

Easter and Passover Seder at Oak Hammock

Oak Hammock Dining Services put on a comprehensive buffet on April 17. Soup, salad, charcuterie, several meats and vegetable dishes, and, of course, innumerable desserts. Seeing so many residents gather afresh, many with visiting family members, was gratifying after months of severe restrictions in dining due to Covid. Both Fine and Casual Dining rooms were open, and additional tables were available in the Upper Commons.

- Bill Castine



For the first time in three years, because of Covid, Oak Hammock held a Passover Seder, the annual commemoration of the Exodus from Egypt. The Seder Plate represents the story of the Exodus, particularly the bitterness of slavery. We are enjoined to consider ourselves as having been personally redeemed from slavery and thus must cherish freedom for ourselves and all others. This is particularly true in light of today's exodus from Ukraine.

The Seder was led by Mike Plaut with songs led by Bernie Van Emden. The Four Questions were sung by Gail Jaffe's and Joe and Eve Berkow's granddaughters whom we were fortunate to have in attendance. This is because, traditionally, the Four Questions are asked by the youngest person in attendance. Imagine trying to find the youngest person at an Oak Hammock dinner!

- Barbara Herbstman



Easter and Passover Memories

- * My best Easter memory would have to be the first time my husband and I saw our two little recently adopted boys, a two and three year old, hunting Easter eggs and stuffing their little mouths with sugary pink bunny marshmallows. - Edna Hindson
- * The worst was the first Passover here in 2005. The entire main dining room was converted into a huge circle; sixty people attended, many for the first time in their lives. After our COO Mark Levine arrived with his family unexpectedly, they closed in the circle to accommodate him. That left no way for the servers to work successfully so two servers crawled inside and helped pass the food. The kugel was made with semi-raw broccoli and the matzo ball soup was awful. The next day Buddy went to Publix and bought two packages of soup, made it, and took it to all the people who had sat around us to show them how it was supposed to taste. He said he didn't want anyone to think the Jews were crazy. - Betty Kramer
- * One Easter Sunday when I was 7 or 8 years old, I was wearing an Easter dress that had netting over the skirt. I was playing too rough while waiting for us to leave for the church, and I tore the netting. Instead of fessing up, I was trying to find a way to hide it from my mother. I didn't. - Roxane Bleiweis
- * My teacher told me there was no Easter bunny! Shocked, I had to believe her! On the Friday before Easter, she had sent all the kids outside for recess, but asked me to stay in the classroom with her. Then she pulled out lots of Easter candy to be put on each kid's desk and told me, "We'll be the Easter Bunny. You know the bunny is Moms and Dads." I pretended I knew that. - Mary Sue Koeppel
- * When I think of my early childhood Easters, my mother comes to mind. She always made our Easter outfits. She sewed dresses and sometimes even jackets for my sister and myself. Then she would add the straw hat and matching cotton gloves to finish off the Easter look. There were also times when she would make some part of my brother's outfit as well. Then, of course, we always had the Easter Sunday photo. The three of us were all dressed up and standing like statues looking neat and clean. After church, we were allowed to sample a few of the goodies that were in our Easter baskets. The ears were always the first to go on our chocolate rabbits. - Heather Gilkey
- * My Grandpa Whitie always gave me a very large chocolate Easter bunny. It was made of solid chocolate, so the ears were the only part that I could nibble off easily. Sweet memory! - Barbara Dockery
- * My dad worked in the Westinghouse Foundry. The Westinghouse property was located in a valley, along a creek, a tributary of the Monongahela River. When he would leave work he would have to climb stairs to get up to the bridge that crossed the valley. At quitting time, on Good Friday, there always was a vendor at the top of the stairs and they had a box full of baby chickens all brightly colored for spring, or the vendor had beautiful, white, cuddly rabbits—all for sale. It never failed, my dad had to bring one or the other home for us for Easter. The peeps rarely survived more than a few weeks, but I do remember building a cage for one of the rabbits. I don't remember how long any of the rabbits survived, but cuddly white rabbits have always meant Easter was here for us and, more important, was the look of affection on my dad's face as we played with these animals. - Joseph Gilkey
- * I have a favorite photo of the family on Easter Sunday with all six of us dressed in our Easter finery standing in a foot of snow. We were on our way to Aunt Doris's where we always went for Easter dinner. We kids complained all the way there because her Easter dinner never changed. Every Easter, she served the saltiest ham I've ever eaten. My sister recalls it being the fattiest ham she'd ever eaten. And Aunt Doris had a Welsh Corgi and a German shepherd that were all mean to children. But then my sister liked the Corgi and doesn't remember the shepherd. Ah, yes, I remember it well. But I couldn't find that photo and just to prove my lousy Easter memories, I discovered this Easter picture of my mom, my nana, my brother towering over us already at age 14, my older



(Continued on page 3)

sister and me. (You can tell I didn't get any of those genes.) We are outside our favorite Boston restaurant, The Red Coach Grill (Ken's Steak House was our other favorite), females clad in our Easter bonnets. My equally towering father was probably the photographer and my baby sister had yet to make her arrival into the world. So now my memories have all been altered. Ah, yes, I remember it well. - Beth Paul

- * I was five years old; my bedroom was on the second story of our house; I saw the Easter Bunny jump into my room through the window. He was tall and standing on two legs with his long ears standing straight up. He had on a light blue vest and a pink bow tie and was carrying an Easter basket for me. I quickly turned over and closed my eyes, as I knew he would not leave the basket unless I was asleep. It was years before I finally realized that this was all a dream. Seeing the Easter Bunny is almost as vivid to me today as it was over seventy years ago. - Penny Nicholson

Welcome New Neighbors!

