



Volume 19, Issue 2

February, 2022

How Did You Meet?

Look for more "How We Met" stories throughout this issue!

- ♥ At the UF Wesley Foundation in 1956, Warren was sitting behind me with another girl. He asked, "Who is that sitting in front of me with the long ponytail?" The rest is history. - *Patsy Nelms*
- ♥ Both of us were diplomats in Panama, but we hadn't met until a party at our Ambassador's Residence. It was surely "Some Enchanted Evening" with all kinds of parallels to "South Pacific." He was 21 years older than I, a widower with two ¼ Cuban children (exotic!), and I was a cockeyed optimist from the Midwest. It was love at first sight, but it took us 5 years to tie the knot. We were married for 40 years (during which we actually met Mary Martin and James Michener!) and always were touched when the strains of that wonderful musical reminded us of that first night.... - *Margaret Boonstra*
- ♥ I met Karen on a Chinese fire drill when we were seniors in high school but living 50 miles apart. I accompanied two friends to Worcester, MA, where they had applied to a college. One of them had two cousins in nearby Shrewsbury. We needed a 3rd girl to go out that evening, and Karen was it. But instead of sitting next to the one with cousins she was next to me in the back seat. She ignored me, even got my name wrong, until someone described a Chinese fire drill. At the next red light, I went into action, dragging her out the door and running around the car and getting in before the light changed (that is a Chinese fire drill). She was not happy but now noticed me—and agreed to date me when I called her the next week. The rest is history. - *Doug Merrey*
- ♥ Strange circumstances. An Army officer from South Florida meets a school teacher from Northern Iowa in Germany at a battalion post near Mainz where they were married by the mayor. - *Jack and Evelyn Martin*
- ♥ I met Buddy briefly at a tennis party where he gave me his card. He attended a tennis group a few weeks later that I was running for my church, and we were married a month later. I had been widowed for thirteen years and was literally swept off my feet by a pair of bright blue eyes and a winning smile. - *Betty Kramer*
- ♥ I had served as the General Counsel of the Interstate Commerce Commission, a federal agency in Washington, DC. I then was in private practice doing reasonably well and had need for an associate. I contacted my successor at the agency and asked him to recommend the very best lawyer on his staff to be interviewed by me. It was Ellen Efros, subsequently my wife. - *Fritz Kahn*
- ♥ October of 1962...our fourth year in college. We had a blind date for homecoming here at UF. A homecoming date was for 3 days at that time. Lucky for me, I knew two of his three roommates and all the girls they were dating. We just hadn't met each other. - *Missy Zeigler*
- ♥ My freshman year, I was going up the steps of the Administration building to get a tutor for help with my science course. Bob was coming down the steps and greeted me with a question as to why I was there. After a small conversation, he told me he "set the curve" in that class and he would "tutor" me. This began a very special time together. We married my junior year, his senior year and 63 years later, here we are at Oak Hammock! - *Adele Graham*
- ♥ John Paul and I met our senior year, here at the University of Florida. He was a Delta Tau Delta and I was an Alpha Chi Omega. One of my sorority sisters set us up for a blind date. She told me that he was an okay guy. - *Beth Paul*

Being 90

When ninety-year-old residents were honored this year with their photographs taken by Michael and Jane Levy displayed on the walls of the Oak Hammock Art Gallery, questions were raised about how this initiative came to be and the process that provides such an excellent final result. Michael acknowledges his father initiated a major boost to his young son's fascination with photography.

"As a teenager, without knowing it, I had become a professional photographer. My father gave me a big, heavy paparazzi-type camera. In order to show my gratitude, I had to do something productive with it so I started taking pictures at high school graduations, Bar Mitzvahs, etc. All of this while I was still in high school. It stopped upon graduation. At university I had to accelerate my learning trajectory."

With the demands of a career as a professor of psychology, the camera and its attractions were set aside. Fifty years later, his earlier bent was reawakened.

"I had never thought to mention this past interest to Jane when we first met. I was out on a photo shoot with her after she was commissioned to paint a very large dog. Jane's practice was to take pictures of the subject to be painted. I was not to touch her camera. It was roll film in those days and you didn't want to waste any pictures on the roll. After she had taken all of the pictures she wanted, I noticed that some few shots remained on the roll. I asked whether she would mind if I took pictures of her subject with them. She liked the photographs I had taken and remarked they were "better than hers." While Jane painted animals and younger people, Michael opted to do pictures of the elderly.

Becoming a resident of Oak Hammock in 2010 moved Jane and Michael to further pursuits of their talents. Jane found many talented artists in residence. Michael found many elderly folks.

Michael shares the process that captures the individuality of each person: "Jane is my artistic director. Many people are apprehensive about having formal pictures of them taken. So we go to their residence where they are more comfortable and relaxed. We set up our equipment so that I can hide their stuff and focus on them. We take many digital photos because of the large number that are not good enough. We engage them in conversation. The routine advice is: "LOOK AT ME BUT LISTEN TO JANE. This is to get them to smile."

"These portraits currently represent the third series. My commitment is to repeat the series every three years. It takes almost full-time activity to do the sixty-five or so pictures each time."

What becomes of these pictures? Michael recalls that, except for a previous display in the University of Florida Dental Tower, the pictures gather dust. He reveals further, "Nobody really seems to want pictures this size. They go into our garage."

For many years, the works continue to bring smiles to the families and friends of the ninety-year-olds as they cherish their gratuitous copy. Want to have Michael and Jane take your picture? Have a ninetieth Birthday Party!

Photographs by Michael Levy, from top: Alvin Warnick, Bette Archard, Marian and Rufus Broadaway.



You Make the Difference Awards

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

Loc Nguyen
Julie Ann Ariet

Information Technology
Community Services

April Wise

Skilled Nursing

Covid, Shortages and Hungry People

Coping with this combination—especially on a daily basis—is not for the faint of heart! Remember playing “Old Maid” as a child? There was one card in the deck—the Old Maid—to be avoided. It determined the winner of the game. When Covid visited Oak Hammock, the dining staff necessitated options to keep operating as per usual. With the advent of shortages (food, containers, supplies) another dimension was adjusted. The staff adapted and functioned. How would the hundreds of hungry Oak Hammock people respond? In the past, many new offerings have enjoyed a positive response. However, the “Covid years” demanded a *flexible approach* to restrictions. And experience. Jon Goldstein was hired as Oak Hammock’s Executive Chef in May, 2004 and promoted to Director of Dining Services in July, 2010. Chalk up years of experience—and not

just grilling great bar-b-que! He continues to manage the menu planning, ordering, prep, and service for all food offered at Oak Hammock. Chef Jon adds “I couldn’t have done any of this without Chef Justin.” What a team.

