

What's Going on Here?
A Directory of KORA Activities

May, 2021

Produced by Residents of Kendal at Oberlin

This is a digital version of the “Yellow Book.” It describes the KORA Committees, Subcommittees, and Special Purpose Groups so that each resident can decide what looks interesting and can call the Contact Person (noted in the alphabetized list) for more information.

It begins with an alphabetized list of all committees and groups, with the name of the contact person/people. The number in parentheses gives the order of the description of the committee or group.

The descriptions begin with KORA Committees and Subcommittees, followed by the Special Purpose Groups. There are three kinds of Special Purpose Groups: Service Groups, Resident Interest Groups, and Support Groups. There is also a fourth category, Other Groups, which haven't asked KORA to list them, but which would like you to know about them.

PLEASE NOTE

Each group has dealt with the pandemic in its own way. Some have suspended activity, some have met by zoom, others have continued to meet but are doing it safely. Get in touch with the listed Contact Person for all committees and groups in which you have an interest. They would love to hear from you and share information.

ALPHABETIZED LIST OF ENTRIES

with Contact People

Arboretum (1) Alan Lockwood

Archives (2) Bob Follet

Art Committee (3) Grover Zinn and Tom Van Nortwick

Art Archives (4) Barbara Whitehouse and Nancy Lombardi

Art Studio (59) Joyce Parker

Audio-Visual Committee (49) Tom Morgan

Big Bus and Day Trips (46) Louise Shoemaker

Buddy System (6) Lynn Ayres

Bulletin Board Committee (15) Fran Cooper and Anne Martin

Care and Nurture (5) Elizabeth Hole

Center for Lifelong Learning (35) Mary Van Nortwick

Cleveland Orchestra Bus (36) Randy Wagner

Communications (13) Kari Inglis

Conversations with Community (37) Marjorie Porter

Dementia Friendly Discussion Group (85) Carol Bojanowski

Dining Matters (23) Barb Benjamin

Domestic and Foreign Film Committee (38) Dwight Call and Ken Cheek

Drama Circle (60) Robert Pierce

English Country Dance (61) Judy Cook

Environmental Concerns (24) Ted Wolner
Essential Tremor Support Group (80) Marvin Gordon-Lickey
Eureka! (62) Bob Longsworth and Robert Taylor
First Thursday Health Lecture (27) Paul Spierling
Fitness and Health Committee (26) Kathy Caldwell
Floral Creations (29) Dina Schoonmaker
French Language Dining (63) Irv Lewis
Fun Fitness Week (28) Kathy Caldwell
Genealogy Interest Group (64) Betsy Young
German Language Dining (65) Sidney Rosenfeld
Gluten-Free Advocacy and Support Group (81) Sue Palmieri
Health Newsletter (50) Nancy MacRae
Heiser Desk Volunteers (51) Kathy Reichard
Hobby-Craft Room (66) Eileen Dettman
Horticulture (30) Prudy Hall
Hospitalization Notification (7) Ken Cheek
House (31) Nancy and Dick Cecil
Jazz Listening (67) Del Jenkins
Kendalight (16) Elizabeth Aldrich
Kendal Resale Shop (52) Vicki Shafarman
Lesbian Gay Bisexual Transgender + and Allies (LGBT+ & Allies)
(68) Dwight Call and Ann Francis

Library Bulletin Board (17) Beverly Fordyce
Library Committee (32) Mary Clare Beck
Life Long Learning (Center for) (35) Mary Van Nortwick
Low Vision (82) Isobel Rutherford and Terry Carlton
Lunch Bunch (69) Elizabeth Aldrich
Medical Companions (8) Ken Cheek
Meditation Groups (86) Judi Bachrach
Meet, Greet, and Eat (70) Sharon Furrow
Memorial Committee (9) Carol Harvey
Monday Night Bridge Group (71) Kathy Caldwell
Music Committee (39) Carol Longsworth and Larry Mirel
Newcomers/Friendship Committee (53) Anne Wardwell
Parkinson's Awareness, Advocacy, and Resources (PAAR) (83)
Bob VanDale
Pet Matters (33) Kathy Caldwell
Phone Directory (18) Nina Love
Plant Care and Propagation Team – see Horticulture (30)
Play Readers (74) Jerry Berner
Posters (19) Jean Slonneger
Program Committee (34) Shirley Taylor and Carol Harvey
Recorder Ensembles (75) Jean Slonneger
Recycling (25) Ted Wolner

Resident Profiles (20) Linda Koco
Resident Photography (21) Vern Wettersten
Saturday Morning Walks (76) Phil Pritchett
SCC Shoppers (10) Dina Schoonmaker
Science Discussion Group (77) Phil Pritchett
Silliness Committee (88) Everyone
Solo Diners (84) Elizabeth Aldrich
Song Swap (78) Judy Cook
Spanish Language Dining (79) Don Parker
Special Events (40) Carol Harvey
Sports and Recreation (41) Dan Reiber and Sidney Rosenfeld
Storm Day Volunteers (56) Donna Baznik
Supporting Friends (11) Carol Bojanowski and Elizabeth Hole
Study of Biblical Literature (89) Malcolm Peel
Table Tennis (90) Terry Carlton and Phil Pritchett
Tennis Group (91) David Dauphine
Thoughtful Health Conversations (44) Elizabeth Hole
Thoughtful Medicine Steering Committee (43) John Elder
Threads (57) Eileen Dettman
Transportation Committee (45) Barbara Barna
Volunteer Clearinghouse (58) Anne Elder

