

It's Oktoberfest!

It was Germany in the Oak Room night! Decorations everywhere, arranged by Devinne and her staff! All the tables were filled and Ed Poppell rang the bell to officially start the show! There were pitchers of beer on the tables, fabulous appetizers, and a delicious German meal.

When we had feasted well, the music began—two musicians, playing an accordion, trumpet, guitar, bells, an alpenhorn, plus a musical saw! It all sounded beautiful, as they played and sang German songs. People danced, sang, relaxed, laughed, and listened to the many unusual sounds. It was a wonderful evening at Oak Hammock, and we are all thrilled to be able to be together for fun times again, and have such talented musicians to lead us.

- Bev Cone, content; Bill Castine, photos



Golf Tournament Sneak Peek

Tournament details will be in our next issue!

- Nickie Doria, photos

Residents' Council Elections

Six residents were recently elected to the Residents' Council for two-year terms beginning in January, 2022. They will join six other residents whose terms expire at the end of 2022. Those elected are:



Bruce Blackwell



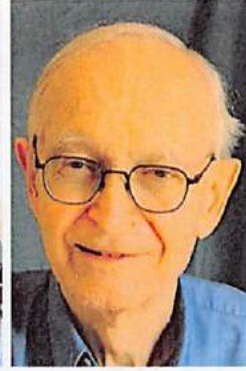
Mary Kilgour



Jan Lowenthal



Mike Plaut



Dick Suttor



Elisabeth Virnstein

David and Marie Brumbaugh

David and Marie have lived in the Gainesville area for many years, so a move to Oak Hammock seemed like a natural ultimate move for them.

Marie grew up in Seattle, WA, but her father's government job moved the family to Washington, DC, during her freshman year of high school. An uncle introduced her to the liaison to the Naval Academy, and freshman Marie traveled there and met Dave, a plebe. Marie finished high school and enrolled at the University of Maryland and transferred to Missouri when her dad's job took him there to head up the FEMA program (then known as the Emergency Preparedness Program). She reconnected with Dave, and they married.

Dave's childhood as a Navy brat took him all around the world. He has lived in Malta, France, California, and Rhode Island. He spoke fluent French as a child. (Not to be outdone, Marie's grandmother was Russian, and she speaks some Russian.) Dave received his BA from the United States Naval Academy as did his father before him. He earned his MBA from Iowa State University where he worked on the ROTC program and taught a class in celestial navigation.

Dave and Marie have lived all over the country including Texas, California, Pennsylvania, Rhode Island, and Florida. After leaving the navy, Dave consulted for Florida Power and Light and eventually joined the staff for the University of Florida's computer department. After raising their two children, Marie went back to school at Santa Fe College and became a registered nurse. She received the prestigious VA scholarship, an honor bestowed to only 4 applicants a year. She worked for many years in the ICU recovery room at the VA Hospital.

Daughter Denise lives in Gainesville with her four children, the oldest a student at Vanderbilt, the second a plebe at the Naval Academy, one at Buchholtz,

and the youngest in middle school. Dave said, "I was privileged to travel to the US Naval Academy in June to swear in my granddaughter to the class of 2025 on her induction day." Proud Grandpa, for sure. Their son resides in Houston with his wife and two young children.



If you've met the Brumbaughs, you probably know their lively and lovely two smooth haired Vizslas, Eli and Boo. The two-legged parents have long been involved with animals—dogs and horses. Marie showed dogs of all breeds for years and Dave was a field event judge for AKC hunting events. Marie also did endurance racing in the Ocala National Forest for a friend's horses. These races are two days in duration with stops for veterinarian checks along the way.

The couple has a 24-foot camper that has taken them around the country and they both enjoy traveling abroad. They have had to cancel a couple of trips due to Covid, but they hope to get in a visit to the Arctic for 21 days with the National Geographic Society, as well as a trip to the Caribbean and another to Costa Rica.

Their hobbies are traveling, hunting, dogs, hunting with dogs, all outdoorsy stuff; Marie—gardening and baking, Dave—electronics/computer interests. They are an energetic, interesting, and enjoyable couple that I hope everyone gets a chance to meet.

- Beth Paul

Alan and Lynn Kohlhaas

Two doctors in the house—a great addition to Oak Hammock. For inquiring minds, Lynn explained that “Kohlhaas is German meaning ‘cabbage rabbit’. His mother was 100% Finnish which I find an interesting combination,” she says.

Lynn and Alan grew up in Wisconsin, Lynn in Milwaukee and Alan in Waukesha. She attended St. Mary’s Nursing School for her RN degree, then Marquette University for pre-med studies before earning her MD degree from the University of Wisconsin. She completed her Pediatric Residency at Milwaukee Children’s Hospital where she met Alan.

Alan received his BS in biology from Marquette University and completed his MS degree in Biology at Northwestern University before earning his MD degree from the Medical College of Wisconsin.

