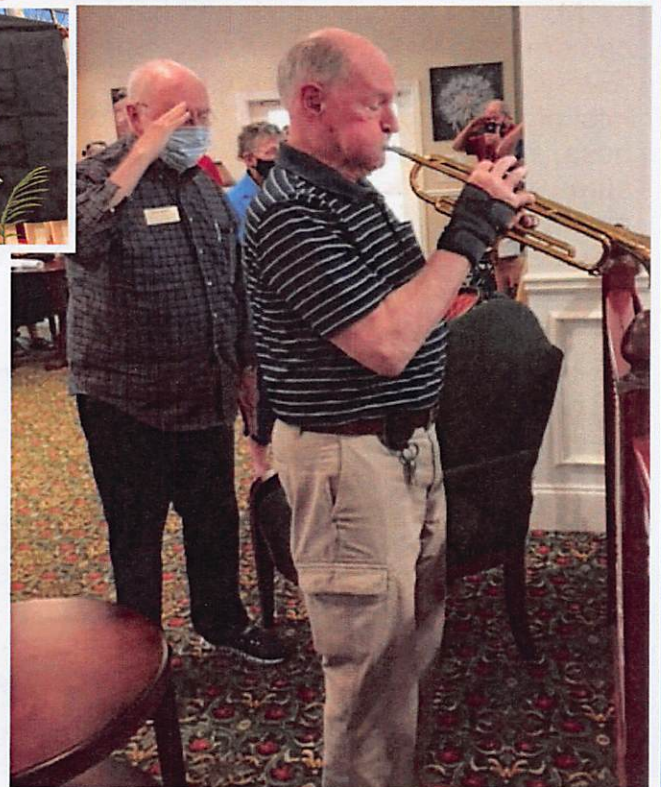
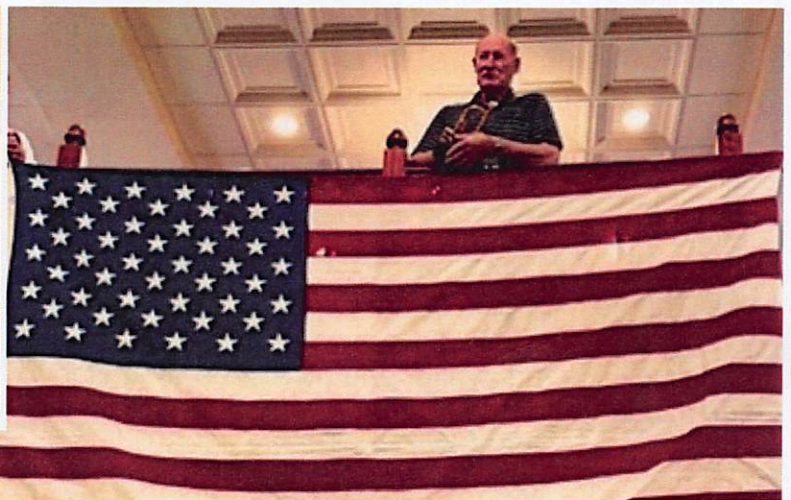


Memorial Day

Memorial Day is the unofficial start of summer, and there is no better way to spend the day than with a picnic! After the year of the pandemic even the thought of a picnic can get hearts to flutter. Here at Oak Hammock, Chef Jon, Chris Rocks, and the entire staff put on a feast! Everything was wonderful...the weather, the food, the amazing staff, and especially the opportunity of getting together!

- Kathryn Clark, content and photos; Beth Paul, additional photos



“Taps” on Memorial Day

Memorial Day is to honor those men and women who died while defending our country. Last year, during the Covid lockdown, Steve Hartman of CBS News issued an appeal for buglers, trumpeters, or other musicians to play “Taps” at 3:00 p.m. on Memorial Day, and thus began Taps Across America. Hank Wake had played a recording for the last three years, but wanted us to take part in this live celebration this year. The Impresario of Oak Hammock, Michael Plaut, arranged for Gary Langford, the beloved musical director and talented trumpeter, to come play “Taps” (shown at right) and it was absolutely splendid. He also played “America The Beautiful”. The music was a perfect way to remember Memorial Day.

- Kathryn Clark

Flag Day

This year Flag Day was celebrated on Monday, June 14. It commemorates the day in 1777 when the United States approved the design for its first flag. In 1885, a schoolteacher in Wisconsin urged his students to observe June 14 as "Flag Birthday."

President Woodrow Wilson proclaimed June 14 as official Flag Day in 1916. In 1949, Congress permanently established the date as National Flag Day. Although it is not an official holiday, each year the President delivers a Flag Day Address and proclaims the week of June 14 as National Flag week, and we are all encouraged to fly the American flag. Our flag has had a long and interesting history.

Send us your story of the American flag and we will feature some of them for our July edition of the Oak Leaf.

- Barbara Herbstman

Welcome New Neighbor: Mary White

Some people really fall for Oak Hammock. Others wait until the week after they move in. New resident Mary White met a walking buddy to stroll down their familiar downtown route past Holy Trinity Episcopal Church. That's where the sidewalk went one way, Mary another, resulting in a fractured left elbow, her dominant side (bummer). And the need for a couple of screws and therapy. Oh, the wonders of modern medicine. The red, white, and blue decorated elbow didn't faze Mary. The Saginaw, MI, native continued settling into a third-floor apartment in Building 2, never complaining.



Mary was an only child, and her father owned a camera store in Saginaw. She reminisced, "Everybody was taking pictures back then, buying lots of film and flashbulbs—great for dad's business, but prevented family vacations for us. Not sure why, but I took French at Michigan State University. Maybe 'cause it included a class in Paris. I didn't cross a state line—heck! or leave Michigan 'til the spring of my twenty-first summer."

Mary majored in education at Michigan State

University, where she met Neil, her future husband. Later she taught in Stoneham and Cambridge, MA, while her husband got a Ph.D. in math. In 1973, the UF math department recruited Neil and Gainesville gained a dedicated elementary school teacher. Mary taught for 21+ years at Idylwild Elementary School (our Oak Hammock "adopted" neighborhood school). She loved being a docent at the Florida Museum of Natural History, leading tours and answering questions of the visiting students. Mary's been a Master Gardener since 2003 and past president of the Gainesville Bromeliad Society. Her apartment reflects the pull of nature in her life. Plants thrive and art is alive on walls, painted chairs, and collectibles. In addition to being a serious duplicate bridge fiend, reading mysteries, and cheering on the Gators are on her calendar.

