



Volume 21, Issue 11

The Oak Leaf

November 2024



# Annual Golf Tournament



In the dark on a chilly October morning, Oak Hammock and Hawkstone folks arrived to get the Annual Oak Hammock Golf Tournament going, bringing supplies, prizes, AND the Wheelbarrow of Spirits! The day exceeded expectations for 24 foursomes. Not only was the weather perfect, the Hawkstone Pro, Evan Walker, had the course in top condition after the challenge of two hurricanes. Golfers checked in, received their golf shirts, and eagerly purchased lots of Mulligans and Raffle Tickets. The Cheney Brothers and Oak Hammock staff delivered exceptional breakfast, lunch, and drinks. Raffle baskets were well received, and the Wheelbarrow of Spirits was won by Gainesville resident, Bailey. Kathy Subak coordinated the event flawlessly, with Katherine Osman adding her special touch. Thanks to all Oak Hammock volunteers and participants.

Major sponsors included:

- \$5000: Scorpio Construction, AssuredPartners, Taylor'd HVAC Services, USI Insurance
- \$3000: Mary Sanford, TD Bank
- \$2000: Cheney Brothers, First Federal Bank, Kathryn Clark
- \$1000: 23 sponsors
- "After the Tournament" beverages: First Magnitude Brewing Company
- Raffle baskets: 11 Gainesville businesses

-Steve Gird & Nancy Wood, content; Frank Townsend, photos



### Board of Directors Reception

On November 10, Oak Hammock welcomed several Board Members, affording the opportunity for residents and Board to get to know each other better over exquisite hors d'oeuvres and beverages. Discussions ranged from general conversation to slightly more serious matters. Such quarterly gatherings are beneficial to all.

*-Bill Castine*



### Walk to End Alzheimer's

On October 26, Oak Hammock was well represented at the Gainesville Walk to End Alzheimer's. Including earlier bake sale proceeds, \$4,011.43 was raised for Alzheimer's research. Way to go, team, for our contribution to this worthy cause!

*-Anne Garlington, content; Chrissy Smoak, photo*



### Let's End Alzheimer's

Yes, that was the theme of October 16 at Oak Hammock with two bake sales raising a total of \$1,258.60 for Alzheimer's research, lots of purple, and a host of residents and staff walking the sidewalk around the main building. Fall was in the air, making it a bit chilly for some. A brisk pace was established as we walked or pushed a wheelchair. All enjoyed the thoughtful water and snack stations provided along the way. Many thanks to everyone who helped make this special day possible.

*-Sandy Furches*



### Health Pavilion Trunk or Treat



- Catherine Morsink

## Twenty Years of Song: The History of Oak Hammock Singers

As so often happens at Oak Hammock, friendships start in the fitness center and blossom over wine in the lounge. That's how Oak Hammock Singers began in the summer of 2004. Nancy Green, her late husband JB, and the late Shirley and Ray Sutcliffe discovered they all had a passion for music. Nancy had been a choral director and Shirley a pianist. The idea was born—a mixed voice chorus at Oak Hammock!

At about the same time, Dr. Brenda Smith was contacted by Ray Jones, a flutist in Gainesville, who suggested she give an ILR lecture focusing on singing and senior citizens at the newly opened Oak Hammock. Brenda was, and is, internationally known for her research on the aging voice. Nancy Green contacted Brenda who indicated she and her husband, Professor Ron Burrichter, both music professors at UF, would be glad to help.

By June 2005, the Chorus, under Nancy's direction, was ready to debut at an outdoor program honoring Flag Day. There were 19 singers, including Valerie Griffith who is still with the Singers today.

In the early years, Brenda sang with the chorus while Ron assisted by arranging the music for senior voices and did some conducting. Over the years, Ron and Brenda assumed more responsibilities until Nancy retired from leading the chorus in 2013. At that time they became co-directors, with Brenda the rehearsal accompanist and Ron the conductor. To assist them, the "Gang of 8" singers was formed to handle administrative tasks like copying music, scheduling room use, and designing programs.

During those long months of Covid pandemic isolation, a small group met via Zoom with Ron and Brenda for vocal exercises and to keep their voices strong. The Oak Hammock Singers' first full concert after Covid in May 2022 was "Thank You for the Music" and paid tribute to their founder, Nancy Green, and individuals who had sung with the group previously.

Through the years, more than 150 residents have sung with the Singers and certain events have become traditions: concerts in the fall and spring with solos by UF music students, Christmas on the Stairs, holiday caroling through the halls of the Health Pavilion, and this year, a July 4th patriotic sing-along in the Health Pavilion.

As the end of 2024 approaches, Oak Hammock Singers continue to rehearse from 3:30 p.m. to 5:00 p.m. on Mondays with 45 voices. They have grown under the leadership of Ron and Brenda, who have helped them sing better, learn vocal techniques, and stay vocally strong as long as possible. Through Ron and Brenda's guidance, the Singers have continued to bring the joy of music to the Oak Hammock community. The Singers extend an invitation to you. Come hear them on Sunday, November 17, for their fall concert, "United We Sing", and join them for the traditional Christmas Sing-Along "Christmas on the Stairs" on Sunday, December 8.

