

Oak Hammock Health Pavilion Expansion and Renovation Completion

Both the Skilled Nursing and the Assisted Living areas of the Health Center within Oak Hammock's Health Pavilion have been expanded and extensively renovated over the past one-and-a-half years.

The Skilled Nursing area has been expanded by adding 31 new units to the existing 42 units. The older units have been extensively renovated and upgraded to add private showers in new bathrooms. New and expanded open kitchen areas, dining space, sun porches, courtyards and landscaping enhance the ambience.

The Assisted Living capacity was increased by nine new living units accompanied by a new courtyard and landscaping. The kitchen and dining areas were expanded and renovated; and a lovely flower garden adjacent to the dining area was redesigned and planted.

- Will Shafer, content; Dick Martin, photos



Assisted Living



Assisted Living



Skilled Nursing



Skilled Nursing

Oak Hammock Town Hall Meetings

Oak Hammock's June Town Hall "get-together" conducted by Jeff Hagen, our new CEO, was held on Thursday, June 16. He gave an update of our transition from Praxeis, the former management company, and a plan for where we go from here.

He introduced department heads in attendance and each gave a report.

- Gary Conway, Director of Plant Operations
- Jon Goldstein, Director of Dining Services
- Julie Prins, Health Care Administrator

The next Town Hall was held on Thursday, July 21. Again, Jeff reported on our transition from Praxeis. He talked about personnel, growing the Oak Hammock team, and working with Santa Fe College. Jeff also described the need to review our affiliation with the University of Florida, especially in light of the fact that both UF and Oak Hammock have evolved and have had numerous personnel changes since the initial affiliation agreements that were made 12+ years ago.

He continues to attend Residents' Council committee meetings. He plans to have directors attend committee meetings in their respective areas to help coordination and information flow. He likes the resident involvement and desire to know what's going on.

He continues to enjoy attending floor parties.

He introduced directors in attendance and each gave a report.

- Katherine Osman, Director of Community Services

- Beverly Whitesel, Executive Assistant to CEO and Board
- Gary Conway, Director of Plant Operations
- Star Bradbury, Director of Marketing
- Sunya Wilson, Director of Human Resources

At the conclusion of the meeting, Dick Martin and Will Shafer showed the Assisted Living/Skilled Nursing Expansion video, including the demise of their Sha-Mar Productions with an overview of the complete renovation of the Health Pavilion. It can be seen at: <https://youtu.be/ooU7RplJy1M>. It is also archived at <https://infoh.us/special-videos/>.

At the Town Hall meeting held on August 18, Jeff talked about building the Oak Hammock brand and reviewing our affiliation with UF. Andrew Davey, Chief Financial Officer, presented the quarterly financial update.

Reports were given by

- Jon Goldstein, Director of Dining Services
- Gary Conway, Director of Plant Operations
- Beverly Whitesel, Executive Assistant to CEO and Board
- Julie Prins, Health Care Administrator
- Katherine Osman, Director of Community Services

To listen to the Town Hall meetings, go to <https://infoh.us/town-hall-meetings/>.

- The Oak Leaf staff

View from the Top

Here it is the middle of August and I'm loving life, even the heat and "occasional" afternoon drenching rainstorm that everyone said I would absolutely hate. And all through the many changes I have experienced since coming to the area, a couple of things continue to surface:

1. Gainesville and Oak Hammock are very welcoming communities. I don't think a day goes by that I haven't met someone who genuinely takes an interest and welcomes me to the area.
2. While there are many people who know about Oak Hammock there are many, many more who have only a vague knowledge of us.

So let's take a little deeper look at the first of my building blocks – "Build our Brand." What does it really mean? The first thought that comes to mind

relates to how well we are known for what we offer those who chose to live at Oak Hammock. While this is important, there are other reasons for us to Build our Brand. If we want to recruit top talent to serve on our Board and fill open staff positions, it is equally important that we have a strong presence in the surrounding community.

To those who are actively considering a move to Oak Hammock, we have done a good job. To all the others, we definitely have room for improvement. Remember, I said, "I can do a lot, but I can't do it alone." I have joined Rotary, attend Chamber of Commerce functions, joined a local country club and have begun to Build our Brand. Now I ask, what have you done? Together we will ensure Oak Hammock is a great place to live, work, and volunteer!

- Jeff Hagen, CEO

Meet Our New Members

Christine Waters

Although she is a new resident, Christine Waters is no stranger to Oak Hammock. Her mother, Jane Simmons, came to Independent Living shortly after Oak Hammock opened and now resides in Assisted Living. Of course, Chris has been a regular visitor ever since her mother moved here.



- Jack Polk, photo

Chris was born in Erie, PA, but grew up mainly in Miami, FL. She was attending the University of South Florida when she met and married Jim, thus temporarily interrupting her college plans. Jim worked for Waste Management for 25 years, starting as a manager and working his way up the ladder in larger and larger companies in Florida and finally Boca Raton after Hurricane Andrew hit where he ended up as Regional VP. During this time, Chris got a degree in Nursing and worked as an RN. Later, Jim joined Waste Management International where he had jobs in Buenos Aires and Cordoba, Argentina, followed by Saudi Arabia where he was country manager. They spent three years in each country. Chris found Argentina to be very beautiful but, although she could speak Spanish, the people there spoke with a different accent she found difficult to understand. Nevertheless, she enjoyed being in charge of props in a theatre group. Chris laughs about the time when Jim was researching the amount of waste per family in Buenos Aires. His team was measuring garbage in the middle of the night when sighted by the police. An interpreter tried to explain what the team was doing but the police didn't "buy" the explanation and her husband spent the night in jail. In Jeddah, Saudi Arabia, they lived in a walled compound where they met interesting people from all over the world. Chris had a driver and kept busy with a women's club, bridge, tours, etc. She was able to fly back to the U.S. once every year.

Jim retired early and the couple lived in Boca Raton for 20 years. During that time, Chris went back to school at Florida Atlantic and obtained a B.A. in Health Administration that led to an administration job in Quality Assurance at the very large Senior Center. The Center provided a variety of services and programs including a child care center.

While there, she did internal and external auditing.

During their time in Boca Raton, Chris and Jim built a vacation cabin on the Ichetucknee River and later a cabin in the woods on the Santa Fe River. Soon, Chris's Miami family began moving north. Her parents moved to MacIntosh. Her aunt started Town and Country Farms just inside the north Marion County line and raised Arabian horses. Of course, her aunt was interested in the UF Veterinary School and sponsored a fundraiser to save it.

Jim died in 2015 after a very long illness and Chris then knew she wanted to move to Oak Hammock. Besides her mother living at OH, Chris has a sister and a niece living in the Gainesville area. Chris studied CCRCs and says Oak Hammock is by far the best she has ever seen. Recently, her mother has temporarily spent some time in the OH Skilled Nursing unit, and Chris has been extremely impressed with the loving care and medical skills she received from the staff there. From one with such expertise in the field, this is high praise indeed!

Once she gets the moving boxes emptied, her apartment settled, and her house sold, Chris hopes to have time for her special interests: the arts, reading, history, knitting, walking, and traveling. We will enjoy getting to know this engaging new resident and long time friend of Oak Hammock.

- Cynthia Clements

Sybil and Richard Farwell

During dinner with the Farwells, I commented that they seemed to be very flexible people. "Oh, we are," said Sybil, "because of Andrew." "Who is this amazing Andrew?" I wondered, before learning that Andrew was the 1992 hurricane that Sybil and Richard survived. Ask them to tell you their stories of the survival and the lessons they learned from Andrew.



- Jack Polk, photo

Sybil and Richard are both Florida born. Sybil, "born a Gator", grew up on the family farm between Gainesville and Alachua. She and Oak Hammock resident Joan Jones were classmates. Rich-

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ard was born in Pensacola, the son of a career naval aviator, and lived in several states including Hawaii while growing up. He went to UF expecting to join the track team but was awarded a swimming scholarship and won six individual SEC gold medals in backstroke, setting Florida and SEC records each year. While attending UF, he spent summers visiting his family in Japan where his father was the commanding officer at Sasebo Naval Station. Those visits fostered his interest in collecting Japanese porcelain of the Meiji period that now adorns their OH apartment along with many other interesting collections. Sybil and Richard met and married at UF. Sybil was a junior at UF when Richard graduated and they left for Pensacola where Richard entered Navy flight training. Sybil later finished her B.A. in journalism at San Diego State University.

