

Memorial Day

Maintaining an Oak Hammock tradition, Memorial Day was celebrated with two events: A cookout in the Duckworth Garden was most enjoyable and later in the afternoon we appreciated Gary Langford's trumpet rendition of "Taps" and "Amazing Grace". (The very next day Gary had knee replacement surgery and is recovering in our skilled nursing facility. Stop by for a visit to cheer him up.)

Musicians of all abilities and ages across the country honor our fallen soldiers by playing "Taps" during the National Moment of Remembrance at 3 p.m. local time. "Taps" is instantly recognizable as the somber 24-note bugle call played at American military funerals and ceremonies. It is a very fitting way to honor our service personnel who have given their lives for our freedom. - *Bill Castine, Beth Paul, content; Bill Castine, photos*



Welcome New Neighbors!

Ann Andel

Ann has recently moved to Oak Hammock, after living in Gainesville for about forty years. She said there were only five Publix stores here when she moved here. Times have changed, and she has watched Gainesville as it has grown.



Ann went to school in Buffalo, NY, graduating with a degree in nursing from Dyouville University. She later earned her master's degree in Health Education at St. Joseph's University in Philadelphia. When her Dad became interested and excited about moving to Florida, she followed him here to Gainesville, and has since worked at all three hospitals here: she's been an ICU nurse at Shands (the old Shands); she worked as a nurse at the Veteran's Hospital, centering in research projects; she's worked in endoscopy and has been an ICU nurse at North Florida Hospital. She volunteers at the Haile Homestead as a docent. Until recently, she had her own home here.

Ann decided to move to Oak Hammock after retiring and now lives in Building 1. She is interested in making new friends and participating in the many opportunities and fun projects here. Ann loves to read. She is already active at the Fitness Center; she is on the list for a garden plot, pending assignment; she enjoys knitting and meets with the Needlers on Thursday in the Sewing Room. Ann recently attended a Recycled Riches planning meeting, and is now working with Judy Plaut in Recycled Riches. She feels that is a wonderful way to express loving concern for our hard-working staff here.

She and I are both relieved and excited to have Oak Hammock activities opening up after a long time with Covid restrictions. Welcome to our wonderful Oak Hammock community, Ann.

- Bev Cone, content; Julie Ann Ariet, photo

Will Droege

Wil was born in Aurora, IN. His family moved to Gotha, Florida in 1939, a place where his grandparents had settled in 1911. His family moved to Orlando by the time he was in junior high school, and Wil went on to graduate from Edgewater High School. He attended the University of Florida where he joined the Sigma Phi Epsilon fraternity and received a degree in Pharmacy in 1959.



Wil's first job was in Jacksonville where he worked for one year before moving to Clermont, FL, where, at the age of 23, he opened a small apothecary shop where he worked for forty-three years before retiring. During that time, he joined the National Guard and remained in service for seven years.

He met his wife on the golf course and they were married for fifty years before she passed away. Wil has two daughters, one who lives in San Diego and has two children, and one who lives in Tampa, also with two children.

Wil is an avid gardener and has raised roses, bromeliads, and orchids. He brought ten orchids with him when he moved to Oak Hammock, and they are on display in front of his apartment in Building One.

Wil chose Oak Hammock because he knew people who live here and it offers everything he needs. He likes to meet people and enjoys outdoor activities.

Wil attends the Lutheran Church every Sunday and also listens to the church services he once attended back in Gotha. He believes, "This is the day the Lord has made. We should rejoice and be glad in it."

Good friends, good food, good environment. Welcome home, Wil.

- Barbara Herbstman

Shipping and Addressing Update

Please include apartment numbers when placing online orders.

Packages arrive daily with incomplete or inaccurate addresses. Double-checking mailing information before completing purchases is an easy way to prevent packages from being returned or delivery delays. Shipping companies have the option of charging recipients up to \$20 per order for incorrectly addressed shipments.

More New Neighbors: Ted and Barbara Wasserman

Ted and Barbara Wasserman are northeasterners who maintain a place in Boston to be near family members. Barbara received her BA in Sociology from Boston University and years later earned a master's degree in Personnel Administration from Barry University in Miami Shores. Ted earned his BA in Chemistry from Rutgers and his MD from Tufts University in Boston where he and Barbara met and married. He did his internship and residency in radiology in New York at Albert Einstein Hospital. These were the Viet Nam years, so upon completion of his residency, Ted did two years of active duty in Missouri as a major in the army medical corps.

