

A Taste of Something Southern

Some folks think that north central Florida is in the middle of nowhere. It might look that way on a map. It took explorers and tourists forever to discover its natural treasures—nature, food, music, and culture—to name a few. Yankee transplant Marjorie Kinnan Rawlings was an instant convert to all things Southern. She grew, cooked, and ate old Florida cracker cuisine. The Yearling Restaurant (about a thirty-minute drive from Gainesville) continues to dish up favorites that Marjorie enjoyed. It's eclectic Southern cooking at its best: conch fritters to gator tail, frog legs, and Florida lobster to farm raised free-range venison, plus catfish and grits, to mac and cheese. And don't forget the buttermilk pie with sour orange sauce. Or the sweet iced tea!

The Yearling Restaurant doesn't look like a national treasure from the parking lot. Hardly. And it takes a bit of poking about in the homelike interior décor to appreciate the stories it tells. Shelves of old and new books, some for sale at modest prices, line area walls. Taxidermy animals (don't miss the twelve-foot gator in the middle dining room) depict the wildlife that did and does abound outdoors.

Marjorie and her Cross Creek neighbors enjoyed music. Today they would be tappin' toes to the tunes of Willie Green at The Yearling. Willie, a gifted Delta-style bluesman from Montgomery, Alabama, charms young and old alike. He worked share-crop farming and is self-taught on guitar, harmonica, and juke joint melodies. Cindy and Robert Blauer, owners of the Yearling Restaurant, invite people to "Come sit and eat a spell—as we say in the South"!

The Yearling is located at 14531 E. County Road 325, Hawthorne (352-466-3999) Open Thursday-Sunday noon to 9 p.m. Closed Monday-Wednesday. On-site parking, full bar, credit cards, and Yankee cash accepted.

Marjorie Kinnan Rawlings wrote her 1939 Pulitzer Prize winning book, *The Yearling*, while living at Cross Creek. It remains a best seller, recommended for all age levels. A second read is sweeter than the first.

- Barbara Dockery



Oktoberfest 2019

October 1 in the Oak Room was the site of the sixth annual Oak Hammock Oktoberfest. Initiated by Al Goebel, the festivities included a scrumptious meal, plenty of beer and other libations, and musical entertainment for our listening, singing, and dancing pleasure. Our servers not only were decked out in themed costumes, but also danced and contributed to everyone's happy evening.

After we had gorged ourselves on bratwurst & sauerkraut, kielbasa, Italian sausage, spaetzle, kugel, potato salad, and desserts including German chocolate cake, we enjoyed rousing entertainment by Martin & Willy, coming to us for the fourth year.

- Bill Castine, content; Bill Castine, Karen Merrey, photos



Welcome New Residents

Bob and Adele Graham

Adele Graham was born and grew up in Miami. She graduated from Miami Edison High School and then went to the University of Florida. One day she found herself at the Administration Building seeking a tutor for a science course that was giving her trouble and she ran into a young man she knew from south Florida. After she explained her predicament, he indicated that he could help. The rest, as they say, is history.



Bob Graham was born in Coral Gables, attended the public schools of Hialeah and graduated from Miami High School. He went on to the University of Florida, majoring in political science and economics. As he tells it, one day he saw a beautiful brunette and realized he knew her. He asked, "What's your problem?" He went on to tutor her in the science course, court her and marry her. They were married in Miami, during Spring break, when he was a senior and Adele was a junior. They have been married for sixty years.

Bob Graham chose political science and economics as his college majors partly because he wanted to learn about urban planning. His father had started a dairy farm in the 1930's. The neighboring towns grew larger and larger and Bob realized that this area would soon become urbanized as well. He was quite correct and that area is now the new town of Miami Lakes.

After graduating from the University of Florida, Bob was admitted to Harvard Law School, necessitating the family's move to Boston. Adele completed her degree at Boston University and then went on to teach 7th grade in the public schools of Wellesley, MA. Upon graduation from law school, the family moved back to Miami where Bob went to work for his family business and Adele proceeded to have four daughters in six years. Bob decided to run for office because he was interested in education. He served in the Florida House of Representatives, the Florida Senate, and as governor of the State of Florida. Adele visited every county in Florida to encourage support for education and for people to volunteer and become involved in their local government. While in Tallahassee, Adele wrote a book entitled, "Finish For The Future" stressing the importance of dropout prevention. It was published in 1983 and is a testament to Adele's interest and commitment to education. She worked with Haitian students at Miami Edison High School, as a large Haitian community had settled in the area. Public education was also a major issue for Bob Graham and the family is proud that their children attended public

schools. Another issue of great concern was community care for the elderly.

A two-term limit on the governorship led to Bob's running for the United States Senate and serving three terms as Senator. There, too, one of his major issues of concern was education. During his campaign for governor, Bob Graham started his Work Days. He completed 100 work days during the campaign and 300 work days as governor and senator. Bob Graham is also famous for taking meticulous notes of his daily activities. He was inspired to do this by his father who also took notes. Bob started these notes when he was governor and there are now over 4,800 books of notes, most of them located in the University of Florida library. One book, entitled, "Workdays, Finding Florida on the Job" has been donated to the Oak Hammock library.

After Bob's retirement from the Senate, he was asked to be a Senior Fellow at the Kennedy School. This inspired him to establish the Graham Center, now located at the University of Florida, to prepare the next generation of civic and political leadership.

Adele and Bob have eleven grandchildren and manage to get all of them together once a year for a vacation, often without their parents. They enjoy living at Oak Hammock and are impressed by the great variety of people who live here. Bob is working on his autobiography that we can all look forward to reading in the near future.

Writer's Note: When I first met Bob Graham, here at Oak Hammock, I asked if he would prefer to be called Governor Graham or Senator Graham. He replied, "Call me Bob."

