

The Kendalight

Kendal at Oberlin Residents Association

November 2014

Volume XXI, Number 11

*Mark your calendar for this year's
Fabulous 2014 Winter Solstice Program
on the Evening of December 18
as we celebrate the turning of the year.*

**Election Day
Tuesday, November 4
6:30am - 7:30pm
Heiser Auditorium**

Let's leave the parking spaces around Heiser Circle for Oberlin voters.

Sign up for Solstice Choir!

Rehearsals will begin before Thanksgiving this year so that the Solstice Singers can be well prepared for the big program on December 18. Three Tuesday afternoons (November 25 and December 2 and 9) are reserved for rehearsing plus a run-through with all other participants on December 16. Carol Longworth will direct and Dianne Haley will accompany at the piano. New and former singers are invited and welcome. Sign up sheets will be by the open mailboxes in early November.

Insurance Questions?

Fall brings beautiful colors, crisp apples, holiday traditions -- and open enrollment for Medicare and many other retiree insurance plans.

No doubt you have received an abundance of information about your

health care plans which may include documents such as "Evidence of Coverage" or "Annual Notice of Change." You may also have received an overload of advertising material as plans compete for your business during Medicare's open enrollment period from October 15 through December 7, 2014.

If you would like me to review the material you have received, please drop it in my mailbox. Or call me at 775-9064 if you would like an appointment to review plan changes and options or just to discuss general coverage concerns.

Remember: We will need a copy of any new insurance cards to keep our records updated and best serve your needs. Like the seasons, we can count on insurance changes and I look forward to helping you navigate them.

-Kim Blair, Kendal Medical Billing and Insurance Coordinator

Please remember to bring a valid ID that includes your name and OHIO address when you come to Heiser Auditorium to vote.

A valid ID can be:

- Current OHIO ID or OHIO driver's license (can show prior OHIO address) **or**
- Military identification (no address needed) **or**

One of the following dated 12 months or less prior to Election Day:

- Copy of a current utility bill (including a bill from Kendal) **or**
- Bank or any financial statement **or**
- Government check stub **or**
- Paycheck stub **or**
- Other government document.

The following are NOT VALID: Notification mailed by the Board of Elections nor any document/card that does not show voter's name and current address (including U. S. passport) Questions? Ask Dina Schoonmaker at 774-1568 or rsdbs1@frontier.com.

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

**FINAL BUDGET 2015
MONDAY, NOVEMBER 17
4:00PM - AUDITORIUM
ANN O'MALLEY**

**AFTERNOON EXCHANGE
MONDAY, NOVEMBER 24
4:00PM - AUDITORIUM
BARBARA THOMAS**

**KORA 2014 Annual Meeting
Thurs., Nov. 13 - 4:00pm - AUD
3:30pm: Refreshments**

Agenda

- Moment of Silence
- Opening Remarks - Don Reeves, President
- Approval of Minutes of November 14, 2013, Annual Meeting
- Names of Kendal residents who have died since last year - Ardith Hayes, Chair, Memorial Services
- President's Report
- Names of new Kendal residents since November 14, 2013 - Anne Wardwell, Chair, Newcomers/Friendship Committee
- Slate of KORA Council Nominees for 2015 - Del Jenkins, Co-Chair, Nominating Committee; Nominations from the floor; Discussion and Election.
- Proposed Budget for 2015 - Ira Steinberg, Chair, Budget Committee; Discussion and Adoption
- Closing Moment of Silence

Nominations for KORA Council for 2015:

Nominated as Officers for 1-year term:

President: Ardith Hayes
 Vice President: Jim Helm
 Treasurer: Ira Steinberg
 Secretary: Betsy David

Nominated for a 2-year term as KORA Councilor: Al Carroll, Marcia Deist, Virginia Erdy, Bob Longsworth, Bob McClusky, Sue Palmieri.

Continuing for 2nd year of term as KORA Councilor: Barbara Bruer, Margaret-Ann Ellis, Ed Long, Dick Myerly, Don Parker.

Nominated for a 2-year term on Nominating Committee: Elizabeth Aldrich, Del Jenkins, Ruth Miller.

