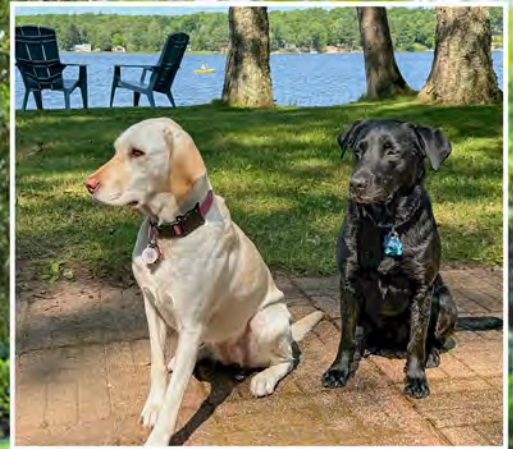


The Dog Days of Summer



Wally (David Wallace) of our maintenance team befriends dog park guests with a treat.

Dixie and Jackson Hollenshead enjoy a 71-degree lake-side breeze in the Upper Peninsula of Michigan. Brandi Malkoff chases a frisbee in the yard. Higgins Perry and his little friend love a good boat ride on Higgins Lake in Michigan, while Daisy Brockmann hunts hermit crabs on the beach in Florida. See related article on page 2.

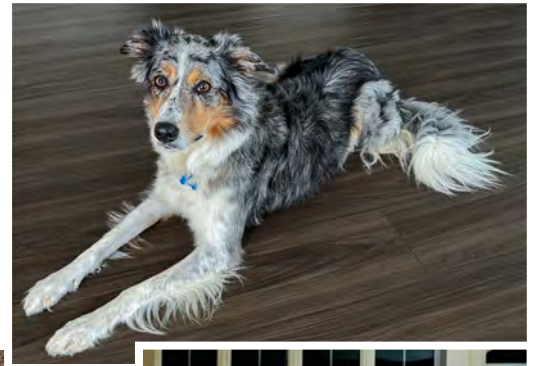
-Jane Brockmann,
Neill Hollenshead,
Janice Malkoff,
Nancy Perry, photos

Dog Days of Summer

Sirius, the dog star, according to the ancient Greeks, inspired our term the dog days of summer. This is the period when the bright star Sirius rises alongside the sun from July 3 to August 11. Because it was so hot during this time-period, they attributed it to the combination of the sun and Sirius. The Romans agreed and in Virgil's "Aeneid," he accuses "fiery Sirius, bringer of drought and plague to frail mortals" and the way it "rises and saddens the sky with sinister light."

We Americans love our summer, however, and on the front page you've seen some of our dogs who could never turn down a boat ride or a picnic in the park. The dogs on this page beat the heat by soaking up the air conditioning at home. To those precious pets who are gone, they can be found past the "second star to the right and straight on 'til morning." Have a wonderful flight and we'll all meet you there.

-Beth Paul, content;
David Boyd, Jacki Challoner,
Karen Gates-Golly, Doris Greene,
Linda Hansen, Henri Logan,
Don McGlothlin, Mary Newell, photos



Naming of Oak Hammock Buildings

For marketing purposes, The Grove (Building 1), The Woodland (Building 2), and The Canopy (Building 3-to-be), are new names announced recently. We street people are feeling left out.

Dave Brumbaugh decided to remedy the situation. "Well," he said, "there's the Outback and there's Nob Hill, which are both apt descriptors. Should we be Hell's Kitchen or maybe The Bowery?" But then he decided that perhaps we should be The Lower East Side because it fits. Some of us only want to be the Upper East Side, so a vote might be in the offing. Whatever the choice, a healthy discussion is in order.

When visiting colleges in Boston many years ago, we first went to Harvard where you can visit the ivy covered Sever Hall or Austin Hall or even the oldest building, Massachusetts Hall. Then we went to MIT where the stark and un-treed buildings are 1 and 2 and 3. I'm not trying to influence anyone's opinion on the naming of our Commons buildings, but I guess you can figure out my preference.

-Beth Paul

Hello
my name is

The Outback? Upper East Side?
Lower East Side? Nob Hill??

Brevin Smith

Brevin Smith is one of our newest employees in security. He grew up in Bronson and attended Buchholz High School, where his younger sister now attends. After graduation, he worked at Smoothie King, at a warehouse, and as a paraprofessional at the Alachua County Schools for one year. At the recommendation of our Chief of Security, Brevin applied for the position. He has completed CPR certification and is excited to be on the job in spite of outdoor security patrol in the summer heat. Because Brevin anticipates working 7 a.m. to 3 p.m. Tuesday to Friday, we should all have an opportunity to get to know him.

-Karen Miller, content; Sandy Furches, photo



Spotlight on the Oak Hammock Board of Directors

Jean Theurer

Jean Theurer, one of our newest Board members, is a graduate of the State University of New York at Stony Brook, earned an MBA at Wharton, and most recently a PhD in Counselor of Education at UF.



Her original work experience was at the Federal Reserve Bank of NY and Lehman Brothers. In addition to her credentials as a Certified Financial Planner, she has also earned credentials as a mental health counselor. She has most recently combined financial planning and family therapy in a private practice in Gainesville. Through her community work at another Gainesville non-profit, she heard that Oak Hammock was seeking a Board Member with financial expertise and has now joined the Board finance committee.

