

Oak Hammock
The
Oak Leaf
at the
University of Florida

Volume 18, Issue 12

December 2021

An Oak Hammock Tradition Returns...



- Bill Castine

Beautiful Season, Beautiful Teamwork

Oak Hammock residents gathered to decorate our commons areas and the result, as always, is gorgeous. Many thanks to all who helped! It was definitely a community endeavor.



- Kathryn Clark, Bev Cone, Lori Hoopes, Mary Kilgour, Janice Malkoff, Beth Paul, photos



The third graders from St. Patrick's Interparish School came caroling on December 15.

- Julie Ann Ariet

Welcome Sheila Dickison

Having been with the University of Florida since 1976, Sheila Dickison is not new to Gainesville but she is new to Oak Hammock. This dynamic lady grew up on a farm in Ontario, Canada, and probably would still be living there with most of her family nearby were it not for the advice from her farsighted high school principal who taught her Latin and Greek. He saw potential in Sheila and influenced her decision to attend the University of Toronto. There, a "great" female professor encouraged her to go on to Bryn Mawr where she received a Master's degree and a PhD degree in Latin and Greek. On the advice of one of her professors, Bryn Mawr gave her a scholarship to study for two years at the American Academy in Rome.

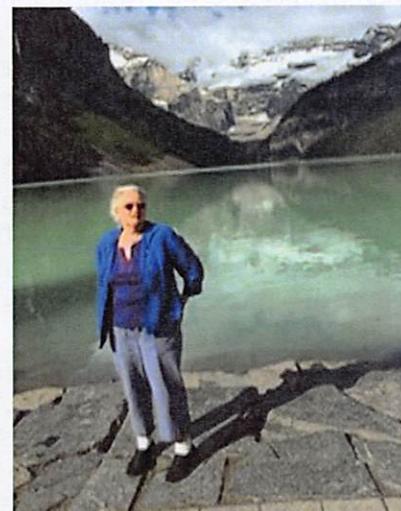
After that, Sheila taught at Wellesley College from 1969 -1976 and then joined the Classics Department at the University of Florida, teaching undergraduate and graduate courses in Latin, Greek, and classical civilization. She became interested in administration and from 1989 -1995 served as the Associate Dean of the College of Liberal Arts and Sciences. In 1996, she became the Director of the Honors Program and then added the job of Associate Provost, followed by the post of Associate Dean of Liberal Arts and Sciences for the second time.

In 2009, she retired "for the first time" only to be asked to work at the Bob Graham Center where she worked half time for nine years before her "final retirement" in 2019. This remarkable woman has written books and research articles and received numerous awards,

For years, Sheila had planned on Oak Hammock. She likes the fact that it is in a natural setting and loves the tree-lined driveway and nature paths around the lakes. The ILR was also a big attraction for her.

Sheila had wanted to continue travelling after moving in, but Covid-19 put a damper on that idea. Now, she is tentatively planning a trip in June to Iceland, Scotland, and Rome. We wish her luck with her travels and are glad she has joined our community.

- Cynthia Clements



Welcome Roshan Mehrad

Roshan was born and educated in Tehran, Iran. She attended Teacher's Training College with the aim of becoming a high school teacher. After graduation, she studied in Paris, France and then went on to receive an M.A. from the University of Missouri. She then returned to Tehran to pursue her teaching career.

Roshan was happily married to her childhood friend, a consultant in the agriculture business, for 55 years. They moved to Bahrain for a time, but were living in Iran during the war with Iraq and things were quite difficult.

The family lived in numerous places in the United States, including the San Francisco area for a number of years as well as stints in Dallas and Charlottesville before they moved to Gainesville. They were in Gainesville for four years when her husband contracted Covid and passed away.

She has two sons, one is a British-educated pulmonologist who lives in Gainesville, and the other a cinematographer living in New Jersey. She has two granddaughters, a freshman at Swarthmore College; the other is 13 and lives in New Jersey.

Roshan enjoyed crocheting, knitting, and sewing, and often made her own clothes. She liked to paint, using oils, and often worked on still life subjects. She was an ardent reader. These activities have been curtailed due to problems with her eyesight. Audio books are most enjoyable now, particularly mysteries. Louise Penny and John Connolly are two of her favorites.

She is very well-traveled, having made many trips to Iran from the various places she has lived. She recently returned from a two week visit to her brother in London. For a number of years she visited her parents who remained in Iran. She and her husband had long known that they did not want to be a burden to their children and Roshan decided that Oak Hammock would be the perfect place to fulfill that commitment.

Roshan is anxious for all to know that the Iranian people are a friendly people and asks that we do not judge them by their government. Roshan is a good example of the friendliness of the people of Iran and she looks forward to meeting more Oak Hammock residents.

- Barbara Herbstman



Welcome New Security Officers: Otis Ware and Flora Vinson

Otis Ware, who now lives in the Gainesville area with his wife, who is in the insurance business, and one-year-old son, grew up in Bell, in Gilchrist County, where his family still lives. After graduating from high school, he spent four years in the US Army as a cavalry scout, most recently at Fort Bliss, TX, although he also served in Kuwait and Korea. He worked temporarily at a security company for a few months and then heard about an opening at Oak Hammock from a friend who is a beekeeper and applied. He began working the midnight shift here in October and so far is enjoying it greatly.

In his spare time, he enjoys fishing, basketball, golf, camping, and doing anything outside. His future plans include returning to school.

Flora Vinson, a new officer on the day shift, started at Oak Hammock just a few weeks ago. Most recently she was working at Tacachale as a residential unit specialist. She has also worked as an Uber driver, a security officer for private companies, as well as a corrections officer.

"Flo", as she likes to be called, grew up primarily in Gainesville with a shorter stay in Fort Myers and attended Idylwild as well as Gainesville High School. She has three children and two stepchildren as well as thirteen grandchildren with a fourteenth expected to be born before this article is published. Her family lives in Washington State, Las Vegas, and Germany, as well as nearby.

