

A Season of Celebrations

Easter Buffet

The Oak Hammock Easter Buffet is an annual affair featuring an extensive variety of entrées, salads, veggies, desserts, and many other accompaniments created by Chef Justin Cochran and the staff. Diners were spread throughout the dining rooms and the upper commons, and we even had a visit from the Easter bunny!

Oak Hammock guests looked festive and it was very impressive to see the children of guests well dressed with well-educated behavior. It was a most wonderful Easter event. Thank you all.

– *Margarete Ruth, Bill Castine content and photos*



Third Night Seder

Oak Hammock held a Third Night Seder on the third night of Passover. Although it is traditional to hold a Passover Seder on the first and second nights of Passover, it is not unusual to hold it on another night of the eight-day holiday; it is more important to hold the Seder when convenient than to skip it, if the beginning of the holiday is not possible.

The Seder was led by Mike Plaut with the assistance of many. We read from Haggadah, the traditional service of the Seder that tells the story of the Exodus from Egypt. All are to consider ourselves personally redeemed from slavery to freedom. As free people we are obligated to work and pray for others who are still in bondage to oppression. We also eat bitter herbs to remind us of the times in slavery and then the sweetness of Charoset, a mixture of matzoh, apples, and cinnamon, to celebrate our freedom. We pray that next year there will be freedom for all.

– *Barbara Herbstman, content; Mike Plaut, photos*



Nancy and Jack Dickson

When I met the Dicksons recently, Nancy described them both as “late bloomers”. After listening to Jack and Nancy’s fascinating story, I would say that they have more than made up for lost time!

Both military brats, they met in Annapolis, Md. while attending community college and married at Washington Cathedral on New Year’s Eve, 1968. After working for about six months, wanderlust struck. They built a camper into the back of their Chevy van, with a special perch for their cat Lucy, and took off for South America. Because it was summer and hot, they decided to cross the States by going up to Canada. When they hit the Pacific Ocean, they’d turn left and head south down the coast into Mexico and on to South America. Unfortunately, they ran out of money in Seattle and limped into San Francisco, where Jack got a job with a civil engineering firm and their first daughter was born. They also started the Downtown Peace Coalition, organizing protests against the war and closed down the SF Stock Exchange. A year later, Jack was transferred to Page, AZ (population 450), where he worked nights to build the Black Mesa/Lake Powell railroad and their second daughter, a fourth generation Arizonan, was born.

Back in Annapolis, the girls’ two grandmothers made it abundantly clear that they wanted to get their hands on their granddaughters! So, the family of four packed their VW square back, camped across country, and settled in Washington, D.C. In 1976, they bought an old four-story house in Mt. Pleasant that had been chopped up into apartments. Putting in a lot of “sweat equity,” they converted the top three floors to a single family home and kept a rental unit in the basement.

Once the girls were in school, Nancy went back to work. She organized a union, worked as a freelance editor, then began working in an elementary school. She returned to college at night, earning a B.A. in English, an M.A. in Urban Planning, and a Ph.D. in English. Jack began a long stint with the Washington Metropolitan Transit Authority, working to expand the DC metro system. He also returned to college, earning a B.S. and M.S. in Technology Management.

Theirs was a busy, interesting, successful life during which their daughters grew to be independent, well-educated, accomplished young women. Suddenly, in 2000, their lives made an abrupt turn when Jack got a call from an old work buddy asking him to join a rail project in Greece. Nancy, adaptable and adventurous as always, quickly said “Sure!” and 6 weeks later, Jack was living in Greece; Nancy followed soon after.

Jack was in charge of an ambitious project to extend the Athens subway system, the oldest in Europe, in preparation for the upcoming Olympics. With this important responsibility, he worked very long hours, but Nancy didn’t mind. She was delighted to find that she could fly to Paris in only 3 hours to visit their older daughter who had married a Frenchman. Nancy was able to be there for the birth of their first two grandchildren (plus visits in between to play with the growing babies and explore Paris where she’d lived as a teenager). Nancy and Jack spent 3 happy years exploring Greece and nearby countries.



After the rigors of his job in Athens, Jack decided to “retire”. He and Nancy left Greece for five months in London, followed by 3 months in Marseilles. They returned to the States and moved to St. Louis where Nancy taught at Washington University and Jack worked for the Bi-State Development Authority extending the light rail system. But the open road soon beckoned, and the duo set out from St. Louis to Phoenix, to Denver, to Dallas where Jack worked on the light rail systems in the three cities and then to Amelia Island, FL, when Jack decided to retire permanently. They still enjoy camping but appreciate the attractive cabins in the Florida State Parks that are more civilized and comfortable than their old camper or tent!

When it became time to look for a CCRC, they had a list of very specific requirements and explored many options in their search, but Oak Hammock was the only place that “checked all the boxes.” While settling into their new home here, Nancy is writing a book and gardening (she already has two plots!) while enjoying ILR, meeting fabulously friendly folks, knitting, reading, and singing. Hopefully we can persuade her to join the Oak Hammock Singers! Jack enjoys reading and painting and has wasted no time in joining one of the watercolor classes offered here while looking forward to more in the future. Both tell me that Oak Hammock is meeting and exceeding all their expectations, and we are very happy that they have become part of our family.

Welcome, Jack and Nancy!