If Chef Jon played cards as a kid, he only had to dodge one card. A big THANKS to Chef Jon and all the dining services for meeting the challenges of Covid, shortages, and staffing. *You continue to make all the Oak Hammock Hungry People winners!*



- Barbara Dockery

Alexander Vazquez

On his second day at Oak Hammock, I met Alexander Vazquez, our newest security officer. Alex, who was born and raised in Bay Ridge, Brooklyn, NY, until he was 11, while his father was serving at Fort Hamilton, moved to Gainesville to be closer to grandparents. He completed fifth grade at Idylwild and went on to Kanapaha, Bucholtz, and graduated from St Francis. He played football (and attended class) at St Vincent’s but transferred to Santa Fe where he completed his AA. He has taken courses at FSU and completed security training, obtaining the necessary state licenses. We talked about the scholarship fund and I suspect that when he is eligible, we may have another student on our staff. Alex has worked years in security in various settings.

Alex lives with his father, retired after a thirty-year military career, and his brother as well as his father’s mother who suffers from dementia. It was evident from the way he spoke of his grandmother that he empathizes with those experiencing dementia, both as patients and caregivers and that this life experience coupled with his security experience will render him a very good fit here.

Alex will be primarily working days. As soon as you have an opportunity, please welcome him to Oak Hammock.



- Karen Miller

How We Met

♥ In the mid-1960’s I was teaching an in-service class for teachers. Just before the class began, I ran into one of the more senior members of the Home Economics department that I had known for a few years. She was going to take my course and she had with her a relatively new home economics teacher who also would be taking the class. I was introduced to this new teacher and her name was Heather Stubbings. The class proceeded to its ultimate end, granting 2 in-service credits to the participants. I rarely saw Heather after that class. I went off on sabbatical a few years later to finish my doctorate, and when I returned Heather had taken a leave of absence to finish her master’s degree. Somehow, when she returned, we ended up on the same team in the school district’s bowling league. So, after that initial brief meeting in the hall outside my classroom, it was not until the mid- 70s that we really met. I lived independently for 18 months after the separation from my first wife before we got together and became engaged. Several months later we married. So it is that I tell everyone that I married one of my students.

- Joe Gilkey

Missing Something?

Please remember to check the Lost and Found in the front lobby. You’ll be surprised what’s there!

Teri Milt: Our MIT

Teri Milt is our MIT, Move In Technician. She makes sure apartments are ready for new residents, taking over the project when floors, cabinets, and major renovations have been completed. She prepares a final punch report, helps with projects as needed, then cleans and sanitizes all areas before move in.

When an apartment becomes available, Teri does a move out cleaning and surveys what has been left. Recycled Riches gets first choice of what is available, then some items may be reserved for the employees' sale. A few charities may be contacted if appropriate.

When asked what have been the most interesting things that have been left behind, Teri mentioned a ring, cartoon characters inside a refrigerator, and drawers full of dirty Kleenex.

Teri was born in Port Salerno, FL, and graduated from Branford High School. She has been married for 30 years and has two Australian Shepherds. She now lives in Fort White and commutes an hour each way to get here. Teri has been at Oak Hammock for eleven years. That's many hours on the road. When asked what she does during that time, Teri replied, "I sing at the top of my lungs." What a joyful spirit to have with us. - *Barbara Herbstman*



-Karen Arola

Political Hot Line

In case you haven't noticed, we are now in the midst of the political season. The Florida Primary is August 23 and the General Election is November 8. In this Political Hot Line we hope to give you some important information and reminders of what is coming up. There will be NO partisan comments; it will all be informational.

The first thing on our Bucket List is to be a registered voter. That is not such a simple matter here in Florida. Florida is a Closed Primary State; that means that if you want to vote in the Republican Primary, you must be a registered Republican. If you want to vote in the Democratic Primary, you must be registered as a Democrat. If you are registered as an Independent, a member of another political party or no party, you cannot vote in either Primary.

August 23 is called the Florida Primary election. But there may be non-partisan races or specific issues on the ballot that all registered voters may vote on. These will be discussed in a later issue.

The bottom line for this comment is to register as early as convenient. Registration for the August Primary will close in July. To register or get additional information on how and where to register, contact the Supervisor of Elections at 352-374-5252 or plug in <https://www.votealachua.com/> on your computer.

If you are not registered as a Democrat or a Republican and/or wish to change your registration, contact the Supervisor of Elections.

Hope you will all be registered voters when I greet you again next month.

- *Barbara Herbstman*

City Commission Election

The Gainesville City Commission runoff election was won by Cynthia Chestnut. Turnout was rather low; less than 14% of the city electorate voted. Cynthia Chestnut received 51% of the vote and her opponent, Matt Howland, received 49% of the vote.

Ms. Chestnut has been active in politics for many years. She was the first black woman elected to the City Commission in 1988 and served until 1989. She was Mayor of Gainesville from 1989 through 1990. Cynthia Chestnut served as Representative of the 23rd District of the Florida House of Representatives. She also served on the Alachua County Commission from 2002 through 2010.

2022 is an important election year and it is hoped that there will be a greater turnout this fall. If you have not yet registered to vote, check with the Alachua County Supervisor of Elections at www.votealachua.com/.