Neil and Mary enjoyed crossing a lot of state lines and borders together, especially a trip to Antarctica in 2007. Sadly, Neil died in 2014. The family tree includes two sons and three granddaughters. Not to be missed are the Stoneham sheep that graze on the small shelf near her doorway. Mary will delight you with sheep tails, plus lots of interesting tales from her lifetime. She's one newcomer that you just have to meet! You will not be bored. Guaranteed.

- Barbara Dockery

Note from Katherine: Obviously this is a stellar individual. (GO GREEN!)

Boxing at Oak Hammock

The physical therapy department has organized two boxing classes at Oak Hammock: Rock Steady, developed for people with Parkinson's, and Boxing for Life. This is not contact boxing. Instead, it is an active exercise class that develops strength, agility, and balance. It is a real workout!

- Kathryn Clark



Shelby Parrish, Ph.D., Physical Therapist

If you have been prescribed physical therapy, it's very likely that the first therapist you met is Dr. Shelby Parrish. She performed your initial evaluation to determine the appropriate plan of care to best meet your goals. No matter how poorly you're feeling, just being in her company can lift your spirits. Her warm smile and comforting manner set one at ease. Her exceptional therapeutic skills and motivation have raised the quality of the Oak Hammock Physical Therapy Services.

Shelby attended the UF, earning Bachelor's and Master's Degrees in Health Education and Behavior. She competed for UF on the cross country/track team. She met her husband, Ryan, a football player, through an athlete's Bible study. They were married after their fourth year and stayed at UF another year to complete their degrees. Amazingly, they both competed for a fifth year in athletics. Shelby went on to Memphis, TN, where she completed her Doctor of Physical Therapy.

Shelby tells me that she was drawn to PT by being a patient herself during her athletic high school years. She was immediately drawn to the positive atmosphere and ability that the therapists had to encourage their patients during their recovery. A field that promotes recovery through movement was a natural fit for her passions and interests. She also has a passion for geriatrics and saw the positive impact that physical therapy had on her grandmother,

who had Parkinson's. She did a clinical rotation at a CCRC similar to Oak Hammock while in PT school. When the Oak Hammock position became available, she was "thrilled and very honored to have the opportunity to work here."

Shelby was recently certified as an Affiliate Coach for the Rock Steady Boxing Program for Parkinson's Disease and has absolutely loved teaching the classes. Oak Hammock has recently launched both the Rock Steady Boxing and Boxing for LIFE (Living Independently through Functional Exercise) Programs over the past month.

This year has been an exciting one for Shelby. Ryan graduated from UF Medical School and was accepted as a UF Orthopedic Surgery Resident, securing their stay in Gainesville for the next 5 years. And they are expecting a baby boy on June 26!

Our good wishes to Shelby as she embarks on the next leg of her life's journey. We'll be following along!
- Carol Zegel



Lending a Helping Hand: Behind the Scenes of Restorative Services

When you think of the care being provided in the Health Pavilion, often you first think of the nurses and certified nursing assistants (CNAs) or even the personal care assistants (PCAs). But, did you know that the Health Pavilion has a group of trained and competent Restorative CNAs who help our residents maintain their function outside of therapy services provided? On a given day, if you visit the Health Pavilion, you will see our group of trained Restorative CNAs, helping our residents walk, dress themselves, groom themselves, feed themselves, and they even encourage them to swallow safely. The Restorative team is a collaborative approach between nursing and therapy. The team is overseen by Elaine Dotten, Infection Control Nurse, who serves as the Restorative Nurse. Ashley Davis, Director of Rehab Services, assists the team in completion of programs and providing proper training to ensure each member receives customized care.

Courtney Walsh (center) leads the Restorative CNA team, working with Lynn Piersaint (left) and Shemeka Woods (right). Together, this interdisciplinary team strives to create a care approach that allows residents to continue to live as independently as they are able while in our Skilled Nursing Facility (SNF).
- Ashley Davis



Oak Hammock Pendant Correction

The pendant article in a recent issue of "The Oak Leaf" stated that there are 400 locators at Oak Hammock, which is incorrect. There are a total of 78 locators on the Oak Hammock premises. Watch for more information on our pendant system in future issues.
- Jan Lowenthal

Health Pavilion Happenings



1



2



3



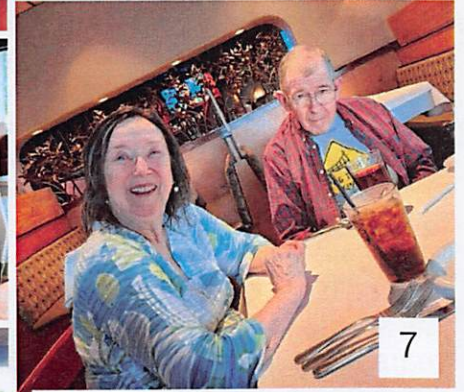
4



5



6



7



8



9



10



11



12



13

1 - 4 Painting suncatchers
 5 - 9 Lunch outing to Bonefish Grill
 10, 11 National Hamburger Day
 12 Sundae Funday!
 13 Ice Cream Outing to the Oak Hammock Lake
 - Crystal Canfall, photos

Therapy Pets, Real and Robotic

Therapy pets are a popular tool for calming the agitated and soothing those who are distressed. Oak Hammock is quite fortunate to have its own therapy dog, Kane, a very large male Doberman Pinscher. His handler is Ashley Davis, Speech/Language Pathologist and the Director of Oak Hammock's Rehab. The duo can be seen in the rehabilitation facility or walking through the halls of the Health Pavilion.

Kane is five years old, weighs 110 pounds, and has had a year and a half of training as a therapy dog for post-traumatic stress syndrome (PTSD). He will allow himself to be petted, but he has primarily bonded with Ashley's fiancée, a soldier with six tours of duty behind him.

Kane will not seek people out, but he wanders the halls and will interact with people. One time, according to Ashley, he actually got into bed with a patient who apparently beckoned him. The soft bed must have looked quite inviting. The patient was very happy to have this extremely large pet next to her.

Pictured with Ashley and Kane is Kali, their year and a half old female Doberman.

Also, in the Health Pavilion are 4 robodogs and 1 robocat. The dogs are individually owned by patients, furnished by the facility as the need presents itself. Martha Rowe can be seen toting her little dog along on her walker. The Memory Unit has a robocat that sits on the shelf and can be petted as patients walk by. It will lift its head, purr, and roll onto its side.