-Judy Gire



### Music Fills the Air

The Oak Hammock Singers don't let the weather interfere with important things—like presenting their annual fall concert! The "United We Sing" program will present familiar and new songs. Plan to enjoy a musical afternoon on **Sunday, November 17 at 3:30 p.m.** December is always a busy time at Oak Hammock. Kick off the festivities with music and mirth on **Sunday, December 8, 7:30 p.m.**, at our traditional "Christmas on the Stairs!" Seating will be available in both the Upper and Lower Commons lobbies. Everyone's invited to enjoy singing holiday music. Mark your calendar. It's a special time of the year.

-Barbara Dockery

Gathering for  
Mary Salvamoser and Lori Fishel  
Wednesday, November 20 at 2:30  
in the Upper Level Commons



-George Arola

## 20th Anniversary: Construction of Oak Hammock

*Note: This is Part 6 of a series on the history of Oak Hammock (OH)*

**Bruce DeLaney**, the UF Foundation's real estate director, led the selection and construction management of the OH property, which he described as both "the hardest I have ever worked, but the most fun." He was intimately familiar with the property, having designed the roads, nature trails, and home sites.

While construction officially began on October 24, 2002, site preparation started 6 months earlier, including efforts to protect special oak trees a year prior. Since the site was undeveloped, there was required site preparation before construction began with a "notice to proceed." W.G. "Buck" Johnson & Son, the low bidder for site preparation, agreed to take on the work at their own risk, trusting DeLaney's handshake promise for payment once the project was approved. DeLaney deemed Johnson's firm a "hidden hero" for helping keep the project on time and on budget, ultimately receiving about \$1.4 million for their work. At one time, DeLaney saw 17 pieces of Johnson's equipment at work on site!

The total construction budget was approximately \$80 million, but bids initially came in \$10 million over budget, necessitating adjustments. Fortunately, some contingency funds remained, allowing for the reinstatement of key project elements. At that time, the OH project was the largest ever in Alachua County, employing over 500 workers.

To meet bondholders' requirements for experience in building Continuing Care Retirement Communities (CCRCs), larger firms were selected: The Weitz Company from Des Moines, IA, served as the general contractor in partnership with Charles Perry Partners, Inc. (CPPI) of Gainesville for the main buildings. RDG Planning and Design was the architect. CPPI partnered with Robinshore Construction, premier local home builder, constructing the villas and club homes. Seven building permits were obtained, with a dedicated inspector on-site to facilitate approvals. The 136-acre site is part of an environmentally sensitive tract requiring 50% be reserved for natural preservation.

OH collaborated with Gainesville Regional Utilities (GRU) to develop agreements for water and sewage infrastructure that balanced local water pressure and managed sewage uplift. They also pursued a stoplight at SW 25th Terrace to improve access to Idylwild Elementary School. However, the proposed road extension was later acquired by the Alachua Conservation Trust for the Serenola Forest Preserve roadway path. Therefore, SW 25<sup>th</sup> Terrace is now a dead end.

Initial occupancy for independent living in Building 1 (The Grove) began on March 8, 2004, followed by Building 2 (The Woodland) in June, assisted living in July, and skilled nursing in October that same year. The project encompassed about 800,000 square feet, including a 73,000-square-foot Commons building, with 212 traditional and atrium apartments, plus 57 detached duplex villas and single-family club homes. Unfortunately, several of the special oak trees DeLaney aimed to protect were destroyed by a hurricane in the fall of 2004.

*-Neill Hollenshead, content; file photo*





And what a fest it was – bottomless glasses of beer & wine and a buffet of traditional German fare, including exquisite desserts! Seating was available in the commons, the Duckworth Gardens, the Gator Lounge, and the Oak Room. That was just the beginning; then we gathered in the Oak Room for musical entertainment by the Sonnenschein Duo, composed of accordion player Willy Page and singer Martin Gross, who also played a trumpet, a guitar, and instruments such as cowbells, a saw, and an alpenhorn. The crowd was most appreciative of the entire event.

-Bill Castine

**Oaktoberfest!**

## Bosom Buddies Coffee

The tenth annual Bosom Buddies Coffee was held on October 21 in the Acorn Room to observe Breast Cancer Awareness Month. Twenty-five OH residents, decked out in pink garb, celebrated their surviving breast cancer and thriving by sharing their stories with other survivors.

Ten years ago, residents Margaret Boonstra, Peg Natress, and Margi Sidman conceived the idea of developing supportive friendships with other breast cancer survivors by hosting a coffee with donuts. It was well received and has become a tradition.

This year, First Federal Bank sponsored the event with pink balloons, delicious donuts, and bagels. The dining staff adorned the tables with pink tablecloths and napkins. There were treats at each place. It was a festive affair, celebrating a traumatic time that resulted in positive outcomes.