Her spare time is spent as a karaoke disc jockey and a singer and she competes annually (see November issue of *The Oak Leaf*).

Be certain to welcome them if you see them out making their rounds.

- Karen Miller, content; Margarete Ruth, photos



Kelly George

We are fortunate that our prior HR Director, Teresa O'Hara, made sure that when she left us to move to the Orlando area, she didn't do so until she convinced the president of the local unit of the trade association of human resource professionals, SHRM, to take over her job at Oak Hammock.

Kelly's family is from the New Jersey/Pennsylvania area but she was born in Panama City, where her grandmother lived. The family moved to North Central Florida when she was three. Kelly graduated from East Side High School and the University of Florida and subsequently earned a Master's from Penn State in Employee Relations.

Although a very experienced Human Resources professional, this is Kelly's first position in healthcare. She has worked in banking, environmental consulting, and construction, and is eager to learn more about health care, particularly because she has two children who are pre-med. She has had family members who spent some time in our health pavilion and so is familiar with our culture.

Kelly just started so we are going to give her some time to get acclimated and then we will circle back to her and talk with her about her impressions and plans. In the meantime, be certain to say hello as you see her.

- Karen Miller



Edith McClellon

Edith McClellon, who started working at Oak Hammock in August as the Head Housekeeper, grew up in North Central Florida, graduating from high school in Newberry. She has worked for more than twenty years in health care/senior living including assisted living/memory care/skilled nursing and was delighted when the opportunity arose to join Oak Hammock. She knew of Oak Hammock through friends in the area and through her husband who had years ago worked with Jan Harmon.

Edith's job at Oak Hammock includes doing some housekeeping in all levels of care and training new housekeeping staff. She is focused on hospitality and on customer service and attempts to instill these attributes in new hires. She reports to Rebecca Snowden and Ty Fuller and can assist if a resident is unable to reach Rebecca or Ty.

In her spare time, Edith loves to fish and garden. Because Edith works on the street, in the building, and in the health pavilion, you should have an opportunity to meet her and say hello. If you do, ask her to tell you about her chickens.

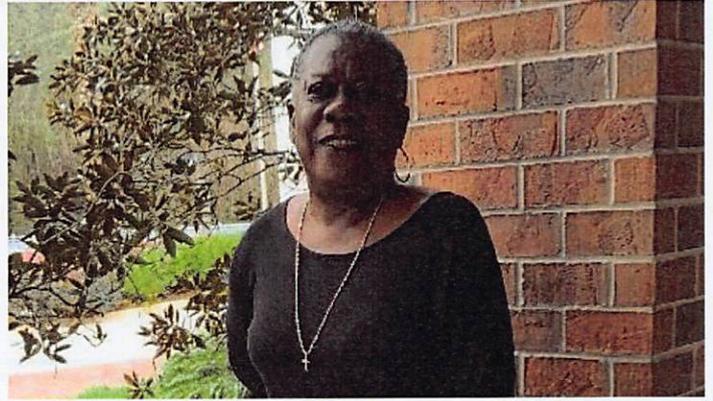
- Karen Miller



May Jones

May Jones has been the Team Assistant in the Maintenance Department since the very beginning. Since before the very beginning, actually - February of 2004 to be exact! We regret to say that after almost 18 years, multiple projects, a few Directors of Maintenance, and a hurricane or two, May is retiring to be able to spend more time with her first grandbaby-to-be in Texas. She will definitely be missed but we hope that she'll make a point to share photos of the baby with us! Thank you for everything, May!

- Katherine Osman



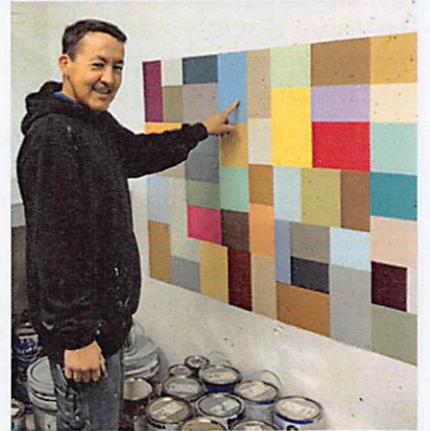
Painting by Numbers

The 1950's craze of "paint by number" kits tempted everyone to become an artist.

That was before Patrick Eckart's time. He was born and grew up in the New Jersey area, moving to Orlando and attending high school there. Patrick felt the pull of being creative. Working with a contract painter lured Patrick to become a professional full-time painter. That was twelve years ago. Today, Patrick is respected as Oak Hammock's head painter. A tour of his "paint man cave" (in building 1 garage) revealed a wall resembling a colorful patchwork quilt. Every color that Patrick has used at Oak Hammock for the past twelve years is represented! The paints of choice are from Sherwin Williams Paints; each has a color name and a number.

Proper painting is more than applying paint to a surface. Sanding and undercoating may be required prior to the actual painting. Patrick shared, "Rolling paint on a large surface is my favorite part of the job—not seeing any uneven area." Does he get discouraged with the constant nicks and bangs cause by people and carts? "No, not really. I take pride in making Oak Hammock look the best it can, every day." Patrick has a fond memory of walking across the Brooklyn Bridge with his mom. "Man, those painters just finish at one end, then they have to go right back to where they started and do it over again." Hmmm. Kinda sounds like your job at Oak Hammock, Patrick. Thanks for always having a smile while you enjoy your paint by numbers. And for making us look spiffy.

- Barbara Dockery



Karen Taylor Departs

Since July, 2013, Karen Taylor has been the pleasant face behind the reception desk in the Senior Care Clinic at Oak Hammock. Throughout the intervening years, she must have served literally thousands of patients, always wearing a smile and always assisting us promptly and efficiently with our medical issues and questions. Now she has decided to retire just before Christmas and enjoy her days in other ways.