After visiting with our real therapy dog, discussion led to the robotic pets that are popping up in nursing homes and memory units. There are more and more shopping sites, including Amazon, that have these pets available, and prices can range from \$40 to \$6,000 depending on your pocketbooks and your specific desires.

One robotic dog actually looks like a robot, but the more desirable robotic pets are covered in soft fur and can respond to touch and voice. Small 1.5 volt batteries keep them running. These pets have been especially helpful during the pandemic because family members have had to give Grandma and Grandpa a wide berth, causing loneliness. The web sites below show how elderly patients respond to these mechanical pets.

The following web sites show how you can order your own robotic pet. I sent the information to my kids so that they can be ready to purchase one when/if the need arises.

Playmate Pets | Animated Robotic Therapy Dogs & Cats

<https://www.alzstore.com/alzheimers-companion-pet-therapy-p/0604.htm>

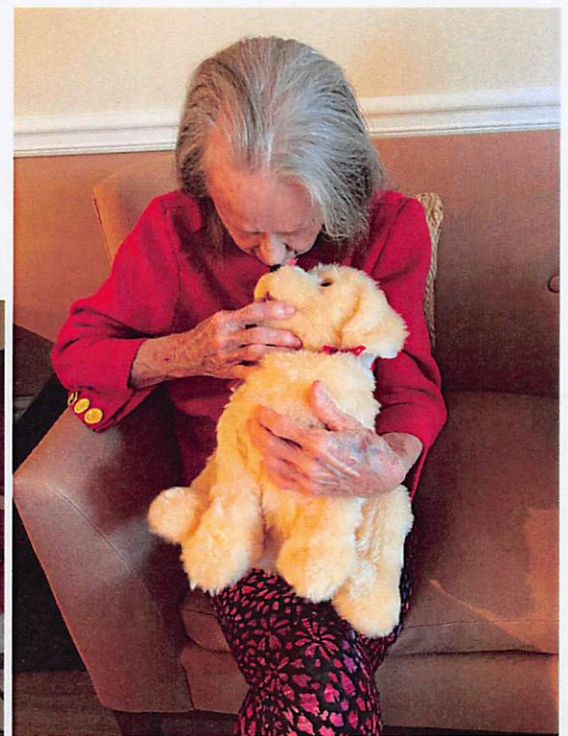
Robotics - Top 5 best Pet therapy robots 2021

<https://roboticsbiz.com/top-5-pet-therapy-robots-available-in-the-market/>

Joy for All - Companion Pets (Dogs & Cats)

<https://joyforall.com>

- Beth Paul, content; Beth Paul and Leah Watkins, photos



Graduation Memories

🎓 June, 1958: My two best friends and I went to an all night party after our graduation ceremonies from Roseburg Senior High School. Nothing memorable about the party. I had to be home at 6:30 a.m. to milk the cow. My friends came with me and when I finished my chores, my mother fed us breakfast after which we left for Honeyman State Park on the Oregon coast. We decided to make the two-mile hike across the sand dunes to the ocean beach. We were the only ones out there so we shed our swim trunks as we were hiking. We hit a brushy area on the way, finally gave up the idea of getting to the beach, and headed back to the park. On that beautiful sunny day, I got my first sunburn "where the sun don't shine."
- George Arola

🎓 At right is a photo of me and 890 other graduates of the US Naval Academy June 3, 1959. There will be a prize for the first one to pick me out of the photo. Hint #1—I think I was in the front row somewhere because I graduated # 48. Hint # 2—I had more hair back then. Hint # 3—It was on top of my head; no goatee back then. Submit answers to topousna@gmail.com.

- Walter Wynn

🎓 Upon graduating from college as a 2nd LT in the Corps of Engineers, the typical sequence was a 3-month basic course at your branch school followed by a platoon troop assignment. When an opportunity to train for one year with an Olympic program came up, I accepted it. Was the delay worth it? Unbeknownst to me, the troop assignment was at a battalion in Germany with two American school teachers for the dependent children. What a fortunate turn of events when Evelyn was one of them. We were married in Wiesbaden in 1955. Then five boys and 61 years later she passed away at Oak Hammock in 2016.

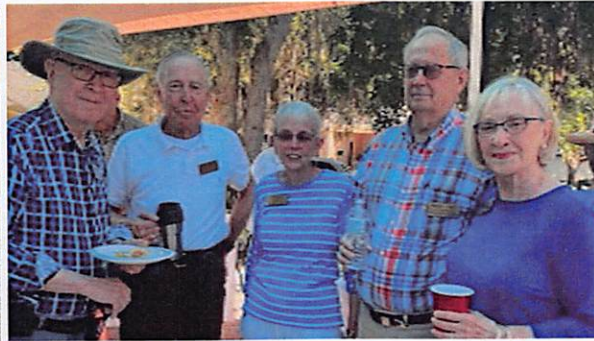
- Jack Martin



Street Party in the Outback

Sunday, May 23, was a perfect evening for residents living on the street to enjoy a street party. The weather was sunny and breezy. The Outback hosts arranged the many tables and chairs to encourage conversation and everyone enjoyed the inclusive feeling and delicious appetizers. It's great to return to community gatherings to greet new residents and to share our lives together.

- Carole Zegel



Summer Plans

- ☼ My summer plans are to enjoy my time at Oak Hammock, walking outside early in the morning, and stopping to appreciate the beauty around me, enjoying my friends here, and maybe even seeing family if they visit here—possibly even being able to eat together in the dining rooms here? And listening to plans about the new construction and possible growth for this beautiful place where I live. And being thankful every day for the opportunity to live here at this time of my life.
- *Bev Cone*



- ☼ Summer plans are to leave here June 5 for home in New Hampshire. Celebrate 80th birthday with family in Maine...big party in June. Celebrate real birthday July 4 at home in NH, then celebrate AGAIN in NH in September...another party with more friends and family. Back to Oak Hammock in October. Take away: I'm definitely turning 80 this year!
- *Jan Havre*

- ☼ I hope to be going on summer cruises again.
- *Donna Johnson*

- ☼ My plans for the summer are to enjoy all that Oak Hammock has to offer and to REALLY try to minimize all the excess in my apartment. I have to admit I have items I have never used or looked at since I moved here in 2004. I wonder how much space I can create?
- *Valerie Griffith*

- ☼ Well almost as soon as Higgins climbs inside, we are off to our summer home at Higgins Lake, Michigan. In mid September, we travel to Vermont to meet fellow Oak Hammock residents Betty and Bob Porter and their dog, Lacey! Collectively, we are going on a 40-day adventure down the "Eastern Seashore". Starting in Kennebunkport, ME, we will continue heading south through all the major cities and beautiful countrysides. Yummy restaurants and a full load of tourist traps! Fun all the way until we finally end up in Saint Augustine...almost home! See y'all the very end of October.
- *Nancy Perry*



Hail, Hail... "The Gang's All Here"!