Web Committee (47) No chair at this time

Wheelchair and Walking Partners (12) Sandi McClennen

WKAO (22) Dina Schoonmaker

Woodshop (48) Carl Whitehouse

STANDING COMMITTEES and SUBCOMMITTEES

ARBORETUM (1)

Are you a tree lover? Trees are one of the most important assets on the Kendal at Oberlin campus. In addition to their beauty, they provide economic and ecological benefits and also play a role in the comfort, health and overall well-being of residents, staff and visitors. The John Bartram Arboretum at Kendal at Oberlin was certified by ArbNet in 2015. Consider becoming part of the KORA **Arboretum Committee**, whose volunteers work closely with Kendal's Facility Services Grounds Staff in the choice, location and care of the more than 1,000 trees on campus. The committee manages a database of all the trees and provides education in the form of Arbor Day programs and interactive maps for locating the trees.

ARCHIVES (2)

Needed: people interested in helping KORA organize the vast quantity of historical materials (documents and photographs, for example) currently held in various locations.

The Archives Committee is charged to collect and preserve official KORA documents of historical, legal, administrative, and archival value. More specifically, the archive contains the monthly minutes of the KORA meetings, the minutes of the annual KORA meetings, and all annual reports sent by committees to the

Council. All records since the inception of KORA have been digitized and the Committee is investigating issues of preservation and internet access. The Committee is also available to consult with committees on questions of retention and access. Meetings are held on an ad hoc basis.

ART COMMITTEE (3)

... selects and displays art around the Kendal at Oberlin campus to enhance our public spaces and to enrich the environment for residents, staff, and visitors. We maintain a searchable data base of all Kendal artwork (currently over 600 pieces.) We also curate and install exhibits of the work of area artists in Kendal's three exhibition galleries.

Art Archives (4)

This small sub-committee of the Art Committee is mainly responsible for getting information and photos of all Kendal's artworks in the large Kendal Collection into the new KORA Database. This is a continuing process since new artworks are regularly acquired.

The Art Committee welcomes to the committee any resident who would like to participate in the selection, maintenance, cataloging, and hanging of the extensive Kendal Art Collection.

CARE AND NURTURING (5)

Care and Nurturing is an umbrella committee that organizes the following seven subcommittees.

Buddy System (6)

Kendal's Buddy System provides a voluntary, unobtrusive way of checking daily on the welfare of each resident in independent living. Each area coordinator maintains a current list of buddies and their contact information.

It is never too late to have a buddy. If you would like to have a buddy or if your contact information has changed recently, please get in touch with the contact person for this subcommittee.

Hospitalization Notification (7)

This committee maintains a notebook of resident-submitted "Hospitalization Notification" forms and, when contacted by Social Services, notifies those residents who are identified on the forms to be alerted upon a resident's hospitalization. In addition, the committee aids Social Services in soliciting updates for all important contact forms during even-numbered years.

Time commitment for this committee is minimal but important when a resident is hospitalized.

Medical Companions (8)

Would you like to get to know a resident in the Care Center better? Volunteer 2-3 times a year, or more if you wish, to accompany a resident to a medical appointment and be driven in a Kendal vehicle by a staff driver. It involves sometimes just being a friendly partner, sometimes taking notes for the resident during the appointment, and sometimes helping a resident who uses a wheelchair. You choose when, with whom and what is involved. All appointments are within Lorain County so travel time is not long. It is a great opportunity to have a friendly visit with the resident. Wonderful friendships have started this way. To volunteer, contact Kenneth Cheek, #114 or call 440-774-6641.

Memorial Committee (9)

USHERS AND OTHER HELPERS NEEDED. A Memorial Service happens at Kendal when the family of a deceased

resident requests one. The Committee chair is contacted by the family and works with one or more family members in person, or via email, to determine the style and details of the service. These services often take place several months after the residents die, when extended family can all assemble. They are truly celebrations of life.

Currently we are a two-person committee and the co-chair lines up ushers and someone to stay by the guest book. These volunteers direct traffic, especially to designated seating for people using wheelchairs and rollators, and they also pass the microphones during a time of Shared Memories.

SCC Shoppers (10)

WHO? The Chair plus many other shoppers.

WHAT? Purchase and deliver items requested by Care Center residents every Saturday.

WHEN? We do not meet except for an annual dinner in January. We do all sign-ups by e-mail.

WHY? To help Care Center residents who can't travel to the store.

Supporting Friends (11)

CARING PERSONS NEEDED. Join Supporting Friends to work with residents in the Stephens Care Center and, when asked, in the cottages. We visit those who are isolated for some reason by reading to a resident with limited vision, sitting and talking with someone who does not have family nearby, or by taking someone on a walk or to a meal. The Committee also provides a short training program for sitting with fellow residents at their End of Life.

Wheelchair and Walking Partners (12)

Add some fun for a resident in the Stephens Care Center! All it takes is pushing a wheelchair or walking with a resident to and from a campus event.

You are alerted by email and respond whether you are able to transport a resident for that event. We need many volunteers because WWP members are active and often on the program, out of town, or engaged in another activity.

There is a 15-20 minute introductory training session.