Lynn received a fellowship in Ambulatory Pediatrics at Rush Presbyterian St. Luke’s in Chicago. Alan completed his internship at Evanston Hospital and Orthopedic Surgery Residency at Loyola University. They really enjoyed Chicago but ended up pursuing various employment opportunities in Wisconsin before finally settling in Cincinnati, OH, for the past 40 years. Alan flies back and forth, continuing his job with the Ohio Bureau of Worker’s Compensation and getting their house ready for sale.

They have one son, Michael, who lives in Gaines-

ville, working online for an Indianapolis law firm. His wife, Jane Southworth, is the Chairman of the Geography Department at the University of Florida. Two grandsons, one at FSU and one at Oak Hall, are the main draw for Lynn and Alan to be here in Gainesville at Oak Hammock.



The couple enjoys traveling; one exotic trip took them to the Amazon River and another to Japan where Lynn, a longtime docent at Cincinnati Art Museum, could use her knowledge of Japanese art. They have done multiple river cruises as well. Besides traveling, Lynn enjoys reading non-fiction, and Alan enjoys gardening and home maintenance.

Several years ago, Lynn bought a townhouse in Haile Plantation near her son, so she could be with the grandkids when possible. She became interested in Oak Hammock after attending ILR classes. When Alan started thinking about places to retire, it seemed a natural progression. Please welcome your new Out-back neighbors.

- Beth Paul

Welcome to Ashlea Lawson

Ashlea, who started work as a Social Worker at Oak Hammock in March, is originally from Marion, OH. She earned her Bachelor’s degree in 2012 from University of Toledo and in 2013 her MSW from Ohio State. Social work licensing is not reciprocal, so she is preparing to sit for the Florida exam to become licensed here. Ashlea worked for six years in Ohio as a prison social worker, primarily with prisoners of all ages who were mentally ill. She is a foodie and would welcome suggestions of restaurants and retail sources. She enjoys spending time with her family, CrossFit, and working with her husband to improve the house they just purchased in Newberry.

Ashlea enjoys working with seniors and is working with residents in both Assisted Living and Skilled Nursing as well as patients in Skilled Nursing on a Medicare stay after hospitalization. She does case management, safety assessments, and serves as liaison to families. She is available to residents who asks to see her and tries to see each resident in the health pavilion at a minimum of once every three months. She also takes a turn on health pavilion weekend duty.

If friends and relatives in the health pavilion have not yet interacted with Ashlea, encourage them to reach out and should you see her at the Ice Cream shop or at a meeting, stop and say “hello.”

- Karen Miller



You Make the Difference Awards

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

Bill Ritter

Maintenance

Chrissy Smoak

Life Enrichment Manager

Lateisha Carroll

Lateisha Carroll started working at Oak Hammock as a security officer at the beginning of September. Originally from Starke, to which she has now returned, she obtained her Associate Degree in criminal justice at Hillsborough Community College. She then had several jobs including at K-Mart, McDonalds, and at a school before moving to a position as a corrections officer where she worked for a year and a half. From there it was on to a position at a furniture store where, after spending more time at the computer than she liked, she answered the ad for a security position at Oak Hammock.

Her goal is to return to school and obtain additional credentials so that she can become a probation officer. Most of her spare time is spent with her seven-year-old son, who is cared for by her mother when she is at work, and her two nieces and nephew who are part of their household.

Lateisha can be found primarily on the 3-11 shift. Be sure to say hello when you see her on patrol.
- Karen Miller



Yellow Brick Road Training

On a recent Wednesday morning, the Multipurpose Room was captured by a cast of characters from the Health Pavilion wearing costumes from the Wizard of Oz and building a yellow brick road. The room hummed with activity as various stations were set up to provide opportunity for the Certified Nurse Assistants (CNAs) to demonstrate their competence in a variety of patient care skills and receive feedback from the professional staff. Forty-three (43) CNAs participated in the day's activities that included 13 skill areas such as bed making, catheter care, proper positioning, vital signs, mouth care, monitoring diet, patient transfer, watching for signs of abuse and neglect, and, of course, infection control. Participants were also reminded of the importance of confidentiality and HIPAA requirements as well as use of the whiteboards. They were instructed in Music & Memory as one option for improving the status of some residents. Safety was an overriding theme for the entire day. Participants received breakfast and lunch and were eligible for gift card drawings.

The Yellow Brick Road activity was the brainchild of Michelle Parker, Oak Hammock's Director of Nursing, who wanted to supplement the computer-based continuing education that is required of all CNAs. Michelle appreciates that many learn better by doing and the opportunity for non-punitive feedback increases the chances that CNAs will be both more competent and more confident in delivering care. The trainers included individuals from nursing, social work, speech therapy, physical therapy, dental hygiene, and Phil Morrison from Independent Living.

While the Yellow Brick Road may look a little different next time or there might even be a different theme, Michelle indicates that this type of interactive learning will likely be a recurring activity for helping to ensure that Oak Hammock has the best CNAs in town. Learning skills is very important; making it fun is just a bonus.