- *Barbara Herbstman*

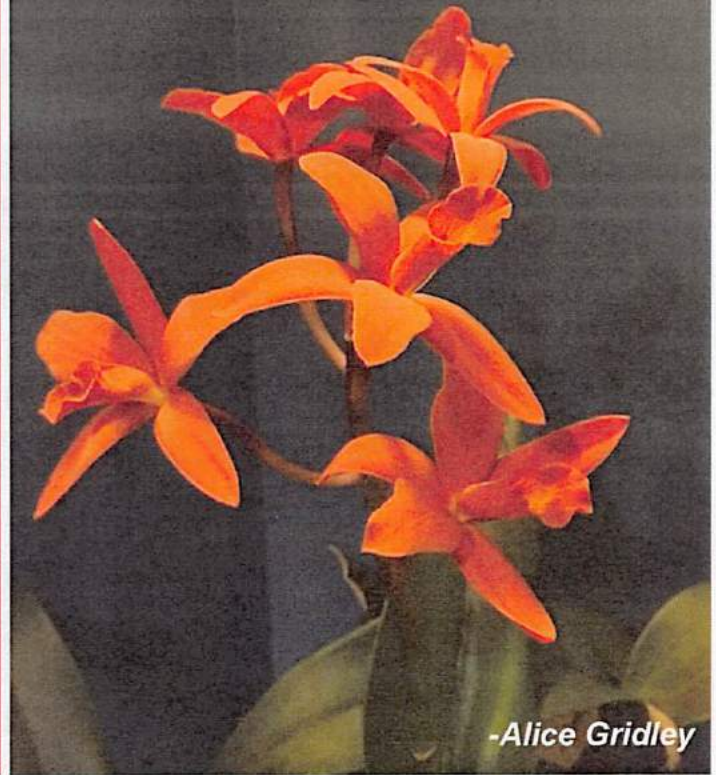
You Gotta Have Heart!

Seven Oak Hammock needlers contributed to the latest display on the lower level. It's said that "creative women have cobwebs in their corners, not in their minds"! These talented ladies enjoy promoting *love is in the air* with originally designed lap quilts (that eventually go to individuals in the Health Pavilion), stuffed toys, and keepsake treasures. Check out this display with a stroll down lover's lane.

- Barbara Dockery



Gorgeous Orchid at Nelson and Henri Logan's Front Door



-Alice Gridley

Louis' Lunch

This historic eatery was established in the late 1920s on what was then Virginia Avenue, now SE 2nd Street. In its prime, it was THE place to get a hamburger. The owner, Louis Pennisi was a jovial owner/cook. I remember eating there with my father in the 40s. The building was still standing nearly a hundred years after it opened. Louis sold the business to his eldest son, Fred and younger brother, Tommy, bought it from Fred's estate. Louis himself continued to help out before he passed on at the age of 106. If you lived in Gainesville a few dozen years ago or earlier, it is almost certain that at one time or another you ate there or ordered pickup from the drive-by window.

- Walter Wynn, Jr.



How We Met

♥ In June 1964, Carol and I met in Ithaca, NY, on a sailboat on Cayuga Lake while double dating—with other dates. The next day, there was a graduate student picnic at a nearby state park. I drove from my apartment over to the graduate dorm to see if anyone needed a ride. Two women walked out of the far exit and I shouted, "Does anyone want to go to the picnic?" Carol told the other gal, "I know that guy." Carol decided to go to the picnic with me. After the picnic, I took her back to her dorm. Unbeknownst to me until much later, she wrote her mother and said that she had found the man she was going to marry. The rest is history, as they say.

- Walter Wynn

♥ In the summer, most of the college kids in the Panhandle went to Panama City Beach to The Hangout to dance. I saw John and loved the way he danced and smoked Lucky Strike cigarettes! One of my college friends at FSU knew John and introduced us. From there, he came to see me at the Chi Omega house at FSU and I would go to see him at UF with girl friends because we could stay "up and out" longer at UF! And more males!

- Emily Higdon



Oak Hammock Olympian to Speak on Monday, February 21

Did you know that Oak Hammock has an Olympic medalist in its midst? Oak Hammock's new Director of Rehab, **Karen VanEtten**, earned a silver medal in ice hockey at the 2010 Vancouver Olympic Games.

Karen will be sharing her Olympic experiences with Oak Hammock residents and staff in the **Oak Room at 10:30 a.m. on Monday, February 21**. She also will bring her Olympic medal and jerseys from different international tournaments for anyone who would like to touch and try on after the presentation.

- Kathy Cafazzo, content; file photo



2010 U.S. OLYMPIC WOMEN'S ICE HOCKEY TEAM



How We Met

This is Oak Hammock trivia: There are only three couples who lived at Oak Hammock that did not know each other before moving to Oak Hammock and got married while living at Oak Hammock: Will and Susan Shafer, Ed and Liz Byrne, Bob Bonus and Anne Carlson-Bonus.

♥ How did Susan and Will meet? We met by mistake. In 2006, we were both "Oak Hammock Founder" newbies. It was December and the Oak Hammock Singers had presented their Christmas program and had canceled their December rehearsal in the Oak Room. Both Susan and I read the Oak Hammock Monthly Activities Calendar, saw the Oak Hammock Singers session scheduled in the Oak Room, and decided to attend that program which had been their canceled rehearsal. There we were, in the rear of a dark Oak Room all by ourselves, total strangers. Since Oak Hammock is a friendly place, we started talking. It came out that we both had lived in Rota, Spain; Will during the Naval Base construction, 1957-1960 and Susan as a schoolteacher in the late 1980s-early 1990s. I was leaving soon for California for two weeks over the Christmas Holiday but we agreed to share a meal at Oak Hammock and talk about Rota when I returned from California. In early January, I called Susan, we arranged a dinner together, and I stopped by her 4th floor Cherry to pick her up. The rest is history. Susan says this was our first date. Our wedding was April 28, 2007, and we moved Susan into my Juniper. Providential love happened 15 years ago.

- Will Shafer



The Bar is Back!

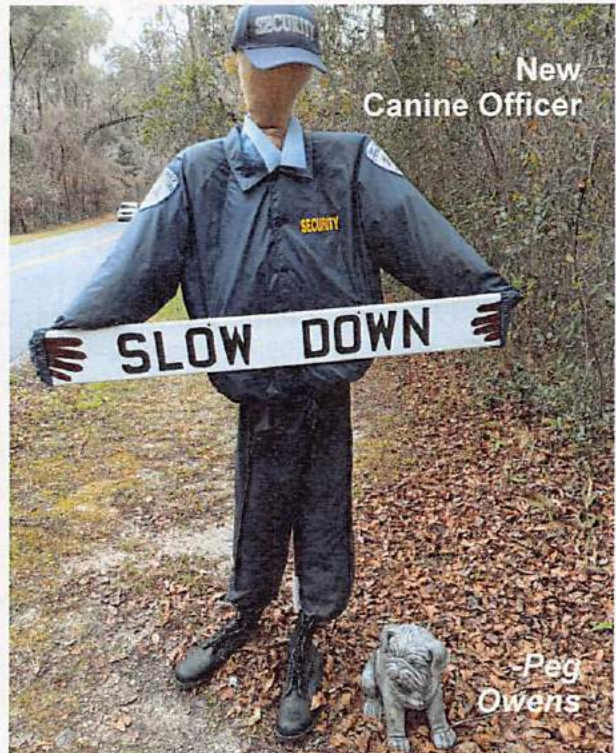
February 2. The bar is open and packed!
Devinne with popcorn and gin basil drink of the week - Deborah Rossi



Multitalented Bookends

More from the Bookends, this time in the Oak Room on February 6. These talented students and their leader played and sang popular songs and love songs for Valentine's Day. It was relaxing and another wonderful expression of how much music helps us to regroup, especially as Covid continues.