Ted Copeland

Ted Copeland grew up in McDonough, GA and, after graduating from high school, attended Duke University. Coming from a family of doctors, he went on to attain a medical degree from Cornell University College and completed residency at the University of Pennsylvania. He served as an Army Major in Viet Nam where he received the Bronze Star. He was elected to the Florida Veterans Hall of Fame in 2019.



While in medical school in New York, he met his first wife at a dance. He has one son now living in Tampa and one daughter who lives in Atlanta. He also has two grandchildren. His first wife passed away and some years later he married his second wife.

Ted began his medical career at the University of Texas Medical School in Houston and at the M. D. Anderson Hospital. In 1982, he became Chairman of the Department of Surgery at the University of Florida. He also served as Interim Dean of the Medical School and first Director of the University of Florida-Shands Cancer Center.

Ted is very proud of the staff and excellent work done by the surgeons at Shands. He stated that many were not aware of how good they really were and notes that the first liver transplant was done here by Dr. Dick Howard. Since then, the transplant program has been rated #1 in the country on two occasions, one of which is the present. Ted has had a long and distinguished career, winning many awards, writing many articles, and editing a number of publications.

Aside from medicine, Ted enjoys golfing and fishing. He enjoys fishing in saltwater creeks and is partial to trout, redfish, and drum. Among his many

achievements, one of his proudest is being a member of the Society of Black Academic Surgeons.

Ted is a great fan of the Gainesville community and is very proud of the medical community here. He also loved New York City while a student there and enjoyed getting acquainted with the various ethnic communities he encountered. He is looking forward to meeting the residents of Oak Hammock. Hope he will find us just as enjoyable as those communities of his past. - Barbara Herbstman

Ofelia and Gabi

Interesting names usually mean interesting people. The third-floor denizens in building two were anxious to greet newcomer Ofelia Schutte and her dog, Gabriel. "Everyone calls me Ofelia and I am happy, so happy to be at Oak Hammock," she shares. Born in Havana, Cuba, of Cuban parents, Ofelia was named

after her mother. Her last name stems from a German ancestor several generations ago. At age fourteen, she and her parents immigrated to Miami, Florida. After graduating from high school, Ofelia studied English literature and philosophy at universities in Florida and Ohio, then received a Ph.D. in philosophy from Yale in 1978. From that time to her retirement in 2012, she had a very active career teaching philosophy, Women's Studies, and Latin American Studies at UF and USF (Tampa). Ofelia



(Continued on page 4)

(Continued from page 3)

kept her home in Gainesville and was active in the Retired Faculty UF and ILR at Oak Hammock—all with plans of retiring to Oak Hammock.

And Gabriel? He's a rescue dog. A special one, obtained through the National Brittany Spaniel Adoption Network, which matches the animals to prospective owners. Ofelia was given ownership of three-year old Gabriel (shortened to "Gabi"), who now is seven years old. "I love to walk out in the woods. But Gabi likes to be on hard surfaces. I really think *he's an urban dog!*"

The accomplishments of Ofelia could fill pages of print. That could never compete with her personally sharing them. She officially is retired from faculty responsibilities but remains a favorite to critique panel presentations dealing with literature and the philosophy of the writings.

Ofelia loves the Mediterranean diet and hopes to see more items offered daily. She enjoys tai chi, exercising in the gym, nature, and of course: *urban walks with Gabi*.
- Barbara Dockery

Alisun Branson, Assistant Director of Nursing

Alisun Branson, RN, joined our staff in January as the MDS Coordinator and has now transitioned to Assistant Director of Nursing (ADON). She grew up in Gilchrist County where her father worked in water management. After graduating with her LPN, she returned to school and obtained her RN from Florida Gateway and has her eye on returning to school with the aid of our scholarship program to obtain her BSN.

Alisun came to us from a fourteen-year stint at Ayers Health and Rehabilitation Center in Trenton, where she worked with Michelle Parker, our Director of Nursing. She has expertise in wound care and experience as a unit manager and ADON. All of her nursing experience has been in long term care.

With a seven-year-old daughter and a nine-year-old son, she enjoys spending time watching softball games and being at the beach and the river or doing "anything outdoors." She said she also loves to read.

As you go to the health pavilion to visit, take a minute to extend a personal welcome.

