who also value good nutrition and healthy living. These vendors will include the following: Blue Rooster Bakery, Olive Scene, Apple Hill, IGA, Single Speed Bakery, Senior Independence, Glenn Gall - Meadow Maid cheeses. Come learn about all the wonderful local resources we have available to us here in the Oberlin community. And be sure to stop by to taste a green smoothie!

...We All Scream...Gelato??

Gelato? ... Well, it's almost ice cream ... and KatO is now serving it. Gelato, the Italian word for frozen, is Italy's ice cream. And, for those of us who have enjoyed it, it's ice cream on steroids...with a softer smoother texture which allows the true flavorings to shine through.

But not to worry (too much!) about the calorie content. It's actually lower in fat, sugar and calories than the premium ice cream now served at Kendal. Less air is incorporated into the mix and it has a less rich base. Because it is denser, calorie content is about the same as for nonpremium ice cream. Kendal has been serving different flavors of gelato since fall and now Chef Scott is ready to introduce us to even more flavors. He will offer one flavor at a time in the Langston and Fox and Fell until we've tried all 11 offered by Country Parlor (our North Royalton ice cream source). What will you try? Besides the familiar flavors, why not order donatella (chocolate hazelnut), fruttini de bosco (a three-fruit mixture), lemon cream or tiramisu? Country

Parlor orders the flavorings from Italy. Pistachio is the gelato most ordered. Let's find out the favorite gelato flavor served at Kendal at Oberlin. Please join me in this delizioso assignment!! Buon Appetito!!

-Janet Kelsey Werner, Chair, Food Committee

Recycling Hints for Trash Rooms in Parking Lots 3, 8

- **Please - NO plastic wrap** -- just plastic bags re-usable for groceries by Oberlin Community Services.
- **No newspaper plastic bags.** These go in the bin under the open mailboxes for use by pet owners.
- **No styrofoam blocks** -- only “peanuts” and inflated “pillows” in the large marked bins.

Horticulture News

Garden Plots - If you'd like a community garden plot to grow vegetables, fruit or flowers this summer, please arrange a tour by calling Melissa Reed or leaving a note in her open mailbox. Most plots are 10 ft. x 10 ft.

National Nutrition Month 2015: Bite into a Healthy Lifestyle!

Each March, Americans are encouraged to return to the basics of healthy eating through the National Nutrition Month campaign. In 2015, the Academy of Nutrition and Dietetics urges everyone to “Bite into a Healthy Lifestyle.” This year's theme reminds consumers that achieving optimal health is a lifelong commitment to a healthy lifestyle which emphasizes sustainable eating practices and daily physical activity. Making informed food choices and getting daily exercise in order to achieve a healthy weight reduces the risk of chronic disease and promotes overall health.

Initiated in 1973 as a week-long event, National Nutrition Week became a month-long observance in 1980 in response to a growing public interest in nutrition. Here at Kendal we have many residents who successfully balance good nutrition and daily exercise with the activities they enjoy the most in life. As the Kendal Community Nutritionist, I am proud of our residents for making good nutrition and daily exercise a priority. It has made a difference in their quality of life. They are able to participate in so many different activities well into their 90s. At Kendal at Oberlin 90 is the new 60!

I am excited to announce that Kendal will be holding a community wellness fair on Wednesday, March 25. See the box above for details

*-Sue Campbell, RD, LD,
KatO Community Nutritionist*

Starting Plants from Seed - The Horticulture Committee is accepting requests for growing space in our lighted plant stands. We're now located in the newly built Horticulture Room adjacent to the new Resale Shop. For information, call Don Reeves or leave a note in his open mailbox.

