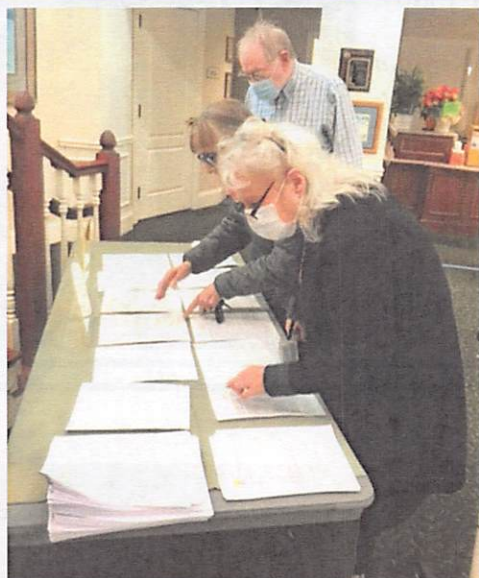


Oak Hammock
The
Oak Leaf
at the
University of Florida

Volume 18, Issue 1

January 2021

Vaccination Time at Oak Hammock: Bye Bye Coronavirus Worries?



Tree of Memories

My kids were concerned that I would be alone for the first time this Christmas. The three of them hatched a plan, and soon a new tree arrived to be placed on the atrium. Then, ornaments began to arrive daily. Ornaments to represent the visit I made to my daughter's bee hives in Connecticut, a guitar to remind me of the years that my son's band practiced in my living room, a broken finger for the time I lost my finger in a boating accident, and tinsel because I made the kids put it on the tree by strands. There are packages of milk duds to remind me of the time that I ate all the Halloween candy and had to buy more, and bananas for the banana diet that I was on for a month or so, lots of tiny stacks of books to represent my teaching days, a Gator football, a beehive for my daughter's hobby of beekeeping, and even a Siamese cat!

It was such a thoughtful idea and one that has kept me amused for many, many weeks. Maybe other families might copy this idea in different ways.

- Betty Kramer

Additional comments by Bev: I live across the atrium from Betty and am enjoying this beautiful tree from my window every day during the holiday season. It lights up the atrium, and makes many of us feel moments of peace and excitement. Also, it is fun just to meander by, and enjoy the tree, and wonder about all those bananas that are hanging there! Betty's three children live in three different places, and this is a nice memory of their lives together as a family for each of them to recall. What kinds of activities could you do with your families to remember good times together?

- Bev Cone



Christmas Day Dining



- Mae Green, photos

Favorite New Year's Stories

♥ On New Year's Eve in 1961 or '62, my future husband took me to a party given by high-ranking American military officers at a home in Quarry Heights in the Panama Canal Zone. The star of the party was the captain of Her Majesty's Yacht, the Britannia. Needless to say, we all accepted his invitation to tour the yacht the next day. We were treated royally and everything was spotlessly shined, but I chuckled to see that the furniture on the yacht was middle-class British—big, comfy chairs and sofas, all bedecked in flowering chintz! The next day, this floating home-away-from-home sailed south to a rendezvous with the Queen as she visited South American countries, but not before it had provided me with my most memorable New Year's experience! - *Margaret Boonstra*

♥ One of my favorite traditions at Oak Hammock is Bob Taylor's "ball drop" and count down on New Year's Eve at 10 p.m. instead of midnight when most of us would be in bed. - *Rosalee Sprout*

♥ This is one celebration that we always remember. Lee was stationed with the Air Force in Spain, and we welcomed the New Year (1962) in the very crowded Puerto del Sol plaza (Madrid) with the traditional "eating the 12 grapes"—as the old clock rapidly chimed the count down. Luckily, no one choked. - *Barbara Dockery*

♥ In 1962, I was serving as Supply Officer of the Naval Communications Station, Sidi Yahia, Morocco. My family shared a duplex set of quarters with the base doctor, whose wife was expecting a baby at the end of the year. The doctor was determined that the baby would come before December 31 so he would get a tax deduction for the entire year. So... at the base New Year's Eve party, he had his wife out on the dance floor, doing the twist! (Remember the twist?) Good idea, but it didn't work. She delivered a healthy baby a few days into the new year. - *Ron Hoopes*

New Year's Eve at Oak Hammock, 2021

New Year's Eve was celebrated with a subdued party this year, minus a live band and the usual crowded Oak Room dance floor. But Dining Services treated all comers to a complimentary champagne toast and a plentiful assortment of sweet snacks.

- *Bill Castine, content;*
Bill Castine, Patsy Nelms, photos



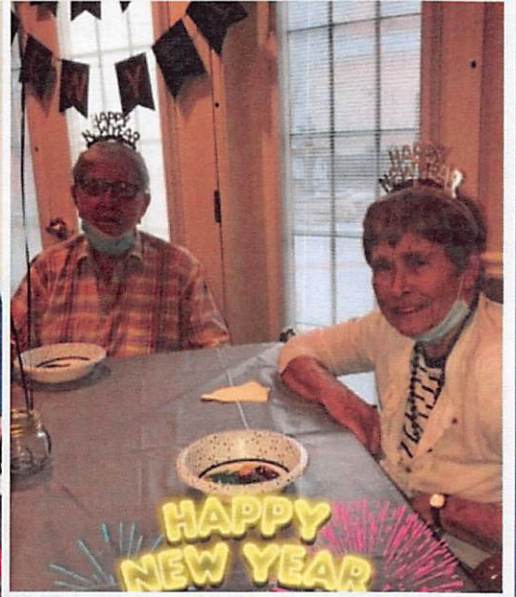
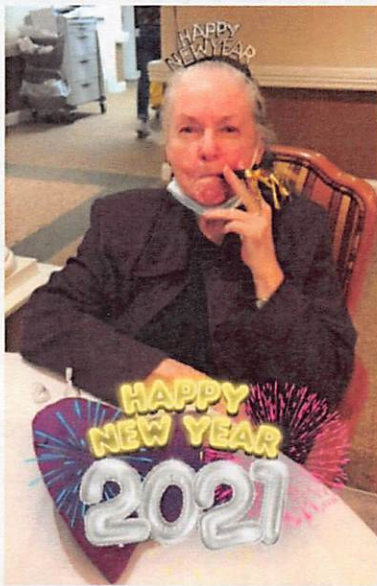
Never Too Late for Black-eyed Peas