This year's Committee: Margi Sidman, Chair, Barbara Francis, June Girard, Janet Janke, Pushpa Kalra, Marvel Townsend, and Carole Zegel.

-Carole Zegel, content; Anne Garlington, photos



### 1944 Babies Celebrate Turning 80

The number of celebrants was small, but the party was delightful. 1950's music and television trivia questions added to the lively festivities. A good party always takes a village, so committees were formed to blow up balloons and decorate the walls with banners and posters. Each birthday participant received a booklet of 1940's trivia and a printout of what was happening in the war on the day of their birth.

*-Beth Paul, content;  
Anne Garlington & Beth Paul, photos*



### Audubon's Birds of Florida

After a program at Oak Hammock by Clay Henderson, Guest Curator, on the artistic works of John James Audubon, a busload of 14 Oak Hammock residents visited the current display of Audubon's "original prints" colorized intricately and displayed impressively at the Museum of Arts and Sciences (MOAS), Daytona Beach. Audubon (1785-1851) was a French American self-trained artist, naturalist, and ornithologist whose ambition was to paint every bird in North America. The current display is available through March 2, 2025, and worth the trip. You can enjoy lunch at Aunt Catfish's on the River in Port Orange with your "cousins" while in the area. We did! *-Sandy Furches, content & photos; John Furches, close up photo insets*



## Actors from the London Stage

For three consecutive nights, the Phillips Center hosted one of William Shakespeare's most enduring comedies, "Twelfth Night." Their London Stage actors came to the Oak Room providing informative, jolly good fun.

In "Twelfth Night," 6 actors play 19 roles! The actors' vitae include degrees in history and philosophy before acting classes. Five actors, focused on Shakespeare in their studies, instructed us in the Oak Room on some of the peculiarities and glories of their craft.

Residents used the "Shakespeare Insult Kit" and competed to see who could create the most mysterious or egregious insult in a short time. The insult kit was single spaced and in three columns. We selected from two of the columns. For example: always beginning with "thou," we created an insult you might hurl at your partner, be it husband or wife. "Thou vain coxcomb" = "You conceited dandy!"

In another stretch, residents were coached in reading a small sample of Shakespearean text in iambic pentameter. We enjoyed showing our faces whether smiling, sad, angry, or cheating! Together we learned something new.

I can't resist quoting one of their handouts. "If **you have seen better days or lived in a fool's paradise—why, be that as it may, the more fool you, for it is a foregone conclusion that you are as good luck would have it,**" quoting Shakespeare.



-Tallulah Brown, content; Sandy Furches, photo



## Cultivating Relationships with Our State Legislators

At FLiCRA's statewide conference in Sarasota on October 24, the guest speaker was former Florida state representative Tommy Gregory. He affirmed that state legislators welcome the opportunity to meet with any group of constituents in their home district when the legislature is not in session.

In fact, in recent years, our FLiCRA chapter has had events here at Oak Hammock with our state legislators. Representative Yvonne Hayes Hinson came in 2022 and again this year. Senator Keith Perry came in 2023.

These were opportunities for our legislators to learn about us and for us to get to know them. Such personal contacts pave the way for when FLiCRA in Tallahassee calls upon them for a vote that protects our interests as CCRC residents. -Tom Gire

## Introducing Annie!

She's a charmer. That's the first prerequisite for a physical therapy dog – a real live one – and Annie has assumed the title on all four paws. It's been a whirlwind experience for this adorable five-month-old Cava-poo pup. An Oak Hammock resident wisely determined that her frisky puppy would not be a good companion in the health pavilion. Choices are not always easy. Solutions can be even more difficult. Fortunately, Oak Hammock Rehab Director, Sara Miller, provided a happy ending. Sara related, "I was not feeling well, needing some rehab days myself. I assured the resident that Annie would be the perfect companion to occupy my days at home. And a challenge. Hourly walks outdoors for Annie to 'perform,' teaching basic commands to obey, and rewarding her with special doggy treats. We bonded, big time. Would we both be ready for the OH Rehab team at the same time?"



Today the small doggy crate in Sara's office may contain Annie. Most days she's in demand – spreading joy and love to residents and staff. She's a real teddy bear! Her fluffy fur and dancing eyes invite strokes, pats, and dialogue. Annie is irresistible. She works 'Dolly Parton hours' (9 to 5) and goes home to sleep with the boss. What a dog's life.

-Barbara Dockery, content; Sara Miller, photo





Security not only keeps OH residents safe. Who you gonna call at 6:00 a.m. when you need a welcome home banner hung? Bill Rossi was coming home after a month in the hospital and OH skilled nursing. Deborah is too short to hang it. Cliff Reynolds came to the rescue!  
 -Deborah Rossi

### Why Are We Switching to Icon?

Resident engagement platforms are designed to improve the overall health and wellbeing of residents



by providing up-to-date information to residents and by fostering social interactions.

