



Oak Hammock The Oak Leaf at the University of Florida

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How Much Would a Woodworker Work If a Woodworker Could Work Wood?

That question may be answered later this fall. Happily, in the past month, we have made great progress on the woodworking shop at the western entrance of Oak Hammock. A crew from maintenance led by John Lackey has installed air conditioning and erected the framework for walls separating the woodworking shop from the area of the building shared by OH Maintenance. A partition will also divide the shop into a machine room and a project assembly room.

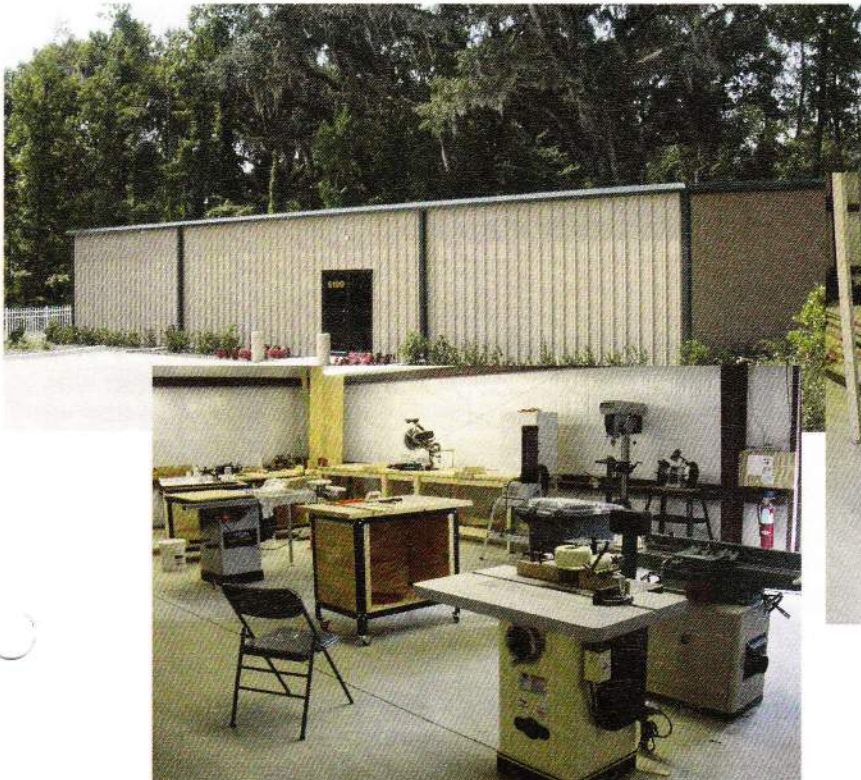
All the woodworking machinery (several types of saws, a planer, a joiner, etc.) has been delivered and assembled, and most tested. We are building worktables and cabinets, and we chipped in to buy storage lockers for tools and projects. Some of us are already

building small personal projects.

With support from Oak Hammock, we have created a shop manual and formed a safety committee. This committee will interview Oak Hammock members who wish to use the machines to make sure that they understand the machinery use and safety precautions to be followed while in the shop. Oak Hammock requires users to sign a liability waiver before having access to the machinery.

We hope to have the shop fully functional in September, and we look forward to having an open house for Oak Hammock members when it is ready.

—Arthur Saarinen



Chef's Corner

What is a Dietary Manager? I recently had the privilege of interviewing Lisa Morgan, the Dietary Manager for Oak Hammock. The first thing I wanted to know was what exactly a dietary manager is and how the function differs from that of a registered dietician or a nutritionist. A dietary manager is a person who is certified after course completion and a one-year internship. In addition, 42 continuing education units are required every three years in order to maintain the certification. Lisa's certification came from the University of Florida; she also holds a Serve-Safe certification which deals with proper sanitation and requires re-testing every five years. As for the differences, the dietician approves menus and is required to visit skilled nursing patients upon admission and annually thereafter. This person works in a healing mode, meeting needs according to ideal body weight and diagnosis. The nutritionist works more in a preventive mode, addressing the proper foods to eat to encourage physical fitness.

The dietary manager specializes in one-to-one service. She is at Oak Hammock five days a week and is on call 24-7. Lisa regularly visits members in Skilled and Assisted Living, including Memory Support, and sees Independent Members on request.



She is the liaison between the Pavilion Member and Dining Services, making sure that both member and employee needs are met. In addition, Lisa works with students who go through Oak Hammock, she has worked with two interns from Health Administration. Lisa reports to Chef Kris Krug.

In the Health Pavilion, special diets are part of a liberalized diet menu. For instance, instead of a 1500-calorie diet, the Pavilion offers a reduced concentrated sweets diet. This is a trend among many assisted living and skilled nursing facilities. The advantage of a liberalized diet is that it offers a greater variety of foods from which to choose.

If a member rejects the diet ordered for his or her condition, such as a reduced concentrated sweets diet for a diabetic, the staff cannot refuse to serve what the member wants. Lisa, however, will attempt to counsel the member and, if this does not help, she will counsel the family in hopes that they will influence the member. In the final analysis, however, the member is given the choice. In addition, much compassion is shown toward members in an end-of-life situation with respect to what they wish to eat.

—Roanne Coplin

FLiCRA Chapter News

At the time of the July meeting of the local chapter of Florida Life Care Residents' Association, 270 out of 315 (86 percent) of those who live at Oak Hammock had joined FLiCRA. If you have not joined FLiCRA, please talk with your neighbors and help to bring our membership closer to 100 percent.

