

Circus Fun!



**20<sup>th</sup> Anniversary  
 Circus Thanks**

Gaye and I would like to thank everyone who was involved with the circus event on May 8. The long hours and hard work that folks put into planning and carrying out the event was obvious. The atmosphere was genuinely one of a family picnic. Oak Hammock was on fine display. We are truly a family and fortunate to be here.

*-Jerry Kirkpatrick, content;  
 Oak Leaf Staff, Nickie Doria, Katherine Osman,  
 Chrissy Smoak, photos*



## In Memoriam: Bob Graham

(1936-2024)

Our Florida Legislator, 38<sup>th</sup> Governor, US Senator, neighbor, and friend will be remembered for his statesmanship and leadership. The Bob Graham Center for Public Service at UF echoes his commitment to cultivating future leaders. His 400+ days working ordinary jobs showcased his humility and kindness. We are grateful for his life of public service.

*-The Oak Leaf Staff;  
Bob Graham Center for Public Service, photo*

## Welcome, Jack and Sandy Halsey

Jack and Sandy moved to Oak Hammock from St. Mary's, GA, where they had a marsh view, perfect for bird watching.

Sandy grew up in Long Island City, NY, where her father was a musician and performed on Broadway. She moved to North Miami as a young girl and earned a degree in bacteriology from the University of Florida.

Jack grew up in St. Petersburg, and earned his BS and MS in biochemistry, also at the University of Florida. He and Sandy met when their mutual studies overlapped, and they married 6 months after first meeting.

Jack earned his PhD in Physical Biochemistry from Johns Hopkins. He taught immunology at the University of Oklahoma and University of Kansas Schools of Medicine but gave up teaching when he and Sandy opened their own immunology laboratory which grew into a profitable business.

Sandy likes to cook, read, garden, and play mah-jongg. Jack is a serious cyclist, and while on a river cruise on the Danube, Jack and a group of cyclists pedaled along the river while Sandy and the other tourists enjoyed the sights from the boat. Jack has also been active with the humane society, and he always enjoyed tinkering in his garage shop. The two have also travelled to Africa and Europe.

The Halseys have two sons, one in Portland, OR, and the other in Atlanta, 6 grandchildren between them and Skye, part miniature Pinscher and part terrier.

*-Beth Paul*



## New Neighbors, Jane and Wei Chen

Graciously, the Chens welcomed me into their bright, spacious Palm apartment. Jane, a Chinese war baby, lost her dad in the war. Her mother moved Jane regularly for safety. At 14, Jane went to England, where she learned English. Four years later, her mother determined America was "the land of opportunity." Jane completed college in MA then on to UC Berkeley for graduate school where she met Wei. After UC Berkeley, both earned PhDs from UCLA.

Wei, a Shanghai native, completed high school in Hong Kong and wanted to go to America, "the richest and best country." In CA he started college and worked as an electrical engineer. On the West Coast, Wei was in demand as the earliest designer of training systems to land airplanes at night. For 40 years he moved on demand creating simulations for tanks, subs, airplanes, and nuclear power plants.

Jane followed Wei around the country, including her stint at San Jose University where she gained tenure. She pursued her MD degree knowing she could find employment more readily as they relocated. Her residency was at UF. Their 22 years in Ormond Beach, FL was their longest residence just prior to Oak Hammock. This was the first time they were really together in their now 60-year marriage.

Daughters Rei (CA) and Rayenne (PA) provide them 5 grandchildren. Two are UF Gators! Jane and Wei are grateful to be here with one regret, "that we did not come 10 years sooner." Welcome!

*-Sandy Furches*



## Mary Feiber – a True Gainesvillian

One of Gainesville's landmarks, Alachua General Hospital, is no more. But a remnant remains. Oak Hammock's new resident, Mary Feiber, was born there! Gainesville continues to hold memories for Mary, especially the special people that made Gainesville the community that it is today. Mary and her four siblings attended neighborhood schools, starting out at P. K. Yonge Developmental Research School. Being a strong personality, she convinced her parents that Gainesville High would be a better fit (and maybe more fun?) for her application to Stephens College in Missouri. Gainesville beckoned Mary's return, including a UF degree in elementary education, followed by teaching second grade at J. J. Finley Elementary School. Perhaps a certain high school sweetheart, Jimmy Feiber, was a part of the draw! His law firm participated in many legal matters determining community issues. The couple celebrated fifty-one years of marriage prior to his death eight years ago.

