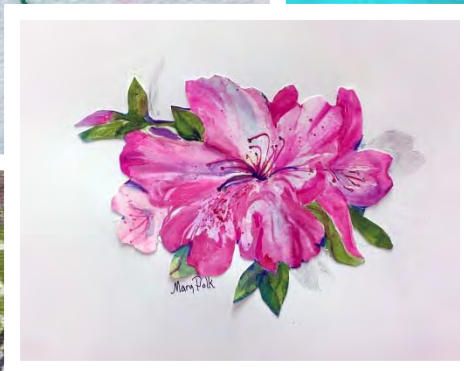
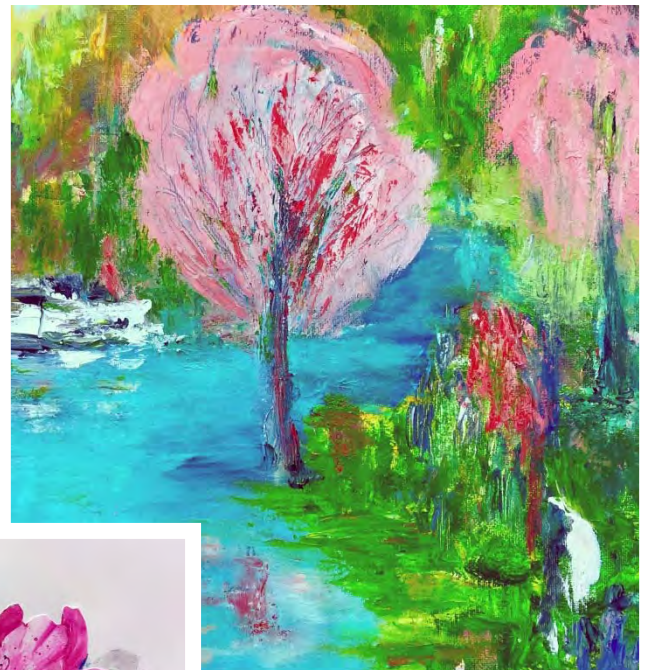


We Love Oak Hammock in the Springtime



Some very talented Oak Hammock artists capture the beauty of Oak Hammock in the spring. Clockwise, from top: Mary Polk, Mary Sue Koeppel, Anne Shands, Patsy Nelms, and Mary Polk (middle).

## Oak Hammock Town Hall Meetings

At the Town Hall meeting held on January 19, Jeff Hagen introduced Dr. Kathleen Jett from the Oak Hammock Clinic who described clinic services and what to do after clinic hours for medical problems.

Reports were given by:

- Jon Goldstein, Director of Dining Services
- Andrew Davey, Chief Financial Officer
- Sunya Wilson, Director of Human Resources
- Julie Prins, Health Care Administrator
- Katherine Osman, Director of Community Services
- MaryAnn Neill, Social Worker
- Gary Conway, Director of Plant Operations
- Brian Henderson, Director of Marketing
- Beverly Whitesel, Executive Assistant to CEO and Board
- Kris Emerson, Force Technical Solutions

Jeff encouraged people to join committees and to attend the Tuesday Thursday coffee hour. He warned about computer-related scams and encouraged people to lock their doors and not to keep large amounts of cash. He announced the board retreat. He talked about marketing brochures and buses.

Jeff quoted: "Change is often desirable; frequently necessary; and always, always, inevitable".

At the Town Hall meeting held on February 16, Jeff Hagen introduced Dr. Kathleen Jett from the Oak Hammock Clinic, who introduced Dr. Marcela Avila, the new primary care physician at the Oak Hammock clinic. Dr. Avila, a board-certified Geriatrician, will be at the clinic on Wednesday and Friday mornings.

Martha Carter was introduced with a video by Dick Martin. In the future, this procedure will be used at Town Hall meetings to introduce new residents.

Reports were given by:

- Andrew Davey, Chief Financial Officer
- Kris Emerson, Force Technical Solutions
- Katherine Osman, Director of Community Services
- Jon Goldstein, Director of Dining Services
- Gary Conway, Director of Plant Operations
- Julie Prins, Health Care Administrator
- Brian Henderson, Director of Marketing
- Beverly Whitesel, Executive Assistant to CEO and Board

Jeff talked about plans for the Smart House, guidelines for walkers and scooters, bus designs, phone scams, and the coffee get-togethers.

Jerry O'Neil, Board Chairman, talked about the strategic planning process for Oak Hammock.

At the Town Hall Meeting held on March 16 a video was shown to introduce Vida Broxson, new Oak

Hammock resident.

Reports were given by:

- Jon Goldstein, Director of Dining Services (including a fast video of food service at Oak Hammock)
- Kara Mulkey, Director of Nursing
- Katherine Osman, Director of Community Services
- Gary Conway, Director of Plant Operations
- Andrew Davey, Chief Financial Officer
- Kris Emerson, Force Technical Solutions
- Sunya Wilson, Director of Human Resources
- Beverly Whitesel, Executive Assistant to CEO and Board
- Brian Henderson, Director of Marketing

Jeff reported on the small group sessions with Board members, housekeeping issues such as pets, proper driving in the halls, the Oak Hammock bus "look", and pending legislation.

In the future, Beverly Whitesel will produce a synopsis of the Town Hall meetings to be distributed to Oak Hammock residents after the meeting.

- *The Oak Leaf staff*

To listen to the:

Town Hall meetings, go to <https://infoh.us/town-hall-meetings/>

Residents' Council meetings, go to <https://infoh.us/pca-meetings-audio-playback/>

### Recycled Riches

Recycled Riches had another successful sale on March 25. We raised \$4,007.78, to use on projects for Oak Hammock. We have raised \$9,803.38, so far in 2017. Our apartment sales, the Vintage Treasures in the Ice Cream Shop, and our E-bay sales are all doing well.

We have all benefitted from the many changes that have been made, and we are looking forward to more changes in the future. If you have an idea for how we can spend our funds, please fill out a Mini Grant form and submit it at least one week before a meeting.

Our next meeting will be on Monday, May 1, at 11 a.m., in the MPR. This is a change of our April meeting as I will be out of town in April. Our May meeting will be Monday, May 22. This is another change due to Memorial Day falling on our normal meeting day. Please mark your calendar and come join us. We are always looking for people who enjoy working with their neighbors and helping others.

- *Valerie Griffith, Chairman, Recycled Riches*

# Meet Our New Neighbors

We were lucky on Friday the 13<sup>th</sup> in January. There was food! There was wine! There was fellowship! There was a fabulous video created by Dick

Martin featuring the new folks who moved into Oak Hammock in 2016! What a grand time!

- The Oak Leaf Staff content;  
Dick Martin, collage



## Meet Your New Neighbors

### Beth Sulgalski

Beth and I met in her apartment on the third floor of Building Two, with her dog Rufus. Rufus contributed a lot to our meeting—a very long tail that wagged constantly, and a tennis ball in his mouth, ready for a game at any moment.

Beth was born and brought up in Saratoga County, New York. This was a farming community, where she became interested in gardening.

When Beth went to college, she received a degree in Elementary Education and taught for about two years. When she moved to Gainesville 48 years ago, she earned her graduate degree at UF in music and has her beautiful Steinway grand piano in her apartment now. She opened a studio in her home, teaching and having recitals for about 30-35 students each week. She did this in the afternoons, so that she could pursue her gardening in the morning at her leisure. She is active in the Gainesville Orchestra and on its board. She writes grants for this professional group.

Beth has a daughter who lives in Gainesville, and a son and two grandchildren who live in Denver. She also has two stepchildren who are active in her life.

Her other hobbies include sewing and knitting, she loves to read, and she is a bird watcher, who can sometimes even recognize a bird by listening instead of watching.

But looking over at her piano, she said, "My whole life is practicing!" That has been her focus for many years. We both agreed that practicing is what is needed in life, especially to be proficient in her many interests and skills.

- Bev Cone

### Martha Carter

Martha Carter calls herself, "The Lady Who Came Back". That's because she moved into Oak Hammock not once, but twice. She was actually the second person to move into Oak Hammock when it

first opened.

But that's getting ahead of the story. Martha was born and raised in Charleston, South Carolina. Even as a child, she was very much into sports, starting in elementary school. She first attended Ashley Hall High School, one also attended by Barbara Bush, but then transferred to an all girls school, Memminger High School, because of its sports program.

After graduation, Martha attended the University of Florida, where she met her future husband the first day of school. They were married some time later and had five children. Her husband was a banker and they lived in Lake Butler. Her oldest child attended P. K. Yonge Developmental Research School, and Martha drove her down from Lake Butler every day. Today, her children live in Florida and Tennessee.

Martha has thirteen grandchildren and eight great grandchildren. After her husband's death, Martha returned to Gainesville to enter the College of Education at the University of Florida. During that time, she became involved with the pre-construction activities of Oak Hammock and watched as it was being built. She lived here two years but had to leave due to a family crisis. While she was here, she started a computer group.

Her second husband was an old boyfriend with whom she became reacquainted after living eight years as a widow. When he passed away, her daughters decided Martha should move back to Oak Hammock. She had originally lived on the fourth floor of Building One and, once again, she lives on the fourth floor of Building One. But this time she is not alone. Martha now lives with Toto, a West Highland Terrier, who is four years old. He was a present from her daughter.

Martha is still big on sports, particularly golf and tennis. She also loves to watch football on TV. She likes to play bridge and now plays in a duplicate group. Most of all, she enjoys meeting people. So we shall now all have a chance to meet "The Lady Who Came Back".

- Barbara Herbstman



- Bev Cone, photo  
Beth and Rufus



- Dick Martin, photo  
Martha and Toto

## December 7, 1941

*The Day of Infamy and its aftermath, seen through the eyes of a young Japanese girl now an Oak Hammock resident.*

Sunday, December 7, 1941 is a typical warm, sunny day in the U.S. Territory of Hawaii. Fourteen-year-old Marjorie Honda leaves her home near the Kuakini Hospital in Honolulu early to meet a friend, with whom she will walk two to three miles to a Buddhist Temple for Sunday School.

Suddenly, popping noises interrupt the girls' chatter. Looking up, they see airplanes, and puffs of black smoke. It is not uncommon to see pilots practicing maneuvers, but the puffs of black smoke from anti-aircraft guns are a bit unusual. Still, the girls are not much concerned, and continue on to the Temple, where they are surprised to see that one wall of the adjoining dormitory is leaning at a very odd angle.

Later, they learn that it and other buildings have been hit by shrapnel, but at the moment there seems to be no reason for alarm. They wonder though, as they walk home on one of the main roads through town, why there are so many trucks full of soldiers driving so fast through throngs of people. It does seem strange.

More frightening, as Marjorie approaches her home, is the sight of her mother, Somo, running down the street, waving and calling frantically to her. "Hurry, Marjorie, come quickly and get into the house!"

Meanwhile, Marjorie's father, Masai, is playing softball, as he does every weekend, with his colleagues at a prominent Japanese-English newspaper. It is his 47th birthday and the family plans to celebrate later in the day at their home near the Kuakini Hospital. But there would be no birthday party, as on that "day of infamy" a city-wide 7 p.m. curfew and blackout is immediately imposed and Masai, Somo, and their bewildered family of four boys and two girls spend the first night in total darkness, sleeping in their clothes.

In the confusion of the days that follow, Marjorie and her family get what news they can from radio, friends, and neighbors. All Japanese schools, publishing firms and businesses are closed. All Islanders, adults and children, must report to government officials to be fingerprinted and issued identification cards and gas masks. Stringent security precautions are taken, as they are in U.S. territory. Ships are embargoed, fishermen are "relocated", and soon shortages of food and supplies lead to ra-

tioning and long lines at markets. But for Marjorie, there is a silver lining: everyone on the island rapidly becomes more self-sufficient than ever before.