COMMUNICATIONS (13)

The Communications Committee serves as an umbrella fiscal entity for nine subcommittees that operate independently -- Bulletin Board; Library Bulletin Board; WKAO and Audio Announcements; *The Kendalight*; Phone Directory; Posters; Resident Profiles; Resident Photography. The chair of the Communications Committee assembles and monitors the budget line for all nine subcommittees.

Audio Announcements (14)

Have you ever used the phone recordings of announcements (440-775-9868) for the following day? The audio announcers serve the Kendal Community by taking turns recording the announcements on the various days of the week.

Bulletin Board (15)

Does your mind need stimulation? Are your muscles getting weak? We have the solution for you! Join the Bulletin Board Committee! Your mental skills will improve by reading dates, times, and information about various Kendal and “town and gown” activities. Also, you can use aerobics as you stretch high and low, choosing colored pins and locations on the bulletin board or counters for various announcements. We take turns on a weekly basis, so you will never be over-taxed!

Library Bulletin Board (16)

... provides a place for residents to express their interests and concerns on topics of general interest and other “fun” items, and keeps the “Points of View” bulletin board up to date, removing old and inappropriate items.

Phone Directory (17)

... publishes a yearly phone directory for the residents and staff of the Kendal community with phone numbers, unit numbers, and email addresses of all residents, as well as a map, and key phone numbers and email address format of the Administration and Staff. The cover features artwork or a photograph by a Kendal resident.

Posters (18)

POSTER PERSON: (Poster Child, Poster Lady... you name it) This is a fun one-person job for anyone who enjoys playing with beautiful, interesting images. It also has the benefit of being whatever you want it to be. Each event held in Heiser Auditorium needs an informational poster on the bulletin board a week to ten days ahead of time. You receive a poster request, you put something you like together in Word or in a page-layout program (like InDesign), and you hand it over to the Bulletin Board Committee. That's it! There is one a week on average.

Resident Biographies (19)

PROFILE WIZARDS WANTED! Do you like working with creative people, having fun and learning about new Kendal residents? Then the Resident Profiles subcommittee is for you. As a unit of the KORA Communications Committee, we collect and edit brief profiles and photos of new residents and publish them in *Who's Here*, the resident profile binders housed in our

library. We also publish the profiles in the monthly *Kendalight* newsletter, and in our biannual *Resident Profiles* compendium of all current residents. Our team meets every other month. We want and welcome new members.

Resident Photography (20)

Do you enjoy taking pictures of friends and social events? There are several of us at Kendal who volunteer to help create a photographic record of programs and events at Kendal as well as photographs that illustrate everyday life here.

You do not need to be a professional photographer nor do you need to have an expensive camera. Your cell phone camera or a simple “point and shoot” camera are capable of making photographs that help us celebrate life at Kendal.

We rarely meet as a committee. Our time commitment is the time spent taking photographs at events we attend. Your photographs may appear on the “Around Kendal” bulletin board. _____

WKAO (21)

WHAT? Keep an up-to-date calendar to the best of our abilities based on information provided and post daily notices that are shown on WKAO.

WHEN & WHERE? We meet as needed about every quarter.

WHY? Keep residents informed about occurring events, availability of bus transportation to events outside Kendal, warning notices of bad weather or malicious internet postings, etc.

KENDALIGHT (22)

The Kendalight staff produces a 12-page monthly newsletter full

of information of value to Kendal at Oberlin residents.

Our “reporters” are the Kendal residents who provide pertinent information electronically, detailing upcoming events and other functions sponsored by residents, the KatO administration, and outside groups using Kendal facilities. The issue also publicizes community events for which the KORA Transportation Committee arranges the Kendal bus for residents. All these electronic submissions are put together, following a standard template, by the managing and associate editors with consultation from our editorial group.

The issue will be found in residents’ open mailboxes on the 1st of each month. It is also mailed to Priority List members, all the various Kendal entities, and other interested parties, and is posted monthly on the *kaores* website.

Under the Website Archives designation, you’ll find back issues to July 2011, so you can take a look at our past!

DINING MATTERS (23)

The Dining Matters committee consists of three staff members, residents, and the liaison from KORA Council who work together to pursue continuous improvement of the dining experience at Kendal at Oberlin. The committee’s goal is to provide a variety of healthy and appetizing food options to meet the needs of our diverse residents in a pleasant environment. The committee appoints residents to focus on communication — to bring forth resident suggestions and issues, to notify residents of changes planned for the dining experience, and to inform residents of issues and constraints that impact dining at Kendal at Oberlin.

ENVIRONMENTAL CONCERNS (24)

DO YOU HAVE IDEAS ABOUT HOW KENDAL RESIDENTS CAN TAKE BETTER CARE OF OUR ENVIRONMENT? The

Environmental Concerns Committee meets monthly to identify problems of environmental sustainability that most concern us as individuals, as residents of Kendal, and as members of the larger community; to educate ourselves and our fellow residents on these problems and how they might be ameliorated; and to develop action programs in response to these problems that we can undertake and also encourage others to undertake (a) as individuals, (b) as a Kendal community, and (c) in cooperation with the larger community. Come join us.