Oak Hammock currently has two resident engagement platforms: Uniguest (formerly Touchtown), managed by staff, and Infoh.us, managed by residents. Frequently these platforms have content that conflicts or is out of date. Both platforms have aging infrastructure, making them difficult to maintain and sometimes unable to take advantage of the latest technologies and features. Icon provides for a better user interface, mobile accessibility, and integration with other community systems.

Management has encouraged shared governance and the use of resident volunteers working alongside staff to implement, continue to create content, and maintain the platform information.

With the move to Icon, we will be combining Touchtown and Infoh.us information into one easy to use and secure platform that will be more fun and meet the needs of both Oak Hammock residents and staff.

Next month we'll describe some new features, so stay tuned!  
 -David Brumbaugh,  
 Bob Stott, & Bonnie Umphreys

### UF Shark Research Lab

An informative morning was spent with Dr. Gavin Naylor and 5 of his UF graduate students in the Florida Museum of Natural History lab where each one specializes in a different area of shark research. They shared with 13 Oak Hammock residents their passion and findings while answering an array of questions. Sharks and rays, unlike bony fish, give better insights. They have incredible engineering and are super flexible with environmental change.

Previously, the international shark attack files were housed at the Smithsonian and are now in file cabinets that surrounded us at UF. In 2024 there have been only 65 shark attacks around the world; 40 provoked. Only three species will bite humans as most sharks are small and reside deep in the sea. New Smyrna Beach is the shark capitol of the world, perhaps due to better reporting. Sharks are not as dangerous as vending machines!

Dr. Naylor concluded with questions for consideration. "Why do animals die? Is there anything that patches itself up, repairs, and lives forever?"  
 -Sandy Furches



In this season we honor our veterans with a display in the lower commons to say thank you for your service. Visit the display case to identify them.  
 -John Furches

## Veterans Day 2024

For the 20 years of Oak Hammock's existence, we have celebrated Veterans Day with a special program recognizing all veterans, especially those who live, have lived, or work at Oak Hammock. November 11 was no exception. After Ron Hoopes's welcome to a full Oak Room audience, the colors were presented, followed by the Pledge of Allegiance and the National Anthem. Special recognition was accorded to those who passed away since last year and those who served in World War II. A unique feature this year was a selection of video clips made 15 years ago by OH veterans of WW II who are no longer with us. The entire ceremony was inspiring. *-Bill Castine, content; Sandy Furches, photos*