I have not yet had an opportunity to meet Jean in person but based this introduction on a nice phone conversation while she was visiting California, where two of her four children live. She also has two grandchildren. In her spare time, she enjoys fabric arts including embroidery and crochet as well as swimming. Jean is expected to return to Gainesville shortly and I am looking forward to getting to know her and having her get to know many of us.

-Karen Miller, content; file photo

Lee Revere

Lee Revere, Chair of Health Services Research, Management and Policy in the UF College of Public Health and Health Professions, is a new Oak Hammock Board member. With her Bachelor's in Industrial Engineering from Georgia Tech, Master of Science from Trinity University, and PhD in Public Health from the University of South Florida, her career be-



gan with insurance companies and medical providers. She transitioned to academia, first in Texas. In 2021, she joined the UF faculty.

Her father and stepmother are in Pensacola and her mother and stepfather in St. Petersburg. Her four children, including a set of twins, are currently scattered. Her husband participates in the Oak Hammock specialized boxing class offered to community residents with Parkinson's and similar conditions.

Lee is pleased to introduce her students to long-term care as an industry for related career opportunities. At the moment, UCF has a program in Senior Living but UF does not. With her experience in medical care quality and patient satisfaction, Lee is in a position to introduce her students to what we long-term care residents consider a very important industry. One of her students currently interns in several departments at Oak Hammock. Students in the health administration degree programs have limited electives but hopefully, they will be able to incorporate a greater awareness of long-term care into their program and we will see more of them interning at OH.

Lee enjoys time with her husband and children, playing tennis, and fitness activities.

-Karen Miller, content; file photo

An Interesting Visitor



- Mike Plaut

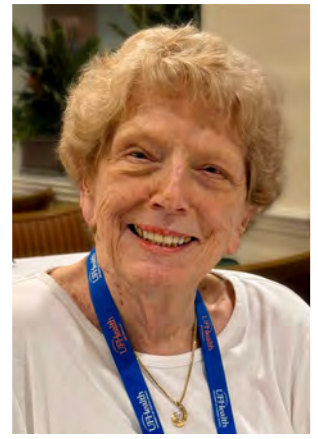
Moving to Assisted Living

Betty Kramer offers some valuable advice to those who might be considering a move to Assisted Living.

- First and foremost, get the two-page guideline from the AL office or from someone on the Health and Wellbeing Committee.
- When a move is being considered, contact Brittany Matus-Ray, the head of AL, to reserve an available spot and Leah Watkins, who handles the overall arrangements.
- Involve your children throughout the process, including downsizing, which can be a Herculean job. For a fee, O'Dell Services can handle your move. Be aware that there is only a 30-day period to vacate your house or apartment.
- Pay close attention to the size of your furniture and whether it will fit into a smaller space.
- Include Recycled Riches in your moving process because they will pick up a lot of your unneeded items and offer them to the staff.
- Understand that the newly designed Wisteria apartments, as well as the master suites, can cost the resident more per day, not just monthly.
- Benefits of AL include 3 meals a day plus snacks at no extra cost, assistance with laundry, bed making and daily trash removal, wellness checks, grocery pickup, and tackling medical issues and appointments.

Betty is so happy that she made the move, and I urge you to speak with her if you have any reservations about leaving Independent Living for AL. Her experience has been extremely positive.

-Beth Paul, content; Sandy Furches, photo



A Special Red Geranium

Stella Makara's third floor atrium doorway had a red geranium that was always in bloom. She rarely watered it. Never brought it inside during freeze warnings. Red geraniums symbolize comfort, happiness, and love. Three years ago, Stella relocated to Skilled Nursing. The red geranium moved two doorways, down to 3215, where it continues to bloom.

And is affectionately called "Miss Stella."

On August 8, the original Miss Stella celebrated her 104th birthday in Wisteria Commons surrounded by friends and admirers. Chrissy Smoak and her team rolled out a "Golden Girls" themed party complete with cheesecake, cupcakes, and cherished memories.

-Barbara Dockery, content;
Barbara Dockery & Sandy Furches, photos



Brenda Thomas Honored

Brenda Thomas, age 102, was honored at the August 1 Travel Talk featuring "Brenda's Cruise" 10 years ago to Central America.

Considering her broken leg at the first port, she persevered and was described by Cruise Coordinator Joe Gilkey as "one of a kind, thoroughly amazing, and a woman of great courage." Brenda was presented a plaque for her leadership as creator of Oak Hammock's first Social Committee, now known as the Active Lifestyle Committee. Congratulations, Brenda!



-Sandy Furches



The OAK-lympics in the Health Pavilion

1



2



3

OAK-lympics highlights included: 1. Hatchett Throw; 2. Wheelchair Race; and 3. Gold Medals everywhere!

- Sandy Furches

A Special Invitation

“Sing for Life” is a series of weekly voice classes intended to improve the quality of life for persons with Parkinson’s disease and their caregivers. It is part of the Arts in Medicine at UF program. Because of their interest in lifelong singing, Professor Ronald Burrichter and Dr. Brenda Smith of the UF School of Music volunteered to begin this program as a pilot in the summer of 2011. They use familiar songs, posture, and breathing to provide a mind-body connection that improves cognitive awareness. All activities are performed in a seated position for comfort and safety.