Recycling (25)

Recycling is part of the Environmental Concerns Committee. We do not have separate meetings. We place notices in the Kendalight to educate our residents. We occasionally inspect “trash” rooms and create displays for compliance with recycling guidelines. We take grocery bags to Oberlin Community Services and packing materials to UPS. We could use enthusiasts to increase recycling participation. _____

FITNESS AND WELLNESS (26)

This standing committee focuses on fitness and wellness for all Kendal residents. We work with the fitness staff at Kendal to support their activities – water and land classes, Vitalize 360 programming, fitness assessments, and other services they provide. This group also promotes healthy activities that promote wellness for residents.

First Thursday Health Lecture (27)

WERE YOU INVOLVED IN A HEALTH PROFESSION? IF SO, YOU MAY BE THE PERSON WE ARE LOOKING FOR. Our congenial group provides seven annual programs on health-related topics for our community. We generally meet those seven times for dinner with our guest speaker, and our business is managed at those times.

Fun Fitness Week (28)

You can't go wrong. It's enjoyable. Give it a try. Fun Fitness Week is one week in the month of June when members of this group help to put on over 25 different fun events over a 4-day period, followed by a luncheon for all participants. Events include musical identification, 'corn hole' (we call baggo), indoor croquet, lap swimming or water walking, bicycle riding, lap walking, shot put, and many more. Recently added to the week were kite flying and dog agility fun.

Events are geared to people at all levels of function with wheelchair and rollator modifications.

All are welcome to assist with the fun. We are open to new ideas to help get folks involved.

FLORAL CREATIONS (29)

Make flower arrangements for Heiser Lounge using only real flowers and other real materials, choosing from the multitude of vases available in the Floral Creations room. We both pick flowers from generous gardeners and buy from florists when outdoor flowers are unavailable.

We meet once every quarter for about an hour to set our schedule in the Floral Creations Room.

We work to enhance the attractiveness of Heiser Lounge for all residents and visitors. Our work is much appreciated as shown in the generous budget allocated by KORA to buy flowers.

The Floral Creations committee has many interesting vases and welcomes new members to fill them with beautiful flowers. Come learn and share your love of flowers with us. No experience necessary.

HORTICULTURE (30)

A wide range of activities characterizes the Horticulture Committee. Members of the Care and Propagation Team keep living plants growing and blooming throughout the halls and other areas, indoors and outdoors, of Kendal. Plants for indoor and outdoor use are cultured and propagated in our Horticulture Room. Members of various subgroups are involved in designing, establishing, and maintaining such areas as the Courtyard Garden, Wildflower Hill, Woodland Garden, Center Pond and Island. Members also make use of our Community Garden for growing their own flowers and vegetables. We all join in the preparations and arrangements for the Annual Plant Sale held each spring with a percentage of the proceeds benefitting the Residents Assistance Fund.

The Plant Care and Propagation Team is part of the Horticulture committee and keeps living plants growing and blooming throughout the halls of Kendal, the pool area and Langston. We are each scheduled for a week at a time watering and grooming the plants. We may also help with plant propagation by rooting clippings and dividing plants. The plants are then sold at the annual plant sale in the spring.

We rarely need to have meetings. New members are always welcome.

HOUSE (31)

Working with the administration, this committee creates and maintains an inviting environment for all indoor public spaces and makes sure they are accessible to all residents. These spaces include the Heiser Lounge, the hallways (including those in the apartment building), the Langston, Fox and Fell, the library, and guest rooms in the apartment building. The committee shall endeavor to work together with other KORA committees to accomplish this goal. The committee must ensure necessary communication with the Administration to facilitate a process to

budget and plan on an ongoing basis for community spaces. Consultation and suggestions that have a budgetary impact will be considered as part of the annual budgeting process and capital project planning each year.

LIBRARY (32)

ATTENTION FRIENDS OF LIBRARIES! Do you enjoy browsing in libraries and relish the discovery of a new book to read or a DVD to view with friends? Like to keep up with current magazines and check local or national newspapers? The Library Committee is responsible for operating the library's collections of magazines, newspapers, DVDs, audiobooks, and more than 7000 books as well as the copier service, the public-access computer, and the "bookmobile" to the Care Center. Our volunteers perform varied tasks, both scheduled and unscheduled, usually working independently. If you are a well-organized library enthusiast, we would like to discuss how your interests and experience could contribute to the Kendal Library. The Library Committee meets quarterly.

PET MATTERS (33)

In cooperation with the Kendal administration, this committee oversees all pet related matters. Presently, there are two interest groups related to pets: the Pet Concerns interest group and the Pet Projects interest group. Pet Matters coordinates the work of these two groups and also assures that registration, care and rules for pets are properly administered. It is a "hybrid" committee which includes members of the staff; resident members are appointed to serve.

PROGRAM (34)

This is an Umbrella Committee that meets monthly. Chairs of regularly scheduled programs in the Auditorium tell the committee what they have lined up for the next month. Everything they report

and explain will be in the *Kendalight* the following month. If you have an idea for a program, talk to the Chair of this committee.

Center for Lifelong Learning (35)

Are you interested in a variety of classes that inspire, challenge, and educate Kendal residents and other residents of Lorain County? Become part of a dynamic team that chooses topics and presenters for Life Long Learning classes at Kendal, helps organize and evaluate the classes, and prepares listing for the Lorain County Community College Continuing Education catalog. The Life Long Learning Committee meets five to six times during the year. Come help shape Kendal's class offerings!