Richard had a distinguished 10-year Naval career, deployed three times to Viet Nam in Navy combat seaplanes and P-3s and then was an instructor at the Pensacola Navy Flight school; he later became the admiral's aide to the Chief of Naval Air Training. Eventually, he became aide to the Chief of Naval Training.

Sybil and Richard had two sons, Rick and Ty. Rick and his wife, Sue, live in L.A. with their children, Kate and Jack. Ty was a UF graduate but sadly died in 2009.

After Richard's Navy career, the Farwells moved to Tallahassee where, at FSU, Richard received his M.S. in Leisure Services and Sybil her M.S. in Library Science. Then, it was on to Miami where Richard was a park planner before being offered the position of Executive Director of Vizcaya Museum and Gardens, which he held for 18 years before retiring. During their Miami years, Sybil was a school librarian and an adjunct instructor for Nova Southeastern University, training school librarians. In 1998, she received an EdD in Education: Curriculum and Instruction from Florida International University. Richard kindly took over the cooking during those busy years. Sybil also co-authored a professional book about reading in grades 6-12.

During the time Richard was director of Vizcaya, he welcomed numerous dignitaries including Queen Elizabeth II and Prince Philip, President George H Bush, President Reagan, as well as Pope John Paul II. President Clinton and VP Gore hosted the first Summit of the Americas meeting with the heads of 34 countries in Vizcaya's Courtyard.

Sybil's interests lie in reading; libraries; needle-

work, including counted cross-stitch; genealogy; and Alachua County plants and trees. Richard's hobbies include saltwater fishing, free diving, and scuba diving. Besides the Japanese porcelain mentioned previously, he collects jade, stamps and coins. He has been growing and showing orchids and has over 100 awards from around the world. He named the "Blc.Sybil Farwell" after Sybil and it won the highest award given by the American Orchid Society. Richard has enjoyed being the director of the Miami Orchid Show for many years.

Both Farwells are anxious to get involved in Oak Hammock. Richard has already agreed to be a Blue Coat substitute this fall and is visiting many RC committees to determine where he can best contribute. We are very happy that they chose to live at Oak Hammock!

- Cynthia Clements

Peg and Rod Owens

Many of you may have often seen Peg and Rod here at Oak Hammock during the last 5-6 years, as they have been very active in our ILR classes while they lived in Haile Plantation. Since 2010, they had been looking to come to OH to live permanently. Finally, Peg asked the question, "Why are we waiting?" Now they are residents in a Cherry apartment on the first floor of Building Two and love living here with "Dee Cat", who seems very comfy and cozy in her new surroundings.



- Jack Polk, photo

Rod is originally from Alton, Illinois. He graduated from the University of Illinois College of Dentistry in Chicago. Afterwards, he went into the Air Force and was assigned to Long Island, where he met Peg. She is from Bellport, Long Island, New York. In 1970, they moved to Winter Haven, Florida, where Rod had a General Dentistry practice in nearby Haines City. She worked with Rod for many years. Peg "ran the front of the office," with her business degree, and Rod "ran the back of the office."

When they retired, they decided they had had enough of only alligators and otters as neighbors,

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so they moved to Celebration, Florida (Disney's residential development) for seven years. Peg started the Celebration Garden Club, which has grown over the years to more than 100 members today (Disney did not think it would work at first!). Also, while living there, *Southern Living* magazine hired Peg to manage their Southern Living Idea House.

Peg's Cuban background encouraged them to take a Road Scholar trip to Cuba to learn more about that country and now she is enjoying the Spanish ILR class. Peg is a Master Gardener, and when they moved to Gainesville twelve years ago, she became active in the Gainesville Garden Club. Here at Oak Hammock, they have a garden plot that they are readying to enjoy. It is wonderful to have Rod and Peg officially in our midst now. Their apartment has a very homey, pleasant feel to it. Welcome!

- Bev Cone

Judy and Tom Gire

Judy and Tom are outdoor people. I first met Tom before they moved into Oak Hammock walking near the dog park early in the morning, enjoying the natural setting here. Soon after, I met Judy at the pool. They chose Oak Hammock as their new residence in the atrium of Building Two because Oak Hammock is an "enclave in a forest". Since they both enjoy swimming, the pools were an incentive – as was Oak Hammock's association with UF.



- Jack Polk, photo

Judy and Tom are Ohioans. Judy lived outside of Akron, and got her BS in education at Ohio State University, where she met Tom. He was from Columbus, Ohio, and was an English major at Ohio State, then later went to law school.

Judy taught math in middle school, and later earned a master's degree in education with emphasis on special education. She worked with learning disabled students and supervised special education teachers.

Tom and Judy moved to Washington, D.C., where Tom worked at the Interstate Commerce Commission that regulates railroads, trucks, and oil

pipelines. He was a staff attorney and on the personal staff of two commissioners.

Being outdoor people led them to many interesting hobbies. They enjoyed sail-boating on Chesapeake Bay, out of Annapolis. They retired early and moved to Boca Raton where they enjoyed diving and snorkeling. They are bird watchers, which led to travel in exotic places like Peru, Kenya, and Australia. During repeated visits to Peru, they studied Spanish, made good friends, and even became the godparents of two young girls in Cusco. They continue to keep in touch through phone calls, e-mail, and Skype. Both girls are now in college.

They have taught many Elderhostel (Road Scholar) classes about birds of the Everglades and have led nature trips for the Audubon Naturalist Society of Maryland. Judy was a volunteer for many years at the Gumbo Limbo Nature Center in Boca Raton and served on the Center's non-profit advisory board. Tom has a passion for botany.

They have been here a few weeks and commented about the friendliness of the residents and staff. They have already met residents who share their interest in nature. Welcome, Tom and Judy. Oak Hammock is glad to have you in our midst.

- Bev Cone

Carol Wershoven and John Biays

Carol Wershoven and John Biays became full-fledged members of Oak Hammock in March and moved into their newly renovated villa in June. They are very grateful to Star Bradbury and Cindy Lawrence for guiding them through the application-admission-moving process so patiently and thoroughly. "They have been just great," John says, "and we truly appreciate their attention to detail and genuine interest in making us feel welcome. Kudos to them and their superb support staff!"

John and Carol are a husband-wife writing team

and retired professors who spent the bulk of their academic careers at Broward College and Palm Beach State College, respectively. They taught a



- Jack Polk, photo

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variety of composition, literature, and interdisciplinary honors courses through the years before escaping South Florida and heading to Haile Plantation. They are quick to point out that they have fond memories of colleagues and students, but they certainly don't miss the endless and contradictory mandates from Tallahassee, long committee meetings, and a heavy grading load that is just part of teaching multiple writing classes.

The Biays-Wershoven "team" has published texts with McGraw-Hill and Pearson Education. Pearson recently released the seventh revised edition of *Along These Lines* (2016), a popular composition text used primarily at community colleges nationwide. "We're a little burned out from multiple production and revision deadlines over twenty years," says Carol, "so we've enjoyed walking the hiking trails around both Haile and Oak Hammock to recharge our batteries." John adds that they're also looking forward to attending some of the movie nights at OH and even catching up on all *Law and Order* reruns "now that we're semi-retired and have become addicted to all versions of the Law and Order franchise. We're thinking of sending Dick Wolf a long thank-you note," John jokes, "and we vow to watch every episode!"

Carol has an invitation of sorts: "If you see us on one of our walks with Huck, our big ol' standard poodle, just wave, stop to chat and pet our big boy. He loves everyone and everything - except squirrels!"

- *The Oak Leaf staff*

Madeleine Mitchell

Madeleine was born in Jamaica and lived there until she was 18. It is a beautiful country, and Madeleine has some lovely orchid watercolor prints in her living room, painted by her grandfather, as a remembrance. When she left Jamaica, she went to Canada, where it was cold. Her hands and feet froze, and she says she did not "understand" snow and was amazed when she saw flurries! She has also lived in Ithaca, New York, when she did graduate work. She taught nutrition to dietitians at Washington State University in Pullman, Washington where she also did research on a little-



- Jack Polk, photo

known vitamin. Pullman is a small-town farming community on the eastern side of the state.

After living in that small community, she moved to Dunnellon, Florida, another small town located about 50 minutes south of Oak Hammock and settled in Rainbow Springs, mainly a retirement community. She found Oak Hammock through the internet, came to visit here, and liked, once again, that small-town atmosphere and the nice warm weather.

She has a long-time hobby of researching both sides of her family. This interest began when she was a student and traced her roots on a long scroll of shelf paper. Then, she became interested again when her sister in England received a windfall of new family records. In 1984, she started researching and recording on a new computer, and printed her work on a large, wide printer. Her research has resulted in a book of data on births, deaths, and marriages, as well as family history. Madeleine will be traveling to London in August to meet a cousin from Australia who is also interested in family history, to share their knowledge.