Southerners are known for more than fried chicken and pecan pie. The trifecta of black-eyed peas, collards, and cornbread is standard fare. The peas/beans/legumes were domesticated in Africa and were the main source of food on slave ships. During the Civil War, Union soldiers destroyed crops but left fields of black-eyed peas behind, thinking they were of little value. Few managed to keep a pig from being taken. Pigs were considered a sign of prosperity, as in the adage, "A pig cannot turn its head, so it's always looking forward".

The nutritional value of the black-eyed peas, plus their low price, created a following on both sides of the Mason-Dixon. Peas on New Year's Day were thought to bring good luck, while collard greens (representing money), and corn bread (the color of gold) were added to guarantee health, wealth, and happiness. Happy Southern eating for luck in 2021. And remember: It's never too late for black-eyed peas. - *Barbara Dockery*



New Year's in the Health Pavilion



- Crystal Canfall, all photos



Happy Retirement to Cynthia Johnson after 16 years at Hammock Assisted Living!
- Crystal Canfall



New Year's Eve Ball Drop
- Charles Smith

Welcome New Residents

Nancy and Ira Horowitz have been teaching, traveling, and enjoying theatre during their 62 years together. They met on a blind date in Washington while they were both students, and were married just eleven months later.

Nancy grew up in Groton, Connecticut, and graduated from the University of Connecticut, eventually becoming a senior economist in the White House. She later got her M.A. at the University of Kansas, and went on to Indiana University for her PhD. Her father was the first member of their family to graduate from Dartmouth, and was a naval architect designing such famous submarines as the Nautilus, the first nuclear submarine. Ira grew up in the Bronx, and became a graduate research professor, completing his PhD at MIT.

Later, after a few years teaching and studying in Kansas, their travels around the world began - teaching in London, Belgium, back to Indiana, to Gainesville, and then to Paris, France. They have spent many years at universities in Asia, Hong Kong, and Japan, and elsewhere in Australia, Italy, and Greece. They are both faculty members at UF and have maintained a residence in Gainesville for 48 years. Ira still has an office at UF and misses being around his colleagues.

They spent most summers in San Diego, and also made many road trips in the 60's, seeing many National Parks. They also both love the theatre, especially in London at Christmas time.

Oak Hammock in Building Two is now their home. They moved here to have the many benefits of Oak Hammock available to them as needed. Nancy is already active with a regular gym routine here. Welcome to two world travelers.

- Bev Cone



2020 Holiday Treat

It was a cold, clear afternoon on December 17. There was a breeze and leaves were slowly falling from the big trees surrounding the boardwalk. In that lovely setting, the "Pool Deck Pandemic Players" gathered to play some favorite holiday tunes—three flutes, three clarinets, and a string bass played with beautiful harmony and, if you can imagine, Mike Plaut played the clarinet wearing his mask; all the clarinetists used bell covers on their instruments, and Mary Fukuyama played her flute with a mask—amazing! We were entertained with good safety precautions and social distancing.

This is part of a group that used to practice inside at Oak Hammock every week, started about seven years ago, by Mike Plaut. These six musicians have continued getting together regularly this year, meeting outside on Cheryl Poe's pool deck—hence the name of the group!

They gave a second performance outside Assisted Living on December 23. Many residents were able to come from the Health Pavilion. The audience, consisting of residents from all parts of Oak Hammock, was enthusiastic.

- Bev Cone, Patsy Nelms, content;
Barbara Dockery, Patsy Nelms,
photos



Gem for Our Aching Bones

Many Oak Hammock residents are well familiar with our Rehab Services Department. As we age, there is no doubt about it—our bones become more fragile, we get injured more, and our bodies just start to break down. Many of us know our Therapy Department offers both physical therapy and occupational therapy to assist with our aches and pains. What many of us do not know, however, is the amazing range of services offered by the Therapy Department and the extraordinary education and training of our committed therapists. I had the opportunity to interview 3 members of the Therapy Department: Ashley Davis, the Therapy Care Navigator; Matt Gerhart, a Certified Physical Therapy Assistant, and Mary Lynn Allen, a Certified Occupational Therapy Assistant.

Therapy Management Corporation (TMC) serves as the facility's provider of rehab services and has maintained our on-site facility for the last 10 years and offers additional services for our Health Pavilion residents, including providing oversight of the Restorative Nursing Program. The size of the department depends on the needs of Oak Hammock, but currently there are 10 full-time staff members.

Although TMC is our provider as an outside vendor, the therapy team is a very viable and necessary part of Oak Hammock and fits seamlessly into our therapy care and provides daily interactions with department heads and key administrative team members to ensure that each Oak Hammock resident receives the highest level of care. Ashley Davis, Therapy Care Navigator, participates in daily meetings with the Health Pavilion administrative team, including Marie Okronley (Health Pavilion Administrator), Leah Watkins (AL Manager), and Caroline Caton (Social Services Manager) in addition to multiple other team members. On a weekly basis, the therapy team meets together to review any specific needs of our residents and Ashley provides follow-up support to ensure such needs are met and discussed. There is no doubt that Rehab Services are a crucial part of Oak Hammock and a dynamic and dedicated therapy team helps the facility to remain viable.