The Oak Hammock Rockers were excited on June 10 to play music for everyone's enjoyment in the Upper Commons once again, finally with NO masks required! Al Goebel leads the group, and plays the accordion, accompanied by Hank Pennypacker on the guitar, and Keith Berg on the drums. Some of their songs included "Happy Days are Here Again", and "Enjoy Yourself", which was the theme of their concert! Ron Hoopes sang "Scarlet Ribbons", another old favorite, and Keith played "On the Bayou" on a washboard and rang a bell. Phil Morrison led a fun "Name That Tune" game, with Oak Hammock fresh cookies for prizes. What a festive way to open up Oak Hammock and welcome new residents to the real spirit of joy and love of music that is a part of our lives here.

- *Bev Cone, content;*
Bev Cone, Gail Robinson, photos



Planning for Oak Hammock's Future

Most of us have owned homes in our lifetime. And most of us have had to remodel our homes at some stage so that it continued to meet all of our needs. Karen and I have done it twice. Both experiences caused us a lot of anxiety (in one case we had to fire the contractor) and cost a bundle. But in both cases, the final result was wonderful—we came out with homes that were so much more pleasant to live in.

Our home, Oak Hammock, is 15 years old and also needs to be upgraded. We are at an early stage in thinking about what kinds of upgrades and improvements we need, not only to address current concerns, but to ensure that we remain an attractive place to live for the next generation of residents. Because make no mistake: if we do not continue to attract new residents, we will not be a viable home. This is why Oak Hammock's Board decided to engage a professional consortium (Sawgrass and SFCS) to help us develop a Master Plan.

So where are we? We have been circulating reports on the process, and we devoted most of the May Residents' Council meeting to this topic. It has been discussed in Town Hall, in some other committee meetings, in the dining rooms and corridors, and even on the Boardwalk. I am sure everyone knows the Master Planning process is underway. And I hope residents are not buying into the various rumors one sometimes hears in the corridors.

The Master Planning firms have done a huge amount of homework on our campus, infrastructure, finances, covenants, resident activities, etc. They have held a number of consultations and workshops both in-person and via Zoom. The latest was a 3-hour presentation of two initial options to a group of about 40 residents (the final hour was questions and answers), followed by another couple hours of discussion with the Board Committee on Master Planning. They presented some exciting ideas, along with initial estimates of costs. These have been described in some detail in the Update we circulated during the last week of May.

A few key points:

- A Master Plan is at a very conceptual level, like viewing from 10,000 feet high.
- I anticipate the near-final Master Plan will be presented at resident meetings to obtain more feedback sometime in the next two months, and the final Plan to the Board before the end of the summer—though this schedule could slip further.
- Even assuming the Board accepts the Master Plan, it does not mean they accept that we will do everything contained in the Plan nor does it define the timing of implementing various components of the Plan. Some tough decisions will need to be made along the way.
- The Master Plan is the first step of a longer process of detailed technical and financial analysis, design work, etc. What finally emerges may look very different from the Master Plan.
- Yes, implementing something along the lines of what is proposed will be very expensive. But my perception of the Board is that they are fiscally very conservative and will not undertake anything that will jeopardize our excellent financial health.
- Our monthly fees will not be raised to pay for the upgrades. Oak Hammock will use future entrance fees for some new Independent Living units, complemented by refinancing our current debt to reduce the interest and some modest additional borrowing.
- Residents, through participating in meetings and especially Residents' Council committees, will have a strong voice in shaping decisions, even though we will not make the final decisions. That is the job of the Board and Management.

Beginning in July, the RC Master Planning Committee will be meeting the second Wednesday of the month at 3:15 in the Oak Room and Zoom. The dates are July 14, August 11, September 8, October 13, November 10, and December 8.

To conclude, I am confident that the entire Master Planning process and follow-up actions will be done in a transparent way with full opportunities for residents to keep informed and provide their advice and views. And I predict that most of us will be very pleased with the result.

- Doug Merrey, Chair, Residents' Council
Master Planning Committee

Contributions to the Oak Hammock Benevolent Fund

(As of June 1)

Since we last reported, a total of \$36,820.00 was received by the Benevolent Fund in honor of Pat Liston and in memory of Mason Wells, Warren Nelms, George Lewis, Phillip Toskes, Mary Hughes, Janet McKenzie, Barbara Blood, and Mary Cook.

First Quarter Amazon Smile donations totaled \$81.48.

- Jonathon Mann, Lori Fishel



Ed Poppell

Ed Poppell is currently the interim CEO and President of Oak Hammock. He is a native of Florida, born in Havana, FL. After high school graduation, he attended Florida State University majoring in business administration. Two days after graduation, he obtained a job at the University of Florida as a Financial Aid Counselor. His major duty there was to collect delinquent student loans.

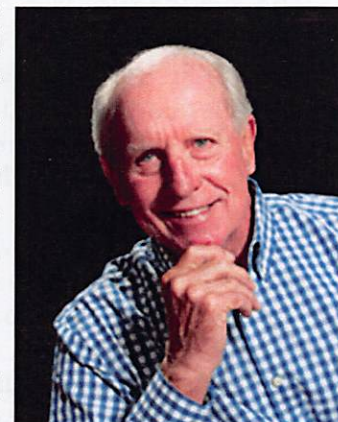
While working at the University of Florida, he also enrolled in graduate school and earned degrees in accounting and finance. Ed had many jobs during his career at the University of Florida and eventually became the Chief Financial officer, supervising 11 divisions of the university.

Ed is celebrating 43 years of marriage to Sharron. They have one son, Adam, who lives in Clearwater.

He first joined the Oak Hammock Board in 2005. At his opening Town Hall meeting, as Interim President, he noted "areas of concern" that he was working on; the first was hiring as Oak Hammock needs a number of new staff members and second was the "Covid hangover" and the isolation that resulted. He is interested in building a sense of community through more personal visitation among Oak Hammock residents.

Ed mentioned the Master Plan and how he was impressed by the company helping to develop the plan. Work is moving along and soon a major presentation will inform us of its current progress. But he is interested in making improvements to Oak Hammock now.

His approach to management is for open communications between residents and staff. He notes that he has a "thick skin" and welcomes any comments that one may have. His motto is "Say what you want." We say, "Welcome, Ed, and Good Luck."



