Save the Date! Saturday, April 29, 7:00-10:00pm
Kendal at Oberlin’s Annual Spring Fling
in Heiser Lounge and Auditorium
Theme for 2017: “Umbrellas!”
Join us for music, dance, bells, entertainment, and spectacular
decorations by Ted Nowick and his creative crew.
And remember -- the fantastic food for our Fling comes from YOU!
Residents are encouraged to begin thinking about Spring
savories and sweets to share.
Watch for the special invitations being prepared by our residents in
Stephens Care Center. -The Program Committee

Coming in April:
Kendal’s Silent Auction
Our annual Silent Auction to support
the Stephens Education and Staff
Emergency Funds will take place on
April 10, 11 and 12 this year in the
Heiser Lounge.
Please take time to look through your
closets for books, pictures, DVDs,
jewelry, hand-crafted pieces and other
good-quality items to contribute to
this year's auction.
Your donations will be gratefully
received from Monday, March 20,
through Thursday, April 6.
A successful Silent Auction at Kendal
at Oberlin depends upon the variety
and quantity of desirable, gently used
donated items
AND plenty of bidders to purchase
them! The proceeds benefit both of
the aforementioned staff funds.
-Kendal Artists! Writers! Craftsfolk! It’s Time...
...to plan ahead to enter the regional
LeadingAge Ohio Arts and Writing
Resident Forum 2017 to be held in
June at a Cleveland location. This
annual exhibit of creative arts by resi-
dents of not-for-profit life plan
communities is an opportunity to
share your gifts with senior writers
and artists throughout the northeast
Ohio area. Winning entries in the
regional show proceed to Columbus
for the state-wide contest in early
autumn. Kendal artists and writers
have done well over past years in all
categories. Enter and be a winner!
Deadline for Kendal: March 31.
Michele and Thelma have details and
application forms.
-Michele Taritano-Amato, mtars@kao.
kendal.org;
Thelma Morris

An Afternoon of JAZZ
Sunday, April 2 - 3:00pm
First Church Meeting House
Enjoy an entertaining, energetic
concert, then stay for a delicious re-
ception afterward!
This concert will raise funds to ben-
efit the homeless families served by
Family Promise of Lorain County.
The exciting foursome will include
Oberlin Conservatory faculty mem-
ers Bobby Ferrazza, guitar; Dan
Wall, piano; Paul Samuels, drums; and
local bass player Aidan Plank.
These jazz professionals are eager to
support Family Promise by donat-
ing their talents. Contributions from
audience members at the free concert
will be gratefully accepted. Those
who would like to contribute before
the concert to be acknowledged in
the concert program should contact
Carol Longsworth right away.
A meet-the-artists reception in the
First Church Fellowship Hall will fol-
low the concert. -Carol Longsworth

COFFEE HOUR WITH
KATO STAFF
THURSDAY, MARCH 9
9:30AM - LANGSTON

AFTERNOON EXCHANGE
TUESDAY, MARCH 28
4:00PM - AUDITORIUM
BARBARA THOMAS
LifeLong Learning Classes in Heiser Audtorium

For more information or to register for these courses, phone 440-366-4148, the Center for LifeLong Learning at Lorain County Community College.

News & Views: Foreign Affairs. This popular discussion group meets on the first Friday of most months. Discussion leaders will present major foreign affairs topics from the 2017 “Great Decisions” briefing book published by the Foreign Policy Assn. The March, April and May sessions will be from 10:30am to noon: “Trade and Politics” presented by Don Reeves on Mar. 3 (see p. 5); “Latin America’s Political Pendulum” offered by Steven Volk of Oberlin College on April 7; and “Saudi Arabia in Transition” by Gordon Evans on May 5. No registration or fee. All are welcome.

Opera Preview: Cendrillon (Cinderella). The opera “Cendrillon” (1895) by Jules Massenet (music) is a humorous and witty telling of the fairy tale Cinderella. It is performed in French. Joining Jonathon Field, director of the Oberlin Opera Theater, students from the production will present a preview of this opera. Thursday, Mar. 2, 4:00 to 5:00pm (1 session). No fee or registration. Performances in Hall Auditorium are March 8, 10 and 11 at 8:00pm and March 12 at 2:00pm. Performance is not included with class. For tickets, call Central Ticket Service, Oberlin College, 775-8169.

Seeking Perfect Community: From Thomas More’s “Utopia” to the Shakers, Oberlin, Oneida and Beyond. The search for the perfect community is a recurring theme in history and literature. Grover Zinn, Professor Emeritus of Religion at Oberlin College, will present a survey in four parts of ideals and examples through the ages. Topics in the course will include, among others, Plato’s “Republic,” Thomas More’s “Utopia,” literary utopias of the Renaissance and, later, Christian monasticism, Shakers, Amish, Oberlin, Oneida and some contemporary intentional communities. Tuesdays, Mar. 7, 14, 21 and 28, 10:00 to 11:30am (4 sessions). Fee: $25. (Class #4531)

Oberlin College Convocation:
An Evening with Daniel Radosh ’91 and Ed Helms ’96

Sunday, April 2 - 7:30pm - Finney

Come hear the conversation between two alums, Daniel Radosh ’91 and Ed Helms ’96. Daniel Radosh is the senior writer for “The Daily Show with Trevor Noah” and won three Emmy Awards as a writer for the previous host, Jon Stewart. Prior to that, he was a journalist whose work appeared in The New Yorker, The New York Times and many other publications.