- Bev Cone, content; Patsy Nelms, photo



New Canine Officer

-Peg Owens

Getting Ready for the Freeze



-Karen Arola

Coping with Covid at Oak Hammock

After escaping the Delta variant of Covid, the Omicron variant hit Oak Hammock independent living residents surprisingly hard, not in serious cases but in numbers. Here are some of the responses of coping mechanisms that our friends implemented:

Don Collier via Pat: Most of his time was spent on the most challenging puzzle he's ever tackled. (Photo at right) The rest of his time was spent reading Spanish novels, watching sports on tv, playing bridge on-line, and taking nighttime bicycle rides after the rest of the world was in for the night. Pat felt his biggest frustration was not being able to play pickleball or that the fitness center was closed. (This was a frustration that I heard from several people, healthy or infected.)

Pat got prepared before Omicron went crazy by stocking up on a large supply of books from the library. She also cleaned out many drawers, closets, corners, all of which were calling to her. And she was very surprised that she slept well even though she was not getting her usual exercise on the pickle ball court or elsewhere.

Janet Janke and Juanita Miller had absolutely no symptoms. Janet said that Oak Hammock makes it easy to quarantine with the mail delivery and trash pick-up. And good neighbors are always a bonus.

Gail Robinson followed the CDC protocol for someone who has contracted Covid-19 and has either no symptoms or very mild symptoms. That quarantine period is for 5 days so long as infected/exposed people stay carefully masked with a KN95 or better mask. Gail had sniffles for a day or two, but was basically asymptomatic, so she felt free to exit her house after 5 days. Since Gail's husband, Robie, is in Skilled Nursing, she could no longer visit him each day. She waited almost two weeks before making her way to the Health Pavilion for a visit. This was very difficult for Gail, not Covid but rather the restrictions imposed by it.

Elisabeth and Bob Virnstein were also asymptomatic, so they treated their ten days like a (very) quiet vacation. Elisabeth said that after months of fearing getting the infection, actually getting Covid and being quarantined felt like a release from the inevitable. A sweet friend brought groceries, dinners were delivered, they had lots to read, Netflix and Prime for entertainment, and stayed connected through phone calls and emails. Humorously, Elisabeth said that it wasn't all jolly as out of boredom one day, they decided to rearrange their furniture. She said that they victimized themselves with Doom scrolling, which is something I'd never heard of. She sent me this definition: *Doom scrolling or Doom surfing is the act of spending an excessive amount of screen time devoted to the absorption of negative news.* They are glad their quarantine has ended and that they emerged in good health—and give thanks to the vaccine.

Jim and Nancy Wood spent their quarantine by first taking inventory of their survival items on hand. They had an ample supply of goodies left over from Christmas that were still tempting—"TOO tempting," said Nancy. They set up an exercise program—but the video wasn't very motivating, so they tried doing apartment laps—mostly sofa to kitchen, and once Nancy did more than a mile! Housekeeping and closet clean-outs can only entertain for a short while. She was grateful for Zoom meetings, a variety of subjects and faces—a welcome change from Brit Box on the TV. There was even a Total Wine delivery to ensure their supplies didn't run out. The Woods want to express a heartfelt gratitude for caring neighbors who reached out and to staff in all areas for extraordinary service, great meal deliveries, and trash pick-up.

Carol Zegel sent her experience: When I passed by the ACORN Room and saw that I could be tested for the COVID virus, even though I had no symptoms, I quickly filled out the paperwork and was sampled. What a surprise to learn that I tested positive and was now quarantined along with husband Bill, who tested negative. What to do for 10 days?!

I decided that I was going to keep an uplifted spirit. Every morning I dressed up as if I were going out for the day and set the table with bright tablecloths for our "catered" and delivered dinner! (Photo at right.)



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Since we live in a villa, we were able to walk outside to enjoy the beautiful campus. We survived and appreciated our emancipation! I missed 2 PT sessions at Oak Hammock, but I walked and did prescribed exercises. UF Health abided by the CDC guidelines and saw me for my post-surgery appointment after 5 days of quarantine.

Walter and Carol Wynn also had their brush with Covid. Walter tested positive after experiencing symptoms of sniffing, sneezing, and coughing. He thought it was the normal allergy transitioning into bronchitis, so he went to the medical offices here in Oak Hammock and got tested. After Walter got a positive reading, Carol was tested and also had Covid. Her symptoms were quite mild, however. They isolated for the 10-day period.

They still avoid crowds, shop by Instacart and have food delivered or Walter picks it up if he is out walking. They decided to miss the Frederick Moyer concert, a favorite of theirs, so they continue to be cautious, and they have no residual effects so far as they can tell.

Of course, we all know that the dining rooms were closed, all meetings and ILR sessions were either cancelled or moved to Zoom. Outside visitors were no longer allowed in our common areas. With staff getting infected, it must have been extremely difficult to keep operations up and running, but Oak Hammock management is to be congratulated on keeping us safe and operating so smoothly.

Elaine Dotten touts their outstanding vaccination rate as one of their biggest victories. (Photo below.) She is thankful to the caring staff that hopes to put an end to the pandemic. A handful of residents in the health pavilion tested positive, so they took extra measures beyond even what CMS and the CDC recommended to make sure everyone was safe and shielded.

Health Pavilion challenges: keeping up with the updates and changes from local and federal government. There were many days, according to Elaine, when rules and regs changed twice a day, so then they had to make sure the staff, residents, and residents' families were all educated.