2015 Budget for Kendal at Oberlin Residents Assn. as approved by the 2015 Budget Committee

Code	Committee Name	2014 Budget	Proposed 2015 Budget
801	ART	\$1,685	\$1,685
802	CARE/MEMORIAL	100	400
803	COMMUNICATIONS	4,150	4,575
805	ENVIRONMENTAL CONCERNS	350	350
806	THOUGHTFUL MEDICINE	200	200
807	FITNESS & HEALTH	550	575
809	SPINACH	60	60
810	HORTICULTURE	800	1,300
811	HOUSE - FLOWERS	750	750
812	HOUSE - GENERAL	200	200
813	LIBRARY	1,600	1,600
816	PROGRAM - GENERAL	3,000	3,000
824	SPORTS AND RECREATION	2,260	2,260
825	TRANSPORTATION	100	100
826	WOODSHOP	400	400
830	AUDIO VISUAL	1,000	2,000
831	NEWCOMERS/ FRIENDSHIP	580	595
836	COMPUTER USERS GROUP	200	200
837	DRAMA CIRCLE	350	300
838	EUREKA	2,200	2,200
839	GENEALOGY	100	100
840	PLAY READERS	600	600
843	WEBSITE	950	800
844	KORA HEALTH LETTER	320	320
846	KORA RESIDENTS ASSN.	1,300	1,300
850	RAFF	200	200
855	MISCELLANEOUS	490	700
TOTALS		\$24,495	\$26,770

Included under 855 Miscellaneous

804	NUTRITION	\$ 35	\$ 45
808	FOOD	30	30
815	RES MED RESOURCE	50	40
823	SAFETY/DESK	150	150
832	VOLUNTEER CLEARING	100	100
	HOUSE		
833	VOTER INFORMATION	0	0
835	BRIDGE	50	50
842	CREATIVE ARTS	50	100
TOTALS		\$ 465	\$ 515

Continuing for 2nd year of term on Nominating Committee: Mary Lynne Grove, David Schaal.

Slate submitted by 2014 Nominating Committee: Mary Lynne Grove, Del Jenkins, Ruth Miller, David Schaal, Betty Weinstock.

Please bring this page with you to the KORA Annual Meeting on Thursday, November 13.

Thanks from KORA!

Thank you to all who contributed to the annual fund appeal to support Kendal at Oberlin Residents Association's 2015 activities. The total of \$27,445 received by press time will cover the proposed 2015 budget, with a modest margin for unexpected opportunities.

-Don Reeves, KORA President

PROGRAMS

LECTURES

Thursday Health Lecture: “Aging Eyes”

November 6 - 7:15pm - AUD

Dr. Ryan Deasy, MD, ophthalmologist from the Cleveland Clinic, is well-known to several Kendal residents. His specialties include medical and surgical treatment of adult retinal disorders, diabetic retinopathy and macular degeneration.

Third Thursday Lecture: “20th Century Stories from Around Town”

November 20 - 7:15pm - AUD

Author Eugenia (Gent) Poporad Vanek highlights Oberlin sites and events from the recently published Oberlin Heritage Center book “Bonnetts to Boardrooms: Women’s Stories from a Historic College Town.” The book includes recollections from 52 Oberlin women whose lives span the 20th century.

BigBUS: Detroit Institute of Arts Waterlily Pond, Green Harmony Thurs., Nov. 20, 8:30am 5:00pm

The Detroit Institute of Arts welcomes one of Claude Monet’s most famous paintings -- Waterlily Pond, Green Harmony -- as a “guest of honor” from the Musée d’Orsay in Paris.

The painting will be the only work on display in a gallery adjacent to Rivera court.

The DIA has a very nice cafeteria that includes a salad bar -- but it doesn’t approve of our bringing brown-bag lunches.

Your check for \$25, payable to KORA and placed in Box #120, will insure your seat on the bus. You will be billed for the rest of the cost after the trip is completed.

Questions? Ask Pat Talbot.

TRIPS

Lunch Bunch: Romano’s Macaroni Grill, North Olmsted Wednesday, November 12

Romano’s Macaroni Grill is a casually elegant Italian restaurant serving hand-crafted pastas, entrees, artisan sandwiches, pizza and flatbread, and more! Bus leaves Heiser at 11:30am, returning about 2:30pm. Bus charge: \$8.00. Place check to KORA for \$8.00 in Box #89 by Monday, November 10. Lunch is at your expense. Sign-up sheet posted Monday, November 3.