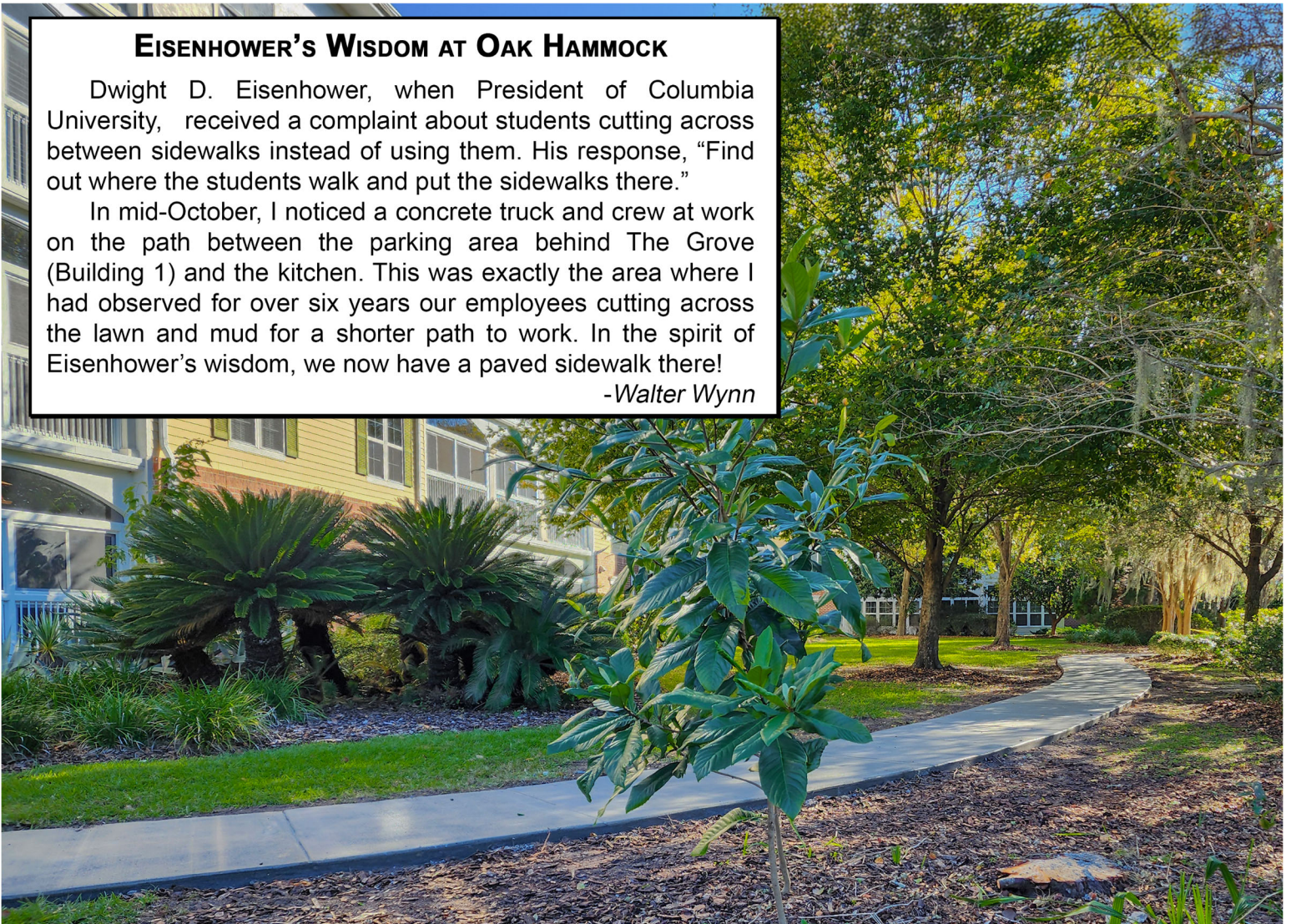


### EISENHOWER'S WISDOM AT OAK HAMMOCK

Dwight D. Eisenhower, when President of Columbia University, received a complaint about students cutting across between sidewalks instead of using them. His response, "Find out where the students walk and put the sidewalks there."

In mid-October, I noticed a concrete truck and crew at work on the path between the parking area behind The Grove (Building 1) and the kitchen. This was exactly the area where I had observed for over six years our employees cutting across the lawn and mud for a shorter path to work. In the spirit of Eisenhower's wisdom, we now have a paved sidewalk there!

*-Walter Wynn*



## Bee Buddies

Oak Hammock has had a beekeeper since 2008 when Ray Goldwire and a UF Post-Doctoral student in Beekeeping set up four hives on our campus. The apiary is located up the hill across the street from the Health Pavilion.

Subsequently, the Bee Buddies organized with the addition of residents Allan Jones, Bill Ebersole, and Forrest Crawford. Over the years, others have joined the effort including Richard Jones, Janice Malkoff, Robert Shaw, Randy Terry, and Jane Brockmann. We are always looking for other interested residents to join our ranks, such as Bob Palmer, who just became an Apprentice Bee Buddy.

The Bee Buddies recently extracted over 90 pounds of honey which were bottled into one-pound jars. After labeling, they will be on sale at \$10.00 each.

A notice of the honey sale will be posted via OH E-team email and elevator bulletin boards. Once the sale is advertised, emailed requests will be taken first come, first served to reserve your order. Residents and Staff will be able to order at least one bottle but can purchase more if there are extras. We will deliver the bottles and collect cash payment.

If you have interest in learning more about our bees, please contact Janice Malkoff [cycad49@aol.com](mailto:cycad49@aol.com) or Ray Goldwire [rgoldwire@gmail.com](mailto:rgoldwire@gmail.com). You will be invited to our next hive check.

-Janice Malkoff



## Garden Groupies

On October 27, a lovely, cool and sunny afternoon set the scene as 31 members of the Garden Groupies gathered on the porch of the garden cottage for their fall social. Guests enjoyed refreshments while sharing their gardening interests and challenges. Several gardeners received awards, including gold trophy cups, for achievements such as "Best Use of Non-Plant Material to Beautify a Garden" and "Best Warrior Against the Infernal Deer Devouring Our Veggies." Gail Robinson presented a demonstration of small, charming, yet potentially invasive plants, highlighting the importance of understanding plant habits before introducing them to our plots. Overall, it was a delightful gathering for everyone involved.

-Gail Robinson, content; Patsy Nelms, photos



## GFAA Reception

The Gainesville Fine Arts Association (GFAA) is exhibiting for the 13<sup>th</sup> year at Oak Hammock. They hosted a special reception for artists and guests on a recent Sunday afternoon. Awesome live piano music by Bob Jerry, Oak Hammock Board Member, greeted everyone in the upper commons where elegant hors d'oeuvres were enjoyed. Judge Rose Briccetti, Assistant Professor, UF School of Art, announced 11 awards among the 36 local artists with over 50 works on display in the Oak Hammock gallery. Twelve participating artists are Oak Hammock residents. Virginia "Ginny" Schrader of Oak Hammock won the Judge's Choice award for her acrylic, "Honey, I'll Leave the Lights on for You."

-Sandy Furches



## Oak Hammock Art League News

The Art Studio has a new exhibition of works by Gloria Nelson that will be up during November and December with a reception on Sunday, **December 8**, from 3:30 to 5:00 p.m.

Ribbons have been placed beside the award winners in the GFAA judged show which will be up until **January 4**. The judge, Rose Briccetti, Assistant Art Professor at UF School of Art, gave a wonderful presentation during the opening reception explaining why she selected the 11 award winners. Her presentation can be heard on a video by Dick Martin: <https://youtu.be/sUwIWhgTOd0>

Meredeth Rowe will teach Ikebana Flower arranging on Saturday, **December 7**, from 3:00 to 5:00 p.m. All supplies will be furnished for \$35.