The Oak Hammock Chapter of FLiCRA invites all members to attend a presentation by our State President in the Oak Room at 2:00 p.m. on October 6, 2006, so mark your calendars for this date. We would like all Oak Hammock members to be there

to meet and welcome Mary Ann Koopman. Dr. Koopman is also a member of the Governor's Continuing Care Advisory Council and late last year was elected chairman of the Council. Prior to her visit at Oak Hammock, she will have attended a meeting of the Governor's Council and will present information derived from that meeting. More information concerning Dr. Koopman and her visit will be in a later edition of *The Oak Leaf*.

—Bob Denny

Accessing the Health Pavilion

Some independent residents have lately raised concerns about access to the Health Pavilion when they need it. Some have wondered if a bed will be available when the need arises. Another concern is whether an Independent Living resident will be allowed to check in to the Health Pavilion if he or she is not feeling well.

First, if there is a reason for an independent resident to be admitted to the Health Pavilion, state and federal regulations require an order from a physician. In the case of admissions to Skilled Nursing and Rehab, we will generally know ahead of time when you are going to need admission. Usually, a resident would be admitted to Skilled Nursing and Rehab after a hospital stay of 3 days or longer, but it could be necessitated by a transfer from Independent or Assisted Living.

Admission to assisted living could also follow a hospital stay or be a transfer from Skilled Nursing. Nevertheless, a doctor's order and the required paperwork would be necessary.

In some cases a member may see a physician for outpatient services and it may be on a weekend or after hours. Again, in any case, a physician's order is required before he/she can be admitted. We cannot admit a person without the physician's orders and the proper paperwork.

In any situation Admissions Manager Cindy Flowers will coordinate your admission and be in contact with you and/or hospital personnel on how you are doing and when they think you will be returning to Oak Hammock. Any paperwork that is needed in order to be admitted to the Health Pavilion will be handled by Cindy, the hospital and/or your physician.

Now, to answer the question, "Will there be a bed in the Health Pavilion when I need it?" To date we have not experienced any problems with not having a bed available for a member in the Health Pavilion. We always try to leave four beds open on the Skilled Nursing and Rehab Unit and four beds open in the Assisted Living. We leave these beds open for members only in case there is a need.

If for some reason there is not a bed available we have set up agreements with other facilities in the area that will admit Oak Hammock members. Your stay there would most likely be a short one and only until a bed becomes available here. At that time you would be transferred to Oak Hammock. If you are on a Life Care contract, your stay at another fa-

cility would be paid for by Oak Hammock and/or your Medicare benefit. Another option would be to have a home health care agency see you in your Independent Living unit (if approved by a physician) in lieu of going somewhere else.

If you have any questions, please contact us here at the Health Pavilion or you can refer to the Member Health Manual for more information on this and other topics related to the Health Pavilion.

All of the staff in the Health Pavilion is here to serve you and serve you well.

—John Morris
Health Pavilion Administrator

548-1135

Nutrition for a Lively Life



What is the relationship between nutrition and energy? Between nutrition and mental acuity?
T o n y

Federico, a staff member at the OH Fitness Club, invites you to join him in a relaxed environment to share information, experiences and, most importantly, food. We will participate in activities to foster self-awareness, test delicious meals that promote health & vitality, and discuss ways to improve not only longevity but also quality of life. Our first get-together was Wednesday, August 9, at 11 a.m. in the Oak Hammock Fitness Center group exercise room. Watch for future sessions!

—Tony Federico, 548-1072

Greathouse Butterfly Farm Field Trip

In late June, fifteen intrepid members braved the heat and humidity to visit the Greathouse Butterfly Farm in the hamlet of Earleton. On this Natural History Society sponsored trip, we learned how the staff carefully maintain screened enclosures full of butterfly host plants, on which mature insects lay their eggs. The eggs hatch to produce caterpillars, which then munch away on the leaves of the host plant for several days before forming a hardened shell or chrysalis. The insect then metamorphoses inside the chrysalis, over a couple of weeks, into a beautiful butterfly. Many different species are raised here and are carefully examined for any contaminating viruses, bacteria or parasites. No chemical pesticides are used.

We were allowed to enter one of the enclosures with cotton Q-tips loaded with—guess what—Gatorade. Red Gatorade is a favorite butterfly

snack, and we all held our little red Q-tips high to attract a winged beauty but with little success. We also learned that the past spring has seen a deficit in wild butterflies because of lower-than-normal rainfall in north central Florida.

The Butterfly Farm carefully packs and ships live butterflies in cooled containers to events and exhibits all over the country, including to the McGuire Lepidoptera Center Butterfly Rainforest in Gainesville. Releasing live butterflies has become a popular occasion at special events such as weddings and outdoor birthday parties. Butterflies don't come cheap, however. Depending on the variety, they can cost from \$3.50 to \$9.00 each, but the high price reflects the hours of work and TLC invested by carefully trained staff.

—Phyllis Saarinen



Art and Phyllis Saarinen, Mary Brown, and Bodil Schmidt-Nielsen enjoy a snack and being out doors at the farm.



Our group looks on as the guide shows to Mary Brown the Monarch butterflies eating milkweed leaves. (Photo by Dave Morey)

IS THERE A VIOLINIST IN THE HOUSE?

Most readers will have heard, or heard about, Oak Hammock Singers. We are a motley crew of members who love to sing. Some, such as Rhoda Swerlick, have been professional singers, most have had some prior singing experience, and some have never sung before and do not read music. Most importantly we have fun and, our friends tell us, produce a pleasing sound.

Since Nancy Green organized the group over a year ago, we have had three performances, all accompanied by versatile and talented pianist Shirley Sutcliffe. Performances have also included solo musicians such as local flautist Ray Jones last October, resident member Pat Liston playing clarinet in December; and most recently flautists Amanda and Sarah Davis, granddaughters of members Mac and Peg Davis. The concert on June 30 was enhanced by percussionists Bob Denny, Joan Dewey and Joy Tucker playing Orff instruments. The Orff instruments were graciously lent to us by First Presbyterian Church for this concert.