– Jan Havre, content; Julie Ann Ariet, photo

Carol and Neill Hollenshead

The Hollensheads have arrived! These avid University of Michigan fans from Arizona are getting settled in their first floor Lilac on the atrium in Building 2 along with their two beautiful labs. Almost four-year-old Jackson (black) was their 17th foster and two-year-old Dixie (yellow) their 18th. Carol and Neill call themselves “foster failures,” since they adopted these two beautiful creatures.



Both Carol and Neill are products of law school. Carol practiced family law and Neill, though licensed in Virginia and Michigan, applied his legal training in the corporate world including telecommunications, HealthCare information analysis, government acquisitions, and eventually IBM. Neill is detailed and process oriented. Carol adds that she is neither!

The Hollensheads highly prioritized a CCRC with a University affiliation in a “warm spot.” Now that they are here, they plan to embrace their new identity as Florida Gators. Carol was drawn to Oak Hammock by the ILR opportunities while Neill saw the many social opportunities. Neill stayed at Oak Hammock 2 or 3 years ago to get a feel for the community and came away impressed with the people, the exercise opportunities, and the wooded acreage with

trails. Carol is an avid reader, library supporter, and puzzler. They both enjoy travel and have covered all 50 states. After stumbling on the LBJ Ranch in Texas, they set a goal to visit all Presidential Libraries and have one to go, George Bush Sr.’s in Houston. Their current goal is to visit all Canadian provinces.

This active couple prioritizes healthy living. They enjoy biking, pickleball, and water sports. They’ve both been lifeguards. Ask Neill about water skiing on a canoe paddle! Neill took their two boys water skiing when they were two or three years old by holding them in his arms. They now ski better than their parents! The Hollensheads’ family cabin has been in Carol’s family for four generations and is on the upper peninsula of Michigan. It is equipped with a “fleet” of boat, jet ski, sailboat, canoe, two kayaks, and three paddle boards. There was once a catamaran sailboat in their lives. Ask Carol about her thoughts at 3 a.m. when she was at the wheel due to Neill’s seasickness!

Carol and Neill will celebrate their 53rd wedding anniversary May 30. Their two sons follow their parents’ active lifestyle and met their wives in yoga class. One son is in Brooklyn and the other in West Hartford. The Hollensheads cherish their wonderful daughters-in-law and four grandsons.

Neill is interested in meeting all at Oak Hammock who play pool. He’d love to start a billiard club and put the Oak Hammock pool table to better use! Pool was introduced to Neill by his father who, during the depression, played pool for money to fund college.

Welcome Carol and Neill Hollenshead to our Oak Hammock community!

- Sandy Furches

Dick Lucas

Dick Lucas was born and educated in Boston. He attended Boston College High School and then Boston College. He majored in accounting and became a professional in Finance and Audit Management and retired from ExxonMobil after thirty-four years. He then established a Management Consultant practice and spent 17 years working for the oil industry in West Africa, Southeast Asia, and the Middle East. During his fifty plus years as a financial professional, he travelled extensively and has lived in a number of exotic places such as Manila, Philippines; Jakarta, Indonesia; Sydney, Australia; Bangkok, Thailand; Saigon, Viet Nam; Rio de Janeiro, Brazil; Buenos Aires, Argentina; Nairobi, Kenya; and a number of cities here in the United States.

Dick has a son and family who live here in Gainesville and three grandchildren. Since retirement he has enjoyed hanging out with his grandkids and volunteering as a Tax-Aide for AARP. He is also interested in classic automobiles, furniture refinishing, sports, cards, i.e., poker, and cribbage.

Before choosing Oak Hammock, Dick visited a number of other senior communities. We are fortunate to have such a well-traveled resident among us. He gives those of us who have traveled around the world a good opportunity to share foreign experiences. Welcome Home, Dick.



- Barbara Herbstman

Tom and Jennie Smith

Tom and Jennie moved from Gulf Breeze in the Panhandle, from a home that they lovingly built themselves (with a little help from outside contractors). Hopefully, everyone will get to meet them and Tucker, the Smiths' tri-color Australian Shepherd who loves to have visitors.

Jennie grew up in a small town near Valdosta, GA, and Tom grew up in Tampa. Jennie attended the University of Tampa where she studied music. Jennie played the organ at her church, and that is where she and Tom met and soon married. He was attending Georgia Tech while doing co-op work in Tampa. After earning his Industrial Engineering degree from Tech, the couple moved to Gainesville where Tom earned his law degree and Jennie studied English at the University of Florida. Tom also earned his master's in tax law from the University of Alabama. They have three children who reside in distant states of California, Oregon, and New York, and four grandchildren.

Tom and Jennie are both interested in art, reading, hiking, traveling, and home restoration. They have enjoyed traveling throughout Europe and to Tanzania, Costa Rica, and Mexico. Tom remains active in several legal institutes, including ACREL and ALI, and both Tom and Jennie are Paul Harris Fellow Rotarians.

The couple is pictured in front of their stunning Rodin sculpture the Burghers of Calais. They have kept their Sky Valley, GA, home and will continue to reside there part time. Make sure you meet Tom, Jennie, and Tucker, who really hopes you will get to know him!

- Beth Paul



Welcome New Driver, Justin Walters

Justin Walters started working as a driver at the end of March. He works primarily days but is also available as needed for evenings and weekends, giving Robbin and Kenneth the backup they need and appreciating, and permitting Anthony and Myra an occasional weekend off.