The U.S. Territorial Governor, General Emmons, who has been appointed by the U.S. President, is both an efficient and an understanding man. Many Japanese must be relocated, but the Governor refuses to engage in otherwise harsh treatment.

Still, life is dramatically altered for all residents of Hawaii, especially the Japanese. Marjorie's father, although poor, is intelligent, well-educated, and well-known in the Japanese community as a writer and newspaper editor, with many governmental connections. Because of this, the family home is visited several times by FBI agents searching for evidence that might incriminate him. They find nothing, but some of their friends are not so lucky and are ordered to relocate. Her father now spends his days growing vegetables.

Meanwhile, Marjorie completes the 9<sup>th</sup> grade and starts high school in 1943. What used to be the newly constructed high school has been converted into a military hospital and Marjorie's class will never use that beautiful new building. Still, the silver lining for Marjorie and her friends is that they are invited to the USO shows which are put on to entertain the troops in the hospital! Classes are held in small cottages on the grounds. They convene for only half-days due to the lack of adequate space. Because of this part-time schedule, students are required to spend part of each day at a job, tending a victory garden or working in the sugar cane or pineapple fields. Marjorie is lucky. She has a Social Security card and a clerical position with National Mortgage and Casualty Company, which benefits her later in life. Eventually, graduation ceremonies take place on the back lawn of the hospital/school. The seniors proudly receive their diplomas; girls wearing party dresses, boys in suits, all carrying their gas masks!

Today, so many years later, Oak Hammock resident Marjorie Okasako's memories of that chaotic time, in which normal teenage life was turned upside down, are nevertheless basically positive. Her



*Marjorie Okasako*

(Continued from page 5)

friends, she says, adapted and made the best of the circumstances in which they found themselves. It was more difficult for their parents. Her father, for example, had arrived in Hawaii as a teenager in 1909. Though in the intervening years he had opportunities to return to Japan, he stubbornly refused, insisting he would not go back until he had a U.S. passport!

The Asian Alien Exclusion Act, enacted years before the war, prevented immigrants from becoming citizens unless they enlisted in the military,

which her dad couldn't do because of physical disabilities. After that law was repealed in the 1950s, her father and mother went to school and passed their citizenship exams. Much later, shortly before her dad passed away in 1975, Masai and Somo Honda were able to visit Japan as American tourists, complete with U.S. passports! Marjorie is justifiably proud of her parents and grateful that her father was at last able to realize his dream.

- Jan Havre (suggested by George Lewis)

## Ken Platt Thanked for His Glass Art Contributions

Oak Hammock resident Kenneth Platt has contributed to our community in many ways, most visibly with the donation to Oak Hammock of the stunning glass lampshade that graces the Oak Hammock library. It was appropriate, therefore, that his friends gathered at the Acorn room the evening of January 29 for a reception and dinner to thank Ken for sharing his glass artistry. A special treat that night was the display of several items from Ken's private collections of his lamps and other glass art. For many, it was the first opportunity to see these beautiful items. As dinner started, Ken spoke a few heartfelt words and turned the table on his audience by describing *his* thanks to Oak Hammock residents. He thanked residents for their warm, loving reception of him when he moved to Oak Hammock. Ken told his audience that having recently lost his wife and suffering from serious health issues, that the immediate and continued warm reception was critical to bringing him back from a very difficult place in life. Thus, it was a wonderful evening of appreciation and celebration all around.

- Keith Berg, content; Michael Levy, photos



Above: Friends celebrating Ken Platt  
At left: Ken Platt and Magda Berken

## Oak Hammock's Spring Fair for Interest Groups Held April 2 in the Upper Commons, Oak Room, and Ice Cream Parlor

Representatives from 47 groups were available to answer questions, provide written information and a sign-up sheet for those interested in future participation in the groups. Flyers were available that showed the location of each group. Guides wearing leis were present to assist.

These groups included:

1. **Communications:** E Team, INFOH team, HEAT team, Mac Computer Users, and *The Oak Leaf* Committee
2. **Community Outreach:** Genesis Charter School Readers, Idylwild Reading Pals, Take Stock in Children, League of Women Voters of Alachua County at Oak Hammock, and Outreach to At Risk UF Foreign Students
3. **Games:** Bridge, Mah Jongg and Game Night, and Scrabble
4. **Health:** Friends for Friends, Activities for Assisted Living and Skilled Nursing, and Shands Volunteers
5. **Liberal Arts:** Art League, Glass Crafters, Needlers' Group, Quilters, Oakwoods (Woodworkers), Film Club, Oak Hammock Chamber Players, Oak Hammock Singers, Poetry before Dinner, Oak Hammock Library Committee, Acorn Book Club, and StreetReaders
6. **Other:** FLiCRA, University of Florida Classes, UF Retired Faculty, Recycled Riches, Good to Go, and Genealogy Interest Group
7. **Outdoor and Sports Related:** Bee Buddies, Garden Groupies, UF Blue Coat Ambassadors, Golf, Tennis
8. **Spiritual:** Bible Study for Men and Women, Women's Bible Study, Chapel Group, and Meditation Before Dinner
9. **Travel and Events:** Events, Natural History Society, and Travel

Wine, cheese, fruit, and cookies were served and prizes were raffled. What a great event!

Dick Martin is preparing a video with short clips about most groups that will be available on INFOH.

- Jane Levy



## MaryAnn Neill

Have you ever felt overwhelmed when facing some difficult decisions, been anxious about changes in your life, or inundated with jobs needing your attention? Did you wish there was someone at Oak Hammock who could listen with understanding and some expertise to help reassure you or point you in the right direction? Now we have such a person on our staff and are pleased to introduce our new Resident Liaison for Independent Residents, MaryAnn Neill.

MaryAnn was born in Boston where her father trained as a pediatric neurologist and her mother completed her BSN in nursing. Moving to Gainesville in 1965, he practiced at Shands Hospital, the first pediatric neurologist in Florida. MaryAnn played competitive tennis and worked as a lifeguard during her high school years.

MaryAnn received her Bachelor of Science and Master of Social Work degrees from Florida State University and has been a licensed Clinical Social Worker since 1991. While working at a hospital in Jacksonville, she met and married Michael. Mike's job required a move to Orlando and so for several years, MaryAnn worked in various medical facilities in that area, including Winter Park Hospital and Florida Hospital. She served in many levels of care and medical settings, as well as a wellness center, which broadened her medical knowledge and social work experience.

MaryAnn has been married for nearly 27 years and the couple has three children. In 2001, the family moved back to Gainesville. Their oldest daughter, Caitlin, graduated from FSU and teaches second grade; daughter Mary Jo is studying statistics and economics at UF; and their son, John, is a pre-med student at the University of Miami. Just imagine the family rivalries!

What does a Resident Liaison do? She meets with members and families, as needed or requested, to discuss personal concerns, adjustment issues, anxiety, depression, end-of-life issues, etc. Of course, all discussions are completely confidential. She maintains a list of community resources (e. g., Home Care agencies) for the use of residents. She coordinates the "Vial of Life" program and encourages and assists members, if needed, to make Advance Directives. A major part of her job is to assist members with transitions from Independent Living to Assisted Living or to Skilled Nursing.

Another one of the Liaison's jobs is to facilitate the Caregivers Support Group that meets on the 4th Wednesday of each month at 10:00 a.m., usually in Conference Room B. This is always open to anyone who is helping to care for a loved one and who

needs some advice or counseling with any number of problems such as depression, prioritizing tasks, and helping to make phone calls.

MaryAnn loves to interact with people and is pleased that Oak Hammock residents seem to be very open. She states, "I believe my greatest gifts are being able to listen to and to have empathy for other people. I prefer listening to talking

and I get energized by helping people." She may help you to find options for your problems or perhaps guide you to see a situation in a different light. She likes to "get out and about" rather than just sit in her office and so is very glad to come to your apartment or home when you need her. She wants everyone to feel free to call on her.

MaryAnn knows what grief is and thus can be helpful for residents dealing with sadness and grief. Four years ago, MaryAnn's family, including her mother and two brothers, was devastated when her father died very suddenly and unexpectedly. It was, of course, very traumatic for all. She says that this has affected every part of her outlook on life.

So what does MaryAnn do for pleasure? She and her husband like fishing and beach walking and often spend weekends at the beach. She enjoys spending time with her family and two dogs. Walking is a favorite activity.

Now that her children are no longer living at home, MaryAnn and Mike are experiencing an "empty nest". She hopes the extra time will enable her to spend more time with her Mom and also to pare down files and get rid of other unneeded items. Maybe she'll have time just to "enjoy the moment" and do more beach walking.

On her kitchen bulletin board MaryAnn keeps a message copied by her father in his handwriting: "It is not what the world brings to you, but it is what you bring to the world" (source unknown). MaryAnn strives to bring her best to our world.

Don't forget that MaryAnn urges all of us to stop by and say "Hello!" You'll be glad you did.

- Cynthia Clements



- Michael Levy, photo



## You Make the Difference Award

This award is given to employees for enhancing the lives of the members by exhibiting a positive attitude and willingness to go above and beyond their job descriptions.

**Nico Julia**, *Dining Services*

Creates an excellent dining experience for members and provides service beyond expectations. 1/4/17

**Marcella Weging**, *Dining Services*.

Creates an excellent dining experience for members and provides service beyond expectations. 1/4/17

**William Ritter**, *Maintenance*

Consistently provides help and support to our members. 1/4/17

**Nicolas Torres**, *Dining Services*

Assisted in saving someone's life during a choking incident in the Dining Room. 1/11/17

**James VanScoy**, *Dining Services*

Prepared meals, cooked to perfection for the Holiday Pot-Luck Dinner. 1/11/17

## Buttercup

After an article appeared in the *New York Times* on the use of robotic cats by the Hebrew Home in Riverdale, a pioneer in care for the elderly, Oak Hammock acquired one robotic cat for each of the memory units. The battery-powered cats have a heartbeat, when stroked, meow, turn their heads, close their eyes, and, in general, act very much like real cats without the risk of allergies or the need for a litter box. Since they were introduced in the memory units, they have received a great deal of attention from our residents. The cats come in three different colors, and there is also a robotic dog, which we have not yet acquired. To learn more about our new Oak Hammock pets, watch the YouTube video and explore the Hasbro site below. Even better, take a walk over to Ashton Place or Banyan Place, Oak Hammock's memory units in the Health Pavilion, and spend a few minutes visiting one of our neighbors and meet Buttercup. If you have not yet been to visit in a memory unit, just ring the doorbell and one of the staff will let you in.