During the early Covid days, when there was no visitation at all, it was difficult keeping families engaged with their loved ones so staff incorporated FaceTime videos. The staff is to be commended on having achieved doorway activities and hallway concerts. All staff management and floor staff came to assist with these programs. In addition, they instituted plexiglass visitation.

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And Elaine didn't mention her part in the continued testing program that she and her staff continue to maintain in order to keep everyone, residents and staff alike, safe with the ever-changing variants. This has to be disruptive to their otherwise smooth routines.

Tony Lopiccolo responded with this list of adjustments for operations:

"We eliminated residents going beyond the double doors into the Plant Operations area for the safety of staff and residents.

"We participated in a twice daily Incident Command zoom meeting with leadership and select managers so that we were able to stay connected as to what was happening. This included weekend calls as necessary.

"We implemented a card that both housekeepers and maintenance staff had on their carts when responding to a work order or housekeeping services asking residents to wear their mask and isolate into a different room within the residence while services were being provided.

"We scrubbed the quarantine list with work orders being submitted by residents to ensure that we were not sending a staff member to a resident's home that was quarantined for the safety of staff and residents.

"We only responded to residents in quarantine that had a life safety issue that could not wait until quarantine was completed.

"We went to cleaning every two weeks instead of weekly."

Since Kevin, our fearless leader, had to make all the toughest decisions, I wanted to make sure we ended with his input:

Mechanisms and thought process during the pandemic:

We made several tough decisions last month because of the rise in positive COVID-19 cases we were experiencing internally, as well as the exposure numbers within Alachua County. We closed the fitness center and the dining rooms. We adjusted the way we operated in several areas. We asked residents and staff to keep their masks on indoors and posted continual reminders about washing hands and physical distancing.

I believe that with any good leadership, there are times when unpopular decisions have to be made. We felt it was necessary to take the actions we did for the health and safety of our residents and staff. This is—and will always be—our priority.

Like any other emergency—such as preparations for a hurricane—you roll up your sleeves, and go to work, and you understand that sometimes the decisions you make are going to be unpopular. Everyone's best interest is always at the forefront of the decision-making process. People who work in our field are cognizant that you need to step out of your role and ensure that everybody's safe. These are the decisions that are second nature—keeping everyone safe.

With an abundance of caution, we're trying to assure that we don't set ourselves back with an outbreak of cases, so we're taking a systematic approach to reopening things that align well with our staff and lead to a successful reopening.

I am acutely aware that everyone's social needs are important and we're aware that keeping people isolated is not in our best interest. Once again, decisions won't be made under duress or pressure. They have been and will continue to be made based on everybody's safety and wellbeing.

Staffing challenges have been a problem for multiple years and the pandemic just illuminated the issues. The sad reality is that we, as a field, have known that this was happening over the last decade, and we didn't educate and offer proper clinical training fast enough to keep up with the demand. We've been talking about staffing for 10 years.

Our challenge now is to develop creative methods to train professional staff and make a community such as ours a cherished place to flourish and build a career.

- Beth Paul, Tony Lopiccolo, Kevin Ahmadi, content; Elaine Dotten, Don Collier, Bill Zegel, photos

Art League

Calling all artists who work with fabrics, creating beautiful works of art! These artworks can include wall fiber sculpture, needlepoint, embroidery, quilts, crochet, weaving, knitting, and batik. Participants can use patterns but not kits. Originality is encouraged. The Oak Hammock Gallery will be presenting an art exhibit titled "Fabrications". The applications are now in the BLUE FOLDER by the Receptionist's desk. Due date for the completed application and images, returned to the yellow folder at the desk, is **MARCH 14**. This fiber art

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exhibit will be shown in the Oak Hammock Gallery April 10 through July 9.

Meanwhile the amazing nonagenarian show, titled "Senior Seniors", featuring Michael Levy's photos of our residents who are 90 years of age and over, is beckoning for you to visit, and browse, and enjoy.

The Mini Gallery on the walls of the hall leading from the Wellness Center to the Health Pavilion, continues to show the delightful, colorful art of artist Sue Kelman. Any questions, please contact Midge Smith.

The acrylic workshop that was scheduled for February 19th has been postponed until May 14th. The participating students from the fall 2021 classes and the spring classes will be exhibiting their art in the art studio in June with a reception on June 5, 3 to 5 p.m.

On Tuesday, February 22, 4 p.m., in the Oak Room, the Oak Hammock Art league has invited Tongyun Yin, PhD, Curator of Asian art at the Harn Museum, to make a presentation of her upcoming exhibition in the Asian art wing.

Art is a line around your thoughts.....Gustav Klimt



- Marion Siegel, content; Michael Levy, photos

Frederick Moyer

The exceptionally talented pianist, Frederick Moyer, gave his 19th performance at Oak Hammock in our Oak Room on Sunday, January 30th. His was the first booking that Katherine Osman, our Director of Community Services, made. She said that Oak Hammock resident David Grundy (at right) recommended him and Moyer's performance was so well received that she easily convinced him to return again and again.

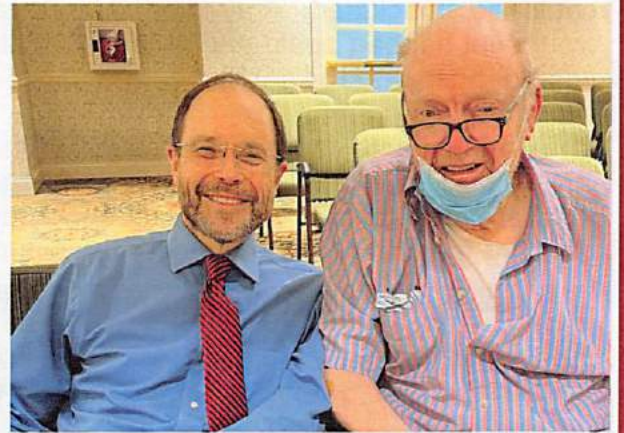
Moyer's career as a full time concert pianist has spanned over 35 years and he has performed in forty-four countries. He has appeared as piano soloist with major orchestras in the United States as well as with orchestras in Europe, Asia, South America, Africa, and Australia. Venues have included the Sydney Opera House, Windsor Castle, Carnegie Recital Hall, Tanglewood, and the Kennedy Center.

Moyer's audiences benefit greatly by the "Moyer Cam" that he invented himself. It is a screen that allows them to observe his hand and finger movements. His CD packets are environmentally friendly.