With all Ted's medical and service obligations behind him, the couple settled in the Miami area to escape the cold. They raised their children there and enjoyed boating, running (Ted), and raising orchids. Ted was a radiologist with Larkin General Hospital in South Miami. When Hurricane Andrew hit their area, they made the decision to relocate. They discovered a new Veteran's Administration Hospital being built in Palm Beach County, and Ted took over the entire project of setting up a computerized filmless radiology department. They moved into their new house in a golfing community in Stuart, FL. So, they left boating behind and took up golf.

Ted and Barbara's son teaches World History in the IB program at Eastside High School in Gainesville. Their daughter-in-law teaches piano, and she has put on a few recitals in our Oak Room. This is whom we have to thank for bringing Ted and Barbara to Oak Hammock. And, of course, they enjoy being close to their 11-year-old grandson. The Wassermans also have a daughter who lives in Boston, and she has two sets of twins, all fraternal. And there's the reason for the Boston condo Ted and Barbara keep.

They enjoy travelling and have made trips to Alaska, the Mediterranean, the Caribbean, and did a Magellan trip around the Cape of Good Hope. They are interested in classical music, playing bridge, mahjong (Barbara), reading, and playing golf.

It's a great pleasure to welcome Barbara and Ted to Oak Hammock where they have already become a part of the community.

- Beth Paul



Samuel Tate, Interim Health Care Administrator

When his appointment was initially announced, we learned that Samuel Tate, who will be at Oak Hammock until some time in the autumn, is a Master's trained health care administrator who has worked in health care for many years in a number of different settings.

Samuel is originally from the northeast but relocated to South Florida many years ago after a December visit to his in-laws convinced him that the weather was so much better in Florida than in the northeast. His wife is retired in South Florida, his daughter works as an ICU nurse, and his son has completed his first year of medical school at UNC Chapel Hill.

Samuel started out in hospital administration at Jacobi as the night administrator and also worked at Kingsbrook Jewish as the Assistant Administrator before discovering that he enjoyed working in different facilities in different states. He is now focusing on Florida for assignments, of which there is never a shortage.

Samuel sees a number of opportunities at Oak Hammock and intends to be sure that we are always "survey ready" and that customer service is part of everything we do. During weekdays, the health pavilion management team rounds on patients and there is a health pavilion manager on duty on weekends. The health pavilion management team is also working on reducing the number of agency nurses and is focused on improving recruitment.

Sam emphasized that if there are any issues with a resident, friend, or family member in the health pavilion, he would appreciate knowing about the issues as quickly as possible. He is committed to excellent customer service but needs us to do our part and to communicate with him.

- Karen Miller, content; Kelly George, photo



Meet Rose Crowder, Co-Director of Culinary Experiences

Rose Crowder, originally from Pensacola, is delighted to be back in Florida, especially in senior living in her new position at Oak Hammock. From Florida, her family was transferred to Fayetteville, NC, where she attended high school. After graduation, Rose returned to Florida for courses at UF, then moved on to a career in hospitality working for, among others, Northwest Orient Airlines, Hilton Hotels, and several private clubs before finding her “calling” in senior living at Aberdeen, a CCRC in Kirkwood, Missouri, near St. Louis.

Rose described her grandmother as her “best friend” and lived with her for a while growing up. She also speaks glowingly of the residents at Aberdeen. Although she greatly enjoyed Aberdeen and her coworkers in Missouri, she felt it was time to return to Florida where her father, siblings, and other relatives still live. When she saw an opportunity to come to Gainesville, where one of her uncles lives, she applied and was delighted to be selected to join the Oak Hammock team.

Rose will be involved in all areas of Oak Hammock dining. She is very enthusiastic about the dining staff here and is looking forward to working with them. She is also looking forward to learning more about what residents want and need in a dining program, so please find a few minutes to share your thoughts with her.

- Karen Miller, content; Jennifer Holmes, photo



Fitness First!

- George Arola



Peg Owens creates a quilt pattern using the new design board in the Needlers room.

Remember the old “flannel boards” our teachers used?

- Barbara Dockery

A Sardonic Senior Might Say. . .

- As I've grown older, I've learned that pleasing everyone is impossible, but pissing everyone off is a piece of cake.
- I'm responsible for what I say, not what you understand.
- Common sense is like deodorant. The people who need it the most never use it.
- It's not my age that bothers me; it's the side effects.
- I'm not saying I'm old and worn out, but I make sure I stand nowhere near the curb on trash day.
- As I watch this generation try and rewrite our history, I'm sure of one thing: It will be misspelled and have no punctuation.
- As I've gotten older, many people think I've become lazy. I'm just being more energy efficient.
- It turns out that being an independent and knowledgeable senior is mostly a matter of just "Googling" how to do stuff.
- I want to be 18 again and ruin my life differently. I have lots of new ideas.
- I put my scale in the bathroom corner and that's where the little liar will stay until it apologizes.
- My mind is like an internet browser. At least 19 open tabs, 3 of them are frozen, and I have no clue where all of that music is coming from.
- It's hard to believe that phones were once on the wall and that we answered them without knowing who was calling.