The next quarterly exhibit in the Art Gallery will feature the popular black and white portraits of many of Oak Hammock's nonagenarians.

The next Art League program is Tuesday, **January 28**, at 4:00 p.m. in the Oak Room.

-Nancy Dickson

## LWV Welcomes Candidates

A meet and greet sponsored by the OH League of Women Voters committee was scheduled for Oct. 8 and held on Oct. 17 due to Hurricane Milton. Seven of the eight invited candidates came. We started in the Oak Room with short presentations by each and adjourned to the upper commons lobby for refreshments and further discussion. A big thanks to Tallulah Brown, Harvey Goldstein, and Karen Miller for all their help in making this a successful evening.

-Mary White

## The Benevolent Fund

Donations of \$1,360 were given in memory of Bill Earley, Joni Simon, Sandra Smith, and Brenda Thomas and in honor of Pat Liston.

-Jonathon Mann



### Catholic Community History

In the early days of Oak Hammock, Catholics attended Mass and other services at 4 local parishes. As time passed, RENEW groups for more personal study of the Catholic faith were initiated by residents Margi Sidman and Mary Hughes. Members of all religious denominations might remember fondly when the Catholic priest came annually on the feast of St. Francis of Assisi to bless ALL the animals of OH.

As time went on, an OH bus transported Catholic residents to the VA to attend Sunday Mass in their Chapel. That option ceased with Covid. When social gatherings were again permitted, TV Masses in the Oak Room or Acorn Room were organized.

The first 10:00 a.m. TV Mass was Sunday, March 21, 2021, in the Oak Room. Social distancing was practiced. The next week, on Palm Sunday, Anne Goldwire surprised us with palms! On Easter, we had Holy Communion provided by St. Augustine Catholic Church Eucharistic Ministers. Other parishes now rotate, providing Communion each week for our TV Mass gathering. On the second Saturday monthly at 4:00 p.m., there is in-person Mass with a priest from St. Augustine Church. Up until 2024, Anne Carlson-Bonus frequently attended Mass with her husband, Bob, and volunteered to play hymns on the piano for us.

We are fortunate to have such a wonderful and faithful Catholic community here. Like all people of faith, it's a blessing to share that common bond which is such a vital part of our lives. All residents, staff, and guests are always welcome to come and worship with the Catholic community.

*-Marcia Brant,  
Jerry Kirkpatrick,  
Margi Sidman*

### Dining Corner: Build Your Own Meal

Most of the menu selections can be modified. However, there seems to be some confusion about what can be changed, what substitutions can be made to what meals, and what is the impact on the price. I will try to clarify.

The catch of the day is a little different from almost all the other meals. It is pretty much going to be served as shown. If it says, "garnished with," the garnish can be eliminated but not changed. No change in price. If you don't want the sides, they cannot be changed, but they can be eliminated and there will be a \$2.00 reduction in cost. The fish can be served as shown, pan seared, or baked.

Regarding the always available menu and the other daily specials, the sides can be changed or eliminated. If a more expensive side is selected, the price will be increased accordingly. If sides are eliminated, there will not be a reduction in the price. There are all kinds of good sides listed in the fine print from veggies and fruit to bacon. If there is an item on a handheld you don't want, it can be left off. There will not be a change in price. Sauces can be left off, put on the side, or served as shown.

There are many ways to build your own meal starting with a mix of sides with or without an added protein. Omelets, flat bread, and veggie stir fry can all be modified in many ways. See you next month.

*-Steve Gird*

### By the Numbers November 1 Independent Living

	Total	Sold	Available
Houses	57	56	1
Apartments	212	208	4

### Health Pavilion

	Total	Occupied	Available
Assisted	52	52	0
Memory	12	11	1
Skilled	73	71	2

*-Andrew Davey and Nadia Luna*

### A Message from the Elf on the Shelf

"Hello, Oak Hammock! I'm on my way to spend the holidays with you all and kind of observe who's being extra nice this year. I **will** get around...don't you worry. I've got to take notes this year because my memory's not great anymore and I surely don't get around like I used to either.

**"SO, if YOU see someone being extra nice, PLEASE write it down in my notebook. I've heard it's a big place, so I'll need your help.**

"Well, keep an eye out for me, OK? I'm pretty sure I'm supposed to arrive around Thanksgiving this year. See you soon!"