As she settles into her apartment on the atrium in Building One, she has put up a family history wall of photos of her parents, grandparents, and great-grandparents, on both sides of her family. Her other interests include travel and she has gone on several cruises. She puts together books about her travel, mainly with post cards, and has written stories about her experiences. She enjoys classical music, still has some records, but has converted most of the music to CD's. Her favorite composer is Grieg, but she really "loves them all"! She will be looking forward to concerts this fall at the Phillips Center. What an interesting life, Madeleine. Welcome to Oak Hammock!

- *Bev Cone*

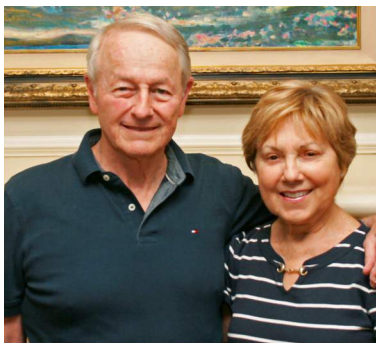
Beth and John Paul

Gators always seem to find their way back to Gainesville. Beth and John Paul are no exceptions to that theory. Beth was born in Framingham, MA, which is near the town of Hopkinton. She proudly reminded me that Hopkinton is the starting point of the annual Boston marathon. Beth attended Lasell College prior to transferring to the University of Florida, earning a liberal arts degree in English in addition to a teaching certificate, followed by a Master's of Science in Reading Education at Florida International. This lady loves to learn and to teach. Over a 30-year span, Beth shared her love of learning with hundreds of pupils in classrooms, including serving

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as an assistant principal in a Miami private school.

Along with Meals on Wheels and Reading for Children in School, Beth's volunteer hours were filled with fundraising activities for the library – even dressing up as The Cat in the Hat for Dr. Seuss Day. Beth enjoys playing bridge, traveling, crossword puzzles and cooking, especially chicken dishes.



- Jack Polk, photo

Though John's birth certificate lists Rockaway Beach, NY, as his place of birth, Miami, FL, became his new zip code at age two. His interest in sports was energized by living in Miami during the Dolphins' famous years of championships. John's love of education and learning echoes Beth's – his in math and science, hers in English. John's degree in Industrial and Systems Engineering from UF made him an attractive hire right out of college. Florida Power and Light Company snagged John. He added an MBA from the University of Miami plus further studies at the University of Michigan in Ann Arbor in Utility Executive Management.

The Pauls have a son (and two grandsons) living outside Atlanta. Their other son resides in Santa Rosa Beach, FL. Beth and John enjoy visiting their Lake Tahoe timeshare, John hitting the slopes while Beth snuggles up for an e-book read. John's eager for a handball group to form at Oak Hammock. And Beth? She's desperately searching for bridge groups, plus an authentic Cuban restaurant nearby. One thing for sure: their Champion Club Seats will be waiting for them, all decked out in Orange & Blue, to cheer on our mighty Gators!

- Barbara Dockery

Barbara and Wayne Francis

Barbara was born in Buffalo, New York, and then the family moved to La Grange, Illinois, where she attended high school. As a senior, she went on a blind date and met Wayne. As he puts it, "There was interest at first sight". Barbara went to Ohio Wesleyan for two years and then transferred to Indiana University when Wayne started graduate school. After her graduation, they married and she went on to receive a Masters Degree in Library Science from Syracuse University. She worked as a

reference librarian at the University of Missouri, and, when they eventually moved to Gainesville, she was a reference librarian and the educational coordinator of the Health Science Library at the University of Florida.

Wayne was born in Chicago and attended Calumet High School and Wabash College, where he majored in Political Science and Economics. He went on to receive his doctorate at Indiana University. After graduating, he taught for five years at Syracuse University, six years at the University of Washington, twelve years at the University of Missouri, and fourteen years at the University of Florida. He is the author of several books, including *Up The Political Ladder*.



- Katherine Osman, photo

Barbara and Wayne have two children and two grandchildren. Their daughter is a psychology professor at the University of Texas, El Paso, and their son is CEO of a tech company in Austin, Texas. Their grandchildren are seven and ten years old.

Wayne used to play tennis and golf and is proud of the fact that during his golf playing days, he scored five holes in one. These days, genealogy has become his latest interest.

Barbara loves to play bridge and is an avid duplicate player. They enjoy travel and have visited many places, noting their love of France and various parts of South America. This summer, they plan a trip down the Rhine.

Barbara and Wayne are avid Lady Gator tennis boosters, and each has served as president of the group several times. They attend all of the basketball games, and many of the gymnastics, volleyball, and men's tennis matches.

They have an eclectic collection of art they are trying to hang in their apartment. They love Oak Hammock and always knew they would eventually move here. While visiting during an Open House, a vacancy occurred and, since it was exactly the apartment they were interested in, they moved in.

Let's welcome some more Gator Boosters for Oak Hammock.

- Barbara Herbstman

Two Happy 93-year-old Fathers



Dick Newberg and Ken Platt

- Magda Berken, photo

Marion and Rufus Broadway's 74th Wedding Anniversary



- Michael Levy, photos

Adventures in Living

Barbara Herbstman again organized the popular ILR summer series, "Adventures in Living."

1. **Jack Martin:** From West Point to an exciting Army career to the faculty at UF.
2. **Valerie Griffith:** A Golden Gator Pharmacist with a healthy prescription for life.
3. **Bob Blood:** A journey from circus boy to college vice-president.
4. **Will Shafer:** From an engineering career in the Navy to the faculty at UF.
5. **Mary Sue Koeppel:** An artist's journey from Phlox, Wisconsin, to the Studio at Oak Hammock.
6. **Ray Goldwire:** From popcorn at the movies to a career in personnel management to a busy life at Oak Hammock.



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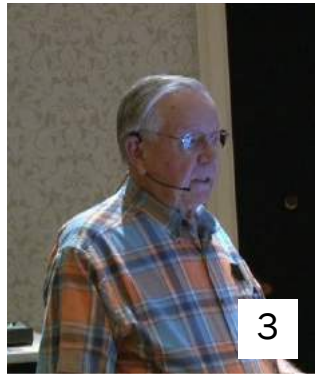
For a replay of each presentation, go to: [infoh.us/Menu/Resources & Archives/Videos](http://infoh.us/Menu/Resources%20&%20Archives/Videos).

If you are interested in presenting your "Adventures" next summer, contact Barbara.

- Dick Martin, content and photos



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Young Performers Entertain in the Health Pavilion



- Tracey Bell, photos

Above left, Austen, Caden, and Nathan; at right, Josie plays the piano.

Mary Jo Davis, Big Band Singer Oak Hammock Resident

While browsing through old Oak Leafs, we came upon an article about Mary Jo Davis. Astonishing! She sang with numerous bands using the professional name "Gale Sherman". The country's largest booking agency, MCA, handled her bookings. She even appeared with the Red Hot Mama, Sophie Tucker!

After a full life, Mary Jo moved to Oak Hammock. She volunteered in the reading program at Idylwild School and now she resides in Ashton Place, one of the memory units here.

- The Oak Leaf staff

Mary Jo Davis as Gale Sherman



Margaret Boonstra has finished an index of all issues of *The Oak Leaf* and is organizing them for easy access. More information about how to explore this rich trove of Oak Hammock history will be coming soon. All issues are available on infoh.us and are filed in our library, as well.

Painting with Friends

Led by Karen LeMonnier in the Crossroads Area on June 16



- Tracey Bell, photos

Oak Hammock by the Numbers as of August 23

(requested by Vickie Blake)

Independent Living

	Total	Sold	Available
Houses	57	56	1
Apartments	212	205	7

- Cynthia Lawrence

Health Pavilion

	Total	Sold	Available
Assisted Living Units	46	46*	0**
Memory Units	24	21	3
Skilled Nursing Units	73	45-50	23

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

**all spoken for, but not yet occupied

- Julie Prins

Health Pavilion Events



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Health Pavilion Happenings

1. Music with Mr. Steve.
2. Ron The Music Man entertained residents.
3. The Southern Comfort Lunch on August 18 was a big hit.
4. Some of the art created by the Painting with Friends class by Karen LeMonnier in the Health Pavilion on Friday, August 19.