- compiled by Mary Kilgour

Bonsai Makes a Big Showing

Mighty oaks from little acorns grow is an old English proverb. It's often preached as "never give up—great things do indeed come from small beginnings". This could be a fitting mantra for lovers of bonsai. The recent bonsai exhibit had viewers speechless, using cellphones to record what they were seeing! An introductory placard set the stage: "Bonsai is an everchanging art form utilizing trees in containers to mimic trees and scenes found in Nature. Bonsai are not genetically dwarfed trees. In fact, almost any tree species can be a bonsai". Specific techniques such as pinching buds, elective pruning, and wiring branches are used to direct growth. But it was the seeing that created the believing.

Oak Hammock bonsai growers meet regularly for informative programs and to share concerns. Visitors are welcome. The "Advanced Group" meets the first Saturday of each month 10 a.m. – noon. Another group meets the third Saturday of each month 10 a.m. – noon. Both groups meet in the MPR (multipurpose room). Contact Nelson Logan (352) 284-5425 for further information.

For a quick tour of the exhibit, follow Dick Martin's photographing and filming of the entries: <https://www.youtube.com/watch?v=ibwRI2KnDKg>.

A beautiful assortment of bonsai (protected from adoring hands) can be viewed in the Oak Hammock garden area! Plan to visit these living works of art often. Maybe take a picture to share with others. You'll be glad you did.

- Barbara Dockery, content; Bill Castine, photos



Political Hot Line X

The primary ballot you will receive in a few short weeks is almost complete. Qualifying to run closes in mid-June. As of this writing, all registered voters will have quite a number of candidates to vote for. Just remember, not all ballots will be the same.

Let's start with the partisan section of the ballot. We will be electing a United States Senator. The Democrats have five candidates running in the Primary; the Republicans have four candidates. Winners of these primaries will face each other in the fall elections. We will be electing a member of the United States House of Representatives. The Democrats have five candidates running; the Republicans have three candidates. We will be electing a governor. The Democrats have eleven candidates running; the Republicans have three candidates. There will be a State Attorney General election. The Democrats have two candidates running. There will be a race for the State Chief Financial Officer. The Democrats have three candidates running. Finally, a race for the Commissioner of Agriculture has three Republican candidates running.

For the non-partisan ballot there will be a race for Mayor of Gainesville with five candidates, a race for City Commission District Three with three candidates, Alachua County School Board with four seats open and seven candidates along with a number of judges to vote for retention.

If all the candidates for an office have the same party affiliation and the winner of the primary election will not face any opposition in the general election (i.e., no write-in candidates have qualified), then all registered voters can vote for any of the candidates for that office in the primary election.

This is a big ticket operation and requires a lot of thought and study. The Oak Hammock Committee of the League of Women Voters will be having a Candidates Forum on Tuesday, July 12, from 7 to 9 p.m. where you will be able to meet and hear some of the candidates in person. Save the date and join us for an opportunity to meet some of the public officials we will soon elect.

- Barbara Herbstman

How Can I Help the Oak Hammock Benevolent Fund?

The past two issues of *The Oak Leaf* have described the strong case for the existence of Oak Hammock's Benevolent Fund along with an explanation of how it works.

Our Benevolent Fund, which even now is helping residents, must grow larger to be sustainable into the future. Therefore, this note features specific ways that each of us can help ensure the required growth of the Fund.

Friends Helping Friends now and into the future.

Leverage the IRS. Most people don't know that the IRS allows you to make a direct, tax-free charitable contribution from your IRA. That means that you do not have to pay tax on the amount you withdraw from your IRA if it is a direct contribution to a charity. So, the IRS is paying a part of your charitable contribution! Consider making annual contributions to the Benevolent Fund from your IRA and save on taxes.

Create a Legacy. Consider including the Benevolent Fund in your estate planning by leaving a portion to create a legacy, just like Frank Duckworth and John Dusenberre did by including notable contributions to the Fund in their wills.

Painless Contributions. There are several ways to make contributions to our Benevolent Fund that are relatively painless. Here are some examples:

- Contribute generously to the annual Oak Hammock Golf Tournament that raises money for the Benevolent Fund.
- Consider donating your annual Homestead Exemption refund to the Fund.
- Include a memorial to the Oak Hammock Benevolent fund in your obituary.
- Make a memorial contribution to the Fund upon the death of fellow residents.
- Consider designating a portion of your refundable entrance fee to the Fund.
- Finally, ensure its future by including the Oak Hammock Benevolent Fund in your will.