<https://www.youtube.com/watch?v=8zLrIDCa2LY>

<http://joyforall.hasbro.com/en-us>

- Karen Miller



## Some of the Art, Music, and Other Activities in the Oak Hammock Health Pavilion



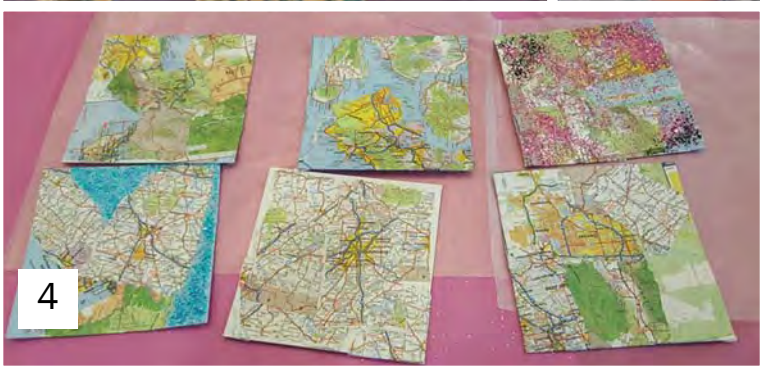
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5

- (1) Art with fabrics;
- (2) Resident activity with Emily and Arnon
- (3) Brian the Magician
- (4) Decorative Map art created with Martha Woods
- (5) Cupid's Shuffle Valentine Party with Mr. October
- (6) (7) Painting with Friends



6



7



8



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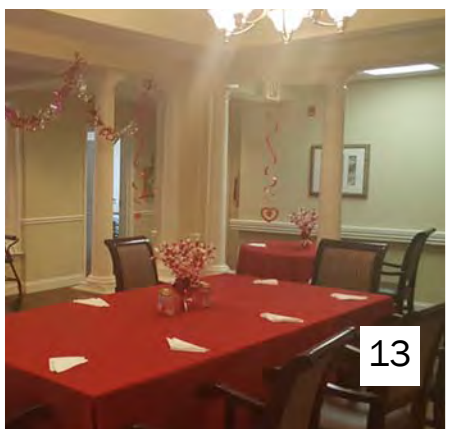


11

(8) Interactive Music: Play and Sing along with Folk Musician and Clown Ashley Devine and Marilyn Ast and (9) Sara and Mary Hughes; (10) The Brothers Too entertained; (11) Zumba Gold with LaTanya; (12) Valentine decorations in the Crossroads Activity Room and in Ashton Place (13)



12



13

## Oak Hammock Board Reception

On Wednesday afternoon, January 25, residents and Oak Hammock board members, after their planning retreat, joined in the Upper Commons to share food and fellowship.

- The Oak Leaf staff



## Santa Fe Brass



The brass performed for us on Tuesday, January 24, at 7:00 in the Oak Room.

- The Oak Leaf staff

## Klezmer Katz Band



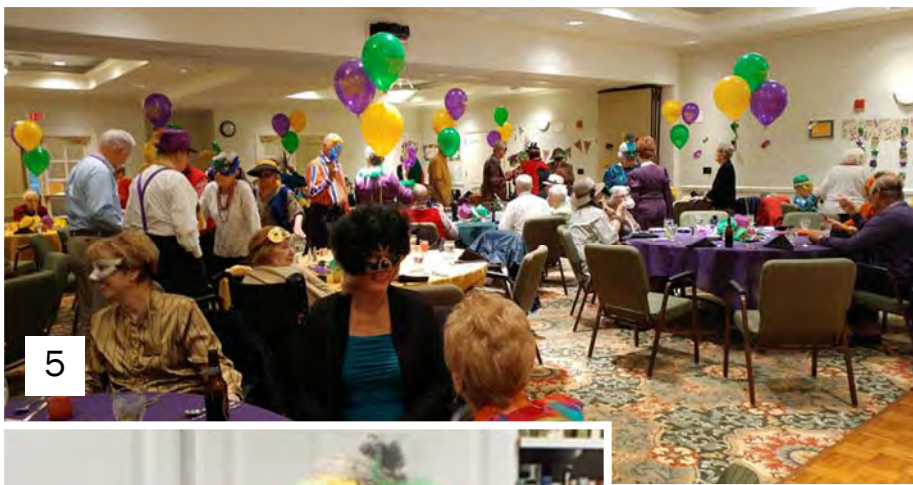
The band plays klezmer, the Yiddish word for the Eastern European dance and folk music played by Jews worldwide at weddings and other celebrations. Think of the soundtrack from "Fiddler on the Roof," and you'll have an idea of the effect. They played for us at Oak Hammock on January 31 to a large and enthusiastic crowd. We were delighted to see new Oak Hammock resident, Keith Berg, as the percussionist.

- The Oak Leaf staff

## Mardi Gras

The good times really rolled on and on. The event planning team did a fantastic job. The decorations were perfect. The buffet was a Cajun inspired feast. The wait staff kept tables cleared and drinks flowing. The band, Gumbo Limbo, had everyone up and two stepping. The members certainly went all out - costumes, masks, beads, noisemakers - New Orleans move over - Oak Hammock is the place to be! Let's do this every year!

- Kathryn Clark, content;  
Kathryn Clark, Karen Merrey, Nancy Perry, Mike Plaut, Joyce Riffe, photos



(1) Line Dancing; (2) Dancing to the Music of (3) Gumbo Limbo; (4) Masks were made and worn; (5) We gathered to eat great Cajun food, drink Hurricanes, and visit.

## Sunday Entertainment

On Sunday, February 19, the Tone Def A Cappella group came to Oak Hammock. Along with coffee and cookies, members enjoyed songs new and old and some great harmonizing!

- Kathryn Clark



## Sound Traveler

Sound Traveler, Bob Tatum and Patty Kunze Tatum, entertained in the Health Pavilion in the morning and the Oak Room in the afternoon on Friday, February 24. The songs were accompanied by a variety of instruments. Visuals on the large screen enhanced the music. Audience participation was encouraged.

- The Oak Leaf staff



## Valentine's Day Dance



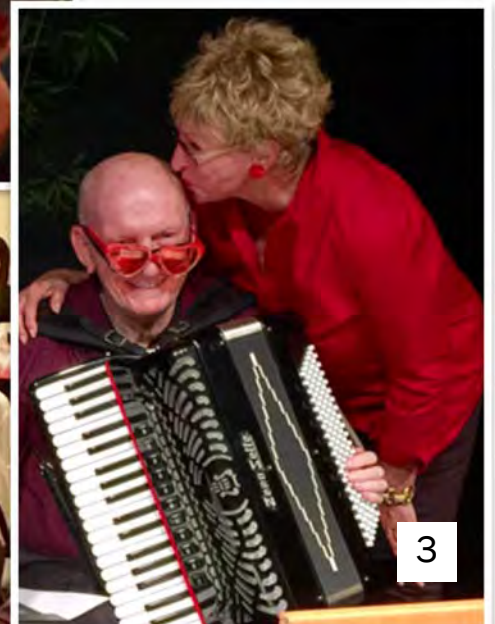
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1. Dancing and Visiting
2. Eating, Drinking and Visiting
3. Nancy Perry rewards Al Goebel for the dance music!

- Phill Morrison, photos



2



3

## The CAP Trio

A leisurely Saturday afternoon on February 25 at Oak Hammock turned out to be a real treat! The CAP Trio performed in the Oak Room and presented a magnificent Chamber Music Concert. The theme was Baroque and included a lot of Bach. Anastasiya Naplekova is a professional pianist. She accompanied two violinists: Christian Storzer is a UF Master's student in violin; and Pierre Sikivie is a UF Physics Professor and passionate amateur violinist. The two professionals enjoy playing with him and encouraging him, as he endeavors to become comfortable playing before an audience. Their music comes together well, and the concert was very exciting.

Anastasiya played the opening piano concerto totally from memory. Then, when the three played together, they each had music in front of them. Anastasiya's music slipped off the rings in her book and startled us in the audience as we watched her retrieve it without missing a note. Her fingers flew on the keys!

Pierre's solo violin piece, Chaconne from Partita by Bach, was also played from memory and with much enthusiasm. When the three played together, they were very much in synch, their music full of meaning and emotion. We are hoping they will come to Oak Hammock again.

- Bev Cone



## Carol Yocum

On Friday, March 3, at 4:30, Carol Yocum had the most delightful piano musicale in the Upper Commons, playing old favorite songs. She has all her songs numbered and words printed in a brochure, so that everyone can sing along while she plays. She is very sensitive to audience participation and has a good sense of humor, making it more fun.

We had a couple of people dancing and a few tables of listeners and singers, but all of us there were wishing that more Oak Hammock people were participating in this joyful event. Next time, do not miss a chance to sing and relax and visit with other members on a Friday before dinner!!

- Bev Cone



- Dick Martin, photo

## Scattered the Bruce

The Scattered the Bruce show of Irish music featuring good old-fashioned pub songs delighted Oak Hammockers on Saturday, March 18. The performers responded to numerous requests from the audience. In addition to rousing participation, residents enjoyed beer and refreshments.

- The Oak Leaf staff;  
George Lewis, photos



## Dining

The dining highlight for February was the Valentine's Day dinner where all the women were presented with a red rose. The special menus and delicious desserts were served to 150 members. New menus were put into place at the end of the month, with gluten-free marking now being applied to specials as well as to the regular menu items.

Five lucky people were selected to have dinner with Chef Jon at a table in the kitchen. Those who participated were Sheila Forehand, Norm Holland, Buddy Kramer, Emily Patton, and Mary Sanford. Chef Jon says he will have this event again in the future. Dick Martin prepared a video to get a behind-the-scenes look at the busy kitchen that serves about 900 meals each day. This 60-second, sped-up version entertained those who saw it at the Town Hall Meeting. It is available at <https://youtu.be/gpUHAcZd0Js>.

March brought another holiday with special Irish food for lunch and dinner on St. Patrick's Day. We now have a full contingent of 28 servers, and Max is emphasizing the training and retaining of these servers.

Richard Farwell took on the task of visiting all six dining venues in Assisted Living, Memory Care, and Skilled Nursing. Day-to-day dining operations are overseen by James Frial, the dietary manager, but Jon Goldstein coordinates all food services at Oak Hammock, with food prep and some cooking in the main kitchen every day. Residents from the Health Center are welcome to use Independent Living dining facilities if they are self-sufficient, not requiring feeding assistance. A committee of Max, Carol Ash, and Midge Smith is looking into better ways to handle the parking of walkers and scooters in the fireplace room.

- Barbara Francis

## Meal in the Kitchen

On Monday night, February 27, five of us lucky winners were ushered into the main Oak Hammock kitchen by Shirley. Chef Jon and Nico welcomed us. We were the lucky ones to win the drawing. We all enjoyed our dinner ordered from the menu and were able to watch the goings on that occur during meal preparation.

Many questions were asked and answered. There was no chaos. We all agreed that the staff in the kitchen work just "like a well-oiled machine". It was a great experience – be sure to put your name in the pot when the next drawing is announced. It was well worth it.

- Mary Sanford, content; Norm Holland, photos



Norm Holland, Emily Patton, Mary Sanford, Sheila Forehand, Buddy Kramer



## Events

For all members who love to create but have too much to keep, we have an event for you. Our annual Arts and Crafts Sale will continue this year on Thursday, November 30, from 1-4 p.m. in the Oak Room. Please save the date and keep working on your wonderful projects. We let you sell any and all types of arts and crafts. More information will be coming out in the fall, but if you want to know more now, please contact Valerie Griffith, 352-338-8061, valrx1@gmail.com.

- Valerie Griffith





## Food and a Flick

For a springtime change of pace, head out to nearby Royal Park Plaza on West Newberry Road. It is nowhere near the dreaded Butler expansion traffic. Don't let the meshing of West Newberry Road and West University Avenue concern you. This small shopping plaza is home to the Regal Royal Park Stadium 16 multiplex movie screen, and, to a fun dining spot.

It's easy to spot Ballyhoo Grill on the main drag. Favorite son #15 Tim Tebow's likeness is carved from a tree trunk guarding the front of the restaurant. By the way: both ample parking and the entrance to the restaurant are at the rear of the building. Be prepared to think "Key West and Jimmy Buffet" when you open the door. The décor is island eclectic, informal and inviting. A diverse menu of seafood, steaks, appetizers, and sushi is offered. For the full island experience, a large outdoor, thatched, tiki-hut-covered patio is the perfect spot to try. Ballyhoo opened in 1999 and remains locally owned and managed.