Moyer's choice of musical selections is eclectic, comprising works by well known jazz pianists such as Oscar Peterson and Errol Garner, thus introducing this music onto the classical music stages. For our performance, he played selections by Chopin, Mendelssohn, and Tchaikovsky. By pressing a special pedal, Moyer is able to integrate his piano with orchestra music. This is another of his inventions.

We are so fortunate to have Frederick Moyer perform for us at Oak Hammock! Now if only he would invent another camera depicting his agile foot movements!

- Cynthia Clements, content; Bev Cone, photos



Give Kids the World

There was a man! He and his family were victims of the holocaust when he was just a boy. His family was lost, but he and his sister survived and made their way to New York after the war. He had \$10 in his pocket. He worked at odd jobs in hotels, and became an American citizen. He was drafted into the army during the Korean War, which gave him the GI Bill. He studied hotel management and became the manager of the Starlight Motel in Melbourne, Florida. The Starlight Motel, at that time, was where all the Mercury 7 astronauts, along with the TV crews that covered the launches, stayed.

The man of our story is Henri Landwirth and Henri became fast friends of the astronauts, along with Walter Kronkite of the TV crew. He invested in Florida real estate, became wealthy, and, along with John Glenn, purchased and opened the Holiday Inn just outside the main gate of the newly opened Walt Disney World. One day Henri received a call from one of the wish granting foundations asking him if he would give a complimentary stay for a family whose little girl, Amy, had a last wish to see Mickey Mouse. Henri agreed, but in the time all of the paperwork could be concluded, Amy died. Henri vowed that would not happen again and he acquired the property and built the Kid's Village and Give Kids The World began.

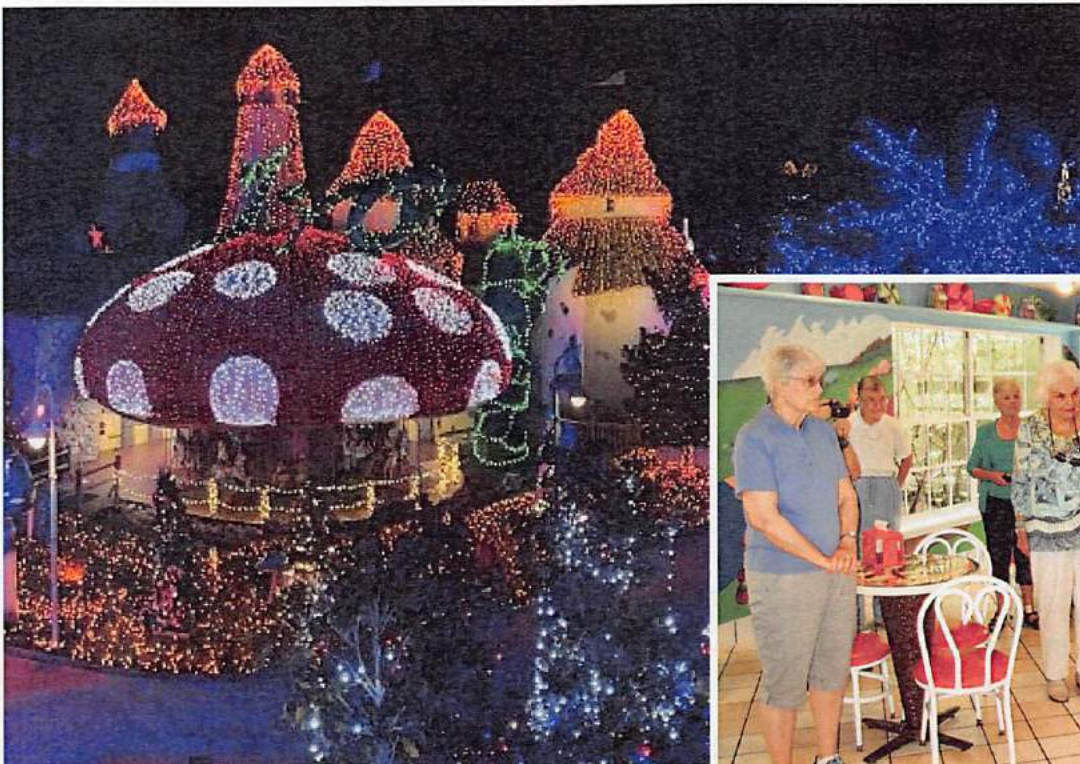
Arrangements can now be made within 24 hours. Give Kids The World is the **only such organization in the world** and it works with hundreds of wish granting foundations from all over the world, and it is



right here in Central Florida. Today, Give Kids The World provides children with life threatening illnesses, and their families, a complete 5-7 day vacation with everything included. Yes, even tickets to all the theme parks in the Central Florida area. They are transported; they are fed; their housing is included; and they receive gifts every night of their stay. They stay in a villa in this mythical village, where they also eat, and when they return from the theme parks there are attractions right at the Village to continue their dream

You have to see and experience the Village to understand what a special place this is and has been for 177,000 families from 50 states and 76 countries. **You will be able to experience this very special place when Oak Hammock makes a third visit to the Village on March 22.** There will be a \$5 charge for lunch. Now is the time to sign up at the transportation desk to be included in this trip.

- Joe Gilkey



Annual Meeting

The 2022 Annual Meeting of the Lamar Miller Chapter of FLiCRA will be held in the Oak Room at 10:00 a.m. on Tuesday, February 22. Members may also participate in the meeting through Zoom. The meeting will begin with a standard business meeting to elect Board Members (three Board Members are



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

elected each year with three year terms) and will end with a presentation from Tallahassee on the issues facing CCRC Residents in this year's Legislative Session. All members are encouraged to participate, either in person or by Zoom.

- Dave Rader

Dan Flok Returns

Wonderful to see Dan perform in a shiny jacket, sun glasses, and a bright red guitar!

He sang a number of favorites, including love songs and rock songs. "Hey, Good Lookin'" was a favorite, and lots of swinging and swaying as he sang "California Girls" by The Beach Boys, and



"Blue Suede Shoes". We had a great time and look forward to his next show.