Remember! All these "painless" ways of giving are also tax exempt!

We are bringing these support ideas to you today because most of us do not think about the many ways we can assure the success of the Fund. Remember, the Oak Hammock Benevolent Fund is ours and it's all about *Friends Helping Friends*.

- Norm Cooney





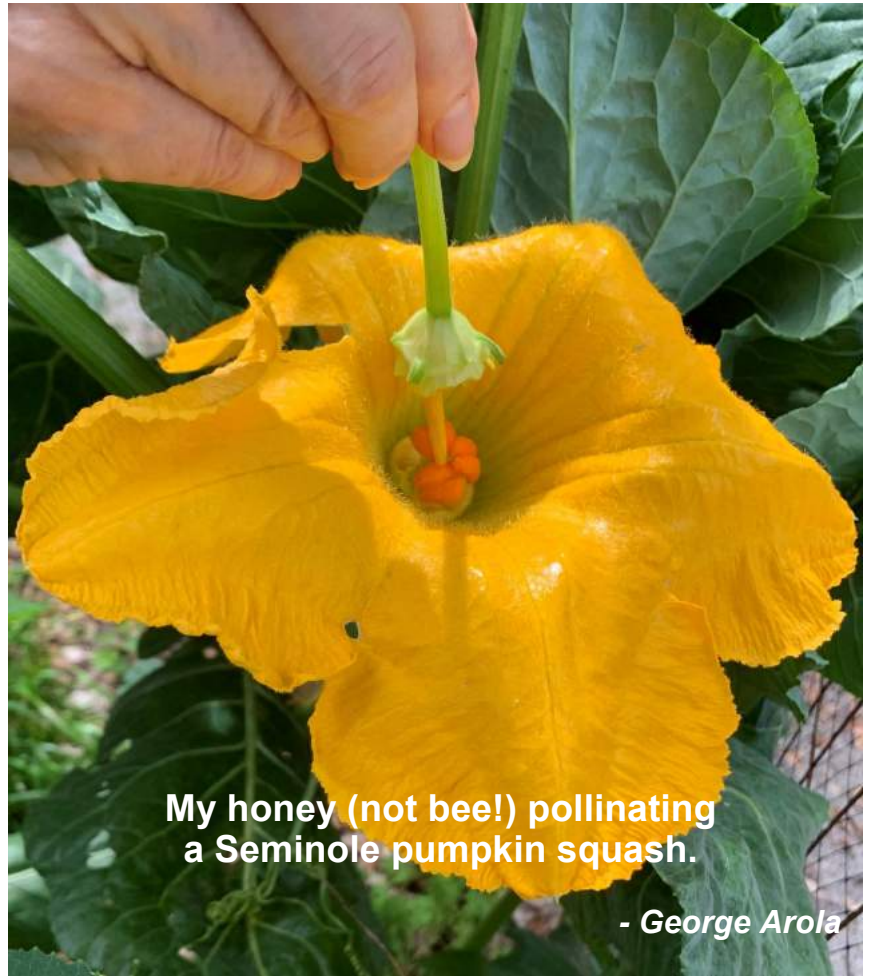
A Resident Led Association to Ensure
Quality of Life in Retirement Communities
Lamar Miller Chapter 255

On Tuesday, May 17th, the local FLiCRA Board was very fortunate to have Yvonne Hayes Hinson, our representative in the Florida legislature, at our special gathering in the Oak Room.

Those in attendance were very lucky to hear her talk about what is important to her, her time in the legislature and how hard it can be to get a bill through the system. The most important thing we learned is that she listens to her constituents and the bills that she puts forward mostly come from concerns of her constituents. And that is us!

A very strong thank you to Yvonne Hayes Hinson for coming and spending time with us.

- Mary Sanford



My honey (not bee!) pollinating a Seminole pumpkin squash.

- George Arola

Recycling Nature's Waste

Our society has considerable difficulty recycling our leftovers. But Mother Nature has no problem with this. If something, anything, dies—plant or animal—nature puts this to use. It either decomposes it and feeds new plants, or some organism—be it bacteria, bee, or buzzard—takes care of it. All of it. It's not always pretty, but is very effective. And this happens here at Oak Hammock as well, of course. Recently a poor squirrel wasn't quite quick enough as it crossed the road. But the always alert Oak Hammock flock of buzzards—yes, we do have one—quickly moved in to "process" the waste carbon free!

- Keith Berg



REMINDER:

Your monthly meal account will continue to roll over for a total of two months for the time being. We will update you as conditions warrant.