Justin spent many of his formative years in this area, graduating from Santa Fe High School in Alachua and then Santa Fe College. His mother still lives in the area, although she spends about half the year in Pennsylvania, and he has family in the Orlando area. Justin has had a very interesting career, due in part to his ex-wife's opportunities to work in Fairbanks and Saipan, among other places. She is a librarian who started out at Smathers and now has day to day responsibility to their thirteen-year-old daughter with whom she lives in Korea. In addition to working as a driver, Justin has been a personal trainer and a security officer at The Village as well as being in the Merchant Marine and working on Norwegian Cruise Lines.

Spare time activities include movies and anything to do with Marvel comics, particularly Ironman and Spiderman, as well as action figures. We welcome Justin to Oak Hammock and hope that he will always enjoy working here as much as he seemed to enjoy it today.

- Karen Miller



New Employee Gazebo

- Walter Wynn

New Addition

The Therapy Department at Oak Hammock is proud to announce its newest addition: Daniel Thatcher VanEtten, born on March 7, 2023, at 10:20 a.m., 8 lbs, 20 inches.



Proud parents are Karen (Oak Hammock's, PT, AL/IL Rehab Director) and Lucas VanEtten, along with big brother Everett VanEtten. - Barbara Dockery

Introducing Stacey Hogan

Our newest Fitness Center staff member is Stacey Hogan, a people person and self-defined "kid at heart." She has a smile waiting for your next visit to the Fitness Center! Stacey was a kindergarten teacher, at home with her children for 16 years, active school volunteer, then operated her own fitness studio in South Florida. Stacey is the mother of two: a daughter (20) at FAU in nursing and a son (22) at Keystone Heights in construction.

Sadie is Stacey's blue nose pit who is "a beauty." Sadie was a runt requiring much bottle feeding and TLC. Sadie now thrives!

Oak Hammock is grateful Stacey's ex-husband led her to Gainesville and that they remain best friends. She loves her home in High Springs, her Sadie, and her new Oak Hammock family! Stacey's first weekend off, she wanted to be back at Oak Hammock with us! She is grateful for the warm welcome, has seen some increased traffic in the Fitness Center and wants to see more.

She is currently teaching Pilates, stability, two classes for assisted living, and aqua fitness. In May, there will be a total body, a stretch class, and soon boxing as she currently works on that certification.

Stacey's philosophy is, "You never know what people are going through. You can brighten their day with a hello, a goodbye, and a smile." Stacey encourages us to keep moving, even on rest days. Stacey sees much potential for Oak Hammock residents through the Fitness Center. If you are an early riser, you'll find her ready to welcome you to the Fitness Center between 7 and 7:30 am. A smile and assistance from Stacey are great ways to start your day!

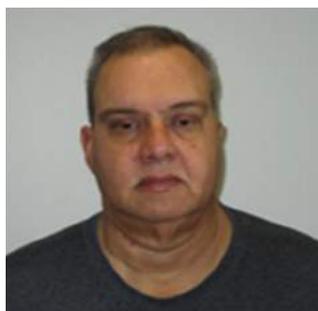
– Sandy Furches



Stacey and the Fitness Center bulletin board; she loves to keep it updated and interesting.

Tim Pearson

Tim Pearson, who grew up in Gainesville and whose parents still live here, is a graduate of Gainesville High School. He is retired from the Department of Corrections and joined our security staff at the end of March. Along the way, he worked security at the Oaks Mall as well as several other security positions. His younger sister is a CNA at another facility in town and told him of the opening at Oak Hammock. He is delighted that his sister found the opening and hopes to make this his last job and perhaps convince her to join him working here.



Tim works primarily Tuesday, Wednesday, Saturday, and Sunday from 7 p.m. to 7 a.m. but may occasionally work other shifts. Say hello to him when you see him at the security gate or at night when he is sometimes in the Commons as security now rotates through the Commons at hours reception is not otherwise staffed.

– Karen Miller, content; Kelly George, photo

Erin Smiley

Erin Smiley, originally from Ohio, came to Oak Hammock 6 years ago as a CNA in Assisted Living. She then transitioned to Skilled Nursing where she was involved in scheduling and served as unit coordinator, assisting with ordering supplies and making arrangements for patients being discharged including medications, ordering of therapy, etc. Recently, when the social services assistant position became available, she was encouraged to apply as she had been performing or assisting with the performance of many of the duties. She is also now becoming involved in Care Plan meetings.



Erin is enjoying her new position so far. She has twins, a girl and a boy. Her daughter works as a CNA at Oak Hammock. Her son works at a gas station. Feel free to reach out to her if you have issues regarding discharge planning from skilled nursing with which she can help you. If she cannot, she will refer you to a staff member who can assist.

– Karen Miller, content; Kelly George, photo

Chinese Music Through Time

The UF Chinese Ensemble recently provided a delightful performance at the Music School for an intrigued audience. They played historic Chinese instruments with passion and immense talent. Instruments used included the guzheng, pipa, erhu and dizi. You can learn more about these instruments at <https://musichalice.com/2021/07/27/chinese-musical-instruments/>

Congratulations to Welson Tremura and his Chinese Ensemble of Ting Dong, Yue Zhang, Qian Sun, Miao Huang, Yutin Lin, and Jevin Tan.

Oak Hammock provides transportation door to door for these cost-free opportunities. Sign up in the transportation book located in the commons lower lobby before you miss another evening of enjoyable music.
– Sandy Furches



Jacaré Brazil 2023 Spring Concert

Another lovely evening at the UF Music School was enjoyed by residents. The celebration of Brazil's historical music explored a diverse group of composers who wrote with a "choro" or instrumental perspective.