Ed Helms is an accomplished actor, writer, producer and comedian. He moved to New York to pursue a comedy career and ultimately became a correspondent on “The Daily Show with Jon Stewart” before joining the cast of “The Office.” He has starred in “The Hangover” trilogy and other films and has launched his own production company. Free and open to the public, no tickets needed.

concern. Talk to others. Talk to Council members. Write me a note. And come to KORA meetings to learn what our community needs are. KORA Council will gather again on March 16 at 10:00am. On the KORA bulletin board are posted the treasurer’s report, draft minutes, volunteer requests and more.

Spring is soon upon us! May beautiful things bloom for you.

-Ann Francis, KORA President
**First Thurs. Health Lecture**  
“Affairs of the Heart”  
March 2 - 7:15pm - AUD  
Dr. David B. Joyce, from North Ohio Heart Group, will head up a panel discussion with five of his cardiology colleagues: Drs. Alberto N. Diaz, Scott H. McCallister, Geetha Mohan, Theodore R. Pacheco and John W. Schaeffer, all Fellows of the American College of Cardiology. Anytime you get this many physicians together, you’ll get some different opinions and perhaps a little controversy. That should generate some good discussion and initiate questions from the audience.

**Third Thursday Lecture**  
“Land Preservation: Firelands Updates, Highlights”  
March 16 - 7:15pm - AUD  
Kate Pilacky, director of the Western Reserve Conservancy in Northeast Ohio, will report on conservancy’s actions on land conservation and restoration. She will be joined by Andy McDowell, vice president of Western Field Operations, who provides direction and leadership of the conservancy’s efforts in ten counties. The WRC preserves natural areas and working farms in northern and eastern Ohio. Thriving Communities, its urban program, works statewide to clean and green urban centers devastated by the foreclosure crisis.

**Play Readers: “Shadowlands”**  
Fri., March 24 - 1:30pm - AUD; Sat., March 25 - 7:15pm - AUD  
The story is a fictionalized version of the relationship between the writer C.S. Lewis and American fan Joy Gresham, whom he befriends and eventually marries. Lewis preaches that one should endure suffering with patience, but finds that his simple answers no longer apply when Joy becomes ill with cancer and eventually dies. The play appeared in 1990 and became a film in 1993 starring Anthony Hopkins and Debra Winger. There will be no admission once the play has started until the first scene break.

**Lunch Bunch:**  
Sal and Al’s Diner, Amherst  
Wednesday, March 8  
This family-owned restaurant serves a wide array of dishes, including classic sandwiches, pierogies, Syrian dishes (like mujuda), 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 #157 by Monday, March 6.

**“The Wright Sister”**  
Harry Haskell  
Mon., April 3 - 7:15pm - AUD  
Harry Haskell, a prize-winning author and editor, unravels the mystery of the “third Wright brother,” their sister Katharine, in “Maiden Flight,” his work of “creative nonfiction.” He tells the moving and poignant story of Katharine Wright who married her brother Orville’s grandfather, Pulitzer Prize-winning newspaper editor Henry J. Haskell. Torn between duty and love, she agonized for months before making the emotionally devastating break with her brother Orville. The book sheds new light on the central role Katharine played in the Wright brothers’ private lives, as well as on her often misunderstood contribution to their scientific work. (Harry’s daughter is a student at Oberlin College.)

**NAT 28 Ensemble - Making Contemporary Music**  
Thurs., March 16 - 2:00pm - AUD  
Flutist Zoe Sorrell (OC ’15) returns to Kendal with NAT 28, a new music ensemble she founded in Pittsburgh, for this interactive workshop. Composer Jean-Patrick Besingrand and a trio of performers will explore the influence of canonical works on the development of his “Au temps où longuement j’avais souffert,” a trio for flute, viola and harp. Hear the complete work at NAT 28’s 8:00pm performance in Fairchild Chapel.

**Oberlin Opera Theater:**  
“Cendrillon”  
Wed., March 8 - 8:00pm - Hall  
Sun., March 12 - 2:00pm - Hall  
Oberlin Opera Theater, directed by Jonathon Field with the Oberlin Chamber Orchestra under the direction of Christopher Larkin, presents Jules Massenet’s 1895 opera based on Charles Perrault’s 1698 telling of the Cinderella fairy tale. Tickets: $10. Call CTS: 775-8169. (See notice on p. 2 about the opera preview on March 2.) Sign up for Kendal bus for either performance.

**Calling All Pianists!**  
If you are interested in taking part in a piano ensemble recital in June, please leave a note in my mail box by March 16.  
-Marian Lott
**Sunday Movies in Whittier at 7:00pm**

March 5 - *Suffragette* (2015)  
Inspired by true events in early-20th-century Britain, this powerful drama movingly explores the passion and heartbreak of those who risked all they had for women’s right to vote – their jobs, their homes, their children, and even their lives. **PG-13.**

March 12 - *Florence Foster Jenkins* (2016)  
NYC heiress Florence Foster Jenkins (Meryl Streep) dreamed of becoming an opera singer, despite having a terrible singing voice. St. Clair Bayfield (Hugh Grant), her companion and manager for 36 years, backed her in these efforts. **PG-13.**

March 19 - *My Wild Irish Rose* (1947)  
Fictionalized life of Chauncey Olcott (Dennis Morgan) traces the rise of the popular Irish-American tenor. He combined the roles of tenor, lyricist and composer in many productions between 1894 and 1920 at the height of his career. **PG.**

March 26 - *Simon Birch* (1998)  
A young boy with stunted growth is convinced that God made him for a special, heroic purpose. He and his best friend are both outcasts in their tiny New England town where their friendship is put to the test when some unfortunate events occur. **PG.**

**Saturday Night Documentary**  
**March 11 - 7:15pm - AUD**  
*Picasso: The Man and His Work, Part II, 1938-1973* (1976) Through the war years and his life on the French Riviera, Picasso expands the media on which he works, moving into ceramics, sculpture, pottery and graphics. The video looks at his relationship with his children and women in his life from 1946-1973. Comprised primarily from home movies, it shows the huge amount of work accomplished during the last 20 years of his life.  
*Donna VanRaaphorst*

Listen to Jim Sunshine talk about editing the *Providence Journal* (and the *Oberlin Review*) on Community Hour, WOBC (91.5 FM), March 12, noon.