SUN	MON	TUE	WED	THU	FRI	SAT
<h1>MARCH 2015</h1> <p>CCR = Crossroads GaRm = Gathering Rm HL = Heiser Lounge WCH = Warner Concert Hall</p> <p>WHT = Whittier Lounge Bold Face = at Kendal tx = Tickets needed * = Kendal Bus</p>					<hr/> <p>Morning Discussion Group every Wednesday 10:00am WHT</p> <hr/>	<hr/> <p>Jehovah's Witness Bible Study Every Friday 10:00am WHT</p> <hr/>
1 Quaker Worship 10:30am WHT <hr/> English Country Dancing Every Sunday at 7:15pm in AUD <hr/> Film: To Kill a Mockingbird 7:00pm WHT	2 Reading of Kendalight 11:00am WHT Film: A Dangerous Future 4:00pm WHT Bridge 7:00pm CCR	3 Lorain County Public Transportation Forum Replay 7:15pm AUD	4 BUS: Just Orchids! 10:00am-3:30pm Community Spaces Drop-In Open House 2:00-4:00pm (see p. 1) Pairs Bridge 7:00pm CCR Dana Johnson, violin 7:15pm AUD	5 Opera Preview 4:00pm AUD First Thursday at AMAM open til-8:00pm; lecture 5:30pm First Church Health Lecture: Lorain County Free Clinic 7:15pm AUD	6 News & Views 10:30am AUD Shea Pierre, jazz pianist 8:00pm First Church (Please car pool) Les Delices French Baroque Ensemble * 8:00pm Fairchild	7 Film: Inequality for All 7:15pm AUD Oberlin Baroque Orchestra * 8:00pm WCH
8 Quaker Worship 10:30am WHT Film: Erin Brockovich 7:00pm WHT	9 Suggestions and Concerns 2:00pm CCR Film: Moving a Mountain 4:00pm WHT Bridge 7:00pm CCR Great Lakes Theater: "The Great Globe Itself" 7:15pm AUD	10 Tuesday Tea at AMAM 2:30pm (car pool) Ian Hobson, piano 8:00pm WCH *	11 Lunch Bunch: Sal & Al Diner * 11:30am-2:00pm Magnifiers & More 1:00-4:00pm HL Song Swap with Judy Cook HL 6:00pm Scrabble 7:15pm CCR La finta giardiniera 8:00pm Hall (tx) *	12 Low Vision Group 4:00pm Green Rm Solo Diners 5:30pm The Den	13 Coffee Hour with Barbara Thomas 9:30am Langston	14 First Church United Fellowship 9:30am AUD Episcopal Serv. 11:00am GaRm Met Opera HD: * La Donna del Lago Iv. Heiser 12:30pm Billy Hart Quartet Jazz Concert * 8:00pm Finney (tx)
15 Quakers 10:30am WHT La finta * giardiniera 2:00pm Hall (tx) First Church Serv. 4:00pm GaRm Film: My Left Foot 7:00pm WHT	16 Bridge 7:00pm CCR Monday Night * Movie at Apollo (tx)	17 Genealogy-History Group: A Kansas Family 7:15pm AUD Stephen Aron, Classical Guitar 8:00pm Kulas *	18 Making Contemporary Music 2:00pm AUD UU Kendal Gathering 4:15pm AUD Pairs Bridge 7:00pm AUD	19 KORA Council 10:00am AUD Mobility Fair 2:00-4:00pm OCS *	20 Roman Catholic Mass 10:00am CCR Artist's Reception 4:30pm HL Oberlin Community Music School 7:15pm AUD	21 Film: The Way 7:15pm AUD
22 Quaker Worship 10:30am WHT Film: The Quiet Man 7:00pm WHT	23 Silent Auction 8:00am-5:00pm Heiser Lounge Bridge 7:00pm CCR	24 Silent Auction 8:00am-5:00pm Heiser Lounge Song Swap with Judy Cook HL 6:00pm	25 Silent Auction 8:00am-2:00pm BUS: Arch./ Art 8:45am-3:30pm Wellness Fair 11:00am-3:00pm AUD WRLC Land Preservation 4:30pm AUD SPINACH 5:15pm Penn Rm Scrabble 7:15pm CCR	26 Thoughtful Medicine Com. 10:00am Green Rm Fourth Thursday Lecture: Beth Marshall - An Evening with Antoinette Brown Blackwell 7:15pm AUD	27 Aft. Exchange Barbara Thomas 4:00pm AUD Trolley Run 5:00pm HL	28 Financial/Estate Planning Workshop 9:00am-3:00pm KatO Education Center Conference Room
29 Quakers 10:30am WHT Film: Saving Grace 7:00 WHT	30 Bridge 7:00pm CCR	31 OC Convocation: Dean Baquet * 7:30pm Finney - no tx				