Cleveland Orchestra Bus (36)

...organizes bus transportation to the Cleveland Orchestra's Sunday afternoon series of concerts at Severance Hall for those who have purchased their favorite seats. It also organizes a summer trip to an evening concert to Blossom Music Center, the Cleveland Orchestra's summer home under the stars. Information about these events is posted in *Kendalight* with dates and sign-up information.

Conversations with Community (37)

... organizes a potpourri of presentations, which may be proposed by other members of the Program Committee, by other Kendal residents or staff, by outsiders, or initiated by the subcommittee chair, for the entertainment and enlightenment of the Kendal community. Suggestions are always welcome.

Domestic and Foreign Film Committee: (38)

Suggestions for entertaining and informative domestic, documentary and foreign films may be given to the contact people. Recommendations are also welcome when a person

owns and can lend the film. The committee does not meet.

Music Committee (39)

Music makes the world go 'round! The *Music Committee* presents 40-50 concerts or workshops each year in Heiser Auditorium, featuring students and faculty from Oberlin Conservatory, musicians from the Oberlin/Cleveland area, touring music artists, sometimes dancers, and numerous talented Kendal residents. We organize everything needed for each event: recruiting performers, producing printed programs, arranging for the physical set-up of the auditorium and providing ushers. We even keep the pianos tuned and watered!

Each year the Committee organizes one program/show that specifically features only Kendal residents, such as the Tea for Two event in 2019 or the Kendal Kabaret the year before. The Committee is also an active participant in creating a Winter Solstice celebration each December, which often includes the Kendal Choir, a bell choir, recorder ensemble and string ensemble. The Committee meets 2-3 times per year for business, then extra times to plan special events. New members with ideas for performances, lectures, and other events are always welcome. We currently need ushers.

Special Events (40)

CREATIVE THINKING NEEDED! The Chair calls a Planning Meeting at appropriate times of the year to cover five Special Events: Spring Fling in April, July 4th, Solstice around Dec 21, Christmas Eve, and New Year's Eve.

Residents usually come to those meetings with ideas and a willingness to make the next program a big success. The Chair guides discussion and implementation throughout the process. Spring Fling and Solstice involve scores of residents, and July 4th has several different people heading up different activities

all day. The Holiday Eves are usually arranged and run by one or two people who are interested in doing it for a few years, and then someone else takes over for a while.

SPORTS AND RECREATION (41)

Paddle a scenic lake or stream. Stay fit with table tennis or work up a sweat on our clay tennis courts. Make new friends in bocce and putt golf tournaments, skipper a radio-controlled model yacht, or fly a kite. We are the anti-committee group who would rather “go out and do” than “sit and talk.”

(42) Disbanded

THOUGHTFUL MEDICINE STEERING COMMITTEE (43)

Thoughtful Health Conversations (44)

... is a working group of Thoughtful Medicine. We urge each Kendal resident to engage in a series of conversations with family and close friends and with their health care providers about late-in-life choices and about plans to live life to the fullest as long as possible. When a family member is not near at hand, we encourage residents to develop a wellness partner or build a wellness support network (two or three friends), for support in medical planning and decision making. We recently presented the concept of Well-being to Kendal residents.

TRANSPORTATION (45)

INTERESTED IN HELPING TO SOLVE TRANSPORTATION PROBLEMS? Do you love driving and want to help Kendal residents who don't drive? Did you know that a major problem for seniors is finding transportation to medical care facilities? If you are interested in helping Kendal residents get to shopping, concerts, medical appointments and more, join the Transportation Committee.

You can help schedule: (a) AAA safe-driving courses for seniors; (b) Kendal buses for Oberlin College or town events; (c) Rides to medical care outside Lorain County; (d) Day trips to cultural/historical sites.

The mission of the Transportation Committee is to improve transportation for all Kendal residents whether you still drive, limit where and when you drive, or don't drive at all.

Big Bus & Day Trip (46)

The Day Trip/ Big Bus group is organized to plan and provide day trips in response to the interests of Kendal residents.

WEB COMMITTEE (47)

GOOD MINDS NEEDED, A LITTLE AT A TIME. Keeping the online information for residents up to date is a task we all can help with by noticing omissions and errors and emailing web@kaores.kendal.org with updates and corrections. Did you know you can login and update your own personal information in the online directory? You can. Committee chairs can post their own events, agendas, minutes, and reports. But some folks need help, and YOU can be that help).

Our KORATech volunteers also help residents with personal technical problems. We triage the problem and then pass the need to one of our many specialists – residents who feel comfortable enough in some limited technical area to help others once or twice a month. If you can use your technology, you can probably help someone else to do what you know how to do. We keep a little list of who and what, and you can be on it.

Web development is an ongoing process. The website and resident database are written and maintained right here, by residents.

WOODSHOP (48)

WANNABEE FIXERS AND CRAFTSPERSONS WANTED. The woodshop can always use a new member. If residents would like to develop woodworking skills or just want to be able to fix or repair something, we have the tools and space to make it happen. Residents who wish to join must go through a short orientation to ensure safety and familiarity with tools and equipment. We will also provide instruction concerning use of power tools and woodworking techniques for persons interested in learning or refreshing skill areas.