**Oberlin Heritage Center: “Oberlin Reacts to World War II”**  
**Tues., Mar. 14 - 7:15pm - AUD**  
OHC Trustee Steve Johnson will look at Oberlin’s home front before, during, and after the war. You can help him prepare by sharing any information, anecdotes, and photographs from that era. On May 9 he will present a second program, “Oberlin Serves in World War II,” which will center on the experiences of local men and women who served in the Armed Forces. Any data that you can share about Oberlin servicemen and women will be helpful, including occupations before and after service, branch, rank, where stationed, military occupation, combat experience, and citations or medals. Free and open to the public.
First Thursday Evening Hours at AMAM
March 2 - 5:00-8:00pm
Program begins at 5:30pm
A panel discussion, “Animals in the Western and Non-Western Imaginations,” will be led by Chie Sakakibara, Oberlin College assistant professor of environmental studies. Panelists: Tom Newlin, Russian (wolves/tigers/bears); Mary Garvin, biology (birds); Karl Offen, environmental studies (turtles); Matt Senior, French (monkeys); and Sam Tunick, OC ’18 (snakes). Program in the East Gallery. All are welcome.

“Lake Erie: As It Was and As It Is”
Tues., March 7 - 7:30pm
Hallock Auditorium
OC Environmental Center
Dr. Pete Richards, emeritus senior research scientist, National Center for Water Quality Research, covers basic geological and pre-settlement history of Lake Erie, environmental issues of the past 50 years and resources for further learning. Sponsored by League of Women Voters of the Oberlin Area. Sign up for Kendal bus.

Community Conversations:
“Gerard Manley Hopkins: God’s Will & the Poet’s Voice”
Robert Longsworth, Oberlin College Professor Emeritus of English
Tues., Mar. 21 - 7:15pm - AUD
Gerard Manley Hopkins was a 19th century English poet (1844-1889) whose work reflects a deep concern with matters of faith and with the natural world. Resident Bob Longsworth will ponder that concern and draw an improbable connection between it and the struggles of the Oberlin colony in America at about the same time. All are welcome.

News & Views:
Fri., Mar. 3 - 10:30am - AUD
Resident Don Reeves will introduce “Trade and Politics.” The U.S. political mood toward trade has gone sour. Look no further than the 2016 presidential election and the narrative: “trade means that China and Mexico win, at America’s expense.” But do the numbers support that conclusion? Don has had considerable experience with trade issues and their impact on incomes in the United States and abroad while at Bread for the World and the Friends Committee on National Legislation. He plans to review several strategies intended to increase or restrict trade and, especially, the competing values that lead to widely differing judgments about who wins or loses. He’ll offer observations about NAFTA and TPP. No registration or fee. All are welcome.

Tuesday Tea at AMAM
March 14 - 2:30pm
Talk on the exhibit of African art by those who curated its installation: Matthew Rarey, assistant professor of art history, and students in his course “African Art in Museums: From Collection to Display.” If you need a ride, meet at Heiser Reception Desk at 2:10pm to carpool. All are welcome.

“OC Students’ Winter Term in Rural Nepal”
Thurs., Mar. 30 - 7:15p - AUD
Three Oberlin College students will present slides and talk about their Winter Term project at the Maya Universe Academy in rural western Nepal, the first free private school in Nepal. Bikalpa Baniya and others raised money in Oberlin throughout the fall in order to benefit the school, and he was joined by two first-year students, Kristen Mayhew and Yuan Cui. The goal is to develop a long term relationship between the school and Oberlin.

Genealogy and History Group
“Sir John Cheke, 1514-1557 with References to 1066 and All That”
Tues., Mar. 7 - 7:15pm - AUD
Ken Cheek will briefly cover Cheeks in the 13th century of England, share some family stories, and introduce us to 17th century Cheeks in North America. All are welcome.

We are looking for presenters for September, October and November. Please contact Nancy Hultquist if you could fill one of those slots.

Talking Tuesday with the Kims on Dementia Care
March 21 - 12 noon - The Den
Join Kim Preston and Kim Peters, Kendal’s Social Services Associates, over lunch from 12 noon to 1:00pm in The Den this month to discuss dementia care. The Kims invite you for lunch each month on the third Tuesday, usually at the large oval table in Langston where the discussion is open to areas of interest and concern.

-Vim Peters and Kim Preston

Vision Impaired
Low-Vision Support Group
“The Vision Rehabilitation Therapist: Your Advocate for Independence” Webcast
Thursday, March 9
4:00pm - Green Room

Reading of The Kendalight
Wednesday, March 1, at 11:00am in Whittier Lounge
NOTE TIME! Judy Riggle will read the current issue of Kendal’s newsletter. All are welcome!

Call 775-9868 to hear announcements and menus of the day.
More about Kendal’s New Residents

Mary Lee Orr

I was born in Chicago and grew up in a western suburb. In 1957 I married Dan Orr, my Oberlin College sweetheart. We had a rich and interesting life associated with academic communities. Dan, throughout his career, was either a faculty member or chair of economics departments at Amherst College; University of Chicago Business School; University of California, San Diego; Virginia Polytechnic Institute; and University of Illinois. We did a lot of entertaining, a requirement of Dan’s recruiting efforts. A high point of our lives was an invitation to Stockholm from our friend and colleague, Clive Granger, winner of the Nobel Prize in Economics.

