

## What Happened to the Oak Hammock Lake? Part 2

After the July article about the condition of the Oak Hammock lake, many residents expressed an interest in a more comprehensive report on the site.

The Oak Hammock property has the shape of a bowl. The bottom of the bowl is the site of the lake and its associated 'wetland' on the other side of the berm. Around the broad lip of the bowl are drier (mesic) soils and (xeric) uplands where the apartments, villas and club homes are located. Also in the lower areas are limerock outcrops and sinkholes the limerock leading to direct contact with the groundwater. Before construction of the lake, the bottom of the bowl was a wet forest that held standing water after heavy rains.

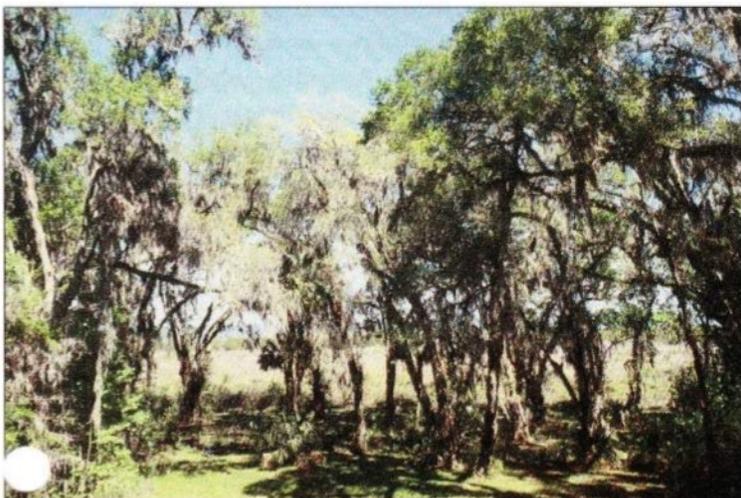
Four hundred years ago, the area of Paynes Prairie (now a state park a mile or two to the south) and probably Oak Hammock were used intensively by a local Spanish mission for livestock pasture and other farming. This area has been heavily impacted

by human uses for a long time. Forty years before Oak Hammock was constructed, the uplands to the west (the apartment buildings and the land behind) were used as dairy pasture and the forest was second-growth hardwood. The native plants, insects and animals had adapted to this typical but somewhat disturbed North Central Florida landscape, with its cycle of wet, hot summers and dry, cool winters and springs.

The tract was ideal for its location near the University of Florida and for its having an area of forest for attractive landscaping. However, the construction of buildings and roads, as well as an irrigated and fertilized landscape, created significant challenges for the design engineers faced with the need to control large volumes of rainfall runoff from these paved and irrigated surfaces. Since water runs downhill, the lowest area on the site (the bottom of the bowl) was the obvious place to construct the stormwater management system. The only outlets for the water collecting in the low area are two sinkholes, as well as percolation into the groundwater, with evaporation playing a minor role. None of these outlets has sufficient capacity to carry away the water as rapidly as it collects during a rainstorm. And because state regulations require that the water be cleared of sediment and floating debris before it enters a sinkhole, three screening devices were constructed at points where the stormwater enters the low area through pipes.

The lowest area was deepened in order to achieve the volume required to hold the water draining from Oak Hammock's paved surfaces after a 9-inch rainfall event (in accordance with state requirements). This deepest area became the "wetland" or retention pond next to the lake feature. An overflow

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An uplands forest with pasture beyond, similar to Oak Hammock before construction. (Photo by Robert Hutchinson)

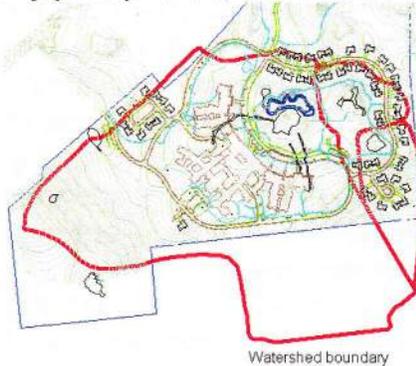
(The Lake, Part 2 Continued from page 1)

pipe carries surplus water from the retention pond to the sinkholes so that, hopefully, the wetland will not overflow into the lake.

The stormwater management system consists of the following elements: (1) the catchbasins and pipes which collect and carry the stormwater to the three screening devices; (2) the screening devices; (3) the retention pond; and (4) the sinkholes. The lake and waterfall were not originally intended by the design engineer to be a part of the management system but are, rather, an architectural feature added as an afterthought.

The lake was created by constructing a berm across the retention pond and laying down a tough, impervious plastic liner for the lake bottom to prevent the water from draining away through the soil. The lake water must be kept relatively free of nutrients from fertilizers and soil, principally phosphorus, to avoid algae growth.