- Barbara Herbstman

Thomas Meschler

Tom was born in Chicago but moved to Broward County, Florida, at the age of 11. He earned a degree in Mechanical Engineering here at the University of Florida, and his apartment is filled with Gator collectables. You will even find a Gator memento outside his door.

Tom has a son living in Copenhagen, where he works in IT security. His daughter is an FSU graduate who remained in Tallahassee and has become a photographer for the university.

Tom's work has been primarily with ATT/Southern Bell, but he decided to leave corporate life and move to Pittsburgh where he worked for his father-in-law's company designing large



(Continued on page 3)

machinery such as cement mixers. While there, he received his MBA from the University of Pittsburgh.

In the early 80's, a good friend convinced Tom to move to Saudi Arabia and work with a large team of engineers and construction crews who were hired to provide the infrastructure for several new cities the country was investing in. Tom was responsible for putting in underground telecommunications equipment. Life there was not glamorous. The workers lived away from the populated areas in dormitory style housing and had TVs that played innocuous sitcoms. They were given access to censored magazines which had large portions of material blacked out.

Tom eventually moved back to south Florida, returned to Southern Bell and, since retiring, he has made his way to Gainesville and Oak Hammock. Tom was actually one of the first to register to move to Oak Hammock in 2005, but he decided to wait for a particular unit. He looked into it again a few years later, but, again, decided to wait a bit longer. We are happy to have Tom finally become involved in Oak Hammock life. He enjoys movies and concerts and is taking advantage of all Gainesville has to offer.

- Beth Paul



Ray Goldwire completed all requirements to achieve Master Bee Keeper Certification from the University of Florida Bee College. He is pictured below the stained glass art of Oak Hammock resident, Phil Morrison.

And All That Jazz

No doubt things were rockin' up in heaven as Dr. Gary Langford returned to the ILR mike with the "Walter N. Kalaf History of Jazz" series. This series is dedicated to the memory of Reverend Walter Kalaf. He loved music of all types—hymns, opera, and jazz. It was Walter who helped ensure that the History of Jazz was a part of the ILR's regular curriculum. Before beginning this new lecture series, Dr. Langford recognized Walter's widow, Janie Kalaf, in the audience. Most attending the lecture were Gary Langford 'regulars', meaning that they still laughed at his jokes—old and new. Hopefully, Dr. Langford will continue to find time on his busy schedule for another ILR series. You can bet that Walter and the angels are counting on it.

- Barbara Dockery



Oak Hammock's Got Talent

Lots of resident and staff performers shared their talents on Friday, October 11 to a standing-room-only Oak Room. There were funny rhymes with illustrations, singers and pianists, and dancers, and even a "horse" on stage. The show closed with a song by the "Hammock Harmonizers", a long-time quartet who have had different members at different times, but always with the same spirit.

There were lovely costumes, much laughter, and cheering. Concierge Matthew Rodriguez did a great job coordinating and introducing each act and spreading enthusiasm. It is interesting to discover the talents of the people we see every day!

- Bev Cone



Staff and Resident Cooperation

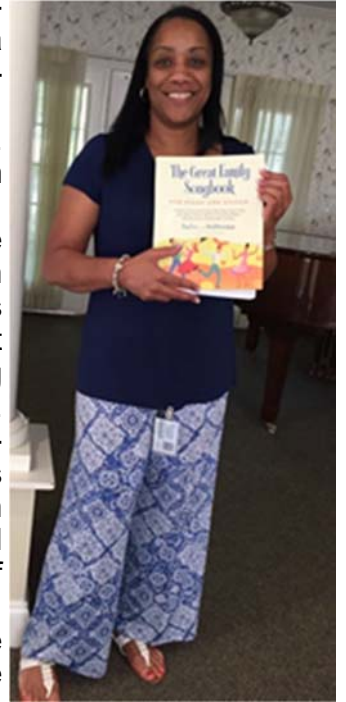
Look what can be done! Allene Aaron (at the front desk next to the AL Music Room) and IL Residents have worked together and accomplished a lot this summer.

Three years ago, Allene started helping me put together a packet of lyrics for familiar tunes for a sing-along in the AL Music Room. Jan Havre began leading a group of singers, and we created another book which Allene also designed and printed.

Since then, I became the piano accompanist while Keith Berg plays the drums. This year, we have a nice group of singers, thanks to Monica Ondrick and her team who plan and organize the events. Come join us!

When the busy season slowed a bit at Oak Hammock, Keith and I realized that the singers' packets needed to be updated. So-o-o-o, we've been back at work—Keith prepared two new Christmas song packets, which Allene designed and printed for us (and the carols will also be used for the Saturday Chapel service. Allene did that too!). Then, Keith and I reviewed three other packets, revising, adding songs, getting rid of ones that don't work, and correcting errors, adding verses, eliminating others. Each time we finished a book, Allene would take over—she redid each one for us after a couple of meetings together so that she understood what we needed. She has created new covers and titles for each of the packets, surprising Keith and me each time with something new. Right now, as I write this, Keith and I are almost finished reviewing the last packet—the blue one—and soon that will be updated by Allene, of course.

So, watch out this fall—since the theme of our sing-along is to have FUN, we have written an opening song to start each session with our new books. And this can be done only with cooperation, dedication, and expertise by the staff, and best of all, the desire to help and share with residents. Thank you, Allene Aaron!



- Bev Cone

Around the Health Pavilion



1

1. Group Exercise with Jake
2. Listening to Brothers Too
3. Marilyn Ast dances
4. Orange, Blue and Others Too Fashion Winners
5. Stories with Janet

- Crystal Canfall



4



2



3



5

Another Opportunity...

After thinking about Allene's contribution to Oak Hammock and its residents, I am overwhelmed by her dedication and creative talents and her desire to participate in the activities here. The sing along in AL/SN includes so many bright, smiling people. Music is truly a joy.