Eleven talented musicians with Director Weldon Tremura entertained with flute, guitars, cavaquinho (Brazilian ukulele), piano, sax-soprano, violin, cello, human voice, and pandeiro (Brazilian tambourine.)

The style dates back to around 1870 in Rio de Janeiro among serenading musicians in small ensembles. UF's Jacaré Brazil represents the most diverse performance ensemble of its kind within a university performing arts program.

Residents are fortunate to have this caliber of entertainment so accessible to us. All attending agreed it was a "fun, fun, fun" toe tapping evening. Thank you, Anthony, and other Oak Hammock drivers for always escorting us to the door of the UF Music School and back home safely from special events like this one.
– Sandy Furches



UF Faculty/Student Recital

The exciting duo of Drs. Welson Tremura and Randy Lee spoke to our hearts in the Oak Room recently. These two incredibly talented UF faculty musicians shared vocal and instrumental creations that entertained and satisfied. Since 2018, it has



been an unusual marriage of the loudest (trumpet) and the softest (guitar) instruments creating ethereal sounds with many colors and rhythms of Brazilian, Argentinian, and Latin-inspired selections. In the words of Dr. Tremura, "Music is a reflection of my own soul. We find beautiful melodies that satisfy our hearts." In the words of an appreciative audience, "It was a volcano of joy," "endearing," and "these are masters at work."
– Sandy Furches

Faculty Recital at UF

Thank you, Oak Hammock, for providing bus transportation after dinner so frequently to top quality, no cost performances at the UF School of Music.

Janna Lower (violin) and Jasmin Arakawa (piano) demonstrated amazing talent in a faculty recital at UF recently. They have each performed internationally.

Dr. Lower is Professor of Violin and Head of the Strings Area at UF. She has received accolades on three continents for her performances and encouraged hundreds of students in her 30 years of teaching. Janna and her late husband, cellist Mark Tanner, founded the Tropikordia Foundation, which provides teaching fellowships and string instruments and supplies to children around the world.

Dr. Arakawa is praised by American Record Guide for "rich lyricism" and "supreme clarity." She has collaborated with many notable artists including cellists, flutists, clarinetists, and the Penderecki String Quartet.

Drs. Lower and Arakawa energetically presented works of Russian Composer Sergei Prokofiev and concluded the recital with a "dessert" of blues for their admiring audience. These accomplished women joyfully enriched the evening for all who attended.

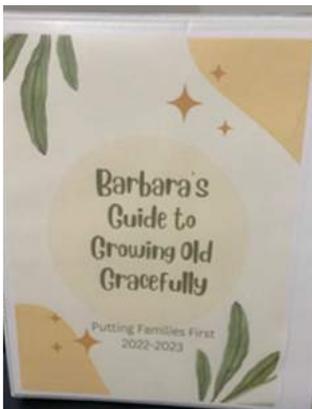
– Sandy Furches



Growing Old Gracefully

Putting Families First is an interdisciplinary graduate course for students entering the health professions. Several students work with a volunteer to try to assess what their needs are and how they can help fulfill them. I was one such volunteer and met four students who were to work with me. One was in Medical School, one in Nursing School, one in Veterinary School, and one in Pharmacy School. We met several times during the semester and they determined that one of my needs and desires was to learn how to grow old gracefully. Let's face it, no one tells you what to expect! As a result, they compiled a brief manual for me. I was very touched by their interest and concern, and they indicated that the preparation of the manual was very well received by their instructors.

Putting Families First is always looking for new senior volunteers and it is a most enjoyable and rewarding experience working with the students. If you are interested, contact Putting Families First and you, too, can learn to grow old gracefully.



– Barbara Herbstman



Artist and Oak Hammock resident Karl Schwartz is a winner!

– Michael Levy

The Residents' Council Listening Post

The Listening Post was begun by the Residents' Council (RC) during the height of COVID when we were unable to meet comfortably in a group setting, but it looks as if it is here to stay. The Listening Post provides opportunity for any resident to talk one-to-one with a member of the RC about any issue related to Oak Hammock. Topics range from compliments, concerns, suggestions, complaints, or just questions.

The Post is open twice a week at the same time and place every week: Tuesdays from 11:00 am to noon in the Library Annex (lower level, near the classrooms) and Wednesdays from 1:00 to 2:00 pm in the Barber Shop (lower level, by the salon). Members of the RC sign up for designated times so that different individuals are present to meet with residents throughout the year. The conversation can be confidential and behind closed doors if so desired.

Issues brought to the Listening Post and any actions taken or anticipated by the attending RC member are reported in summary form at the monthly RC meeting and described more fully in the meeting minutes. The resident bringing the issue forward always remains anonymous. This allows for sensitive conversations that might, for instance, relate to another resident and/or staff member.

We always encourage you to participate in the RC committees that may be dealing with topics of interest to you, but we have found the Listening Post to be yet another useful tool to foster communications between the RC and all residents. We invite you to stop by the Listening Post, even if just for a friendly chat. Look for the yellow sign outside the door!

– Martha Rader



Farmworker Donations

Fran Ricardo, from the Rural Woman's Health Project, with Janet Janke and an envelope that contains a little over \$3,000 in donations to provide prescriptions and health care for the migrant workers.