Oberlin Opera Theater “Street Scene”

**Wed., Nov. 5 - 8:00pm - Hall
Sun., Nov. 9 - 2:00pm - Hall**

Written in 1946 by Kurt Weill (music) and Langston Hughes (libretto), “Street Scene” combines the best of American opera and musical theater, telling about the lives of the many residents of a tenement on Manhattan’s East Side on two brutally hot days. It focuses on a romance between two neighbors that builds into an epic tragedy. Contact 775-8169 for ticket information. **Sign up for Kendal bus.**

Register for LifeLong Learning Classes in Heiser Auditorium

News & Views: Foreign Affairs. Monthly topics, from “Great Decisions” briefing book published by the Foreign Policy Assn. Fri., 10:30am to noon, **Nov. 7, China’s Foreign Policy** (see p. 7); **Dec. 5, U.S. Trade Policy.** No fee; registration on site.

Religious Experiences of Medieval Female Visionaries, Mystics and Activists. Grover Zinn, Professor Emeritus of Religion, Oberlin College, will explore the distinctive spirituality of medieval women living in religious communities. He will focus on the lives and writings of several important figures, including Hildegard of Bingen and Teresa of Avila. Lectures, discussion of readings, music, visual presentations. Continue informal discussions over lunch after the final lecture. Mon., 10:30am to noon, **Nov. 3-17** (3 sessions). Fee: \$20. (Class #4804) Registration forms are available in brochures near the bulletin board in Kendal. For more information, call 366-4148; to register by phone, call 366-4067.

Rachel Mooers, viola; Yu Sakamoto, piano

Sun., Nov. 2 - 4:00pm - AUD

Sonata for Viola and Piano, by Rebecca Clarke; *Marchenbilder* (Fairy Tale), by Robert Schumann.

Concert: Franz Schubert: Turning Adversity into Art Zsolt Bognár, pianist

Thurs., Nov. 13 - 7:15pm - AUD

Zsolt Bognár will play selections from, and talk about, Franz Schubert’s tortured but artistically triumphant final year. In addition to his concert career, Zsolt is the creator and host of the web-based video series “Living the Classical Life” in which he interviews notable performers about how they conduct their careers.

We will turn the tables on Zsolt and ask him about his artistic life, with plenty of opportunity for audience participation. -*Arlene and Larry Dunn*

Friday Music Club

Fri., Nov. 14 - 7:15pm - AUD

Town/Kendal residents perform on various instruments. Program will include Beethoven’s Archduke Piano Trio for piano, David Knapp; violin, Molly Johnson; and cello, John Sanderson. Allen Huszti will also perform. Marion Drummond, Molly Johnson, chairs; Carol Longworth, contact person.

Sunday Movies in Whittier Lounge at 7:00pm

Nov. 2 - The Candidate (1972) - Bill McKay (Robert Redford), the idealistic, charismatic son of a former governor (Melvyn Douglas), is recruited to oppose a popular Republican California U.S. Senator in an unwinnable race. But he wins! PG

Nov. 9 - Those Magnificent Men in Their Flying Machine (1965) -- British comedy set in 1910 tells what happens when the *Daily Post* offers a prize for the winner of a cross-channel air race from London to Paris, attracting flyers world-wide. PG

Nov. 16: The Last of the Mohicans (1992) - Two Mohican tribesmen and frontiersman Hawkeye (Daniel Day-Lewis) protect a British Colonel's daughters in the midst of the French and Indian War. PG.

Nov. 23 - Heartbreak Ridge (1986) - A hard-nosed, hard-living Marine gunnery sergeant (Clint Eastwood), a veteran of the Battle of Heartbreak Ridge in the Korean War, whips a squad of young recruits together before they head for Grenada. R.

Nov. 3 - Robinson Crusoe on Mars (1964) - Stranded on Mars with only a monkey as a companion, an astronaut figures out how to find oxygen, water, and food on the lifeless planet.

Saturday Night Movie November 1 - 7:15pm - AUD

The Devil Wears Prada (2006) - Film adaptation of the best-selling novel stars Anne Hathaway as Andy Sachs who lands a dream job as assistant to the impossibly demanding New York fashion magazine editor Miranda Priestly (Meryl Streep). She becomes Miranda's personal whipping girl and this heaven-sent position just might be the end of her. Stanley Tucci is Nigel, the magazine's Art Director. One critic wrote that the film outdid its source novel. PG. *-Donna Van Raaphorst*



Art Gallery News

The show of paintings, fiber arts, prints and collages by **Audra Skuodas** will be on display until the end of November in the **Kendal Gallery**. Plan to attend the reception featuring her on Friday, Nov. 7 at 4:30pm in Heiser Lounge. A book of articles and reviews is on a table in the Kendal Library where you can learn more about Audra and her work. Coming in December are crayon batiks by Larry Walker.

The riveting display of **WWII Posters** in the **Friends Gallery**, in remembrance of this most destructive of all wars and of the Kendal residents who

served in various capacities, will continue through mid-December. Much of the narrative description points out their artistic power and merit.