- Barbara Herbstman

Recycled Riches

Recycled Riches is gearing up again to have more apartment sales. Unfortunately, we do not have a lot of storage space for furniture between sales, so it is important for you to let us know what you want to donate as soon as you know you are planning to give us an item. It takes time to plan whether we can use your item and how we are going to get it to storage or to our next apartment. Please remember that we are a volunteer group, not paid staff. When we need to use staff, we are taking time away from their regular jobs. Everything takes time to schedule.

We are having two apartment sales coming up. These are both smaller apartments and we do not have a lot of extra room in them. However, the items we have are very nice and we hope that everyone will come out to see them. We are hoping for a larger apartment soon. Please watch for our flyers with the red arrow.

Our next meeting will be on Monday, June 28, at 11 a.m., in the Acorn Room. We will be wearing masks and maintaining social distancing as long as it is recommended.

- Valerie Griffith, Chair



General Information

FLiCRA, the Florida Life Care Residents Association, is an organization of Floridians who live in continuing care retirement communities (CCRCs). There are 52 Chapters of FLiCRA in Florida and they are divided into 8 districts representing all parts of the state. Each FLiCRA Chapter has votes based on how many FLiCRA members are in that Chapter. That's why membership is important and FLiCRA strives to help ALL members. We want ALL residents to participate.

The Board of Directors of the Lamar Miller Chapter at Oak Hammock are:

- David Rader, President
- Chuck McDonald, Vice President
- Karen Merrey, Secretary
- Tom Gire, Treasurer
- Mary Sanford
- Don McGlothlin
- John Spindler
- Vickie Mulhearn
- Ed Wilkinson

If you are looking to join FLiCRA, please call any Board Member and you will receive all the help you need.

- Mary Sanford

Art League

The Art league, like a beautiful flower, is slowly reopening, revealing some of the facets of activity for which it has been known over the years.

For the first time in many months, there is a new show in the art studio by artist Susan Bankston. Susan held a reception on Sunday afternoon, June 6th. The proceeds from the sales of all of the art featured there will be donated to the Oak Hammock Benevolent Fund.

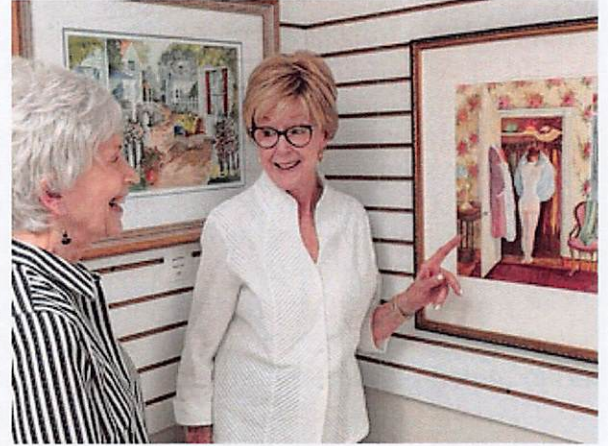
It gives all of us involved in the Oak Hammock art community, great pleasure, to announce that Susan Bankston has agreed to assume the leadership of our Art League (ALAOH). Many thanks, Susan, and we look forward to working with you in the days the ahead!

Mary Sue Koeppel has arranged for the artworks from the April and May art studio members' show to be transferred for display in the Assisted Living dining room. On Tuesday, June 15, at 7.00 p.m., we resumed our art critiques. Each artist is encouraged to bring a few pieces of art for a helpful positive review by their fellow artists. We are encouraging the new artists amongst us to join us in the Multipurpose Room. You can join in even if you do not have any of your own art you wish to discuss. Everyone is very relaxed, fun, and creatively stimulated. The Mini gallery, located along the hall between the Wellness Center and Health Pavilion door, has a fascinating show featuring the art of Karen Schwartz Koeggel. Ballots selecting your favorite artwork from Karen's show can be found at the Concierge desk.

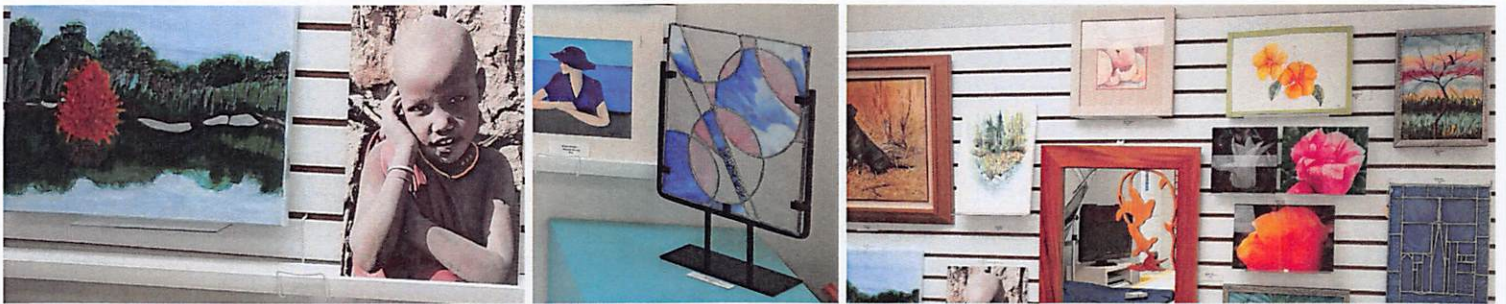
Check out this fun collection, make a choice, and fill out the ballot! Let's see which one is our favorite.

Jane Polkowski Levy, our Gallery director, does an amazing job of organizing and managing the great shows in our main Gallery, which are the walls around the Duckworth Garden. There is always an enormous amount of diversity in each exhibit, presenting both the talents of Oak Hammock and Community artists. Jane is working on setting up the Residents and Staff exhibit that will hang in our Gallery July 11-October 9. The Gallery Board members will be meeting this month to jury the applications, and each year this show demonstrates how much talent abounds amongst our residents and our staff. Happy painting, all!

- Marion Siegel, content; Michael Levy, photo



Studio Arts Show: Susan Bankston



Lake Wauburg

May 14 was a perfect day for Oak Hammock's first outing after our long pandemic. Ten of us got on the big bus, and more drove their own cars to meet us at Lake Wauburg, located just south of Paynes Prairie. We had a wonderful picnic lunch in a covered pavilion where we could enjoy the gorgeous lake views. We then spent the afternoon as we wished - some brave folks went for boat rides on the lake, keeping a close eye for gators. The life-guards there were also carefully watching for any big eyes. There were kayaks, paddleboats, canoes, sailboats, and motorboats available for use.