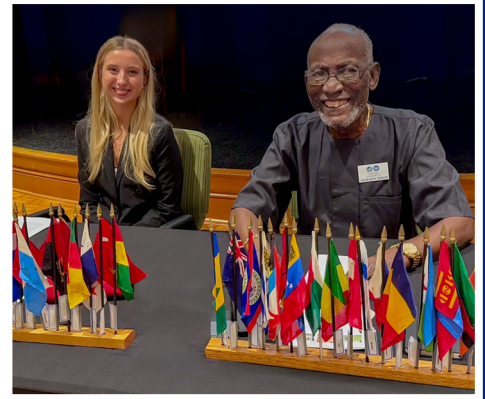
*-Love from Buddy, the Elf on the Shelf  
-Marcia Brant, content; John Furches, photo*



## UN Day

The United Nations Association of Gainesville celebrated UN Day on October 19, 2024, at Oak Hammock. "Feeding the World" was the theme. In his keynote speech, Dr. Adegbola Adesogan, Associate VP, IFAS UF, talked about the critical need and benefits of adding protein to the diet globally. The international perspective was presented by Ms. Delaney Zambrano, Graduate student and UN Fellow working in Nicaragua. Ms. Elise Mills, UF student, described the local initiative of feeding the needy every weekend in downtown Gainesville.

UNA Gainesville thanks Oak Hammock for being a local sponsor of the event and for use of the facilities.  
-Pushpa Kalra



## Wildlife Photography at its Best!

On October 22, we were privileged to host wildlife photographer Vicki Santello. Vicki moved to Gainesville in 1989, having retired from working in finance on Wall Street for 40 years. She now travels almost 75% of the year pursuing her passion as a professional wildlife photographer. Some will remember Vicki's mother, Estelle Aden, who taught over 75 ILR programs over the years in Shakespearean plays, poetry, film, and Broadway.

Vicki has won acclaim with her breathtaking images of wildlife in their natural habitat. Her presentation took us around the world starting here in Florida then moving on to Alaska, Yellowstone and the Smoky Mountains National Parks, Africa, and the Polar Regions.

Vicki promises a 2026 return to Oak Hammock with images from her leading African safaris. In the meantime, enjoy Dick Martin's video <https://youtu.be/jMIKzNBjUFc> or check out Vicki's website <https://www.vsantellophotography.com>  
-Susan Bankston



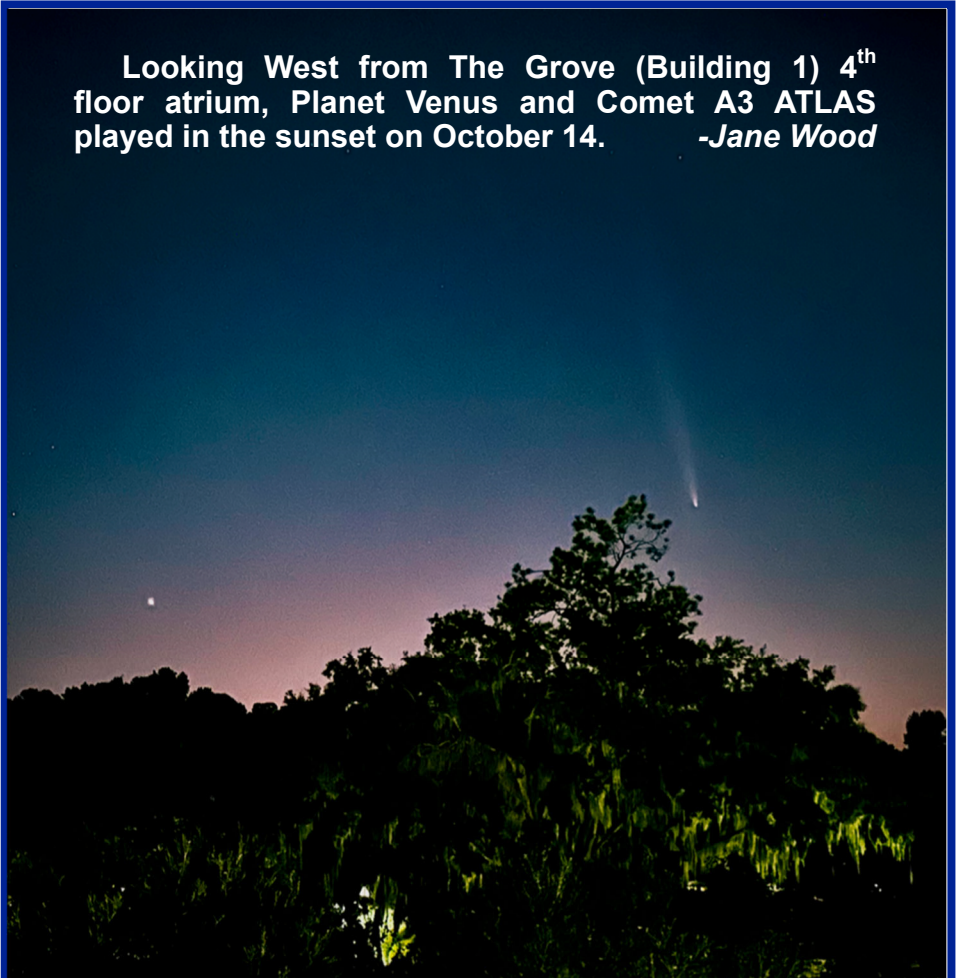
## SHINE

Nick Ross, a volunteer counselor with SHINE (Serving Health Insurance Needs of Elders), is no stranger to Oak Hammock. His recent presentation in the Oak Room provided clarification on Medicare, Medicaid, drug policies, co-pay changes, IRMAA, TV drugs, and Medicare scams. He returns on Mondays for private appointments to provide residents personal Medicare Plan Reviews. The Medicare Open Enrollment Period annually is October 15 - December 7. For more information: FloridaShine.org or 1-800-963-5337.