But how do the people from SN get to these places to participate? Monica Ondrick and her staff enable people to get to the sing-along, or to chapel on Saturday, or to book clubs, and to all the other activities that are available for AL and SN members. Also, the staff takes care of all individual needs that come up during the time we are together. They know each person's strengths, are available at any moment to help, and know what is needed. We in independent living, as HP volunteers, can just "arrive" at the appointed time for an event and there is always someone there to help. The staff works together to make these things happen. They are friendly and pleasant and willing participants.

Do you have a special talent or interest that you, could share with others? If so, Monica would love to hear from you. Independent Living residents are need-

ed to share their expertise, and the staff enables us to make these opportunities possible and fun.

What can you do? Could you participate in a special activity with others? If so, Monica and her staff will help you get started and stand beside you to make sure people's needs are met. Think about it.

Monica's contact info:

Monica Ondrick, Life Enrichment/Activities
(352) 548-1122

mondrick@oakhammock.org

- Bev Cone



Monica, Swan, Crystal, and Shavontae

To Study CTE, Tap an Ant On The Head?!

On September 26, about a dozen Oak Hammock residents headed out with Terri, our driver, for a "buggy" experience with the Natural History Society (NHS). No, not that kind of buggy, but REAL bugs! Actually it was a visit to the UF Entomology and Nematology Lab(s). We were met by Clayton Bania, Doctor of Plant Medicine (DPM) grad student, who gave us an introduction to the DPM program and some of the work being done at the facility. He also informed us The Center for World University Rankings has named the University of Florida Entomology Department first in the world among more than 26,000 degree-granting institutions of higher education. After his introductory tour, we visited several labs and met with the researchers and students. We visited the displays in the main lobby, one of which was student-made jewelry in the form of insects.

First stop was the "termite lab", where we learned that termites will follow a track scrawled on paper by a ball point pen due to a particular chemical in the ink. Of course, this was not the research project, but it was interesting. We learned that researchers have discovered that ants, in this case Carpenter Ants, if tapped on the head at a certain impact, develop symptoms similar to CTE (the "football" brain injury) and, more importantly, if fed certain chemicals they recover. Yes, it is a stretch from ants to humans, but it is an important development in the search for a cure. Next, we visited the "bedbug" lab and learned what to

look for when staying in overnight facilities. Don't worry, we did not bring any back with us!

We visited the ant colonies, the mosquito rearing-room and the roach colonies, where a few of our party did not stay long and, finally, Dr. Phil Koehler gave us an interesting presentation on a UF mosquito control project in Thessaloniki in Greece. All in all, it was a very informative, interesting trip. Thanks to Dr. Roberto Pereira, Dr. Daniel Hahn, Dr. Koehler, and several grad students for sharing interesting information and patiently answering our many questions.

The NHS programs and trips are open to all residents. Please come join us, learn and have some fun. We also welcome suggestions for programs and trips, just place suggestions in cubby #2205.

- Pat Harden, content: Margerite Ruth, photo



Options for Home Assessments

The Rehab Department at Oak Hammock has provided us with some information that may be helpful to individuals who live in Independent Living units but anticipate or experience some difficulty with safety issues or specific tasks of daily living. The Rehab Department can provide two different levels of assessment that may be useful.

Screening. This level of assessment is provided at no charge to the resident and consists of an overview of the safety and accessibility of a given unit. Screenings assess the environment but not the person. Suggestions resulting from a screening might be such things as: removing throw rugs, adding a grab bar near the toilet, or rearranging some furniture to allow for better walkways. No referral is needed for a screening but screenings are scheduled on a time-available basis by the Rehab staff. A screening assesses the safety and accessibility of the environment only.

Evaluation. This level of assessment evaluates the individual's function in his/her living unit, specifically addressing areas of concern such as: getting in and out of the shower safely, using the washer/

dryer, rearranging the kitchen/bathroom/closet for better access, or getting dressed. Part of the evaluation might identify equipment to help the individual remain independent. This type of evaluation that is unique to an individual's needs requires referral by a physician. Specifically, the referral should be for an "OT evaluation for home assessment." Medicare Part B should cover 80% of the cost of the evaluation. Cost to the individual will vary depending on the type of supplemental insurance coverage and extensiveness of the evaluation. For those whose supplemental policies do not cover the cost, the individual may need to pay in the range of \$25-\$75 for the full evaluation. Appointments are scheduled with a Rehab staff member for an evaluation and any follow-up needed. Evaluations assess individuals and how they function in their living environments.

If you would like to arrange for either of these types of assessments, please drop in to see the Rehab staff or call 378-7108. They will help you know what to do next.

- Martha Rader, Chair, Health and Wellbeing

Reading Pals

Oak Hammock had a training session for us to become Reading Pals at Idylwild Elementary. Reading Pals is part of United Way. The volunteers read with children in local schools, one on one. It was emphasized that this is for literacy mentoring, not tutoring, and it is also social and emotional learning for the children involved.

Following up on that, United Way of North Central Florida hosted a wine and cheese mixer for residents on September 18, in the Oak Room. Besides a review of Reading Pals, which began in September with Oak Hammock bus transportation to and from the school, we learned of the many other ways that United Way serves our area, not only in the education, but also with health and financial stability issues for families. Our residents had many questions about how this organization is involved in these needs locally and had time to chat with the people who work there, learning more about the contributions and services of United Way to the community.

If you would like more information about Reading Pals, please contact Janet Janke, jrjanke147@gmail.com, or call her at 372-8610. And check the website, unitedwayncfl.org, to see how much United Way does for our community.

- Bev Cone

First Floor, Building 2 Challenge

Our floor meets twice a week for a floor party. Most Sundays our resident chef, Vicki Mulhearn, cooks for us. We were already in the habit of bringing our own drink, so Margaret Weech suggested we also bring our own plate and utensils. Her suggestion to use reuseables was well received. We are happy to report that we often have 100% compliance.

We find it easy to do and we feel good about our conservation efforts. Won't your floor try it too? When you do, send in a picture of your success. Be proud that you've joined in the "Greening of Oak Hammock."