- Karen Miller



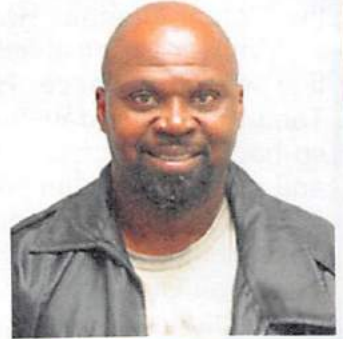
Ernest Perry, Security Officer

Ernest Perry, who joined our security staff in March, grew up in Gainesville. He heard about the opening through his brother, who is a member of our housekeeping staff.

He proudly told me that he had worked for twenty-five years at Westwood Middle School. In addition to his brother, his mother and grandmother are in Gainesville. In his spare time, he enjoys fishing, detailing cars, and swimming. His goals include traveling and he hopes to go the Bahamas before too long.

Ernest will be working days Tuesday through Saturday. Look for someone with a warm smile and welcome him to Oak Hammock.

- Karen Miller



Kevin's Birthday

-Patsy Nelms

You Make the Difference Awards

These employees were recently honored with a "You Make the Difference Award." Details of their accomplishments are located on the board by the Oak Room.

Congratulations!

Edward Labine Maintenance

Aida Sonida Housekeeping

From the Oak Hammock Fitness Center

We wanted to thank everyone for sending in their input for exercise and physical activity! It is amazing to see the Oak Hammock community be passionate about the various ways they stay active. We encourage you to keep gardening, walking, biking, swimming, and weight training. These, and many other activities, are great ways to stay physically active, which is very important to maintain healthy bones and muscles, reduce the risk of falling, and improve mood.

The American College of Sports Medicine (ACSM) recommends doing 150 minutes of moderate physical activity per week. This sounds like a big number, but it is very attainable at only 20-30 minutes a day! To hit this number, we highly encourage you to set SMART goals (goals that are **Specific, Measurable, Attainable, Relevant, and Timely**). We challenge you to invite a neighbor or friend to join you in a class or whatever you do to stay physically active! If you have any questions or just want help setting up your goals, we would love for you to come down to the Fitness Center to talk with us!

- Jackson Andraski, Jacob Fordham, Mia Remigio

Take Stock in Children

I cannot thank you enough for your generous support of The Education Foundation's Take Stock in Children program! When I started my 60th Birthday parties for Take Stock in Children in 2016, I could have never imagined all that we would be able to accomplish together.

At the party on March 31st, we announced that over \$184,000 had been raised this year! And since then, even more has been donated and we currently are exceeding \$190,000! We also heard from two special students, Marland and Grace, who have been supported by the Take Stock in Children program and also have ties to Oak Hammock! Marland's mother works in Oak Hammock Security (Barbara Perry) and he was mentored by Oak Hammock Resident Margaret Boonstra's son-in-law. Grace's scholarship was sponsored by Wilt and Donna Wagner!

What makes this event special is that all of our residents can participate, no matter how long they've been here at Oak Hammock or in Gainesville, because we all recognize the value that an education can provide, especially to those caught in the cycle of poverty.

Take Stock in Children works with promising students who have the drive and will to succeed, but lack the financial means to go to college. By providing them a scholarship to college, we are opening doors that were previously closed to them! Take Stock in Alachua County has a 97% success rate.

Thank you, thank you, thank you! I am proud to be a part of this great community here at Oak Hammock!

- Nancy Perry



Handing out "Take Stock" flowers with Higgins.



Nearly 100 Cowgirls and Cowboys supported the Take Stock in Children program and celebrated Nancy's 60th Birthday. (Phil Morrison)

2022 Founder Fifteen Fest

It was April 1st and the Upper Commons area was festive with wine and delicious appetizers spread out on an orange and blue tablecloth while clusters of balloons soared above the railings. But, no, this wasn't a celebration of April Fool's Day. Instead, it was an occasion to celebrate our Founders.

It isn't clear as to what officially constitutes a Founder. CFO Andrew Davey has stated that founders are the first to occupy a home, villa or apartment. Others rely on the Founder designation on their name badges. For the purposes of the party, however, all members of the Oak Hammock family who have lived here for over 15 years were especially celebrated with personal invitations and swag bags. "This was so much fun! I think we need to do it every year, always adding the newly-minted 15-year people," said Katherine Osman, the party's organizer. Partygoers weren't concerned with a definition--they were just having a good time being together with longtime friends, including many residents from the Health Pavilion. One participant thought the event resembled a college reunion. Whatever, it was a jolly occasion.