All persons with Parkinson’s disease and their caregivers, hoping to learn more about how healthy singing can strengthen communication skills, should give this non-invasive, pleasurable method a try. No previous musical experience or music reading skills are required. “Sing for Life” meets Mondays at 2:30 p.m. in the Oak Hammock Acorn Room beginning September 9, 2024.

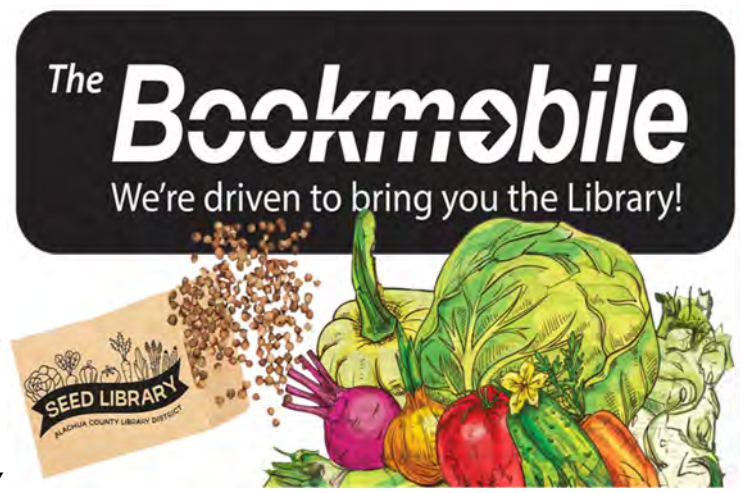


-Barbara Dockery, content; file photo

Reads and Seeds in the Bookmobile!

The Alachua County Library Bookmobile has gone to seed. Make that plural – seeds. Several seed companies (and library patrons) donate locally grown seeds to the library’s “Seed Program.” Vegetable, herb, and flower seeds are available throughout the year at all library locations, including the Bookmobile stops at Oak Hammock twice a month. The library staff are pleased with the Bookmobile traffic and are so patient with us. Beginning September 14, we just might increase that traffic since vegetable seeds to plant in September will be offered. It’s a free program (no library card needed.) For additional information call (352) 334-3900.

-Barbara Dockery



20th Anniversary: Acquiring the Property

Note: This is Part 3 of a multi-part series on the history of Oak Hammock (OH)



Oak Hammock
at the University of Florida*

For over 30 years, **Bruce DeLaney** (picture below) was initially the Director of Real Estate and later the Assistant VP for Real Estate at the UF Foundation. In addition to Leslie Bram, he was the other key player at the Foundation who was integral to the creation of OH. DeLaney, like Bram, had a full-time assignment with the Foundation. His OH work was an additional labor of love. DeLaney worked to acquire the OH property and later served as the project's construction manager. DeLaney's regular responsibility was to turn real estate donations to UF into money through the sale and development of approximately 24 donated properties per year.

Around 1998, DeLaney began the process of determining where to build the new CCRC and acquiring the appropriate property using money available from the \$5 million bank loan guarantee from UF donor Jerry Davis. DeLaney also was the founding chair of the Redevelopment District adjacent to the UF campus, so he was interested in steering the CCRC project toward an urban setting with high rise buildings. However, his efforts to "rig" the selection process were unsuccessful.

Earlier, an advertisement was placed in the *Florida Today* (UF alumni) magazine asking Gators if they favored development of a CCRC in Gainesville associated with UF. The response was overwhelmingly positive. As a follow-up, those who expressed interest were given the opportunity to make a \$1,000 refundable deposit to reserve a potential place to be a founding member of the new CCRC. Those making the \$1,000 deposit were polled regarding their preferred location for the CCRC. The poll favored a campus-like setting near UF, rather than a downtown urban location. Potential real estate sites were identified, and DeLaney began the process of evaluating the best ones and negotiating a potential purchase.

The search eventually focused on 136 acres of land owned by the **Prairieview Trust**, most of which was owned by the **Henderson family** in Gainesville. The north half of the property was pristine closed canopy forest with 30–40-inch diameter trees, while the south half had been dairy pasture until the 1960s and had 5–10-inch trees. Importantly, DeLaney's mother (an OH founder) was **Margo Powers**, whose husband, **Earl Powers**, also owned an interest in the Prairieview Trust. Eventually, the property was acquired through approximately half purchase and half generous donations to UF with various designated endowments, including matching state funds.

The property required Alachua County zoning approval, which passed unanimously. Later, the land was annexed by the City of Gainesville at Oak Hammock's request. County and city leaders were enthusiastic about OH because of the beneficial economic development aspects. Because it is environmentally sensitive land, 50% of the property (the north portion) is reserved and unavailable for development, while about 20-30 acres were used for the core OH buildings.

-Neill Hollenshead, content;

The Business Report of North Central Florida, photo



20 Years of Barbering at Oak Hammock

Hello, Oak Hammock! I have been blessed to cut hair at the Reitz Union since 1973 and at the Oak Hammock Barber Shop since 2004. I've met amazing men and women and learned important lessons on the job. One of the lessons repeated by Margaret Weech and many others is not to put off travel too long. I am listening! My wife of 49 years, Kathie, and I visited London and Scotland this June. I have also learned that making people feel a little better about themselves is a great way to make a living. I have listened and learned from past and present residents, too many to mention. I like to think of the many movers and shakers at their best, middle life, and not just late in life. I have watched you minister to loved ones and friends and feel as if I have witnessed true love. I hope to continue serving you in Independent Living, in Assisted Living, and in Skilled Nursing. A special thanks to all the help upstairs that makes it work.