Dr. Brenda Smith and Dr. Ron Burrichter, faculty in the UF Department of Vocal Music, have been our voice coaches while frequently bolstering the soprano and tenor sections of the chorus with their beautiful voices. They recruited members of the OH Singers for a research study of the aging voice that Dr. Smith presented at a recent conference of speech and vocal professionals. The study results emphasized the benefits of singing throughout one's lifetime.

Nancy Green was a high school music teacher

for many years and has long experience in directing easily distracted choral groups (which makes her tolerant of our penchant for socializing at every pause). The chorus accompanist, Shirley Sutcliffe, studied music and music education at the State University of New York and at the Crane School of Music. She was also a music teacher and choir director.

Oh yes, the violinist. Two of Oak Hammock's members play the piano and cello. They would love to play in a trio with a violinist. Is there a violinist in the house? Please call Nancy Green if you would like to play and/or sing.

—Phyllis Saarinen
Chorus Member



Director Nancy Green, Accompanist Shirley Sutcliffe, and Percussionists Joan Dewey, Joy Tucker and Bob Denny

Oak Hammock Singers prepare to begin their concert on June 30.

"Christmas is Comin' - the goose is getting fat...."



Barely a hundred or so shopping days left.

The Oak Hammock production of A Christmas Carol will be here even sooner. On December 8 and 9, a group of your neighbors hope to present a radio play adaptation of Dickens' wonderful ghost story. BUT, we still need a few more volunteers to round out the cast.

It will be done as a 1940's style radio drama, so all the actors will be reading from a script. No

memorizing necessary.

On August 16 we will have two organizational meetings to answer questions and plan our rehearsals. If you are even a little bit interested, please attend one - or both - of these meetings. Meeting times are 1:00 pm and 7:30 pm in the Oak Room.

To get a copy of the script to read, or to get your questions answered, call Jack Clements (264-8996) or Hutch (380-0068).

WE NEED YOU!

-Hutch Hutchinson

New Books Available in the Library

Newly published books have been purchased for the Oak Hammock Library with funds from the Recycled Riches Grant. When you see a photocopy of the book cover on the right-hand side of the Library display case, it indicates the book is available in the library for check out. A few of the books are still on order and will be here shortly.

- ◆ *Dead Sea Scrolls Today* by James Vanderkamp
- ◆ *Shadow Divers* by Robert Kurson
- ◆ *Chasing Ghosts* by Paul Rieckhoff
- ◆ *Ordinary Heroes* by Scott Turow
- ◆ *An Inconvenient Truth* by Al Gore
- ◆ *Collapse* by Jared Diamond

- ◆ *Misquoting Jesus* by Bart D. Ehrman
- ◆ *The Devil is a Gentleman* by J. C. Hellman
- ◆ *Big Coal* by Jeff Goodell
- ◆ *The Foreign Correspondent* by Alan Furst

As always, the books displayed on the left-hand side of the case are on a temporary loan from Goerings Book Store. Residents have been purchasing some of these books to read and then donating them to the Oak Hammock Library. We appreciate all book donations!

Special request: Please print your name on the card when checking out a book. Sometimes signatures are difficult to read!!

-Janet Janke

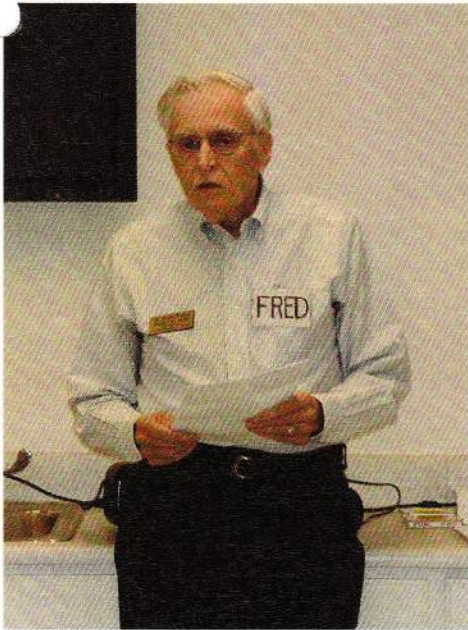
Payne's Prairie from a Native American Perspective



Oak Hammock Board Member Carlos Rainwater, a Native American, spoke to a full house in the Oak Room on August 3. His fascinating presentation, "Payne's Prairie from a Native American Perspective," captured the audience's attention. For example, Native American society in early Florida included Creeks organized into matriarchal clans which lived in towns of 150-300 persons. The Creeks came largely from

Oconee, GA, and Eufala, AL. When they moved south to Payne's Prairie they brought cattle. Due to periodic drying periods on the prairie, they moved to a new town at Cuscowilla which means "cow keeper." Eventually the U. S. government moved most of the Creeks to Ocmulgee, GA, and to Oklahoma. Interested reader may find more information at http://historic.alachua.fl.us/infosys/historic_survey.php.

Hope and Cope



Dr. Fred Kratina, psychiatrist and Oak Hammock resident, facilitated the Low Vision Support Group at the July 18th meeting to discuss "Hope & Cope." Even though there was standing room only, the interaction between Fred and the members could be summed up only as an important, enriching learning experience shared by all.

Fred's explanation of his own

visual difficulties made it easy for others to share how

they are coping with the handicap of vision loss. He led the group in the various stages one may encounter from the day the doctor tells an individual his blurry vision is permanent. Denial, anger, depression and, finally, acceptance usually follow. How the person reacts is generally determined by an individual's basic personality but many other factors enter the equation, including the support of a spouse or caregiver, getting a second opinion and changing the focus of what one cannot do to what one can do.