- Martha Rader, content;
Phil Morrison, photos



Ashley Davis as Glenda, the Good Witch, and Scarecrow
Amanda Foshee



Back Row (left to right): Kristin Hilbert (Tin Man), Michelle Parker (Flying Monkey), Rachael Romero (Scarecrow #1), Erin Smiley (Scarecrow #2), Karen Schofield (Haunted Tree)

Front Row (left to right): Elaine Dotten (Wicked Witch #1), Courtney Walsh (Wicked Witch #2), Brittany Matus-Ray (Dorothy), Denise Ward (Wizard), Ashlea Lawson (Herself), Shelbie Miller (Cowardly Lion)

Around the Heath Pavilion



1



2



3

- 1. John Higdon enjoys the ice cream truck.
- 2. Jim and Joyce Piety celebrate their 69th anniversary.
- 3. Gene Anderson with Vern McKenzie
- 4. Rhoda Swerlick, Karen Miller enjoy pianist Marilyn Peterson the upper level commons.
- 5. Marilyn Ast and Marilyn Peterson.
- 6. Peggy Weigle loves her manicure!



4



5



6

— Chissy Smoak, photos

85th Birthday Celebration at Oak Hammock

Singing “Take Me Out to The Ball Game” started off the festivities for the Class of 1936’s 85th birthday celebration in the Oak Room on September 21. Why a baseball song? Because 1936 was the first year that players were inducted into the Baseball Hall of Fame. The baseball theme was carried out in the professional baseball team posters on the walls and the all-new bats, helmets, gloves, and balls, lent by the UF baseball team, which decorated the tables. Peanuts, authentic boxes of Cracker Jack, popcorn, and silent YouTube videos of baseball’s greatest plays on the big screen kept participants occupied while Chris Rocks and his wonderful dining team served dinner. The “oldest” 85-er (Ginny Schrader) and the “youngest” (Mary Wake) cut the birthday cake and, after some reminiscing about what has happened during our lifetimes, we sang songs familiar to our growing-up years. A delightful evening was ended by pledging to celebrate our 90th in 2026.

- Lori Hoopes, content; Bill Castine, photos



86th Birthday in St. Pete

In celebration of our 86th birthdays, three of my high school classmates and I met in St. Pete in September. (They flew in from Dallas, Chicago, and Columbus, OH.) St. Pete's many museums, its restaurants, the pier, the cleanliness, beauty, and friendliness of this vibrant city made us feel even younger! I highly recommend making this 150-minute trip and staying for several days. It's a whole 'nother world down there! - Margaret Boonstra



Thank You for the Great 90s Party



A hearty Thank You to Bonnie Umphreys for her enthusiastic coverage of the 1931 party. I would like to add an appreciative Thank You to the Golden Gators: Nita Beckman, Valerie Griffith, Alice Gridley, and Pat Collier who were joined by 1931 Golden Gators Margi Sidman and Pat Liston, for their "Cheers For 90 Years" performance with pom poms and original cheers, and my committee, Charlie Smith, Pat Liston, and Will Shafer, who conducted the cake ceremony that ended with the youngest, Bob Petzold, cutting the cake. - June Girard

Jack Martin Wins Honor

On September 18, Associate Professor Emeritus Jack Martin was inducted into the M.E. Rinker, Sr., School of Construction Management Hall of Fame at the University of Florida. The Hall of Fame honors those who have truly distinguished themselves in the construction profession.

After one year at the University of Florida, he graduated from West Point Military Academy in 1951. He subsequently received his Master's Degree in Engineering from MIT. Upon retiring from a 24-year career in the Army Corps of Engineers, he returned to Gainesville and received his Master's Degree in Education. As a non-traditional academician, Jack was able to share his vast



wealth of real-world military construction experiences with his students. He was honored as the 1983 Teacher of the Year in UF's College of Design, Construction, and Planning, where he was a Professor for 21.5 years. In addition to his stellar teaching/mentoring of students, he was instrumental in creating the Soils and Concrete Laboratory and supporting student scholarships.



Please visit: <https://dcp.ufl.edu/rinker/hof/> Click "Watch" for video. Credits: <https://dcp.ufl.edu/dcp-news/>

- Frank Townsend

Recycled Riches

Recycled Riches is hoping to be able to resume services as soon as possible. In the meantime, please do not leave donated items in our previous collection areas on the first floor. We do not have any place to put these items. If you have something to donate to our Special Treasures or jewelry cabinets, please call Judy Plaut or Joni Simon. We will let you know as soon as we can when we have the ability to collect other items.

The only charity that is currently making appointments to pick up items is Hospice. They will let you know if they can use your items if you need to give away something in the next few weeks. Restore (Habitat for Humanity) hopes to have a truck soon, but they are in the process of moving and reorganizing.

Our next meeting is Monday, October 25, at 11 a.m., in the Acorn Room. Please observe current protocol for Covid-19. Everyone is welcome. Please come and see how you can help. - Valerie Griffith, Chair

Guitarist Dan Flok

Dan Flok returned to the Oak Room on September 29 and opened his performance with "Hello, Mary Lou" by Ricky Nelson, which the crowd loved. Other golden oldies like "Blue Suede Shoes", "Pretty Woman", and "Make the World Go Away" were included. He even took requests and there was a lot of audience participation. We all enjoyed the upbeat show.