4



Al Goebel Singalong
Oak Hammock
Upper Level Commons
Friday Night, August 5



- Bill Castine, photos

E-team Communications

The E-team is a group of eight Oak Hammock residents who endeavor to keep the community informed about goings-on of interest to most of us. Any member may submit a notice for consideration to oaketeam@gmail.com. Most notices are posted within a day or two. If you are not receiving such communications and would like to be added to the list, or if you would like to be removed from the list, please notify us at the above e-mail address. We are here to serve you!

- Bill Castine

Events at Oak Hammock



The **Gainesville Pride Chorus** (left) sang for us in the Oak Room on Thursday, July 14, at 7:00 in the evening.

On July 16, we enjoyed an **Ice Cream Social** in the Upper Commons (below).

- The Oak Leaf staff



The Film Club

The OH Film Club is finishing up its series of three films by Anthony Minghella with *The Talented Mr. Ripley* (1999) on Tuesday, August 16, and *Cold Mountain* (2003) on Tuesday, September 20, all at 6:30 in the Oak Room. We will be voting at the September meeting on our next series of three films by an admired director.

The OH Film Club meets the third Tuesday of the month. The French Film Series meets the first Tuesday, but, being French, we had no film in August à cause de la fermeture annuelle. We will resume showings with three films by René Clément, the celebrated director of films about World War II. On September 6, we will be seeing *Plein Soleil / Purple Noon* (1960). Film Clubbers will be able to compare this French version of *The Talented Mr. Ripley* with the American one. We'll go on to *Au delà des grilles / The Walls of Malapaga* (1949) on October 4 and *Jeux interdits / Forbidden Games* (1952) on November 1. All are at 6:30 in the Oak Room. Both these films received Oscars for Best Foreign Language Film.

Do put these in your calendar. Film Club films are open to members. The French Series (presented by the Film Club and the Alliance Française de Gainesville) is open to all.

- Norm Holland



Events



Our Arts and Crafts Sale will be held on Thursday, November 17. Save the date. We are always looking for vendors who have any type of handmade items they would like to share with our members, staff, and guests. This sale is just in time for holiday giving, so let me know if you would like a table to display your work. If you are new to Oak Hammock, please contact me for details.

- Valerie Griffith

Shedly is Communing with the Animals in South Korea



- photo from Shedly Jean-Pierre

Recycled Riches

Our next Recycled Riches Sale will be on Saturday, October 22. We will be doing our pricing days on Saturday, September 24, and October 1. These are the only two Saturdays before the sale when the Gators have an away game. Therefore, we need all donations in early so that we have an opportunity to get them priced and into the October sale. You will be receiving an E-team notice about the pricing days. Please come and help when/if you can.

Our next meeting will be on Monday, August 29, 11 a.m., in the MPR. Come join us. Everyone is welcome.

- Valerie Griffith, Chairman, Recycled Riches

Ice Cream Shop/Convenience Store

Linda Adkins is our Lead Clerk in what we all refer to as “The Ice Cream Shop”. However, the shop is listed in the Members/Residents Handbook as the “Ice Cream Shop/Convenience Store.” Indeed, it is a great convenience to all of us.

Many of us know Linda from when she was Assistant Manager in the Dining Room. She is now the manager of the store and is there Monday through Thursday, 9:30 a.m. until 4:30 p.m. On weekends, the store is staffed by Veronica Guzman. Veronica is there Friday from 9 a.m. to 5 p.m., and Saturday and Sunday from 11:30 a.m. to 5 p.m.

Perhaps the main attraction is — would you believe it — ice cream. You can get a delicious scoop in a waffle or plain cone or in a styrofoam cup. But there are assorted other tasty items for those who are looking for a light lunch or a snack. This is especially convenient for Oak Hammock visitors and employees as it would take some time to “go out” for lunch due to the distance from stores and restaurants.

You can now get sandwiches of egg, tuna or chicken salad made in the kitchen and freshly put together with bread of your choice in the shop. This includes lettuce and tomato, a bag of chips, and maybe a pickle. Also available are hot dogs and cheese nachos. Fresh fruit is supplied from the kitchen. Occasionally, look for Tammy's home baked goodies. When I was there the other day, Tammy came in with some brownies she had just baked and decorated with icing in Gator colors, orange and blue. As a dedicated investigative journal-

ist, I duly sampled the brownie that was offered to me. I can assure you that it was delicious and well worth a trip to the Ice Cream Shop.

There is no longer a freezer case, but the refrigerator case has milk, juice, soft drinks, margarine, and butter.

Linda welcomes the input of members as to their needs or wants. If you think of anything you need, food items or otherwise, she will try to get it.

A large selection of greeting cards is still available, as well as a number of gift items. You can find watches and other pieces of jewelry. There are lovely sheer scarfs, light-weight shawls, and ponchos which are very popular. A selection of recreational items such as jigsaw puzzles is available, and for the youngsters, there are coloring books, color pencils, and small toys. They also carry many of those necessities such as tissues and aspirin, etc., that we often need in a hurry. It is the only place in Oak Hammock where you can get postage stamps.

Items may be purchased with cash, which is handy for residents, visitors and employees alike. Additionally, Oak Hammock residents can charge their purchases to their Oak Hammock account. This will not be part of the food allowance in the Dining Room but will be listed as a purchase from the Convenience Store.

- Janet Axe



Don't Vote Until...

The League of Women Voters, Oak Hammock Unit, is encouraging you not to vote until you attend our **Candidates' Forum on Tuesday, September 13, at 7 p.m. in the Oak Room.**



We will be inviting candidates for the United States Congress, the Florida State Senate, the Alachua County Commission and the Sheriff's race to attend.

Come and meet the candidates and then VOTE!
- Barbara Herbstman

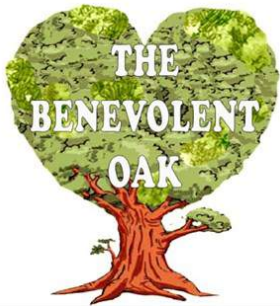
Fantastic Fall Lineup

The ILR Fall lineup of courses is truly fantastic this year. Beginning with the Election of 2016 to a course on Women and the Arts, traveling through Africa in the modern era and back to The Baroque Era and Renaissance Literature and Politics, with a stop for Critical Thinking, including a Barb Spence Lecture Series. You will be amazed and delighted! We will also have our “usual” offerings, Opera, the Round Table, Spanish, and German.

Don't forget to RSVP for the ILR Social to be held on August 28 and join us, beginning September 11, and exercise those “little gray cells.”

- Barbara Herbstman

Memorial Contributions to the Oak Hammock Benevolent Fund



A number of Oak Hammock residents have taken the opportunity to make contributions to the Oak Hammock Benevolent Fund in memory or honor of a family member, friend, or neighbor. For August 2016, a total of \$150 was received. Contributions were made for: Jim Gilmore, Ruth Wolfe, and Pat Liston.

Perhaps over the coming months more of you will consider making a contribution to our Benevolent Fund in memory or honor of a family member, friend, or neighbor. The individual or family will receive an acknowledgement and a receipt will be sent to the donor as contributions to the Benevolent Fund are tax deductible to the extent permitted by law. The amount of your contribution is kept confidential and will be reported to you only as a tax receipt and used in calculating totals for the Benevolent Fund.

- The Oak Leaf staff



Library

A special thank you to Recycled Riches for funding the new built-in bookcase in the Fiction Room Library. The collection now goes from A to Z around the room including behind the cabinet doors. The only exception is that the cabinets in the new bookcase house the children's books that were once in the Annex. Visitors with young children can sit and visit while the children explore the books behind the doors. These books can also be taken out using the honor system.

The Library Committee thanks Ken Platt for returning the Tiffany lamp that is now permanently on the table in the corner just past the desk. It is on a timer so it is turned off during the night.

The bookcase just outside the Fiction Room now has the fiction books that were recently added to the collection as well as the collection of prize-winning paperbacks.

- Janet Janke

12th Annual Oak Hammock Golf Tournament

SAVE THIS DATE!! Monday, October 10, Columbus Day, when Oak Hammock golfers sponsor their 2016 Oak Hammock Golf Tournament at the Gainesville Country Club. The Oak Hammock Golf Tournament was first held in 2006 and the proceeds support the Oak Hammock Benevolent Fund. To date the Golf Committee has presented \$46,000 to the Fund.

The tournament will have a scramble format and a 9 a.m. shotgun start. A luncheon for golfers and observers will be highlighted by presentation of prizes. Last year we had a record turnout of 75 players, and we are looking to break that record this year!

Further information is available from the announcement in the Lobby. Registration forms will be distributed to Oak Hammock Members in September.