After the interaction led by Fred, a DVD about the subject of macular degeneration was focused on personality attributes and the importance of a positive attitude.

At the conclusion of the meeting one member suggested the most important thing he learned during the session is that "we are not alone" in our Oak Hammock environment and are fortunate to have the support of so many in our community. Fred's enlightenment was a special gift, and once again we thank him immensely.

Travel Club Program: Exploring China

The July Travel Club program, presented by Ray Goldwire, took members on an interesting, highly informative, and well-illustrated tour of China. Among scores of striking photographs were those of the Great Wall, the Forbidden City, Tiananmen Square, the rugged terrain, and even the smog that hangs over certain cities. Members interested in the culinary arts were no doubt intrigued by the several varieties of Chinese cuisine that Ray and his wife, Anne, sampled and appeared to enjoy.

In the past several months Oak Hammock residents have visited Syria and Lebanon, Haiti and the Dominican Republic, and the Galapagos Islands.

They have skirted South America and have rounded Cape Horn, all via Travel Club programs. Now they've been to China, will soon visit the Greek Isles, and in November, Sicily. We may even get to Northern Greece, Pakistan, and Thailand in the future. Where else? That's up to you.

Members who would like to present a Travel Club program are encouraged to contact Bert Miller at 375-0831. The locale need not be exotic or one rarely visited by tourists. What about Hawaii, Ireland, our National Parks, Alaska, Newfoundland, etc? You name it.

Think about it.

—Bert Miller

Needlers' Notes

There is a new quilt exhibit in the glass display case outside the Needlers' room at Oak Hammock. Deanne Taylor and Jane Millar made two of these quilts; you can also see Bob Taylor's baby quilt made by his grandmother and a baby quilt made by Deanne's aunt.

Sally Glaze, another Oak Hammock resident, has a quilt she designed and created in the juried "Quilting Natural Florida" quilt show running through August 31 at the Museum of Natural History in

Gainesville. On Tuesdays and Thursdays and on the second and fourth Saturdays from 11 a.m. to 1 p.m., you can also enjoy quilting demonstrations at the museum.

Many Oak Hammock women have myriad talents in all aspects of needle arts. Come join us Thursdays at 3 p.m. in the Needlers' room and make new friends. Men are also welcome.

—Jane Millar

Ron and Carolyn Schoenau: Big on Bromeliads



If you have paused in the central seating area on the ground floor of the Commons these summer days to visit or catch the bus, or stopped by the Information Desk to ask a question, your eye may have been caught by one of several exotic plants with unusual patterned foliage and unique flowers.

The plants are bromeliads produced by Oak Hammock hobbyists Ron and Carolyn Schoenau. Along with orchids, these plants have been forging ahead in recent years to establish themselves as the aristocracy of flowering plants. According to the Schoenaus, bromeliads have several important characteristics that orchids don't possess despite their beauty. Chief among these is that they are easy to cultivate.

"It is the ease of cultivation that attracted us to bromeliads in the first place years ago," Ron says. "Carolyn always said she had a black thumb and couldn't grow things."

Then in the early 1970s, they discovered an interesting plant at a nursery in Starke. It was their first bromeliad and when it thrived, they began to look for others to try.

One thing led to another as the Schoenaus learned more about this family of plants. They joined the Bromeliad Society of Central Florida first, then the Bromeliad Society International (BSI). In 1977, the plants they grew won their first blue ribbons in competition.

Continuing interest led them to sign up for a series of six classes. These classes helped prepare them to become more knowledgeable about bromeliads generally and to produce them successfully.

They also set them on the path to becoming accredited judges of competitions. They now judge two or three shows a year.

"This year we judged the Tampa show, the New Orleans show, and the Orlando show," Ron says. "Then in June we attended the World Bromeliad Conference in San Diego. Carolyn," he adds, "has judged every world conference show beginning in 1980 except this year where she was judges chair instead." She was membership secretary of the BSI for seven years prior to being selected to her current position, Affiliate Show Chair.

Over the years, the Schoenaus' interest in bromeliads became a hobby that "got a little out of hand," Ron says. They now have more than 450 varieties, but before moving to Oak Hammock their collection included nearly 1,000 varieties. There are somewhat more than 4,500 identified species and many thousands of hybrids worldwide. Only one of these is outside the Western Hemisphere, and it is in West Africa. The others range from South Carolina to Patagonia. The best known to us in Florida are the edible pineapple and Spanish moss which drapes some of our trees.

Actually, bromeliads are more popular in Europe than in the U. S., Ron says. This may be because they were taken home to Europe as an exotic plant from the New World by the early explorers. The headquarters for the BSI, however, is at Selby Botanical Gardens in Sarasota, Florida.

The Schoenaus consider bromeliads a remarkable family of plants and a fascinating one with which to work. Because they are some of the more recent plants to evolve and are still rapidly evolving, they are very diverse and highly adapted to filling niches in the environment of which other plants have not yet taken advantage. This may be why they seem easy to grow.

"They stand much more neglect than other plants," Carolyn says. "They just seem to have an intense wish to live."

Ron describes them as mostly epiphytic. That is, they live on trees and shrubs, but get no sustenance from them. Some species are saxicolous, which means they grow on rocks. Many other varieties are terrestrial, growing on the ground or in a medium of some sort. People often think of them as parasitic, he says, but they are not.

What do you look for in a bromeliad you are buying or raising? The same things judges look for in a

Mystery Photo



Mystery Picture: Someone in this photo lives at Oak Hammock and the Newsletter Committee has not identified who it is. The scene is the Owensboro (KY) Oilers, circa 1938. Can you help? If we find out before the next issue of *The Oak Leaf* is published, we'll print the answer.