In addition, the therapy team provides speech language services, including evaluation and treatment to address changes in cognition (e. g., worsening memory, difficulty keeping attention to one or more tasks, difficulty in solving routine or complex problems, changes in speech and/or language (e.g., voice changes, difficulty articulating, word finding issues) and changes in swallowing. All such services are provided here in the Oak Hammock Rehab Department by our team of Speech Language Pathologists.

Focusing On Our Providers

Ashley Davis has a master's degree in Speech/Language Pathology and has been practicing as such for almost 11 years. She has specialized education and training in a vast array of speech disorders and is a certified Dementia Capable Care Practitioner. As is true with all our amazing therapy team, the amount of education and specialized training for these disorders is far too numerous to list here.

Matt Gerhart, in addition to being a Certified Physical Therapy Assistant, has additional certifications in Dementia Capable Care Practitioner and works with residents that have dementia and other cognitive impairments. He seeks to help patients maintain the highest quality of life and independence by decreasing their fall risks and maintaining their ability to stand and walk. Matt also holds a special certification in a program known as "Rock Steady Boxing," originally created for treatment of Parkinson's, which consists of stretching, strengthening, endurance, balance, and coordination exercises. Most of the exercises are performed in a manner that simulates actual boxing. This program will benefit any resident who is struggling with balance, strength, endurance, or coordination. On a typical day, Matt will see residents in Skilled Nursing, Assisted Living, and from Independent Living. Treatments will vary from somebody who is bed bound and wants to be mobile again to somebody who wants to decrease pain while swimming or playing pickle ball. The biggest challenge is to be able to adapt to an ever-changing environment and maintaining a high efficiency, all while providing quality care to each patient.

Mary Lynn Allen, a certified occupational therapy assistant, has certifications in Dementia Capable Care and LSVT BIG, a specialty program that focuses on helping residents with Parkinson's Disease or neurological conditions to improve their coordination, endurance, balance, posture, and ability to participate in activities of daily living and leisure activities. It is highly effective and evidence-based. She also performs Myofascial Release, which focuses on the ability to provide pain relief and improve posture, skin integrity, and can restore range of motion of joints and provide stability of joints; and Physical Agent Modalities (E-STIM, Diathermy, Ultrasound).

A typical day for Mary Lynn consists of a mix of working with residents from IL and Skilled Nursing (short term rehab and long-term residents). She treats many IL residents for pain relief and range of motion improvement (orthopedic conditions within cervical, shoulders, and low back).

(Continued on page 7)

The range of equipment that our therapists have at their disposal to assist with treatment, and their extraordinary training and dedication truly is all encompassing. Having used the services both of PT/OT and many of devices available on which they all are cross trained, I personally can testify to the benefit of our Therapy Department and the fact that we

are extremely lucky to have such a facility on site.

To close with a comment from Marie, "We don't consider TMC as an outside provider. They may get their paychecks from somewhere else, but their team is just as much a part of our team as anyone else in this building."

- Ellen Efros

Tiffany Bach

Tiffany Bach is the newest member of the Oak Hammock Pavilion's professional staff. She was hired to help us with the Citrus Study initially and then to transition to manage what will be Oak Hammock's own health care agency that will be designed to assist our residents.

Tiffany lived and worked in Ocala until earlier this year when she moved to Gainesville to be with her fiancée. She was able to transfer to the Gainesville office of the home health care agency for which she was working. While looking for career opportunities, she came across the Oak Hammock opening on Indeed.

Tiffany originally started in health care as an LPN. She then attended the College of Central Florida for her AA and subsequently Excelsior from where she obtained her AS and RN. She is currently attending Aspen University where she is studying for her BSN.

She has been working in health care in various capacities for fifteen years. In addition to home health care, she has also worked as an infusion nurse in a private practice, as a medical/surgical nurse in a hospital setting, and in a surgical center.

Tiffany has not previously worked in clinical trials but under the tutelage of Marie Okronley and with the expert assistance of Henri Logan, she is learning fast. Having started work at Oak Hammock in the middle of December, she has now completed multiple Centers for Disease Control training webinars and has obtained Informed Consents from residents for the Citrus Study.

She is excited about the opportunity to work with the Citrus Study and to eventually work with Oak Hammock on crafting a home health care agency that addresses the specific needs of our residents.

Those who have signed up for the Citrus Study will shortly be receiving a call from Tiffany as part of the study and will have a chance to have a conversation with her. If you have not yet signed up for the study, please send an email to Tiffany or to Marie Okronley and ask if it is still possible to sign up to participate. In any event, if you encounter her, be sure to welcome her.

- Karen Miller



What's That Tent for?

And all-of-a sudden, a large tent appeared on the green by the Health Pavilion. Questions abounded from residents. And the answer is that it was made available to facilitate outdoor visitation between outsiders and residents of the Health Pavilion when certain restrictions apply due to COVID.

Marie Okronley gave a more extensive answer below:

"ACHA offered a \$3,000 grant to all Florida facilities that applied to purchase equipment that would facilitate outdoor visitation for residents and families. We decided it would be great to have a tent where families could be out of the weather but still enjoy visits with their loved ones. Plus, we would also be able to use it in the future for additional parties when Oak Hammock typically rents a tent. The Health Pavilion employees used it for our Christmas party in December and the Department Heads for the Health Pavilion used it for a Holiday luncheon. We have purchased electric heaters to be used when it is cold outside." The tent also has a supply of sanitizer to use in between visits.