- John Axe, Oak Hammock Golf Committee



The Health Nuts

Are you worried about your memory? Do you have "senior moments", "brain fog", or memory lapses that cause you to wonder if your memory is fading? Do you play bridge or Scrabble, work crossword puzzles, play computer games or take classes, hoping to keep your brain sharp? Do you think that exercising or eating a healthy diet will help you to preserve your memory?



If you answered yes to any of these questions above, you will be interested in the activities of the Health Nuts, a focus group within Oak Hammock's Health and Wellbeing Committee.

Members of the Health Nuts, organized by Catherine Morsink, with assistance from Henri Logan, Linda Hansen, and Vanda O'Neill, will be offering a series of lectures, discussions, and other activities related to cognitive preservation. From their review of current research on memory loss, members of this group have drafted a set of generic recommendations for preserving cognitive health. The recommendations include:

- Maintain general health
- Avoid certain medications
- Exercise regularly
- Eat a healthy diet
- Sleep 7 to 8 hours each night

- Keep on learning new things
- Keep up social connections
- Relax, find purpose, enjoy life

Speakers in the lecture series will answer questions about these recommendations.

The speakers will be:

Dr. Michael Marsiske, of the UF Institute on Aging. He will speak on Monday, October 10, at 6:30 p.m. His topic will be "Merits of Late Life Cognitive Training: Findings, Controversies and a Way Forward."

Dr. Steven Anton, who has conducted research to examine the effects of resveratrol (occurring in red wine) on cognitive functioning, will speak on Thursday, October 27 at 3:30 p.m.

Dr. Glenn Smith will discuss his program, "Healthy Action to Benefit Independence and Thinking" (HABIT) on Monday, November 14, at 6:30 p.m.

We will have more speakers from the UF Institute on Aging and UF/Miami Mount Sinai Alzheimer's Disease Regional Research Center in the spring of 2017.

Also, the Health and Wellbeing Committee is presenting two related programs: "Use and Misuse of Over-the-Counter Medications", September 13 at 1:30 p.m., and "Reawakening Memory through Music", October 18 from 9-12 a.m.

All of these programs will be in the Oak Room.

- Catherine Morsink



July 4th Picnic

On a glorious July 4th afternoon, Oak Hammockers enjoyed a sumptuous holiday picnic served in the Duckworth Gardens.
- The Oak Leaf staff



Macclenny

On June 14, 24 of us went on a trip to historic Macclenny in Baker County. Joyce Riffe was our leader and Ken Curry was our driver. Our first stop was to visit the old jail now serving as the headquarters for the historical society. Wouldn't have wanted to spend any time there when it was a jail.

Next door, we saw the old courthouse, now a public library. It is a lovely red brick building with octagonal corners. We all enjoyed a delicious southern lunch at Fraser's Café.

A visit to Heritage Park followed. It is a wonderful re-creation of life in early Macclenny. Most of the houses and rooms have been built and donated by old Macclenny families to show various aspects of their lives. We ended with root beer floats in the Old Snack Shoppe. What struck me the most was the pride that families showed in their historical roots and how they are passing that pride on to the next generation. We had a good time!

- Mary Sanford



- Joyce Riffe, photo

1st Row: Susan Wiltshire, Karen Merrey, Joyce Riffe, Valerie Griffith, George Lewis

2nd Row: Liz Shafer, Mary Sanford, Sally Foote, Heather Gilkey, Brenda Thomas

3rd Row: John Shafer, Mary Wake, Donna Wagner, Madga Berken, Emily Patton, Anne Carlson, Forrest Crawford

Back Row: Jack Martin, Hank Wake, Doug Merrey, Kenneth Curry, Clark Riffe, Howard Patton, Allan Jones, Jim Wiltshire

Cox Information

It has come to our attention that Cox will not authorize us (Oak Hammock) to order additional boxes for individual members. This is because there are additional charges that must be authorized by the member. As a result, if you would like additional services, above the basic service and two (2) boxes, you will need to contact Cox directly at 1-888-269-9693.

Inquiring Minds Want to Know

Do you have a suggestion for improving the Oak Leaf? Either put it in the Oak Leaf cubby (to the right of the mailboxes in the Commons) or email me at patsynelms1@gmail.com.

- Patsy Nelms, Co-Editor

Blue Grass Fans and Aspiring Fans!

Twenty Oak Hammock residents attended the first of five Blue Grass concerts being held at the Thomas Center. This one featured the Tony Trishcka & Shad Cobb Bluegrass duo.



Eleven residents attended the second Blue Grass concert, featuring the Gatorbone Band.



Eleven residents and guests attended the third Bluegrass Concert, featuring the Nothin' Fancy Band.



- Phil Morrison, photos this page

(Continued on page 19)

(Continued from page 18)

Sixteen from Oak Hammock enjoyed the Claire Lynch Bluegrass Band at the fourth concert (at right).

The final concert by the Lonesome River Band was enjoyed by seven residents from Oak Hammock.



- Joyce Riffe, photos



- Marian Axley, photo



Recycled Riches Christmas Giveaway

Monday, July 25



- George Lewis, photo



- Kathryn Clark, photo

Lunch at The Sweet Tea

Twenty Oak Hammock residents rode the OH bus to The Sweet Tea restaurant at Sweetwater Branch Inn in Gainesville on June 24 to eat New Century Southern Cuisine that included complimentary boiled peanuts.



- DJ McCray, photo

Top Row: John Shafer, Patsy Nelms, Joe Gilkey, Mary Sanford, Kenneth Platt, Magdalen Berken.

Second/Third Row: Heather Gilkey, Lizzard Shafer, Ann Emerson, Betty Kramer, Edna Hindson, Pat Harden, Joan Dewey, Joyce Piety, Joyce Riffe.

Bottom Row: Cynthia Clements, Joan Martin, Pat Lucoff, Suzan Roth.



PCA to RC

A change was recently made in the name of the members' representative organization from Partnership Council of Advisors (PCA) to Residents' Council (RC).

The current president of the RC, Nelson Logan, was asked why this change occurred. He noted that the term, "Residents' Council", was more in line with current trends in retirement communities. Both Leading Age and Florida Life Care Residents Association (FLiCRA) use these terms and the State Legislature also recommends the use of this term. He remarked that many people did not really know what PCA actually stood for. Although the Bylaws were formally changed by vote, it was, in fact, a seamless change. There are really no substantive differences between the PCA and the RC.

The CEO can use the RC as an advisory group as he meets with the RC president and attends the various RC committees.

The president of the RC sits on the Oak Hammock Board as a voting member. Nelson noted that the Board is still considering a request to add two more residents to that Board. National trends indicate that more and more such boards are adding residents to their ranks. He also noted that the chair of the RC Finance Committee sits on the Oak Hammock Board's Finance Committee.

Nelson is content with the current status of the RC and does not support any changes. He believes that the RC is a working group in which each elected member must then serve as an officer or chair one of the standing committees. The president of the RC should have a broad view of the whole group and communicate any matters of importance to the Oak Hammock Board.

- Barbara Herbstman

Community Blessing

Milford Griner, Security, and Kenneth Curry, Transportation, both ministers, blessed the badges of policemen from area departments at the inaugural Community Blessing of the Badge Service held in August. The ceremony was featured in the August 1 edition of The Gainesville Sun.

- submitted by Ann Adams; photos from The Gainesville Sun

Badge of honor



The Rev. Kenneth Curry anoints the badge of Santa Fe College Police Chief Ed Book during the Community Blessing of the Badge Service.

The Rev. Milford Griner, left, blesses the badge of Officer Christopher Wilson, of the Santa Fe College Police Department, during the inaugural Community Blessing of the Badge Service at the Female Protective Temple Lodge in Gainesville on Saturday. The service included Bible readings, prayers as the officers were honored, and their badges blessed and anointed. Griner hopes to make the blessing an annual event. STAFF PHOTOS BY MATT STAMEY

A Request from Dudley Farm Historic State Park

Oak Hammock residents are invited to volunteer at this homestead in Newberry, near Gainesville, that features self-guided tours detailing Florida farm life from the 1850s to the 1940s.

Art Wade, president
 Friends of Dudley Farm, Inc. (Citizen Support Organization)
 Cell: 352-278-6399
 email: farm@friendsofdudleyfarm.org
 website: <http://www.friendsofdudleyfarm.org/>

UF Blue Coat Ambassadors Party

A beautiful morning at Oak Hammock, Thursday, July 28. It got hotter and hotter as the day proceeded, but 20 Blue Coat Ambassadors gathered to take the OH bus to Kingsley Lake for a social event; the Greenes travelled in their car with their dog, Rocket, who was also invited. Anna Edmondson had invited us to come to her lovely home and feel that special breeze over the water in front of her house, relax, and have lunch.