There were chairs by the lake in which to relax, take a nap, read, sit and chat, or watch the children playing in the sand. You could walk on the many walkways and there was a game of pétanque in the grassy area and people were playing a bean toss game.

Thanks to Pushpa Kalra and the activities committee who planned and executed this event. What a treat!

- Bev Cone, content and photo; Tallulah Brown, photo



Building Two's Big White Cat

Adopting a tiny kitten is one thing. Taking in an adult cat is serious—especially one that was born deaf. His owners, an elderly couple, were no longer able to care for him but wanted to be sure that he would be placed into a loving home, and contacted the UF Small Animal Hospital. A fifth-year vet student remembered former volunteer Dr. Carol Reed Ash, a lover of cats and dogs. For the history books: three years ago, a big white cat became "Ash". He promptly took over ruling Carol's apartment. And Carol's life.

His sleeping routine (if you can call it that) might be to awaken Carol at 2 a.m., ready for breakfast (Fancy Feast, in broth, please). Ash enjoys his private "night time capers"—perhaps playing the piano keys, knocking over seven pots of African violets, or scattering a stack of important papers and paper clips all over the floor. Being a cat, you can do such stuff. Heck! It's rather expected. Every cat owner knows that nobody owns a cat.

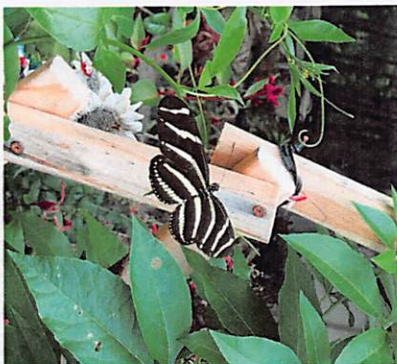
Ash lives for tv. He'll sit in front of a dark screen, waiting for Carol to turn it on. Since he can't hear sound, the fast movements of Dancing with the Stars and Gator sports are favorites. On rare occasions he has attempted a tiny squeak. He is very selective in greeting people. It's apparent that Carol and her big white cat—make that her very big white cat, now 18 pounds—were meant to be together.

Ever wonder how many happy cats live in Oak Hammock? Pet representative Jim Wood, who keeps tabs of all critters, tallies twenty cats at present. Dr. Amy Stone sees patients at Oak Hammock the first Monday of each month for veterinary care. Contact the Small Animal Hospital at UF for availability of adopting pets. In the meantime, stroll by Carol & Ash's (apartment #1213 in Building 2, atrium first floor). Perhaps Ash will be looking out the glass door. You can't miss him. He's a very big white cat.

- Barbara Dockery

Butterflies

The Zebra Longwing, shown here, was proclaimed the state butterfly in 1996 and can live up to four to six months. At night, they will congregate and roost in large numbers on the same tree every evening. The female lays her tiny yellow eggs on the newest leaves or tendrils of the passionvine plant as those will be the easiest to digest when



the caterpillar, or larva, emerges from the egg. When the caterpillar has gone through five instars, the molting or shedding of its skin that it has outgrown, the third stage of metamorphosis will begin. The caterpillar will climb up and attach itself with silk threads and hang upside down, forming a "J" shape. It then sheds its last skin and turns into a chrysalis, or pupa. The process for the Zebra Longwing can take as little as 21 days for the butterfly, or adult, the fourth stage, to emerge from the chrysalis.

The orange butterfly is a Gulf Fritillary, which uses the same host plant, the passionvine, as the Zebra Longwing. Both caterpillars have spines that are



not harmful to touch. Typically, the spines on moth caterpillars can cause harm.

- Janice Malkoff, content;
Janice Malkoff,
Meredeth Rowe,
photos

Pickleball Training for Beginners

Several new and not-so-new Oak Hammock residents came out Saturday morning, May 15th, to learn about the fast-growing game called Pickleball, and to get some beginning training. Pickleball is kind of a cross between tennis and ping-pong—if you stood on the ping-pong table! The court is about one fourth the size of a tennis court and usually is played with doubles. That makes the game much easier to physically handle for us older folks. Indeed, one of the regular players is over 90 and still playing a great game! And the play is quickly learned as the “newbies” soon found out. By the end of the brief session they all had begun games with the regulars. But if you missed this training session, not to worry: anyone interested in giving the game a try is very welcome to come by the tennis court from 8:30 to about 9:45 or later on Monday, Wednesday, or Saturday mornings. You’ll find some very welcoming players glad to have you join in for some informal training. They’ll have you ready to play in no time! And don’t worry about equipment—there are paddles, balls, and all other necessary equipment available at the court for anyone to use.



- Keith Berg

Bocce Court Complete with Shaded Seating Area

What is bocce ball? It’s an easy to learn and fun game with two teams of one, two, or four players on a side. Teams try to “bowl” a ball down the artificial grass court toward a target ball. Points are scored by which team’s balls are closest. Despite the basic simplicity of the rules, the friendly competition makes it a lot of fun! Nearly all players are beginners, so newcomers are very welcome. The game is not physically demanding.

The newly completed bocce ball court is ready and available. And Bill Rossi has formed a bocce ball group that meets every Tuesday and Thursday morning at 8:00 a.m. Not only that, but a very pleasant and shaded seating area has been arranged close to the court so anyone can watch or rest between games. If you can’t make it to the organized sessions, the court is open to anyone anytime. Just want to watch first and see if you’re interested? Well, then just relax by the court in the gentle shade and see what it’s all about!

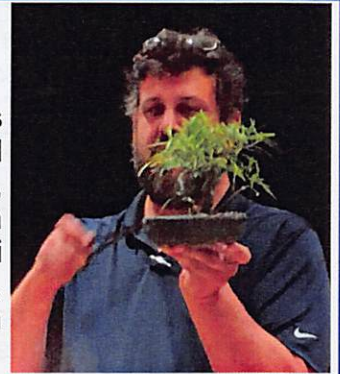


- Keith Berg

Oak The Gainesville Bonsai Society Meets with Our Oak Hammock Bonsai Friends

Saturday, June 5th, our two bonsai groups were able to have a joint meeting, this time in the Oak Room. The president of both groups, Charlie Santostefano, welcomed us back and introduced our many new members. He shared our upcoming activities, including another yearly bonsai public exhibition much like the one we presented in the Thomas Center a few years ago. Following this, he critiqued a number of bonsai that were brought for a group discussion. Our next meeting will be held on Saturday, July 17, in the Multipurpose Room from 10 - noon. Please feel free to come and learn about this interesting hobby.