More Recycling?

- Barbara Dockery

Art League at Oak Hammock

We hope you have been taking advantage of the Oak Hammock art gallery in the upper commons. The walls surrounding the Duckworth Garden, both sides of the hall, comprise the Gallery. The exceptional show called "Fabrications" will remain in the Gallery until July 9. We thank our participating artists for letting us display their incredibly beautiful creations, all original art, made with fabrics and fibers.

The next show is close to our hearts, too! Our Oak Hammock residents, staff, and family members will be displaying up to four pieces of art each from July 10 to October 15. The deadline to submit for this show was June 13. On Sunday, July 17, there will be an opening reception of all from 3 to 5 p.m. in the Upper Commons. Everyone is welcome.

Jane Slivka, art teacher, held a class for eight of our in-house painters (photo, top right), and this class yielded a number of well-done artworks that are now on display on the walls of the art studio. Sunday, June 5, an art reception was held for all to enjoy (photo, bottom right), and the art will remain on view for several more weeks. Please stop by the art studio anytime and enjoy the ambiance. Susan Bankston, our art league director, says that classes will resume in the fall.

Tuesday, 4 p.m., June 28, in the Oak Room, the Art League is presenting an unusual program titled, "The Art of the Honeycomb". Ray Goldwire has been instrumental in getting this event on our calendar. As Oak Hammock beekeeper Royale, he will introduce his friends Bo and Jo Sterk (<https://beesbeyondborders.com/>). Bo is a Master Beekeeper and Jo is an artist. It is from them that we will learn about the connection of bees, honeycombs, and art. This program is not to be missed. Art never fails to mystify!

How doth the little busy bee
Improve each shining hour,
And gather honey all the day

Isaac Watts

- Marion Siegel, content:
Susan Bankston, photos



Are you Hydrated?

Drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood.

Experts recommend drinking roughly 11 cups of water per day for the average woman and 16 for men. And not all of that needs to come from plain water; some can come from water flavored with fruit or vegetables (lemons, berries, or orange or cucumber slices), or from coffee or tea.

However, it's best to stay away from sugar-sweetened beverages when trying to stay hydrated, says Walter Willett, professor of epidemiology and nutrition at Harvard T.H. Chan School of Public Health. Willett says that we are malhydrated, because we drink so much soda and fruit juice and other sugar-sweetened beverages, and by that I mean we drink beverages that harm our health. Even energy drinks and vitamin waters, most are loaded with sugar and not worth the use."

Tips for staying hydrated:

- Don't wait until you're thirsty to drink
- Flavor your water with easy additions, like lemon, mint, or cucumber
- Eat water-rich fruits and vegetables
- When you're feeling hungry, drink water. Thirst is often confused with hunger; true hunger will not be satisfied with water .
- Dress for the weather and stay inside when it gets too hot
- If you have trouble remembering to drink water, drink on a schedule or drink a small glass of water at the beginning of each hour.
- Be aware of signs of dehydration (below)

- Reprinted from CNN.com and Harvard.edu



Days of Thunder

Honey, Gene Brigham's Golden Retriever, is afraid of thunder.

This afternoon at the dog park we had several booming resounds and Honey sought refuge in Gene's lap in one leap.

- Jackie Challoner

Signs of Dehydration

Keep an eye out for any of these signs of dehydration in children or adults:

- Darker-than-usual urine
- Not urinating despite steadily drinking water
- Muscle cramps
- Bad breath
- Fatigue
- Fever or chills
- Craving sweets
- Dry mouth/skin
- Fast heartbeat
- Irritability
- Confusion
- Drowsiness

Some people are at higher risk of dehydration, including people who exercise at a high intensity (or in hot weather) for too long, have certain medical conditions (kidney stones, bladder infection), are sick (fever, vomiting, diarrhea), are pregnant or breastfeeding, are trying to lose weight, or aren't able to get enough fluids during the day. Older adults are also at higher risk. As you get older, your brain may not be able to sense dehydration. It doesn't send signals for thirst.



Music Bingo and Tall Desserts!

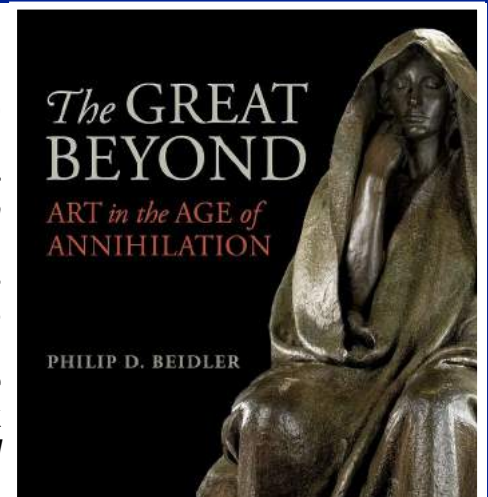
Thursday, June 9 was a great night for many reasons. New Dining Co-Director Rose Crowder introduced residents to our own take on the BJ Brewhouse Pizookie, to much acclaim.