- Bev Cone



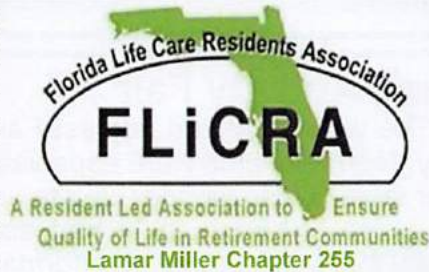
Dance Alive

Oak Hammock recently welcomed Dance Alive! National Ballet for a season preview and demonstration in the Oak Room. We are so fortunate to have a company of this caliber in Gainesville. More information is available in the front lobby or at www.dancealive.org.

- Katherine Osman, content; Patsy Nelms, photo



FLICRA is holding its statewide annual meeting on Wednesday, November 3. This meeting will be held via Zoom. Our local chapter has 4 delegates. The number of delegates is determined by the ratio of residents who have paid their dues to the number of residents who live here. Our delegates are John Spindler, Chuck McDonald, Mary Sanford, and Mary Wake. We will keep you posted.



- Mary Sanford

Lucky Ladies!

Nancy Sowell, Gail Robinson, Marvel Townsend, and I were the lucky winners to be invited to have dinner in the kitchen together. Quinn was our server for a delicious meal; the shrimp cocktail was a great start, followed by lots of delicious treats and ending with pecan pie and ice cream.

But it is a different way to have dinner together. The dining rooms at Oak Hammock are a lot calmer than the kitchen! Quinn explained how the dining services work in the kitchen, from turning in the orders, to preparing the food, to putting everything together, and serving it properly to each resident, in a timely fashion. After our meal, we were given a tour of each section before heading home.

Each of us had put our names in a jar, hoping we would be picked for this special occasion. One of the most fun parts was when we arrived, to find out who else had won. It was great to be together, learning something new about Oak Hammock.

- Bev Cone, content; Quinn Silic, photo



Morning Sky

- Karen Arola

Lobby Cow; Table Décor; David and Nancy Boyd's Door (Barbara Dockery)

Alexa: Your Own Assistant

Bonnie Umphreys, from the RC Technology and Services Innovation Committee (TASI) gave a presentation in the Oak Room and Health Pavilion on September 23, providing an Overview of Alexa, the virtual assistant from Amazon. She started with the hilarious skit from Saturday Night Live (available on YouTube) of the Amazon Alexa Silver, followed by "What Is Alexa?", all the available device options, plus many features. A survey was distributed to residents to collect information on how residents would like to use Alexa. The survey included sign-ups for the 90-day Alexa Loaner Program, the Oak Ham-

mock Alexa User Group, and the Alexa Workshops that will provide hands-on coaching. The event was well attended by over 80 residents. Randy Terry won the door prize, an Echo Dot, presented by Bill Zegel, TASI Chair.
- Bonnie Umphreys



Interest and Activity Fair

October 1 was a busy day at Oak Hammock. The well organized Interest Fair, held that afternoon, showcased the various activities that our residents enjoy. New residents were especially encouraged to browse and learn about the activities. After surveying table after table, it's no wonder we are so busy!



Each table had activity participants ready and willing to share information and invite new people to join. The Bee Buddies had an amazing presentation! It's exciting to see how many possibilities are available: art groups, needlers, pickle ball, poetry, singers, and woodworkers, just to name a few.

Welcome to new residents, and let's keep having fun and doing lots of different activities at Oak Hammock. Living here is an opportunity to learn something new, and the Interest Fair offered many possibilities.

- Bev Cone, content; Bill Castine, photo

Santa Fe Zoo

On September 23, Judy Gire organized the first Natural History Society trip since February, 2020. The weather was magnificent! There were so many of us that we needed two busses and two separate guided tour groups. Santa Fe is a teaching zoo, the only college-affiliated zookeeper training facility in the US and is accredited by the Association of Zoos and Aquariums (AZA). The students lead the tour groups and get hands-on experience in wild animal care.

We saw mammals, amphibians, birds of all shapes and colors, reptiles and invertebrates. Almost every animal is named, from otters, to bald eagles, to turtles.

The zoo is located in a beautifully maintained wooded environment, just the right size for perfect animal accommodations while being easy for guests to navigate. It was a lovely trip!
- Bev Cone, content; Margarete Ruth, photos



Top Right: Tom and Judy Gire with a guide;
Bottom, from left: Margarete Ruth and the other guide; Key deer; gopher turtles; swinging Gibbon

Oktoberfest Warm-up

Friday, October 1, was a festive start to October. A choice of beer was served in glass mugs and bartenders were dressed in colorful, German costumes. Some residents were also festively adorned. AL residents joined in the crowd in the Upper Commons. The Rockers, Al Goebel, Keith Berg, and Hank Pennypacker, started the celebration with "Hail, Hail, the Gang's All Here" and continued with German songs and accompanied soloists Ron Hoopes, Charles Sidman, and Brenda Smith. A sing-along followed with all joining in on familiar German songs, like "Edelweiss". We are so fortunate to have such a wonderful group of musicians; this is one more testimony of the talent at Oak Hammock, and the many people who love to party and have fun!