- Beth Paul



Annual Meeting

Make plans now to attend the annual meeting of the FLiCRA local Lamar Miller Chapter 255, which will be held on Tuesday, February 9, 2021 in the Oak Room at 2 p.m. This will be a hybrid meeting with either Zoom or in-person attendance. Options are being prepared to meet the quorum requirement of 10% of the membership.



A Resident Led Association to Ensure
Quality of Life in Retirement Communities
Lamar Miller Chapter 255
Oak Hammock at the University of Florida

Governor Ron DeSantis recently signed executive order 20-315 [COVID-19 Vaccine Administration/Protecting Florida's Seniors]. It set the priority sequence:

- Long-term care facility and staff;
- Persons 65 years of age and older; and
- Health care personnel with direct patient contact.

All of our residents and staff have been offered the opportunity to receive the vaccine, with some in the Health Pavilion having already completed their second dose. FLiCRA and LeadingAge Florida are working hard to assure that the independent living seniors in CCRCs remain a high priority.

Welcome to 2021... Save the date, February 9, 2021, for the Annual Meeting.

- Jim Wiltshire

Scarecrows

Does the title of this article pique your interest? Have you been noticing lots of scarecrows around Oak Hammock recently? Did you go to the wonderful garden festival that Peg Owens and her scarecrow committee treated us to last month, on that beautiful afternoon? Did you work hard making your own scarecrow to share that day? Did you enjoy the party and the treats that were served? There were more than 150 people outside. Although lots of those scarecrows have now left the garden, you will still see some of them—some have changed their clothes, and maybe there are some new/different ones around our campus. Elves are watching over the garden now.

Here's the new plan for scarecrows to continue reappearing in 2021:

Get Outside, Oak Hammock Residents!

Peg Owens and Vicki Mulhearn will be continuing with this theme, encouraging all residents to enjoy

Oak Hammock in a new way. One way is to create new scarecrows for the upcoming holidays. Keep watching for other surprises. What will happen on Valentine's Day? Or Easter? Or anytime during the different seasons of the year? New scarecrows could be appearing anywhere. Please let Peg Owens or Vicki Mulhearn know if you want to create a new scarecrow.

As you can see from the photo, many people participated in the Scarecrow Festival. People arrived by bus, golf cart, or walking, with everyone enjoying being outside.

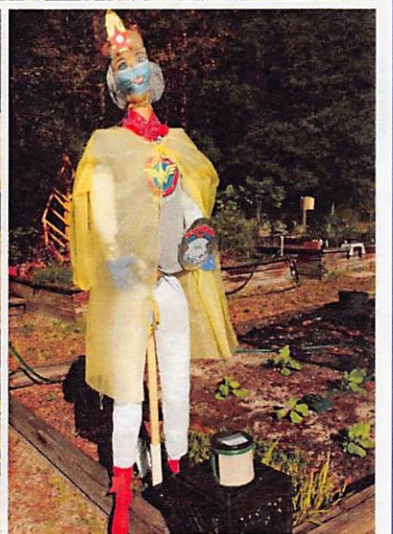
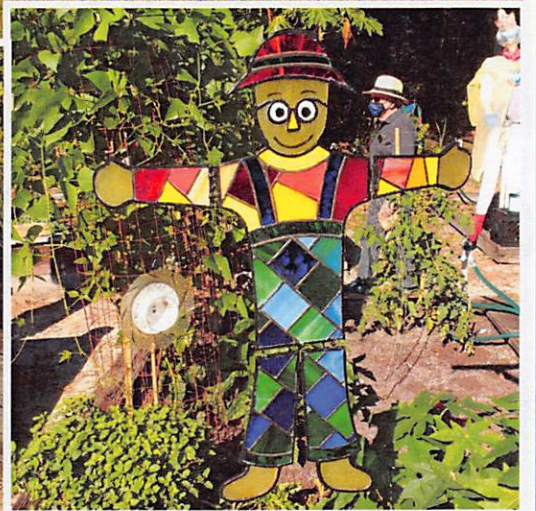
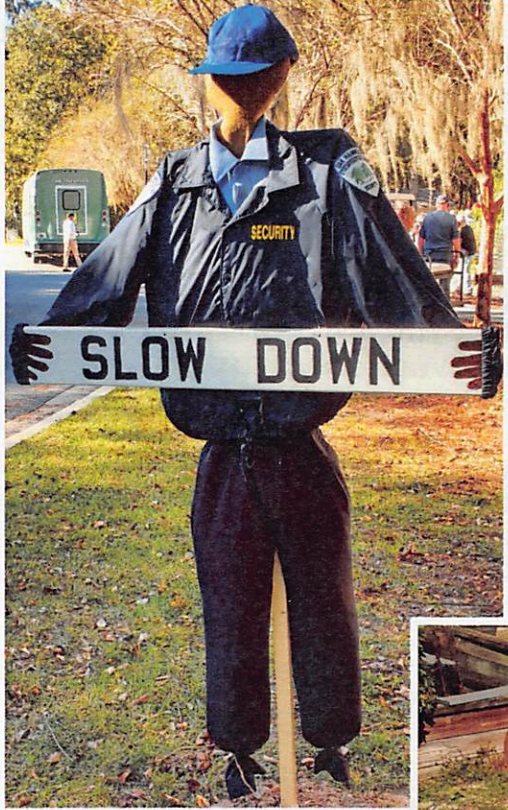
Let's find lots of new things to do outside that are fun in 2021. We have had three concerts outside. Small groups visit on the boardwalk. Pickleball is going strong. Our gardens are beautiful and the walks are lovely. This time of the year may be chilly, but very invigorating. Keep a lookout for new scarecrows showing up in the garden. Oak Hammock is a beautiful place and we are fortunate to live here.