I found teaching jobs at Amherst; Blacksburg, VA; University of Chicago Laboratory School; and later at Urbana Middle School, where my curriculum was enhanced by student teachers who introduced me to new teaching techniques.

In Virginia, as a member of MADD (Mothers Against Drunk Driving) I was asked by the Assistant Prosecuting Attorney to initiate a Court Watch; towards that end I organized the County Task Force Against Drunk Driving, funded by the County Board of Supervisors. Subsequently I was appointed by the Virginia Attorney General to the Virginia Citizens Against Drunk Driving, which advocated for, and ultimately achieved, a law raising the legal limit.

Matthew, our son, earned a PhD in biology at University of California, Davis, and now teaches at a branch of Oregon State University in Bend. Daughter Sara, Oberlin graduate, earned her master’s at the University of Illinois, and was hired by Headmaster Joe Molder (Oberlin, 1953) of Westover School for Girls in Middlebury, CT, where she is Co-Chair of the Arts Department. We lost our eldest to a drunk driver.

As a family, we backpacked in the Sierras and took many paddling/portaging trips in Canada’s Quetico National Park; I enjoyed several river trips with the Sierra Club: Yukon, Sewanee, Rio Grande, Trinity, Noatak. Retirement...

Rich Kish

I’m from Youngstown, OH, where I spent my childhood except for three years in Groton, CT. My father worked in construction so when I graduated from high school, I applied for, and was accepted into, an apprenticeship program to become an equipment operator. After two years of apprenticeship, I enlisted in the U.S. Navy Seabees in 1969 as an Equipment Operator to join a Seabee team with Naval Mobile Construction Battalion 133. After my honorable discharge in 1971, I enrolled in a business program at Youngstown State University, where I earned a bachelor’s degree in Logistics while completing my apprenticeship. In 1974 I was offered a one-year position working for The White House Council on International Economic Policy. After CIEP, I returned to Youngstown State as a Graduate Assistant and earned an MBA in 1977.

My first job after college was with a large manufacturer of mining and construction equipment in Wisconsin that is now part of Caterpillar. I then worked for a German equipment manufacturer in Springfield, OH, until they moved out of state and I relocated to Sandusky, OH, to become marketing manager for a large manufacturer of food-processing equipment.

I left that company to become Manager of International Operations for an equipment and coating company prior to my current position of International Sales Manager for Q-Lab Corp. in Cleveland.

During my ten years with Q-Lab, my area of responsibility has varied, but now focuses on Australia, New Zealand, Singapore, Thailand, Vietnam, Malaysia, Indonesia, Philippines, Korea and Japan. I spend approximately 30% of my time in those countries each year and plan to continue working for a few more years.

I still enjoy international travel, kayaking, sailing and spending time with Jean Lalli (Cottage #51) whom I met in 2006.
**Douglas Kirtz**

I was born in Cleveland, OH, the first of three children and was raised in the Ohio towns of Bellevue and Sandusky. In 1956, I enrolled in Case Institute of Technology, majoring in mechanical engineering. My education was interrupted in 1958 for a three-year “vacation” in the Army Ordnance Corps. Service in Europe gave me a wonderful opportunity to expand my informal education. In 1961, I re-enrolled in Case to a changed curriculum, focused on theory rather than practice. Case School of Applied Science had made the final transition to Case Institute of Technology.

Upon graduation, I worked for three years in the Cleveland area as a design engineer. I eventually joined my father in a family-held business when he became quite ill. The 20 years that followed was a time of stability until 1980, when our customer base began diminishing from competition in developing countries. By 1992, the business was no longer viable and was purchased by European competitors.

In my work, I enjoyed many “rustic philosophers” who collaborated with us to solve industry problems while coaching me in the Art of Design. The give-and-take of the process was a wonderful experience.

I married my first wife in 1965. Together we raised three children in Oberlin. Our eldest child and his mother are both OC graduates. We divorced after some 20 years of marriage and in 1999 I married Mary Durling. Shortly thereafter, my Mary and I moved to Greensboro, VT, where we lived an idyllic life in a cottage on the shoreline of Caspian Lake. Mary died in February 2016 and in November 2016, I returned to Oberlin to join the Kendal community.

I enjoy woodworking, pottery, reading, hiking, photography, cinema and community service. I will soon find where I fit in this wonderful Kendal setting.

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**IN MEMORIAM**

- **Mary Jean Rice**  
  February 1, 2017
- **Joan Ilas**  
  February 2, 2017
- **Louise Breese**  
  February 5, 2017
- **Ruth Schwaegerle**  
  February 12, 2017
- **Martha Stacy**  
  February 16, 2017
- **Elizabeth “Betty” James**  
  February 17, 2017

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**Nature Sightings**

- **12/18/16** Three Eastern blue birds at #220 (Phase II): Scott Orcutt; **12/19** Slate juncos at Rock Pond: Dina S.; **12/20** BIG buck deer in woods outside the exercise room: Marcia Deist; **12/29** Cooper’s hawk at Parking Lot 2: Maureen Bailey, Housekeeping; **12/29** Three cardinals in a tree east of apartments: CEW (?); **1/7/17** Two tufted titmouses (-mice?) in shrub outside #48: Morgans; **1/9** Mature bald eagle flying over employee parking lot: Jason C., Facility Services; **1/21** Three turtles sunning on small Rock Pond rocks: Scott O.; **1/22** Pair of mallards copulating on Rock Pond (is it spring yet?): Scott O.; **2/3** 200+ geese on Rock Pond: Harvey Culbert; **2/7** Scared up Cooper's hawk from bush behind Cottage #1: Maureen B.; **2/12** Red-shouldered hawk perched on bluebird nest box near Rock Pond: Scott O.