Originally from the Winter Haven area, several of Karen's family members had relocated to Gainesville and she was familiar with the area from visiting them often, so decided to join them here. Some time later, she accepted the position at Oak Hammock.

Karen found her job most enjoyable, and especially enjoyed interacting with various residents and staff members. She was glad not to be in a cubicle, as she had been previously. She will miss the people, but will not miss having to rise at 5:30 a.m. and encounter the Gainesville traffic twice a day. Nonetheless, it was her pleasure to come to work every day. Sometimes she would come in feeling a bit tense, but after staff and residents greeted her warmly, the day was okay. Karen said, "Thanks to all the residents, I felt I was in the right place. I never would find a better job!"

Karen also said, "Now I have to figure out what to do. Oak Hammock has been a good part of my life." Her plans for retirement include more family time, sleeping in, taking care of herself including walking up to six miles a day, taking art classes, learning French, and some travel (but not right away).

Karen has been a good part of our lives at Oak Hammock, as well. We wish her the very best in her retirement and bid her a fond farewell. Maybe she'll even come back to visit occasionally!

- Bill Castine



Holiday Music

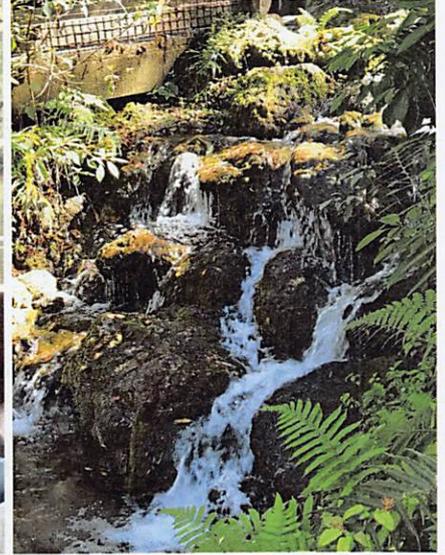
The talented Marilyn Peterson entertained us by playing the piano for a sing along on a Friday afternoon in the Upper Commons. She had lyric packets ready and many Assisted Living residents joined in on the fun. Marilyn's touch on the piano is vibrant and exciting, and she plays each song by ear—she has a beautiful Christmas music book, but never referred to it during the concert, as she just sits down and makes the piano keys come to life.

It was a great way to start the weekend, with many singing and enjoying it. Thanks to Karen Miller for inviting Marilyn to add more joy to our season. *- Bev Cone*



Natural History Society River Trip: Two Perspectives

On a trip sponsored by the Natural History Society and led by Margo Pettway, twenty happy Oak Hammockers traveled to Dunnellon for a boat adventure on both the Rainbow and Withlacoochee Rivers with John, "the singing boatman". John's comfortable pontoon boat drifted slowly up and down both rivers as he filled us with information: we learned about gators, birds, flowers, turtles, river otters, tannic water vs clear spring water, and the stress on the Floridian aquifer. He entertained as well, with lively storytelling and songs, two of which had been composed by his mother. After our ride, we traveled to Rainbow River State Park for lunch outdoors, and then had free time to walk either to the waterfall or to the spring head. The weather was good; the trip was relaxing and wonderful! *- Elisabeth Virmstein*



On Thursday, November 18, 20 Oak Hammock residents went on a Singing River trip to Dunnellon where the most beautiful Withlacoochee and the Rainbow Rivers meet and flow. Captain Jon Semmes entertained with his superior knowledge of the rivers, the region, wildlife, vegetation and history. He also played his guitar and sang self-created songs of creepy crawlers, etc. So much fun! The scenery was most beautiful with its varied fall colors. *- Margarete Ruth*



What Happened to Hanukkah?

Holiday decorations went up and they are beautiful. Seasonal cheer abounds and there is a good feeling in the air. But, at first, there was something missing—Where was Hanukkah? The Menorahs, the dreidels, the latkes, and the Hanukkah songs? But then, the resident decorators put up the Menorah, candles, and dreidels out on Monday, the second day of Hanukkah.

Hanukkah started around Thanksgiving. Due to the Hebrew calendar, Jewish holidays are never the same date as the previous year. The Hebrew calendar is a lunisolar calendar, about eleven days shorter than the solar year. It runs on a nineteen-year cycle, codified by Maimonides in the twelfth century.

And that's what happened to Hanukkah.

-Barbara Herbstman

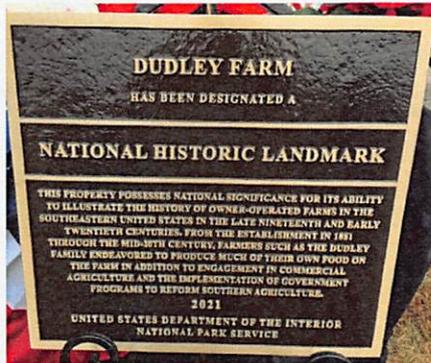


Dudley Farm Visit

A small group of Oak Hammock residents drove to the well visited Dudley Farm for its inauguration ceremony of its newly named "National Historic Landmark" status (see photo). Much appreciation goes to Oak Hammock's Roy Hunt who was a driving force behind the new status.

People enjoyed the day, checking out the sugar cane grinding and boiling, chewing on sticks of raw sugar cane, and tasting the newly created syrup. There was also a festival with all sorts of handcrafted items available for purchase.