- Cynthia Clements, Alice Gridley, content;
Bill Castine, Katherine Osman, photos



The Founder Fifteen (In Move-In Order)*

Judy Satterthwaite
Manny and Pat Lucoff
Mary Adams-Smith
Edna Hindson
Charles and Margi Sidman
Brenda Thomas
Nancy Green
C. Allan Ross
Jim Piety
Adrienne McAlevey
Carol Hayes-Christiansen
David Grundy
Bill Castine
Joe and Anne Shands
Sara Gilmore
Carol Ash
Elizabeth Kramer
Juanita Miller
Wayne Strickland

Pat Liston
Janet Janke
Roanne Coplin
Frank and Hikmet Bates
Val Griffith
Marian Collier
Ian Hood
Charles and Sally Snyder
Karl Schwartz
Rhoda Morrison
Elinor Frost
Marilyn Hutchinson
Marshall Criser
Victoria Blake
Clementine White
Leon and Sally Glaze
Cynthia Clements
Leonard Emmel
Charles Mohr

Jean Hattaway
Catherine Morsink
Gerald and Gaye Kirkpatrick
Ruth Perraud
Clotiel Caffey
Rhoda Swerlick
Ann Emerson
Kay Koons
Nancie Jones
Ray and Anne Goldwire
Gene Anderson
Clyde and Sandra Smith
Hugh Wise
Fred and Pat Harden
Ron Schoenau
Betty and Bob Porter
Stella Makara
Carmen Tango
Marjorie Johnson

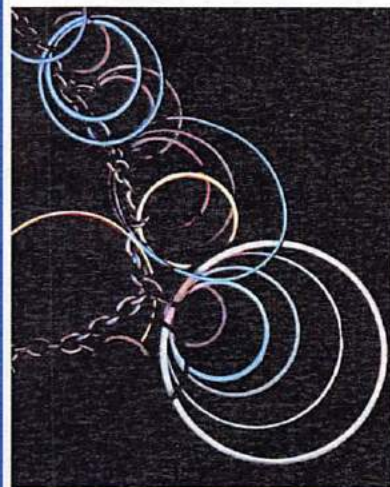
Linda Damico
Robert Gentry
Mary Sue Koeppel
Emily Patton
Mira Rinzler
Robert and Deanne Taylor
Marilyn Ast
Janie Kalaf
Mary Young
Robert and LaVerne Petzold
Margaret Weech
Joe and Heather Gilkey
Lois McGrady
Dan and Marion Siegel
Will and Susan Shafer
Jeanette Harvey
Don and Pat Collier
Bruce Blackwell
Mary Walker

Jane O'Donnell
Helen Berk
Catherine Bidgood
Elizabeth Wing
Forrest Crawford
Mary Kilgour
Jack and Mary Polk
Dick and Pat Martin
Jan Havre

***Copies of the full list
with move-in dates
can be requested from
Katherine Osman via
email.**

The Art League

It's showtime again at Oak Hammock. Michael Levy's Nonagenarian show in the Main Gallery was celebrated with a beautiful and very well attended reception on Sunday, March 27th. Many of the nonagenarians featured in the photos were present. Congratulations again to Michael for his amazing work.



Marching on, the next show, April 10th-July 9th, in this same gallery will be "Fabrications," featuring the artistic creations of our local fabric artists, both residents and outside artists. Mark your calendars for the opening reception on Sunday, April 24, 3-5 p.m. See you there.

The mini gallery, under the auspices of Midge Smith, will be hanging a new show after April 8th. This show will feature the photography of G. Haggan and will be his first one-man show. We are proud that it will be here at Oak Hammock. The mini gallery is located along the hallway from the Wellness Clinic and the entrance to the Health Pavilion. Midge and all of us wish to express thanks for those who took the time to fill out the ballots stating their preference for a favorite artwork. The artists greatly appreciate it too.

- Marion Siegel, content; G. Haggan, photos

Senior Seniors

Once every three years, Michael Levy, with the assistance of his wife, Jane Polkowski Levy, has taken individual photographs of nonagenarians resident at Oak Hammock. During 2021, they photographed the subjects and developed this year's exhibit. The photos were on display on the walls in the Gallery surrounding the Duckworth Garden through April 9. On March 27, a reception was held to celebrate the exhibition, complete with wines, delicious hors d'oeuvres, and desserts. Many of the nonagenarians were present and gathered for a photograph in the Upper Commons. The expression may be trite, but "a good time was had by all."

In case you missed it or would like to "revisit" the exhibit, a video by Dick Martin is online at

<https://www.youtube.com/watch?v=sjMTFtieXyA>.

- Bill Castine, content; Kevin Ahmadi, photo



Women's History Celebration

On March 29, near the end of Women's History Month, a celebration of women was held in the Oak Room. Dick Martin had prepared a beautiful backdrop celebrating Women's History on the screen and balloons festooned the room. Barbara Francis spoke about the Women's History Museum in Washington, DC. Certificates of Thanks were awarded to the women who pioneered our unique community activities here at Oak Hammock: The woman who started the Library, Janet Janke; The sewing room, Pat Liston; Recycled Riches, Valerie Griffith; The Art League, Marion Siegel; the Oak Hammock Singers, Nancy Green; the Resident Directory, Margi Sidman; the Travel Club, Brenda Thomas; Editor of the Oak Leaf, Patsy Nelms. Overlooked, but not forgotten

were Mary Adams-Smith and Marilyn Ast for the Women's Bible Study. Those leaders who served as Chairs of the non-partisan League of Women Voters at Oak Hammock, Sally Foote and Susan Wiltshire, were remembered for their dedication to our political awareness. Both husbands, Forrest Crawford and Jim Wiltshire, were there to accept a Certificate of Thanks from the League. A short video of the League's history was shown and June Girard announced that the League of Women Voters Committee of the Alachua County League of Women Voters will be holding a membership meeting in May and a candidate forum in July.