BTW, Rod Owens found you can make the perfect traveling container out of the black bottomed takeout boxes. With scissors, carefully cut the top and bottom apart (allows them to store nicely too). Use the black half as your plate. When finished, place your dirty utensils inside and snap the clear lid back on. Now you are ready to take your "kit" back home to be handwashed so that it is ready to be used again. Easy Peasy.

- Peg Owens



Window Shopping on the Lower Level

These windows aren't for sale. But the memories displayed are priceless. And, not to be missed. Webster—the word guardian of the English language—documents the usage of “window shopping” to have been first recorded between 1925-1930. It gave credence for people to look at articles in the windows of stores without making any purchases (not to be confused with peeping toms). Unfortunately, many Oak Hammock residents and visitors have not discovered the display cases on the Lower Level. It's a cool walk, sans love bugs and rain, from the street or Building 1 to the postal area. Keep walking past the business center and multipurpose room. Do NOT turn around. You are ready to begin window shopping! Various Oak Hammock groups arrange entertaining and educational displays, updating the materials about eve-

ry six weeks.

The travel committee undertook a challenge to share their trips and adventures in a multi-case exhibit. Many historic buildings are replicated using hundreds of miniature Lego pieces. Special Lego fever applause to Keith Weech (who calls Hank and Margaret Weech by mom and dad), and to Julie Ann Ariet (creative former teacher and current ILR Coordinator).

This exhibit will be removed in November to make room for Oak Hammock's traditional Veteran's display. The Needlers, Woodcrafters, Nature, and Library groups are among those who are inspired to inspire us. Don't miss any of these windows. They are wonderful attractions for your visitors too. No reservations necessary. Open 24/7 for your viewing pleasure.

- Barbara Dockery



The Display Cases of Ann Elnicki and Jan Lowenthal

Some of our most creative display cases have been the result of Ann and Jan putting their heads together and brainstorming these clever presentations. The case is actually dedicated to needlework, so the two always incorporate sewing, crocheting, knitting or cross stitching in each case.

Their first case (top) was titled “Has Tiffany's Come to Oak Hammock?” It featured sheet music from Moon River, along with several Holly Golightly paraphernalia such as black elbow length gloves, a long string of pearls, an oversized black hat, fancy cigarette holder and a variety of assorted bling. It also included several signature blue Tiffany jewelry boxes.

Their second case (middle) was titled “Okay, What the Heck Are We Going to Do with All this Stuff That We Made?” a humorous take on the crafter's problem of having too many of any homemade item. The case was separated into four sections: “Just Do It”, “Maybe Mail It”, “Just Wear It”, and “Just Forget about It”. “Just Do It” had home décor, such as pillows and lampshades, placemats and doilies, as well as cold weather scarves, purses and hats. “Maybe Mail It” suggested mailing some of those cold weather clothes to Cousin Kate and featured more hats and knitted items. “Just Wear It” depicted posters of 70-degree weather with freezing Flo-

ridians bundled up in those hats, scarves, and gloves.

Display case #3, “The 50's”, was represented by a pair of white bobby socks with saddle shoes, a peek through June Cleaver's kitchen window, wigs with headbands, a pink button-down shirt, fur collars and circle pins. A copy of *The Man in the Gray Flannel Suit*, an Elvis Presley album, and an “I Love Lucy” poster were all prominently displayed. Old cars, crocheted hats and Simplicity sewing patterns also filled out the space.

Ann and Jan's latest display case (bottom), titled “Seen Through the Lens of the Camera”, includes some precious photos of children along with a smocked white baby dress. There are several old cameras, crocheted purses and baby throws, vacation scenes and landscapes.

Where on earth do Ann and Jan find all those relics? Several residents help them out on a regular basis: Elaine Skeel, Ruth Brown, Magda Berken, Lori Hoopes, Val Griffith, Andy Smith, Sally Glaze and Hikmet Bates. Larry Lowenthal might offer a variation on a theme and Martha Rader helped paint a snowy backdrop for one of the cases. Make sure you wander down

past the display cases regularly. You never know when there will be a new presentation by these creative ladies.

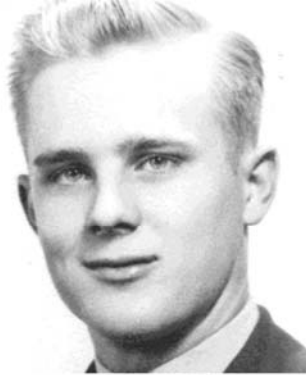
- Beth Paul



High School Reunion



A. 1945



B. 1946



C. 1947



D. 1948



E. 1949



F. 1949



G. 1950



H. 1953



I. 1953



J. 1954



K. 1954



L. 1954

Please see key, page 14

High School Reunion



M. 1959



N. 1960



O. 1960



P. 1960



Q. 1961



R. 1961



S. 1961



T. 1963



U. 1967

Please see key, page 14

Alachua County Library District Foundation

The ACLD Foundation was founded 30 years ago to provide supplemental funding to our local public library. Not to be confused with Friends of the Library, the Foundation does not support day-to-day activities of the Library nor does it buy books; instead we provide long range financial stability for the growth and stability of the Library. The Foundation Meeting Room in the headquarters building as well as the youth facilities such as the Snuggle-up-Centers and Teen Rooms in all nine county libraries have been equipped and beautifully furnished by funds from the Foundation. Be sure to examine Katherine's Tree, an impressive oak and glass structure at the head of the stairs in the Headquarters library. The Foundation receives at least \$2,000 for each leaf on this tree in-

scribed to honor a loved one. Additional contributions from library lovers and various charitable foundations over the years have enabled us to establish an endowment that provides continuing funding for our projects. If interested in donating, it is easy to select ACLDF as a recipient of your contributions to the UF Campaign for Charities.