It is about an hour's drive, and the lake is just out of Starke, Florida. Robin delivered us and Anna came out to welcome us, and Anna told what and where things were for us to see. Then we were free to experience this beautiful place any way we wanted. Several of us went for a swim, which was wonderful—cool, clear water! Others sat on the dock or on the front porch, enjoying the breeze and

watching the boats. Others visited inside and, of course, Rocket went walking to check out the smells!

Anna had arranged a beautiful lunch for us, which was served at noon. She is a lovely hostess, with food and table settings ready—even cloth napkins! Our lunch was Sonny's BBQ—chicken, pork and beef, which Anna had picked up the evening before. The Greenes stopped for the fresh bread and salads prepared that morning for us.

Much conversation, good fun, and lots of laughter took the rest of the day. It was a time to welcome new Blue Coats, celebrate Anna's upcoming birthday, and get to know each other better. As the new season approaches, we will all be saying very soon—Go Gators!

- Bev Cone



- Robbin Stubbins, photo (from Karen Arola)

From bottom left up: Ray Goldwire, Dick Cofer, Henri Logan, George Lewis, Wayne Forehand, Roger Curtis, Karen Arola, Judy Plaut, Pat Liston, Dick Martin, Bob Blood
 From top right down: Pat Martin, Anne Goldwire, Joyce Riffe, George Arola, Joan Langley, Valerie Griffith, Kathryn Clark, Sheila Forehand, Anna Edmondson, Bev Cone

Mother Nature Isn't Always Nice

Next time you buy a bouquet of tulips, beware: all parts are toxic. Remember to wear gloves if you handle hyacinth bulbs: they contain oxalic acid that can irritate the skin. And maybe the peace lily needs a new name. Poison centers receive more calls due to it than any other household plant. Use caution if small animals and children will be around. But the most poisonous plant that pets are likely to encounter is the Sago Palm! For some reason they find it irresistible.




Mother Nature's plants are fascinating. Some are carnivorous. Some are nasty, downright stinky. Others have inspired inventions, think Velcro. "Wicked Plants" – an outstanding exhibit at the Florida Museum of Natural History – features more than one hundred plants. Bring your glasses to read clues to solve mysteries! And if you always thought the Teddy Bear (cholla) cactus was just too cute, watch the video at the very end of the exhibit, as a hiker struggles to tear one from his bare leg.

This outstanding exhibit was funded by the N.C. Arboretum Society & the Creel-Harison Foundation, based on *Wicked Plants: The Weed That Killed Lincoln's Mother & Other Botanical Atrocities* (Amy Stewart, 2009) It runs through January, 15, 2017. Admission: \$7.50; \$6.50 for Florida residents and seniors; \$4.50 ages 3-17; free to Museum members.

- Barbara Dockery

Medicinal Properties of Plants at Oak Hammock



Today, in the 21st century, we forget the scarcity of available medicines during the 17th, 18th, and early 19th centuries. We take for granted that there is a Walgreens or CVS within a short distance of our homes. That was not always the case. Rural-area inhabitants had to rely, in many cases, upon the American Indians for medical advice and treatment methods for their ailments. Doctors were many miles away. Until WW2, malaria, yellow fever, typhoid, and hookworm were still common.

The following are some of the plants that were used. Many of the "cures" were handed down from old family medical advice and were not proven to be effective. Folk medicines such as the following are still used in some rural areas:

- Carolina Willow: the bark contains salicin, a source of aspirin when it is mixed with acetyl chloride. It is still used in the raw state in some areas to treat fevers and headache.
- Flowering Dogwood: an infusion of the bark is taken for nerves and chills.
- Blackberry: the root is chewed for treatment of diarrhea, a common ailment in the 18th century.
- Wax Myrtle: tea made out of the leaves is drunk for the treatment of colds and an aching back. Root tea is used to treat bleeding gums, sore throats, colds and chronic diarrhea. It is also slightly narcotic.

In addition to the above, the following plants were used for the treatment of medical conditions: Sweet Gum, Hercules Club, Butterfly Weed, Groundsel, Flowering Dogwood, Persimmon, Cherokee Bean, American Holly, Yaupon, Pokeweed, Rabbit Tobacco, Smilax, and Spanish Moss.

- Fred Harden

*In the next issue: Poisonous Plants
Around Oak Hammock*

Oak Hammock National Parks Trip

The Oak Hammock Mariners were at it again. On June 18, eight OH members along with four family members joined a tour group in Kalispell, MT, for a 17-day journey in which we visited seven National Parks, three Recreation Areas, three small cities and two major cities. We had the opportunity to see a wide variety of sights.

We were fortunate that two days before we arrived, the major road through Glacier National Park, the Going-to-the-Sun Road, had finally been cleared of snow and we could drive up to Logan Pass, the high point of the park. Along the way, we saw plenty of snow in the mountains and many seasonal waterfalls created by melting snow. At the pass, we saw a lot of children playing in the snow. Pretty frightening for a group from Florida.

From Kalispell, we went south to Great Falls, MT, to visit the Lewis and Clark Interpretive Center to learn more about the early exploration of the west. The next morning, we struck out for Bozeman with a stop in Helena to tour the Capitol Building and grounds. Here, we learned a little more history of the West.

The next stop was Yellowstone National Park,

the nation's first National Park. We spent the morning at Mammoth Hot Springs with a walk down the Mammoth Hot Springs Terrace looking at the steam rising from the surface and breathing in the warm air. After lunch, we continued our tour of Yellowstone by visiting the falls of the Yellowstone River and the Continental Divide.

Day two in Yellowstone included watching Old Faithful Geyser during an eruption that lasted over four minutes. Old Faithful isn't the only geyser in the park, but it is the most regular that makes viewing easier.

The next day, we continued our journey south, skirting the Grand Teton National Park. We made several stops along the way to take pictures and view the beautiful scenery. We spent some time at Lake Jackson that is a popular place for boating and fishing.

We arrived in Jackson, WY, in time to watch a presentation by the Jackson Players advertising their production of the day. We also got to see the arches made of elk antlers. There are four such arches, one at each entrance to the town park.

(Continued on page 25)



The Oak Hammock Mariners Planting The Gator Flag in Utah:
Anne Carlson, Hank Weech, Diane Haines, Jana Carlson, Margaret Weech,
Bob Petzold, LaVerne Petzold, Deanne Taylor, Bob Taylor

(Continued from page 24)

These arches are renewed each spring when the antlers the elk shed during the winter are collected and added to the arches.

Leaving Jackson, we headed for Salt Lake City. Along the way, we stopped for lunch at the Bluebird Café in Logan, UT. The attraction for this is the old-time soda fountain. Remember what it was like to get an ice cream sundae sitting on a round stool with your elbows on a marble counter top and you have a good picture of the Bluebird.

Pressing on, we arrived in Salt Lake City with time to visit the Capitol Building, an imposing structure that houses the State Legislature and provides a history of the state on its decorative walls.

The next day, we visited the Mormon Tabernacle to attend a concert by the choir. This choir is world famous and has certainly earned its high praise. The music was outstanding. Following the concert, we had a walking tour of Temple Square and learned more of the history of the LDS Church and the state. We returned in the afternoon to attend an organ recital by a student. She was good and the acoustics were fantastic.

The next morning, we visited the Family History Library. The Mormon Church has one of the largest collections of genealogy material in the world. We had an opportunity to expand our knowledge of our family history. Margaret, being an expert, was able to find some information on my grandfather's side of the family. This repaired a limb on the family tree.

Pressing on, we headed south to Moab, UT. That night, several of our party went on a nighttime cruise on the Colorado River. The highlight of the evening was passing the spot where "Thelma and Louise" ran their car off the cliff. In the movie, they drove the car over the cliff into the Grand Canyon. In real life, this was filmed in Moab.

Driving on, we visited Arches National Park. The rain and wind have sculpted the landscape into magnificent arches and standing rocks. The day also included a jeep tour of Monument Valley and a fine lunch prepared by our Navaho guides. You haven't had a good ride until you've ridden in one of these jeeps. It will shake out whatever ails you. However, we Gators were still able to pose for a picture that proved we had been there (at left).

After lunch, we boarded our faithful bus and headed out for Grand Canyon National Park. We spent two nights at the Grand Canyon. This allowed us time to walk the rim and marvel at the work the Colorado River has done over the centuries. The

beauty of the canyon defies description. Some of our party took a tour of the canyon by air. This is easier than riding a mule to the bottom of the canyon and covers a lot more ground. The view from the airplane was awesome.