- Margarete Ruth



Pool Deck Players

These musicians have used their time during the pandemic to enjoy making music together outside. They continue to play together regularly, and have entertained us here before. They had a lovely concert on the boardwalk at Oak Hammock on December 9, with many residents and some dogs, too, enjoying their music, with coffee and cookies on a breezy afternoon. The flute and clarinet players, and the string bass player played a Chanukah Medley and other holiday and Christmas selections—my favorite was "O Come, All Ye Faithful". It was a special treat to meet outside again and hear their music at Oak Hammock. - Bev Cone



Everyone Wants to Stay Cozy

Body thermostats can be stubborn. Age and location add to the complication of comfort. Without modern day heat and air conditioning, the clothing worn determines the state of being warm or freezing cold. Generations of families handed down traditional handiwork to keep everyone happy. The display case "Keep Warm and Winter On" presents examples of days gone by. Doris Greene made all the items displayed, with the exception of the crocheted lace shawl made by her mother, and the colorful sleeping socks by her niece. "Both my grandmothers sewed and I got my first sewing machine—hand cranked—at age seven. Mom taught me to crochet and knit. She was left-handed; I'm right-handed. It's tricky for me to try teaching others." Doris grew up and lived in Michigan and Ohio (brrrr) and happily retired to the warmer Sunshine State (awwww). Check out the interesting display case on the lower level (near the pool table) and stay cozy too. - Barbara Dockery



Plastic Bags

The new display of reusable bags made by the Needlers brings more attention to how important our recycling efforts are at Oak Hammock. Plastic bags become deadly waste in landfills and the ocean. A few shocking facts:

"Americans use an average of 365 plastic bags per year. People in Denmark use an average of four plastic bags per year."

"It takes 1,000 years for a plastic bag to degrade in a landfill."

"34% of dead leatherback sea turtles have ingested plastics."

Thanks to our residents who use reusable cloth bags when shopping or taking their own containers for leftovers or take-out in the dining room. Let's do our part.

- Bev Cone, content; Doris Greene, photo



Recycled Riches

Recycled Riches has donated to 3 Oak Hammock funds. We gave \$5,000.00 to the Employee Appreciation Fund, \$3,000.00 to the Employee Scholarship Fund, and \$2,000.00 to the Benevolent Fund.

Our Christmas Sale for Special Treasures made \$1,225.00, and our second Special Treasures sale on November 19 made \$2,026.50, thanks to the great support from staff and residents.

During 2021, the total income for Recycled Riches was \$27,553.14. We gave out \$17,775.00 in Mini Grants. The Grand Total of income from 2006-2021 is \$304,929.36.

Recycled Riches is planning to continue having

apartment sales starting in January. We will be meeting this month to decide on new guidelines. Please watch for announcements. If you have items for Special Treasures, please contact Judy Plaut. Joni Simon is always interested in taking jewelry and accessories.

Thank you for all your support during the last 15 years.

Our next meeting is Monday, January 31, at 11 a.m., in the Acorn Room. Please observe current protocol for Covid-19. Everyone is welcome.

- Valerie Griffith, Chairman, Recycled Riches

Gary Langford Presents: The Carols of Christmas

Our favorite orchestra conductor returned, after a long, dull Covid hiatus! This time, without an orchestra, but with taped examples of Christmas Carols over the years, with the charming assistance of another Oak Hammock favorite, Julie Ann Ariet.

Gary has been in Gainesville for 50 years, and is legendary as a consummate performer and teacher. He has taught many courses at UF, including The History of Jazz, and founded the City Youth Orchestra, a staple in the Gainesville community for 30 years. Certainly not least, he has delighted us each year by leading our own wonderful Oak Hammock Chamber Players.

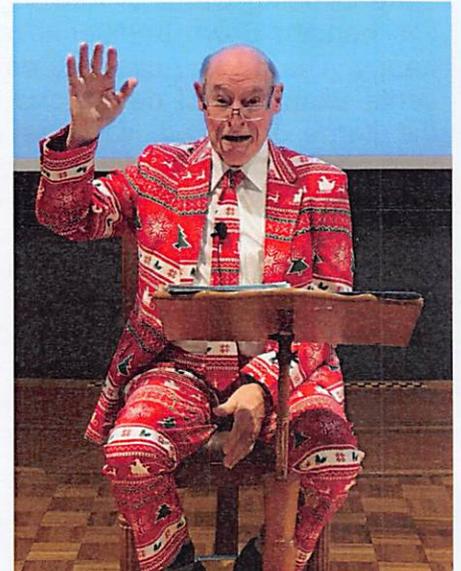
Perhaps he is best known, however, for his remarkable wardrobe, which we all look forward to seeing, especially when Gary performs during the holiday season. On a recent morning at Oak Hammock he didn't disappoint, appearing in one of his now famous suits! And, as is his custom, at the beginning of his presentation he regaled us with jokes and funny stories. The audience was both groaning and laughing and ready to hear his intriguing history behind many familiar Carols.

The carols, he told us, actually started in the Christian churches, centuries ago. Initially only members of the Clergy were allowed to sing, but down over many years the carols became popular in streets and homes as people were drawn to the stories they told. Early in the 12th century, people were even able to enjoy secular carols, only to have them banned for a time; then in 1660, they came back into favor. But the Puritans did ban the first settlers in America from singing carols at all.

Obviously, however, carols survived, and are among the most treasured songs in history. Gary told us the story behind the writing of 17 of them, and heads were bobbing and toes were tapping as we listened to musical excerpts from such favorites as Joy to the World, Deck the Halls, God Rest Ye Merry Gentlemen, Jingle Bells, Hark the Herald Angels Sing, and many others. His passion for jazz was evident in the arrangements he selected!

Thank you, Gary, for providing us with such a fascinating and festive introduction to the Christmas season!

- Jan Havre, content; Bill Castine, photos





During the recent state-wide Annual Meeting of FLiCRA (held by Zoom), members were encouraged to submit written questions for a panel representing FLiCRA and the Trade Association for CCRC owners and managers, LeadingAge. One of the questions submitted was: Have any member CCRCs been advised of a fee increase, by their respective Executive Directors, to commence in January 2022? Our residents were recently told the increase will be 6.2%. We were wondering if this amount is in line with other communities.