Mary's love of art and family photos are displayed throughout her second-floor apartment in building two. She's devoted to reading, with romance and historical fiction being some of her favorites. Mary happily shares an Oak Hammock "claim to fame"—she and Bill Castine are co-grandparents via her daughter and Bill's son. Twenty-year-old Lucy is one lucky lady. While Gainesville authorities seem bent to replace much of Gainesville's beauty, we are fortunate to know Mary Feiber, a true local historian—possibly one of the best representatives Alachua General Hospital ever delivered!

-Barbara Dockery



## FLiCRA NEWS

On Wednesday, May 29, 1:30 p.m., Oak Hammock's FLiCRA chapter will host a return visit by our Florida legislator, **Yvonne Hayes Hinson**. A former Alachua County Commissioner, she is



serving her second term in the Florida House of Representatives.

When the guest of honor at a FLiCRA program here two years ago, her background as an educator in Alachua County and her advocacy for education resonated with the retired educators among our residents. We will enjoy refreshments and conversation. She will talk about her activities since her previous visit and her goals for the future.

All Oak Hammock residents are invited. We are hoping for a great turnout. Please come!

-Tom Gire content;  
Victoria Lancet, photo

## Twin Fountains

The new twin fountains in our pond were completed on May 3 and are not just pretty. Their main function is to add oxygen to the pond water, benefitting the health of pond life, especially microbes that break down any muck deposits.

-Bob Virnstein



## Ken Curry Retires

Ken Curry has been taking care of Oak Hammock residents for over 9 years as Director of Transportation, and he is looking forward to retirement and a long overdue vacation with his wife Cynthia. Perhaps a cruise or one of those train rides through the Rockies? It's Cynthia's choice because she has been putting her plans aside for way too long as Ken pursued his multiple careers.

Ken is an army veteran and became an ordained minister after graduating from New Testament Christian College in St. Louis in 1989. He has since served in missionary work in many places in the world in his role as World Missions Director. He has been a chaplain to all branches of the military.

Some of Ken's favorite memories while here were the multiple field trips he "chaperoned" so that he and residents could explore Florida. He loved it when he or one of the other drivers brought everyone home safely. Ken has handed the keys over to Robbin, who will succeed him as Transportation Manager. Robbin said Ken was handing her "the baton."

Ken's plans after Oak Hammock and that vacation? Well, we all know Ken. He will be volunteering—the VA Hospital, perhaps Haven Hospice, Take Stock in Children, coaching his grandsons' baseball games, and of course, pastoring his church. His days will be full, and we will miss him a lot.

-Beth Paul



## UF Libraries Liaison

On April 23, Paul McDonough, UF Librarian, assisted residents during the UF Librarian office hours in Conference Room A. This was his final official session here. Paul is retiring from the UF Libraries in May. He assisted residents with setting up new library accounts including passwords, provided direction for renewing accounts, led residents through the process of Interlibrary Loans, or offered guidance in locating resources on a specific research topic.

Paul has been working with residents in the UF Library Interest Group since 2017, the first year that residents could use the full resources of the UF Libraries, including digital materials. Privileges for Oak Hammock residents have gradually expanded, as Paul worked with staff in his department, Access and Resource Sharing, and others in the UF Libraries system. All residents here are eligible to join this group.

Christy Shorey will be the next UF Libraries liaison for residents.

-Sybil Farwell, content;  
Sandy Furches, photo



Paul demonstrates features of the UF Library website.



## Clif Reynolds

Why haven't we introduced Security Officer Clif Reynolds before now? Seems his midnight shift has made him hard to catch. Clif has been with us at Oak Hammock for 2½ years. He came from Palatka to Gainesville to play football and earned a UF degree in criminology. He served 23 years with the Alachua County Sheriff's Office and has work experience with Walmart.

Clif still loves sports but he stays busy in his time off with 4 daughters, 1 son, and 6 grandchildren. At Oak Hammock, Clif enjoys meeting residents and interacting with them. He is sometimes at the concierge desk late at night. If you happen to pass by, stop and introduce yourself.

-Karen Miller, content; Human Resources, photo



During National Volunteer Appreciation Week, the HP Life Enrichment team and residents expressed their gratitude with a wine and cheese reception for all who share their time. "We could not do what we do without each of you, and we want you to know that we greatly appreciate you so much in aiding the quality of life for all our residents here at Oak Hammock," said Chrissy Smoak. -Sandy Furches

### National Nurses Day Pizza Party

An enthusiastic group of IL residents showed up in the AL Social Lounge (aka Tammy's Kitchen) to thank the nurses and other health professionals with pizza, veggies, and Martha Rader's delicious desserts. Hosted by the Health and Wellbeing Committee, the event drew a stream of hungry and appreciative staff. The May 6 event marked the beginning of Nurses Week.