- Bev Cone, content; Bill Castine, Dick Martin, photos



Bonsai Field Trip

The Oak Hammock Bonsai Club, part of the Gainesville Bonsai Society, recently took a trip to the home of John King, a well-known Bonsai enthusiast, where we joined other (fully vaccinated!) members. We visited John's picturesque backyard show place, filled with beautiful Bonsai of every sort. It was a pleasure to see such expert work on this wide variety of specimens and it was very inspiring to all, experienced and novice alike. The hospitality, fellowship, and education were very much enjoyed!

- Nancy Wood



Art League

For artists, autumn is a second spring, when every leaf is a flower! There are numerous good fall happenings in the Oak Hammock art world, beginning with a new show in the main Gallery on October 11th through January 8th, 2022. The Gainesville Fine Arts Association (GFAA) Judged Show will present an amazing variety of media, both from Oak Hammock artists and GFAA members. There will be an opening reception in the Upper Commons on October 17, 3 to 5 p.m., providing COVID restrictions allow. Ribbons and cash awards will be presented to several artists whose artworks were selected for this honor by a judge. The Gallery board is looking for volunteers to help with check-in and check-out times for upcoming shows. If you would care to be of assistance, please contact Jane Polkowski Levy at jane@paintingsbyjane.com.

The mini-Gallery also has a new show featuring Gainesville artist James "Jim" McCown. Jim's art features relief drawings on wood. He has a very interesting background, leading up to his current life as an artist. Pick up a copy of his journey from the wall holder when you are in the Mini-Gallery browsing! He is an inspiration for us all.

Starting October 4, Oak Hammock artist Jesse Arnold began to display his beautiful wood intarsia and scroll woodworking. An opening reception was held on Sunday, October 10 but the beautiful artwork is still on display. Come by and see what intarsia wood carving is all about.

On the 4th Tuesday of the month, Oct. 26, at 4 p.m., we are going to find out what Jane and Michael Levy were doing in Japan. They are presenting a program titled "The Arts of Japan", sharing the sights of the arts and their trip as seen through artists' eyes. They are a great team, and we are excited that they are bringing their adventures home to us. Right about now we could all use a little adventure in a far-off land.

Marilyn Gray just taught us a class in Calligraphy and perhaps will do another one this month. More workshops and classes to come. Watch for announcements. Please contact Susan Bankston for information at sfbankston@gmail.com.

"Remember that art is something that makes you breathe with a different kind of happiness!" – Anon

- Marion Siegel

Library Display Case

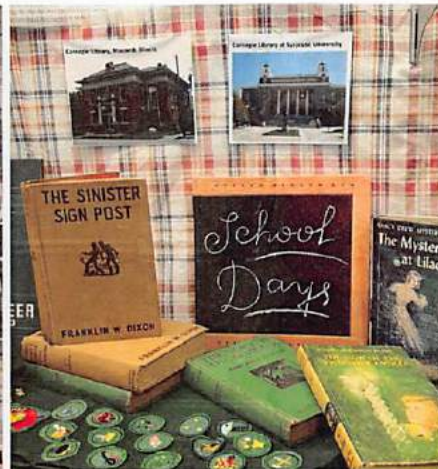
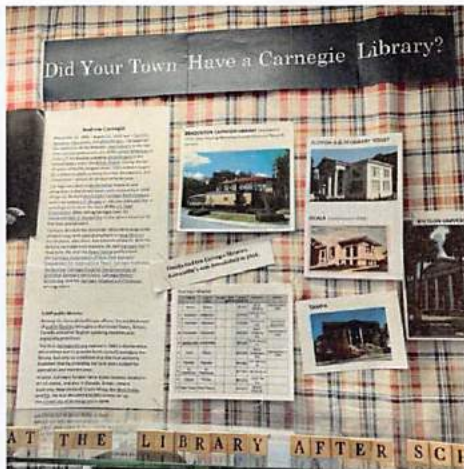
Our fall library display case zeroed in on a back-to-school theme but with an emphasis on the past. There are old textbooks, a vintage slide rule, and an old hand bell. Someone donated his elementary school report card, and another donated her girl scout sash filled with badges.

Andrew Carnegie played a huge role in library development with his generous donations. Florida was the recipient of funds for ten public and academic libraries. Gainesville had one that was demolished back in 1954.

It takes a village to complete a display case. Our village donations from the residents who have probably been hanging onto their old stuff way too long came from Heather Gilkey, Ann Elnicki, John Paul, Jeani Valter, Janice Malkoff, Pat Liston, Michael Plaut, Wayne Forehand, Randy Terry, Kate Wilkinson, Margaret Boonstra, Deanne Taylor, Janet Janke, and Mary White.

Ann Elnicki designed the display, and Beth Paul acted as her assistant.

- Beth Paul



Employee Appreciation Fund

"Many hands make light work" Grandma Brant used to say. How true it is and we see and benefit from it each day here at Oak Hammock: the hands that feed us, clean for us, care for us, keep us safe, enrich us, beautify our surroundings, etc. We have many folks to be grateful for and to thank every day. This is the perfect time for us to show our gratitude to our staff by contributing to this year's Employee Appreciation Fund.