- June Girard, content;
Bev Cone, Patsy Nelms, photos



Singer News

The Oak Hammock Singers resumed rehearsal with Ron Burcher and Brenda Smith on April 4, preparing for a concert in May. Afterwards, Brenda and Ron had arranged for one of their students, Megan Sabella (top right), with piano accompaniment by Nansi Carroll, to present a recital as Megan prepares for a degree of Bachelor of Music in Music Education at UF. It was a spectacular musical presentation to members of the Singers.

- Bev Cone, content;
Patsy Nelms, photo

At right, chorus directors Brenda and Ron share their newly published book.

- Barbara Dockery



Flowers for
the Ukraine

- Bill Castine

It's a Frame Up!

Needlepoint originated in the 17th century and was used in upholstering furniture. Imagine the eyestrain and arthritic fingers that resulted! All that work wouldn't fly today—especially in the US of A. The Oak Hammock Needlers new display shows the various steps of needlepoint. Counted yarn is stitched through a stiff open weave canvas. Traditionally, the work completely covers the canvas, and usually is framed for home décor. Both then and now: *Dedication and determination are pre-requisites.*

Embroidery stitching filled the needs of Oriental and Middle Eastern religious attire. It is less demanding and continues to be a popular addition to clothing. The Oak Hammock Needlers are happy to share their many talents.

Note: Framing not included.

- Barbara Dockery



Kids Village Trip

It was a beautiful March morning and 11 residents from Oak Hammock boarded a bus to Kissimmee and the Kids Village, home of Give Kids The World. Oak Hammock has made this trip 3 times previously and this is possibly the last time that residents will have a chance to visit this incredible place.

When we arrived at the Kids Village, Tami O'Brien, the Village historian, boarded the bus and, with her best southern patois, proceeded to tell us stories about Give Kids The World from her early days of working out of a closet to the magnificent village that now exists. We traveled through the Village by bus and by foot to visit the various buildings and attractions.

We stopped at the Gingerbread House to have a buffet lunch prepared and served by the volunteers who serve the families who visit the Village. We could choose from pizza to salad, to chicken pot pie, or a full lunch of fried chicken, mashed potatoes and corn. It was topped off with a chocolate chip cookie or a brownie.

We left the Gingerbread House and visited the little chapel on the property. Kenneth Curry, our driver, offered up a prayer for the Village and the people of Ukraine. From there we walked over to Henri's Starlight Ice Cream Palace where we added some more calories to our visit.

I think everyone left with a new understanding of the wonderful work this place does. It is one of a kind—the only one on earth—and it exists right here in our backyard of Kissimmee. It is something for which Floridians can be proud!

- Joe Gilkey, content;
Deborah Rossi, photos



Vial of Life Update

The updated Vial of Life form is available digitally via your Touchtown apps or through the following link:

<https://app.smartsheet.com/b/form/d1711d67a5c34831ac59529052b7a05f>

For more information, please call Leah Watkins, Personal Services Manager at 352-548-1162.

Putting Families First

Putting Families First (PFF) is a course for University of Florida professional students. The goal of the course is to practice medical questionnaires and to understand the impact resources and environment have on health status. Each year, a group of 4-5 students from various health programs collaborate to complete a year-long project with residents of the Gainesville community including some residents of Oak Hammock. This year our project's goal is to give tips on how to make people with disabilities, especially those in the elderly population, feel more included and valued.

When speaking with any elderly person, DO NOT assume they can't hear well.

- A common pitfall people make is to automatically talk louder or use different vocabulary than they normally would.
- If an elderly person does have a hearing deficit, talk clearly and slowly in a normal tone.
- If it is safe to do so, lower your mask as masks can hinder lip reading.



41 % of older adults aged 65-79 have mobility issues; it increases to 71% for those over 80.



- Provide clear public walk areas to prevent falls
- When assisting older adults with mobility impairment, it is important to be patient, go at their pace, and assess if it is necessary to take a break
- If able, it is important to encourage ambulation to decrease the prevalence of vascular pooling in the extremities.

Approximately one in three people have some form of vision-reducing eye disease by 65.

- Vision loss occurs on a spectrum and it is always important to ask what assistive devices and aid are appropriate for each individual person's needs.
- Increase accessibility to written materials by having printing in larger fonts and alternative options such as braille and audio versions.
- It is important to give those experiencing vision loss appropriate verbal and tactile cues during activities, appointments, and when offering assistance if needed.



Depression is commonly seen as a normal part of aging and the symptoms are often ignored in the elderly population.



- 13.5% of those who require home healthcare reported feeling lonely with an increase in physical symptoms.
- Elderly patients on medication, like statins and corticosteroids, should be monitored for signs of depression, as this is a common side effect.
- If it allows, in light of COVID, spend more time outdoors in groups, or with family and friends, engaging in social activities

- Bliss Colao, Ashley Hilbert, Illyssa Jaraplasan, Aryan Charles, Alissa Mompremier

The students named above worked with Edna Hindson and developed this report near the end of their term.