Chrissy Smoak ensured that everything was set up, decorated, and that all honorees were invited. According to Chrissy, "While I love making others smile, it was a treat for me to see so much joy on the faces of the IL volunteers being able to serve and give to the staff like they did! The One Oak Hammock vision and mission was truly exemplified!"

-Nancy Dickson, content; Bill Castine and Chrissy Smoak, photos



### DONATION NOTICE

Thank you to everyone for your generous donations to help children and families in Alachua County. You really have made a difference!

Just a reminder that the School Board is unable to accept food that is in an open box (even if the inner seal is intact), partially used, or expired. All food must be in unopened and unexpired condition. Thank you!

Did you know that there are 27 dogs, 28 cats, a bird, and countless fish that live at Oak Hammock?

Watch for the a new Pet Census Survey from Community Services, coming soon!



Phil Morrison received the National Association of Activity Professionals Volunteer of the Year award in Minneapolis from NAAP Representative Julie Cooley (center). Thank you, Phil, for all the lives you've touched through Music & Memory.

- Chrissy Smoak

## AARP Tax-Aide Inaugural Triumph

As April 15<sup>th</sup> closed on the inaugural year of the Oak Hammock AARP Tax-Aide program, over 55 IRS 1040 returns had been filed. Success!

Dedicated Oak Hammock staff each contributed their unique skills and unwavering support. Heartfelt gratitude to: **Kathy Subak, Tony Iles, Mary Salvamoser, Daniel Eakins, Julie Ann Ariet, Kim Miller, Derrek Smith, Danny Grant, Andrew Davey, and Kelly George.**

The heart of the program, however, was its team of resident volunteers with their expertise and commitment: **Dick Lucas, Frank Townsend, Tim Noe, Jeff Minch, Randy Terry, Marty Clendenin, and Ray Goldwire.**

"It took a village." Thanks to all!

-Frank Townsend



OH Tax-Aide Team Members Dick Lucas, Frank Townsend, and Ray Goldwire, and Jeff Minch (background left still at work!)

## Steve Gird and the Wonder of Wood

There is not much to say about Steve Gird's collection of bowls, urns, cutting boards and vases except that you must drop in to the art room to view them yourself to see how talented he is. The works are stunning. Steve's selection of woods includes maple, oak, cherry, and ash—all woods that we are familiar with. Then he moves into some unknown

woods such as purple heart, canary wood, jabota, and padauk. A small purple bowl made entirely of purple heart gives a good example of just how true this color is to its name. Details in the bowls highlight wenge, for example, a black wood, or yellow heart that is, quite obviously, yellow. Some woods were found in the woodshop, some outside the commons, and some back in their yard in Kentucky before Steve and Paulette moved to Oak Hammock.

One of Steve's more complicated urns is constructed of 1,032 pieces (see photo) and took him about two months to complete. Two magnificent burial urns have been set aside for Steve and his wife

Paulette. One lucky resident snapped up a cutting board that was available for sale.

When not on display or being used, Steve's creations are stored in his guest bedroom, but they will be featured in the art room for another month. It's amazing how much talent thrives at Oak Hammock.

-Beth Paul



## Horseshoe Crabs

Jane Brockman told us all about horseshoe crabs on Thursday, April 18. They are an ancient species with interesting physiology and characteristics. Her display enhanced the information. In a follow up trip to Cedar Key, Jane located horseshoe crabs in their habitat for residents, demonstrating tagging and weighing them. Beachgoers are encouraged to report sightings of tagged horseshoe crabs to help track crab movements and population numbers. Learn more about Florida Horseshoe Crab Watch at [bit.ly/HSCwatch](http://bit.ly/HSCwatch).

-Patsy Nelms and John Furches



## Seder Tradition

In keeping with Oak Hammock tradition, a seder was held April 23, the second night of Passover. The Oak Room welcomed over 50 people who celebrated the story of the exodus from Egypt and redemption from slavery. The story is ancient, the theme is universal, and the re-telling is still pertinent today.

Ted Wasserman reflects, "The dining team, particularly Rose, pulled out all the stops to make the Passover Seder a great success. Chef Julio turned out exceptional culinary creations.

Thank you to the entire dining staff for outstanding planning, support, service, and food quality." It was an enjoyable and instructive evening!

-Joe Berkow, content;  
Jerry Kirkpatrick,  
photos



Seder Planning Committee (l-r): Ted Wasserman, Joe Berkow, Elliot Simon, Jerry Kirkpatrick

## Art News

Have you ever wondered how Steve Gird produces his distinctive and unusual art in wood? On May 28, at 4:00 p.m., in the Oak Room, Steve will explain his process. This is our final program until September.