We stopped for lunch at the Lake Powell National Recreation Area. Lake Powell, a large man-made lake, is formed by the Glen Canyon Dam on the Colorado River. The lake is a haven for boaters. The marina is jammed with boats of all sizes. Of particular interest are the pontoon boats, that function as small floating houses. These boats are rented out and can access any spot on the lake. They are very popular for tourists who want a different experience.

We continued our drive to Bryce Canyon National Park. We stayed in the Bryce Lodge at an altitude of 7,100 feet. As part of our tour, we made photo stops at locations with altitudes of 8,600 feet, 8,900 feet and 9,100 feet. It certainly made us appreciate our living in Gainesville at 129 feet. The view from each of these points was fantastic. The wind and water erosion over the years have created arches, tall pillars, and balanced rocks, each with its own unique color striations.

Hustling on, we drove to Zion National Park. This park is slightly different in that it is easy to go to the bottom of the canyon. In fact, that is one of its drawing points - you can get to the bottom and spend time looking up at the rock formations rather than looking down on them. There are hiking trails throughout the park, and we saw many brave souls getting close to nature.

From Zion we drove to "Sin City, USA", Las Vegas. On our way to the Luxor Hotel, where we spent the night, we drove up "The Strip." The sidewalks were crowded with tourists looking for a place to bet their money in the hope of making a fortune. The Luxor is a very large hotel with multiple restaurants, casinos, bars and shops. Once inside, there was no reason to go back outside. The place is big enough that you can easily get lost. A map of the layout is a necessity.

Early the next morning, we went to the airport to return home. The airport had numerous slot machines available to drain you of your last dollar. We avoided that temptation. We arrived at Gainesville, Quasi-International Airport. We had a great trip, saw many interesting sights, made new friends; but we were happy to be home.

- Hank Weech

Art League at Oak Hammock

As the “dog days of August” progress, Oak Hammock artists are staying cool with art classes by instructor Karen LeMonnier, who has once again graced us with her amazing talent and teaching abilities. In July, we had Chinese Brush painting classes taught by Marilyn Gray. Both Marilyn and Karen have a parent who lives at Oak Hammock, making them family!



The art studio walls are adorned with the results of the Chinese Brush painting class. Anyone can stop by for a visit and a visual treat. There will be interesting displays each month by our own artists or classwork. Several of our members, led by Joyce Riffe and Donna Wagner, worked diligently to clean up and sort out the accumulating “art stuff” in the art studio, making it a far more inviting place to work and visit.

For a couple of months this summer, we had lectures on Impressionism and, in August, Ken Platt presented a program on stained glass. For anyone who has any doubts about Ken and stained glass, take a look at the lovely lamp made by him that now lights up our library. September, artist Anda Chance is doing a program. Anda is talented in so many media such as watercolors, pastels, colored pencils, that it will be exciting to see what she will decide to share with us. She is from Live Oak and a very talented artist, winning “Best of Show” here at Oak Hammock during the 2015 GFAA show.

We are excited that we have increased our ranks with some new members who are very talented artists, including Suzan Roth, who helped us hang the last Gallery show, Marian Axley, who won our first People’s choice award with her stunning watercolor titled “Wassup girl”, and most recently Chris Waters. Thank you to all the Oak Hammock members who showed their art and those who attended the reception and cast a vote for their favorite painting (see the photos).

This fall we shall again have a juried and judged show sponsored by the Gainesville Fine Arts Association. Applications are at the reception desk. The deadline is September 9 and the show will hang from October 10-January 7.



- Michael Levy, photo
Marion Siegel and Mary Sue Koeppel instruct voters Helen and Marvin Berk on voting procedures while Mary Lou Bradham casts her ballot.

“Fabrications” is the title for our first 2017 show. This will be a show featuring all kinds of fiber art and will run from January 9 to April 8, 2017. This is a challenge to our needle artists and fine artists to get busy and make something wonderful to hang on our Gallery walls.

- Marion Siegel



- Michael Levy, photo
Jane Polkowski Levy presents Marian Axley the People’s Choice Award for her watercolor, “Whassup, Girl?”

The Humanity Within Her Science: Digging into the Impact of Oak Hammock's Elizabeth Wing's Papers

The University of Florida George A. Smathers Libraries, in partnership with the Florida Museum of Natural History, is working to provide accessibility and discoverability of the Elizabeth S. Wing Papers, the meticulously organized collection of documents, images, illustrations, and recordings related to the development of the scientific fields of zooarchaeology and environmental archaeology in North America. This three-year project will result in: 1) a digital collection consisting of professional correspondence, field notes, interviews, film, and images; 2) enriched metadata in support of ongoing scholarship in the digital humanities with a focus on women in research, the history of science, and the human-environment relationship; and 3) exemplar thematic narratives within a new website highlighting the potential for humanities research including: three examples illuminating Wing's research on the zooarchaeological evidence of ancient overexploitation

(e.g., fisheries' collapse), culture contact (e.g., Columbus and Haiti), and domestication (e.g. Andean animals); three scenarios of history of science research emphasizing Wing's role as a woman and mentor of other women in science and the social sciences beginning in the 1960s; and six situations revealing the broader impact of Wing's research on currently vital humanities research topics such as environmental humanities, visual anthropology, and climate history.



- The Oak Leaf staff; Michael Plaut;
University of Florida, photo

Concerning Zika

In a letter to the Editor of *The Gainesville Sun* published on August 15, 2016, Oak Hammock resident Gene Anderson wrote:

"Political complacency regarding the Zika virus exists, despite documented risks of fetal and ongoing microcephaly that can occur when women contract Zika during pregnancy. Complacency can develop because the lifelong nature of microcephaly and its frequent, less-visible defects (e.g., hearing and vision loss) are often underplayed.

When pregnancy-related concerns are not an issue, a lesser-known risk can also lead to complacency. Several countries with Zika outbreaks have reported an increased incidence of Guillain-Barré Syndrome (GBS); current CDC research suggests a strong association with Zika. Although GBS can occur in children, it is most common among adults; people over 50 are at greatest risk.

With GBS, a person's immune system damages nerve cells, causing muscle weakness and sometimes paralysis lasting several weeks or months; some people have permanent nerve damage and some even die. Complacency? None of us can afford it!"



- Gene Anderson, Ph.D.

*Because our staff is so wonderful and works so hard
to accommodate us, please remember to be kind.*

Christmas/Hanukkah in July

Isn't it nice to receive presents, especially in the dog days of July? All Oak Hammock residents who assigned their Homestead Exemption to Oak Hammock received a \$589 credit on their July statements! What you may not know is that Continuing Care Retirement Communities owe this annual windfall to the lobbying effort of the Florida Life Care Residents Association (FLiCRA). The Florida legislature granted this exemption for CCRCs over the opposition of the Florida League of Cities and the Florida Association of Counties.

The Homestead Exemption Credit is just one of many FLiCRA legislative victories benefiting CCRC residents. FLiCRA continues to work to protect and enhance the CCRC living experience. The Oak Hammock FLiCRA chapter board of directors is pleased that more than 91% of Oak Hammock residents are FLiCRA members, but we would like to

increase that percentage closer to 100%. The \$589 residents received on their June statements would more than cover a Life Membership in FLiCRA (\$175 for a single person, \$275 for two persons in a unit), or would cover Annual Dues (\$18 for a single person, \$31 for two persons in a unit) for the next 19 (or more) years! If you are not already a member of FLiCRA, please consider joining. Contact Mary Wake (407) 590-5970 or e-mail her at marywake36@gmail.com for a membership application.



- Ron Hoopes

Write Stuff: The Oak Leaf Writers' Workshop

The Oak Leaf staff has been attending a class on Fridays here at Oak Hammock taught by Jean Chance, Emeritus Professor, UF College of Journalism and Communications. Jean is a former newspaper reporter who taught journalism at UF for 33 years. She was a writing consultant for *Florida Today* and the *Ocala Star-Banner*. She is board chairman for Campus Communications, Inc., publisher of the *Independent Florida Alligator*.

The class has been reading and analyzing excellent writing. Resources have included *Literary Journalism* by Jean Chance and William McKeen and *The Elements of Style* by William Strunk, Jr. and E. B. White.

- The Oak Leaf staff

Oak Hammock Sponsoring 16th Annual UF Health Gainesville Senior Games

Oak Hammock is proud to sponsor the 16th Annual UF Health Gainesville Senior Games which will take place at locations across Alachua County from September 23 - October 1.