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**Looking for Someone?**

Find biographies of all residents, newcomers and old-timers, in “Who’s Here” on the center book case in the Kendal Library.

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**Recent Transfers**

Victoria “Torie” Young moved from a Kendal Cottage to Whittier in late February. Her telephone number remains the same.

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**Kendal Kryptogram #146** -by Nina Love

VLY AFFAZJVY AX HATY JZ WAV LOVY, JV'Z JWQJPPYCYWKY. -YHJY NJYZYH

Solution to Kendal Kryptogram #145: “You can tell the greatness of a man by what makes him angry.” -Abraham Lincoln
The Science Discussion Group Has Been Revived!

The Science Discussion group, which has not met for two years, will resume monthly meetings on Tuesday, March 14, in the Green Room at 2:30pm. Former and new participants are invited to join the group in the Green Room on the second Tuesday of each month from 2:30-3:30pm (or until 4:00pm, if the topic requires more conversation).

Virginia Erdy serves as clerk and facilitate details. Members of the group will volunteer as conveners for a three-month period and determine format and topic. Conveners for 2017 are: Al Carroll (3/14, 4/11, 5/9); Bob Hefner (6/13, 7/11, 8/8.); Alan Lockwood (9/12, 10/10, 11/14); Virginia Erdy (12/12, 1/9/18, 2/13/18).

Kendal Resident Rights and Responsibilities

In October 2016, you received a copy of your rights and responsibilities as a Kendal resident. Your rights are based on the mission and values of Kendal at Oberlin and cover three areas: medical, cares and concerns, and privacy and safety. As a reminder of these important points, The Kendalight reprinted these rights in recent issues.

Last month we listed your first five health care responsibilities as a Kendal at Oberlin resident. This month we list the remaining nine. If you have any questions about your resident rights and responsibilities, please call Kim Peters or Kim Preston in Social Services.

Kendal Resident Responsibilities

To help us meet your healthcare needs and provide you with appropriate care, your responsibilities as a Kendal at Oberlin resident are:

1. To have a clear understanding of your health status.
2. To follow the physician instructions and to recognize the impact of your lifestyle on your health.
3. To keep appointments reliably and promptly or to notify appropriate staff when you are unable to attend an appointment.
4. To observe facility policies and procedures.
5. To accept your financial obligations associated with your care, and request financial assistance if needed.
6. To be considerate of others receiving or providing care.
7. To keep appointments reliably and promptly or to notify appropriate staff when you are unable to attend an appointment.
8. To observe facility policies and procedures.
9. To accept your financial obligations associated with your care, and request financial assistance if needed.
10. To be reasonable in requests for medical treatment and other services.
11. To accept responsibility for your actions if you refuse treatment or do not follow the physician instructions and to recognize the impact of your lifestyle on your health.
12. To advise your caregivers of any dissatisfaction you may have.
13. To ensure the financial obligations for your treatment are fulfilled in a timely fashion.
14. To be familiar with your health insurance coverage and your Kendal contract, if applicable.

Do Kendal Residents Need a Bereavement Support

2017 has begun as none other in the history of Kendal at Oberlin. We are losing our friends and our neighbors just as we ourselves face changes in our own or our partners’ abilities.

The Kims in Kendal Social Services want to hear from you. We can coordinate a grief support group facilitated by a local hospice bereavement professional. Please contact either Kim Preston: 775-9813, kpreston@kao.kendal.org or Kim Peters: 776-5016, kpeters@kao.kendal.org, if you are interested in attending a group. Together, holding our community in the light. -Kim Preston, Kim Peters, Kendal Social Services

Three Cheers for our 2016 Kendal Volunteers!

Volunteers at Kendal at Oberlin did it again -- over 54,000 hours of volunteering in Kendal, Oberlin and Lorain County and as far away as DC and Michigan.

Barbara Bruer, Anne Elder, Nancy Garver, Sheila Ploger and Grace Tompos spent extra volunteer hours collating the 230 volunteer forms returned (264 forms had been placed in Kendal mailboxes). Six were returned with notes of apology for not being able to volunteer.

This is what they found:

• 16 forms came from Kendal staff.
• 11 resident volunteers charted 98.96 hours in the Stephens Care Center.
• 2,120 hours were volunteered in the Kendal Resale Shop.
• Categories attracting volunteers, in order, were KORA, Kendal, Organizations, Churches, Oberlin College/ Lorain County Community College, Miscellaneous, Meals, Government, Medical.
• The alphabet soup of organizations included LWVOA, OHC, OPL, AAM, OCS, CASA, FAVA, SEPA, Second Harvest, Lorain County Free Clinic, Nord Family Foundation.

What does this mean for Kendal at Oberlin? Barbara Thomas uses these figures to support and to validate our non-profit status and to demonstrate the many ways we contribute to the wider community. Of course, we also provide many services for each other in many uncounted ways. Our own lives are also enriched: studies show volunteering prolongs one's life and often gives purpose.

The Volunteer Committee was impressed and deeply moved at this out-pouring of commitment and service. -The Volunteer Clearinghouse

Don’t Forget to Wear Your Kendal Name Tag!
Did You Know?

Did you know that S&P gives Kendal at Oberlin an A- bond rating? And that an A- rating puts us among the top 25% of continuing care retirement communities in the country in terms of financial health?