- Bev Cone, Peg Owens, content; Rod Owens, photo



Scarecrows Everywhere!

Our Scarecrow festival may be over but our appreciation for it - and for the committee who devised, orchestrated, and carried it out - isn't. Thanks to all that were in volved in this fantastic event!
- Barb Francis, photos



Hummingbird, Eastern Bluebird, House and Chipping Sparrows, The Morning Bird List Keeps Growing

For the May 2020 issue of the Oak Leaf, I wrote about the wealth of bird songs to be enjoyed on a spring morning walk in Oak Hammock. As Judy and I have continued our walks since then, we have noticed seasonal changes in the sonic landscape. For example, the Northern Cardinal and the Tufted Titmouse, whose songs were everywhere in spring, became silent by late summer, and the Carolina Wren went from ubiquitous song to occasional calls. But by late December, all 3 species had started singing vigorously again—an early sign of spring!

When I wrote the May article, we had encountered 31 species of birds in our walks around the community. As our walks have continued through summer, fall, and into winter, the list has increased to 68 species! So that you may better appreciate the avian diversity of Oak Hammock, here are the birds we have seen or heard:

Birds of open areas

Mourning Dove, Ruby-throated House Finch, American Goldfinch, and Chimney Swift.

Petite birds of the trees

Four Vireos (White-eyed, Red-eyed, Yellow-throated and Blue-headed), Carolina Chickadee, Tufted Titmouse, Carolina Wren, Blue-gray Gnatcatcher, Ruby-crowned Kinglet, Indigo Bunting, American Redstart, Northern Parula, and five other Warblers (Black-and-white, Orange-crowned, Yellow-throated, Yellow-rumped, and Pine).

Larger birds of the trees

Yellow-billed Cuckoo, Yellow-bellied Sapsucker, and three other Woodpeckers (Downy, Red-bellied, and Pileated), Great Crested Flycatcher, Eastern Phoebe, American and Fish Crows, Blue Jay, American Robin, Northern Mockingbird, Gray Catbird, Brown Thrasher, Cedar Waxwing, Summer Tanager, Northern Cardinal, Red-winged Blackbird, Common Grackle, and Brown-headed Cowbird.

Vultures and birds of prey

Black and Turkey Vultures, Osprey, Bald Eagle, Mississippi and Swallow-tailed Kites, three other Hawks (Red-shouldered, Red-tailed and Cooper's), and Barred and Great Horned Owls.

Wetland birds

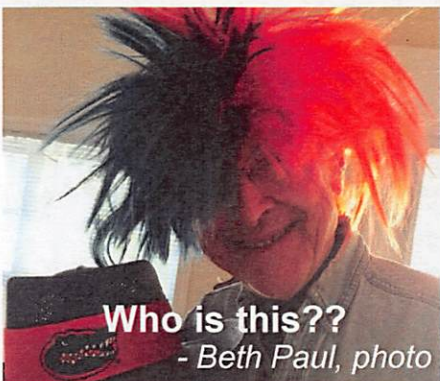
Black-bellied Whistling Duck, Hooded Merganser, Sandhill Crane, Spotted Sandpiper, Double-crested Cormorant, Anhinga, three Egrets (Great, Snowy, and Cattle), Great Blue and Little Blue Herons, and White Ibis.

Some of these birds have been truly unexpected, such as the pair of large hawks that winged over our heads recently and quickly disappeared beyond the treetops. Only when they circled back into view could we see with our binoculars that they were Bald Eagles!

Our highest daily species count has been 22, which we reached on several days in April, May, and June. Our daily count occasionally fell to the lower teens by August, when the birds became less vocal after nesting. As cooler weather arrived, we became more aware of the mixed feeding flocks that form each year after the nesting season. This time of year, when we come to a tree where chickadees and titmice are calling, we stop and watch, for they are often accompanied by warblers, kinglets, and other little birds.

The birds have started really singing again now. We had 17 species on our latest count, December 29. Perhaps this is the buildup to the next nesting season. Every time we go out, our challenge is to count as many species as possible and to enlarge the overall species list. We never know what each morning will bring!

- Tom Gire



Who is this??

- Beth Paul, photo



Brave winter athletes on the croquet field.

- Walter Wynn, photo

Coral Ardisia Pull

On a cold January morning, Oak Hammock residents and garden staff tackled the invasive coral ardisia in Oak Hammock's woodlands by extracting ten large bags of berries and plants. Those involved were rewarded by lunch in Duckworth gardens.

- Patsy Nelms



The Case for a Benevolent Fund

The Oak Hammock community, our home, is a truly caring community. For many of us, living at Oak Hammock is a dream come true. This is where we will spend the rest of our lives, comfortable and confident that our healthcare needs will be met by our community and that we will not be a burden on our families. Moving to Oak Hammock has been characterized by some residents as a gift to our children.

For some, however, unforeseen financial hardship or *outliving one's financial resources* jeopardizes that comfort. Oak Hammock's Benevolent Fund is intended to assist those few residents who, at a time when they are most vulnerable and through no fault of their own, are unable to meet their monthly service fee obligations. *Friends helping friends*. It's how our community comes together to protect each other. In fact, doing everything possible to provide for such residents directly reflects the mission of many CCRC's generally, including Oak Hammock.