- Edna Hindson, content; Jan Lowenthal, photo



Happy Birthday Party

Billy Donovan Brown turned 15 on June 5th. so his parents, Bob and Tallulah Brown, invited the Oak Hammock dogs to celebrate with him on the boardwalk. The dogs ate Frosty Paw treats while the two-legged guests munched on cupcakes, popcorn, and watermelon. What a festive occasion!

All of the dogs names began with a B: birthday boy Billy, new puppy Brandi, plus Beau, Buddy, and Briney. Everyone had a great time!

- Bev Cone



From Social Services...

Read Along Discussion

Chapters 1-10 of

Eightysomethings by Katharine Esty, Ph.D.

June 23 at 1:30 p.m. in the Oak Room

All Oak Hammock Residents
(IL, AL, SNF) are invited!

Remembrance Ceremony

presented by Community Hospice

Tuesday, June 29 at 1:30 p.m., Oak Room

All residents and staff are invited.

For questions or for more information, please contact Caroline Caton at ccaton@oakhammock.org.

Needlers on Display

The talents of ten needlers are offered in a new display case, cleverly called "Red White and Blue-tiful". It includes something for everyone—jewelry, purses, décor, and, of course, quilts. These clever ladies brighten up their days while being creative, and our days each time we walk by to view their colorful talents. Thanks for sharing and for helping to keep Oak Hammock true red, white and blue!

- Barbara Dockery



Bird Lovers Flock to Oak Room and Zoom

Spring has sprung and energized Oak Hammock. Birds awaken early, singing melodious tunes—perhaps it's mating season? Sixty residents filled Oak Room chairs, plus 30 signed into a hybrid zoom for "The Birds of Oak Hammock" program. Tom and Judy Gire—among Oak Hammock avid birders—presented a filmed narration of their daily walks on the Oak Hammock property. Recorded bird-calls and the seasonal appearances of the various birds generated interest in the possibility of future bird walks. Judy and Tom, always interested in sharing their love of birds, reminded folks that birds are more easily seen when trees are leafless. The program is available for viewing at <https://youtu.be/KrtCInposi8>.

The Natural History Society, led by Pat Harden, looks forward to resuming monthly programs on the third Thursday, with possible field trips to Florida's unique natural springs, sinkholes, and other interests. Pat welcomes suggestions for programs and residents to join her committee. The long hot summer is about to arrive. But remember: Nature doesn't take a holiday! It's just wrapped up differently.

- Barbara Dockery



What Is or What Was and Where is This Building?

This building was one of two ice plants operating in Gainesville throughout the 40s and earlier and into the 50s for a while. This one is located at 1001 NW Fourth Street. The Atlantic Coast Line railroad track ran behind it and the parking area shown here was for cars and trucks—even ice delivery trucks in the old days. It is now the Cypress & Grove Brewing Company.

When I was a kid, the lady across the street from us had an ice box on her back porch and a rotating sign on her porch to tell the ice man how much ice to put in her ice box.

The other ice plant was on Depot Avenue west of South Main Street. The Seaboard Air Line railroad track went by it. We used to stop by to get ice to make ice cream in our churn or to get ice for a beach or fishing expedition.

When the ACL railroad tracks went down Main Street from up about 39th Avenue, this was a siding which serviced a Gulf Oil storage area, the ice plant, and the lumber yard at Fourth Street and Eighth Avenue NW. Later it continued over and down NW Sixth Street to the passenger station that is now part of Santa Fe College.



- Walter Wynn

The Organ's Tale

My first Oak Hammock home was with Hopp and Nonie Pierpoint in the Outback. Almost every day Hopp would sit down on my bench and roll up the cover that protected my keys. He would press the power button and I would light up like Las Vegas. And then he would play. Oh, how he would play, using both keyboards and the pedals, and all the “stops” (that allowed me to sound like many different instruments), as well as all the attachments that provided percussion accompaniment. It was glorious! But then Hopp passed on and Nonie had to find a new home for me before she moved away in 2018 to live with her son John in New York state.

Nonie wanted me to go to the new building that Pastor Ken Curry, the Oak Hammock transportation liaison, was planning for his Full Gospel Christian Church congregation in Archer. But there was a problem—where to keep the organ safely until the church was built. A proposal to Oak Hammock was made, and suddenly I found myself in a perfect spot in the Music Room of Assisted Living where occasionally I was played during the weekly interdenominational chapel services. I missed making music every day but then things got even worse. The COVID quarantine began and for months, no one came by to sit on my bench, or open my cover, or even turn on my beautiful lights, much less play me. I was so lonely and sad.

Suddenly, one day this spring some men appeared in the Music Room with Pastor Ken, and finally I was being moved to his new church! Pastor Ken's wife and some other members of his church are able to play me, and now I am doing what I was made for—to provide glorious music to all who will listen. Ken's church members are so excited that they often crowd around me when I am being played. This tale has a very happy ending!

But there is more to this tale. An Oak Hammock resident had promised to let Nonie and John know when I was finally installed in Ken's church. That letter prompted a response from Nonie's granddaughter Dawn, letting Oak Hammockers know that her father, John, had passed away in January of 2020 and her grandmother Nonie had died in November, 2020. Dawn also wanted everyone to know that the whole Pierpoint family was grateful to Oak Hammock for taking care of Nonie and Hopp for such a long time, and they were excited to hear about my new home. They truly believe that Nonie and Hopp are looking down on me, happy that I am again being used as I was meant to be. A happy ending indeed.

- Lori Hoopes, content; Kenneth Curry, photo



Oak Hammock by the Numbers June 1

Independent Living

| | Total | Sold | Available |
|------------|-------|------|-----------|
| Houses | 57 | 57 | 0 |
| Apartments | 212 | 207 | 5 |

- Nickie Doria

Health Pavilion

| | Total | Occupied | Available |
|-----------|-------|----------|-----------|
| Assisted | 46 | 39 | 7 |
| Memory* | 24 | 7 | 5 |
| Skilled** | 73 | 62 | 15 |

* 12 units are set aside for quarantine

** fluctuates daily

- Mary Sabatella

A Puzzling Situation

Several months ago, the Library Committee organized cabinets in the Multipurpose Room and made a big discovery—a beautiful 4,000-piece puzzle! Who would want to tackle such a challenge? And where? The Oak Hammock ping pong table (located on the first floor near the Beauty Shop) became puzzler headquarters. Everyone was invited to participate. Find a few pieces, sign into the ‘puzzler’s log’ to share in the glory of *we did it!*

With a projected completion by Labor Day, a puzzling development has developed: Where are all the puzzlers? Come join in the fun and maybe—just maybe—you might put in that 4,000th piece!
- Barbara Dockery



Who are They?