Thus the primary sources of water for the lake are building roof drainage and air conditioner condensate from the apartments, the Pavilion and common areas, as well as rainwater falling directly on the lake and its immediate margins. The rain runoff from parking lots and streets is contaminated



and therefore is piped to the wetland retention pond.

What went wrong? Three times in the last two years, the "wetland" retention pond has overtopped the berm, introducing phosphorus-rich water into the lake and creating ideal conditions for algae to

grow. Filamentous algae form mats on the lake surface, becoming an eyesore in our long, hot summers. We do not understand the reasons for the retention pond overtopping. Obviously, more water flowed into the pond than the soil percolation and sinkholes could accommodate, but beyond that we can say little. Extensive field exploration, observation and study of the design parameters might be necessary to understand the reason for the repeated overtopping of the berm.

What can we do? We will explore several ideas in the next article in this series.

—Arthur Saarinen and Carol Higman  
OH PCA Wetland Committee



Retention pond overtopped the berm and flooded the lake in January 2006 after a 4-inch rainfall event. (Photo by Phyllis Saarinen)

## August Travel Club: The Greek Isles

Jim Parrish's highly informative presentation in August featured the Isles of Greece and more: Istanbul, the mosques on the Bosphorus, and the western coast of Turkey, Patmos and Ephesus. He also showed scenes from the Dodecanese, 12 islands that many (including Lord Byron) considered the "Isles of Greece." (Actually there are 1,400 Greek islands, of which only 227 are inhabited.)

Jim's "tour" included the scenic islands of Mykonos, Santorini, and Rhodes, around 290 BC the giant Colossus was built of bronze, supposedly straddling the entrance to the harbor. One of the seven wonders of the ancient world, it was destroyed by an earthquake only 56 years after construction. Many centuries later, after an Islamic invasion, the broken pieces of bronze were sold to



an Egyptian merchant.

Not only scenery but also Roman and early Christian history were featured in Jim's presentation. The Book of Revelation was written by a man named John, possibly the Apostle, who was living in exile on the island of Patmos about 11 miles from the Dodecanese. On the coast of Asia Minor, not far from Patmos, are the ruins of Ephesus, a large ancient city. Over the centuries the Greeks and then Romans built many temples there, but one of the most impressive was built by the Emperor Hadrian to the goddess Artemis. The city also had a large Roman theatre, a library, and several monuments to the Apostle Paul, who lived there for three years and later addressed an epistle to the Christian community in Ephesus.

A very attentive audience obviously enjoyed Jim Parrish's presentation.

—Bert Miller

## 2006-2007 Oak Hammock Scholarship Recipients

**Rachel Janson** attends SFCC and is pursuing a degree in nursing. She plans to graduate in 2009 and work in Gainesville while working on a Masters in Nursing. She first realized that she wanted to be a nurse when she volunteered at Shands about two years ago. She went there twice a week and helped in many different areas of the hospital and enjoyed her time on the pediatric floors. She has worked in the OH dining room since December 2005.



Rachel Janson

**Jessica Jones** attends UF and is working toward a Masters in Public Health. She graduated from UF in December 2005 with a Bachelors in Health Science Education. Her anticipated date of graduation is August 2007. After she graduates, she plans to go on for a Ph D. Her motto is "PhD or bust." She volunteers monthly at St. Francis House in Gainesville



Jessica Jones

and last semester was a volunteer mentor at Prairie View Elementary School. She is involved in the Public Health Student Association, which provides community service efforts all over Gainesville and also helps raise money for causes such as hurricane relief, public health student scholarships and community education efforts. She has been at OH since April 2004 and has worked as a hostess, waitress, and bartender.

**Bridget McNamee** attends UF and is pursuing a BA in English with a minor in education. She anticipates graduating in December 2007. After graduating from UF, she



Bridget McNamee

hopes to join the Teach for America Corps, a non-profit government-subsidized organization comprised of recent college graduates who dedicate two years to teaching in under-performing public schools in lower income areas of the US. Her ultimate goal is to dedicate her life to a profession of serving our society, possibly as an attorney. Her dream job would be at a "think-tank" in the Washington, DC, area focused on policy initiatives and possibly political rhetoric and speech writing. She has worked at OH since September 2005 as the evening receptionist in the Health Pavilion.

**David Monical** attends SFCC and is pursuing a degree as an ASN-RN. Prior to Santa Fe, he received a degree from UF with a Bachelors in Health Science. He majored in Rehabilitative Services and earned minors in education and anthropology. It is his intention to work as an RN for a few years and then return to school for a masters degree to become a Nurse Practitioner. He is a strong believer in goal setting. He has worked at OH since March 2005 as a CNA in the Memory Support unit.