The cart holds the boxes of shirts and socks that were also donated. Thank you to all who supported the farmworkers who are in our area this year to harvest the blueberries.

– Janet Janke



The Art League at Oak Hammock

The Oak Hammock Gallery is featuring a new show titled "Portals", displaying the artwork of both Oak Hammock and community artists. Check it out and activate your imagination when you try to figure out how each artist interpreted the theme. The opening reception for the show was Sunday, April 16, The judge, who is from the Harn Museum, presented awards at a gathering in the Oak Room (including to Karl Schwartz, pictured on page 7). Kudos to Jane Polkowski Levy, our director, and all her assistants, Michael Levy and his helpers as well as all the residents who serve on the Gallery Board.

The Gallery Board meets regularly and consists of 12 or 13 Oak Hammock artists and art lovers. Besides reviewing the new art in current shows, plans are made far in advance for future presentations in the Gallery, issues are settled, jobs assigned, and suggestions are all welcome and carefully considered. There is always room for interested parties to let us know who they are and how they are willing to assist.

It is that time again, folks! Oak Hammock Residents and Staff show is coming up next, opening July 9. The applications are at the reception desk in the [Blue folder](#). We are encouraging staff members with artistic talent to please consider being part of the show. There is a lot of talent out there so please share it with your Oak Hammock family. If you have any questions, please contact Jane Polkowski Levy.

Midge Smith, director of the mini gallery, never fails to surprise and thrill us with her innovative shows. This one is different, and very creative. It has that certain charm that will capture your attention. Stop by!

Susan Bankston's art studio show was very well received, with many attending her reception. The art work is eye candy and most was created using a technique called acrylic pouring (more on that on page 9). If you have not seen it t, do yourself a favor and stop by. It will remain on display until the end of May. If you still have a special little wall space that needs some charm, these artworks are where you might find it.

Susan has also been busy arranging for a variety of upcoming art classes, beginning with another Lynn Ferris watercolor workshop on Saturday, April 22. This author can attest to Lynn's ability to create a wonderful learning experience and she is returning at popular request.

Many thanks to our resident artist, Ann Meyers, for a successful class on brushless watercolor recently.

On Saturday, May 20, master artist Anda Chance returns for an all-day workshop in colored pencil. On June 10, there will be another acrylic workshop. More on both later.

The photo included with this article is an afterglow dinner we had with our March speaker Jade Powers, curator of Modern Art, who did a program featuring an event at the Harn called "Posing Beauty in African American Culture." It is well worth a trip.

Just a brief word on the passing of our resident Frank Bates. For many years, Frank gave freely of his services to help the Art League. He helped hang shows, made our labels, and much more. Hikmet, his wife, an artist, assisted Art in the Corridors by making the spreadsheets. Our sympathy, Hikmet. Frank will be missed by all.



– Marion Siegel, content; Michael Levy, photo

Spring Special Treasures Sale

Over 30 residents worked in four shifts at our annual Special Treasures Sale of items collected year round. Part of our "green" initiative is to repurpose our long cherished items and find new homes for them. On March 30, in under 3 hours of organized chaos, we transformed the Acorn Room into a store. Our new "Glitter Team" had a jewelry boutique in a corner; the rest of the room was filled with a variety of crystal, china, pottery, quality cookware, art and frames, linens, tools, small appliances, Easter eggs, bunnies and baskets, and even a fishing rod at bargain prices from 25 cents to \$75.

On March 31, our doors opened at 8:00 a.m. for the staff "First Dibs" hour, then residents, guests and our contractors joined in until 1:30 p.m. to grab our finds with lots of fun and smiles all around. The super bargain hour from 2:00-3:00 p.m. was a huge hit! We were cleaned up by 6:30 p.m. and the unsold items went to eBay sales, our health staff, and local charity. We raised \$1,804.93. Thanks, everyone.

- Judy Plaut

Susan Bankston Studio Art Show

Creativity knows no bounds at Oak Hammock! So many of our residents are either already proficient or learning new skills in the worlds of needle arts, wood-working, stained glass, music, gardening, writing, photography, poetry, and painting. One of our fine painters, Susan Bankston, uses several mediums: oil, acrylic and water color. She is sharing her latest technique with us in her show currently in the Art Studio.

The varied pieces are stunning, and Susan has graciously acceded to my request that she explain the complicated process here in her own words.

"Acrylic Pouring or Flow Art is a process of thinning acrylic paint with a medium to a consistency where it can be poured onto the canvas. There are many techniques used for various effects. This form of art allows the freedom to experiment. Here are some of the techniques used in this show:

- The "Swipe" technique is when different colors are layered over each other. Then, by swiping the paint across or down the canvas, the paint becomes agitated and creates beautiful colors, shapes, and cells.
- "Another way to agitate the paint is to make a puddle of different colors. Then, with a hair dryer or straw, blow it out to form petals.
- The flip cup method is when you layer several colors in a cup, pour it onto the canvas and tilt it, allowing some paint to pour off covering the edges; it forms beautiful abstract patterns. While it's still wet, you can also enhance your painting with balloon presses.
- Another fun experiment is to cover your canvas with a base coat. While it is still wet, dip a long string into a cup of paint, spread it forming a wide 'S' on the canvas from top to bottom and pull it straight down to form different designs.

There are many beginner tutorials on YouTube showing how to mix your paints for different techniques. It's all about playing in the paint and not being too concerned if it doesn't turn out. You can always scrape the paint off and try again!