-Jay Jarrell



20th Anniversary: Oak Hammock Library Then and Now



Oak Hammock
at the University of Florida

Was the Oak Hammock Library always so extensive and remarkable? Even before Oak Hammock was Oak Hammock, it was a Preview Center on 34th Street. One of our founders received donations of books and stored them there until they were ready to put on the shelves when we opened in March of 2004. There was a small budget, but within months we discovered that many of the titles we purchased were being donated by incoming residents. We never bought another book. So many have been donated over the years that we continued adding shelving. Soon our overflow created a network that has expanded into towns all around Gainesville and beyond. We send duplicates to the Cedar Key Library to replace books damaged in their frequent floods, to several local charities, or to the Friends of the Library in Gainesville for their semi-annual sale.

Because we filled the original shelves, we expanded into cupboards below, took over the room originally intended for developing photographs where the "IN USE" sign is still visible, built paperback shelves in both wings, and finally expanded into both upper-level side lounges. We have adopted the motto "Here, There, and Everywhere." Recycled Riches has been our valuable partner as they funded shelving and donated bookcases.

We exhausted our available spaces until our Library Chair discovered all the empty drawers and cupboards that were large enough to hold donated coffee table books. Now she periodically changes out those large picture books that adorn all our lobby end tables and are enjoyed by our guests. We have two teams that change out the paperbacks, and the Oak Hammock Book Clubs have their special collections in some of our hallways. We have a committee of over 30 residents who show up for workdays to sort and card books. We check books back in and discard damaged books.

Over the years, we have enlarged our presence by establishing a special Oak Hammock Authors Collection. In 2018, we put on a wonderful theatrical program based on *Alice in Wonderland* (<https://youtu.be/Zr0YiCCADok?si=KxoLioK3sqI8Z28K>), which has been one of the most memorable Oak Hammock events, and we established a giveaway program of Music CDs and another of outdated DVD movies.

We don't do just BOOKS! We now manage Oak Hammock's mammoth puzzle and game collection that overflows the cupboards in the multipurpose room. We discovered shelves there that would provide space for our large DVD collection. We also have progressed from a simple hallway display case of library books to an elaborate display of clever seasonal scenes. We also have an auxiliary library in Assisted Living enjoyed by some of the residents there.

Our library consists of well over 5,000 books. Its real value is the effect it has on our visitors and its value and meaning for our residents. WE ARE HERE, THERE, AND EVERYWHERE. -Betty Kramer and Beth Paul

Kids are Kids Everywhere

Are you from Canada or America? Does it snow where you live? Why are your eyes blue? How old are you? Children in Jamaica are curious too! My post-Hurricane Beryl Vacation Bible School (VBS) mission trip to this Caribbean Island last month was supported by my Oak Hammock family. The Ladies Bible Study members and others contributed to a Compassion Fund, many friends and neighbors prayed, and Paulette Gird made 30 bandanas of children's fabric for my VBS class of 7 to 9-year-olds.

Yes, it was hot. Yes, the road had no fewer potholes than before on our daily, one hour one way bus ride up into the mountains outside of Montego Bay. Still, it was well worth it! This was my fifteenth year serving in Jamaica. What have I learned?

Jamaicans are a resilient and faithful people, grateful for what they have, content with so little, and generous always. Older children take care of babies and toddlers without complaint. Everyone shares. In the words of my Jamaican friend, Dawn, "We country people help each other; we will recover from this hurricane. We may have some sleepless nights working through, but it will be okay." I want to be more like them!



Jamaica

-Sandy Furches

Saying Goodbye Is Never Easy

Julie Ann Ariet endeared herself to the Oak Hammock residents with her quiet yet extremely capable presence. She never shied away from offering to assist us with Zoom calls, window displays, ILR programs, or any of the other 101 tasks that we asked her to do. She is going to be sorely missed as she returns to teaching at St. Patrick's. She will be wrangling with middle schoolers, a job that one resident wag likened to her working with Oak Hammock residents.

Julie Ann's farewell party was a tearful one. One resident told her, "I'm not going to say goodbye," and he walked away sadly. Walter Wynn offered his thanks from the ILR Board and so many stopped by with their good wishes for her. There is some good news! She will be manning the reception desk for a few hours each Tuesday after school. We wish you the best, Julie Ann, with hopes that you understand how special you have been to us.

*-Beth Paul, content;
Sandy Furches, photo composite*



A Refreshing Destination

The town of Cedar Key is an island in the Gulf of Mexico about 50 miles from Oak Hammock. It's a great day trip and our goal was to enjoy a day away from the daily hubbub. We left at 9:00 a.m. and returned by 5 p.m. in time for dinner.

My son, Boyd, his wife, Audrey, and Great-Great-Grandma Margarete drove Highway 24 to this charming fishing village on Florida's Nature Coast. Much activity was going on to spruce up the town from hurricane damage. Several shops were open. The newly installed street lamps, decorated with dolphins, added beautiful interest. The Gulf water was very calm and the puffy clouds helped me create impressive photos. Tony's small restaurant served the most outstanding Clam Chowder, a cook-off winner many times. We admired beautiful homes on higher ground and saw others being repaired. Sadly, the old hotel is still boarded up.