FLiCRA Report

One bill that passed in this last legislative session that would concern our Health Pavilion has to do with the ratio of staffing hours to an individual resident. This change came about because of the staffing shortages with the idea that when the shortages eased the ratio would return to its previous level. This is called the Sunset Provision. The change in the staffing ratio passed but the Sunset Provision didn't. The decision was made not to fight for the change but to take it up again in future sessions. Because most CCRCs are above the ratios, we don't have to worry.

Our current board members are Tom Gire, Vicki Mulhearn, John Spindler, Karen Merrey, Mary Wake, Mary Sanford, Don McGlothlin, Chuck McDonald and David Boyd.

- Mary Sanford



Landscape Update

Judy Plaut, who does so much for Oak Hammock, recently handed her Landscaping Sub-committee mantle to Bob Virnstein. Gene Zeigler is heading up the Coral Ardisia project, and Jan Lowenthal, chair of the RC Buildings and Grounds Committee, continues her work with management and the Board.

The Strategic multi-year project that Judy Plaut and Jeff Hagen set up in 2018 has been completed, including The Janes Garden dedication. There continue to be long-term concerns that will need funding in order to improve the grounds. "The landscape budget has been quite small for many years compared to the size of our grounds, and we are under multiple regulations from some federal plus state, city, and county regulations," explained Judy. She wishes "some residents who never attend our meetings would stop being so hypercritical about the grounds and better understand the regulations, economic pressures, climate zone, soil conditions, etc. here behind what our small, very hard-working crew do with that tight budget. I don't see large donations coming for grounds improvements from them. I am so grateful for one large donor and the work that Jeff Hagen did to start us in making some major improvements. A new special needs fund has been started that will allow people to be able to donate towards special projects, but this is not yet ready for prime time, and the resident handbook revision in progress should help guide residents if they will read it and do their part."

Many thanks to Judy for helping us understand how difficult it is to keep our large area looking good. And thanks to Bob, Gene, and Jan for their continued work behind the scenes, and to Amanda and her two hard working crew members.

- Beth Paul

Benevolent Fund Contributions

Through April 1, and since our last report, a total of \$100 was received in honor of Pat Liston and Heather Gilkey.

- Jonathon Mann



Recycled Riches

Recycled Riches has a problem that is not unique: everyone likes the idea, but no one volunteers to take charge of some programs. We currently need at least 3 volunteers to run apartment sales in building one. We have been forced to stop most services to our Health Pavilion and houses/villas over the years. Now we only have volunteers to run apartment sales in building two. Judy Plaut does a marvelous job with Special Treasures, but we cannot find someone to help with displays in the jewelry cabinet. Isn't there someone out there who loves jewelry? Our Flash Sales have proved to be effective in selling furniture donations, but cannot continue without additional volunteers who can take pictures and make arrangements with residents to be available at the end of the sale to show their items to the winners. If Recycled Riches is continue to serve Oak Hammock, please call Valerie Griffith, Judy Plaut, or Doris Greene (Flash Sales) and volunteer in the area that interests you. Until we get more leaders, we are limited.

One area where we can help all residents is to give good information about downsizing or cleaning out residences. We have many well qualified members on our committee who are happy to visit with you or your families to give you advice, lists of areas inside and outside of Oak Hammock that take donations, and help make your transition as organized as possible. Remember that what we can use here at Oak Hammock helps our staff and our bottom line.

Our next meeting will be on Monday, April 25, 11 a.m., in the Acorn Room. Come join us. Please observe current rules for Covid-19.

- Valerie Griffith, Chair, Recycled Riches

The Case for A Benevolent Fund

The Oak Hammock community, our home, is a truly caring community. For many of us, living at Oak Hammock is a dream come true. This is where we will spend the rest of our lives, comfortable and confident that our healthcare needs will be met by our community, and that we will not be a burden on our families. Moving to Oak Hammock has been characterized by some residents as a gift to our children.

For some, however, unforeseen financial hardship or *outliving one's financial resources* jeopardizes that comfort. Oak Hammock's Benevolent Fund is intended to assist those few residents who, at a time when they are most vulnerable and through no fault of their own, are unable to meet their service fee obligations. *Friends helping friends*. It's how our commu-

nity comes together to protect each other. In fact, doing everything possible to provide for such residents directly reflects the mission of many CCRCs, including Oak Hammock.

A study by Leading Age suggests a CCRC should anticipate that about 1% of its residents will exhaust their financial resources prior to end-of-life. Benevolent care programs were promulgated to provide care for those few by their community. Oak Hammock's Benevolent Fund was initiated by a generous donation from Frank Duckworth, President of our original Board of Directors. His vision formed the cornerstone of our Benevolent Fund and provides us an opportunity to build on his legacy. *Friends helping friends*: taking care of our own in our community, both now and for future generations.