The Regal Royal Park Stadium is directly behind Ballyhoo, with plenty of free parking. The 16 screens offer first run and favorite movies. Check online for times the features begin. And always ask for 'Senior' ticket prices.

Time permitting, why not check out Chico's and Talbot's, an easy stroll from the movie or there is free parking immediately in front of the shops. Both stores sell a variety of seasonal clothing for women and welcome 'just looking and browsing'. The Royal Park Plaza merits a return trip. There are other restaurants and service-oriented businesses. And, should your car be low on fuel, there's a Shell gas station – just waiting for that Publix gas card you bought last week.



There are other restaurants and service-oriented businesses. And, should your car be low on fuel, there's a Shell gas station – just waiting for that Publix gas card you bought last week.  
- Barbara Dockery

## An Afternoon of Music



Gainesville Alumnae and UF students from Delta Gamma Chapter of Sigma Alpha Iota, an international music fraternity, performed in the Oak Room on Sunday afternoon, March 19, under the direction of Brenda Smith, our Oak Hammock chorus accompanist. The program included singers, pianists, a flute choir, and even "ukeladies".

- The Oak Leaf staff

## Special Thanks...

to Rod Owens for assisting people to the Saturday morning Chapel Service in the Music Room of Assisted Living. Some of our independent members really appreciate a wheel chair and a push to get to worship, and Rod has lent a hand.

## Best Food on Saturday Night

Saturday night, February 19, 18 Oak Hammockers and driver Robbin Stubbins piled into an Oak Hammock bus destined for a Brazilian restaurant, Ipanema, in Ocala. This came about because Walter Kalaf had asked Margaret Boonstra where, in her many travels with the Foreign Service, had she found the best food. Brazil, said Margaret, and wonder of wonders, there was a Brazilian restaurant in Ocala: Ipanema (pronounced ee-pan-ey-mah). It specializes in churrascaria. We do not know how that is pronounced, but it literally means a place where meat is cooked barbecue style. First you get your drinks, then you go to the salad bar, which has about fifty different greens and other odds and ends so that Norm Holland and others will get their vegetables, and then comes the meat. Waiters come round the tables with huge skewers loaded with one or another kind of meat. The diners use tongs to help them deposit slices on the plates. And meat there was aplenty: lamb chops, sirloin, filet wrapped in bacon, pork loin, chicken, sausage.... The O'Hers had enough protein for a month. Gourmandism triumphant.



- Norm Holland

## Eat Mor Chikin

Through the outstanding leadership and organization of Walter Kalaf, the Eat Mor Chikin Club met on Saturday, January 14, at Brown's Country Buffet. All members adhered to the club's rules and ate lots of fried chicken! Incredibly, some participants travelled on to the Station Bakery to feast on a gigantic dessert! The Oak Hammock people sure know how to indulge in a fine luncheon!

- Kathryn Clark, content and photos



1. Janie Kalaf, Walter Kalaf, Patsy Nelms, Sue Baxter, Bob Bonus, Ed Riebel, Ginny Riebel
2. Buddy Kramer, Betty Kramer
3. David Rader, Martha Rader, Elaine Skeel
4. Pat Harden, Fred Harden, Susan Wiltshire, Jim Wiltshire



## Outing to Lake Alfred

On March 10, about 10 Oak Hammock residents joined people from Haile Plantation and Gainesville for an outing to Lake Alfred about 2 hours south of here. The trip was organized by Peg Owens. The group traveled on an Oak Hammock bus driven by Robbin.

First we went to the Lavender and Lace tearoom for a beautiful lunch (1). Then we visited The Barn Antiques (2), full of lovely old English antique furniture and pictures, some very fine quality crafts, leather, and such.

- Magda Berken



1  
Elaine Smith, Doris Morrison, Rod Owens,  
Robbin Stubbins, Ken Platt



## Jimmy Carter at Oak Hammock?

No, our former president, 92-year old Jimmy Carter, is not at Oak Hammock. But he has sent a note of condolence to one of our dear members. Jimmy Carter went to the same church during his presidency, 1977-1981, as our late Lamar Miller, and his wife, Juanita. Lamar was the Director of the Church School Programs at the First Baptist Church in Washington, D.C. When Jimmy Carter was President, he would attend Sunday School and often taught classes.

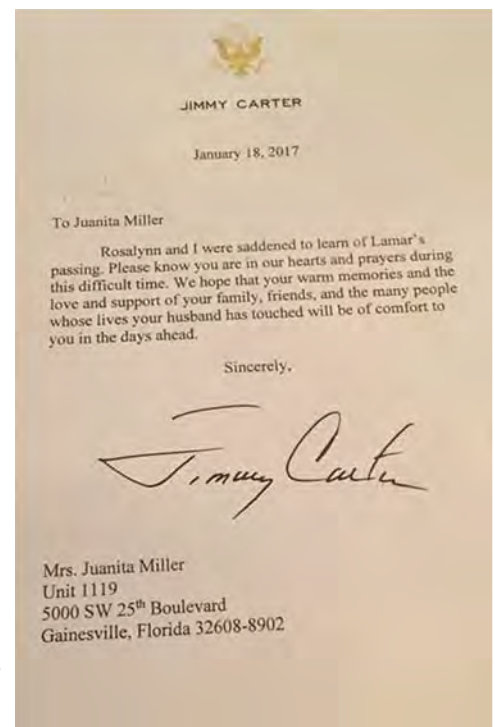
When the President and his wife attended worship, Security had the church members sit in the same places so the detail would be familiar with the congregation. Lamar and Juanita sat in front of the President in the sanctuary.

Lamar was involved in the EPA and, of course, Carter was supportive of the EPA; thus, their paths crossed many times.

Recently, after Lamar's death, Juanita received a note of condolence. Lamar's obituary was posted in the *Washington Post*, and we assume Jimmy Carter's staff picked up the name from there.

We at Oak Hammock also extend our sympathy to Juanita at this difficult time and thank her for sharing this very special note.

- Bev Cone



### Street Parties

On a lovely Sunday afternoon, January 29, Oak Hammock street people attended a social down by the pond hosted by Karen and Doug Merrey and Nancy Perry. Wonderful food and fellowship! (1)

On another beautiful Sunday afternoon, February 26, Oak Hammock street people had a great time visiting and feasting at a social hosted by Diane Haines and Ruth Perraud in Ruth's driveway. (2)

And on a gorgeous Sunday afternoon, March 19, Ann Adams, the Elnickis, and the Penny-packers hosted a party that included not only food and fellowship, but also croquet! (3) (4)

Bob Blood, Karen Merrey, and Nelson Logan, winners of the Street Croquet Contest (5).

- The Oak Leaf Staff



1



2



3



4



5

## Tech Tune Up

On January 7, three engineering students from UF presented a “Tech Tune-up Session”, giving a mini-preview of a more extensive session held on the UF campus February 18<sup>th</sup> from 9:00 – 11:30 a.m. during “E-week”. The preview featured demonstrations of how to set a background and how to create a signature in Gmail plus how to set privacy rules in Facebook and how to use Facebook to issue invitations to events and record responses. The more extensive session in February included topics such as Google Drive, creating flyers and online newspapers, and using Skype, Dropbox, Pandora, Spotify, and Instagram.

- *Bill Castine, content and photo*



Caroline Kim, Alexa Carrie, David Dollbaum, and Kathy Subak

## Tech Talk

Some of our newer move-ins may enjoy knowing a bit more about three technology-related services residents provide for each other. Each is described below.

The **E-team** sends occasional e-mail messages of general interest to Oak Hammockers. Examples are announcements of upcoming events, temporary disturbances such as repairs, and minutes of the Residents’ Council meetings. To be added to the list, send a note to [oaketeam@gmail.com](mailto:oaketeam@gmail.com).

The **HEAT** (Hammock Electronic Assistance Team) provides assistance with computers and peripherals to help keep them performing as designed. We cannot always provide same-day service but we can save you money compared to an outside repair facility. We have specialists in both Macintosh and Windows platforms as well as a variety of peripheral brands. To request help, send a message to

[heat4oakhammock@gmail.com](mailto:heat4oakhammock@gmail.com). If unable to use e-mail, printed request forms are available from the receptionist and the concierge.

[Infoh.us](http://infoh.us) is a website created and maintained by residents. It contains a wealth of information about many aspects of life at Oak Hammock. Much of the site is open to anyone and includes items such as dining information/menus, a calendar of events, back issues of The Oak Leaf, detailed descriptions of activities (beyond what will fit on the calendar), and announcements. Other areas of the site such as member and staff directories, audio recordings of RC and Town Hall meetings, and the Residents’ Handbook, are in a password-protected area. If you do not have a username and password, you may leave a message at <https://infoh.us/feedback/>.

- *Bill Castine*

## Recycled Riches Electronic Sale

Long stored, often brand new electronic equipment became the star of a special Recycled Riches sale on Friday, February 10. Open to one and all, and generating much interest from all the techies, the sale was very successful. In one hour, \$298 was made from the sale, all of which will go back to benefit special needs at Oak Hammock. Plus, the remaining equipment was offered at the last Recycled Riches sale in March!

- *Kathryn Clark*

At right:  
Haley Geck and David Wilhite from the Fitness Center found great buys!



## Rare Art Books Created by Oak Hammock Member

In the Oak Hammock art studio, Oak Hammock residents recently had the privilege of seeing two rare art books, exquisitely hand crafted by Patricia Heidenheimer, our Oak Hammock book artist. Pat, a founding member who recently died, created and printed this art at Oak Hammock in her apartment on her own printing press.

Rare book collectors and special collections of major libraries are the buyers of her limited edition, stunning books.

Remember the famous lines,

*“This is the way the world ends  
Not with a bang but a whimper”*

from T.S. Eliot’s poem “The Hollow Men”, his epitaph for the 20<sup>th</sup> Century? In one book, Pat illustrated this entire poem with beautiful collagraph images hand printed on Arches Cover White. Tucked inside a Hard Cover encased by a Hard Cover slipcase, the Eliot book’s structure is accordion fold which, when stretched out, reaches about 13 feet. All work is done by hand.



Beside the Eliot book, we viewed her exquisite “Sonnets to Orpheus” showcasing Rainer Maria Rilke’s poems translated from German by Pat. This book, too, is in the accordion fold structure, only these pages are taller - about 13” x 5.75”. Fully opened to display the sonnets and collagraphs, this book stretched about 25 feet.

A brilliant woman, Pat translated *The Myth of Sisyphus* by Albert Camus for another of her rare books using the same format. Pat was a reclusive, nighttime artist continually working in her apartment to produce her limited edition art books. At her death, she was reaching the final stages of another book that her daughter Kylie Heidenheimer, also an artist, promised her mother to complete and publish.



Kylie, who loaned us the books for display at Oak Hammock, says she hopes the University of Florida library will add one of her mother’s books to its artist-crafted rare book collection.

- Mary Sue Koeppel

## Art League and Gallery at Oak Hammock

The perfect painting always incorporates all of the correct principles of design. These are emphasis, balance, unity, contrast, movement, space proportion, simplicity and good design of the space being used! Let's use these elements to describe the Art League and Gallery at Oak Hammock.

Starting with emphasis, it is interesting to note how Oak Hammock members, along with their artists, have made our home a place that has a reputation for embracing the Arts.

The Oak Hammock art gallery uses the space around the Duckworth garden for rotating art shows. "Fabrications", our current show, brings contrast and good design to the Gallery space. Many thanks to Oak Hammock's own woodworker, John Ives, who has built and donated 5 beautiful sculpture stands for our use, adding to the diversity of the artworks we can show.