A study by LeadingAge suggests that a CCRC should anticipate that about 1% of its residents will exhaust their financial resources prior to end-of-life. Benevolent care programs were promulgated to provide care for those few by their community. Oak Hammock's Benevolent Fund was initiated by a generous donation by Frank Duckworth, who served as President of our original Board of Directors. His vision formed the cornerstone of our Benevolent Fund and provides us an opportunity to build on his legacy. *Friends helping friends: taking care of our own in our community, both now and for future generations.*

- Norm Cooney

Friends Helping Friends

Contributions to the Benevolent Fund, As of January 1

Since we last reported on the contributions to the Benevolent Fund, a total of \$1,535 was received. Funds were received in memory of Evelyn Malloy, Ann Eastwood, John Bankston, Beman Dawes, Dick Newberg, Carl Wisler, and Peg Nattress, and in honor of June Malloy, Bill Castine, and Pat Liston.

- Jonathon Mann



Art League

The current exhibit in the Art Gallery features 8 artists who have taught at Oak Hammock: Anda Chance, Marilyn Gray, Karen LeMonnier, Roz Miller, Peg Richardson, Clark Thomas, Jenna Weston, and Lisa Woodward. This does not include all the instructors since not all could participate.

A word about each of these artists: Anda Chance is a highly regarded, awarding winning professional who gave us classes in both watercolors and colored pencil art.

Marilyn Gray taught us whole different disciplines: calligraphy and Chinese brush painting. Marilyn has further ties to Oak Hammock because her late father was a long term resident.

Karen LeMonnier also had similar ties to Oak Hammock, having had both her late father and mother living here. She taught several classes in acrylics. Her paintings grace the walls of our Lower Commons lobby!

Roz Miller holds the honor of being one of our earliest instructors in watercolors, returning later to teach us more techniques. She too has evolved in her artwork and is now well known for her lovely abstract acrylics. She is a lifetime friend of Oak Hammock resident Edna Hindson.

Peg Richardson paints delicious watercolors and graced us with several classes in that medium, sharing her special techniques. She too has longtime friends here and in normal times comes here to dine.

Clark Thomas (art shown top right), a renowned Nashville photographer, had a very popular photography class going here. In the midst of it the pandemic arrived, so we are hoping Clark will be ready to return when it is safe. His mom is Brenda Thomas, an Oak Hammock Founder.

Jenna Weston, a retired teacher and friend of Linda D'Amico, has given several series of amazing sumi-e classes and we have our brushes and inks ready for more when it is possible.

Lisa Woodward, whose work is displayed at right, is a resident of The Villages and close longtime friend of Marion Siegel. She has not only done a program for us, but she gave us a class in painting on silk scarves that was 100% successful. She is also a professional artist working in many media, including watercolors, alcohol inks, acrylics, and collage.

All of these artists are award winning, dedicated professionals and we thank them for agreeing to participate in "The Invitational Art Exhibit".

The following show, open April 12 - July 10, will be a themed judged show; "Inspiration by song, or poem or piece of wisdom". This is a shout out for Oak Hammock artists to get busy and figure what will launch their creativity, and then follow up with artworks for this show. Since this is a judged show, perhaps residents would like to consider a contribution to sponsor an award. You might consider it an opportunity to honor someone with a special award in his or her name. If you do, please contact Jane Polkowski Levy before the show.

A new January/February show has been hung in the art studio, featuring the works of our own Oak Hammock artists. The art studio is always open for you to come in and browse as many times as you want. Please sign the guestbook, and add your comments. Names of the artists involved are all listed on the poster on the door and there is another list of titles, artists, and prices on the wall for your benefit. Contact the artists directly if interested in making a purchase!

What art offers is space - a certain breathing room for the spirit. - John Updike

Marion Siegel, content; Clark Thomas, Lisa Woodward, photos



Art in the Corridors Redux

In April, 2004, Oak Hammock's new main building boasted an exceptionally attractive exterior and tastefully appointed interior, but the bare walls of the public residential areas created an institutional atmosphere.

Enter Pat and Manny Lucoff. As the first chair of the Building and Grounds Committee, Pat decided that art on the walls would lend much needed ambience, and formed an Art In The Corridors committee. She and several volunteers collected art loaned and donated from Oak Hammock's new residents and, as more people moved in, our collection grew.

Establishing rules and standards, logging, and storing items was an involved and laborious task. Manny set up a spreadsheet system to record and track ownership, description, and location of every piece of art. Over the intervening years, many other faithful volunteers continue to organize and perform the complex tasks necessary to keep our Oak Hammock home uniquely gracious and inviting.

We are grateful to Pat and Manny for their original vision and to the many volunteers who have kept it fresh and alive. We invite new residents to join us in our mission.

- Jan Havre

The Great Conjunction from the Fourth Floor

A group of residents gathered to observe the “Great Conjunction” of Jupiter and Saturn on the night of December 21. To the naked eye, the two planets appeared as a single bright point of light. However, they looked separate when viewed through the telescope—as set up by Tom Gire. He patiently explained that this is the first time in 800 years that the two planets have appeared to be so close together in the night sky.

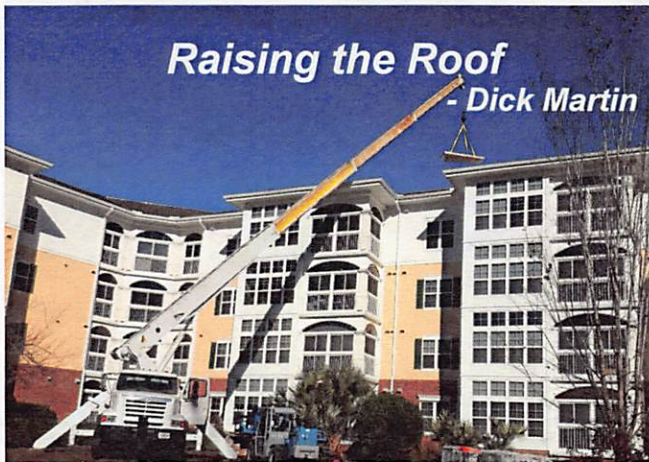
Astronomers have calculated that there were planetary conjunctions around the time of Christ’s birth. They may have given rise to the biblical story of the Christmas Star. Thank you, Tom, for being our “wise man” and explaining the wonders of our night-time skies.