- Bev Cone

The Alachua County Library is Ready for Everyone

One of the best perks of living in Gainesville is the Alachua County Library. It's FREE to any Florida resident. There are no overdue fines! *Honesty still prevails.*



Getting a free library card is easy:

Present a photo identification in person, plus proof of residency (voter's registration card or name/address on mail with cancelled postage). This is renewable every two years at any Alachua County library location.

The library headquarters is located at 401 East University Avenue. There are twelve branch libraries, plus two bookmobiles (operational in non-Covid times). For general information and assistance call (352) 334-3950 or email ask@aclib.libanswers.com. Friendly staff members will assist in establishing an account to borrow and download books/audiobooks and much more.

The Homebound Service is available for those physically unable to visit the library. This includes those patrons who have been homebound due to Covid restrictions! Being a resident of Florida with a valid ACL card opens the door. Contact: Circulation Department (352) 334-3950 or circulation@aclib.us.

Meanwhile, back at Oak Hammock: Kathy Subak (Communication & Event Coordinator) and the transportation team remain in touch with the library headquarters, arranging for pickup of books on hold. A big THANK YOU to those that keep us reading and happy while living at Oak Hammock.

- Barbara Dockery

How We Met

♥ Ron and Lori met their freshman year at Northwestern University in a required Public Speaking class in January, 1955. This picture was taken at one of Lori's sorority parties in the spring of their senior year. Ron finally proposed in September 1959—apparently it took him a while to memorize the speech! They were married in June 1960, and now over 61 years later are here at Oak Hammock. Have they changed much?



- Lori Hoopes

♥ One quiet Sunday afternoon in the fall of 1963, two friends and I went to a social event at Maryville College in suburban St. Louis (an all-girls school). My friend Denny seemed to know somebody everywhere and he arranged to meet a couple of girls in the dorm lobby. As we were sitting there, Sheila walked through the lobby. My friend asked who that was and one girl replied, "Sheila Dodd". When Sheila heard her name, she flashed that wonderful smile and that was all it took. We were married by Valentine's day.

- Wayne Forehand



Using Resources and Services of the UF Libraries

Through the UF Libraries, Oak Hammock residents with library accounts have access to multiple print and digital resources, from UF, or from libraries and museums around the U.S. For example, one resident was able to use an architectural journal from 1920 to locate images for an ILR session on historical museums. Occasionally, a resource may be available as a loan from a library or museum in another country.

The great news is that print materials checked out through the UF Libraries are delivered to homes of Oak Hammock residents by UPS. Included is a return mailer and due date of the item. Digital resources may be viewed in the comfort of our homes.

All Oak Hammock residents are eligible to establish accounts with the UF Libraries, through the use of the Gator 1 card issued to everyone. Some Oak Hammock residents were employees of UF and continue to have access to the UF Libraries through their Retired Affiliates status. Those individuals with Retired Faculty or UF Emeritus status have the same borrowing privileges as Oak Hammock residents. UF Library privileges include these details:

1. Items are checked out for three months;
2. Up to 350 items may be checked out at once;
3. Patrons may use the InterLibrary Loans/UBORROW systems; and
4. Electronic sources may be used in your home.

An interest group has been formed to gain and share information about using UF Libraries and to as-

sist other residents in establishing accounts and finding resources of interest to each individual. A UF Librarian, Paul McDonough, regularly visits Oak Hammock to assist with establishing library accounts and setting up InterLibrary Loan accounts. However, in the past two years, there have been periods when he was not able to visit because of COVID pandemic restrictions here. Some residents with accounts already established have continued to use library resources throughout this time.

Since 2020, almost twenty new residents have joined this group. The Interest Group Fair sponsored by the Active Lifestyle Committee in October 2021 brought the activities of this group to the attention of multiple residents, contributing to the renewed focus on using the library. Though meetings and field trips have been limited during this time period, assistance is still available through phone calls and emails with UF Library User Group members and with Paul McDonough (352-273-2523; pmcd@ufl.edu). Also, Paul has created an online Library Guide for Oak Hammock Residents: <https://guides.uflib.ufl.edu/c.php?g=725266>. Instructions for establishing accounts and using various types of resources are available here.

For the most current data on a multitude of topics, including historical information, the UF Libraries are an amazing source. We are privileged to have access to this repository of knowledge as a benefit of living in our retirement community. Oak Hammock is the only CCRC in Florida with connections to a university.

- Sybil Farwell

Garbage Disposal Etiquette 101

Mandatory dining restrictions obligated Oak Hammock residents to find creative ways to enjoy meals in their personal quarters, to deal with leftovers and unwanted food. For extra class credit: *remember that Oak Hammock garbage disposals are designed to accommodate **plate scraps** only, and not bulk food items.* Take care not to swipe everything from plates and bowls.

Definite no-no's are hard items. Think bones(!), shells from shrimp, crabs, and other shellfish. A *surprise*: un-popped popcorn kernels. Banana, potato, and citrus peels cause trouble. Ditto onion skins, corn husks or corn cobs, fruit pits and hard seeds (think avocados or peaches). And yikes! Egg shells turn into a sand-like substance that clogs pipes. Anything worse? CELERY. It is so stringy, grinding into a rope-like lump.

Rice and pasta are a 'double feature' threat: no matter how much water or how long the disposal is run, the rice or pasta doesn't break down small enough. Both items continue to swell in contact with water; eventually, they gather in the trap and swell until it's closed. Grease, fats, and oils are a "triple feature" threat: a major reason to use **cold water** while running the disposal, to avoid melting fat, which can re-solidify as a blockage farther down the drain.

O.K. — it's time to RUN the garbage disposal!

1. Turn on the cold water—it keeps the motor, bearings, and shredder assembly from overheating.
2. Turn on the garbage disposal. Feed in a small amount at a time, keeping utensils and hands out.
3. Let the food clear the disposal. You can hear when it's clear.
4. Turn off the disposal. Keep cold water running 30 – 60 seconds AFTER the food has cleared the drain. The waste still has a way to go, and the water helps to push the waste down.
5. Turn off water.

Congratulations! You have passed the class with flying colors. Your neighbors will love you. And so will the Oak Hammock Maintenance Department.

- Barbara Dockery

Oak Hammock by the Numbers, February 1

Independent Living

	Total	Sold	Available
Houses	57	57	0
Apartments	212	210	2

- Nickie Doria

Health Pavilion

	Total	Occupied	Available
Assisted	46	46	0
Memory*	24	10	2
Skilled**	73	57	16

* 12 units are set aside for quarantine

** fluctuates daily

- Mary Sabatella



Florida isn't known for its snowy days, but the library's display case is a teaser for its upcoming window on Alaskan libraries.