On February 28, Michael Eaddy talked about his fascinating photography. At right is a sample of his work taken of the audience in the Oak Room.

Next show will be "PURE CUBA: Oak Hammock edition" on April 11-July 7. The opening reception will be Sunday, April 23 from 2:30 to 5:00 p.m. in the upper commons, and includes music and performance by Santa Fe College in the Oak Room. A Pulitzer Prize winning photographer, John Kaplan, will be among the artists exhibiting work. Overall, there will be 18 artists with 80 artworks in this fabulous show. Tuesday, April 25, at 4 p.m. in the Oak Room, Hector Puig will be doing a presentation about his fabulous art collection (about 10 pieces are in the current Latin American exhibit at the Harn Museum). He will also talk about Folk Art from his perspective.

The Art League has great unity with the Gainesville Fine Art Association (GFAA), with whom we have a close supportive relationship. Several of our artists are members and each fall, GFAA holds the fall show at Oak Hammock. Many of their members come and do monthly presentations for the Art League. On March 28, we were honored to have Marilyn Gray, who, coincidentally, is our own Reg Fansler's daughter, doing a program on Calligraphy and Chinese Brush Painting at 4 p.m. in the Oak Room.

Mary Sue Koepfel has organized a Plein Aire session each Tuesday at 10 a.m. for any artist who wishes to paint or sketch outdoors, meeting on the walkway across from the front entrance. Try it!

Open portrait studio, on the first and second Tuesdays of each month, from 6 to 8 p.m., in the multipurpose room, continues (shown above).

Another space that always has movement and good balance is the art studio and its ongoing members' shows. There you will see the lovely artworks of Fred Harden, an Oak Hammock prodigy (shown at right).

April will feature the art and photos of the very creative Michael Levy. Another must see.

Magda Bergen set up an amazing still life scene for our artists to paint (shown at left). Not your usual flowers, etc., but instead a Western motif, boot, belt and all. We encourage our artists to come together on Tuesday mornings for a paint-in, and Magda's still life is just the subject to paint. It is very well designed and in good proportion!

Marion Siegel taught a one-day beginner's watercolor class on March 21, hoping to inspire some of our residents with latent talent to express themselves.

- Marion Siegel, content; The Oak Leaf staff, photos



## Fabrications Exhibit at Oak Hammock Art



*Fabrications*  
*Jan. 9 - Apr. 8*



### The Artists

Marian Axley  
Sally Glaze  
Michael Levy  
Doris Greene  
R. Celeste Beck  
Patsy Nelms  
Lizzard Shafer  
Marité Rodriguez Haynes  
Martha Rader  
Pat Martin  
Vanda O'Neill  
- Dick Martin,  
collage and photos



## FLiCRA Chapter Renamed

At its Annual Meeting, FLiCRA Chapter 255 at Oak Hammock voted unanimously to change its name to "Lamar Miller Chapter 255 at Oak Hammock." This was done to honor the memory of Lamar Miller, who was instrumental in establishing the Oak Hammock Chapter and served as President of the Board of Directors. He also served as a State Regional Director for several years. His leadership will be missed.

Three new members of the Board of Directors were elected at the Annual Meeting. The new members are Karen Merrey, Charlie Smith and Tom Gire. They are replacing outgoing members, Sally Glaze, Hank Weech and Lamar Miller. We thank the outgoing members for their service and wish the best to the new members.

The guest speaker at the meeting was Bennett Napier, Executive Director of the State Office in Tallahassee. He spoke to us on the proposed legislative changes to Florida Statute 651 and the possible actions the Legislature may take. The local chapter will be kept advised on this issue.

In Executive Session after the general membership meeting, the Board of Directors elected the officers for the coming year. They are:

- President: Ron Hoopes
- Vice-President: Judy Plaut
- Secretary: Karen Merrey
- Treasurer: Tom Gire

At their first meeting the new Board of Directors appointed committee chairs. They are:

- Membership Chair: Mary Wake
- Communications: Donna Wagner
- Legislative: Dick Cofer

The board is looking forward to an active year in representing the desires of our residents at the State level. If you have any questions regarding FLiCRA activities, contact any member of the Board of Directors.

- Hank Weech



**The 2017 FLiCRA Board of Directors (l to r):**  
 FRONT: Mary Wake, Membership Chair, Donna Wagner, Communications Chair  
 REAR: Ron Hoopes, President, Dick Cofer, Legislative Chair, Karen Merrey, Secretary, Tom Gire, Treasurer, Charlie Smith, Director at Large, Ron Finch, Director at Large.  
 Absent: Judy Plaut, Vice-president

## Come One, Come All

Oral health is strongly linked to our overall health. As we age, both oral and overall health can deteriorate. An important aspect of good health is regular and frequent care of our mouths. This can become difficult as we become less able to care for ourselves. More importantly, we may not even notice the changes that occur to our teeth and gums. Infections in our mouth can arise that lead to other negative health outcomes, such as pneumonia. To avert this unfortunate downward spiral, Dr. Olga Luaces, the dental team from our Oak Hammock Dental Clinic, and the UF College of Dentistry held a wine and cheese informational event on February 3 at 3:00 p.m. in Assisted Living (AL) to inform residents about a new Oral Health Program. This program includes a free dental screening for AL residents followed by an opportunity for a full examination, including recommendations for treatment focused on preventing future dental problems. The free oral health screenings for AL members were held on February 16 from 1:00-4:00 p.m. Dr. Luaces provided oral health education seminars for all CNAs and nurses in the Health Pavilion on Wednesday, March 22. We are also pleased to announce that UF dental students will be making weekly visits to AL beginning in May to assist residents in preventing oral disease through effective brushing and flossing.

- Henri Logan

## Travel Club Presentation

Ron Hoopes gave a presentation on Provence and Italy on January 5 in the Oak Room and the following morning in the Health Pavilion.

- Oak Leaf staff, content;  
Tracey Bell, photo



## River of Dreams: The St. Johns River And Its Springs Whitney Sanford Natural History Presentation

Dr. Whitney Sanford, UF professor of religion and daughter of Oak Hammock residents Mary and Charlie Sanford, gave a Natural History Society presentation on January 19 about the St. Johns River and its springs. This is on exhibit at the Matheson History Museum from January 21 to June 24. The St. Johns, which flows from south to north, was once known as Florida's Highway and has a fascinating history.

Whitney and her students are also featured in an article titled "Outdoor Sanctuary" in the January/February issue of *Our Town* magazine.

- The Oak Leaf staff



## Matheson Museum exhibit on the St. John's River "The River of Dreams"

On January 24, 12 of us from Oak Hammock visited the Matheson Museum to see their new exhibit on the St. John's River. The week before, Dr. Whitney Sanford, one of the curators of the exhibit, had come to Oak Hammock to talk to us about the history of the river and the new exhibit. It was fun having Whitney with us at the Matheson to answer questions. Pat Harden also had a lot to share about her experiences on the St. John's River.

After seeing the exhibit, we went to the Ocean Buffet for lunch. Several of the group had never been there and thoroughly enjoyed their new experience.

- Mary Sanford

## Birds Around Gainesville and Sweetwater Wetlands Park

On February 16, Judy and Tom Gire shared photos and sounds of 50 of the approximately 350 birds in this area in a program sponsored by the Natural History Society.

On February 21, a lovely Tuesday morning, 14 Oak Hammock residents went on a Natural History Society trip to Sweetwater Wetlands Park guided by Judy and Tom. While there, they saw or heard 33 species of birds.

- The Oak Leaf staff



- Tom Gire, photo

Howard Patton, Emily Patton, Irene Goebel, Judy Gire, Harriett Sterns,  
Ruth Perraud, Tom Gire, Mary Walker, Vanda O'Neill, Patsy Nelms, Diane Haines,  
Pat Harden, Fred Harden, Edna Hindson

## A Cruise in the Caribbean

On February 19, 36 intrepid Oak Hammock members departed on a 10-day Caribbean cruise aboard Holland America Line's newest ship – The Koningsdam. This ship came into service in April 2016 so it was less than a year old when we sailed.

Departing from Port Everglades in Fort Lauderdale in the early evening, our first stop was Half Moon Cay, Bahamas where HAL has a private island for all sorts of beach activities, including a Tropical Island Barbeque. The day was so nice it was difficult to return to the ship. However, there was a fine dinner and excellent entertainment calling us back.

Day three found us visiting Grand Turk in the Turks and Caicos. Activities here included the ever popular shopping along with snorkeling, SCUBA diving, and touring the island. All in all, it was more than enough to keep us busy. After all this activity, we had another fine dinner and excellent entertainment.

Day four was spent visiting the Dominican Republic. This is a new stop for HAL. We docked at a new facility named Amber Cove. From here there were tours of nearby Puerto Plata or Santiago. Or you might choose a beach or snorkeling activity. The entertainment was by Matilda, a hand puppet that was humorous and insightful. We enjoyed the ability of the puppeteer, Patrick Murphy, as well the comments by Matilda.

Day five was a day at sea. This gave us an opportunity to recover from the activities of the previous days by sitting quietly and reading. Dee and Bob Taylor could be found in their usual spot at Table 76 in the Lido Market dining facility. There, they held court over the rest of us, imparting a sense of stability.



On Day six we arrived at the first of the ABC islands – Bonaire. We had the choice of going ashore

by ourselves to explore the city of Kralendijk or participating in a variety of beach and water activities. While ashore in Bonaire, we were treated to a Carnivale Parade by costumed school children. The music was loud and the marchers active.



On Day seven we visited another ABC island – Curacao. It is the home of the sweet blue liqueur that is flavored with dried peel of the bitter Laraha orange and used in a wide variety of cocktails enjoyed around the world. Once again, we had the opportunity to participate in a variety of beach activities or a tour of the local sights to include a stop at the Chobololo distillery to learn the process and sample the delightful product.

Day eight saw us at our final destination in the ABC islands – Aruba. We were offered tours of the town and countryside as well as the, by now, usual beach activities. A Carnivale parade was scheduled in the afternoon, so several of the major streets were blocked off. This forced tourists into a circuitous route to see the shops along the waterfront. The parade came down the waterfront street as we were departing, so we could see it only from a distance. It looked like fun.

The final two days were spent leisurely sailing the Caribbean to return to Fort Lauderdale. This gave us the chance to relax and prepare for our return to reality. As part of the prep, we enjoyed a cocktail party in one of the many bars on the ship. This gave us a chance to swap stories about our adventures ashore and on the ship. We arrived in Fort Lauderdale in the early morning and were on our way home quickly.

We all want to thank Joe Gilkey for planning this trip and making it a reality, even if he was unable to be with us in person. We certainly knew you were there in spirit, Joe.

- Hank Weech



## Thank You!

I am sitting here in a hospital room as my travel group has gone off and returned from the cruise. However, Donna and Wilt Wagner sent to my room a touch and taste of the islands - a Tortuga Rum Cake. Oh, what a joy it is to live at Oak Hammock with a caring, loving group of people. My heartfelt thanks for all the cards and tons of well wishes.

- Joe Gilkey

## A Conversation with Bob Graham at Oak Hammock

Late one afternoon, in mid-February, Florida Governor and then Florida Senator Bob Graham sat down with Walter Kalaf for a conversation on various topics of current interest. Walter began by asking the Governor for his opinion of the early weeks of the Trump administration.