- Norm Cooney

Where Was and Is

The old Coca Cola plant from the 40s and 50s (top right). This was at the time where the bottoms of the bottles had city and state names on them. When a group of kids would buy drinks, before looking they would agree that the person whose bottle came the longest distance would pay for everyone, or if there had been a pot of money instead, that person won the pot. I remember walking by the plant on the way home from school and watching the bottling process. Also note the old brick street pavement. If you were riding your bike on the wet street, you might end up on the bricks if not careful.

Where is this building? On the right is on SE 2nd Street across the street from Louie's Hamburger place. The photo below shows what business is in his old building. Also shown below is an interior view inside The Daily Green. Please note I did NOT spoil my supper by buying anything!

What was and now is and where is this?

At left is the bus transfer station on SE 2nd Street with GRU in the background. When I was a kid, this property had the Grapette bottling plant and I also walked by it on the way to or from school. I don't remember the owner's name, but he was a friend of the family and I think once or twice I sponged a bottle right off the bottling line.

Where is and what was this?

At left, this was the Cox Furniture warehouse on South Main Street at 3rd Avenue. It appears to be unused at this time. Third Avenue Southwest leads into the area called Porters Quarters where railroad crew members from the Atlantic Coast Line lived. It is a historically black community with some of the old houses still there, but more new apartment buildings and a good-looking community center and playground are now there.

Where is and what was this?

At right is the new building going up just outside the main entrance to Oak Hammock. Down the street you can see the traffic light for our entrance. I cannot believe that the city of Gainesville permitted construction this close to a major traffic Thoroughfare—Williston Road! Who would want to live there? Not !!

What was, what is, and where is this building?

In the 40s and 50s this private home, shown at left, housed a

lady who produced boiled green peanuts, a favorite in the South at that time. Boys who wanted to earn some money would walk around town with a small basket with paper bags of peanuts. They would shout, "Fresh green boiled peanuts, 10 cents a bag." Or it might have only been a nickel a bag since you could get a coke for a nickel in those days. Also, in case you didn't know it, here in the South "coke" referred to any cold carbonated beverage. You would hear someone order a coke and be asked, "What kind?" and they might reply, "An orange, please." I never sold peanuts on the street, but I ate them. They were cold, salty and soggy and you ate the whole thing, or some folks would get the peanuts out and toss away the husk.

- Walter Wynn



A Room for Pins, Needles, and More

When Oak Hammock was being planned, Marketing was impressed with the number of inquiries regarding offering an area for those that enjoyed sewing, knitting, and needlework (plus woodworking). It was no surprise that both would be offered to new residents. Each area has continued to upgrade to meet the needs of users.

The Needle Arts Room—labeled “The Needlers’ Room”—recently undertook a total renovation. Cabinets and drawers were emptied and restocked. Items were evaluated and reorganized into specific locations. Walls were repainted. Bonnie Umphreys printed labels to be posted on each door and drawer, making everything easy to find! That’s especially important when “non-needlers” are looking for a button, a zipper, or a specific thread. The room is open daily for all. Sewing machines are set up, but check with owners prior to use.

Space is available to work on various projects—quilting, knitting, repairing. There are knitting needles, crochet hooks, sewing needles, and pins! A posted notice reads: “Shands’ volunteer office still wants preemie and regular size baby hats and blankets. Keep knitting!”

The newly-updated-spiffy-looking Needlers’ Room is located on the lower level (by the pool table!). Take time to visit the Needlers’ Room. And sign in the notebook on the table. All interested needlers gather on Thursdays at 2:30 for sharing projects and friendship. Don’t miss the two display cases (just outside the door). They feature the many talents of those who love to use pins, needles, and more. - Barbara Dockery



Sharing Favorite Free Time Memories

Some things in life are free. Others can’t be bought. The Needlers share their favorite ways to spend an hour—or lots of them—making lap quilts for people in the Health Pavilion. Each quilter’s name, plus the quilt’s title, are printed on a corner of the reverse side. A small note pinned to the front of each quilt reads: “A gift to you from OAK HAMMOCK QUILTERS”. Numerous requests to purchase these lap quilts always results in the same response. “Sorry, not for sale.” Visit the current display window on the lower level; it reveals the many interests of the quilters. Thanks for keeping quilting as a favorite! - Barbara Dockery



Political Hot Line III

As election season approaches, we often neglect less popular offices in all the hullabaloo of candidates running for more “glamorous” offices. Often little attention is paid to some of our more obscure state offices.

The Florida State Legislature mirrors our national government in that we have a State Senate and a State House of Representatives. Many are unaware of the existence of our Legislature or of the power these elected officials can wield. Few can name their State Senator or State Representative. In some cases, because only one candidate qualifies, his or her name does not appear on the ballot and the public is unaware of the existence of the office or the name of the official elected. For years, this has been the case for Oak Hammock. Only one person qualified to be State Representative so his name never appeared on the ballot, he seldom campaigned and so the office was overlooked.

For the record, Oak Hammock is in Precinct 54 and our official place to vote is the Florida Museum of Natural History. We are in State Senate District 8 and in State House District 20. These districts are set by the State Legislature. You can access this information at the site of the Supervisor of Elections of Alachua County (<https://www.votealachua.com/>). This information dictates what will appear on your ballot in August.