- Susan Bankston

One is tempted to consider that two genres, poetry and painting, are blended here, for Susan's paintings are truly poetry in motion! All pieces on display are for sale at Oak Hammock-friendly prices and proceeds will be donated to the Benevolent Fund.

- Jan Havre



SAI Musicale

Once a year, Oak Hammock is fortunate to have members of the local Chapter of Sigma Alpha Iota perform for us. Our choral director, Brenda Smith, has been a member of this International Fraternity of Musicians since her college days, and other members of the group who are well-known here are Brenda's husband and our choral director, Ron Burrichter, Gary Langford, director of the Oak Hammock Chamber Players, and resident Don McGlothlin, who is active in bringing musical entertainment to Oak Hammock.

On March 26, we were treated to a lovely afternoon of music, with a varied program consisting of both vocal and instrumental selections, graciously introduced by Brenda. We thank Brenda and the other members of SAI who performed so beautifully, and we look forward to seeing them again next year.

- Jan Havre, content; Sandy Furches, photo



Library Display Case

Ann Elnicki's latest idea for the library window, *Iconic Hats in Literature and Film*, seemed strange until it all started to come together. The request was extended to residents to lend us their hats, and we had a multitude of offers. The display features straw hats of all kinds such as can be found in *Tom Sawyer* and *Anne of Green Gables*, bowlers a la Charlie Chaplin and flat caps that are traditionally worn by golfers and by newsboys as in the old John Jakes and E. L. Doctorow novels. Channel your younger self as you view fedoras worn by Frank Sinatra, Harry S. Truman, and Humphrey Bogart. Somehow our residents kept hold of a top hat, a fur hat, and, oddly enough, even a meerschaum pipe as used by Sherlock Holmes and, even more oddly, a coonskin cap.

Many thanks are extended from Ann Elnicki, Beth Paul, and Jan Havre to those who lent us their precious items: Janet Janke, Bruce Blackwell, Martha Rader, Beth Paul, Jeani Valter, Ann Elnicki, Michael Plaut, Ramona Fraser, Dick Cofer, David Skeel, John Paul, Clark Riffe, and Helen Spencer.



- Beth Paul, content; Bill Castine, photo

Mix and Mingle

On a beautiful spring afternoon, Residents of Independent Living, Assisted Living, and Skilled Nursing gathered in the Duckworth Garden to socialize with assorted beverages and hors d'oeuvres. The event brought to life the concept of "One Oak Hammock," an effort to promote the inclusion of all residents throughout the facility in an enjoyable activity. We must declare "mission accomplished."

- Bill Castine, content and photos; Patsy Nelms, photo



PEEPS: A Candy Favorite

A staggering 5.5 million PEEPS are produced every day by the Just Born, Inc., candy manufacturer in Bethlehem, PA—making them one of the most popular Easter candies in the entire world! The ingredients are simple: sugar, corn syrup, coloring, and flavor (no fat), creating a creamy marshmallow that's perfect for shaping into favorite themed holiday animals. Though PEEPS have been around since 1953, their packaging and merchandising continues to be updated, *appealing to all ages*. As chocolate bunny popularity declines, hopefully Easter baskets still have room for a few jellybeans and maybe a Cadbury egg or two.



- Barbara Dockery

By the Numbers, April 1 Independent Living

	Total	Sold	Available
Houses	57	57	0
Apartments	212	207	5

Health Pavilion

	Total	Occupied	Available
Assisted	46	41	5
Memory*	24	12	0
Skilled**	73	61	12

- Nickie Doria and Ashley Davis-Meacham

Let Nature Be Your Guide

Like to enjoy and learn about nature? But dislike the pesky details and arrangements to “make it happen”? Then the Natural History Society needs to be on your speed dial. Better yet, stay informed with their latest offerings, found in the display case area on the Lower Level, near the post office area. Judy Gire updates the suggested offerings, adding plenty of photos from previous outings, to pique your interests. If revisiting past travels is more your style, there is a wall-hung case (directly across from the nature trips) with scheduled dates of travel trip talks. Dave Brumbaugh posts upcoming talks and welcomes those interested to schedule their adventure-trips! Just give him a call to share. Plan your summer now. It's fun to do something new AND fun to remember good times previously enjoyed.

- Barbara Dockery, content; Bill Castine, photo



Security's Latest Addition

No one doubts the efficiency of the Oak Hammock gatehouse security. Derick Smith, Chief of Security, sees to that. But what about the Security Man *inside* of the gate? He was created for the Pandemic Fall Scarecrow festival in the Oak Hammock Gardens (11-17-21) and welcomed, complete with TV 20 coverage. Officer Randall Coleman helped set him in place. Peg Owens, the event chairman, and Vicki Mulhearn named him Randall—a little known fact. Appears that *this* Randall is an animal lover. Mystery Mutt appeared, followed by Coy Cat. No leads to previous ownership. Recently, Trusty Terrapin joined the inside security trio. SLOW DOWN—enjoy the “welcome home” smiles they beam your way.

- Barbara Dockery



ILR Spring Class, a Hit

Many ILR participants have been happily spending class time this term in the course entitled "Gainesville Gardening". Oak Hammock residents have presented talks on pocket gardens and where to obtain plants and supplies, as well as hands on demonstrations of Bonsai, Bromeliads, and Orchids. From the interest and response of the class members it seems that we will soon be having more gardeners at Oak Hammock and in Gainesville.