David Monical

**Diane Rowe** attends SFCC and is currently in the Educator Preparedness Institute, a program for individuals who already have a bachelors degree that prepares them to teach in the Alachua County School System. In addition to attending SFCC, she is a mother of five and has been employed full time at Shands for over twenty years. Diane's husband, Leon, has been working at OH since September 2005 as an evening driver.



Diane Rowe with Dave and husband Leon Rowe

—Oak Hammock Staff

## Pet of the Month

When Nancy Henry agreed to have her two cats interviewed, I had no idea of the depths this would reach. As I entered the apartment and seated myself, both cats came casually into view from the enclosed porch.

First came Bobby—a large black and white fellow who looked as if he expected company and had donned formal attire for the event. This cat is primarily black with long silky fur. He has white cuffs on his paws, and as he turned and lifted his head to look up at me I saw what could only be described as a white formal tuxedo shirtfront. With one paw, he gently tapped my lowered hand. I tapped his paw in response. We exchanged love taps many times.

Bobby was born in Maine—in a barn. He was rescued after his Mom abandoned him. He is a true Maine Coon Cat and is now 18 to 20 years old. Even though he weighs about 20 pounds, he is very graceful as he moves about. At one point Bobby stood up and made his way into the bathroom where he jumped into the tub. He seated himself and stretched his head up toward the dripping faucet, opened his

mouth, and lapped several drops from the stream. It was an awesome and very entertaining sight.

Grace, on the other hand, is a two-year old Tabby Cat. She is rather small and moves



Bobby, relaxing at home (Photo by Katherine Osman)



The lovely Grace (Photo by Katherine Osman)

easily about the rooms. She does seem to seek special attention. She also was rescued from a lonely and dangerous life along—would you believe—Gainesville's very own Hogtown Creek.

Nancy gave Grace a home full of luxuries and the delights of retirement at Oak Hammock. We hope the photos will give true impressions of what these two gentle and affectionate pets. They seem to know how fortunate they are to have been adopted by such a caring person as Nancy.

—Teddy Holmes

## Recycled Riches Recap

On Saturday, August 26, 2006, we had our second Recycled Riches sale in the Oak Room and raised \$1,930. The committee has decided to set aside another \$1,000 to fund a special project for Oak Hammock, bringing that fund to \$2,000 for a worthy project. We also have over \$1,000 for our other committees and special interest groups to use. If you know of any good use for these funds, please submit a Mini Grant request. Application forms can be picked up at the reception desk.

Now that we have cleared our storage areas of large items, we will be happy to receive any additional large donations that you want picked up before our next sale on Saturday, October 21. We will also be accepting any and all items you may be able to bring on Friday, October 20. Just bring them to the Oak Room between 3 and 6PM. You may also preview our Saturday sale at that time.

I want to thank everyone who has participated in any way to the success of our first two sales. I have a wonderful committee, and we all have fun with this project. However, we could not succeed without the help of the members who donate and buy our goods. Our staff has also given us great support with providing storage areas, moving furniture, doing setups for the Oak Room, and buying our merchandise.

We still have our committee meetings on the last Monday of each month except for holidays. We meet in the Multipurpose Room at 11 AM. If you have any interest in helping with the next event joining in our discussions regarding the mini grants, please join us. Check your monthly calendars.

—Valerie Griffith, Chairman, Recycled Riches

## Katherine Osman Oak Hammock's Versatile Events Coordinator

"If I could tailor-make the perfect job for me, it would be *this* job. It has an element of everything I love to do." Katherine Osman ably demonstrates her versatility, education and experience as Oak



Hammock's Event Coordinator, a fast-paced job where there's no such thing as a "typical day." "My job is dynamic because membership *needs* vary so much from day to day," says Katherine. "Certain things I must do weekly, but members dictate the

rest of what I do."

Katherine began her Oak Hammock experience as a temporary receptionist in the marketing area but soon moved into her liaison work in event planning and coordination. Her initial job description involved only five key tasks but, as Oak Hammock grew, evolved into over twenty.

One of Katherine's first duties was to develop a newsletter for Oak Hammock's residents. She had "inherited" a publication from Praxeis which has evolved now into a member-driven production. Planning, content and design are contributed by the newsletter committee and other interested members. "It's *your* newsletter now," says Katherine.

The Monthly Calendar is also her job. "This, too, is member-driven," says Katherine, who relies upon member input to choose interesting and appropriate activities, on and off campus, and works with Concierge Tiffany Lehman in the complex task of scheduling transportation.

In planning the popular *Saturday Night at the Movies*, Katherine chooses weekly films based on member suggestions. "We try to choose films that will appeal to Oak Hammock's special audience," she explains, "but I hope that *all* members can find at least one movie each month that they really love." Sometimes choices are made around special themes, but "I always try to ensure new releases," says Katherine.