LeadingAge Florida Response: According to a national survey done by Ziegler, the projected 2022 increase is higher than in previous years with a median increase of 4% and a high of 10%. The increase will vary from

community to community depending on location, which could affect staffing challenges and related wages, benefits and perks to recruit and retain employees. Investments in technology and infection control are also contributing to increases in operational costs along with increases in the cost of supplies and food products.

FLiCRA Response: FLiCRA generally surveys CCRCs to gauge the average increases. Further, increases are public record through Public Records requests from the Office of Insurance Regulation. The Consumer Price Index for the Southern Region for many years has been at or below 3%. For 2021, it's at 5.8%. It is expected that the average CCRC maintenance fee increase in Florida for 2022 will be north of 4.5%, the highest average in over twenty years.

- Mary Sanford

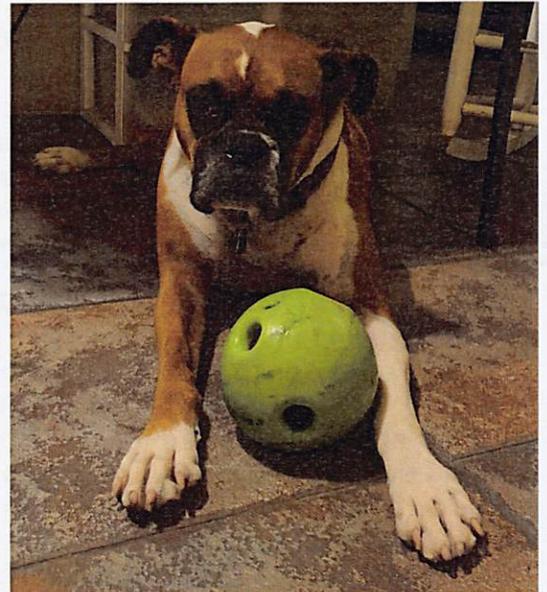
8 New Paws in Building 2

People are curious about new folks moving into Oak Hammock. How about the four-footed ones that check in with them? CEO Kevin Ahmadi was welcomed into building 2—along with “Doc”—*first official Oak Hammock Dog*. Animals have a bio, just like their owners. Doc is the Ahmadis’ third rescue boxer (rescued from Florida Boxer Rescue). He’d never been abused, but for the first two years of his life, he was kept in a crate on the back porch of a home in Naples, FL. Kevin shares, “When we adopted him, he was just neutered, in a collar, and still under anesthesia. He awoke to a changed world...living on three acres, all fenced, so he could run until he dropped. Now he enjoys rides in a golf cart!” Doc is six years old, snores in his sleep, slobbers, and loves everyone, especially walking his “Master”.

Okay, an adult dog is one thing. But a puppy? A tiny 10-week-old miniature Schnauzer puppy? Enter “Annie”. It was love at first sight for the animal lovers on the atrium second floor. She was ready to show off her beautiful black and white fur coat. That makes her a rare particolored little lady. (Most Schnauzers are known for their salt and pepper, all black, or all white coats.) Jane McGlothlin purchased Annie from a breeder in Tallahassee (after confirming to be a Gator fan) as an *80th birthday* gift to husband, Don. Following the current trend, Annie was “crate trained”, encouraging her to be happy and keep that area tidy. That meant that Annie was “grass trained”. And frequent early trips outside—a drag for late-sleep-loving Don. Love conquers all and Annie is progressing nicely. Don relates, “She is a bundle of energy, enjoying walks and PupPeroni treats at Susan’s desk. Jane and I grew up in dog-loving families, but this is our first puppy. Either we’re crazy or optimistic. Annie continues to bring great joy to our lives.”

Question: Does Santa bring toys and treats to all the good little (and big) dogs? Check the socks hung in building 2 for the answer! *Merry arf-arf to all.*

- Barbara Dockery, content, photo;
Kevin Ahmadi, photo



Oak Hammock Golf Tournament

The annual Oak Hammock Golf Tournament was held at Hawkstone Golf Course (formerly Haile) on October 11 with the largest number of players in our tournament history. As a result, the tournament turned over \$50,000 to the Benevolent Fund. This exceeded the 2019 record by \$5000 and was accomplished with the combined efforts of staff, vendors, and residents. At the RC meeting in November, a video of tournament highlights was shown courtesy of Kathy Cafazzo. This video is provided to all participants and each team also receives a photo of the team plus a video link to each player teeing off, courtesy of Frank Townsend with on course assistance of Bob Blood.

Building up to the tournament, hours of work were provided by our staff, led primarily by Kathy Subak. Others contributing include Katherine Osman, Mary Salvamoser, and Susan Young. Chef Jon prepared the menu with food provided by Sysco. (Actually Jon's wife Naomi and a friend cooked the food and Devinne was bartender.)

Our lead sponsors are Taylor HVAC and USI Insurance with the Friends of Cuscowilla (arranged by Jeff Bauman) and resident Mary Sanford.

Volunteers make Tournament Day go smoothly. Wayne Forehand and Phil Morrison greeted golfers as they arrived. Martha Rader and Judy Plaut sold raffle tickets (and provided entertainment), Susan Young and Daun Dickie ran registration with Janice Malkoff and Linda Cooney supporting with the participants' "goodie" bags and polo shirts. Deb Rossi kept an eye on the awards and answered questions. Kathy Subak and Katherine Osman answered questions and solved problems. John Spindler drove the important golf cart to take people to wherever they needed to go—which included spotters: Marie Okronley on the Hole-in-One and Nelson Logan on the Ball Launcher.

It takes a lot of people to make this come together and we appreciate all sponsors and volunteers. We have already started on next year with the date of October 10 on the books and the down payment paid.

Hit them long and straight but not too often.

- Norm Cooney

Wildflower Planting

Jan Lowenthal was in charge of planting wildflowers on the back lawn area of Oak Hammock Building 2. So many helping Oak Hammock residents came that we got the area prepared, planted, seeded, and mulched in 2½ hours.