- Diane Haines



Mary White: Bromeliads



Henri and Nelson Logan: Orchids and Bonsai



Peg Owens: Pocket Gardens

Recycled Riches

Thank you to everyone who supported our last Special/Vintage Treasures Sale in the Acorn Room. Whether you donated your time or your treasures, or just came and purchased something, we appreciate your support. Please contact Judy Plaut if you have any items to donate, but please be sure that they are not damaged and, if they require power, that they still work.

In addition to our cabinets in the Treats and Treasures area, Doris Greene still has her Wish List for anyone who is looking for something specific. If you call her or email her your requests, she will notify you when we get an appropriate donation and you will have the first right of refusal.

Unfortunately, due to our inability to contact staff directly, we still have our Flash Sales on hold. If you have a donation of furniture, please send a picture to Doris Greene, and she will try to find someone on her Wish List who may be looking for your item.

Our next meeting is Monday, April 24, at 11 a.m., in the Acorn Room. Please join us and give us your support.

- Valerie Griffith, Chairman, Recycled Riches

The Kitchen Is the Heart of the Home

If you've walked down to the Lower Commons by the classrooms, you have probably been delighted to see many items from our kitchens and our parents' kitchens in brightly decorated showcase windows. These pot holders, dish towels, and other cooking instruments remind us that the "The Kitchen is the Heart of the Home", and you've seen that a number of



our residents have generously lent utensils and vessels and even cream and sugar sets that surely graced a kitchen table or two. All I can say is bring it on.

-Tallulah Brown, content; Bill Castine. photos



These comments that Tom Gire made at the Residents' Council meeting are very informative.

"FLiCRA is a nonprofit organization that works through its staff in Tallahassee to protect the interests of CCRC residents in the state process. The Tallahassee operation is financed by dues paid by CCRC residents as FLiCRA members. The more CCRC residents who support FLiCRA, the better funded the Tallahassee effort is and the more effectively our interests can be protected.

"At the chapter level, the most important job of us board members is to recruit residents, especially new residents, to become FLiCRA members. Mary Wake, our membership chairman, makes the initial contact with new residents, and she keeps us informed of who needs to be approached for follow-up. All of us need to be engaged in helping recruit new residents.

"Once people join FLiCRA, we want them to keep up their membership, so we need to keep the FLiCRA name in front of them. We provide newsletters, we give monthly reports to the Residents' Council and most importantly, we host special events, where people see the FLiCRA name in the publicity and they see the FLiCRA name when they attend the event."

Thank you, Tom Gire. A wonderful explanation of what we are all about. - Mary Sanford



Morchie longs for his nightly walk.

- Walter Wynn

What's Out Back?

Ever wonder what's beyond the Health Pavilion? Might be a mystery, especially if you don't use the back exit gate. Our buses have a reserved parking area. Ditto for travel vehicles owned by residents—which includes water hookup for exterior maintenance. Nearby is a walkway that leads to the Dog Park! A lovely, fenced area beckons animals to exercise and socialize, while the owners of said pets can sit and enjoy some socialization also. To keep the playing field equal, hours are posted—according to pet size—for specific size playdays. Note the Memorial Wall honoring special pets that lived and loved Oak Hammock.

A glance towards the "back 40" is *Bee Country*. The current two hives will be welcoming a new hive (and queen) soon. Ray Goldwire shares, "We get new queens (about \$40 each) from multiple local sources but primarily from Dadent in High Springs. Hives can run over \$200 but we are getting ours at a much-reduced cost. A nucleus hive—called a "nuc" for short—is a baby hive—a fully functioning colony with a queen, but one that is only 4-5 frames in size. We hope to purchase two new nucs and make a split that gives us another hive. Our new total now is three hives. Purchasing the two new nucs will bring us up to five hives. *More bees = more honey!*

The sign reads Smart House. It welcomes residents to view new technology regarding safety as we age. And drive. Take advantage of programs checking driving capabilities (see "Smart House" in *The Oak Leaf*, December, 2022).

What about the interesting building by the back security gate? It's the woodworker's domain. Home to those longing to create useful and beautiful objects, using what would be "dangerous tools" in the hands of most. Supervision and training are required to provide safety for all. (Visit the Woodworkers' display case on the Lower Level for informative work samples and photos.)

Time to get a jump on summer. Stroll, drive, or meander your way to see what's out back. There's a lot more out there than buses!

- Barbara Dockery, content; Bill Castine, photo



Elevator Upgrade

All ten elevators in Oak Hammock are to be upgraded over the next several months. First to undergo the transformation was elevator #8. The cars themselves will not be replaced, but control panels will be changed, featuring new lighting and voice announcements of floors and direction of travel. Two down, eight to go! - *Bill Castine*



Look Up!

Oak Hammock's campus is suddenly covered with creamy white Magnolia blossoms in the tops of our stately trees. Did you know they symbolize luck and stability? Magnolias are believed to be the earliest known flowering plant without true petals and sepals. Instead of nectar they exude fragrant and sugary secretions for pollination. Enjoy their beauty! Happy Spring!

- *Sandy Furches, content; John Furches, photo*



Restaurant Ramblers

Tuesday noon, April 11, a small group of ramblers went to the Metro and certainly enjoyed eating together. We all had delicious lunches, good service, and interesting conversation. Please join us at the next outing! - *Bev Cone*



We are so fortunate to have our friendly and helpful Dining Services team and their youthful energy to brighten our Oak Hammock community.