You already know from the item in last month’s Kendalight that the Residents Assistance Fund has grown from the original $500,000 financed at Kendal’s founding to about $3.7 million.

Did you know that it is invested and earned a 7.2% return during 2016? (After inflation, that would amount to a real return of about 4.2%.)

So why are we hearing that the Resident Assistance Fund needs to be increased? In brief, it’s because the annual amount currently needed for assistance is approximately $200,000 (in 2016, to 12 recipients). And we know from projections used on the latest confidential survey of resident assets that the need will grow in the years ahead. Until 2009, the RAF took in and earned much more than distributions amounted to. That picture has reversed since the Great Recession, and in next month’s Kendalight, we’ll go more deeply into the particulars.

One thing that bears repeating is that all Kendals face the same challenge (in many cases a much more critical one), and that The Kendal Corporation is pointing to Kendal at Oberlin as a model, because we have made careful projections of future needs for subsidy and are planning in a timely and prudent manner how best to address them.

-KatO Committee on Philanthropy

Report from the Arboretum: Sugar Maple Tree

It’s March -- maple syrup time! Our Arboretum has an over-abundance of red maples, about 150, but only one sugar maple tree, an 11-in. baby planted by Melissa Reed south of Cottage #89. Under favorable conditions, it should grow to be 100 ft. tall with a diameter of 4 ft. Planting and caring for our John Bartram Arboretum is an act of faith and a gift to future generations.

The sugar maple is also called the hard maple. It’s a valuable tree since its sap is boiled down to delicious maple syrup and maple sugar, and its lumber is all-purpose, heavy, close-grained, light-brown to reddish in color.

New residents Carl and Barbara Whitehouse were part of a neighborhood maple syrup co-operative before moving to Kendal. They brought with them a small table Carl made from sugar maple lumber. Look for it by the entrance to the Kendal library. Notice the holes in the lumber made by tapping the spiles (small wooden or metal tubes) into the living tree when it was actively part of the maple syrup production. Pictures and other items from their work can be found on or near their table.

On the table back of the couch in Heiser Lounge more items are exhibited related to the sugar maple and the history of sugar houses. Enjoy learning more about this valuable tree.

-Anne Helm for the Arboretum

Want to Remember Someone Special by Donating a Tree?

The guidelines for Kendal at Oberlin Commemorative Gift Trees for the John Bartram Arboretum have been approved by the Kendal at Oberlin Committee on Philanthropy. Copies of the guidelines can be found in the Philanthropy brochure racks located to the right of the entrance to the Langston and near the entrance to the Gathering Room.

Contact members of the Commemorative Trees Committee if you have any questions (Anne Helm and Don Parker).

-Kendal Resale Shop Talk

Benefiting Kendal Residents Assistance Fund and Community

January and February were busy months for our KRS Team. We cleared three cottages, one apartment and five rooms in the Stephens Care Center – plus we continued to process the many items placed in our donation box (located just inside Heiser's south entrance). In addition, our KRS Team prepared two apartments for on-site sales which opened in late February. Whew!

Since the on-site apartment sales will occur after the deadline for this issue of The Kendalight, I’ll report on those next month in the April issue.

Resale Shop deposits to the Residents Assistance Fund for the month of January totaled $1,273.85. We look forward to reporting on stronger sales for February (after the apartment sales figures are available). Thanks to all our donors and shoppers!

DID YOU KNOW? Kendal Resale Shop's green “PLEASE HOLD” slips are good for one day only and expire at 7:00pm when the shop closes, unless the item has been paid for by closing time or special arrangements have been made IN ADVANCE with the KRS Chair. When you have questions about the HOLD process or about a purchase you want to make, please contact Nancy Lombardi.

THANK YOU! Keep those donations coming and keep shopping the KRS!

-Nancy Lombardi, Chair, Kendal Resale Shop

A Note About Taxes

If anyone from Kendal uses H&R Block tax preparation services, that company will offer a small contribution back to Kendal at Oberlin for our charitable purposes.

Just mention you are from Kendal!

-Barbara Thomas
Table Tennis Talk

If a table tennis fledgling wants to get beyond the basement, she’s got to search out a club (as must her brother, too!). And if she (or he) finds another novice there, this other novice will be out as a practice pal. Why? Their father will be coaching them the whole time there! (Darn, the way pronouns are causing problems!) But even an “advanced” player will be hard put to find a practice partner --unless they’ve proved themselves in tournament competition, that is. It’s also a fact that the good players will only practice with still better ones. Kendal turns that around! Here, we’re all ready -- always! -- to practice with all and to pass on what we’ve learned from others. We abandon no one to the sidelines. Once a newcomer ventures in, they feel welcome. That explains how we’ve gained some ten new members from among recent arrivals at Kendal and why he and/or she or they happily keep coming. Step in too, then, whatever your pronoun, and give table tennis a try!
-Sidney Rosenfeld

Horticulture News

• On Friday, May 12, the Horticulture Committee will present a Kendal tradition, the ever-popular annual plant sale. More details to come.

• March, like February, is a good month to start seeds for planting outdoors in May. To reserve space under grow-lights in the Horticulture Room, give Don Reeves a call or leave a note in his open mailbox with your contact information on it.

• For a community garden plot to grow your vegetables, fruit or flowers this summer, you may arrange a tour by calling Melissa Reed or by leaving a note in her open mailbox. Most plots are 10×10 feet.

- Melissa Reed

Bahá’í Study Circle Begins
Tues., March 7 at 1:00pm in the Green Room

Danna Mitchell, Kendal Fitness Specialist, and Emma Jackson will host a weekly Tuesday discussion group from March 7 through April 11. Focusing on the purpose of life from a Bahá’í perspective, they will cover topics such as virtues, prayer, and life and death. All are welcome.