Oak Hammock art students will be showcased this summer in the Art Studio. Beginning watercolor classes, "Blossoming Artists", will be June 3 to July 12. Reception is Sunday, June 16. "Journeying Artists" are those who have taken a workshop in the last two years. Their work can be displayed July 15 to August 24. Reception is Sunday, July 28. For more information: Susan Bankston.

Every Monday from 9 a.m. to 12 noon starting May 20 is Open Studio for artists to gather, help each other, share ideas or techniques, and work on their creation. All media are welcome: watercolor, acrylic, pencil, pastels, and charcoal. Come any time, stay for an hour or more. This is an opportunity to meet new artists at Oak Hammock and have fun. For more information: Gloria Nelson.

The studio is open daily to work on your paintings or projects, unless there is an event scheduled. Check with Susan Bankston. The studio is also available for residents to exhibit their work as "The Artist of the Month." To schedule a month, contact Mary Sue Koepfel.

OH artists, working in any medium, are invited to submit applications for the OH resident and staff show. Applications are due in June. Show begins in early July.

-Nancy Dickson



## Looking for a Book Club?

Oak Hammock residents see a need and make things happen. During Covid, **The Acorn Book Club** could accommodate all interested residents on Zoom. Post-Covid, they resumed face-to-face meetings, limiting participation. **The Reminders Book Club** was the answer. They organized in April, 2021, meeting the first Tuesday monthly. Contact person: Deborah Rossi.

**The Street Book Club** started in 2012 and met in members' homes. As members moved to the Big House, they now meet in the Commons on the third Wednesday monthly. Contact person: Irene Goebel.

**The Gentleman's Book Club** started in late 2021 when two residents were waiting for their wives' book club discussion to end. They discuss non-fiction and historical fiction on the third Thursday monthly. Contact person: Elliot Simon.

**Happy Bookers** organized in September, 2023, because the other four book clubs were full. They meet the first Thursday monthly. Contact person: Rhonda Smith.

Who will start the next book club? It can be you!

*-Deborah Rossi, content; Sarah Price and Shanelle Carter, photos*

### Happy Bookers



### The Reminders





## The Wheels on the Bus Go 'Round and 'Round

Make that a BIG YELLOW school bus—delivering special students to Oak Hammock five days a week. In the summer of 2023, Oak Hammock was approached by David Banes, Supervisor and Program Specialist from the Alachua County School Board (ACSB), to consider partnering with the ACSB to be a G.E.T. site. This Vocational Training program promotes **G**rowing, **E**ducational Training, and **T**ransition for special students. *What an honor to be selected!* Julie Ann Ariet serves as liaison with the program and worked for several months planning to meet requirements.

Oak Hammock was able to enroll two students—Christopher and Jada—for the fall! They were titled “interns” and worked in AL activities, the Fitness Center, Laundry, Kitchen, etc. Christopher graduated from the program in January. Hopefully he'll return for actual part-time employment. Jada continues working. Maurice was welcomed to the program to work with housekeeping floor techs.

Oak Hammock is proud to partner with the ACSB for the growth and training of these exceptional students. They are proud and honored to come to work daily and excel at their job tasks. For a similar G.E.T. site in this program, visit [grow-hub.org](http://grow-hub.org) Be on the lookout for the BIG YELLOW school bus. It brings “our” students and their on-site supervisor, Mr. Walker, to us and returns to pick them up. It's back to school for Oak Hammock!

*-Barbara Dockery, content;  
John Furches, AI generated photo*



## Outback Street Party

An army of street people gathered at 5 pm laden with platters of shrimp, fried chicken, marinated tomatoes, pizza, dips, baked beans, party meatballs, deviled eggs, cheeses, vegetable dips, and more. The skies above darkened ominously but the collective force of positive thinking miraculously held off the rain until 7:05 pm. Much merriment!

*-Jackie Challoner, content; Patsy Nelms, photo*



## Recycled Riches Volunteers Needed

Recycled Riches is overrun with all the movement inside Oak Hammock in April and May. Trying to help everyone, we are now waving the white flag surrendering to reality. We simply do not have enough helpers to lead apartment sales. Special Treasures sales will continue. Items for our cabinets in Treats and Treasures, including jewelry, are welcome. The number of apartment sales will be reduced until we have volunteers who want to keep them going.

Planning to downsize or move? PLEASE contact Recycled Riches FIRST so that we can advise you of what Oak Hammock can use. We are here to help you—remember to let your family know that we are here. We also have contact information for local charities who can help you with your possessions.

Our next meeting is Monday, May 20, 2024, at 11 a.m. in the Acorn Room. I hope to see you there. EVERYONE is welcome.