- Barbara Dockery, content; Phil Morrison, Patsy Nelms, photos



Raising the Roof

- Dick Martin



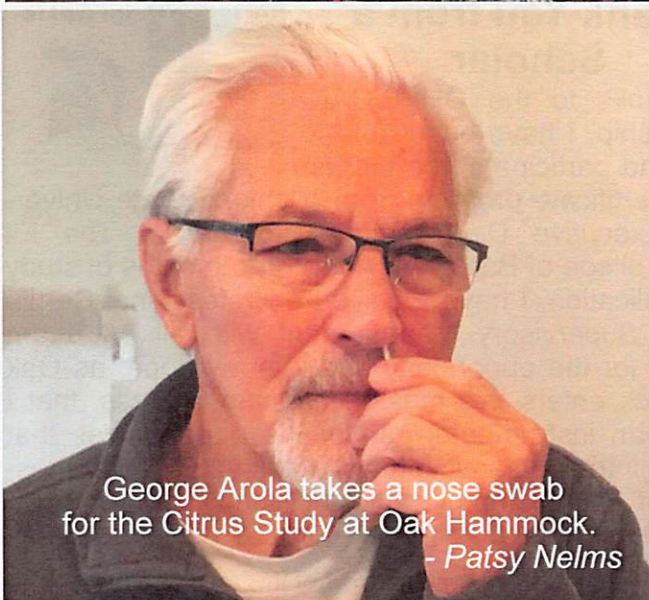
A New Version of a One-room Schoolhouse

...at Oak Hammock! With a delicious breakfast served to my guests. My young cousins, from Saginaw, Michigan are: Weston, a first grader and Mackenzie Kelly, a second grader. When “school” is over we are off to Gainesville’s wonderful museums. This is their schedule five days a week from eight in the morning till two in the afternoon.

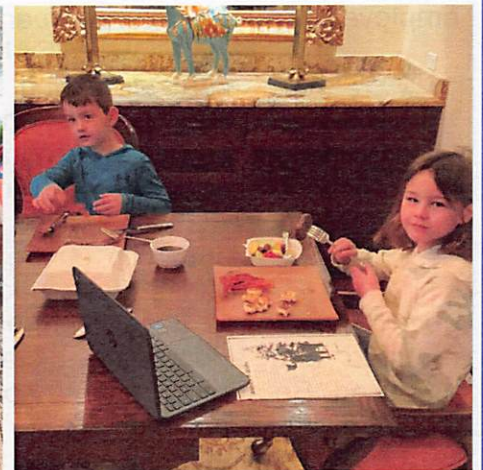
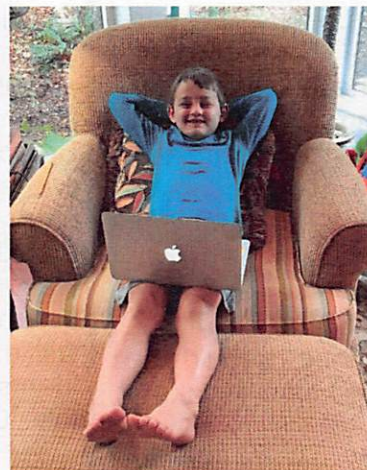
Yesterday afternoon, we did go to University of Florida football field and learn how to kick a football through the up-rights and perform cartwheels across the field. Life is good and very different!!

His laptop is going full force... spot on! It’s his music class and life is good. At 6 years old he only knows and understands... this is his education!

- Nancy Perry



George Arola takes a nose swab for the Citrus Study at Oak Hammock.
- Patsy Nelms



Oak Hammock Zoom-a-long with Ron and Brenda



Employee Scholarship Recipient Celebration

You are invited to enjoy a celebration of our employee scholars from February 3 - 5, 2021, during "OH I CAN!" Days. Report cards featuring the current scholars participating, information about the program itself, and video loops of some of the scholars will be shown. In your cubby or door clip on February 1, you will find a description of what to expect during these days. Naturally, masks will be required and appropriate distancing should be practiced. Be sure to reserve some time to take a look at this information.



- Bill Castine

Thank You from a Scholar

Thanks to the OH I CAN! Scholarship, I have been able to apply and participate in a professional certificate program from Michigan State University's Executive Development Program at The Eli Broad College of Business. After three months of study and application, I have received a Professional Certificate in Supervisory Management with all As. I am thankful for the opportunity and it is my hope, as Oak Hammock enters this master planning process, that I can be an instrumental part of the opportunities that will lead into a dynamic future. Thank you to all the residents of Oak Hammock and the scholarship committee. GO GREEN!



- Julie Ann Ariet

From Katherine: I approve of this message!