Each year our employees write letters saying how they used their checks from the previous years. Some of our staff are sending their checks to help their family members living here and abroad. Some have used them for traveling to visit family they had not seen for years so they could be together for Thanksgiving. Some have used them to catch up on bills or replace the tires on their car or to start the orthodontic work for their child.

Perhaps you can relate to the position our staff has been in at some point in your life before living here at Oak Hammock. This is our time to express our gratitude and to "pay it forward." We hope you'll consider giving to this very worthwhile effort.

PLEASE CONTRIBUTE BEFORE 9:00 A.M. MONDAY, NOVEMBER 15.

PLEASE SAVE THE DATE

EMPLOYEE APPRECIATION RECEPTION

WEDNESDAY, NOVEMBER 17, AT 3:00 P.M. IN THE OAK ROOM



- Marcia Brant

Introducing Cleo-Catra

Cats in ancient Egypt were represented in social and religious practices for more than 3,000 years. It was a mere seven years ago that a tiny feral kitten was introduced to Oak Hammock. Emily Higdon used food to lure the approximately eight-week-old hissing kitten to civilization. "She had the longest back legs, no tail. I thought she was part rabbit," shared Emily. The vet credits losing most of her tail to an injury, probably while out in the wild. She's a plain 'ole short-hair domestic cat. The name Cleo just seemed like the perfect fit for this determined semi-wild creature. And now, seven years later? Cleo continues to let her wishes be known. When she should awaken adults. What she wishes to eat. Where she chooses to sit.



Forget cat toys. Cleo prefers racing around, chasing "Katie", the Higdon's West Highland Terrier. Cleo sets a fast pace, with Katie in pursuit. When timing is right, Cleo does a quick turn to the left. Meanwhile, poor Katie continues straight ahead—often slamming into a wall. Aw, such is the life of a charmed cat.

A cat *with claws!* Cleo gets no demerits for claw destruction. However, on one occasion Cleo caused Emily a trip to the ER for overly active paw affection. A monthly trip to the UF Small Animal Clinic keeps the edges at a respectable length. And sufficient affection seems to control urges to over-exercise those trimmed nails. Food for thought: Oak Hammock dogs have their beautiful Dog Park for exercise and socialization. Reckon Oak Hammock cats would enjoy a Cat Cage? *Would be a purrrrr-fect addition* for those house-bound pets and their owners.

- Barbara Dockery

Dream Quilters

Do quilters dream at night? Probably. How else could those creative imaginations constantly 'dream up' artistic quilt designs? And they're problem solvers too. Two unfinished quilt tops were donated by a resident. Hmmm, what to do with them? Sally Glaze, Pat Martin, and Anne Carlson-Bonus used some new math, proving that "2 divided by ♥ = 7". They took apart the quilt tops and remade them into seven lap quilts for distribution in the Health Pavilion! The display case, near the pool table on the LL, features the creations by these clever ladies. Stay tuned. No telling what the needler ladies will dream up next.

- Barbara Dockery



Benevolent Fund Contributions

(As of October 1)

Since our last report, a total of \$25,642 was received in honor of Charles Smith, Thomas Gire, and Pat Liston, and in memory of Susan Wiltshire and Arline Finch.

- Jonathon Mann



REMINDER
Mandatory 10-digit dialing
becomes effective on
October 24, 2021.

**ALWAYS DIAL
THE AREA CODE.**



Val's Door is Ready!

- Janice Malkoff

A Band's Eye View

Judy and I won the opportunity to spend Homecoming with the University of Florida band in the Splendor silent auction last March. We started at 7:30 am and were with both the Gator Band and the alumni band at five different locations over the course of the day - practice field, brunch at the School of Music, Gatorwalk, the game itself, and postgame at Turlington Plaza. They work hard and they have a wonderful staff as well. The shutout football game was almost secondary to that special experience. The coach even came over with the team after the game to thank the band.

- Mike Plaut



View from Oak Hammock: The Sidewalk

In this issue, we are introducing the term "photo essay", a combination of photos and text, in this case, to showcase the beauty and characteristics of a particular native tree. We envision this as the first in an occasional series with photos and text contributed by various residents. The title for the series is "View from Oak Hammock."

First one red seed was spotted on the sidewalk in front of our community on September 6, 2021. This view indicated that it was time to look up and to the side of the walkway to search for more seeds and the source of them. The red seeds are the fruit of the magnolia trees and provide an early clue to the changing of seasons in our area. Subtle, yes, but familiar to some of us walking around our campus frequently, and to Amanda Reese, Grounds Manager here at Oak Hammock.

The first photo features a single seed, leading to a search for other trees and ripening seed pods or fruit with "a conelike aggregation of follicles". This description is from Gil Nelson's book, *The Trees of Florida* (2011). He continues with the scientific description of the fruit as individual follicles splitting at maturity to reveal seeds covered in a bright red aril that sometimes hang by a threadlike attachment (funicular thread). The description is shared here as many of our residents are scientists by profession or have chosen to learn about nature through scientific sources as well as subject-area experts.