The Governor first noted that comparing this administration with others in the first few weeks of their new term, other presidents came to the office with governmental experience. He noted the lack of civility in the current administration. Other presidents may have had differences with legislators, commentators or the press but these differences did not lead to personal comments about one's opponents. He also noted his concern for the movement toward authoritarian government in both the United States and Western Europe, citing the recent election in Austria and the upcoming elections in France and Germany.

The next topic Walter broached was the United States' relationship with Russia. Graham questioned whether the path we are now on might lead to war. He questioned whether the people around the president are competent. Do they have the judgment necessary to be involved with international issues?

The next topic dealt with national security. The recent change in the National Security Advisor and the recent Executive Order on immigration have led to a great deal of anxiety across the country. We need experienced people to advise the president and provide mature leadership for this country. The Executive Order violates the feelings of people in a "Nation of Immigrants."

Walter stated that about 200 students at the University of Florida were at risk of deportation. Reference was made to the "Indivisible" movement and Graham suggested his recent book, *America, The Owner's Manual*, supports a similar concept. This movement encourages organizations and individuals to form local coalitions for local issues.

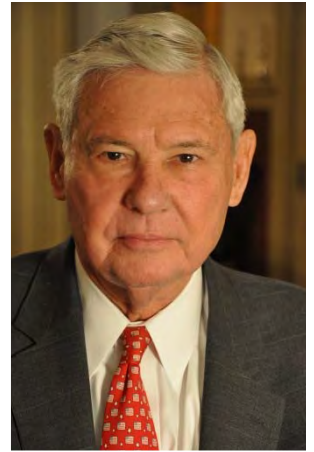
The topic of one party rule was then discussed, Walter noting that both Houses of Congress as well as the White House were all of the same party. Governor Graham stated that the country is polarized when one party dominates these three entities. For government to function, a two party system is necessary. An example is the State of Florida, which is not investing in infrastructure such as our highways. We need state legislators who will be less combative and more collaborative.

Walter brought up the topic of the upcoming Florida Constitutional Revision. The Governor noted that every twenty years there is a Constitutional Revision Commission appointed to revise the Constitution and make recommendations that will go directly on the ballot. Through various citizens' organizations, individuals can make their wishes known to this commission.

The topic of the United Nations was discussed and the Governor noted that the world needs United States leadership.

Other important issues that must be addressed by a new administration are human rights issues around the world, immigration, the presidential ban on Syrian immigration and armed conflict around the world. He noted that Saudi Arabia, with nineteen people involved in 911, was not included in the recent Executive Order.

Several questions followed from the audience. Governor Graham encouraged all to be active citizens. Both he and Mrs. Graham were most enthusiastic about the upcoming 2018 election where their daughter will be running for governor.



- Barbara Herbstman

## Oak Hammock by the Numbers as of March 13

### Independent Living

	Total	Sold	Available
Houses	57	57	0
Apartments	212	15	5

- Cynthia Lawrence

### Health Pavilion

	Total	Sold	Available
Assisted Living Units	46	42*	4
Memory Units	24	17	7
Skilled Nursing Units	73	57	16**

\*due to the option for double occupancy, the maximum capacity is 56 people in 46 apartments

\*\*fluctuates daily

- Julie Prins

## Thank You, Oak Hammock March 5, 2017

Looking back over just one week at Oak Hammock, I realized how much is offered and available for us each day. In one week...all this was provided for me, and more!

- Susan at the main desk mailed a packet and an international letter for me
- The Alachua County bookmobile was here.
- Gary Conway enabled my brother to park his motorhome on campus for an overnight visit.
- I tracked something onto the atrium, and housecleaning came and cleaned it up!
- There was a medical emergency in the atrium, and security and two nurses were here in under three minutes, very well prepared!
- Bus transport is available to so many locations.
- There was a beautiful Ash Wednesday service right here on campus!

Thank you, thank you, Oak Hammock.

- Bev Cone

## 50 years??

I'm wanting to write some real life stories about couples at Oak Hammock. Have you been married for 50 years or more? Do you have a funny story that you would share for *The Oak Leaf*? As I look around Oak Hammock, I see lots of different lifestyles, and hear about many different backgrounds as we relate to each other on a daily basis. I was fortunate to be married to my wonderful husband, Peter Cone, for ten+ years, but I don't think I can imagine what it would be like to be married for fifty+ years to the same person. Is it a fifty-year honeymoon? Please contact me if you would be willing to share some really neat or fun things that have shaped your lives together. I would love to hear from you, and I'll bet *The Oak Leaf* readers would enjoy reading something funny about you too!

- Bev Cone



## The Red Cross is Seeking Volunteers

You can participate in any of the following ways:

- Disaster Action Team Member
- Disaster Responder
- Disaster Health Services Volunteer
- Disaster Mental Health Professional
- Public Affairs and Social Media
- Veterans Clinic/Hospital Volunteer
- Office Volunteers
- Volunteer Management
- Community Outreach Volunteer
- Events Support
- Service to Armed Forces Caseworker
- Home Fire Preparedness Campaign Team

For more information go to <http://.redcross.org/local/florida/north-florida/volunteer> or contact the Volunteer Services Team about this process at 1-904-248-4085 or email [meghan.hotchkiss@redcross.org](mailto:meghan.hotchkiss@redcross.org).

## Sheriff's Posse Corrals Invasive Plants

The things that keep Oak Hammock beautiful are often more subtle than meets the eye. Sixteen loyal Oak Hammock member volunteers learned that first hand on Washington's Birthday as they worked their way through the thick woods behind the pond, sometimes in a light drizzle, and removed a highly invasive plant. It is a beautiful plant known as Christmas berry, Australian holly, coral ardisia, coral bush, coralberry, coralberry tree, hen's-eyes, and spiceberry.

Amanda Reese, our grounds manager, had recently told the Grounds and Exterior Homes Committee that this plant was a severe danger with its 95% germination rate and can overtake native plants on the forest floor. She reported that the cost of having paid contractors remove it would be quite high. Judy Plaut, chair of the Landscaping Sub-committee, organized a work posse and supplies needed to remove many of these plants.

The plants, originally brought over from China, have large glossy leaves that resist the chemical agents that might kill them! Our crew had to remove the berries and then pull the plants (some of which were about 4 feet high) out by the roots. Amanda and Johnathan were there to help pull plants and carted away four trailer loads of plant debris and thousands of berries.

A number of generous members who were unable to work also helped by contributing food dollars to pay for a barbeque lunch with cherry pie in the Duckworth Garden after our morning's work. It was a nice way to reenergize our volunteer team and celebrate our work. The catering staff had also set up a hydration station on the trails where we were working. Thanks to Chef Jon and Shirley Bruce for all their help, and to Rebecca Snowden and her staff for setting up our seating areas.

As much as was done, there are a lot more plants out there, so watch for more recruiting messages and signs for future work days!

- Judy and Mike Plaut



## ILR Social

ILR Board Vice Chair Gail Dewsbury recently welcomed a convivial, capacity crowd to the Oak Room to enjoy refreshments as ILR Board members presented financial reports and lauded Oak Hammock staffer Sara Lynn McCrea for her critical leadership and support of the organization from its beginnings in 2001 to the present day. Sara Lynn's recounting of the history of ILR was followed by the introduction of Curriculum Committee members by its chair, Trudi DiTrollo. She outlined the many rich offerings in the spring term in classes as small as 2 (Beginning German) and as large as 125 (Michelle Obama). As usual, we bemoaned the fact that we don't have time to take ALL of the wonderful classes offered

- Margaret Boonstra



## Safety First at Oak Hammock

Jan Harmon, Oak Hammock Maintenance Manager, reports that Smoke Detectors have been changed out in Building 1 and Building 2 apartments. The remaining 31 homes are scheduled to be changed out the first week in April.

Pendant batteries in Independent Living were changed out in March. The pendants in Assisted Living were changed in February to a smaller, water resistant style pendant.

Jan is happy to address your concerns. Call 548-1051 or email Jan at [jharmon@oakhammock.org](mailto:jharmon@oakhammock.org). She's one busy lady, but always finds the time to track down the answer you need. And, you can help Jan – plus avoid a big mess in your dwelling – with the proper operation of your garbage disposal! Here are Jan's words to the wise.

The biggest tip to remember and help prevent sink back-ups: The Oak Hammock garbage disposals are designed to accommodate plate scraps only and not bulk food items.

- Turn on the cold water – not hot. Cold water keeps the motor, bearings, and shredder assembly from overheating.
- Turn on the garbage disposal.
- Feed the disposal a little at a time. Keep utensils and your hands out of the drain.
- Let the food clear the disposal – you can hear when it's clear.
- Turn the disposal off.
- Let the water run a few more seconds to flush the pipe.
- Turn the water off.

If you want your disposal to last a long time and work well, keep these things in mind:

- **Bones.** Don't ever put bones in it.
- **Keep the water running.** Keep the disposer and water running for 30 to 60 seconds AFTER the food has cleared the drain -- the waste still has further to go. The water also helps the waste go down easier -- it's pushing the food down.
- **Use cold water.** Remember that hot water can melt fat, and re-solidify as a blockage further down in the drain.
- **Turn on disposal only if the water is running.**

Not everything can be safely put in the garbage disposal. Here is a list of items that you should never put in your disposal:

- hard shells from shrimp, crabs and other shellfish
- unpopped popcorn kernels
- bones
- banana peels
- celery
- potato peelings
- corn husk or corn cobs
- artichokes/celery/carrot peels/ onion skins
- coffee grounds (in quantity) or coffee filters
- rice (raw or even cooked)

Remembering the proper use of equipment – whether alarms or disposals – can help avoid unpleasant circumstances. Not only will it keep us safe, it'll keep Jan Harmon smiling too.

- Barbara Dockery

## League of Women Voters

The LWV's February speaker was Professor Evan George, immigration attorney. He will be back in May to discuss immigration law in the U.S.

UF Professor Mary Adkins is director of Legal Writing and Appellate Advocacy and a Master Legal Skills Professor at Levin College of Law. In 2016, her book *Making Modern Florida, How the Spirit of Reform Shaped a New Constitution* was published. She spoke at Oak Hammock on Florida's Constitutional Revision on March 21.

UF Professor Liz Screatton is Editor of the *Hydrology Journal* and a fellow of the Geological Society of America and the U.S. Science Advisory Committee for Scientific Ocean Drilling, serving as Chair from 2009 to 2011. She is well known as an Ocean Leadership Distinguished Lecturer. She spoke on Fracking in Florida on March 28.



- June Girard

## 2017 Finals Competition UF Student Research on Aging

Many of you made an excellent choice on February 22, when you attended the ILR Poster Exposition, featuring UF graduate students and their research on the various aspects of aging. That event has received enthusiastic reviews. Following the poster presentations that night, our three judges, Dr. Joe Shands and UF Professors Susan Bluck and Steve Anton, selected five of the presenters to be Finalists for the 2017 Levitt Awards. These awards, named in honor of Robert "Bob" Levitt, a founding member of ILR, are sponsored and financially underwritten by the ILR. First prize is \$1,000.