Oak Hammock residents who are represented as Associates of the Foundation are Barbara and Lee Dockery, Pushpa and Satya Kalra, Beth and John Paul, Susan and Paul Robell, and Carole and Bill Zegel. Bill Zegel and I serve on the Board of Directors. Please contact any of those listed if you are interested in supporting our public libraries by donating or by becoming an Associate (\$50 annually). - *Pushpa Kalra*

Art League at Oak Hammock

Oak Hammock Residents are still talking about our September Program with artist Eleanor Blair. In one hour, Ellie painted a Florida scene on a large canvas, using a photo as a reference. While she talked and bantered with our audience, her one arm was painting away as if it had a life of its own. The end results are amazing! What talent!

On October 22 at 4 p.m.. in the Oak Room, we will be honored to have Charles Santosfanos do a presentation on Bonsai. He plans to bring some of his trees with him, and will share with us his knowledge on the subject. November's program will feature our own Keith Berg doing a presentation on "The History of Stained Glass at Oak Hammock". Please note that this program will be on November 13 at 4 p.m.. in the Oak Room. Everyone is welcome.

The art studio is displaying the artworks of our own Fred Harden. A reception is planned for October 27 from 3 to 5 p.m. This is good time to meet the artist and have some refreshments as you view the art. Fred developed his artistic skills mostly right here at Oak Hammock. Homegrown, you might say!

Jeanna Weston will start 4 weeks of Japanese brush painting classes on Tuesday mornings starting on October 22 from 10 a.m. to 12 noon. This time, Jenna will teach us how to use our brush and ink to create flowers. She will provide the materials needed for the class, and signup will start on October 8 at the Concierge desk. The cost is \$75 for the 4 sessions, payable to Jenna at the first class.

In the words of showman Ed Sullivan, we had a "really big shew" in the Gallery beginning October 7. The Gainesville Fine Arts Association Judged Fall Art show is with us again, and will stay up until January 24, 2020. The opening reception and award ceremony was held on October 13. Along with the usual

GFAA awards, our own resident Judge Karen Miller has donated toward two special awards: the George Beckman award (for someone who recently took up art) and the Margaret Zircher award (for the artwork displaying complex human emotions). Margaret was present at this ceremony and there was music, special appetizers, beverages, and lots of visitors. Our Gallery Director, Jane Polkowski Levy, always puts an admirable amount of energy into making this big show special.

November 8th we are going to hang a new show in the mini gallery. Clark Thomas, professional photographer son of resident Brenda Thomas, will be presenting the photos of quilts made by our Oak Hammock quilters. These beautiful quilts find their forever home with our residents who are in the Health Pavilion. Clark captures the exquisite designs as photos for us all to enjoy. Please visit the Gallery. Midge Smith is the facilitator in this venue as well as the person who oversees the hanging of the show in the Main Gallery. Jane and Midge deserve a big "thank you" for all they do.

Ginny Schrader (at right), one of our artistic Oak Hammock residents with a keen sense of humor, has her artworks on show right now in the "Picture This Gallery". You might want to stop by and see what Ginny has been up to now. "I don't know what you would call art, but go to our Galleries; that will do for a start."
- Marion Siegel



Eleanor Blair

Eleanor Blair, famous artist in Gainesville and elsewhere, demonstrates how she creates one of her fine oil paintings in an hour for Oak Hammock Art League.

- Barbara Dockery and
Margarete Ruth



Movies with Matthew

A group of residents went to see "Downton Abbey" at Regal Celebration Pointe on September 24. Watch for more "Movies with Matthew" on the monthly events calendar!

- Sonda Dawes, photo

**Watch your
mailboxes for the
upcoming
Resident
Satisfaction Survey**



Rosh Hashanah Dinner

A dinner commemorating the Jewish New year (Rosh Hashanah) was held on Sunday, September 30. Barbara Herbstman began the ceremonies by lighting the holiday candles. Bernie Van Emden then led the group in a prayer and ritual blowing of the shofar or ram's horn. Mike Plaut led the blessing for bread and wine and then explained some of the holiday traditions, including the eating of sweets, the fall seasonal changes, and the obligation of atoning for sins committed over the last year. Roanne Coplin worked with Chef Jon to plan a scrumptious dinner for the 75 in attendance, and we ended by singing Happy Birthday to Michelle Jaffee.

- Mike Plaut, content; Patsy Nelms, photos



Clockwise, from left:
Fall at Oak Hammock (*Julie Ann Ariet*);
Birds (*Kathryn Clark*); BFFs Beth Sulgalski
and Marta Whipple (*Sonda Dawes*); B2, F3
decorations by Magda (*Barbara Dockery*);
Anna Edmondson is getting a jump on
spring (*Barbara Dockery*)



Al Goebel and Friends

Oak Hammock has a lot of musical talent, and Al found a great combination of singers, musicians, storytellers, and line dancers to entertain us on September 27. Al led the group on his accordion and was accompanied by Hank Pennypacker on guitar and Keith Berg on drums. Other performers joined as the program continued. Ron Hoopes sang a country song, leading to a funny response to her husband's antics by Lori Hoopes.

Several Oak Hammock ladies performed a line dance to "Achy Breaky Heart" as the audience sang along. Keith Berg read and sang a story about "Big Bad John".

Finally, the audience participated in a sing-along led by the instrumentalists. Many of the residents were dressed in their best western attire, making it festive. The last song, as always when Al is performing, was "Goodnight Irene" and we all know that his wife's name is Irene.

Great talent, lots of fun, and joyful music were enjoyed by Oak Hammock residents and friends.

- Bev Cone, content; Bill Castine, photo



Oak Hammock September Board of Directors Meeting Summary

The Oak Hammock Board of Directors held its fourth meeting of the year on September 25th. It was a longer-than-usual meeting because there were detailed discussions of the draft 2020 budget and the progress of the CEO Search Committee.

A report on the progress of the CEO Search Committee is being prepared separately. The Committee has completed work on the criteria we will use to identify the final three candidates (out of a shortlist of seven), and a structured questionnaire it will use to interview them in January 2020. By mid-October, the Committee will have identified the final three candidates.