And THEN we hosted our first (but not last!) night of Music Bingo in the Oak Room.
- Katherine Osman



Book Donation

Deborah (Beidler) Dean and Robert Dean, Oak Hammock residents, are donating a recent book to the Oak Hammock library as a memorial to her brother, Philip Beidler, the book's author. Beidler, PhD in English from the University of Virginia, was a Professor of English (Emeritus) at the University of Alabama for 45 years. His last book, *The Great Beyond: Art in the Age of Annihilation* (University of Alabama Press, 2022) deals with the connection between modernist art and death; it includes thinking from writers (Twain, Crane, Woolf, Hemingway), musicians (Mahler, Rachmaninoff), philosophers and even movie-makers. Beidler, a Vietnam veteran, also wrote *Beautiful War: Studies in a Dreadful Fascination*, and *Late Thoughts on an Old War: The Legacy of Vietnam*. His World War II book is entitled *The Victory Album: Reflections on the Good Life after the Good War*. Beidler died of Parkinson's Disease in April
- Debbie Dean



Bird's Nest

If you look carefully, right in the center of the photo, there is a bird's nest, with a female cardinal, hopefully sitting on her eggs! This is right outside the door of my atrium and I've been checking on her regularly for several days. Yesterday there was a male cardinal flying all around, too. This is what's happening on May 26.



What's next?

June 4, 2022. I watched them for about two weeks. I could often see the female in the nest, or the male checking in with some food. Then one day both birds disappeared, and never returned to the nest. I was sad.

BUT...two days later I heard from someone on the fourth floor who saw two babies learning to fly, with the male and female cardinals there. And later, my neighbors told me that they had seen the tiny babies with the female on the atrium by my door on the second floor, but I was not home to see them.

So I guess the moral of this story is: there are exciting things happening outside on the atrium, but you have to be home to see it when it happens
- *Bev Cone*



Happy Memorial Day from Elevator 10!

- *Barbara Dockery*

Benevolent Fund Contributions

Since we last reported on the contributions to the Benevolent Fund, a total of \$2,758 was received in memory of Margaret Boonstra and Bud Ames, and in honor of Pat Liston.

- *Jonathon Mann*

Flag Day

Flag Day was observed this year on Tuesday, June 14. It celebrates the adoption of the design of our flag by the Second Continental Congress in 1777. "Resolved, that the flag of the United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field representing a new constellation." Formal celebration of our flag began in Wisconsin in 1885 when a teacher thought his students should honor our flag. In 1916, President Woodrow Wilson officially chose June 14 to be Flag Day and it was ratified by Congress.

Over the years, our flag has changed as our country grew but each year, parades, essay contests, picnics, and other events have been held to

commemorate the importance of "Old Glory." There is only one state that officially recognizes Flag Day as a holiday. You can be the hit of your party by knowing that its capital is Harrisburg.

- *Barbara Herbstman*



Final Street Party Before the Summer Heat

Thanks to the hosts of the Outback street party: Eve and Joe Berkow, Sophie and Shih-Wen Huang, as well as Carol and Walter Wynn.

- Beth Paul, content; Karen Merrey, Beth Paul, photos



The Wildflower Garden

Jan Lowenthal and Amanda Reese attended a wildflower symposium in Gainesville put on by the Florida Wildflower Foundation. Jan explains that it "has been a yearly conversation that I have brought up to Buildings and Grounds after people started telling me about the wildflowers that used to be on the pond berm and up the hill toward the beehives. It was a dream of many residents to have wildflowers bloom once again on Oak Hammock's campus."

The new wildflower garden is located behind building 2 going towards the woods where Solar Power had their storage trailers. There are wooden stakes outlining the area, and the adjacent lawn was just re-sodded.

Back in December, the area was mowed close to the ground twice. Volunteers then showed up to break up the ground, scatter seeds, work the seeds into the ground by walking on it, and then scattering pine needles. Since then, plants have slowly started to emerge. Janice Malkoff, who has been a driving force of this project, reports on the garden's progress, has added plants to it, and put stakes around it to alert the lawn crew not to mow in this area. She said that the area is not optimal as the water runs down the hill and washes the seeds away. Most of the soil is hard clay. Janice says, "In addition to the wildflowers (and weeds), there are milkweed seedlings and some salvia that I planted a couple of weeks ago. I planted more today along with some other seedlings as well as some passion vines that I put in front of the tomato cage frames next to some trees."