The reception for **Katie Brown's "Colorful Collages"** now featured in the **Community Gallery** takes place in Heiser Lounge on November 14 at 4:00pm. She will describe her playful approach to her assemblages. Her show will be followed on December 1 by the annual show of crafts created at the Oberlin Senior Center.

The **Curio Cabinet** has a display of **small Pueblo pottery pieces** from the collection of **Ted Nowick and Robert Taylor** which they have been acquiring for years. Be sure to see it!

Saturday Night Documentary November 22 - 7:15pm - AUD

Koch Brothers Exposed (2012) - This hard hitting expose shows the 1% in the United States at its very worst. It is the latest film by Robert Greenwald ("Wal-mart: The High Cost of Low Price," "Outfoxed," and "Rethink Afghanistan"). From environmental pollution to their efforts to dismantle Social Security for Americans, the Koch Brothers have launched a large network that attacks many American values. Donna Van Raaphorst will lead the discussion after the film.

Fall Forward 2014 Oberlin College Dance Concert Thurs., Nov. 6, 8:00pm Warner Center Main Space

Directed by Carter Adams, this annual dance program is designed around a central theme and features creations of Oberlin student choreographers. **Please car pool.**

Saturday Opera DVD - November 8 - 4:30pm & 7:15pm - AUD

Il Trovatore - Verdi's work is a drama of frenetic passions and lyrical episodes. This 1978 Vienna State Opera performance is conducted by Herbert von Karajan and includes Raina Kabaivanska, Placido Domingo, Fiorenza Cossotto and Pietro Cappuccilli. **NOTE: Shown in the two parts.** *-Allen Huszti*

Community Conversations: Plans for LCCC's Film Series Wed., Nov. 5 - 7:15pm - AUD

Professor Robert Dudash, Film Society Director and Professor Emeritus at Lorain County Community College, will preview the upcoming films for Fall. LCCC's Film Series enriches the greater Lorain County community (and beyond) by screening art, independent, classic and foreign films.

Your Kendal Diversity Awareness Committee invites you to see: "The Other Son"

Fri., Nov. 21 - 4:00pm - AUD

This 2012 film is the moving and provocative tale of two young men -- one Israeli, the other Palestinian -- who discover they were accidentally switched at birth, and the complex repercussions facing them and their respective families. Join us for dinner in The Penn afterward to discuss the film with committee members at each table.

**First Thursday Evening Hours
Allen Memorial Art Museum
Nov. 6 - open until 8:00pm;
Lecture at 5:30pm**

David G. Berger and Holly Maxson discuss photographs in the Milt Hinton estate. Lecture in Classroom 1. Reception with jazz bassist Peter Dominguez. **All are welcome.**

**Play Readers Present:
“The Best Man ”**

Sat., Nov. 15 - 7:15pm - AUD

Directed by Jerry Berner, Gore Vidal's play is set at the 1960 Democratic Presidential Convention in Philadelphia. It pits an ethical man against an unscrupulous one, each trying to get the endorsement of the popular outgoing president. Vidal's hero is an homage to Adlai Stevenson (with a touch of Dean Acheson). His despicable Senator is Vidal's view of JFK (with elements of Richard Nixon, Joseph McCarthy and Estes Kefuaver). The ex-president is a clear reference to Harry Truman. According to *The New York Times'* Brooks Atkinson, the play is a “political melodrama that comes close enough to the truth to become both comic and exciting” and Vidal “knows how to put together a plot that is both amusing and engrossing.” Come see for yourself. **All are invited to the final rehearsal at 1:30pm on Fri., Nov. 14. On Nov. 15, there is no admittance after 7:15pm until the first scene break.**

**Community Conversations:
“A Kurdish View of ISIS”**

Mon., Nov. 24 - 7:15pm - AUD

John Bergen, OC '14, spent this fall in Kurdish Iraq as a volunteer on the Iraq Christian Peacemakers Team. He previously served with the Christian Peacemakers Aboriginal Justice Team in Canada and in January will join the CPT in Hebron, Palestine. As an Oberlin student, John was the Peace Intern at Oberlin's Peace Community Church. Free and open to the public.