The woodshop provides opportunities to work on personal projects, projects requested by other KORA committees, and resident requests for repairs or small projects to enhance their spaces or activities. We charge residents an hourly rate of \$15 for our work plus cost of materials (if necessary). The \$\$ goes for maintenance or to support the Resident Assistance Fund.

Woodshop membership has a one-time membership cost of \$20, and you can pick up an application form on the table across from the shop.

SERVICE GROUPS

Audio-Visual (49)

Can you hand out microphones? Can you change the batteries in your flashlight? Can you play a DVD? Can you connect your computer to your TV? If you can do any of these things, you can be an operator on the Audio-Visual Team. Skill levels and needs vary.

There are no meetings! Individual training and mentoring is provided. Most AV operators are scheduled to work two to four events a month, usually in the auditorium. Be as technical and involved as you want.

The Audio-Visual Committee designs, maintains and operates

sound, video and lighting primarily in the auditorium.

Health Newsletter (50)

... aims to generate, 4 times a year, a collection of health-related abstracts that are accurate, timely, and pertinent, and to distribute this newsletter to Kendal residents in open mailboxes.

Heiser Desk Volunteers (51))

HELP THE WHOLE COMMUNITY! Alert, kind, reliable residents always needed as Heiser Reception Desk Volunteers. Flexible scheduling—your choice. Training provided. No phone answering nor money handling.

Kendal Resale Shop (KRS) (52))

... accepts donations of unneeded items from residents and offers them for resale, primarily to residents and staff. All proceeds are deposited into KaO's Residents Assistance Fund. VOLUNTEERS ARE NEEDED for regular processing of donations and/or transporting donations to local charities. Please let us know if you are willing and able to help.

Newcomers/Friendship Committee (53)

Events: Two receptions to introduce new residents to our community, each followed by a dinner for the new residents. These occur every six months in the fall and spring.

Other activities: 1) Follow-up interviews with new residents after they have been living at Kendal for two-three months;
2) Coordinating the mentoring program with Admissions.

We do not need new members at the present time but want to generate a list of people who would like to join the committee in the future.

(54) Disbanded

(55) Disbanded

Storm Day Volunteers (56)

Come have fun with kids, and give our staff a helping hand! Storm Day Volunteers care for staff children from 5 to 12 years old between the hours of 8 am and 4 pm on days that their schools are closed. This way staff are still able to come to work and know that their children are safe and nearby.

When volunteers sign up, they let the coordinator know the hours they can be called and whether they prefer to work mornings or afternoons, as well as specific activities they enjoy doing with children. There is an orientation at the beginning of the school year for new volunteers, but no other meetings. At first, new volunteers are paired with experienced volunteers.

Volunteers work in one-hour shifts. There are various games and activities available to use with the children, including swimming on Wednesday afternoons when there is a lifeguard. They can use other spaces as available, like the alcove with the ping pong table, the library, or the fitness/relaxation room. Children lunch with their parents between noon and 1 pm and are picked up by 4 pm.

Threads (57)

We do simple sewing repair work for residents who no longer sew for themselves. Payment is a donation to the Residents Assistance Fund.

Volunteer Clearinghouse (58)

Residents help with Special Projects as needed. No meetings.

There are three Projects:

1. Sign up to deliver newspapers to Care Center Residents - one

person needed each day for 1/2 hour.

2. Each January, collect completed forms for resident volunteer hours and help collate totals.

3. As needed: respond to calls for Volunteer Assistance in community.

RESIDENT INTEREST GROUPS

Art Studio (59) (Joyce Parker)

The Art Studio is a well-lighted, comfortable space to inspire your latent or expanding creativity. There are many art media opportunities and some classes available, which include drawing, painting, and hand built pottery. Sign the email list to receive information about scheduled group activities. Please come visit and learn more.

Drama Circle (60)

Do you enjoy taking parts and reading plays together in a low-pressure group of friends? Drama Circle gets together about five times a year to read through plays chosen by the group. Participants volunteer to suggest a play and choose participants for the reading.

English Country Dance (61)

TWO GOOD FEET WANTED. Enjoy stately and flirtatious dances that have lasted 400 years, along with the period music. No experience needed. Dances are called throughout each dance by Jan Larsen to live music provided by our fine band, Consensus. It is good, mild exercise for the brain and the body. You can dance, watch or listen.

***Eureka!* (62)**

Eureka! is a magazine that publishes original work by residents of

Kendal. Now in its 17th year, it is distributed to all residents of Kendal at Oberlin. Contributions are reviewed by the publication committee to ensure quality and appropriateness. All residents are urged to submit their written and illustrative work for consideration by dropping it in the *Eureka!* mailbox.

French Language Dining (63)

OPPORTUNITY TO CONVERSE IN FRENCH. Would you enjoy an opportunity to revive and improve your French speaking capability? Join us for dinner at the French Table as we try to converse in French while enjoying a glass of wine.

Genealogy Interest Group (64)

WANTED: RESIDENTS TO ARRANGE GENEALOGY PROGRAMS. This group is looking for residents who will help arrange programs dealing with family history or local history. Over the past 16 years, the group has met about 100 times to share our stories and describe the techniques used to retrieve them. Kendal, Oberlin College, and the wider Oberlin Community are filled with folks with fascinating stories. Join us in encouraging our friends to tell these stories.

German Language Dining (65)

Sprechen Sie Deutsch? If you do speak German and would like to practice German conversation in an informal setting, you are invited to eat at the German table.