- Beth Paul

Oak Hammock's for the Birds!

Residents have reported turkeys dancing at their front door and owls in the atrium of building two. They're not exactly flying in from outer space, but what makes UF retirement so attractive to them? The surrounding areas seem to be getting too civilized for winged (and other) creatures. Maybe bird lovers Tom and Judy Gire have over "bird-educated" everyone? Never.

How about a bird that *lives in Unit 2205*? Meet Joey P. Harden, a parrot between 40 and 45 years of age. He is a rescue bird from the Melbourne Avian Sanctuary and has lived with Pat and Fred Harden for the past ten years. Joey is cage free during the day. At night, he prefers his cage, covered with a tablecloth for a cozy sleep. Unfortunately, Joey lived for many years with smokers, resulting in a serious respiratory condition. He also has lost 95% of his sight. Every 4 to 6 weeks, Joey visits the Exotic Pet Hospital in Jacksonville for treatment. Pat provides additional cleansing treatments between the visits, plus four meds twice daily. Showers at home are a lot more fun. Parrot nuggets provide needed nutrition—plus special treats—nuts, apples, grapes, cooked egg whites and *grits*. He's a real Southern bird.

Joey loves to cuddle and prefers Pat (sorry, Fred). Naps on the stove and riding in the car are favorites. When stopped at a traffic light and Pat wants to prank other drivers, she puts Joey on the steering wheel, watching the shock of passing drivers. Meanwhile: be on the look-out for Pat with Joey on her shoulder, enjoying strolls around the Oak Hammock campus. No, Joey doesn't talk. Does he like crackers? Of course! He's a parrot.

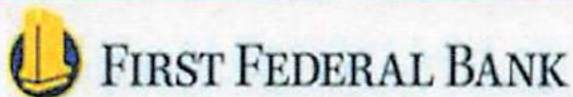
- Barbara Dockery



Contributions to the Oak Hammock Benevolent Fund As of February 1

Since we last reported on the contributions to the Benevolent Fund, a total of \$975.00 was received in memory of Edward Hutchinson, Lawrence Coplin, and Edward Wilkinson.

- Jonathon Mann



First Federal is excited to offer a new program to the residents and employees of Oak Hammock. Anyone that is a current customer of First Federal Bank can now refer their friends, and will have the opportunity to earn \$25.00.

Program Details: \$25.00 for referee (current customer) and referral (new customer) who opens a new checking account with a direct deposit of at least \$500.00 a month. Direct Deposit must be set-up within 30 days. Referral will be paid out to both parties 90 days after direct deposit is set up.

Lara and Sherry can assist those with changing direct deposit and look forward to serving current customers and those looking to make a change to the best bank in Florida!

Please make sure to pick up your card today to refer your friends. Thank you, Oak Hammock!

- Lara Wilson

Oak Hammock
The
Oak Leaf
at the
University of Florida

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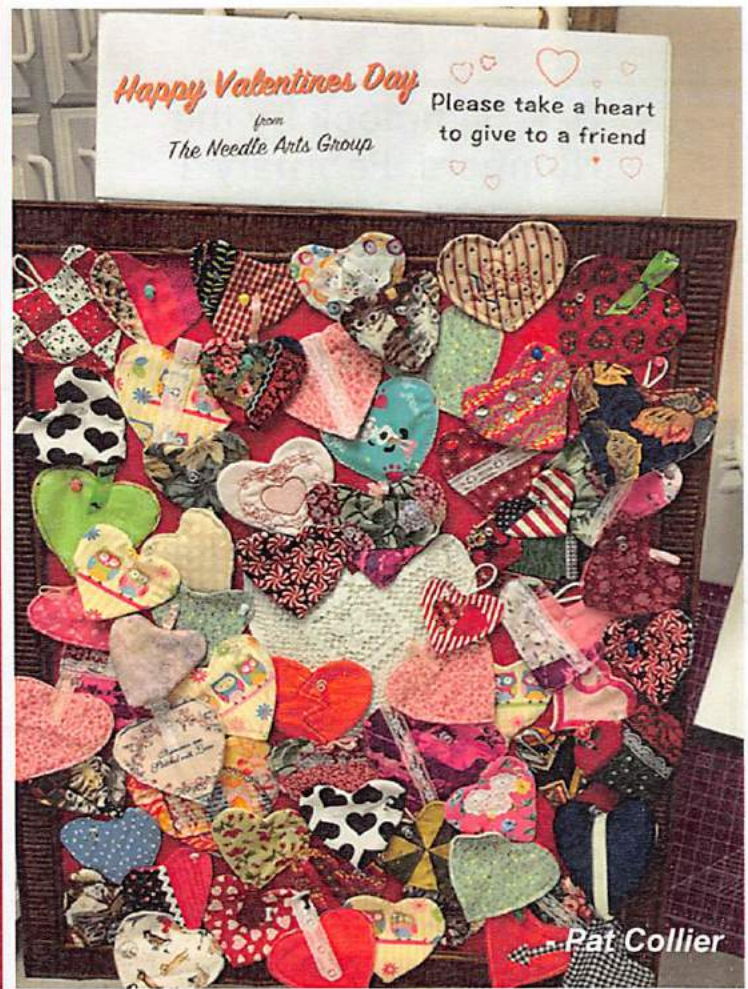
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2022 Residents' Council

President	Martha Rader
Vice President	Norm Cooney
Secretary	Elisabeth Virnstein

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

<u>Committee</u>	<u>Meeting Time</u>	<u>Chairperson</u>
Active Lifestyle	1st Monday, 11:00 AM	Keith Berg
Planning and Design	TBA	Dick Suttor
Buildings and Grounds,	2nd Thursday, 10:00 AM	Jan Lowenthal
Communications and Marketing	4th Friday, 1:30 PM	Mary Kilgour
Community and University Partnerships	1st Friday, 10:00 AM	Michael Plaut
Dining Experience	1st Friday, 10:00 AM	Bruce Blackwell
Finance	3rd Thursday, 1:30 PM	Al O'Neill
Health and Well-being	1st Thursday, 3:30 PM	Henri Logan
Technology and 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.**