**“Oberlin Connections through
Hymns; and Dedication of
Historical Marker”**

**Sun., Nov. 9 - 3:00-4:30pm
First Church in Oberlin**

Join the celebration of music and history when the Oberlin Heritage Center and First Church offer an hour-long community “sing” of historic hymns, followed by the dedication of a marker recognizing Antoinette Brown Blackwell (1825-1921), who graduated from Oberlin College in 1847 and became the first woman ordained as a minister in 1853. The marker also commemorates First Church, built in the 1840s and at that time home to the internationally famous minister Charles Finney. **Please car pool.**

**Oberlin Heritage Center: “Shar-
ing Stories from Overseas”**

Tues., Nov. 25 - 7:15pm - AUD

Several OHC Oberlin College student interns will talk about their international roots and studies abroad: Monica Monsalve, Politics major with a concentration in International Studies and Comparative Latin American Politics, studied last semester in Sao Paolo, Brazil; César Palacio, double major in Clarinet Performance and History, spent two Winter Terms in the Panama Project teaching music; Hanna Van Reed, History major, recently returned from a semester at Pembroke College at the University of Cambridge; and Rand Zalzal, Architecture major from Baghdad, attends Oberlin with help from the Iraqi Student Project (ISP), which enables Iraqis to study in American colleges. Free and open to the public.

**Computer Users Group:
We're Looking for a Chair!**

Just a reminder that Eleanor Whitehead and Ira Steinberg are retiring as co-chairs of CUG after serving for five years. We need volunteers for the steering committee and chair(s) to continue on into January 2015.

**Tuesday Tea at AMAM
November 11 - 2:30pm**

Oberlin College Professor of History Carol Lasser will speak on the Ohio Star Signature Quilt. **All are welcome.** If you need a ride, meet at Heiser Reception Desk at 2:10pm to car pool.

**Directors Needed for
Kendal Play Readers**

Do you have theater interest and/or experience? Our Play Readers Group could use some new Play Directors. This would require editing and casting one play during 2015. One of our Directors Group would serve as your “production assistant” to help with the other tasks involved in the production process. The plays for 2015 have already been selected.

For more information and to answer your questions, contact Jerry Berner.

Vision Impaired

Sight Center Calendars

The Cleveland Sight Center's Big Calendars are now on sale. Order one for \$11.50 each from Thelma Morris.

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

**Low-Vision Support Group
“What's New in Nutrition”
Thursday, November 13
4:00pm - Green Room**

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

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

Welcome Kendal's New Residents

John Leinenweber

I was born and raised in Joliet, IL, the elder son of two teachers. I went east to college, and, in 1957, six weeks after graduating from Yale, entered the Benedictine monastery in Portsmouth, RI. After novitiate and a year of teaching English in the Portsmouth Priory School. I moved to Mount Saviour Monastery in upstate New York, where, as someone put it, instead of raising boys we raised cows. During my happiest years at Mount Saviour, I was the guestmaster; I was also librarian, and edited six numbers of an occasional journal called *Monastic Studies*. And we all worked on the farm.

As part of my midlife crisis, after 21 years of monastic life, I went to the Monastery of Christ in the Desert, in Abiquiu, NM, for a three-month retreat that lengthened into nine years. There I learned to cook, weave and lay adobes.

Personal difficulties in 1987 resulted in my returning east, to the Hermitage of the Dayspring, in Kent, CT. The hermit and I made up a small community where we sang a modified form of the Benedictine Office, and received occasional guests. I also returned to Yale to the Divinity School (YDS). After I received a master's degree in 1993, YDS allowed me to stay on in various capacities -- research fellow, teaching assistant, and lately as copy editor, proofreader and indexer for various books by faculty of the Yale Institute of Sacred Music, including Margot Fassler's great book, "The Virgin of Chartres" (2010).

After the hermit died in 1999, I lived full time in the East Rock section of New Haven. My landlord died in



March of this year, and fortunately the plans I had made for life after Yale (a second time) have allowed me to move to Kendal at Oberlin. You can learn about my books in Amazon.com under my name. Some of them are available at astonishing prices.

Recent Move-Ins

Mary Clare Beck - From Ypsilanti, MI, to a Kendal Cottage in late October.

Richard and Louise Dunn - From Oberlin, OH, to a Kendal Cottage in mid-October.

Upcoming Move-Ins

Marilyn "Lyn" Cope - From Melbourne Beach, FL, to a Kendal Cottage in early November.

Jean Lalli - From Beachwood, OH, to a Kendal in late November.

Lois Wolfe - From Birmingham, OH, to a Kendal Cottage in mid-November.

Recent Transfers

Marilyn Gallagher - From a Cottage to an Apartment. in early October. Phone number remains the same.