Many thanks to Janice, Jan, and Judy Plaut for their efforts in diversifying our property with new and different plantings as well as to the following volunteers who helped clear the area and make the initial plantings: Mary White, Donna and Marty Johnson, Ann Adams, Marie and David Brumbaugh, David Boyd, Marcia and Bill Brant, Tamar Hajian, Madeleine Mitchell, Jeff Minch, and Steve Richter.

Their next project is looking toward replanting the wildflower garden at the pond.

- Beth Paul



Margarita/Changes in Latitude Pop-up Party

On May 27 at 4 o'clock, Oak Hammock held a party in the Upper Commons. Scrumptious food and drink, excellent entertainment (Dan Flok), and fellowship were enjoyed by all attendees.

- Patsy Nelms content,
Bill Castine, Kathy Cafazzo, photos



Looking Back to the Future

Plotters, planners, dreamers, schemers. The “happening” of Oak Hammock at the University of Florida needed them all! The seeds were planted on a lush 136-acre tract of land close to the UF campus. Advertising and promotions began. Cups, caps, and clocks were added to attract prospects. And they did come. This new retirement facility opened in spring 2004, welcoming residents to a unique lifestyle and opportunities. For an up-close review of history, visit the triple display case on the Lower Level (near the postal area). Thank you to those contributing meaningful articles, and to Julie Ann Ariet for creating a thoughtful display, filled with photos and memorabilia...*plus happy memories of the best that life and college have to offer.*

- Barbara Dockery, content;
Bonnie Umphreys, photo

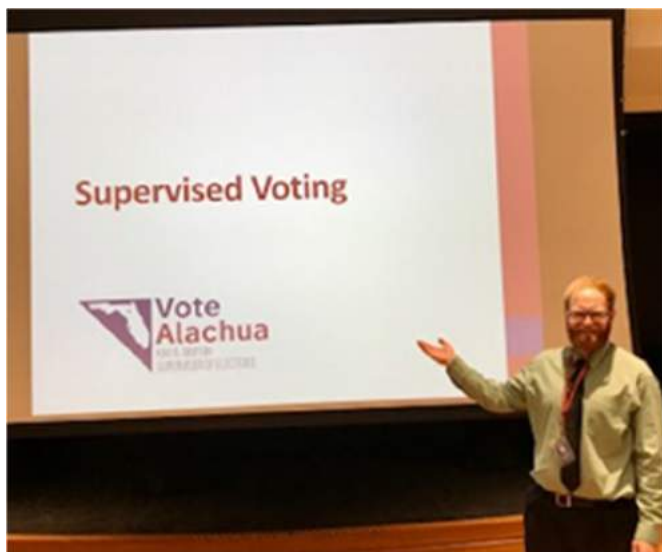


Voting

On June 8, Aaron Klein, outreach coordinator for Alachua County's Supervisor of Elections, addressed residents' concerns about FL's election law and provided information on Supervised Voting. SV is a form of voting by mail guaranteed by FL constitution provision 101.655, which enables residents of facilities like ours to vote on site with assistance from election officials. Voters must request this service. After a date is chosen, election officials bring mail-in ballots, provide voter assistance, and deliver completed ballots back to the elections office.

Forms for residents to request SV are available at the reception desk. A few copies of the PowerPoint presentation are available at the concierge desk.

- Catherine Morsink
(Oak Hammock founder/supervoter)



Mill Creek Retirement Home for Horses

What a story! This is an equine sanctuary at Mill Creek Farm in Alachua. Over one hundred horses live there with care and attention...and die...in peace and with dignity. The retired horses roam freely in the pastures and are never ridden or worked again. Two volunteers visited us and shared photos, stories, and a film about this fantastic place and introduced us to a great number of the horses, many rescued from horrible situations.



It is possible to sponsor a horse under the “Adopt-a-Horse” program. Donations are tax-deductible, and the website is www.millcreekfarm.org. Open since 1984, the farm is open to the public every Saturday from 11 a.m. to 3 p.m. Two carrots is the cost of admission. Volunteers who presented the program in the Oak Room are very dedicated and excited about this lovely place.

- Bev Cone

A limited number of Oak Hammock residents will have the opportunity to tour the facility on Wednesday, June 29 with a lunch following at Brown's Country Buffet.

Keep an eye out for the official notice as we're still working out the details!