Please see Star in Marketing or Justin in the Fitness Center for more information.



UF Leisure Courses

The Oak Hammock community can enjoy educational opportunities beyond the ILR classes held here and academic classes at UF. The UF Reitz Union offers a sizeable number of leisure courses every semester – varying from guitar, golf, tennis, bartending to ceramics and other crafts. Information about these classes is readily available on infoh.us. Look for the red box on the home page labeled “OH Special Niches” and click on “Leisure Courses at Reitz Union.”

- Michael Levy

Where Eating is a Pleasure

Gainesville has graduated from being a burgers, pizza, and bar-b-que college town! When chain restaurants discovered that there was life on the other side of Paynes Prairie, they offered a new dimension to eating out. However, real 'foodies' flock to restaurants that offer something different, a new twist on eating out. The number of chef-owned restaurants in Gainesville continues to increase. Many of their creative dishes use local produce and include vegetarian, vegan, and gluten-free items.

If the hot weather has dulled your saggin' appetite, why not try a different local venue? The establishments listed have been around town for quite a while, becoming favorite places to dine.

The Top – 30 N. Main St. (337-1188) – Eclectic ambiance, hip-casual with made-from-scratch specialties for 12 years. Open 5 p.m.-2 a.m. Popular place, so go early to try San Diego-style stuffed chicken, corn bread, and peanut butter pie! On street parking or use free parking garage on corner.

<http://www.visitgainesville.com/food-drinks/the-top/>

Northwest Grille – 5115 NW 39th Ave. (376-0500) – Family owned eatery since 1996. Locals love it! Family friendly, casual dining, fresh seafood (try the ahi tuna, calamari, or drunken grouper) luncheon specials, ample parking.

<http://www.northwestgrillegainesville.com/>

Mildred's Big City Food – 3445 W University Ave. (371-1711) – Started out in the little town of Micanopy. Lunch is casual; evenings offer table service. Try to save room for the fabulous-looking desserts.

<http://www.mildredsbigcityfood.com/>

Francesca's Trattoria – 4410 NW 25th Pl. (378-7152) – Classic northern Italian, no prepared stocks or canned sauces – not even a micro in the kitchen – thoughtful service. Luncheon specials. Live music several times weekly. Located across the street from Thornbrooke Village and behind the Sunstate Credit Union off 43rd St.

<http://www.francescastrattoria.com/>

Liquid Ginger – 101 SE 2nd Pl. (371-2323) in the Sun Center behind the Hippodrome Theatre – Interesting Pan Asian menu/décor with blend of students and town crowd. Unique hot tea service. Observe signs for city parking spaces.

<http://theliquidginger.com/>

NOTE: It's always a good idea to check for method of payment, hours of operation, reservations, parking, or any special needs. Hopefully, at least one of these 'tried and true favorite' restaurants will add to your dining pleasure. Gainesville's eating establishments have come a long way, baby! Enjoy.

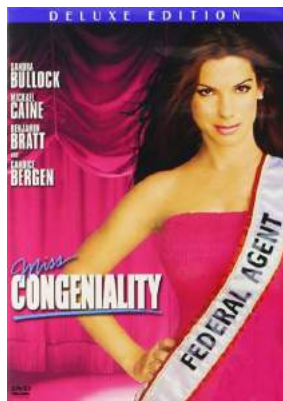
- Barbara Dockery

(Would you like to add to the list? Submit a description of fifty or fewer words plus a website address for one of your favorite restaurants in Alachua County. We'll publish up to four in each issue of The Oak Leaf.)



Upcoming Movies

Since it's football season and the games are shown on the Oak Room's big screen, the Saturday Night Movies will be shown as the Gator Football schedule allows. These are the movies we'll be featuring this fall; watch the bulletin boards, Resident Apps, and infoh.us for updates.



First Showing * Member Request

Miss Congeniality (PG-13, 2000)

Sandra Bullock stars as a bumbling female FBI agent assigned to go undercover as a participant in the Miss United States beauty pageant when it is discovered that one of the contestants is being targeted for murder.

Second Showing

Sunset Song (R, 2016)

Sunset Song is Terence Davies' intimate epic of hope, tragedy and love at the dawning of the Great War. A young woman's endurance against the hardships of rural Scottish life, based on the novel by Lewis Grassie Gibbon, told with gritty poetic realism by Britain's greatest living auteur. The film takes place during the early years of the twentieth century, with the conflicts and choices a young woman experiences reflecting the struggle between tradition and change; a struggle that continues to resonate today. Set in a rural community, Sunset Song is driven by the young heroine Chris and her intense passion for life, for the unsettling Ewan and for the unforgiving land. The First World War reaches out from afar, bringing the modern world to bear on the community in the harshest possible way, yet in a final moment of grace, Chris endures, now a woman of remarkable strength who is able to draw from the ancient land in looking to the future. Sunset Song is at once epic in emotional scale and deeply romantic at its core, given power by Terence Davies' unflinching poetic realism



Third Showing

Sing Street (PG-13, 2015)



SING STREET takes us back to 1980s Dublin seen through the eyes of a 14-year-old boy named Conor (Ferdia Walsh-Peelo) who is looking for a break from a home strained by his parents relationship and money troubles, while trying to adjust to his new inner-city public school where the kids are rough and the teachers are rougher. He finds a glimmer of hope in the mysterious, über-cool and beautiful Raphina (Lucy Boynton), and with the aim of winning her heart he invites her to star in his band's music videos. There's only one problem: he's not part of a band...yet. She agrees, and now Conor must deliver what he's promised - calling himself Cosmo and immersing himself in the vibrant rock music trends of the decade, he forms a band with a few lads, and the group pours their heart into writing lyrics and shooting videos. Inspired by writer/director John Carney's (ONCE, BEGIN AGAIN) life and love for music, SING STREET shows us a world where music has the power to take us away from the turmoil of everyday life and transform us into something greater.

The Oak Leaf Survey Results

We received 77 completed surveys. Results were wide-ranging. The majority like it long with lots of information and photos. A few feel it is way too long. My personal favorite is the one that says, "Why this question? People don't have to read it!"

We received a number of suggestions for addi-

tional articles you would like such as more information about OH employees, hot spots to visit in Gainesville, and follow-up about residents who move to the Health Pavilion.

Thank you for all your comments.

- Patsy Nelms

Oak Hammock's New Water Birds



Two water birds have been donated to Oak Hammock

Catherine Morsink said, "Walking around the lake early this morning, I was enchanted by two beautiful water birds. I crept closer and closer, but they didn't move. Sitting in the mud clutching my iPad, I snapped this picture, only to see that they were statues. Coulda fooled me!"

- Catherine Morsink, content and photo

Learn to Play Bridge Using the 2/1 System

First Lesson is Free!

Mondays, starting September 12, 6:30 to 9:30 p.m.
Universalist Unitarian Fellowship, 4225 NW 34th
Street * \$6 a lesson after September 12

Call Oak Hammock resident Ron Schoenau with
any questions. To register for the class, call Joyce
at 371.8054 or email her at thompsj@gmail.com.



*It's that time of year again - more
information about the Employee
Appreciation Fund coming soon!*



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Save the Date

Monday, October 10, 2016

The Twelfth Annual

Oak Hammock Golf Tournament

at the

Gainesville Country Club

*Registration forms will be sent to everyone soon.
This is always a great day at a beautiful club!*



2016 Residents' Council

President	Nelson Logan
Vice President	George Beckman
Secretary	Pat Collier

<u>Committee</u>	<u>Meeting Time</u>	<u>Location</u>	<u>Chairperson</u>
Finance	3rd Thursday, 1:30 p.m.	MPR	Al O'Neill
Communications	3rd Monday, 10:00 a.m.	MPR	Carole George
Health/Well Being	4th Thursday, 2:00 p.m.	MPR	Henri Logan
Travel/Events	1st Monday, 11:00 a.m.	CRA	Hank Weech
Dining	4th Friday, 10:00 a.m.	MPR	Anne Margoluis
Long Range Planning	3rd Thursday, 3:00 p.m.	MPR	Harvey Ziegler
Building and Grounds*	1st Thursday, 10:00 a.m.	Acorn Room	
	Building and Health Pavilion		Carol Ash
	Grounds and Exterior Homes		Richard Jones
	Interior Design and Home Care		Midge Smith

*Building and Grounds will meet at the stated time for staff reports and then separate into: Building and Health Pavilion, Grounds and Exterior Homes, and Interior Design and Home Care.