A major focus of the meeting was Andrew Davey's presentation of the draft 2020 budget. This was a somewhat less detailed presentation than what Andrew had presented to the Residents' Council Finance and Cost-Effective Management Committee. The Board felt comfortable with the planned budget. Some members suggested a need for a greater focus on cost-effective management, e.g. exploring how to reduce the time required to prepare a sold unit for occupancy. The Board Finance Committee plans to follow up on this at future meetings. The final budget will be reviewed and approved at the October board meeting.

The CEO presented an update on some of the areas of the "Culture Road Map" that was adopted by the Board at its January meeting: To attract and retain qualified employees, benefits will be offered at the same or better level next year without increasing the cost to the employee. 12-hour shifts have been implemented in Skilled Nursing as requested. Community

Relations and Communication—a Talent Show for employees and residents took place on October 11. Satisfaction surveys of both employees and residents are planned. Art show of both resident and employee work is a success. Technology—a third, well-qualified individual has been added to the IT staff. Audio-visual capabilities have been improved in both conference rooms. A bistro area (coffee and pastries) is planned for the AL entry corridor; use by both IL and AL residents will be encouraged. Jeff Hagen also briefly discussed a recent study of our dining services (a report has yet to be submitted) and the results of a recent audit by the Florida Office of Insurance Regulation (OIR). The audit was positive, except for a number of very small issues that Management is addressing in consultation with OIR.

The Board heard a brief statement from the Chair of the new Marketing and Communication Committee. It will hold its first meeting soon and will be charged with providing high-level strategic oversight and support to the marketing and sales processes.

Finally, as President of the Residents' Council, Doug brought up the issue of how the Residents perceive the Board. This led to a lively discussion. The Board members are all volunteers who work diligently but largely out of sight of the residents. The discussion focused on identifying ways to raise the profile of the Board and what they do. This will help residents understand how much they contribute to Oak Hammock.

- Doug Merrey and Nancy Wood,
Resident Members of the Board

Recycled Riches

Recycled Riches is having their LAST big Saturday sale in the Oak Room and Acorn Room on October 26. This will be the same format as in the past. We will start at 9 a.m. for staff and members wearing their Oak Hammock NAME TAGS. If you forget your name tag, you can enter the sale with your friends and family at 9:30 a.m. At 10:30 a.m. we will start our special discounts and by 11:30 a.m. it will all be over. Preview of the sale will be on Friday, October 25, from 12-2 p.m. Watch for the flyers and email notices.

After October 26, we will sell all donated items in apartment sales, the Vintage Treasures/Jewelry cabinets in the Treats and Treasures shop, and some special sales during the year. There will also be some changes in donation pickups, so please watch for notices.

Our next meeting will be on Monday, October 28, at 11 a.m. in the MPR. Please join us. Everyone is welcome.

- Valerie Griffith, Chairman, Recycled Riches

International Students Visit

International students currently enrolled in UF's English Language Institute (ELI) visited on September 14. They came from a variety of countries: South Korea, Colombia, and Saudi Arabia. Most already have degrees from their home country, but come here to improve their English. Besides language classes, the students are introduced to American life and culture.

Volunteers were Larry Lowenthal, Catherine Morsink, Beth Sugalski, Margaret Boonstra, Peg Owens, Pushpa Kalra, Daun and John Spindler, Walter and Carol Wynn, and Richard and Margo Pettway. Thank you all!

- Margo Pettway, content; Tate Quinones, photo



A Run for the “Wooden” Roses

Some cultures attempt to erase their history. Oak Hammock enjoys embracing memories. A big thanks to Dick Martin for producing and recording the October, 2009, celebration of Oak Hammock's Fifth Anniversary. Viewing it ten years later confirmed the commitment and vitality that Oak Hammock has preserved.

Margi Sidman, Anne Goldwire, and Sara Lynn McCreia joined forces as the core planning committee. The excitement created could not be contained. Everybody and every department wanted to participate. Yes, there had to be a parade. Marchers, floats, and animals. Golf carts, wheelchairs, and walkers. Total participation! Adding a horse race was a natural. The traditional fifth anniversary symbol is ‘wood’—hence *the race for the wooden roses*. “Horses” were parceled out to the various living areas. And to where people worked, or by physical layout of Oak Hammock. Each horse needed a name, and a decorated paddock. Another contest brewed. The Lower Commons central floor area was taped off for the big race. Joe Gilkey called out numbers, designating how far each horse could advance. People went wild cheering for their favorite horse. Tadah: The winner, sponsored by Building 1 Second Floor, was *Oh My!*

Many of those celebrating Oak Hammock's Fifth Anniversary are no longer with us. Their enthusiasm and zest for life remains an example of living life to its fullest. To one and all: Thanks for the memories.

For a replay of the 5th Anniversary Celebration, visit <https://youtu.be/6aOKzMQRnxg>.

- Barbara Dockery



Anne and Ray Goldwire,
Dick Martin, and Phyllis Saarinen

15th Anniversary

In a few days we will celebrate the 15th anniversary of Oak Hammock CCRC! As I wrote articles on the fifth and tenth anniversary, I am writing one now, surprised that I am still here. So are a number of Oak Hammockers who proudly display their nametags as founders club members.

As I wrote in a previous article, although the nice physical plant was created with the help of a dedicated group from the University, the social environment, the many programs, the conditions enabling the pursuit of one's hobbies and favored activities, or even learning a new one, have in most part been the result of dedicated work by our residents! Lets look at some of the most active groups:

The ILR group is bringing more and more interesting lecturers and is attracting a large number of people from outside Oak Hammock.

Our art group is one very active group bringing outside talented artists to teach new skills and organizing periodic exhibits in the Oak Hammock “gallery” where Oak Hammock residents as well as employee and outside artists can exhibit.