Years ago, my Garden Club members donated bricks for a walkway to the town's museum. We found them, wow! St. Clair Whitman used to live there; he was well known for his seashell collections (they are now in a new building close by). We admired big steel kettles used to boil sea water and produce salt. It was a happy day!

- Margarete Ruth



Who Says Fitness Is Not Fun?

Cleo Gilmore, yoga instructor, led her farewell vinyasa



yoga and chair yoga classes at Oak Hammock recently. Graduation, marriage, and relocation to Tampa are in her immediate future. We are encouraged by her parting words, "I will miss Oak Hammock. When in town, I will come by to say hello and possibly teach a class." Residents benefit from UF students in our lives and look forward to those we've not yet met. Yes, you can tell by the smiles, fitness IS fun!

-Sandy Furches

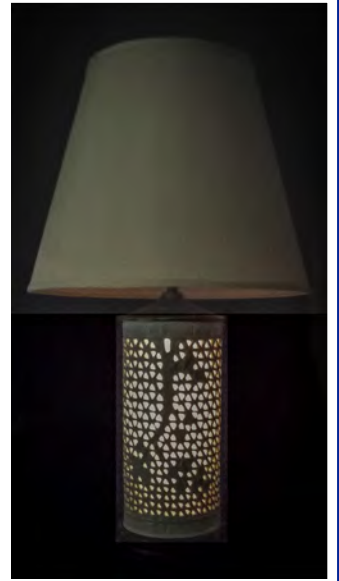
You Just Never Know

You never know what you'll find at a Recycled Riches (RR) sale. Some assume all items are from the apartment where the sale is located; in reality, they are an accumulation from many sources. Many items are placed anonymously in the RR Collection Areas on the first floor of each building. In Building One, contact Bob Taylor for the best location. In Building Two, it is the first storage room door, to the left, as you exit from the glass elevator into the atrium. Volunteers consolidate many donations, from many sources, providing variety to suit all tastes and needs.

Let me share a bit of magic I experienced. Exhausted after a day's sale, I turned off the lights and went home. Going back for something I had forgotten, there was a strange glow in the apartment I hadn't seen before. It was coming from an Asian inspired lamp that received no bids. Beautiful. What a surprise that it had a secondary bulb in its base! It became the last sale of the day.

You too can find something to treasure, at a sale or in the display cases outside of Treats & Treasures. Better yet, be a volunteer! Help us on our journey to recycle and offer reasonably priced items as a benefit to our employees. All proceeds stay here. Recycled Riches has a long list of extras we have funded, the most recent being our new, more easily readable, nametags.

-Peg Owens



A Big Move!

Since the earliest days at Oak Hammock there has been an Interdenominational Worship Service, open to all residents, held on Saturday mornings in the Health Pavilion. It was led by Protestant pastors from various churches in Gainesville, as well as our own in-house pastors. During "the Covid-19 days" the service was moved to our in-house TV Channel 1960. Well over a year ago, it returned to the HP Piano Room each week. Barring any further complications from Covid-19, on Saturday, September 7, at 10:30 a.m. this wonderful Saturday morning worship service will move to the Oak Room!

The advantages to this move are several: increased space for a growing attendance, easier access for Independent Living folks, more open space for residents in wheelchairs with their caregivers, more open space to administer communion, less opportunity for outside interruptions during the service, plus access to a better sound system and a screen for multi-media presentations. An ad hoc "Chapel Committee" has been formed to finalize all the details and make this a smooth transition. This has even included interviews with most of the Assisted Living folks who regularly attend. The Health Pavilion staff is 100% behind this move and will ensure that all Health Pavilion residents who wish to attend the service each week will get there. Plan to join us!

-Lori Hoopes, content; Sandy Furches, photo composite



Women's Bible Study Resumes

The Oak Hammock Women's Bible Study will begin its 2024-25 study year on Wednesday, September 4, at 10:30 a.m. in the Acorn Room. All OH women are welcome to attend these first Wednesday of the month meetings that include fellowship, a song, prayer, an inspirational story, DVD study and goodies. No previous Bible experience is necessary.

This year's 10-part DVD study is by our favorite teacher, Jen Wilkin, and is entitled "Revelation: Eternal King, Everlasting Kingdom." Revelation is considered a challenge to study but if anyone can make this book of the Bible understandable, it is Jen! Join us as we "learn and love the Bible together." If you have not attended our Bible study before and plan to come, please let Lori Hoopes know by phone (352-363-6945) or leave a note in her cubby #3221 so we will be sure to have enough materials. Thanks!

-Lori Hoopes



The Dining Corner

Welcome to the second issue of The Dining Corner. The big event last month was “Bourbon, Boots, & Barbecue” on July 26. The main features were a country & western band, line dancing, great food, and bourbon for tasting and drinking. Twenty of them. From premium brands to super premium brands. From several different distilleries. It was a great opportunity to try different styles and types and maybe find a new favorite. Sadly, your author couldn't make it, but I am told that it was fabulous food and drink for all.

We have a great wait staff that seems to function well as a team. When I see them hustling throughout the dining room every night, I appreciate how hard they work. Even better, they are all easy to work with, personable, and fun.

The Fall Always Available Menu is in the making. The surveys are scheduled for completion by August 30. Dining Services and the Menu Subcommittee will go over the data and make preliminary decisions on what stays, what goes, and what gets added. The menu proposal then will be evaluated for balance and nutritional content. The new menu will be shared at the October 4 Dining Committee meeting and will roll out the week of October 7.