Oak Hammock by the Numbers as of January 1

Independent Living

	Total	Sold	Available
Houses	57	57	0
Apartments	212	207	5

- *Nickie Doria*

Health Pavilion

	Total	Occu- pied	Available
Assisted	46	41	5
Memory*	24	9	3
Skilled**	73	61	12

* 12 units are set aside for quarantine

** fluctuates daily

- *Mary Sabatella*

Oak Hammock Honors

**The residents of Oak Hammock
Congratulate the following staff
on achieving the designated honor:**

FranyRose Gibson - Licensed Practical Nurse

Cindy Sallet - Registered Nurse

Avionce Washington - Registered Nurse

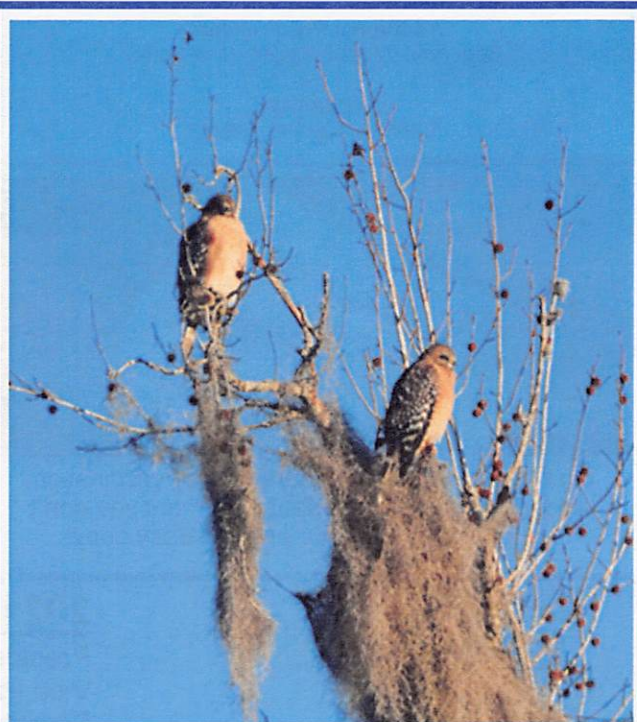
Oak Hammock Quilters Step Up to Help

Quilters from all over the country were invited to join a group of Oregon quilters to create quilts for people displaced by the September wildfires in Oregon. One of those fires destroyed over 300 homes and more than 400 students were displaced by these wildfires. Most of the displaced families are living in small motel rooms, RV's, and even cars. There are no FEMA housing units available to them.



With the help of all those quilters, including our Oak Hammock Pat Martin, Magda Berken, and Brenda Thomas, brightly colored quilts and pillows have been made available to each child and to most of the adults.

My Oregon contact writes, "Through the generosity of quilters and friends throughout the U.S., we were able to wrap our neighbors in love this Christmas. Thank you for being a part of this effort."
- *Beth Paul*



It was 25 degrees this morning (December 27), and our resident hawks were getting as close as possible to the sun!

- *Ron Hoopes*

You Make the Difference

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

Amanda Benham, Maria Fisher, Noimie Harwood

Housekeeping

Annual Winner Award

Elaine Dotten, LPN

Skilled Nursing Department



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)

Julie Ann Ariet, Norm Cooney, Nicki Doria, Ellen Efros, Heather Gilkey, Tom Gire, Ron Hoopes, Jan Lowenthal, Jonathon Mann, Karen Miller, Peg Owens, Nancy Perry, Martha Rader, Mary Sabatella, Marion Siegel, Margi Sidman, Jim Wiltshire, Susan Young

Additional Photographers (This Issue)

Karen Arola, Crystal Canfall, Bill Castine, Bev Cone, Barbara Dockery, Barb Francis, Tom Gire, Mae Green, Ron Hoopes, Betty Kramer, Dick Martin, Phil Morrison, Patsy Nelms, Rod Owens, Beth Paul, Nancy Perry, Charles Smith, Clark Thomas, Lisa Woodward, Walter Wynn

Additional Proofreaders

Beth Paul, Martha Rader, June Smith

Graphics

Katherine Osman, Layout



Just in case: Snap a picture of your vaccination card (or any other important document you don't want to lose) with your phone. Easy copy!

Got Stuff?

Do you have things that just don't belong in your life anymore and you don't know what to do with them? Oak Hammock does not take items on loan but does accept several types of donations, many of which are sold to benefit staff and residents through Recycled Riches. Here are some people who may be able to help you simplify your life, identified by the kind of items they can handle:

TYPE OF DONATION	CONTACT PERSON
Hanging Art	Chris Kaufman
Jewelry	Joni Simon
Crystal, silver, upscale items	Judy Plaut
Furniture, houseware, small appliances, electronics, medical devices	
Building 1	Bob Taylor
Building 2	Peg Owens
Homes/villas	Charles Nicholson
Clothing	
Professional, current styles	Matthew Rodriguez, Concierge
Useable clothing items	Robert Yates (to Helping Hands Clinic)
Plants [Note: As a courtesy to both other plants and people, please do not put plants in garden areas or greenhouse without authorization.]	
Greenhouse	Ron Schoenau
Garden	Fred Harden

So why not take those items that you no longer use or need and give them a new home. You will make both yourself and someone else happy!
- Martha Rader



2021 Residents' Council

President Martha Rader
 Vice President Norm Cooney
 Secretary Barbara Francis

The Council meets at 10:00 a.m. on the second Friday of each month via Zoom.

Committee (New for 2020)	Meeting Time	Location	Chairperson
Active Lifestyle	1st Monday, 11:00 AM	Acorn Room	Keith Berg
Master Planning	1st Monday, 3:00 PM	Zoom	Doug Merrey
Buildings and Grounds,	1st Thursday, 10:00 AM	Zoom	Jan Lowenthal
Communications and Marketing	4th Friday, 1:30 PM	Zoom	Mary Kilgour
Community and University Partnerships	TBA	Zoom	Michael Plaut
Dining and Nutritional Services	1st Friday, 10:00 AM	Zoom	Bruce Blackwell
Finance & Cost-Effective Management	3rd Thursday, 1:30 PM	Zoom	Al O'Neill
Health & Well-being	1st Thursday, 3:30 PM	Zoom	Henri Logan
Technology & Services Innovation	3 rd Friday, 10:00 AM	Zoom	Bill Zegel
Assisted Living Representative			Jim Piety

**Committees are meeting via Zoom unless otherwise stated.
 Please contact the Committee Chairs for links.**