Hobby - Craft Room (66)

The Craft Room is a place for residents who wish to continue their interests in model making, weaving, needlework, and other crafts. It offers workspace as well as a chance to socialize with other residents over your work.

Model making: A large table for work is provided, with storage

boxes located underneath for supplies.

Weaving: There are five looms, privately owned, located in another section, all in use now. There may be space for another.

Threads: In this section there is a table for workspace and a sewing machine. There is a cabinet containing knitting needles, crochet hooks, sewing supplies, tools, and buttons, for residents; tools, knitting needles, and crochet hooks are to be borrowed and returned. (Threads also has a separate listing, #56.)

Jazz Listening . . . AND ALL THAT JAZZ (67)

We have wonderful exposure to music here at Kendal and in Oberlin. In addition to the strong “classical” tradition, some of us at Kendal have a deep interest in that American contribution to serious music called “jazz.” As an expression of the changes and complexities of American culture, jazz has gone through many identifiable forms from “ragtime” to “fusion” – and beyond. But the talents of Louis Armstrong, Artie Shaw, Duke Ellington, Miles Davis, Billie Holiday, Ella Fitzgerald and many others are alive and well and influencing the talented performers of today. Join us as we meet each week to listen to CD’s, records, and You Tube performances. Bring the favorites from your collection to play.

Lesbian Gay Bisexual Transgender Allies + and Allies (LGBT+ & Allies) (68)

LGBT+ Interest Group was first organized in Spring 2018 to support LGBT persons at Kendal and to educate and advocate around LGBT issues. The Interest Group planned a Pride Week Celebration in June, 2018, offering a panel presentation, table discussions, films and a celebratory party. The group also organized a week of activities for Pride Month in June, 2019.

The group is open to both residents and staff. We meet from time to time during the year as issues arise and/or the group decides

the time is right for a meeting, discussion and/or celebratory happy hour for LGBT and Allies. You may also want to place a rainbow heart sticker on your name tag in support of LGBT persons and pride. This does not require being a member of the interest group.

Lunch Bunch (69)

We visit restaurants in the area on the Kendal bus -- Oberlin, Lorain, Amherst, Lagrange, with a few trips to North Olmsted and Olmsted Falls. The group often returns to favorite restaurants, like Lorain's Jackalope Lakeside, on a yearly basis. The Bunch is an opportunity for residents, particularly nondrivers, to enjoy a meal and conversation with other Kendal friends at a local restaurant.

Lunch Bunch has a coordinator who makes the bus and restaurant reservations, posts the information, determines the charge to be made for the Kendal bus for non-Oberlin trips based on mileage and hourly charges, and collects and forwards the checks to KORA. Oberlin trips are free!

Meet, Greet, and Eat (70) Suspended during pandemic and changes in dining.

Monday Night Bridge Group (71)

Come and join our group of bridge players. Open to anyone interested in playing. We meet Monday nights in the Green Room at 6:45 and play 12-16 hands of bridge. We draw lots if we have an uneven number of players. Those not selected are automatically selected for the next week.

(72) and **(73)** have been folded into a KORA Committee, **Pet Matters (33)**

Play Readers (74)

Play Readers members read plays suggested by residents and/or

committee members. When the entire group has read all of the plays, they meet, discuss the plays and vote on suitability for presentation to the Kendal audience. Upon choosing five or six plays for the following year, they select/recruit directors for the plays. These are presented approximately the last weekend of January, March, May, July, September, and November. Each director edits, casts, and rehearses his/her play. Each play usually has four rehearsals including a Thursday Tech (A/V) rehearsal. We could use more directors!

Recorder Ensembles (75)

Kendal at Oberlin has several active recorder groups that welcome experienced recorder players. Some groups meet regularly and others only from time to time, with lots of opportunities to play for the larger Community. Find the right group for you to play with.

Saturday Morning Walks (76)

Walk off campus at nearby Lorain County Metro parks and other scenic areas (carpool to destination). The walks are leisurely (1-3 miles); they are not “nature” or “aerobic” walks. Meet at Heiser reception at 9:00 am Saturdays.

Science Discussion (77)

Discussion of current and historic topics of general interest to those with diverse science backgrounds.

Song Swap (78)

LOVERS OF SONGS WANTED! Do you love songs and/or singing? Enjoy the power of community singing at our Kendal Song Swaps. All genres of song are welcome. We enjoy songs from Gregorian Chant to Tom Lehrer; traditional ballads, rousing choruses, ridiculous ditties. All vocal abilities are welcome. The purpose is to have fun together. You can lead a song, join in

choruses, or just listen.

Spanish Language Dining (79)

The weekly meeting of the Spanish Language Table invites anyone who is interested in practicing their verbal Spanish to join the group. Current participants range from fluent to conversant to tour-level speaking to trying a few words as they are learned.

SUPPORT GROUPS

Essential Tremor (80)

We extend an open invitation to all residents who have been diagnosed with essential tremor (ET) or who wonder if their tremor might arise from this malady. ET is a poorly understood condition that affects 10-20% of the senior population. For the past six years, issues of the international journal, *Tremor Talk*, have been circulated among members of our Support Group. Meetings are held when warranted by new developments in treatment or coping. Most recently, two techniques for reducing hand tremors are generating excitement.