Schoenau continued...

show, Carolyn says. You want a plant that is well centered in the pot and is not leaning. When viewed from the top the plant should be symmetrical. Its color and marking should be typical of the variety as it is pictured

Bromeliads may be grown from seed and most will self-fertilize. Many produce young plants called "pups" which may then be removed from the adult plant and started on their own. The Schoenaus are not growing from seed at present for this is a lengthy process, Carolyn says. Nor are they trying to hybridize, also a long and demanding process.

The Schoenaus are long-time residents of Gainesville. Carolyn was born here and Ron moved with his family from Michigan to St. Petersburg, Florida, when he was 10 years old. After graduating from the University of Florida, Ron was a fulltime member of the university's staff. For 28 years he was Director of the Northeast Regional Data Center. In 1967 he designed and programmed the first computerized student registration system at the univer-

sity. Carolyn's career was also centered at UF where she was Business Manager of the Department of Anesthesiology from 1964 until she retired in 1993.

"One reason we were attracted to Oak Hammock for retirement was because gardening plots and a greenhouse were a definite part of the community design," Ron says. The trees in the yard of their villa offer a home to some of their collection of bromeliads, and the greenhouse they share with more than 30 other community members is home to many other varieties.

"For members who would like to try their hands at growing plants that would benefit from a controlled environment, there is still plenty of bench space for such projects in the greenhouse," Ron says. "J. B. Green is in charge of allocating greenhouse space," he adds. "Just give him a call at 371-2932 to be assigned space."

—JoAnn Pierce

Pets, Rules, and Enforcement

The interaction of pets and people is an important factor in the culture of Oak Hammock. These relationships have a groundwork in the rules printed in the Community Members' Handbook. The Pet Survey assessed members' dispositions toward pets. Among the 184 respondents, 10% gave a negative answer, 32% were "neutral," 23% answered "positive" and 34% were "very positive."

Twenty-one per cent responded that the pet policy was an important influence on their decision to move to Oak Hammock, nine per cent checked "yes," 47% said it did not influence their decision to move here, 11% were "neutral" and 11% did not know the pet policy.

The final survey question invited members to comment about pets or pet policy; eighty-eight people did so. Below are examples of comments in each of three categories: Positive, Negative, or Ambivalent.

Positive Comments (34%)

- ◆ All the pets I have encountered have been well behaved. I enjoy seeing the pets. I felt that the fact that Oak Hammock allowed the pets was a positive thing!
- ◆ I believe the pet owners here are thoughtful of their neighbors and their lawns. The cemetery for pets is a wonderful idea. Thanks to Oak Hammock for being so considerate in this matter.
- ◆ I appreciate the pet policy. I would not be here without my pet.

Negative Comments (38%)

- ◆ I wish pet owners would follow the rules. Their pet is not so cute that it is the exception.
- ◆ I love animals; unfortunately, pet owners have been so irresponsible they have let their pets become problems to others, i.e., frail residents and allergic residents having to endure pets where the original policies did not permit pets in some areas inside buildings. Also seeing pets defecate and urinate on the front lawns while enjoying a meal or having company in the sun porch is quite repulsive. I knew about the pet policy and it was OK. The policy has been changed, and I would not move to Oak Hammock with the present policy re pets. I love pets and their owners, but I do wish

owners would be more responsive to the needs of others.

- ◆ In order to avoid falls, I do not appreciate pets on long leashes in public areas. I prefer that pets not be in public areas inside bldg, i.e., lobby, mail area, etc.

Ambivalent Comments (28%)

- ◆ I realize that pets are important for both the mental and physical health of many people, and I enjoy seeing their devotion to their pets. However I don't appreciate the few dogs that bark at me and I also dislike the smell left by incontinent dogs in our elevator.
 - ◆ I do not like to hear dogs barking outside in the corridors or trying to jump up on me as I am allergic to dog hair. However I know how much pets mean to fellow residents so I will not complain.
 - ◆ I believe it is wonderful for folks to be able to have pets. However, I am not certain that the well-being of the animal is always the best. Confined to an apartment and walking (strolling) on a leash is not enough exercise for most breeds. Some really frail individuals should not be trying to control big active dogs. Falls have occurred.



The Community Members' Handbook has a very specific set of rules regarding pets at Oak Hammock. We suggest that pet owners read the Handbook. The 58 people who wrote a negative or ambivalent comment often referred to the fact that while there are clear rules, they are not enforced. Others note that pet owners do not seem to be aware of how some of their neighbors feel about their pet's behavior, since they want to maintain harmony. Rule F in the Manual would solve many problems if the pet owners would always comply with it, for it reads: "Pets are not allowed in public areas within Oak Hammock with the exception of corridors and elevators which must be utilized by the pet to go outdoors."

A final note: The complete results of the Pet survey, including all of the members' comments, will be available in a special folder titled "PET SURVEY" in the library. It can be consulted by interested reader who wish to consider the pet culture in greater detail.

Preliminary Notice of the 2006 Members Holiday Appreciation Fund



The Partnership Council of Advisors (PCA) in the spirit of an active, caring community, has established a Members Holiday Appreciation

Fund. This fund demonstrates our appreciation of approximately 200 staff members who work to make our lives at Oak Hammock as comfortable and happy as possible. This fund not only thanks the people we see every day but also those who work behind the scenes to keep our community running smoothly.