- *Sandy Furches*

Fitness Center Class News

Stay in touch with your Oak Hammock Fitness Center for schedule additions such as:

- Chair movement class for the skilled nursing residents on Tuesday/Thursday at 10:00 am.
- A combined stretch and stability class from 11:00 am to noon on Tuesday and Thursday
- Total body stretching (seated or standing) in assisted living on Friday from 11:15 am to noon.
- Total body workouts will shift from M/W/Th to M/W/F at the beginning of May.
- Other shifts or changes will be announced as they occur.

- *Sandy Furches*

Sweetwater Wetlands Park

The Oak Hammock Active Lifestyle Committee recently led a trip to this park. Although Chairman Marilyn Crosby was still recovering from surgery, the well-executed plan went off without a hitch. Once at the park, the group of residents was divided into two groups: the walking group and the group riding in the tram. Each group had their own tour guide, and they began to see the purpose of the park. These wetlands were built to remove nutrients, sediments, and trash from the Creek. Water flows through 125 acres of treatment wetlands and then into Paine's Prairie and then into the aquifer.

Along the way to creating the engineering marvel that is the park, they have created a marvelous view of what that area looked like before the arrival of civilization. Perhaps we are privileged to see it as the first nations' people saw it: the Seminoles and the Tecumseh Indians. Goliath (the only alligator in the park that has a name) was sprawled on a bank and was reputed to have a bellow that can be heard in the parking lot just off Williston Road.



A bonus was the sight of many wetland birds: black-bellied whistling-ducks, anhinga, a white ibis, a great blue heron, a kingfisher. A veritable bird watcher's paradise. There is a walk at 8:30 every Wednesday September thru May, and on Saturdays at 8:30. There are a number of other bird-related activities, and with the close partnership for members (and prospective members) of the Audubon Society, it is easy to find such wonderful opportunities as are offered at the park!

The guide on the tram (funded by Wild Spaces Public Places sales tax) suggested that folks should come back quarterly to fully enjoy the seasons at the park. This was an invitation taken to heart by those attending this superlative event! -Tallulah Brown

"Treat the Earth well: it was not given to you by your parents, it was loaned to you by your children. We do not inherit the Earth from our ancestors, we borrow it from our children." - Ancient Indian Proverb

Spring Finds

Flowers are blooming in a riot of colors, bright butterflies flit from plant to plant drinking nectar, and beautiful painted rocks have appeared everywhere. Some elves have painted small, smooth river rocks in a variety of designs and scattered them across the campus. Look for them in the garden and in the common areas. When you find one, it will bring a smile to your face and good luck to your week.

- Nancy Dickson



Oak Hammock Singers Present The Sounds of Music Concert

The Oak Hammock Singers' traditional opening "We are the Folks" introduces their spring concert in the Oak Room on Sunday, May 7, at 3:30.

The program offers a collection of new and familiar music. "To a Wild Rose" (the wordless vocal-band-song featured in the film *The Paradise Road*) is among the gospel, love songs, and show tunes. There's something for everyone to enjoy! The closing song, "Consider Yourself," offers a warm invitation to join the Singers in the fall. All singers need a little time.

- Barbara Dockery



-Karen Arola



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All of Us

Join us Thursday, May 11th at 10 a.m. in the Oak Room at Oak Hammock to learn about the All of Us Research Program, a national effort to build the largest, most diverse database of health information of its kind that researchers can use to study health and illness. This study is open to everyone age 18 and over.

To learn more and to enroll, contact us at JoinAllofUs.orgallofus-UF@ufl.edu (352) 231-0829 UF All of Us SouthEast Enrollment Center.

– *Ellyn Ahlstrom*

The Oak Leaf

Do you wonder what mysterious forces are at work as *The Oak Leaf* is produced? Well, a dedicated group of



people, led by editor Patsy Nelms, hold a not too secret editorial board meeting monthly. Interesting subjects, regarding life at Oak Hammock, are discussed and assignments made to a diligent staff of writers. There is always room for one more, so if you have any photos or articles of interest, submit them for possible publication. Banana bread and coffee are always on tap at our meetings. Remember, *The Oak Leaf* is a reflection of our community. - *Barbara Herbstman*

2023 Residents' Council

President: Martha Rader

Vice President: Michael Plaut **Secretary:** Doug Merrey

One Oak Hammock Coordinator: Mary Kilgour **Assisted Living Representative:** Roger Curtis

Committee	Meeting Time	Chair
Active Lifestyle and Outreach	1 st Monday, 11:00am	Marilyn Crosby
Dining Experience	1 st Friday, 10:00am	Bruce Blackwell
Planning and Design	2 nd Wednesday, 3:15pm	Dick Suttor
Landscape and Grounds	2 nd Thursday, 10:00am	Jan Lowenthal
Health and Wellbeing	3 rd Tuesday, 3:30pm	Ellyn Ahlstrom
Buildings and Infrastructure	3 rd Wednesday, 1:30pm	Bob Brown
Finance and Stewardship	3 rd Thursday, 1:30pm	Pat Kelley
Technology Services and Innovation	3 rd Friday, 10:00am	Bill Zegel

The Council meets at 10:00 a.m. on the second Friday of each month in the Oak Room and via Zoom. Committees meet using a variety of formats and in various locations. Please contact the Committee chair for specific information.