-Sandy Furches



Looking West from The Grove (Building 1) 4<sup>th</sup> floor atrium, Planet Venus and Comet ATLAS played in the sunset on October 14.  
-Jane Wood



### The Oak Leaf Archives



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

### Any Mail Today?

The USPS offers two services in which you may be interested: A notification if mail is expected to your address today and, once you have signed up for this service, an ancillary notification when your mail has arrived if any is expected. Just go to the [USPS home page](#) to sign up for Informed Delivery, then you will be offered the opportunity to add the mail arrived notification. And it's all free! In house, look for the flag in the vase on the concierge's desk to know when USPS has delivered to Oak Hammock for the day.

*-Bill Castine, content; Barbara Dockery, photo*



### Bikes 4 Vets

If you live in The Woodland (Building 2) or in a villa, do you have a bike you're not using? Bikes 4 Vets, a project of the Gainesville Cycling Club, is ready to receive bikes, repair them, and donate them to veterans who can use them. "The number of vets needing bikes always outnumbers the bikes available," says Peter Klavuhm of the Honor Center, a local transitional housing unit for 45 vets. When a vet leaves the Honor Center, he/she takes the bike received and it provides needed transportation as they reenter the community. The best bikes for the veterans are low-end bicycles. Higher quality bikes are sold, and the funds are used to rehab other donated bikes.



The *In the Hammock* newsletter is sending out two notices before mid-November urging residents to put an ID tag on any bikes they are using. After November 22, all untagged bikes in The Woodland garage and that appear to be unused will be donated to this worthy cause before the holiday season. Unused bikes aren't that hard to spot—their tires have no air and/or they are covered with dust and spider webs.

If you have an unused bike in your villa, contact Bob Palmer who will arrange to pick it up. Contact Bob at 352-371-4093 or [RPA711@yahoo.com](mailto:RPA711@yahoo.com)

*-Bob Palmer, content; Sandy Furches, photo*

### Eddie Spaghetti Goes Batty!

Fitness Center instructor Pat Bellis combined Tai Chi moves with her "batty" pet therapy dog, Eddie Spaghetti. The class met an hour early to accommodate Eddie's midmorning Shands Hospital Children's Halloween parade participation.

*-Barbara Dockery, content; Anne Barron, photo*



### Street Party Hosted by George and Karen Arola



*-Patsy Nelms*



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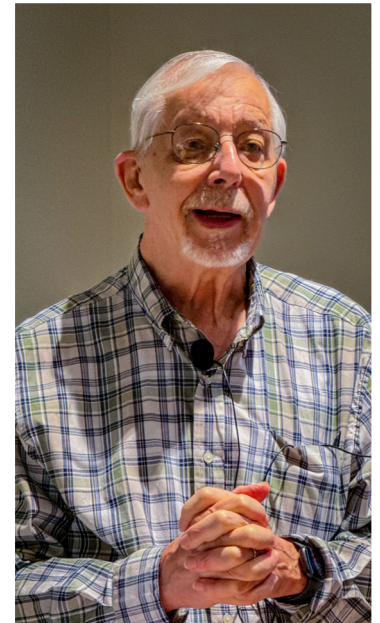
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**Events**

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## Cognitive Changes in Aging

At the October meeting of the RC Health and Wellbeing Committee, OH resident Keith Berg spoke on the normal changes in cognition as we age. Keith, a developmental psychologist who carried out research on cognition, began by contrasting **crystalized cognition**, the long practiced and highly learned knowledge we all have, and **fluid cognition**, the new things we learn every day—new words, new skills, new neighbors. The good news was that our crystalized cognition is either improving as we age or declining very gradually. This is especially true of our vocabulary. But the fluid cognitive abilities are more challenged as we age; though with normal aging, we still have the capability to manage our fluid cognition.



Keith also clarified the difference between the normal changes in memory we all experience with age and the memory changes that occur in dementias like Alzheimer's disease. One important difference was the common difficulty in retrieving memories, such as “forgetting” people’s names or struggles in trying to find a word we know we know, and the true forgetting, the permanent loss, of those names and words from our memories. The former is something that is part of normal aging whereas the latter is what will occur in cognitive disorders that cause dementia.

Keith ended by providing ways to minimize the effects of aging on our cognitive abilities, including, “Live at Oak Hammock!” A recording of Keith’s talk can be found at <https://youtu.be/VvDdDpYzBtY>.

-Keith Berg, content; Sandy Furches, photo

## 2024 Residents’ Council

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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:wzege@gmail.com">wzege@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.