We have this opportunity to show the Oak Hammock staff that we appreciate their efforts and that we care about them, in spite of the fact they are not permitted to accept tips or gifts from us. After careful research and deliberation two years ago the PCA established this annual fund to reward staff in appreciation for their efforts. We leave it up to you what you choose to give, with the belief that you will be generous within your means. This is an opportunity to express your appreciation for the many services ren-

dered during the last twelve months. We are not suggesting any specific amount. What you give will be strictly confidential. Only accounting staff will see your check and make the deposit for you. Please enclose your check made out to the MEMBERS HOLIDAY APPRECIATION FUND in a sealed envelope and give it to the receptionist for handling by the accounting staff.

Staff, on both the independent side and in the Pavilion, will receive an amount based on the number of hours worked through October 30, 2006. The cutoff date for receiving your gift is Thursday, November 8, 2006. Gifts received after then will be applied to the following year. This allows time for the calculations to be done and for the checks to be written to the individual staff members. The checks will be distributed to the staff on behalf of the members on November 17, 2006. A letter of appreciation from the members will be included with these checks. This will enable the staff and their families to better enjoy the holiday season.

Thank you for taking part in this generosity to those who have done so much to help us.

—Bill Enneking, Chairman
Members Holiday Appreciation Fund
The Partnership Council of Advisors

Travel Committee Report

The Travel Committee has finalized plans for the trip to Callaway Gardens December 5-7, 2006. A highlight of this trip will be the Fantasy in Lights display where millions of lights create gorgeous holiday scenes in a park like setting. Oak Hammock residents who plan to go on this trip but have not made their reservations should do so now. The tour group will spend two nights at the Mountain Creek Inn and advance reservations are required in order to guarantee that accommodations will be available. A \$100.00 per person deposit is required to secure your reservation with final payment due October 1, 2006. Optional cancellation insurance is available for \$44.00. Reservations can be made and complete information about the tour obtained by calling American Travel at 1-800-344-6769.

The Travel Committee is also completing plans for a tour to Costa Rica in the Spring of 2007. Com-

plete information on this tour is available from Holbrook Travel in Gainesville.

The Travel Committee has recently placed travel information in the form of brochures and other descriptive materials on the shelves in the Library Annex. Information is available on land tours, ocean cruises, riverboat cruises, rail tours, and Elderhostel tours.

—Russ Brown



Dining in the Health Pavilion

Perhaps the single experience that all Oak Hammock members have in common is dining. Whether it's one, two, or three meals a day, all of us eat from the same kitchen.

Meal differences within Oak Hammock. Many of us picked up the idea that all members at Oak Hammock would be fed the same foods from the same menu with the same choices, but that is not the case. This article explores what the differences are and the reasons for them.

In Independent Living there are many choices from home cooking to gourmet. Independent members are just that—Independent—and have the opportunity to eat as healthy or not as they wish. Numerous heart-healthy items are offered and others can be made heart-healthy upon request, as noted in the menus.

Those in Assisted Living also have a number of choices. Breakfasts are prepared to order, and the two specials offered to Independent members at lunch and dinner are also offered there. There is a limited number of always-available items, so that if one wants chicken or fish without the fancy sauce, it may be ordered. They also are offered a choice of two soups, three salads, a beverage, and dessert, which consists of a sugar-free pie, cake, and always-available desserts such as Jell-O, ice cream, or pudding. Whereas some of the menu items are prepared in the main kitchen and sent to Assisted Living, others are cooked in the area. Although the Chef's Special and some of the more expensive items (filet mignon) are not available, special meals are prepared and special items, such as an antipasto tray or salad of the week, are sent on a regular basis. The Assisted Living PCA devotes a part of each meeting to dining concerns. This meeting is attended by a representative from Dining Services. During this time, Assisted Living members have an opportunity to voice their concerns, many of which are addressed quickly.

Those in Skilled Nursing and Memory Support are offered tossed salad and the low salt, vegetarian soup of the day. In addition to the two specials offered in Independent and Assisted Living, they are also offered a cold entrée which is usually a sandwich. The sides and desserts are usually the same as in Assisted Living. One problem in Memory Support is that a member may order one thing, forget what was

ordered, and then see someone else eating what that person ordered and want that instead. Since this occurs so frequently, additional meals are sent over to meet this need rather than denying the person what he or she wants.

Legal implications. The meals in Skilled Nursing must be approved in advance and any changes involve paperwork and additional approvals. There are legal requirements, as both state and federal agencies regulate what may be served in Skilled Nursing. For example, it is forbidden to serve a fried egg, because the temperature of the yolk does not meet legal requirements. A State of Florida monitor makes quarterly and annual inspections. These inspections are unannounced, requiring constant vigilance. In addition, the dietician makes brief inspections twice monthly.

Special diets. A number of diets available in the Pavilion are not available in Independent Living. These include mechanical soft (e.g., ground meat, cream pies), purée, no added salt, and a reduced concentrated sweets diet. Thickened liquids (nectar and honey consistency) are also available. Puréed diets are made from the same foods offered on the regular diets and are puréed just before serving to preserve freshness and flavor. Vegetables may be mixed with vegetable juices, meat with gravy, fruit with fruit juice, and potato with milk or cheese to achieve the needed consistency. They may also be thickened slightly with whole wheat bread to add fiber to the diet.

Favorites. The most popular foods are ice cream and pie and anything Southern style. The snacks are also very popular. They are available 24-7. Those for diabetics include sugar-free ice cream, yogurt, fresh fruit (such as bananas and apples), applesauce, sugar-free Jell-O, sugar-free cookies, cold cereals, cheese, crackers, graham crackers, sandwiches, peanut butter, and diet soda. Regular snacks include sandwiches, peanut butter, cheese, fresh fruit, cold cereals, ice cream, yogurt, pudding, Jell-O, cookies, chips, applesauce, crackers, Fig Newtons, soda, and juices. There is no additional charge for snacks.