*-Valerie Griffith, Chairman,  
Recycled Riches*

Interested in being involved in the 20th Anniversary planning? Contact Community Services!

## A Dynamic Duo

Queen of Peace Symphonic Band of 5<sup>th</sup> to 8<sup>th</sup> grade students and 6 Oak Hammock Chamber Players rocked the Oak Room with their wonderful music. Queen of Peace offers numerous levels of music at the school. It took a separate band wagon to transport ALL their instruments. "Can't wait for a return visit!" says Barbara Dockery. Walter Wynn proclaims the students played better than some high school bands. Walter encourages all to support students when they come to perform, noting refreshments are usually available too!

-Sandy Furches, content;  
Mike Plaut, photo



## A Tour to Remember

Linda Kallman and Nancy Perry partnered with Barzella Papa, Community Foundation of North Central Florida, giving 16 of us a taste of the over 2,000 not-for-profits registered in our community. Yes, over 2,000!

From boarding pass to biscotti in our goodie bags, we toured Bread of the Mighty Food Bank (now a branch of Feeding Northeast Florida), Peaceful Paths Domestic Abuse Network, and Alachua Conservation Trust.

Facts learned included: Bread of the Mighty can access 7 pounds of food for every \$1 given to them! A fire at Peaceful Paths opened doors for their facilities and services to blossom! Alachua Conservation Trust protects natural, historic, scenic, and recreational resources nearby! Twenty percent of the workforce in our area is employed by not-for-profit organizations! Volunteer opportunities abound through these agencies too.

The tour concluded with a picnic lunch and look at Prairie Creek Conservation Cemetery. Kate Wilkinson and Diane Haines shared their personal experiences and will be happy to share those with you.

Keep your eye on the calendar for the next tour in September focusing on schools. Be an Oak Hammock ambassador and get to know our community!

-Sandy Furches



## The Oak Room's 150<sup>th</sup> Run for the Roses

Horse lovers and party people gathered in the Oak Room to cheer on their favorite three-year-old thoroughbred vying for the winner's traditional blanket of 554 red roses. Sipping mint juleps and watching the race on the big screen was a cool combo. A photo finish declared Mystic Dan the winner—by a nose hair! It wouldn't be the Kentucky Derby without a hat contest! Elaine Skeel, Joan Langley, and Valerie Griffith's hats were ladies' winners. Ray Goldwire, Ted Wasserman, and David Skeel took top honors for the men. A special award for best coordinated couple went to Anne and Ray Goldwire. Racehorse and hat winners selected from numerous "grab bag" prizes. The Hostess with the Mostest, Valerie Griffith, thanks all who assisted and attended to make for a fun-filled evening. See you at the 151<sup>st</sup> Derby...next year!



-Barbara Dockery, content; Bill Castine, photos



### By the Numbers May 1 Independent Living

	Total	Sold	Available
Houses	57	56	1
Apartments	212	208	4

### Health Pavilion

	Total	Occupied	Available
Assisted	51	48	1
Memory	12	12	0
Skilled	73	67	5

-Andrew Davey and Nadia Luna

### Male Cardinal in the Garden



-Pat Harden

## 20th Anniversary Then & Now: Fitness Center

As the planning for a UF-affiliated CCRC proceeded in the 1990s, the mental and physical wellness of residents were essential parts of the design of Oak Hammock (OH).

UF gerontologist Gordon Streib (eventual OH resident) and UF leaders prioritized wellness, and when OH opened in 2004, the Fitness Center (FC) had state-of-the-art equipment and was operated by UF under an affiliation agreement.

An early OH board member, Robert Frank, UF dean, College of Health-Related Professions, was key in the design of the FC. Inclusion of separate lap and exercise pools was driven by Frank. He was a University of New Mexico swimmer and insisted that swimming laps required a pool at a cooler temperature than one for general activities. Residents Tom and Judy Gire appreciate Frank's advocacy. They swim ½ mile (18 laps) at least three times weekly. The presence of a lap pool was key to OH being their CCRC of choice.

Twenty years ago, residents were welcomed into a FC with Nautilus exercise machines chosen by UF and paid for by OH. UF staff led by UF's Timm Lovins were responsible for operations and classes. According to a 2008 article by Lovins in *The Oak Leaf*, "Exercise has become an integral part of OH culture. More than 360 of the 400 'Independent Living' members have enrolled in FC services."

Gaye and Jerry Kirkpatrick are 20-year veterans of the FC. They examined 50 CCRCs before choosing OH. Always dedicated to staying physically fit "to live well longer," the Kirkpatricks continue a regular routine in the FC. Jerry was always comfortable working out in shorts and a T-shirt, but he recalls early residents, unaccustomed to normal gym attire, worked out in regular street clothes and shoes. Women used the pool in full makeup and jewelry.