I hear rumblings of another big 20th Anniversary event in October. More information should be available for the next Dining Corner column. That's all for now. I'll talk to you next issue.

-Steve Gird

A Trip to Remember

On July 25, seven Natural History Society sea turtle enthusiasts, led by Pat Harden, traveled to Melbourne Beach, hoping to see a loggerhead turtle deposit her eggs.

No luck the first night, but we spent the next morning with volunteers from Stella Maris, a sea turtle conservation group, watching a previously hatched nest be excavated. Volunteers count both hatched and unhatched eggs for a report to FWC. We had the best surprise! One live baby turtle, probably too small to crawl out of the nest, was rescued and sent on her way to the ocean!

That night, after midnight, we were lucky. A massive female lumbered out of the Atlantic, hauled up the beach, and laid her eggs, uncharacteristically digging two nests (maybe we frightened her.)

This special trip was a great success. We learned so much, lived a unique experience, and enjoyed each other's company. Watch for more field trips from the Natural History Society!

-Elisabeth Virmstein, content; Paulette Gird, photo



Oak Hammock residents on Melbourne Beach for turtle watching.

The Employee Appreciation Fund

- **A way to say, "THANK YOU!"** This is our opportunity to show appreciation to our outstanding staff. EAF is resident initiated and sponsored, a voluntary program to benefit our Oak Hammock (OH) employees.
- **Why donate?** Our employees work without monetary rewards beyond basic wages and cannot accept tips or gifts from residents. This is how we express our gratitude each year.
- **Who receives my donation?** All full-time, part-time, and PRN employees of OH after a 90-day probationary period. Director level, bonus/commission, contract workers, and UF employees are NOT eligible.
- **How is EAF administered?** The OH Accounting Department administers EAF, insuring strict confidentiality and tax reporting. Payroll, in consultation with HR, prepares the list of eligible employees.
- **What about confidentiality?** Only the Accounting office has knowledge of gift amounts and donors.
- **Suggested donation amount?** No gift is too small OR too large! A gift of \$100-\$125/month is a simple way to decide.
- **How are awards given?** Checks, based solely on an employee's hours worked that year, are distributed at the annual EAF Reception.
- **How can I donate?** Place a check in the Fee slot on the wall to the right of the Concierge desk or call Lori Fishel (352) 548-1082 to have it added to your monthly OH bill. Please donate before noon, Monday, November 11, 2024.

Thank You!

-Marcia Brant

Mosquito Behavior and Control: Who Knew?

On July 20, we were treated to a “Who Knew?” talk by Cason Bartz, Director of the City of Gainesville Mosquito Control. He described integrated pest management, which means using multiple techniques against mosquitos. Control of breeding sites is the most effective treatment. Biological controls include re-release of sterile males or infected mosquitos that spread disease. Trucks spraying ultra-fine mist in neighborhoods to kill adults is the last resort and is only 10% of their control effort and the least effective.

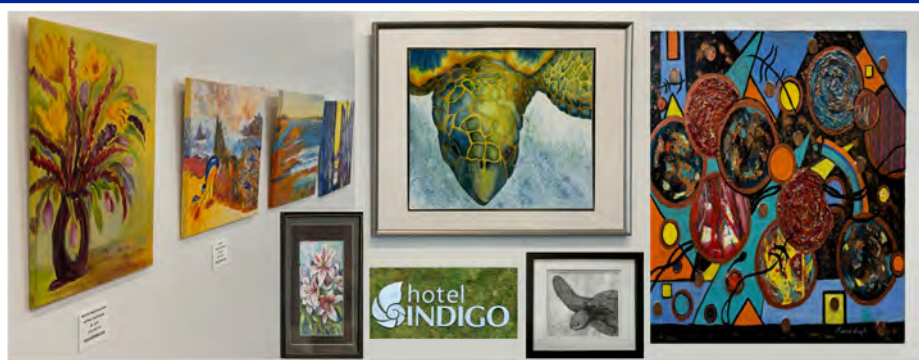
Whereas salt marsh species can fly tens of miles, some container breeders, like those in old tires or especially bromeliads, only fly tens of feet from their “birth” place. Thus, the method of control for Florida’s 47 species of mosquitos is highly dependent on the target species.

Who attracts the most mosquitos? Those with type O blood! Cason recommends using repellents with picaridin. Cason had a nice mix: a half-hour talk followed by a half hour of questions. Cason was hosted for dinner by our in-house entomologist and former mosquito control director, Fred Harden. Any mosquito questions? Ask Fred.

-Bob Virnstein, content;
Sandy Furches, photo

Mosquito Species

World: 3600 known species
U.S.S.: 174 species
Florida: 90 species. 17 non-native
(11 reported last 20 years; 6 in last 5)
Alachua County: > 42



Artworks of three Oak Hammock resident artists are currently on display at Hotel Indigo Gainesville in Celebration Pointe. Congratulations to Mary Sue Koeppel, Gloria Nelson, and Marion Siegel. This exhibit will be up through the month of August.