Thanks to all the helping hands and backs. We were not able to create a group photo as all were very eager workers. - Margarete Ruth



Vintage and Special Treasures Fall Sale

Our Vintage and Special Treasures all day sale on November 19 in the Acorn Room was a huge success. We set a new record by raising \$2,026.50 selling interesting items to over 150 customers. Staff and residents had fun doing their holiday shopping and enjoying our bargain prices. The ladies loved Joni's jewelry boutique and purses, and some of our men bought special surprises, too. Our tables were loaded with fine dining china, silver and glass as well as a wide variety of home décor, small appliances, unique finds, and holiday décor. Over 30 of our resident Special Treasures team played a part in pulling off this event which involves a lot of behind the scenes work throughout the year to gather and price the generous donations from residents, then set up and dismantle our one day store.

All of the money goes to Recycled Riches special project grants to make Oak Hammock an even better place to live and work. It's a delightful resident volunteer activity and we love the laughter and smiles it generates. We especially appreciate the staff support of Kathy Subak, Rebecca Snowden, Tony Iles, and their housekeeping crew who help us advertise and create the store. We continue to offer a selection of our wares in the Vintage Cabinets opposite the Treats 'n Treasures Shop year round and welcome your donations.

- Judy Plaut



Oak Hammock Demographics

There are no residents currently living at Oak Hammock below the age of 65. The majority of our residents are between the ages of 75 to 84. Surprisingly, we have four women and one man who are over the age of 100. I thought we would have a few 39 year olds, but not a one! The average age of entry over the past 18 years is between the ages of 73 and 79.

Large print copies of the data are available at the front desk.

- Beth Paul, content; Andrew Davey, chart

Age Distribution by Functional Status

Oak Hammock at the University of Florida
Contractholder Census
Census as of 10/31/2021

Age Group	ILU		ALU&MCU		NCU		----- Totals -----		----- Totals -----	
	Female	Male	Female	Male	Female	Male	Female	Male	Count	Percent
55 - 59	0	0	0	0	0	0	0	0	0	0.0%
60 - 64	0	0	0	0	0	0	0	0	0	0.0%
65 - 69	7	2	0	0	0	0	7	2	7	2.8%
70 - 74	14	11	2	0	0	0	16	11	16	6.3%
75 - 79	51	30	1	1	0	1	52	32	52	20.6%
80 - 84	66	43	2	2	4	2	72	47	72	28.5%
85 - 89	37	34	9	1	4	3	50	38	50	19.8%
90 - 94	17	23	9	5	8	1	34	29	34	13.4%
95 - 99	11	3	5	3	2	3	18	9	18	7.1%
100 - 115	0	0	1	0	3	1	4	1	4	1.6%
Totals	203	146	29	12	21	11	253	169	253	100.0%
Avg Age	82.0	82.9	69.0	69.6	90.8	89.1	83.5	83.7		

Book Worms Make Reading FUN!

Children today aren't interested in reading books. Really? Julie Ann Ariet, ILR & New Resident Liaison, decided to shake up that scene. She sounded a Book Worm ALERT. No special skills were needed. A sizable group of workers appeared in the Oak Room ready to wind balls of yarn, crochet long chains, glue on eyes—creating book worms and having fun. Oak Hammock residents and staff have crocheted more than 650 of the colorful critters that will go to students at Idylwild Elementary School (our adopted neighborhood school). Extra bookworms will be donated to the Alachua County School Board for distribution at schools throughout our area. Julie Ann was overwhelmed, saying "Thank you to everyone who helped. My heart is full." Wow, that alert almost created a tsunami!

- Barbara Dockery



Henri, the Levys' Ragdoll Cat

It took no time at all for Henri to become part of Michael and Jane Levy's family. Henri is a ragdoll cat, a breed which gets its name from its totally relaxed positions. They are called floppy cats, a tribute to their being the "master of chill," according to one expert. Ken and Laura Berns also own a ragdoll cat.

Henri is a playful and sociable cat as is typical of the breed. Puppy-like behavior is also typical of the ragdoll breed, and Henri will follow Jane from room to room. Michael says that Henri will hear the opening of the garage door and will sit in wait for them. Some ragdolls will even play fetch. The breed is usually silent, but Henri will emit sounds when Michael, the one who feeds Henri, mentions "food."

Jane explains the breed as having "a single coat without an undercoat which is good for some people with allergies, but they are not completely hypoallergenic." They are extremely cuddly and soft but do not shed as much as the typical long-haired cat. Henri is all white with a fluffy light brown tail, brown around the face, brown ears and large blue eyes, a trait specific to the ragdoll, and might grow to be as large as 20 pounds. The markings remind me of a Siamese cat.

There is a downside to the ragdoll cat. Jane explains that they can "carry a gene that leads to a form of heart disease, hypertrophic cardiomyopathy, which can cause heart failure in their early years. Breeders can test the parents to make sure your kitten doesn't have it."

Jane says, "We are very happy to have Henri—he's the perfect cat for us. It's like having both a dog and a cat."

I have asked for visiting privileges and have also volunteered for baby sitting duty. I'm in love with this little sweetheart.

- Beth Paul



First Federal Bank treated us to a holiday feast!

- Patsy Nelms

Art League

It is with artistic glee that our Oak Hammock residents decked our halls to celebrate this Holiday Season. After singing about "The Twelve Days of Christmas", we can go to the art studio to be reminded how far we have come in 2021. Artist Mary Sue Koeppel has painted a fascinating show titled "Twelve Days of Quarantine", comprised of 12 artworks, created one slow day at a time, as she was in quarantine because of exposure to the Covid virus. Each day brought its own challenges, represented by her art. Dick Martin has made a video with Mary Sue explaining the thoughts behind each artwork. The link to view the video is <https://youtu.be/sCAPWYKxunaU>.