In addition to voting for the State Legislature, there are also state executive offices to fill such as Attorney General, State Agricultural Commissioner, Florida Chief Financial Officer, and various judgeships. This will be discussed in later columns once the ballot is completed.

The bottom line for all this information is that there are a lot of offices to fill and a well-informed voter will take every opportunity to study the candidates and issues as they arise. Ballots are often quite long and many voters stop after choosing the more well-known candidates, but it is the duty of every citizen to make the effort to learn what will be on the ballot and fulfill his/her duty to vote wisely. - Barbara Herbstman

Community Outreach

The serving team for lunch at Queen of Peace for about 500 kids, 120 adults and 36 of us!! Great fun in the community! - Nancy Perry



Building 1, Floor 4 Party



1. Don and Marilyn Crosby
2. Henri Logan and Chuck McDonald
3. Henri and Chef-for-a-Day Ray Goldwire
4. Anne Goldwire
5. Val Griffith

- Alice Gridley

UF Student Poster Contest

Students and residents gathered in the Oak Room on March 25th to view University of Florida student research related to the aging population. Judges from both the University and Oak Hammock had the difficult job of selecting the best five research poster presentations from a broad array of topics. Research included home safety among older pet owners, exercise in retirement communities during Covid-19, and wearable focal muscle vibration to improve mobility in older adults.

On April 5th, the five finalists presented their research; awards of \$1000, \$750, \$500, and \$250 (two) were given based on ranking. Funding is provided by the ILR. This program has been in place at Oak Hammock since 2006.

- Janet Bostrom, content;
Patsy Nelms, photo



Oak Hammock by the Numbers, April 1

Independent Living

	Total	Sold	Available
Houses	57	57	0
Apartments	212	211	1

- Nickie Doria

Health Pavilion

	Total	Occupied	Available
Assisted	46	36	10
Memory*	24	11	1
Skilled**	73	54	19

* 12 units are set aside for quarantine

** fluctuates daily

- Mary Sabatella

Dan Flok

Elvis has NOT left the building...

.... Not when Dan Flok's in the Oak Room! Dan's frequent visits to entertain at Oak Hammock have people calling out the names of their favorite songs and singers. He's been stirring up memories and making folks happy with his music for over twenty years. Dan Flok combines a unique ability of truly outstanding guitar talent, with a pleasing voice, ranging from Bobby Darin tenor to even lower than Johnnie Cash bass! Don't miss the next time Dan Flok visits Oak Hammock. The saying "Elvis has left the building"? It originated at the conclusion of a 1956 Louisiana Hayride Show—attempting to empty the studio. Dan Flok definitely keeps people dancing in their seats ... 'til the show's over.

- Barbara Dockery, content; Patsy Nelms, photo



Ice Cream Treats Thank You for Staff

At a regular Wednesday Afternoon Wine gathering, residents of the Third Floor in Building One listened as Marcia Brant suggested that we do something to show the dining crew how much we appreciate their dedicated service when their department is so short-staffed. Marcia suggested a gift of baked goods, and Larry Lowenthal countered with the idea of ice cream gift certificates. That won the day (easier), and a collection was quickly taken up. At the same time, Jan Lowenthal secured the blessing from Martha Rader, president of the Resident's Council, to proceed. With the funds raised, Gail Johnson was happy to turn over 160 ice cream certificates to Chris Rocks, who happily agreed to distribute them to the staff. Will residents of other floors and the street people try to top this?

- Larry Lowenthal



Clip art from Vecteezy.com



The Bookends perform in the Oak Room on April 3.

- Patsy Nelms



Talented pianist Iisu Yoon performed in the Oak Room.

- Katherine Osman

Street Party



A perfect party and perfect weather as the street people gathered for their monthly get-together. Thanks to hosts Carole and Bill Zegel, Jane and Michael Levy, Connie Brill, and Ann and Dick Elnicki.

- Beth Paul, content; Patsy Nelms, photo



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Acorn Clinic Books

1. Members of the Book Clubs at Oak Hammock putting labels in the 750 children's paperback books that will go to the Acorn Clinic to be given to the children when they go there to see the dentist.
2. Christie King was the special guest at the December meeting of the Acorn Book Club. She shared how she collected books for the children who came to the Acorn Clinic as her project for the Gold Award, the highest award in Girl Scouting.
3. Candice King getting the books to deliver to the Acorn Clinic. This is a yearly outreach project of the three women's book clubs at Oak Hammock.

- Janet Janke



Voting by Mail

Voting by mail has a life of only two years. All residents who vote by mail need to verify their status now in anticipation of the midterm election. Call the Supervisor of Elections office at 352-374-5252 or visit <https://www.votealachua.com/> to check if you have to renew now. - Betty Kramer



2022 Residents' Council

President	Martha Rader
Vice President	Norm Cooney
Secretary	Vacant

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

Committee	Meeting Time	Chairperson
Active Lifestyle	1st Monday, 11:00 AM	Keith Berg
Planning and Design	2nd Wednesday, 3:15 PM	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	4th Wednesday, 3:00 PM	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.**