Gluten Free Advocacy & Support (81)

If certain foods, from birthday cake to bagels – any good things, in fact, made with conventional flour – are not your friends and make your insides unhappy, this group is for you! We meet every 2-3 months. Members of the Kendal kitchen staff and Sue Campbell, our Kendal Community Nutritionist, come to our meetings to be informed about our needs and preferences and to keep us posted on new food developments that affect us. We also exchange tips on cooking and eating gluten-free. Often there are good gluten-free goodies to share! Try us! You'll like us!

Low Vision (82)

...holds a monthly meeting that begins with a recorded presentation from the International Low Vision Support Group on a topic pertinent to persons with limited vision. After this presentation the group discusses any topics that individuals in attendance wish to bring up. In addition, the group occasionally does the following: 1) Sponsor vision-related talks to the wider Kendal at Oberlin community; 2) Bring to Kendal vendors of technological aids for vision-impaired persons; and 3) Organize trips to nearby educational meetings.

Parkinson's Awareness, Advocacy, and Resources Group (PAAR Group) (83)

Many – perhaps most – of society's perceptions of Parkinson's Disease (PD) are not accurate, resulting in problematic assumptions about what it means when a person is diagnosed as having PD. The PAAR Group at KaO was established to provide a forum for people diagnosed as having PD, as well as for their care-partners and other people interested in knowing more about PD.

The PAAR Group meets once each month on the Kendal campus, and welcomes Kendal residents as well as people from the surrounding communities to join in these monthly conversations. The sessions focus on (1) Providing a better understanding of what PD is and what it is not; (2) How individuals and organizations can help advance research regarding the causes and treatment of PD; and (3) Making available materials to enhance the quality of life for those who have PD, their care-partners and friends. There is also time for sharing among group participants, noting which exercises, therapies and medications are proving helpful for them. And questions are always welcome.

Solo Diners (84)

A sign-up sheet for no more than 20 diners is posted a week

before the dinner. Attendees are then whoever signs up on the sign-up sheet first. All are welcome!

OTHER GROUPS

Dementia Friendly Discussion Group (85)

HELP ALL KENDAL RESIDENTS STAY CONNECTED. Do you have a friend or neighbor who is getting forgetful, or do you wonder about yourself? The Dementia Friendly Discussion Group offers a forum to discuss issues related to cognitive changes and how to create an environment at Kendal at Oberlin that supports the sense of wellbeing for all residents regardless of changes and challenges.

Meditation Groups (86)

Meditation is a wonderful way to rest, reflect, and recharge. When we come together in the Fitness/Relaxation Room, we learn different techniques to release our busy thoughts and feelings in order to discover stillness. Sometimes Judi Bachrach leads guided meditations, and sometimes she offers a thought or phrase to ponder. If the gathering is already comfortable with sitting in silence, sometimes she simply rings a chime to begin and again at the end to conclude the nourishing quiet we have co-created. The byproduct of experiencing meditation yields an effective tool to manage chronic pain, anxiety, and stress. It is another means of sharing quality time with your neighbors.

(87) - Disbanded

Silliness Committee (88)

The Silliness Committee welcomes you to membership. There are no meetings, no Chair, nor any presidents. Trying to be kind to those who are humor challenged, the committee is a monthly

gathering of single Kendal residents for dinner and conversation. There is no planned agenda, just informal sharing that helps build a sense of community and works to enliven foolish consistency and to stimulate creativity and imagination in unusual ways. The pink flamingo is its mascot. The rules, such as they are, can be found in the far bottom, far right open mailbox.

Study of Biblical Literature (89)

A growing group of Kendalites share interest in the great classic of western religious literature, the Bible. The Group focuses on increasing knowledge of the nature and content of the 66 writings constituting the Christian Old and New Testaments, the 39 writings found in the Hebrew Bible (the Old Testament), and the 15 writings found in the Apocrypha included in Roman Catholic and Eastern Orthodox canons. The approach used will be historical, critical and literary, giving attention to the place of the writings in the historical development of major Christian and Jewish traditions and their teaching. No faith commitment is a prerequisite of such study nor will one be sought.

Table Tennis (90)

Kendal at Oberlin residents (and their visiting relatives of all ages) have two venues for playing table tennis, a wonderful sport for seniors. In the alcove off the first-floor hall of the apartment building's north wing is a table with net, balls, and paddles. That table is available for play every day between 9 am and 9 pm. In addition, multiple tables and associated equipment are in Heiser auditorium from 10 am to noon three mornings a week. Residents who drop in at any time during those two-hour sessions will find partners who would welcome playing with them, whatever their level of table tennis experience (including no experience or none since childhood, as was the case with several of our now-avid players when they first gave Kendal table tennis a try). To get the schedule, call one of the contact people.

Tennis Group (91)

We gather on the two Kendal clay courts behind the facilities buildings and the employees' parking lot from mid-May to mid-October. When the outdoor temperature is below 50 at starting time, or in bad weather, we meet on the Oberlin College courts in Phillips Gym on Woodland St. between Union St. and Lorain St. Enter on the South End. Street parking is available, but you will need an admission card from the college. It is free for Oberlin graduates and staff, and available for a fee otherwise, as part of a Kendal Corporate Membership (inquire with Receptionist on Desk). The Chair sends e-mail announcements of meeting place and warnings of days when the college facilities are closed.