On March 17 at 10 a.m. in the Oak Room, the five finalists each gave a fifteen-minute Power Point presentation of their research projects. The presentations were tailored for an intelligent layman audience. Our judges decided on award levels, based on these presentations. The following subjects were addressed:

- The link between high blood pressure and cognitive impairment
- Measuring rehabilitation following a stroke
- Decreasing the risk of developing dementia
- Adopting a high protein diet without GI issues
- Gene therapy – an advance in treatment for macular degeneration

**The winner was: Sudeshna Chatterjee**

**Second place tied: Lindsay Rotblatt and Talia Seider**

**Honorable Mention: Manas Biswai and Amanda Ford**

*- Ron Bern, ILR content; Karen Merrey, photos*



(1) UF Student with his poster on "Nutritional and Functional Assessment of Elderly People at Health Home Care Nepal" and Karen Miller, Oak Hammock resident; (2) On the left of the display board, a student from UF is explaining her poster and research on "Muscle Performance" to judge, Dr. Stephen Anton. On the other side is a student talking about her poster on "Adjusting to Retirement" with Susan Wiltshire, Oak Hammock resident; (3) The five finalists - Back row: Manas Biswal, Amanda Ford, Sudeshna Chatterjee. Front row: Lindsay Rotblatt, Talia Seider

## Estelle Aden

Students of Professor Estelle Aden's first Spring Session ILR class on Short Stories were treated to a beautifully decorated cake. Professor Aden brought it to illustrate "A Small Good Thing" by Raymond Carver.

This year (2017) marks the 11<sup>th</sup> year Professor Aden has been teaching ILR classes in Theatre, Films, Short Stories, and an annual full-day Shakespearean play, making her the longest continuous presenting and performing professor in Oak Hammock's ILR history.

*- Nita Beckman*





## Who Influenced Me To Make Me Who I Am Today: Jerry Barshov

My mother did much, but it was my dad who fine-tuned my genes to mold me to his expectations. While an avowed atheist, he preached tolerance and understanding. To this day I follow his dogma, but respect deeply the most pious person, be he Hebrew, Muslim, Christian or whatever. I, in turn, coined a phrase when counseling my four children, and that was "EFO" – Empathy For Others.

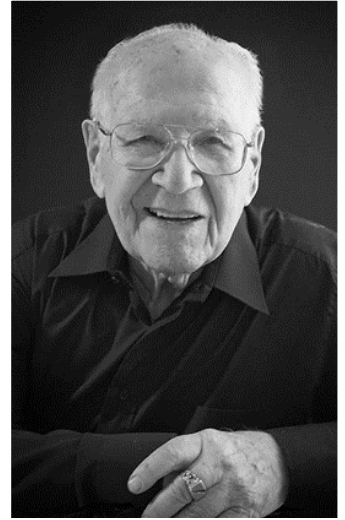
In my early teens, my dad would take me to Columbus Circle in New York City to listen to a varied group of speakers, much the same as in Hyde Park, London. There were hobos, free thinkers, preachers, men and women from every walk of life. It was there that I began to learn and emulate my father's philosophies.

It was my father who taught me bike riding, roller skating, baseball, and swimming, and to appreciate life in general. Living in a very urban area, we often took drives into the country. As soon as I

could read, he spoon-fed me books like *Age of Reason* by Thomas Paine, and the philosophies of Voltaire and Horatio Alger.

He also insisted I have a dog, and selected a German Shepherd who became a good part of my life from ages 10 to 16. I had two brothers, but for some reason my dad chose me to be Chuck's master. He was with me when I delivered newspapers, and when swimming where it was permitted. Many of his tricks were performed with my hand signals. We practically slept together.

- Jerry Barshov; photo by Michael Levy



Mary Sue Koeppel has helped many Oak Hammock residents write about their lives, and Jerry's essay was written in response to one of her assignments. Whether or not a class has been involved, readers are invited to submit a short story to the Oak Leaf about whoever exerted the most influence on his or her own life.

- Margaret Boonstra

## Frogs Invade Gainesville

Sandhill Cranes, those big brown birds that winter with us each year, have flown back north to do what birds do up there. Spring is extra special in Gainesville this year. We welcome the colorful world of anurans – commonly known as frogs and toads. We're not talking the tadpoles caught by every kid on the block. Or the toads, notorious for causing warts.

Check out the latest traveling exhibit at the Florida Museum of Natural History: **Frogs! A Chorus of Colors**. It features fascinating live frogs, each adapted ingeniously for survival in locations around the world! The unique installations include living plants and flowing water. Visitors search for hidden frogs among the foliage, activate their calls and discover the important role that frogs play – including potentially foretelling the future health of the environment.

Chase away the summer hum-drums. Hop on over to see this outstanding exhibit that runs until September 24. There is no general admission to the museum -- which is open seven days a week. However, special exhibits such as Frogs! A Chorus of Colors, require a purchased ticket (\$8.00 adults; \$7.50 seniors and Florida residents; \$5.00 ages 3-17; free for museum members and UF students with Gator 1 card.)

You've never seen frogs like these. They'll make you feel like a kid again. Kermit guarantees it!! Ribbit. Ribbit.

- Barbara Dockery



## Functional Fitness Assessment, 2017

The annual functional fitness assessment (FFA) was completed on March 8 and 9 in the Oak Room. The assessment is a great way for residents to test themselves in various components of fitness such as balance, muscular strength and endurance, power, agility, flexibility, and aerobic capacity. It also includes a questionnaire to assess residents' ability to perform instrumental activities of daily living. There is also a caregiver strain index and geriatric depression scale. The final component is a cognitive assessment called the mini-mental examination.

The assessment is administered exclusively for the benefit of the residents to see where they stand in comparison to others within the same age and gender norm ranges. Multi-year participation results are also shared so each resident can compare their performance to results from previous years. This helps with identifying trends and changes in each of

the previously mentioned components of the test. If areas of concern are identified, appropriate plans to focus on improvements or avoidance of deterioration can be designed and implemented.

Typically, it takes the fitness center staff a few weeks to input the data collected from the residents. Afterwards, reports are generated and distributed to all who participated in the FFA. The Fitness Center is more than happy to interpret any of the results after they are distributed and answer any FFA related questions that anyone may have. These reports are beneficial in helping participants and fitness center staff design a fitness program suited to address any identified areas of concern and maintain areas of proficiency. We would like to thank everyone who participated and helped promote the annual FFA.

- Justin Smith, Director, Fitness Center

## New Cardio Equipment

I would like everyone to get a look at the new cardio equipment that was delivered and installed at the Oak Hammock Fitness Center the morning of February 28. There are five new pieces including two treadmills, two elliptical, and one recumbent bicycle. This cardio refresh is an exciting improvement to the exercise equipment roster. I look forward to introducing these new pieces to the residents of Oak Hammock who are current and future fitness center patrons.

We truly appreciate the prioritization and the allocation in the capital expenditure budget to make fitness and wellness a great part of the Oak Hammock experience.

- Justin Smith, Director, Fitness Center



- Doug Demichele, photo

The staff of the Fitness Center on the new cardio equipment.  
Back row, left to right, are Emily and Ashley on the ellipticals and Katie and David on the new treadmills.  
Front right is Justin Smith, Director of the Fitness Center, on the new recumbent bike.

## Pat Harden Honored

Pat Harden, Oak Hammock resident, received a 2017 Conservation Stewards Award at the “Women in the Woods” event on Saturday, March 18 at Prairie Creek Lodge. This is an annual event sponsored by Alachua Conservation Trust.



- Photo Courtesy of Tom Kay/  
Alachua Conservation Trust

Pat's involvement in conservation efforts spans nearly five decades. She is currently the Coordinator of the Protect Paynes Prairie Coalition (PPPC). She also serves as Vice-President of the Florida Springs Institute. Pat served eight years on the St. John's River Water Management District Governing Board, including two years as chair. She served as an active member of the Board of Trustees of the Florida Chapter of The Nature Conservancy (TNC) for 40 years and continues as a member of its Chairman's Council. Pat is a founding member of the Friends of the Wekiva River, Inc. She has served on numerous advisory committees and boards including federal, state, regional, and local governments/agencies as well as many other conservation organizations.



- The Oak Leaf staff

## “Sing For Life”

In 2011, Professor Ronald Burrichter and Dr. Brenda Smith of the School of Music at the University of Florida developed a program of weekly voice classes intended to improve the vocal strength and quality of life for Parkinson's patients *and their caregivers*. It is a part of the Arts in Medicine at UF program.

Begun as a pilot program at the University of Florida in the summer of 2011, using familiar songs and speech exercises along with strategies for posture and breathing, the program continues to provide a mind body connection that improves cognitive awareness. All activities are performed in a seated position for comfort and safety.

The program has produced numerous positive outcomes: strengthened lung capacity, improved short-term memory, vocal range, tonal quality and pitch accuracy. Caregivers are instructed in how to maintain these outcomes throughout the week.

After several years of being conducted on the UF campus, the Sing for Life program moved to Oak Hammock and met for the first time on February 9 and will continue to meet on Thursday afternoons, 4 to 5 p.m., in the Acorn Room.

Since each participant receives individual attention, the group needs to be fairly small. However, Ron and Brenda will gladly add any Oak Hammock member, as space allows. Any Oak Hammock Parkinson's patient who hopes to learn more about how healthy singing can strengthen communications skills should give this non-invasive, pleasurable method a try. No previous musical experience or music reading skills are required.

If you have been diagnosed with Parkinson's and would like to participate, please contact our Independent Living Social Services Liaison, MaryAnn Neill, at 548-1152 or email her at [mneill@oakhammock.org](mailto:mneill@oakhammock.org). We are so pleased to continue strengthening our partnership with UF with the addition of this new program to our Oak Hammock campus.

- Barbara Dockery, Henri Logan and Dick Martin

## Spring is in the Air



**Hooded Mergansers have returned to our pond at Oak Hammock!**



- Richard Jones, Photo

### Good News!

We're going to be reworking and republishing the paper **Pictorial Directory** this summer. Keep an eye out for updates.



### The Film Club

The Film Club is in the middle of its Kurosawa series, three films by Japan's greatest director. We've seen *Rashomon* (1950). On March 21, we saw *Ikiru* (1952) about a paper-pushing bureaucrat who finds a way to make his life meaningful; on April 18, we'll see *Akira Kurosawa's Dreams* (1990), which is about just that. Showings are on the third Tuesday of the month in the Oak Room at 6:30. Open to members only. To join, contact Norm Holland, 371-9443.

**AND** on May 16, members will vote on the next series of three films by a given director. Nominations, members, please!

The Film Club/Alliance Française series has completed a run of French classics with the showing of the complete works (three shorts and one feature) of the legendary Jean Vigo. We'll turn next to the witty comedies for which the French are fa-

mous. We'll be showing three films written or directed by Francis Veber: On April 4, *The Tall Blond Man with One Black Shoe / Le Grand Blond avec une chaussure noire* (1972); on May 2, *Le Dîner de Cons / Dinner for Dopes* (1998); on June 6, *L'emmerdeur / The Pain in the Butt* (2008). Films in the French series are open to all Oak Hammockers and, indeed, to townsfolk, and all are subtitled in English. Showings are on the first Tuesday of the month in the Oak Room at 6:30 p.m. Put them in your calendar.



- Norm Holland

## Good-to-Go Update

The Good-to-Go team is at work revising the comprehensive set of materials designed to assist families in planning ahead for the inevitable. An outgrowth of a program presented several years ago by the late Ben Overton and Carol Ash, the effort has received accolades from a wide range of users both within Oak Hammock and abroad. The original User's Guide was created in 2012 by the Good-To-Go (GTG) group of residents - Bill Castine, Joan Dewey, Wayne Forehand, Tom George, Leon Glaze, Nancy Green, Hutch Hutchinson, Gaye Kirkpatrick, Al O'Neill, Bob Petzold, Bob Taylor, Alvin Warnick, and Hank Weech – with plenty of advice and guidance from our Hammock family members. Now greatly expanded from its beginning five years ago, the GTG package has been made available to a wide audience through its postings on [infoh.us](http://infoh.us), the website constructed and maintained by and for Oak Hammock residents.