Complaints. The one consistent complaint is that the food is not the same as that in Independent. While many of the same foods are available, there are two reasons for this difference. First, design and space limitations do not permit the variety that is of-

Oakleaf Sports



For many of us, the Fitness Center is the place we've been advised by our doctors to visit on a regular basis. The Center, in fact, is one of the big selling points for Oak Hammock, and it is well staffed with the right people to assist in carrying

out the members' healthy pursuits.

Heading up the facility is Timm Lovins, 63, a man you'll want to get to know if you don't already. Since the Center's opening in 2004, he has been the Fitness Director/Physiologist. That covers the aquatic therapy area, the group exercise space and the fitness area.

Reporting to Timm are two program managers. Natalie Whitney, a UF graduate assistant, covers the fitness area, with the help of a staff of six more employees. Jen Murphy is responsible for the aquatic facilities, which include two swimming pools and the whirlpool.

Use of the equipment in the fitness center is closely monitored by Natalie and her crew. At the heart of the program is the workout log for each participating member, an exercise plan that is the product of an initial discussion session with Timm and Natalie. Already logged in are 330 of the 350 Independent Living members. Another part of the process is a completed Physical Activity Readiness questionnaire, which includes input from the member's physician.

Managing the business side of the center is Liz Horne, who also acts as liaison with the University of Florida.

Timm's original appointment came about from his own affiliation with UF. In 1998, he was hired into its College of Health and Human Performance to become the director of UF's Faculty and Staff Health and Fitness Program ("Living Well"). He continues to

consult College researchers.

Earlier on, Timm had earned a Master of Science degree from UF (1991), with a focus on Clinical Exercise Physiology. He then took a position in that discipline at the Heart Institute at JFK Medical Center in Palm Beach County. In 1994, he was named manager of its Cardiac Rehabilitation Services department.

Conversations with Timm might well turn to other areas of interest, such as automobile mechanics or music. And he's just as proud of family as we all are, in this case his wife, Lena, and 13-year-old daughter Tori, who's currently into volleyball and the clarinet.

Gator Sports:

Big surprise—football season is almost upon us. The opening game is at home on September 2, against Southern Miss.

Getting off the ground first, though, are two other intercollegiate sports. The volleyball team has an Orange and Blue scrimmage at noon on August 19 at the O'Connell Center, then hosts the Aquafina Invitational on August 25-26. South Florida and Utah are the Gators' opponents.

The soccer team kicks things off at 7 p.m. on August 25, at Pressley Stadium. They face off against Portland University, the national champs from last season.



Dining in the Health Pavilion...

ferred in Independent. Secondly, Independent members pay for what they order, often exceeding the allowance for meals in the Pavilion.

The Future. Many improvements have been made in the Pavilion dining facilities, from expanding the kitchen in Assisted Living to opening additional dining areas and expanding menu offerings. But it is important that we listen to what the Pavilion members have to say, because, for many of us, this is our future.

Ten Things You Can Do

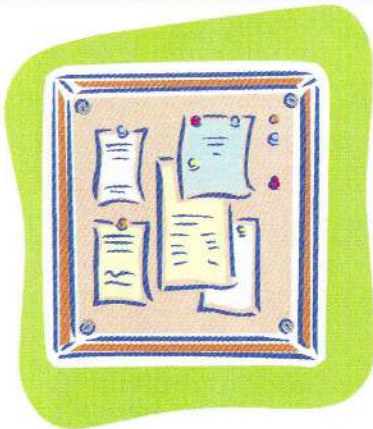
The following list originated as a way to address global warming by reducing production of carbon dioxide and is taken from <http://www.climatecrisis.net/takeaction/whatyoucando/>. Irrespective of your position on the extent to which global warming is a threat and the extent to which humans have influenced or can influence our climate, these are good conservation measures. Herewith, the quote:

Want to do something to help stop global warming? Here are 10 simple things you can do and how much carbon dioxide (CO₂) you'll save doing them.

- ◆ Change a light: Replacing one regular light bulb with a compact fluorescent light bulb will save 150 pounds of CO₂ a year.
- ◆ Drive less: Walk, bike, carpool or take mass transit more often. You'll save one pound of CO₂ for every mile you don't drive!
- ◆ Recycle more: You can save 2,400 pounds of CO₂ per year by recycling just half of your household waste.
- ◆ Check your tires: Keeping your tires inflated properly can improve gas mileage by more than 3%.
- ◆ Every gallon of gasoline saved keeps 20 pounds of CO₂ out of the atmosphere!
- ◆ Use less hot water: It takes a lot of energy to heat water. Use less hot water by installing a low flow showerhead (350 pounds of CO₂ saved per year) and washing your clothes in cold or warm water (500 pounds saved per year).
- ◆ Avoid products with a lot of packaging: You can save 1,200 pounds of CO₂ if you cut down your garbage by 10%.
- ◆ Adjust your thermostat: Move your thermostat down just 2 degrees in winter and up 2 degrees in summer. You could save about 2,000 pounds of CO₂ a year with this simple adjustment.
- ◆ Plant a tree: A single tree will absorb one ton of CO₂ over its lifetime.
- ◆ Turn off electronic devices: Simply turning off your television, DVD player, stereo, and computer when you're not using them will save you thousands of pounds of CO₂ a year.

—Contributed by Ruth Perraud and Gene Anderson

The Bulletin Board



Beat the heat and enjoy INDOOR CAMP at Oak Hammock.

Fellowship: Introduce yourself to one new person. Never mind if you've met before and forgotten the name!