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

Become an AARP Tax Aide for 2014

AARP Tax-Aide, a free, volunteer-run tax preparation service, is seeking volunteers for the coming tax season.

Good interpersonal skills are important, but you don't need to be a math whiz to help!

Training occurs on weekdays in January. Classes cover areas of federal returns of particular importance to older and lower-income taxpayers, including pensions, IRAs, ACA, sale of stock and homes, earned income and child tax credits.

After training, you will take an open-book test to become certified. You will then be assigned to one of 11 Lorain County sites to prepare returns, working at least four daytime hours a week between February 1 and April 15, 2014.

(You can arrange short absences.) Tax-Aide, sponsored by AARP in cooperation with the IRS, has assisted seniors and low-to-middle income taxpayers for more than 40 years. Last year we prepared over 4,000 returns in Lorain County. Carol Ganzel, Joe Palmieri, Bob Randel, Don Reeves, Bill Rice and Ira Steinberg volunteered in 2014 and can answer your questions.

The AARP Tax-Aide District Coordinator is Joe Palmieri.

Please Keep Track of Your Volunteer Hours!

Kendal at Oberlin tries to exemplify Quaker values such as "volunteerism" and "service." Staff and residents in 2014 volunteered more than 40,000 hours in service either in our local community or here at Kendal.

We ask that you continue to keep track of the hours you volunteer. In January we take a grand total and make our 2014 annual report of Volunteer Service to our Administration.

-Volunteer Committee: Barbara Bruer,
Anne Elder, Peg Schultz

Compassionate Living at KatO Mon., Nov. 3, 4:00-5:30pm Crossroads Conference Room

Several of the residents who participated in the recent conversations about Karen Armstrong's book, "Twelve Steps to a Compassionate Life," will begin a new series of conversations that focus on compassionate living at Kendal. Residents as well as staff are welcome to join these conversations. Familiarity with the book is NOT necessary. Please contact Carla or Bob VanDale: or Dorothy Luciano.

News & Views

Fri., Nov. 7 - 10:30am - AUD

China's Foreign Policy: Don

Parker, who was born and spent his early childhood in China, is the presenter of this month's Foreign Affairs session.

China has gone to great lengths to emphasize the "peaceful" nature of its meteoric rise. Yet in recent years Beijing has begun flexing its muscles regionally in order to advance its strategic interests. What does the rise of this new superpower mean to the region, and to the U.S.?

A Life-Long Learning class from LCCC. No registration or fee. **All are welcome.**

Don't Forget the Kendal Staff Holiday Fund

Around November 3, you will receive our annual appeal for the Staff Holiday Fund. For newer residents, and as a reminder to the rest of us, Kendal at Oberlin policy prohibits individual tips and gratuities to our staff.

The Staff Holiday Fund, and the Staff Vacation Fund each summer, are the two opportunities each year to express our gratitude for the dedicated service of our wonderful staff, including those whom we do not see from day to day. When the appeal comes, please respond as generously as you are able.

-Don Reeves, KORA President

Wondering when to get your free annual physical? Ebony Baker, Clinic Coordinator in the Health and Wellness Clinic, will place a reminder slip in your mailbox when your physical is due. If you don't respond, she will follow up with a phone call. Also, if you come to the Clinic for an appointment, the staff will review your record and if your physical is due soon, you will be asked to set up an appointment time while you are right there in the Clinic.

"City of Oberlin Energy Transformation -- Pathway to Carbon Neutrality" Wed., Nov. 12 - 4:30pm - AUD

The speaker will be Steve Dupee, Director of the Oberlin Municipal Light and Power Services. Sponsored by the Environmental Concerns Committee. Free and open to the public

Reminder to Kendal Residents

It is important that walkways be kept free of obstacles outside of cottages.

During the winter when snow or ice may coat the sidewalks, it is necessary to remove any items from the walkways that will impede snow and ice removal.

Apartment residents are asked not to place excess furniture in sitting areas next to their apartments.

Rollators and electric scooters may sit outside apartments and cottages during the day but should be moved inside at night.

Hallways and walkways must always be kept clear so everyone can navigate safely throughout our community.

-Harol Pesuit, Chair, House Committee

Transportation Talk

Transportation is an important issue. In our Resident Survey, Kendal residents showed deep concern about community-wide public transport, and specifically about the difficulty of getting to out-of-county medical appointments. KORA is in the process of naming a resident-staff commission to further explore both issues.

Other community groups are engaged in the broader issue, including:

- A committee from the League of Women Voters of the Oberlin Area, chaired by Barbara Barna, has made a comprehensive study of transportation options and the many gaps in service in our county.