The very well equipped woodworkers' shop has contributed items to the dining room and other places. It has added new tools and now has 18 active members.

The Travel Club continues to organize local and overseas trips and delights us every month with an interesting trip presentation.

Our Recycled Riches group continues its activity and has experimented with small sales during the year. Money from its sales have been used on many a program.

Our Library Committee is running out of space to store the many donated books received. The bookmobile from the Alachua County Library is visiting us twice a month so our residents don't have to drive all the way to the Library.

The golfers are active and have donated a large amount of money to the Benevolent Fund. Many other active groups who contribute to all of our physical and mental wellbeing.

A few years ago we added 31 skilled nursing beds and 9 assisted living apartments, at the same time renovating the existing skilled nursing rooms.

There have been other important changes: Our elected representatives are now called Residents' Council (not PCA) and the president of the group as well as another member are now voting members of the Board of Directors.

We are no longer administered by Praxeis and the Board of Directors made the courageous decision to hire a CEO and self-administer Oak Hammock. Our first CEO is Jeff Hagen and now, because he has announced his retirement in 2020, we have a search committee looking for another candidate.

So another five years has passed and—against all odds—I was still here to say my piece. No matter how optimistic I may be, I won't be here to write another 5-year letter. But that's OK, other people will do it. So come out to the Sock Hop and celebrate our 15th anniversary and make it a really great event!

- Gaby Rinzler

You Make the Difference Award

The following employees received the "*You Make the Difference Award*," Details of their accomplishments are located on the bulletin board across from the Oak Room. Congratulations to all!

Jan Harmon - Manager, Maintenance

Matthew Rodriguez - Community Services

Sitting Pretty in the Oak Room

Sometimes it was almost embarrassing—attempting to find a chair, a pillow, or maybe both—for visiting pianists to the Oak Room. Pianists come in various heights, but a piano keyboard does not.

What to do? Judy Gire to the rescue. She consulted Oak Hammock's music consultant extraordinaire, Don McGlothlin, Dean Emeritus of UF's College of the Arts. Don was familiar with the beautiful piano in the Oak Room. It commanded a proper 'artistic piano bench'. One that would be capable to raise the seated height needed for any performing pianist. The search was on. The perfect bench was selected. Judi submitted a request form and made a presentation to Recycled Riches for funds to purchase the proper companion to the piano. Funds were approved. Katherine Osman signed off on an E-bay order. And, as they say: the rest is history.

A bit of musical history: On March 20, 2005, The Institute for Learning in Retirement donated the baby grand piano, enjoyed by everyone in the Oak Room. The comfortable green chairs were also gifted, guaranteed to promote easy listening. To everyone who planned and plotted, worked, and purchased items to make these gifts possible: you all deserve a standing ovation!

- Barbara Dockery



Contributions to the Benevolent Fund

(As of the first of October)

Since we last reported, contributions to the Benevolent Fund received in memory of Buddy Kramer and John Clements and in honor of Pat Liston totaled \$1,265.

- Marquesha Odom

Anniversary Sock Hop!

with UF Swing Dancers!

October 18, 2:30 p.m. in the Oak Room

Be There or Be Square, Daddy-O!

High School Reunion Key

- | | |
|--|---|
| A. Betty (Elizabeth Nunn) Kramer, 1945, Oakwood Friends School, Poughkeepsie, New York | K. Juanita Miller, 1954, Canton High School, Canton, Ohio |
| B. Jack Martin, 1946, Culver Military Academy, Culver, Indiana | L. Bobby Yates, 1954, Palm Beach High School, Palm Beach, Florida |
| C. Mary Adams-Smith, 1947, St. Mary of the Springs, Columbus, Ohio | M. Larry Lowenthal, 1959, Senn High School, Chicago, Illinois |
| D. Fred Harden, 1948, Palm Beach High School, Palm Beach, Florida | N. Heather Stubbings Gilkey, 1960, Riverhead High School, Riverhead, L.I., New York |
| E. Joe Gilkey, 1949, Trafford/Penn Township High School, Trafford, Pennsylvania | O. Jan Johnson Lowenthal, 1960, Pi Beta Phi High School, Gatlinburg, Tennessee |
| F. Charles and June Smith, 1949, Central High School, New Jersey | P. John Paul, 1960, Archbishop Curley, Miami, Florida |
| G. Ruth Van Ort Brown, 1950, Thornton Township High School, Harvey, Illinois | Q. Beth Paul, 1961, Wachusett High School, Holden, Massachusetts |
| H. Margaret Beshore Boonstra, 1953, Horace Mann School, Gary, Indiana | R. Mary Conner, 1961, Penn Hills High School, Pittsburgh, Pennsylvania |
| I. Pat Harden, 1953, Ft Pierce High School, Ft. Pierce, Florida | S. Bill Conner, 1961, Penn Hills High School, Pittsburgh, Pennsylvania |
| J. Catherine Morsink, 1954, South High School, Grand Rapids, Michigan | T. Jeani Valter, 1963, South Dade High School, Homestead, Florida |
| | U. Chris Waters, 1967, Palmetto Senior High, Miami, Florida |

Oak Hammock by the Numbers as of October 1 Independent Living

| | Total | Sold | Available |
|------------|-------|------|-----------|
| Houses | 57 | 57 | 0 |
| Apartments | 212 | 206 | 6 |

- Nickie Doria

Health Pavilion

| | Total | Occu- pied | Available |
|-----------|-------|---------------|-----------|
| Assisted | 46* | 46 | 0 |
| Memory* | 24 | 17 | 7 |
| Skilled** | 73 | 65 | 8 |

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

**Fluctuates daily

- Mary Sabatella

Ray and Kay

Country music at its best! It was a robust, fun time in the Commons, with great music and lots of conversation. Ray and Kay perform at Oak Hammock frequently. This time they had just returned from a trip to Alaska, so they told us lots about their adventure, as well as playing and singing. It's always a pleasant time to be with friends.