Over the years, residents have donated money to purchase equipment for the FC. Hours of operation, once limited, are now 24/7. Activities and staff at the FC have ebbed and flowed, reaching a low during COVID. The FC closed, yet OH continued to pay UF for FC operation under its affiliation agreement.

Current CEO, Kevin Ahmadi, examined operating costs and with the 2023 budget, FC operations were moved in-house under the management supervision of Katherine Osman, Director of Community Services. After a slow start, the FC moved from a COVID ghost town to a center of dynamic energy, fun, and excitement led by Stacey Hogan, Health & Wellness Coordinator. Stacey and her enthusiastic staff of fitness instructors and UF interns engage in active outreach to new and existing independent living and health pavilion residents. Currently 186 (70%) of IL and 42 (31%) of HP residents participate. The future is bright for the Oak Hammock Fitness Center!

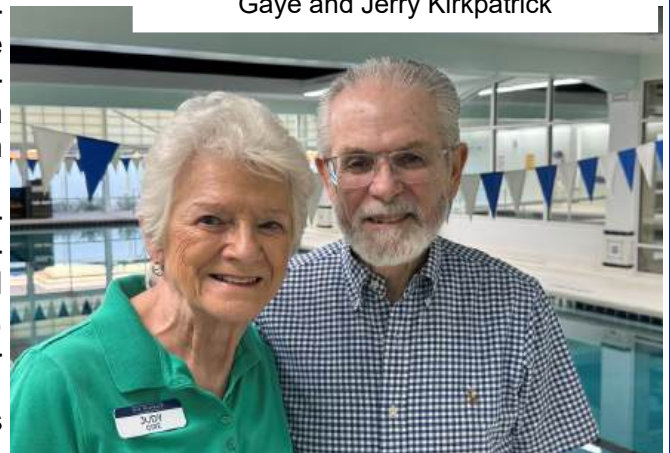
-Neill Hollenshead, content;  
Neill Hollenshead and  
Katherine Osman, photos



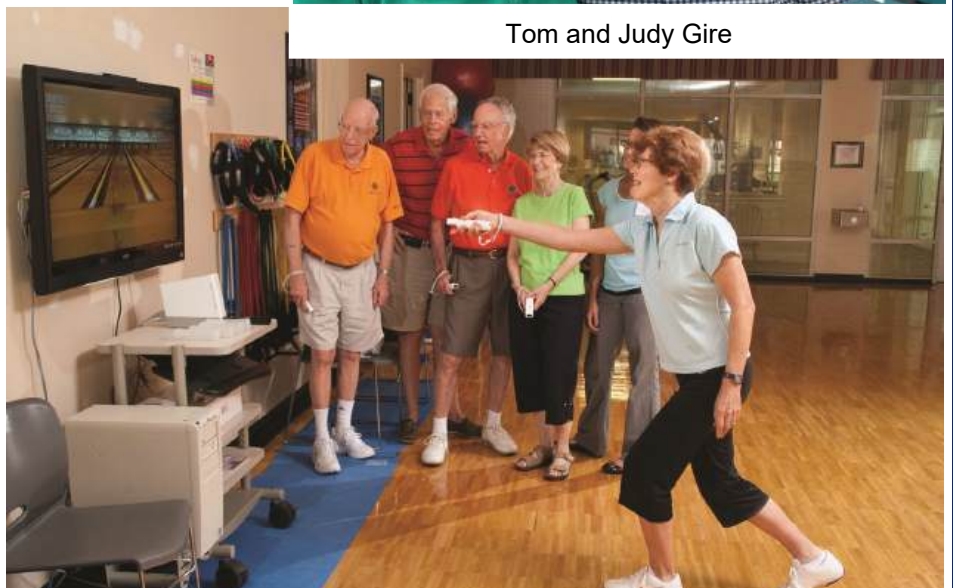
Oak Hammock  
at the University of Florida®



Gaye and Jerry Kirkpatrick



Tom and Judy Gire



Above: Scenes from the Wii Bowling League, circa 2008.