Hiking: Walk a corridor in a different building on a different floor than your own. Enjoy the art work that has been loaned by your neighbors. Ruth Streib is the chair of the committee that coordinates that pro-

ject. Call her at 377-5312 and ask if you can help.

Swimming: Ask a friend to join you at the pool for a swim or a water walk during the Free Swim hours. Hours vary depending on day; check the schedule.

Field Trip: If you have never ridden our air conditioned bus, now is the time! Check the calendar for a destination, the mall or a free evening concert. Call Tiffany at 548-1001 to reserve a seat.

Refreshment Time: Call a friend to meet in the ice cream shop for conversation and dessert.

Campfire: Take a round candle to the Gator Lounge any evening and join the group for a soft or hard drink. Everyone is welcome! There are frequent gatherings on the various floors; help organize one and meet your neighbors.

Watch this space for other events and activities or interest.

Make A Difference

Make a difference in the life of a child at Idylwild Elementary or Prairie View Academy by being a volunteer! There will be a meeting at the end of August for all those returning volunteers and interested new volunteers. Time and place will be announced later. Watch for a flier!

There are opportunities at Prairie View for once a week, once a month, and once a year. Oak Hammock residents are invited to be part of the G.I.F.T.S. program, Giving Important Foundations to Students by going once each week during the student's lunch hour and being a mentor to a fifth grade student. Once each month residents travel to Prairie View to read stories to the Head Start classes of three and four year old children. Once each year, prior to Veterans' Day, Oak Hammock residents who are veterans go and talk with the students in Grades 3-5. You are invited to join in these volunteer opportunities at Prairie View Academy.

Oak Hammock members are also welcome as volunteers at Idylwild Elementary, our neighborhood school. Idylwild is less than a mile away, and serves children from kindergarten through grade five. Idylwild opportunities include individual tutoring for children who need extra help in reading or math, or service as an assistant in a classroom or the media center. Times for volunteers are flexible and can be arranged for mutual convenience of the volunteer and the child's classroom teacher. Most volunteers work at the school for 1-2 hours one day a week. Volunteers will begin sometime after Labor Day, when teachers have had an opportunity to identify the children in need of assistance.

Watch for the announcement for the "Make a Difference" meeting at the end of August. We hope to see you there!

—Janet Janke and
Catherine Morsink

Tai Chi

Recently there has been an increasing interest in blending and balancing the wisdom of the Ancient East with the technology of the western world. Tai Chi is one example of the success of this combination. Tai Chi originated in China centuries ago as one of the martial arts. Today's practitioners look to the health benefits of Tai Chi as an exercise involving a series of predictable, flowing sequences (forms). The practice of Tai Chi includes deep breathing techniques, focusing, shifting of body weight, coordination of arm, leg and torso movements, and muscle relaxation.

Although Tai Chi provides a good complement to traditional cardiovascular and strength training exercises, it's not meant to take the place of exercise prescribed by a doctor or therapist. Tai Chi, used in conjunction with a regular exercise program, can provide many benefits.

Some known benefits include preventing falls through improved balance and muscle strength, lowering blood pressure and relieving chronic pain. Tai Chi is especially beneficial for older generations suf-

fering from arthritis or other physical and mental ailments.



Resident Andy Smith loves to travel and enjoys the benefits Tai Chi provides while on the road. "One of the things I like about Tai Chi is that you can exercise when traveling. On a road trip the movements help you relax when you stop at rest stops."

The form taught at the Oak Hammock Fitness Center by Rae Marie Gilbert was created by Dr. Paul Lam, a physician and internationally respected Tai Chi instructor. The program offered at the Fitness Center is based on twelve movements from the Sun Style Tai Chi method. Over time, this safe and fun class should leave you feeling tranquil and refreshed.

The Tai Chi class meets Tuesdays and Thursdays from 10:45 am-11:45 am in the activity room of the Fitness Center.



Oak Hammock
— at the University of Florida —

Oak Hammock at the University of Florida

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The Oak Leaf

Produced at Oak Hammock at the University of Florida

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As listed per story

Upcoming Events:

The Movies at Oak Hammock

Continuing weekly based on room availability. The Oak Room

Oak Hammock Singers Practice

Mondays at 3:30 p.m., Oak Room

Bridge Club

Tuesdays at 1:30 p.m., Upper Level Commons

Poker

1st & 3rd Wednesdays at 3:00 p.m., Billiards Room

Duplicate Bridge

Thursdays at 7:00 p.m., Multipurpose Room

Mahjongg

Fridays at 1:00 p.m., Building Two, Third Floor Sitting Area

August Birthday Party

Sunday, August 13th 7:00 p.m.

Oak Room

Oak Hammock Social

Sunday, August 20th 4:00 p.m.

Upper Level Commons

Stauffer Named to FAHA Board

Dave Stauffer, CEO of Oak Hammock at the University of Florida, was installed as a Board Member of the Florida Association of Homes for the Aging (FAHA) during its annual meeting in Orlando July 31-August 3. Established in 1963 as a Florida not-for-profit corporation, FAHA's purpose is to provide leadership, advocacy, and education for retirement housing and nursing home communities that serve the

needs of Florida's retirees. Members include approximately 300 of Florida's finest retirement housing communities, assisted living facilities, continuing care retirement communities, and nursing homes. Over 80,000 persons reside in FAHA-member communities. Congratulations, Dave, on being designated a leader in this important organization!

Classified Advertisements

For sale: 14 foot Old Town, Osprey, canoe with oars AND paddles. Like new. \$1100 new; \$600 now. Robert Perraud: 371-1386 or 828-756-7333.



Magazines are needed in the Wellness Clinic waiting area. If you are willing to donate some recent issues, please leave them on the receptionist's desk in the Wellness Clinic.