-Jane Levy, content; John Furches, photos

By the Numbers August 1 Independent Living

| | Total | Sold | Available |
|------------|-------|------|-----------|
| Houses | 57 | 57 | 0 |
| Apartments | 212 | 210 | 2 |

Health Pavilion

| | Total | Occupied | Available |
|----------|-------|----------|-----------|
| Assisted | 52 | 52 | 0 |
| Memory | 12 | 10 | 2 |
| Skilled | 73 | 70 | 2 |

-Andrew Davey and Nadia Luna

A Salute to Volunteers

America has a great tradition of volunteerism. That tradition is certainly alive at Oak Hammock. Because of our residents who volunteer, we have a very rich offering of organizations and activities. Our FLiCRA chapter is within that volunteer tradition. Since its founding in 2005, a total of 45 residents have volunteered to serve on our chapter's board of directors. That number includes 29 of our current residents: Andy Adams-Smith, Helen Berk, David Boyd, Bill Castine, Dick Cofer, Ron Finch, Wayne Forehand, Tom Gire, Sally Glaze, Al Goebel, Fred Harden, Neill Hollenshead, Ron Hoopes, Jerry Kirkpatrick, Chuck McDonald, Don McGlothlin, Karen Merrey, Vicki Mulhearn, Jane O'Donnell, Judy Plaut, David Rader, Mary Sanford, John Scussel, Charles Smith, John Spindler, Donna Wagner, Mary Wake, Barbara Wasserman, and Jim Wiltshire. Please join me in thanking them all for their service!



-Tom Gire

Join the Trex® Recycling Program at Oak Hammock

Oak Hammock is partnering with the Trex® Recycling Program to make our community even greener! Trex® creates eco-friendly composite decks from an innovative blend of up to 95% recycled plastic film and reclaimed sawdust.

Your clean, soft plastic film from paper towel overwrap, dry cleaner bags, sandwich bags, newspaper sleeves, and grocery bags will have a special bin in all Building 1 and 2 trash rooms. If the plastic crinkles and unfolds when squeezed, it does not qualify.

Help make a difference keeping thousands of pounds of waste out of landfills and support Trex's production of eco-friendly outdoor products. Your participation will help provide recycled benches to the faith communities in our area.

Special thanks to Ellen Siegel, who was instrumental in bringing this program to Oak Hammock. She represents CLEO, Climate Leadership Engagement Opportunities.

Rebecca Snowden, our Housekeeping and Laundry Manager, says, "We are proud to join this wonderful program and make a difference. I am excited about this opportunity to help save the planet one plastic bag at a time. Thank you for your assistance in making Oak Hammock a leader in sustainability and for making a positive impact on our environment!"

-Sandy Furches, content;
Rebecca Snowden, photos



RECYCLE BEYOND THE BAG

Recycle your household bags & wrap into Trex's Earth-friendly composite decking and railing!

FROM THE STORE

- ✓ Produce bags
- ✓ Store bags
- ✓ Ice bags

FROM YOUR PANTRY

- ✓ Ziploc® & other reclosable bags
- ✓ Cereal box liners
- ✓ Case overwrap
- ✓ Bread bags

FROM YOUR FRONT DOOR

- ✓ Newspaper sleeves
- ✓ Dry cleaning bags
- ✓ Bubble wrap
- ✓ Plastic e-commerce mailers

Plastics must be clean, dry and free of food and/or organic residue.

NexTrex
NexTrex.com 540-542-6930

RECYCLED IN AMERICA



Flamingos Sighted!

Remember Stuckey's roadside shops? They sold more than pecan logs. They peddled plenty pink long-legged garden flamingos. Pranksters loved adding a flock of birds to an unsuspecting neighbor's lawn. Hurricane Idalia is credited with the return of flamingos—live birds—to Florida. Paultette Gird, Jeani Valter, Pat Harden, and Mary Feiber combined interesting collectables to create the display case on the lower level near the pool table. Suddenly, everything seems "in the pink."

-Barbara Dockery, content;
John Furches, photo

Oak Hammock Art News

The current OH Resident and Staff show in our main gallery features 27 artists (3 staff; 24 residents.) Four is the magic number in this show—4 stained glass pieces and 4 quadriptychs.

The Mini-Gallery is searching for an artist who shows promise and has never had a one-person show. The intent is to bolster fledgling artists, help them prepare a professional bio, give them a chance to sell, and an opportunity to win an award! Until the current show, every artist has sold at least one piece. Outside artists are chosen because our fabulous OH artists have many options for their works in the main gallery.

“Open Studio” from 10 to 3:00 is for those who have an art project they’d like to work on and a great opportunity to see what others are doing or get advice from fellow artists.

Look for an Acrylics Workshop with Linda Blondheim coming soon.

-Nancy Dickson

Art Reception

The Resident and Staff Art Show Opening Reception gave an opportunity to meet the artists and appreciate their work while enjoying tasty fare.

-Jane Levy



The Summertime Singers

After dinner on August 6, a full Oak Hammock bus traveled to Abiding Savior Lutheran Church to hear three of our residents, Lori and Ron Hoopes and Ann Elnicki, in concert with “The Summertime Singers,” led masterfully by Joshua L. Mazur. A cappella guest ensembles, “Resonance” and “The Barbergators Chorus,” were a delightful bonus. Great music, humor, and inspiration were enjoyed by all. Well done, Lori, Ron, and Ann!

-Sandy Furches



It’s Time for a Fall Tune-Up!