The group will meet at 1:00-3:15pm at these locations: March 7, Green Room; March 14, Education Training Center; March 21, no class; March 28 and April 4, Green Room; April 11, Crossroads Room. Questions? Contact Danna at 440-213-4522 or dannamitchell65@gmail.com.

Saturday Walks

Residents who would like to go for a walk off our Kendal campus are invited to gather at the Heiser Reception Desk at 9:00am to decide where to walk. The walks are 1 and 3 miles at a leisurely pace, usually in one of the Lorain County parks. We will car pool. Join our walking regulars: Jerry Berner, Dwight Call, Virginia Erdy, Al Carroll, Sheila Ploger, John Leinenweber, Randy Wagner. Beginning in April, specific designated walk sites will once more be listed in The Kendalight. Questions? Contact Jerry Berner.

Religious Services at Kendal

Episcopal Services
Ash Wednesday
Wed., March 1, 4:00pm, Gathering Room, Rev. Nancy Roth
Sat., March 11, 11:00am, Gathering Room, Rev. Brian Wilbert
First Church Service
Sun., March 19, 4:00pm, Gathering Room
Roman Catholic Mass
Fri., March 17, 10:00am, Crossroads
Society of Friends
Sundays, 10:30am, Education Center

First Church United Fellowship
Sat., March 11 - AUD
9:30am: Food and fellowship
10:15am: Irish Music

A singer and a fiddler will entertain us with Irish tunes. Come join us!
All are welcome.

UU Kendal Gathering
“Notes from a Neurotic Activist: Staying Politically Engaged During the Trump Era”
Cindy Frantz, Oberlin College
Wed., March 15 - 4:00pm - AUD

How do we balance the needs of our democracy with the needs of ourselves during these tumultuous and challenging times? Cindy Frantz will share her journey as a high-strung, stressed-out activist seeking to stay engaged without going crazy.
A long-time member of OOUF, Cindy is a social and environmental psychologist who teaches at Oberlin College. 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: Kathy Reichard, Mary Simons
Photos: Lyn Cope, Eleanor Helper, Sally Nelson-Olin, Gary Olin
Production: Don VanDyke

Deadline for the April 2017 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**

**Friday, March 17**  
*St. Patrick’s Day Dinner*

**Sunday, April 16**  
*Easter Buffet, Fox and Fell*

Reservation forms for the Easter Sunday buffet will be distributed to mail-boxes and by email in March.

**Note to Residents and Staff:**
When planning a meeting or event that will require catering, please do not hand in a Set-Up Request Form to Heiser Reception Desk until checking first with Ann Pilisy of Dining Services. At times, multiple Set-Up Request Forms have been filled out with different information for the same event. This can lead to inefficiency and confusion. Thank you!  
-Ann Pilisy

**National Nutrition Month 2017: Put Your Best Fork Forward**

Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month. It highlights developing sound eating and physical activity habits. In 2017, the theme is “Put Your Best Fork Forward.” The message is to make small, healthy shifts in your diet “one forkful at a time.” Making one small change that sticks has a greater impact on your overall health than trying to change your entire diet all at once. Taking on too much can be overwhelming, leading to a sense of failure.

One change could be a switch to skim milk from 2%. This step can have a big impact on weight and cardiac health when changed for a lifetime. Here are more ideas:

1. Create an eating style that includes a variety of your favorite, healthful foods. Start your day with a nutritious breakfast. Fill half your plate with fruits and vegetables.
2. Experiment with healthier ingredients when you cook at home. Healthy eating begins in the grocery store.
3. Eat and drink the right amount for you, as MyPlate encourages us to do. How much we eat is as important as what we eat.
4. Find activities that you enjoy and become physically active most days of the week.
5. Manage your weight or lower your health risks by consulting a registered dietitian/nutritionist who can provide sound, easy-to-follow personalized nutrition advice.

In March, look for an “ASK IT” bulletin board on which Kendal staff and residents can post nutrition questions to the dietitian. On March 29 at 10:00am in Heiser Lounge we will have a healthy recipe contest open to residents and staff.  
-Sue Campbell, RD, LD, KatO Community Nutritionist

**Kendal Therapy Dept.**  
**Discovery Series: Core Control for Better Strength**  
Thurs., March 16 - 3:00pm - Education Ctr. Training Rm.

Take part in an interactive discussion on the benefits of improving core strength and its impact on balance and posture. Our Therapy team will demonstrate simple core exercises that can be done at home.

**Check Out our Punching Bag**

The Fitness/Relaxation Room has a new punching bag. You can give it a hit, a kick -- or even a hug. A good heavy-bag program strengthens your cardiovascular system, tones and strengthens your muscles, burns fat, increases bone density and connective tissue resilience, and burns off the toxic byproducts of stress. For guidance or safety tips about the bag, call 774-9851.  
-Jill, Saun and Danna

**SPINACH Group Film:**  
**“Cowspiracy: The Sustainability Secret”**  
Wed., Mar. 22 - 4:00pm - AUD

If you are interested in environmental issues and how the way we eat affects our planet, come see this documentary. “Cowspiracy: The Sustainability Secret” is an environmental documentary following a filmmaker as he uncovers the effects of our most destructive industry today and investigates why our leading environmental organizations do not talk about it.

The film will be followed by a discussion in the William Penn Room at the SPINACH dinner. **Sign up on the sheet posted for the dinner.**

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

**SPINACH (Senior Persons Interested in Nutrition and Community Health):** Wed., March 22, 5:15pm, William Penn Room (meets on fourth Wednesday of the month).