For general purposes, the term seed pod will be used; the color of each pod is green when it appears, gradually changing to pink and red. In photo 1, the single seed on the sidewalk is from one of two trees close to each other on 25th Boulevard, the front of Oak Hammock, between Building 1 and the tennis courts. This was the first sighting of a magnolia observed by this resident, showing up even before the official arrival of autumn on September 22. Limited time was available for a walk on that day, so no time to stop and gaze up to the trees above.



(Continued on page 13)

The next day, when looking up into other trees along the street back of Building 2, the seed pods still on the tree were reddish brown, with a few red seeds visible (photo 2). The seeds were emerging from the cone gradually, with two visible on the ground. Others could have fallen earlier and been removed by natural or human forces. A rain-storm or animal could have moved some seeds. Books and articles specify that wildlife (birds, animals) eat the seeds. The removal of seeds by human actions could be caused by a blower, the wheels of golf carts, or even one of the large construction machines, that have been part of our campus for months.

In another place along the perimeter walk of the main campus, photo 3 shows seed pods at a different stage of maturity. Due to light and soil conditions for a particular plant, similar trees may have both green and ripened seed pods at about the same time.

In this same location on another day, dried seed pods appeared on the ground with some seeds visible on the pod and others nearby (photo 4). This image shows the scene under a magnolia, with weeds sprouting up and other natural elements. Taking a close look at these seasonal sights can be a rewarding and relaxing experience, especially during hectic and troubling years.

In other sidewalks near Building 1, magnolias are planted near sidewalks leading to entrance doors. In the other direction this walkway leads directly to the pond, a frequent destination for nature walkers. A stop usually occurs here, to take in the changes in the planted bed, which includes not only magnolias, but many agapanthus, a topic for another day. On the day in photo 5, September 29th, the magnolia branches are framed by the magnificent oaks near the pond, showing seed pods in various stages of maturation. One seed is hanging by a funicular thread, while the others are not quite ready to emerge from the cone.

Several types of magnolias are growing on our grounds. Within the hammock and in other locations the native Southern Magnolia (*Magnolia grandiflora*) is found. This tree typically grows to 60 to 80 feet tall and as wide as 40 feet. Some consider the many large leaves which drop during the year to be a problem in home yards. Often in planned communities and commercial landscaping, smaller varieties of the magnolias are used.

Other types of magnolias also planted here are “Little Gem”, “Bracken’s Brown Beauty”, and “Teddy Bear” that are hybrids, or cultivars of the Southern Magnolia, though smaller, with more defined shapes. These hybrids grow to about thirty or more feet tall with a spread of eight to 12 feet. These trees also flower earlier than the native Southern Magnolias, often in two to four years.

A conversation with Amanda, our staff expert on nature, provided answers to several questions on magnolias. She started working here in 2004, the first year this community opened. At the beginning, only Building 1 and the homes and villas in the area known as “the outback” near the back gate, were occupied. Other areas were under construction but not yet completed.

When asked about the rows of magnolias on either side of the front entrance portico, Amanda provided the history. Today six magnolias are on the side near Building 2 with five in the dining and Building 1 area. She explained that six were originally planted on each side, but that one died in the earlier years of this community. She reported some discussion at the time about replacing the missing specimen, but since the others had already grown to the similar height, it was too difficult to find a tree of the same size, so no replanting was done in this area.

Amanda added an interesting detail about wildlife with a taste for magnolia seeds. She has observed deer eating the seeds from the pods on a tree, a detail that was not included in two books consulted, an UF IFAS (Institute of Food and Agricultural Sciences) Extension document or other online nature sites.

If you have seen evidence of the changing of the seasons or noticed other details about any plant, tree, bird, creature, etc., on the grounds of our campus that you would like to share, please contact the editor of *TOL* or the coordinator for this series, Sybil Farwell. All of our lives are enriched when we take the time to get outside, observe, and enjoy nature.

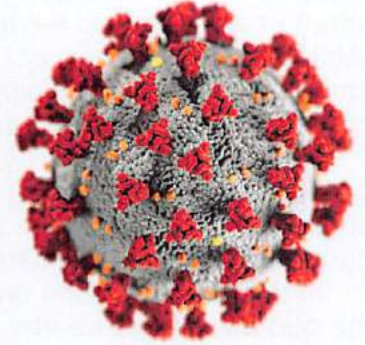
- Sybil Farwell



My Covid Experience

I was fully vaccinated and carefully masked when I went places, so how did I get Covid? I understand that the vaccine might lose some of its efficacy after several months, and since we were all vaccinated last February, I suppose my breakthrough infection might have been expected.

I began to hack with a dry cough and felt some congestion on Day One. I called the Health Pavilion to get tested but no one got back to me until I called again on Day 3. I met Elaine Dotten on the bench outside the health pavilion where she did a rapid test confirming I had Covid. It's quite amazing to watch the result show up in a matter of minutes. She took a second test to send to the lab just to confirm the results. I was not feeling very sick, and I didn't have a fever until perhaps the next day, but it never reached as high as 102 and even that was a brief spike, mostly staying below 100 or no fever at all. My dry hack continued along with congestion. I drove up to High Springs and visited the Testing and Vaccination site off 441. I received 4 Regeneron injections—one in each arm and one on each side of my stomach. They were not painful, but a few days later I did notice rashes at the injection sites. I cannot get a booster for 90 days after the Regeneron treatment.