The Oak Hammock Singers survived Hurricane Debby and the Red, White & Blue Olympic fever. As the summer weather lingers, the change of season promises the excitement of favorite people and activities returning. The Oak Hammock Singers will welcome the “Dynamic Duo”—Professor Emeritus Ronald Burrichter and Professor Dr. Brenda Smith, both of UF School of Music—for a fall tune-up. It’s time to sing again. YOU are invited to join. No auditions, prior experience, or music reading skill is needed—just a love to sing.

Weekly rehearsals are held on Mondays 3:30-5:00 p.m. in the Oak Room, beginning September 9th. Come get your very own personal notebook. Warning: We also have a lot of fun!

-Barbara Dockery



The Benevolent Fund

A total of \$55 was received in honor of Pat Liston.

- Jonathon Mann



The Oak Leaf Archives



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



Archie Dickson
- Walter Wynn

Persistence and Dedication Deliver

The Pony Express had to deal with thirsty horses – to say nothing of the riders. Giddy-up to the U.S. Postal Service. Weather and traffic jams don't concern folks expecting service with a *forever stamp* on envelopes. Zip codes, introduced in 1963, affix an address to a city and state, to move mail more quickly. But what about an address that's incomplete or unclear? It has cancellation stamps indicating months and various locations of travel? Oak Hammock's Postal Service carrier – Madge – to the rescue! She didn't give up and made several folks happy. This soft-spoken Jamaican native continues to smile, even with the overabundance of newspapers to be put in boxes daily. "It goes with the job I've enjoyed for seven years," shared Madge, who lives in Ocala. "I enjoy people saying hello through their opened mailboxes." Bet she'd enjoy a thank you too. Madge knows how to deliver mail.



-Barbara Dockery

Christmas In July

Thanks to all who helped raise over \$450.00 for Oak Hammock with the Recycled Riches "Christmas in July" Sale.

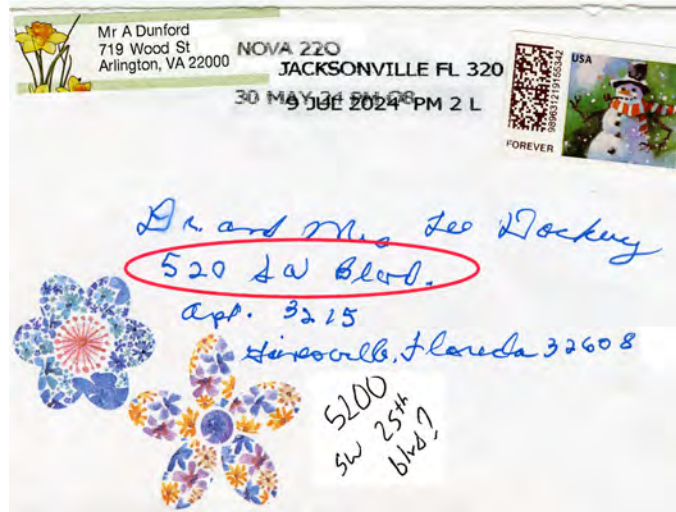
-Sandy Furches



Art Studio Reception

Admirers and Journeying Artists enjoyed the recent reception in the OH Art Studio.

-Sandy Furches





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Kathy Subak

The Scoop on National Ice Cream Day

Offer Ice Cream in the Upper Commons, and they will come. Especially on National Ice Cream Day! Americans consume more ice cream per person than any other nation. Forty years ago, President Ronald Reagan signed a proclamation designating the third Sunday of July as "National Ice Cream Day." This nutritious and wholesome treat continues to be enjoyed by over 90% of the U.S. When prohibition banned alcohol sales, Americans turned to ice cream as a fun alternative!



Unofficial survey results say that we love our ice cream as often as diets allow, vanilla remains the favorite flavor, and scoops (with all the trimmings!) are more fun than packaged novelties. So, party on. Every day is ice cream day at Oak Hammock.



-Barbara Dockery, content; Iesha Flowers and Sandy Furches, photos

2024 Residents' Council (updated)

President: Donna Johnson johnsodc01@gmail.com

Vice President: Nancy Dickson nancyjackathens@hotmail.com

Secretary: Nancy Wood nancywood.oh@gmail.com

Assisted Living Representative: Fred Harden gatorfred552@aol.com

| Committee | Meeting Time | Chairperson | E-Mail |
|-------------------------------------|-----------------------------------|----------------------------------|--|
| Active Lifestyle | 1 st Monday 11:00 am | Marilyn Crosby | mcrosby908@aol.com |
| Charitable Giving | 1 st Tuesday 3:00 pm | Mike Plaut | smplaut@gmail.com |
| Food & Nutrition Services | 1 st Friday 10:00 am | Steve Gird | stevegird097@gmail.com |
| Growth & Renovation | 2 nd Wednesday 3:15 pm | Martha Rader | martharader1@gmail.com |
| Landscape & Grounds | 2 nd Thursday 10:00 am | Bob Virnstein | seagrass3@gmail.com |
| Health & Wellbeing | 3 rd Tuesday 3:30 pm | Ellyn Ahlstrom, Nancy Dickson | eahlstrom@me.com nancyjackathens@hotmail.com |
| Buildings & Infrastructure | 3 rd Wednesday 1:30 pm | Bob Brown | robertbaldwinbrown@gmail.com |
| Finance & Stewardship | 3 rd Thursday 1:30 pm | Pat Kelley | pkelley@khsatty.com |
| Technology & Communication Services | 3 rd Friday 10:00 am | Bill Zegel | wzege@gmail.com |

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.