The mini gallery, under the auspices of Midge Smith, is currently showing the paintings of Gainesville artist Sue Kelman. Do not miss this show! Sue's vibrant water media artworks will brighten your day! The mini gallery is located in the corridor between the Wellness Center desk and the hall to the Health Pavilion. Many thanks to Midge for finding these exceptional artists and bringing them to us.

In our main Gallery, the Gainesville Fine Arts Judged Show will remain until January 8, 2022, giving us plenty of time to take a tour with our visiting family and friends over the Holidays.

The next show, January 10, 2022, is a very meaningful one for our residents. Our own Michael Levy will be presenting his black and white photos of our nonagenarian residents titled "Senior Seniors". This show will be the third one that Michael has produced. He had to wait until Oak Hammock allowed him to move about freely, to get to work with his faithful assistant, wife Jane Polkowski Levy, at his side. Visiting each person 90 years and over, in the most thoughtful manner, he has caught the essence of their 90 plus years of life in a single photo. Michael's photography is always exceptional, and we applaud his work over the years.

Susan Bankston, director of our Art League, states that there will be a beginner's watercolor workshop titled "Discovering the Joy of Watercolor" on January 8. The cost will be \$65 with supplies included. Sign up because "creating art washes away the dust from the soul". (Pablo Picasso)

The Art League's monthly program will resume on Tuesday, January 24, at 4 p.m. in the Oak Room. Famous Gainesville artist, Anthony Ackrill, educated at the Florence Academy of Art in Florence, Italy, will share with us his intriguing artistic journey, describing his painting process from concept to completion. All residents and guests are welcome to art league events. The Art league is open to all.

Happy Holidays, all!

- Marion Siegel, content;
Marion Siegel, Susan Bankston, photos



Above: Artist Mary Sue Koeppel and CEO Kevin Ahmadi.
Below: Lynn Ferris teaches a watercolor class.



The Barbergators

The Barbergators presented a unique Christmas show in the Oak Room on December 14. They are a group of men, singing arrangements of their own renditions of familiar holiday songs with lots of harmony and no accompaniment. They sang "Jingle Bells", a beautiful arrangement of "I'll Have a Blue Christmas", "Hey, Rudolph", and many others. The songs all bring back memories for us, and bind us together with joy in our hearts as we approach Christmas Day in 2021.

- Bev Cone, content; Patsy Nelms, photo



Strategic Landscape Planning

This article briefly summarizes all the work we have done on the special Long-Range Strategic Planning committee that finished this month. Jeff Hagen helped us put it together back in 2018 with special capital funding and blessings from the Board. As we worked on various phases, staff and residents relevant to each phase participated.

It's been quite a journey, but Tony has really stepped up and any future landscape plans will be directed through Plant Operations normal procedures. We realize we can never make everyone happy, but so much hard work went into this first major improvement to the grounds since Oak Hammock opened. The large gift is the first major philanthropic donation since Mr. Duckworth started the Benevolent Fund. The donor had wanted to be anonymous and is modest, but his legacy is to honor two family members

who lived and died here. He will say a few brief words at the January celebration.

Jeff led us through "dreaming" about what might be possible and we learned from our management members about all the complexities that go into getting major projects done, especially with all the city regulations. Each CEO had ideas about the process. It was a real education, but I'm proud of what we were able to do in spite of all the pandemic issues.

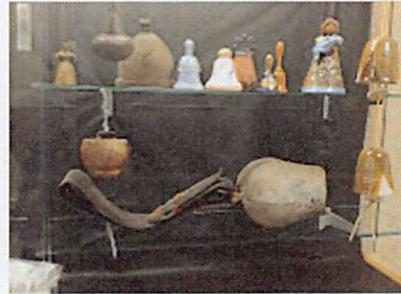
I loved Kevin's comment about not having a money tree growing in our back yard, as residents always want things and forget that the money usually has to come from fees that they don't want to increase. It's been eye-opening to learn about all the hidden costs that go into projects and the continued problem solving that has to happen to get things done.

- Judy Plaut

Where Did THAT Bell Come From?

Julie Ann Ariet has put together an amazing showcase exhibit in the lower commons called "Ring in the New Year: Bells Collected by Residents." Since the largest bell in the exhibit happens to be mine, I have had a number of questions as to how I acquired that massive cow bell. Well, we have wonderful friends who live in a small village near Lausanne, Switzerland. Pierre first knew us as a professional colleague, as he is a neurochemist and was part of Judy's research team in Illinois in 1972. Since that time, he and his wife Marie-Hélène have become good friends and we have visited back and forth many times. The bell was a 60th birthday gift from them and I have really treasured it over these years. It has a wonderful tone and brings back many memories of hiking in the Swiss Alps.

- Mike Plaut, content; Mike Plaut, Julie Ann Ariet, photos



The Gainesville of Yesteryear

The Gainesville Masonic Temple in Gainesville is now an historic landmark being refurbished and repurposed. From 1908 until the present, it has stood proudly on North Main Street, formerly West Main Street North. During World War II it was opened on weekends to soldiers who came to town for the weekend. From a low of 77 men to a high of 276, men spent a free night and had a free breakfast the next day. I remember going there and seeing bunk beds set up. In those days, the Atlantic Coast Line railroad went down the middle of West Main Street, so it was convenient for soldiers riding from Camp Blanding in Starke.

Both of my parents served in the highest local offices of the Masons and Eastern Star. After the war, I remember going to potluck dinners and entertainment on the ground floor and being allowed to look into the ceremonial room upstairs where official meetings were held. Daddy was Master of the Lodge and he and Mother served as Worthy Patron and Worthy Matron of the OES—order of the Eastern Star. Daddy went there every Sunday morning to cook breakfast before we went to church.

- Walter Wynn



Gainesville: Christmas in 1940s

We used to go in the woods and cut down a long leaf pine for our Christmas tree. Also, we cut the top of a small Chickasaw Plum tree about 18 inches tall. That time of year its leaves were all gone and the thorns were very visible. Daddy would paint the plum branches silver or white and mount it on a board. Each thorn had a gumdrop placed on it and it sat on a table in the living room. With three kids, gumdrops had to be replaced frequently.