Oak Hammock by the Numbers, June 1

Independent Living

	Total	Occupied or Reserved	Available to Sell
Houses	57	55	1
Apartments	212	210	0

- Nickie Doria

Health Pavilion

	Total	Occupied	Available
Assisted	46	46	0
Memory*	24	10	2
Skilled**	73	62	11

* 12 units are set aside for quarantine

** fluctuates daily - Mary Sabatella

SUMMER SOLSTICE PARTY

Tuesday, June 21 at 2:00pm

Upper Level Commons + Gator Lounge
+ Duckworth Gardens

*Snacks * Drinks * Friends * Fun!*

PLUS!

**We will be accepting donations
for the Alzheimer's Association**



Save The Date!

Tuesday, July 12, 7:00 p.m.
Candidates Forum

with candidates for Mayor, City Commission and School Board
Sponsored by the Oak Hammock League of Women Voters

Our Mascot

Oak Hammock's mascot, Greenie the Snake, working on her tan on the shore of The Pond in Sherwood Forest.

- Larry Lowenthal



Fun with a Trumpet

Keith Berg was on the drums with Bev Cone accompanying the singers in the Health Pavilion for our weekly sing along on Thursday, when suddenly, there was the sound of a trumpet in the room!! Gary Langford is recuperating in the Health Pavilion after some surgery, and brought his trumpet to join us as we sang some beautiful hymns! It was exciting to have Gary join us for our music adventure! It's always a special treat to live at Oak Hammock and have unexpected participation, especially from the very talented UF Professor of Music Emeritus!

- Bev Cone

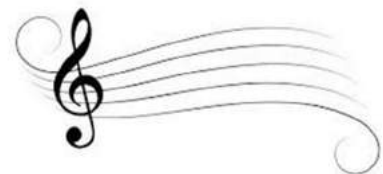


Singers' Wing Ding

The Oak Hammock Singers not only sing and perform, they know how to party! At the end of every normal season of two concerts and Christmas on the Stairs, and before breaking for the summer, we throw ourselves a Wing Ding! The gathering on May 23 in the Oak Room to honor our beloved leaders, Ron Burcher and Brenda Smith, featured plenty of food and wine and lots of laughs.

We look forward to beginning rehearsals again in September, so if you'd like to sing (even if you think you can't) come along and join us. We take our singing seriously but have plenty of fun along the way!

- Jan Havre





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Chamber Players Shine

The Oak Hammock Chamber Players, under the direction of Gary Langford, performed in superb fashion on May 20 after a two-year hiatus due to Covid. The irrepressible Maestro Langford delighted the audience with his repertoire of Beethoven jokes which he interspersed at intervals between numbers.

Just as Mick "Oh My!" Hubert was the voice of the Florida Gators for 33 years, Gary "Mr. Florida Music!" Langford continues to lead and direct several community music groups—from youth to adult to the Oak Hammock seniors.

Mike Plaut, who planted the seed for organization in 2013, put down his clarinet long enough to give us the history of the orchestra and invite Oak Hammock to participate. Even those who may not have played an instrument in many years are encouraged to dust it off and join the group.

These players are members of the New Horizons International Music Association, a nonprofit organization in eight countries, committed to expanding music-making opportunities for adults—think Oak Hammock. The four-chord music arrangements easily accommodate any instrument.

We look forward to the group's next performance at their special Christmas Concert. In addition to more wonderful music, Maestro Langford promises cookies and wassail for all!

- Jan Havre, content; Bill Castine, photo



2022 Residents' Council

President	Martha Rader
Vice President	Norm Cooney
Secretary	Doug Merrey

Representative of Residents on Board of Directors

Nancy Wood: Ex Officio Member of the Residents' Council

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	Location	Chairperson
Active Lifestyle	1st Monday, 11:00 AM	Acorn	Keith Berg
Planning and Design	2nd Wednesday, 3:15 PM	Oak	Dick Suttor
Buildings and Grounds,	2nd Thursday, 10:00 AM	Acorn	Jan Lowenthal
Communications and Marketing	4th Friday, 1:30 PM	MPR	Mary Kilgour
Community and University Partnerships	4th Wednesday, 3:00 PM	Acorn	Michael Plaut
Dining Experience	1st Friday, 10:00 AM	Oak	Bruce Blackwell
Finance	3rd Thursday, 1:30 PM	Zoom	Al O'Neill
Health and Well-being	1st Thursday, 3:30 PM	Oak	Henri Logan
Technology and Services Innovation	3rd Friday, 10:00 AM	Oak	Bill Zegel
Assisted Living Representative			Jim Piety

Committees are meeting using a variety of formats and locations are subject to change. Please check the monthly calendar or contact the Committee chairs for specific information.