**Intergenerational Event:** Thurs., March 9, 3:15pm, Langston. We’ll celebrate Purim with Hamentaschen cookies, noise makers and a special story with the mother of one of the KELC students.

**Thurs., March 16, 3:15pm, Langston.** Join us for a Shamrock Shake and meet lucky leprechauns.

-Lisa Wilken, Langston Dining Manager

**Solo Diners:** Thurs., March 9, 5:30pm, The Den (meets on second Thursday of the month).

**Reservation forms for the Easter Sunday buffet will be distributed to mail-boxes and by email in March.**

-Heiser Therapy Dept.

**Friday, March 17**  
*St. Patrick’s Day Dinner*

**Sunday, April 16**  
*Easter Buffet, Fox and Fell*

Reservation forms for the Easter Sunday buffet will be distributed to mail-boxes and by email in March.
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<th>SUN</th>
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<td><strong>CCR = Crossroads</strong></td>
<td><strong>WHT = Whittier Lounge</strong></td>
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<td>5</td>
<td>Quaker Worship 10:30am Ed Ctr</td>
<td>Bridge 7:00pm CCR</td>
<td><strong>Episcopal Bible Study every Monday 10:00am Green</strong></td>
<td><strong>Bahá’í Study Circle 1:00pm Green Rm.</strong></td>
<td><strong>Lunch Bunch: ★ Sal &amp; Al’s Diner 11:30am-2:00pm</strong></td>
<td><strong>Coffee Hour with KatO Staff 9:30am Langston</strong></td>
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<td>Film: Suffragette 7:00pm WHT</td>
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<td><strong>Genealogy-History Group: 7:15pm AUD</strong></td>
<td><strong>Song Swap with Judy Cook 7:00pm AUD</strong></td>
<td><strong>Low Vision Group 4:00pm Green Rm</strong></td>
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<td>Faculty Recital 8:00pm WCH ★</td>
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<td><strong>“Lake Erie: As It Was and As It Is” 7:30pm Hallock, OC Environmental Ctr. ★</strong></td>
<td><strong>Opera: Cendrillon ★ 8:00pm Hall (tx)</strong></td>
<td><strong>Putin in Langston 3:15pm</strong></td>
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<td>English Country Dancing Every Sunday at 7:15pm in AUD</td>
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<td><strong>Met Opera HD: Idomeneo ★ 12:55pm (tx)</strong></td>
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<td><strong>Play Readers: “Shadowlands” 7:15pm AUD</strong></td>
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<td>Quaker Worship 10:30am Ed Ctr</td>
<td>Bridge 7:00pm CCR</td>
<td><strong>Suggestions and Concerns 2:00pm CCR</strong></td>
<td><strong>Bahá’í Study Circle 1:00pm Ed Ctr</strong></td>
<td><strong>Tuesday Tea at AMAM 2:30pm (carpool)</strong></td>
<td><strong>Therapy Dept.: 3:00pm Ed Ctr Leprechauns in Langston 3:15pm</strong></td>
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<td>Opera: Cendrillon ★ 2:00pm Hall (tx)</td>
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<td><strong>Tuesday Tea at AMAM 2:30pm (carpool)</strong></td>
<td><strong>Science Discussion Group 2:30pm Green Rm</strong></td>
<td><strong>3rd Thurs. Lecture Kate Pilacky, WRC 7:15pm AUD</strong></td>
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<td>Film: Florence Foster Jenkins 7:00pm WHT</td>
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<td><strong>OHC: Oberlin Reacts to WW II 7:15pm AUD</strong></td>
<td><strong>Science Discussion Group 2:30pm Green Rm</strong></td>
<td><strong>OC Choir ★ 8:00pm Finney</strong></td>
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<td>19</td>
<td>Quaker Worship 10:30am Ed Ctr</td>
<td>Bridge 7:00pm CCR</td>
<td><strong>Monday Night ★ Movie at Apollo Sign up for bus</strong></td>
<td><strong>Talking with the Kims about Dementia Care Noon - The Den</strong></td>
<td><strong>“Cowspiracy” SPINACH Film 4:00pm AUD</strong></td>
<td><strong>Handelsey 7:15pm AUD</strong></td>
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<td>First Church Serv. 4:00pm GaRm</td>
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<td><strong>“Gerard Manley Hopkins” Bob Longsworth 7:15pm AUD</strong></td>
<td><strong>SPINACH 5:15pm Penn Rm</strong></td>
<td><strong>St. Pat’s Day Dinner</strong></td>
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<td>Film: My Wild Irish Rose 7:00pm WHT</td>
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<td><strong>Aft. Exchange Barbara Thomas 4:00pm AUD</strong></td>
<td><strong>Song Swap with Judy Cook 7:00pm AUD</strong></td>
<td><strong>OHC: Oberlin Reacts to WW II 7:15pm AUD</strong></td>
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<td>26</td>
<td>Quaker Worship 10:30am Ed Ctr</td>
<td>Bridge 7:00pm CCR</td>
<td><strong>Bahá’í Study Circle 1:00pm Green Rm.</strong></td>
<td><strong>Healthy Recipe Contest 10:00am-12 noon Heiser Lounge</strong></td>
<td><strong>“Winter Term in Rural Nepal” 7:15pm AUD</strong></td>
<td><strong>Rod Knight with Len Garver’s Trolley Run 5:00-6:15pm HL</strong></td>
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<td>Film: Simon Birch 7:00 WHT</td>
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<td><strong>Oberlin Baroque Orchestra ★ 8:00pm WCH</strong></td>
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**NOTE:** Check Channel 27 (919) for changes in scheduling and late additions.