- Walter Wynn

Thanksgiving Thankfulness

Families and friends were enjoying good food and fellowship after a long time struggling with Covid restrictions! It was so joyful to see so many people celebrating together. Oak Hammock is truly our home, the new servers were enthusiastic and well organized, and the chefs prepared a very special feast, with something for everyone, from salads and appetizers to main dishes, to desserts. Some people ate outside in Duckworth Gardens enjoying the sunny day, and the dining rooms and upper commons were filled. How fortunate are we to live at Oak Hammock! Gratitude is a practice we can cultivate, as we become aware of all that we have to enjoy with each other this holiday season.

- Bev Cone, content; Bonnie Umphreys, photo



View from Oak Hammock: The Sidewalk

In the last few weeks of autumn, seasonal colors are visible on and around the Oak Hammock sidewalks, often giving notice of surrounding trees and vines above. To discover the source of a colorful leaf, one may have to step back to a clearing and look above to view the vine or tree from which the leaf fell.

In photo 1, the location is the sidewalk winding around the pond on a breezy day. A brilliant red sweetgum leaf is surrounded by other star-shaped sweetgum leaves in yellow, brown, and black. Several leaves are folded over, making identification more difficult. Among the other leaves, directly above the red leaf, is a battered grape vine leaf.

The native sweetgum is a familiar sight in our woods and features spiky fruiting balls which can be a hazard underfoot. Even after the leaves of the sweetgum fall, multiple dried balls cling to the bare branches. Often these are included in natural wreaths, along with pinecones, various nuts, and acorns.

Though not as dramatic as in northern states, the leaves on many of our trees change color, sometimes strikingly, and provide a sense of the changing seasons.

When walking near the tennis courts toward Building 1, several swamp chestnut oaks line the streets. Photo 2 shows one of the smaller trees close to the sidewalk as just a few leaves display brilliant tones of red in November. The morning sunlight filtering through the tree calls attention to the contrast between the colors of the leaves. Nearby are huge swamp chestnut trees, with the promise of more autumn colors before the elongated leaves fall in winter.

Across of the street from Skilled Nursing, a poison sumac's leaves range from red to orange and burgundy (photo 3). This shrub is a dependable source of autumn color each season. The deep green of the tree and vines behind the bush provide dramatic contrast to the sumac's brilliant leaves. These native bushes are present throughout the East, west to Texas, and south to central Florida.

- Sybil Farwell



Oak Hammock by the Numbers, December 1 Independent Living

	Total	Sold	Available
Houses	57	57	0
Apartments	212	209	3

- Nickie Doria

Health Pavilion

	Total	Occupied	Available
Assisted	46	38	8
Memory*	24	9	3
Skilled**	73	67	6

* 12 units are set aside for quarantine

** fluctuates daily

- Mary Sabatella

What's in a Word?

Every Tuesday evening, a group of friends assembles in the 3rd floor lobby in Building Two to enjoy a very competitive game of Scrabble. The two tables of four posed for a photo in front of the holiday decorations, very fitting for December.

- Bill Castine



Contributions

The monthly contributions to the Benevolent Fund were \$680, received in memory of Susan Wiltshire and in honor of Pat Liston. The third quarter Amazon contribution to the Benevolent Fund was \$87.53.

- Lori Fishel, Jonathon Mann

Keith Berg, the Drummer Boy
 – Rum pum pum pum,
 Arriving at the Health Pavilion
 To announce the birth of a
 new King!

Celebrating together!

- Bev Cone



The Bookends (Bookend?)

We had just one Bookend, Patrick Duff, playing his guitar and singing Christmas songs on a relaxing Sunday afternoon in the Oak Room. Some people joined in to sing along to familiar carols, as they enjoyed lots of Christmas memories. It was a lovely musical afternoon.

- Bev Cone

Oak Hammock Craft Show

There are so many talented people at Oak Hammock! The Craft Show on Thursday, November 18, was a great opportunity to see the many ways people have been using their time during Covid. Handmade quilts, jewelry, wreaths, purses, and glasswork were just a few of the treasures that were on display for residents and staff to see and purchase for Christmas gifts to loved ones. Plus it was a wonderful opportunity to talk with these artists about what is often being created behind the scenes. Thanks for sharing so many talents.

- Bev Cone

Their True Colors

The talents of ten needlers are in a new display case, cleverly called "Red White and Blue-tiful". There's something for everyone—jewelry, purses, décor, and quilts. These ladies brighten up their days while being creative, and our days when we walk by to view their colorful talents. Thanks for sharing and for keeping Oak Hammock true red-white-& blue!

- Barbara Dockery





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Celebration for Ripley

On a pretty Sunday afternoon, many dog lovers and their pets joined Hank and Susanne Penny-packer at the dog park, to honor and remember Ripley. Hank told a story about how they got Ripley, and Susanne had some lovely photos of their pet to share, plus treats for humans and chews for the dogs. There were lots of conversations afterward, to remember other pets who have died, and to share dog stories of lives here at Oak Hammock.

The dog park is beautifully redecorated with room to sit and chat. Ripley has a plaque on the Memorial Wall that will bring back meaningful memories for the Pennypackers, their friends, and family. Thanks to Gaye Kirkpatrick for instituting this when Oak Hammock first opened. It is still important to so many of us today. *- Bev Cone*



Vicki Mulhearn snapped a photo of this bat outside her window.

Solstice Celebration

Tuesday, December 21 at 3:00
Duckworth Gardens and Commons

Hot Chocolate Bar * Apple Cider
* Donuts * Mimosa * Snacks *
Surprises

Ann Enicki and Jan Havre outdid themselves with "How the Grinch Stole Christmas!"

- Barbara Dockery



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,	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.**