- A Sustainable Transportation Coalition has been formed by students at Oberlin College (but including the community) to explore the issue, starting with the goal of publishing a guide to tell what we have. Their focus includes not only public transportation, but safe use of cars, bicycles and walking.

-Donna Smith, Transportation Coordinator; Diantha Paré, Chair

Kendal Kryptogram #117 -by Nina Love

OCHDT ICH MBT OHH DUMBO OH

TYZMZT XY LHPXOXED MBT LVMXDCTS

RW RTXYZ ZHGTBYTS RW OCHDT ICH

MBT SVARTB. -LPMOH

Solution to Kryptogram #116: "Abdicate: (v.) to give up all hope of ever having a flat stomach." -Anonymous

RAFF Shop Talk

Where you find Reasonably Assessed Finery and Furnishings

With a motto of *Keep it moving*, RAFF has embodied the very words this season. We have finished clearing two special sales in apartments, placed much merchandise in our regular shops, taken or had delivered a great number of items to community charities, and set up a special cottage sale which started in October. These are all things we would do anyway, but as with so many other parts of the community, the building process and completion of same intensifies everything we do. Mercifully the RAFF team of volunteers manage to laugh and enjoy one another and the work we do. This is as good as it gets!

In November, residents will have **ONE WEEK ONLY** to donate to the big blue box. Check the flier for the week that is yours. Please limit yourself to your own week. We don't want to be overwhelmed with a flood of donations. In November also watch for a sale with deep discounts later in the month. More will be announced in a few weeks. And on Thanksgiving morning, the familiar Holiday Shop will open in #280 so you can get your new decorations for the season. The inventory is good. We want you to be happy shoppers! Receipts for September, 2014, are \$2,640.25, including \$63 from the work of Threads and \$100 for a car sale. For a more complete record of our work this year, please see our annual report in the KORA annual reports. The story there is a good one!

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

Kendal 2014 Directory Additions and Corrections

Check with Reception Desk:

Ann Davis - new email address
Marcia Deist - new phone number.
Alan Gage - new phone number.
Nancy Gage - new phone number.

Saturday Park Walks

During November, those interested in continuing our Saturday walks off the Kendal campus will meet at the Heiser Reception Desk at 9:00am every Saturday -- weather permitting. The group will then decide where to walk on that day. We will car pool. Let's hope for good weather! Happy Thanksgiving. *-Jerry Berner*

The Table Tennis Picture

In October, our starters group gained still another new resident, bringing its number to six. With an average of 9-10 players at each session, the scene is lively. Lookers-in see us practicing the basic strokes and playing friendly matches, always in a spirit of fun and mutual help. Our visiting coach Doyle Harbaugh (now preparing for a wheelchair tournament in Costa Rica) has inspired us through his patient, good-humored teaching and skills at the table. As winter draws nearer, we'll be looking forward to the annual tourney in January. What better time than now to give table tennis a try? *-Sidney Rosenfeld*

UU Kendal Gathering

Wed., Nov. 19 - 3:45pm - AUD
(Note earlier start time)

“Islam, Empire of Faith”

This PBS documentary tells the story of the great sweep of Islamic power and faith. We'll watch the first in this three-part series, followed by a discussion. **All are welcome.**

RELIGIOUS SERVICES AT KENDAL

Episcopal Service

Holy Communion
Sat., Nov. 1, 11:00am, Gathering Rm.

First Church Service

Sun., Nov. 16, 4:00pm, Gathering Rm.

Roman Catholic Mass

Fri., Nov. 21, 10:00am, Crossroads

Society of Friends

Sundays, 10:30am, Whittier Lounge



Bridge Results

MONDAYS:

Sept. 29: 1st, Ed Schwaegerle; 2nd, Bill Schreiner.

Oct. 6: 1st, Helen Randel; 2nd, Bill Schreiner; 3rd, Carol Ganzel.

Oct. 13: 1st, Nancy Beauchamp; 2nd, Cathy Fauver.

Oct. 20: 1st, Ed Schwaegerle; 2nd, Cathy Fauver

WEDNESDAYS

Oct. 1: 1st, Helen Randel and Connie Bimber; 2nd, Pete Andrews and Ed Schwaegerle.

Oct. 15: 1st, Cate and Paul Schwaegerle; 2nd, Ed Schwaegerle and Pete Andrews; 3rd, Helen and Bob Randel.