## Singers' Spring Concert Sings and Swings

The Oak Hammock Singers enjoy preparing and presenting a variety of music—traditional, classical, patriotic, and Broadway tunes for concerts. The addition of UF guest performers enriches the experience. What about including an element of surprise? The Singers' Spring Concert "Let the Song Begin" changed the pace with "We've Got Style". Six Oak Hammockettes arose from various areas of the audience to strut towards the stage. The Singers sang and clapped to the beat of the catchy song lyrics and music written by fellow singer Jan Havre and collaborator Mary Lou Bradham. The applause meter went to the top! Oak Hammock is fortunate to enjoy the professional leadership of Director Ron Burrichter and his Co-Director/Pianist Dr. Brenda Smith. They will be back on Monday, September 9, to tune us up for another year of song and merriment. *Why not join the fun?*

-Barbara Dockery, content; Bill Castine and John Furches, photos



Oak Hammockettes (l-r): Pat Toskes, Rita Fabal, Nancy Perry, Susan Bankston, Elaine Skeel, Mary Brenner

## Apple Watch Fall Detection

Apple Watches SE and Series 4 or later versions include Fall Detection technology that can identify a hard fall while wearing the watch. While mostly reliable, it cannot detect all falls and can mistake high-impact activity for a fall.

When a fall is detected, the watch taps the wearer on the wrist, sounds an alarm, and displays an alert that becomes progressively louder to ensure it is heard by the user or someone nearby. If the user is immobile for about a minute following the fall, the watch starts a 30-second countdown, during which it taps the user's wrist and sounds an alert. If the user does not cancel the alert, Apple Watch automatically contacts 911.

On reaching 911, Apple Watch plays a message indicating a fall has been detected and shares the user's location. The user's emergency contacts are also notified with a text message including the user's location; this requires the contact to have a device such as a smartphone to receive the text.

Apple Watch setup requires pairing with an iPhone; the Medical ID screen in the iPhone Health App allows health information and emergency contacts to be provided for responders to a fall. With this setup and Fall Detection, Apple Watch can provide peace of mind for users anywhere in range of a cell tower.



-Bill Zegel

### Celebrating Repurposed Art

Repurposed Art won the day when the Art Chair of the Oak Hammock Gallery, Jane Polkowski and Chairman of the Oak Hammock League, Susan Bankston, with the expert assistance of Midge Smith, presented the Repurposed Art Show of 2024! The Show, curated and judged by Dulce Román, Chief Curator and Curator of Modern Art at the Harn Museum, will hang until July 6, 2024.

Dulce Román previously served in NYC as a researcher of Spanish art at the Frick Collection and in the department of European paintings at the Metropolitan Museum of Art. We are so glad that she was available to curate and judge our show for the fifth time! Dulce gave examples of master artists who chose to create repurposed or recycled items for their portfolios. They included Picasso's "Bull's Head" (1914) created from a bike seat and handlebars, Calder's "Only, Only Bird" (1951) repurposing tin cans.



Oak Hammock residents took 6 of the 7 awards! **Merit:** Steve Gird's "Oak Bowl", Marion Siegel's "Stardust", and Martha Rader's "Find the Joy". **Third Place:** Karl Schwartz's "Dancer". **Second Place:** Gail Robinson's "The Fishmonger". **Judge's Choice:** Michael Levy's "Shoe Tree". **Best in Show:** Wendy Sullivan's "Take and Toss."

A flower and ice sculpture highlighted a buffet of wonderful hors d'oeuvres in the upper commons lobby.

-Tallulah Brown, content;  
Sandy Furches, photos



### Three Nights of Joy at UF

A Choral Double Feature of UF Glee Club and Chamber Singers on Wednesday brought "serendipitous joy" sandwiched between the UF Symphonic Band on Tuesday and Wind Symphony on Thursday. Seniors were recognized at their last performance before graduation. More music abounds in the fall. Keep an eye on the transportation book in the commons lower lobby. Enjoy special evenings at UF.

-Sandy Furches



Wisteria celebrates Derby Day!  
-Chrissy Smoak



**Confederate Jasmine**

There are two arbors covered with fragrant Confederate Jasmine at the street end of the building 1 atrium around the elevator housing. Even the outback benefits from the fragrance. Drop by and sniff. *-Walter Wynn*

**The Benevolent Fund**

A total of \$1074 was received in honor of Bill Castine and Pat Liston.

*- Johnathon Mann*



**The Oak Leaf Archives**



<https://infoh.us/oak-leaf-issue-index-2004-2023/>

**Spring Cleaning Building 1 Atrium**

Armed with clippers, loppers, gloves and hats, a small army of Building 1 residents assembled under the guidance of Bob Virnstein and Susan Kluge. With the blessing of Management, weeds were pulled, low and dead branches were lopped off, and overcrowded areas were thinned. You can almost hear the plants and trees breathe a collective sigh of relief. *-Nancy Dickson*