Christian, Rachel, Chase, Mikayla, Shahar

Do you know these outstanding students? Do you know what they do for our members? The quality of the UF Fitness Center staff is fantastic, offering summer gym classes and water aerobics.

Our interns are interested in keeping our residents in the best possible place, with safe and effective exercise guidance. They reach out to help each person, keeping us safe and comfortable and us stay as active and pain-free as we can be at this stage of our lives. And their knowledge of how to do that is amazing, as they prepare for PT Schools, studying to be doctors in PT.

To clarify, Christian and Mikayla are our current interns and future PT school attendees. Rachel is a part time employee but is also on the PT track. She has a few semesters to go before her internship. Chase is our soon to be departing graduate assistant. Shahar is a group exercise instructor but is also a teaching assistant at our College, the College of Health and Human Performance.

We are fortunate to be at Oak Hammock, with top quality interns and staff who work here. These students can choose where they want to be, and they have chosen to serve at Oak Hammock. Thank you!
- Bev Cone

The Pop-Up Cabaret

The Hippodrome presented a wonderful Pop-Up Cabaret on May 20, 2021. It was their first time out to entertain since the pandemic started. The Hipp brought all their own lighting fixtures, their own keyboard, and set everything up in the Oak Room with lots of power equipment, stage crews, electricians, and a sound designer, for a performance by Kelly Atkins accompanied by Bryan Mercer. Thanks for this festive program as a way to celebrate and enjoy songs like “Shoo Shoo Baby” during the pandemic. To learn more about their 2021-22 season, check out their website: www.thehipp.org.
- Bev Cone



You Make the Difference Awards

Josh Friebis
Trent Wysocki

Dining Services
Dining Services

Kimberly Miller
Susan Young

Community Services
Community Services



Editor: Patsy Nelms; **Assistant Editor:** Janet Axe;

Proofreader: Bill Castine

Oak Leaf Committee

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

Additional Contributors (This Issue)

George Arola, Keith Berg, Crystal Canfall, Ashley Davis, Nickie Doria, Lori Fishel, Valerie Griffith, Edna Hindson, Lori Hoopes, Janice Malkoff, Jack Martin, Jonathon Mann, Doug Merrey, Beth Paul, Mary Sabatella, Mary Sanford, Marion Siegel, Walter Wynn, Carole Zegel

Photographers (This Issue)

Karen Arola, Keith Berg, Tallulah Brown, Crystal Canfall, Kathryn Clark, Bev Cone, Kenneth Curry, Ashley Davis, Barbara Dockery, Michael Levy, Jan Lowenthal, Janice Malkoff, Beth Paul, Gail Robinson, Meredith Rowe, Bonnie Umphreys, Leah Watkins, Walter Wynn, Carole Zegel

Additional Proofreaders

Beth Paul, Martha Rader, June Smith

Graphics

Katherine Osman, Layout

Applause and Appreciation

Resident bookworms have adjusted nicely to the limited access of the Alachua County Public Library during the pandemic. Thank goodness for computers and the pleasant folks at the Alachua County Libraries assisting in the selection and reservation of items. Having a library card opens Pandora's box to learning and enjoyment! Actual presence and an ID are required to obtain or to renew a card and can be done at any ACL. Community Service's Ken Curry and his crew deserve a round of applause for transporting books from the library to hungry bookworms at Oak Hammock. Waaaay back, there were two monthly visits by the bookmobile to Oak Hammock. Apparently, these were *two of the most popular stops*. Creative folks are working on the process to sanitize the big mobiles. Have no fear, Kathy Subak (Oak Hammock Event Coordinator) continues to inquire, nudge, and pester the scheduling chairman of the bookmobiles to reserve the Oak Hammock stops. Kudos to everyone working to keep the printed pages moving. For newbies: ACL does not charge for over-due books. Really? Really.



alachua county library district

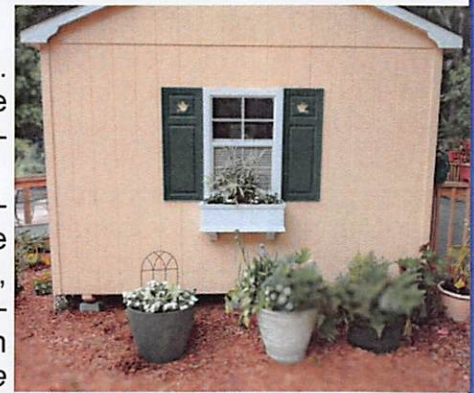
- Barbara Dockery

Get Outside

This photo shows an ordinary shed that became our Garden Cottage. Thanks to Recycled Riches for funding the window box that started the transformation. It is enjoyed by all who see it. Kudos to Peg Owens for undertaking this project.

Since November's amazing Scarecrow Festival, scarecrows have continued to appear in the garden. Contact Peg if you'd like to donate some unwanted clothing to Scarecrow's Closet. Dresses of all kinds, hats, wigs, men's suits, and holiday garb can always be used. Scarecrows aren't particular about size. Scarecrow wrangler Peg and her helpers Vicki Mulhearn and Julie Ann Ariet deserve applause.

- Bev Cone



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 in the Oak Room and via Zoom.

| Committee | Meeting Time | Chairperson |
|---------------------------------------|------------------------|-----------------|
| Active Lifestyle | 1st Monday, 11:00 AM | Keith Berg |
| Master Planning | 2nd Wednesday, 3:15 PM | Doug Merrey |
| Buildings and Grounds, | 1st Thursday, 10:00 AM | Jan Lowenthal |
| Communications and Marketing | 4th Friday, 1:30 PM | Mary Kilgour |
| Community and University Partnerships | Varies | Michael Plaut |
| Dining and Nutritional Services | 1st Friday, 10:00 AM | Bruce Blackwell |
| Finance & Cost-Effective Management | 3rd Thursday, 1:30 PM | Al O'Neill |
| Health & Well-being | 1st Thursday, 3:30 PM | Henri Logan |
| Technology & Services Innovation | 3rd Friday, 10:00 AM | Bill Zegel |
| Assisted Living Representative | | Jim Piety |

Please watch your calendar for updated meeting locations and/or Zoom links.