First Church United Fellowship Saturday, Nov. 8 - AUD

9:30am: Food and fellowship
10:15am: John Gates, SEPA
“The Importance of Supporting Education in Guatemala among Rural Mayan Communities.”
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, Mary Simons

Photos: Eleanor Helper

Production: Don VanDyke

Deadline for the December 2014 issue of *The Kendalight* is November 15.

The editors regret that they cannot assume responsibility for errors in content in material submitted for publication.

Note: Please submit articles by email to our address:

Klite600@yahoo.com

If no email access, please type article on separate sheet (NOT on room request form), sign and place in *Kendalight* open mailbox. All articles must carry a signature and telephone number.



Dining and Nutrition Services

Special November Meals

Thursday, November 27 Thanksgiving Dinner

12 noon and 2:00pm seatings.

Notices with all details will be distributed to mailboxes or by email for Thanksgiving reservations.

Evening dinner service will be available in Friends Corner only.

Watch for Sign up Sheets for:

Solo Diners: Thurs., Nov. 13, 5:30pm, The Den (second Thursday of month).

SPINACH: Join the dining group again in January 2015.

Tues., Nov. 11 - 1:00pm - AUD Staff Recognition, followed by 2:00pm Heiser Lounge Reception

Resident Volunteers Needed for “Staff Snow/Storm Days”

Once again, we are asking for volunteers to participate in our emergency “Staff Snow/Storm Days” this winter. This program allows Kendal staff members to bring their children (5 to 13 years old) to work with them when schools are closed due to severe weather. It provides a schedule of enjoyable activities in the Kendal community center areas. Parents pick up their children for lunch and then return for them at 4:00pm.

Residents may donate one hour or more of their time to spend with the children during the day. Activities include playing games, reading stories, watching movies and even swimming in the Kendal pool.

If you have any questions, please contact Donna Baznik.

Plants for Sale

The houseplants that grace the two corridors flanking the main building will be offered for purchase at the 2015 plant sale on April 24. You may place plants you'd like to contribute by the donation sign on the north window sill in the west corridor (the corridor between the mailbox area and Stephens Care Center). Bear in mind that we cannot accept personal houseplants for you to reclaim; any plants that appear can and will be sold.

-Melissa Reed, May Zitani

“Horn of Plenty” Lunch New Russia Township Hall Nov. 6, 11:30am-1:00pm

Kendal's Senior Community Outreach Initiative, a partnership with Senior Enrichment Services of Oberlin, provides programming for older adults in Lorain County. Topic: Cutting Down on Clutter. Kendal residents are welcome to attend the lunch, remembering that the focus is to reach beyond Kendal. Reservations: 440-935-8117.

Recycling Reminder --Again!

The take out food containers pictured ARE NOT RECYCLABLE. They ARE compostable by the industrial composter in the Kendal kitchen. Put the empty items shown below on the conveyor belt in Langston or hand to your server in Fox and Fell.



16 oz. and 12 oz. soup containers



Beverage cups Large and small paper boxes

Fall in Love with Vegetables!

There is a chill in the air and the days are getting shorter... fall is here! The Center for Disease Control and Prevention reports most Americans eat less than half the amount of recommended vegetable servings. Fall is a good time to start increasing vegetables in your diet for more healthful eating. Here, I list three of my favorite fall vegetables: discussing why they are so good for us as well as tips for incorporating them into your dishes. Not only are these vegetables ripe and at their most delicious in the fall, they all keep well and are versatile.

Why is pumpkin good for us?

Pumpkin is a low-calorie vegetable at 40 calories per cup of pumpkin fruit. Yet it is a storehouse of many antioxidant vitamins such as vitamin A, vitamin C, and vitamin E. Blend some pumpkin puree into your oatmeal for added nutritional benefits.

Why is cabbage good for us? Cabbage is a mere 17 calories per cup, which classifies it as a “free food.”

Like most of its Brassica relatives, cabbage is rich in vitamin C and fiber. Purple cabbage, in particular, has a high level of anthocyanins, which may be effective in preventing certain cancers, reducing heart disease, and improving eyesight. Shredded cabbage makes for an interesting taco or pulled pork sandwich topping.

Why is squash good for us? One cup of cooked winter squash is high in both vitamin A (214% of the recommended daily value) and vitamin C (33% of the recommended daily value). Squash is also a great source of vitamin K, potassium and folate. At only 80 calories per cup, squash is lower in calories when compared to the sweet potato, which provides 180 calorie per cup. It has a creamy texture and sweet flavor that is a great addition to soup.

-Sue Campbell, KatO Community Nutritionist, RD, LD