My appetite decreased, so I decided to make myself a bag of popcorn for lunch one day, and that's when I realized I had lost my sense of smell. I am a slow learner and, after repeatedly brushing my teeth, I realized that the metallic taste in my mouth was also a result of Covid. This is such a strange disease.

All research data indicate that mild cases are not contagious after ten days. I continued to have congestion and didn't sound particularly healthy, but I was no longer sick. I am sure the vaccinations and the Regeneron injections helped lighten my case.

If you saw me out smelling the flowers, I was doing a sniff check. It's a shame not being able to smell freshly popped popcorn and newly mown grass but, after a little more than 3 weeks, my sense of smell slowly began returning. As I said, this is a strange disease.

- Beth Paul

Seventh Annual Event

AN INVITATION FOR BREAST CANCER SURVIVORS

PLEASE JOIN US AS WE OBSERVE *BREAST CANCER AWARENESS MONTH*
BY CELEBRATING OUR OWN "SURVIVING AND THRIVING." **WEAR PINK!!!**

A "BOSOM BUDDIES" COFFEE

Friday, October 22, 2021 at 10:00 a.m. in the Multipurpose Room

No Program * No Solicitations * Just Sharing!

Please let us know if you are coming by signing up
on the list at the Concierge desk.

Oak Hammock by the Numbers, October 1

Independent Living

	Total	Sold	Available
Houses	57	57	0
Apartments	212	207	5

- Nickie Doria

Health Pavilion

	Total	Occupied	Available
Assisted	46	41	5
Memory*	24	7	5
Skilled**	73	63	10

* 12 units are set aside for quarantine

** fluctuates daily

- Mary Sabatella

Heather Gilkey: Bag Lady

I've been informed that Oak Hammock has more than one kind of Bag Lady, or one kind of Bag Man! Heather Gilkey is a Bag Lady who takes a different kind of bag to new residents. She, with the help of Katherine Osman and Julie Ann Ariet, prepares bags of information about Oak Hammock for new residents. Heather introduces herself as an Oak Hammock Bag Lady when she delivers them.

Last month we featured four ladies who carry their own reusable containers for take-outs and leftovers from the dining room. Any other Bag Ladies or Bag Men living here?

- Bev Cone, content; Joe Gilkey, photo



Oak Hammock Honors

Congratulations to **JESSICA CASTLEN** and **RACHEL ROMERO** for receiving the designation of **REGISTERED NURSE!**

- Heather Gilkey

Wild Turkeys

Here's a long shot of a few of the wild turkeys that have taken up residence at Oak Hammock.

They were in Sherwood Forest, snacking on the bank of the pond. These birds are prized in Kentucky, where they are an important ingredient in the recipe for a famous bourbon.

- Larry Lowenthal



Frog Lovers Listen and Learn

Little kids love frogs. Apparently, grown kids do too. Fifty-five curious folks arrived for the Natural History Society's *first live presentation* since the days of Covid restrictions! Jade Salamone, Conservation Education Curator at the Santa Fe Teaching Zoo, charmed everyone with the presentation of "Frogs of Alachua County, Are You Listening?" Jade has lived in Gainesville for 10 years and worked at the zoo for 6+ years. She knows frogs. And she loves frogs. Her presentation was well documented on the big screen, covering interesting facts about the most popular 20 Alachua County frog residents—including which to avoid. A vocal call accompanied each of the featured frogs. Jade is active in Frog-WatchUSA, a Citizen Science volunteer organization that monitors frog populations by their sounds. This interesting young lady is currently working on her Master's in biology at Ohio's Miami University in the Global Field Program. Remember to check the display cases on the LL (near postal area) for additional Natural History Society programs and opportunities to "listen & learn."

- Barbara Dockery



Missing Something?

Please remember to check the Lost and Found in the front lobby. You'll be surprised what's there: car keys, glasses, books, small electronics. You name it! So...before you panic, check with us!



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Katherine Osman, Layout

3,999 and Done

It's hard to get a picture of that 4000-piece puzzle that many worked on all summer, but attached is my attempt at memorializing the now-finished product. (Actually it is only 3999 pieces because one is missing in the upper jaguar's hind leg.)

- Robert Yates



Deer by the garden



A fairy ring (Janice Malkoff)



2021 Residents' Council

President
Vice President
Secretary

Martha Rader
 Norm Cooney
 Barbara Francis

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

<u>Committee</u>	<u>Meeting Time</u>	<u>Chairperson</u>
Active Lifestyle	1st Monday, 11:00 AM	Keith Berg
Master Planning	2nd Wednesday, 3:15 PM	Doug Merrey
Buildings and Grounds,	2nd 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

**Committees are meeting using a variety of formats.
 Please contact the Committee chairs for specific information.**