[ru.gud.to.go@gmail.com](mailto:ru.gud.to.go@gmail.com)

Having announced his "retirement" some time ago, Hutch has turned over the reins of leadership to Margaret Cofer. She plans to host later this year a series of meetings to review the materials for some residents and introduce them to our newer residents. Meanwhile, she invites interested parties to join the GTG team for a thoughtful review of existing materials and to generate ideas for any necessary expansion. If you would like to join, let Margaret know your name, telephone number, and e-mail address. She is accessible and would be delighted to assist in using the materials.

GTG materials are available via [infoh.us](http://infoh.us), on the computers in the Member Business Center, and in hardcopy. You may send a message concerning GTG to [ru.gud.to.go@gmail.com](mailto:ru.gud.to.go@gmail.com). Margaret and the GTG team would love to hear from you!

- Bill Castine

## Dog Park Special

Thank you, Nancy Perry, for organizing a wonderful picnic for people and dogs, and for bringing so many dog-centered Gainesville merchants to help us celebrate together at OH. There were samples of special treats for dogs, new foods to try, vets represented, Alachua County humane society, and even an acupuncture presentation for dogs! The dog park is a welcome place to visit with others, enjoy lots of 4-legged activity, and today, to have a delicious hot dog besides. We had dogs of all sizes, no cats, but our resident bird attended, and was quiet and calm. It was great fun.

Molly is too tired to write about her day this time, and Wally hurt his paw, so is resting also, but we all had a woof-friendly day together.



- Bev Cone

It's a challenge getting a group shot when our four-legged friends are so excited to be able to feast on the amazing fragrances of new friends. But here is a shot of 5 doggies "doing their thing". See if you can find them all!

- Michael Levy, photo and caption

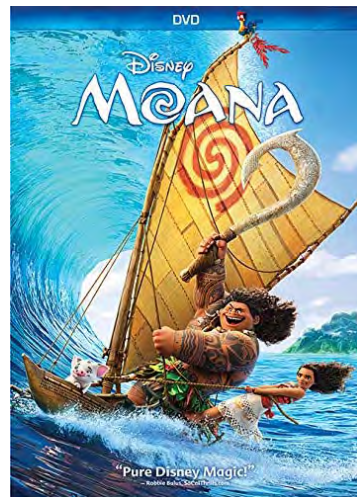
## Upcoming Movies

Watch the bulletin boards, Resident Apps, and infoh.us for the latest in movie trailers and updates.

**April 8**

### ***Fences* (PG-13, 2016)**

Troy Maxson (Denzel Washington) makes his living as a sanitation worker in 1950s Pittsburgh. Maxson once dreamed of becoming a professional baseball player, but was deemed too old when the major leagues began admitting black athletes. Bitter over his missed opportunity, Troy creates further tension in his family when he squashes his son's (Jovan Adepo) chance to meet a college football recruiter.



**April 15**

### ***Moana* (PG, 2016)**

An adventurous teenager sails out on a daring mission to save her people. During her journey, Moana meets the once-mighty demigod Maui, who guides her in her quest to become a master way-finder. Together they sail across the open ocean on an action-packed voyage, encountering enormous monsters and impossible odds. Along the way, Moana fulfills the ancient quest of her ancestors and discovers the one thing she always sought: her own identity.

**May 6**

### ***Hidden Figures* (PG-13, 2016)**

Three brilliant African-American women at NASA -- Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe) - serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race, and galvanized the world.



**May 13**

### ***Lion* (PG-13, 2016)**



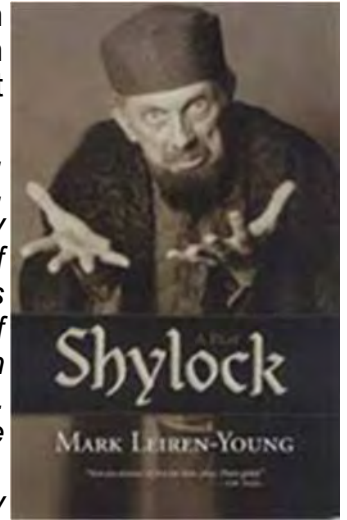
In 1986, Saroo was a five-year-old child in India of a poor but happy rural family. On a trip with his brother, Saroo soon finds himself alone and trapped in a moving decommissioned passenger train that takes him to Calcutta, 1500 miles away from home. Now totally lost in an alien urban environment and too young to identify either himself or his home to the authorities, Saroo struggles to survive as a street child until he is sent to an orphanage. There, he is selected to be adopted by the Brierley family in Tasmania, where he grows up in a loving, prosperous home. However, for all his material good fortune, the adult Saroo finds himself plagued by his memories of his lost family and tries to search for them even as his guilt drives him to hide this quest from his adoptive parents and his girlfriend. Only when he has an epiphany does he realize not only the answers he needs, but also the steadfast love that he has always had with all his loved ones in both worlds.

## Shakespeare

The recent wave of anti-Semitism in the U.S. is not new. It goes way back in Western culture. *The Merchant of Venice*, for example, is an anti-Semitic play in parts. But in one place, Shakespeare gives vengeful Shylock one of the greatest speeches in the history of theatre:

*I am a Jew. Hath not a Jew eyes? Hath not a Jew hands, organs, dimensions, senses, affections, passions; fed with the same food, hurt with the same weapons, subject to the same diseases, healed by the same means, warmed and cooled by the same winter and summer as a Christian is? If you prick us do we not bleed? If you tickle us do we not laugh? If you poison us do we not die? And if you wrong us shall we not revenge? If we are like you in the rest, we will resemble you in that. If a Jew wrong a Christian, what is his humility? [recourse] Revenge. If a Christian wrong a Jew, what should his sufferance be by Christian example? Why, revenge. The villainy you teach me I will execute; and it should go hard but I will better the instruction.*

- Bob Gentry



## Our Neighbors, the Goats

John and I use to go for a Sunday morning walk over to feed the goats in the backfield. I always thought it was fun to "interact" with the goats and we took carrots to feed them that were greedily received. Recently, Roger Curtis has been walking over to the field with John. Roger brought some carrots from his garden plot. The goats appreciated the carrots, particularly the green tops. There are two new baby goats, one white and one black, but they didn't seem much interested in the carrots.

The other day when John and Roger were feeding the goats, a young lady driving out from Oak Hammock stopped to see what was going on and took some photos of them and the goats.

- Janet Axe, content;  
Else Fox-Jones, daughter of William Fox, photo

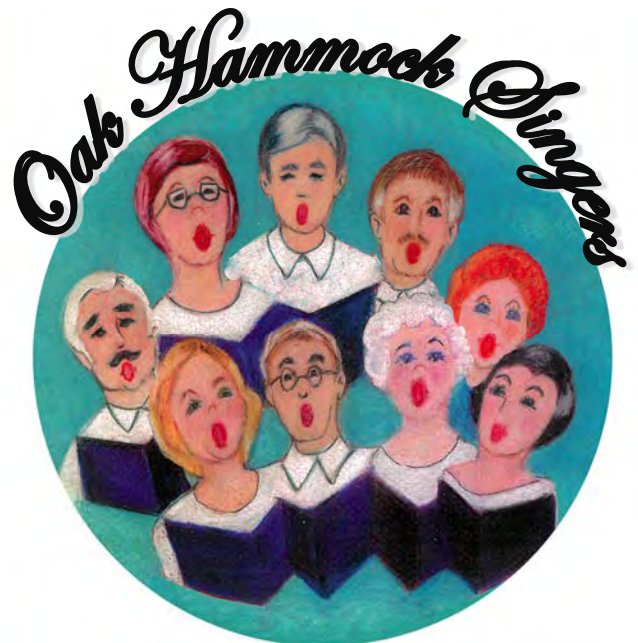


## Save the Date

The Oak Hammock Singers will present their 2017 Spring Concert on Wednesday, May 10, at 7:30 p.m. in the Oak Room, featuring music from *South Pacific*. We are privileged to be under the direction of Professors Ron Burrichter and Brenda Smith, who dedicate so much of their time to help us bring polished and professional performances to our audiences. We invite all Oak Hammock residents and their guests to join us on May 10. Fun surprises await!

There will be a very special performance on May 8 at 4 p.m. in the Oak Room for residents of Assisted Living and Skilled Nursing.

- Jan Havre





**Co-Editors**

Janet Axe, Patsy Nelms

**Advisory Committee**

Betty Young

**Oak Leaf Committee**

Margaret Boonstra, Bill Castine, Kathryn Clark, Cynthia Clements, Bev Cone, Barbara Dockery, Carole George, Jan Havre, Barbara Herbstman, Mary Hughes, Adrienne Langford, Beth Paul, Jack Polk

**Additional Contributors (This Issue)**

Nita Beckman, Magda Berken, Ron Bern, Keith Berg, Barbara Frances, Bob Gentry, Joe Gilkey, June Girard, Valerie Griffith, Norm Holland, Mary Sue Koeppel, Cynthia Lawrence, Jane Levy, Michael Levy, Henri Logan, Dick Martin, Karen Miller, Marquesha Odom, Mike Plaut, Mary Polk, Julie Prins, Mary Sanford, Marion Siegel, Justin Smith, Hank Weech

**Photography (This issue)**

Tracey Bell, Magda Berken, Beverly Brechner, Kathryn Clark, Bev Cone, Laura Dockery, Tom Gire, Norm Holland, Else Fox-Jones, Joe Gilkey, Richard Jones, George Lewis, Michael Levy, Jared Makatura, Dick Martin, Karen Merrey, Phil Morrison, Rod Owens, Nancy Perry, Michael Plaut, Jack Polk, Joyce Riffe, Hank Weech

**Additional Proofreaders**

Sally Foote, June Smith

**Graphics**

Katherine Osman, Layout

## Memorial Contributions to the Oak Hammock Benevolent Fund

Since we last reported on the Contributions to the Benevolent Fund, a total of \$2,329 has been received. Contributions were made in memory of: Lamar Miller, Jean Davis, Doug Hazen, Brandy Wight, Carolyn Austin, and Nan Russell.

Contributions to the Benevolent Fund are tax deductible to the extent of the law. The amount of your contribution is kept confidential and will be reported to you only as a tax receipt and used in calculating totals for the Benevolent Fund. The Benevolent Fund is an important part of fulfilling the Oak Hammock mission. To date, it has been used to aid financially several members who were in need of assistance. If you have any questions or inquiries about the Benevolent Fund, please contact the CFO, Andrew Davey.

- *The Oak Leaf staff and Marquesha Odom*



## 2017 Residents' Council



President Carole George  
 Vice President Nancy Wood  
 Secretary Pat Collier

<u>Committee</u>	<u>Meeting Time</u>	<u>Location</u>	<u>Chairperson</u>
Finance	3rd Thursday, 1:30 p.m.	MPR	Al O'Neill
Communications	1st Monday, 10:00 a.m.	MPR	Bill Zegel
Health/Well Being	4th Thursday, 2:00 p.m.	MPR*	Henri Logan
Travel/Events	1st Monday, 11:00 a.m.	CRA	Joyce Riffe
Dining	4th Friday, 10:00 a.m.	MPR	Carol Reed Ash
Long Range Planning	3rd Thursday, 3:00 p.m.	MPR	Nelson Logan
Building and Health Pavilion Maintenance**	1st Thursday, 10:00 a.m.	Acorn	Bob Blood
Grounds/Exterior Homes**	1st Thursday, 10:00 a.m.	Acorn	Richard Jones
Interior Design/Home Care**	1st Thursday, 10:00 a.m.	Acorn	Midge Smith

\* Unless notified otherwise.

\*\*These three committees meet at the stated time and place for reports from the Plant Operations staff and then separate into their respective committees at locations announced at the overall session.