- Bev Cone



Opportunities for Giving at Oak Hammock

There are numerous opportunities for charitable giving right here at Oak Hammock throughout the year. Fund organizers make every attempt to hold their fundraisers during the following time frames:

- **Scholarship Fund:** Fundraising focus is during the first part of the year.
- **Benevolent Fund:** Fundraising is mostly during the summer through the Golf Tournament in October.
- **Employee Appreciation Fund:** Donation push is in the late summer through November.

Of course, donations to any fund will be gratefully accepted at any time and, depending on the fund, may be tax deductible. Please discuss tax deductibility with your own tax professional.

Bell Story

This is the beautiful Malmark handbell that Carol Christiansen donated for our Saturday Chapel service. It will be used especially at the All Saints Day service but also sets the mood for beginning our worship services with a lovely gong before the opening greeting by the pastor.

- Bev Cone



Bookends

The Bookends are a group of medical students led by the Medical School's Dean of Student Affairs, Patrick Duff. The students rotate in and out of the practice and performance events as their schedules allow. Dr. Duff founded the group and named it Bookends due to the amount of study the students are involved in and the fact that it is composed of the old (referring to himself) and the young students.

They played a variety of songs, concentrating heavily on folk tunes. If you missed them, don't fret; they will be back at Christmas.

- Barbara Herbstman





Co-Editors

Janet Axe, Patsy Nelms

Oak Leaf Committee

Bill Castine, Kathryn Clark, Cynthia Clements, Bev Cone,
Barbara Dockery, Jan Havre, Barbara Herbstman,
Beth Paul, Jack Polk

Additional Contributors (This Issue)

Nickie Doria, Valerie Griffith, Pat Harden, Pushpa Kalra,
Doug Merrey, Marquesha Odom, Katherine Osman,
Peg Owens, Margo Pettway, Mike Plaut, Martha Rader,
Gaby Rinzler, Margarete Ruth, Mary Sabatella, Marion Siegel,
Jim Wiltshire, Susan Wiltshire, Nancy Wood, Susan Young

Additional Photographers (This Issue)

Julie Ann Ariet, Crystal Canfall, Bill Castine, Bev Cone,
Sonda Dawes, Barbara Dockery, Karen Merrey, Patsy Nelms,
Peg Owens, Margarete Ruth, Tate Quinones

Additional Proofreaders

Sally Foote, June Smith

Graphics

Katherine Osman, Layout

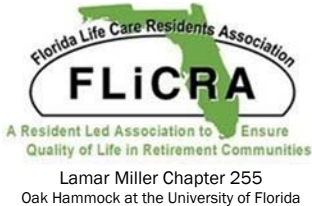
Chef Justin's Cooking Class

Registration was limited to 30 and all 30 chairs were filled with Oak Hammockers, eager to observe Chef Justin's introduction to healthy eating. Executive Chef Justin Cochran joined the Oak Hammock on April 1st. It has proven to be a treat—not a trick. Justin grew up eating “good-for-you-food” and continues that lifestyle for himself and his family. He prepared a healthy smoothie (his daily breakfast) explaining the benefits of each ingredient. Everyone was served a sample. Attendees also took home a serving of the kale and quinoa salad, plus a salad dressing that he prepared.



Justin's grand finale: made from scratch healthy cereal/fruit bars. Alas, they required two hours to harden prior to cutting. Solution of the day: attendees would have a goody bag awaiting them the next morning in the Treats & Treasures shop. It would include a healthy-bar sample, plus recipe cards for the dishes Justin prepared! Hmmm, bet more people would enjoy another Cooking Class with Chef Justin. What's not to like? Better sign up early.

- Barbara Dockery



The Lamar Miller Chapter of the Florida Life Care Residents Association [FLiCRA] is one of the larger chapters and we're pleased to report that over 90% of residents are active members. Mary Wake, as Membership Chair, does a great job welcoming new residents. A packet is sent to each family unit with a letter of introduction, a brochure, an application, and newsletter with instructions on how to join. Every effort is made to explain why it is important to have a voice to the Florida Legislature. We are careful to follow up continually to urge new residents to join this great association.

The 2019 Annual Conference and Chapter Delegates Meeting is scheduled for November 7, 2019 in Boca Raton. The major goal for 2019 was accomplished with the June signing of the Revised Florida Statute 651, now one of the strongest laws in the US providing protection of CCRC Residents. A focus of this meeting will be Long Range Planning. Four delegates from Oak Hammock will be attending this meeting, direct your suggestions and/or concerns to any of our Board members. At this meeting, Wayne Forehand will retire as the FLiCRA Director for Region 8. David Rader has been nominated as his replacement.

- Jim Wiltshire



2019 Residents' Council

President
Vice President
Secretary

Doug Merrey
Nancy Wood
Barbara Francis

| Committee | Meeting Time | Location | Chairperson |
|--------------------------------------|--------------------------|----------|----------------|
| Building & Grounds Maintenance | 1st Thursday, 10:00 a.m. | Acorn | George Arola |
| Communications and Technology | 1st Monday, 3:15 p.m. | MPR | Ellen Efros |
| Dining Services | 1st Friday, 10:00 a.m. | MPR | Carole George |
| Finance & Cost-Effective Management | 3rd Thursday, 1:30 p.m. | MPR | Chuck McDonald |
| Greening of Oak Hammock | 4th Friday, 1:30 p.m. | MPR | Bill Rossi |
| Health & Well Being | 2nd Thursday, 3:30 p.m. | MPR | Martha Rader |
| Interior Design & Living Environment | 1st Thursday, 10:00 a.m. | Acorn | Vanda O'Neill |
| Long Range Planning | 3rd Thursday, 3:00 p.m. | MPR | Bill Zegel |
| Travel & Events | 1st Monday, 11:00 a.m. | CRA | Joyce Riffe |
| Assisted Living Representative | | | Jim Piety |