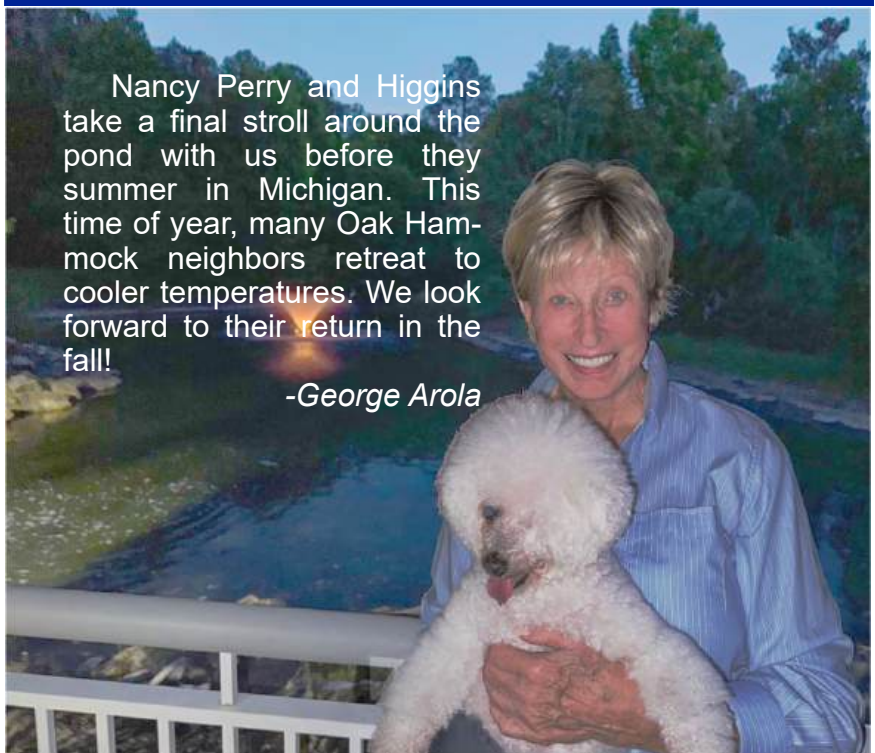


**Annie is One!**

Fourth Floor Building 1 residents recently celebrated the first birthday of Annie, Henri and Nelson Logan's loving Labradoodle. As the Logans proclaimed, "We have all survived this first year!" as residents enjoyed ice cream and cake. Annie is smart and affectionate and loves to be petted. She also loved the Publix doggy ice cream flavor, peanut butter and cheese. Looking forward to year two! *-John Spindler*

Nancy Perry and Higgins take a final stroll around the pond with us before they summer in Michigan. This time of year, many Oak Hammock neighbors retreat to cooler temperatures. We look forward to their return in the fall!

*-George Arola*





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**Graphics**

Katherine Osman, Layout

**Events**

Kathy Subak



Thank you to Julie Ann and the Pet Parade participants for creating such a fun and furry event! (Layout by John Furches)

**2024 Residents' Council (updated)**

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Committee	Meeting Time	Chairperson	E-Mail
Active Lifestyle	1 <sup>st</sup> Monday 11:00 am	Marilyn Crosby	<a href="mailto:mcrosby908@aol.com">mcrosby908@aol.com</a>
Charitable Giving	1 <sup>st</sup> Tuesday 3:00 pm	Mike Plaut	<a href="mailto:smplaut@gmail.com">smplaut@gmail.com</a>
Food & Nutrition Services	1 <sup>st</sup> Friday 10:00 am	Steve Gird	<a href="mailto:stevegird097@gmail.com">stevegird097@gmail.com</a>
Growth & Renovation	2 <sup>nd</sup> Wednesday 3:15 pm	Martha Rader	<a href="mailto:martharader1@gmail.com">martharader1@gmail.com</a>
Landscape & Grounds	2 <sup>nd</sup> Thursday 10:00 am	Bob Virnstein	<a href="mailto:seagrass3@gmail.com">seagrass3@gmail.com</a>
Health & Wellbeing	3 <sup>rd</sup> Tuesday 3:30 pm	Ellyn Ahlstrom	<a href="mailto:e.ahlstrom@me.com">e.ahlstrom@me.com</a>
Buildings & Infrastructure	3 <sup>rd</sup> Wednesday 1:30 pm	Bob Brown	<a href="mailto:robertbaldwinbrown@gmail.com">robertbaldwinbrown@gmail.com</a>
Finance & Stewardship	3 <sup>rd</sup> Thursday 1:30 pm	Pat Kelley	<a href="mailto:pkelley@khsatty.com">pkelley@khsatty.com</a>
Technology & Communication Services	3 <sup>rd</sup> Friday 10:00 am	Bill Zegel	<a href="mailto:wzege1@gmail.com">wzege1@gmail.com</a>

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