With the help of a member committee, Katherine produced the helpful Membership Directory, first distributed in October 2005. A much-needed and much-used pictorial directory of independent mem-

bers, it was a "tough, on-going job," Katherine says, "but I'm really proud of the results."

Perhaps Katherine's favorite part of the job is catering: helping members plan and prepare campus-wide celebrations as well as private occasions and parties. Her tasks encompass food selection, room design and set-up, and often production of invitations and programs. She works in liaison with Housekeeping and Dining Services, and says, "Our staff really takes the ball and runs with it!" She has recently produced a Catering Planning Workbook for these services.

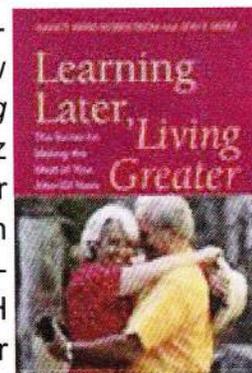
Originally from Rochester Hills, Michigan, Katherine comes from a family of financiers and engineers, all of whom worked in the automobile and computer fields. She laughs, "I still love to talk cars with Clyde Smith" (OH member and retired General Motors executive). She holds BAs in both Industrial Psychology and Labor and Industrial Relations from Michigan State University, and an MS in Administration from Central Michigan University. She has also lived and studied in Europe, Canada and Mexico.

Katherine found it a difficult decision to come back to work after the birth of her son George on May 1. "But I love my job. I couldn't ask for a better boss (Sara Lynn McCrea, Director of Community Services) or co-workers. My life could never be so rich without interaction with Oak Hammock members. I'm not here to tell you what you *need* to do; I'm here to help you do what you *want* to do. To me, that's what Life Fulfillment is all about."

—Martha Webb

## Spreading the Word

Oak Hammock is featured as an example of lifelong learning retirement communities in a new book, *Learning Later, Living Greater* (2006) by Nancy Merz Nordstrom and Jon F. Merz. Our own Nancy Green contributed an article to the book describing learning opportunities available to OH members. Thanks, Nancy, for your contribution!



## Oak Hammock Women at Annual Luncheon

Eleven Oak Hammock residents enjoyed the annual Women's Equality Day Luncheon on August 26. The affair, sponsored by many area organizations but organized by the Friends of Susan B. Anthony, recognizes the dedication and work of Susan B. Anthony, Elizabeth Cady Stanton, and many others of the late 1800's and early 1900's in winning women's right to vote in the United States. Nearly 300 local women, most of the local aspiring politicians, and a few men met at the UF Hilton Hotel and Conference Center to hear Doris "Granny D" Haddock, an activist from New Hampshire, give an impassioned call for election

campaign reform. Granny D's 96 years hardly dampened her voice or emotion, earning a lengthy standing ovation.

Local long-time activist Doris Bardon received with a gracious speech the annual FoSBA award for her years of contributions to the arts community, environmental protection and growth management of Alachua County. Next year's luncheon will be August 25; please make a note on your calendars!

—Phyllis Saarinen



Some of the OH ladies enjoying the Women's Equality Day Luncheon: Pat Lucoff, Cynthia Clements, Rhoda Swerlick, Nikki Taylor, Mary Young, Sally Venerable, Gene Anderson and daughter Amy. Seated at a second table were Vam York, Pat Harden, Grace Robey and Phyllis Saarinen. (Photo by Phyllis Saarinen)

## Individual Training at the Fitness Center

One-to-one personal training at the Oak Hammock Fitness Center is expanding! New trainers Tony Federico and Jen Murphy are now ready to take on clients.

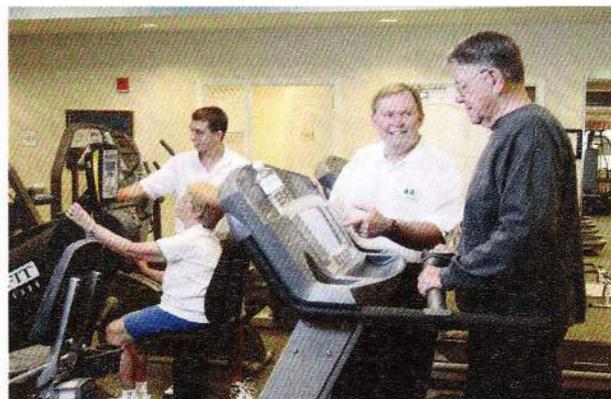
Jen Murphy, with an extensive background in aquatics, will use her experience to provide safe and effective exercise programs both in and out of the water. This type of training is great for people with arthritis, musculo-skeletal disorders and limited mobility. Tony Federico, with an extensive background in weight-loss coaching, nutrition, and exercise science, will emphasize a holistic approach to wellness.

Anne Goldwire is the first Oak Hammock member to take advantage of personal training. "I have been working one on one with Tony since May 2006. I am amazed by the transformation I see in my mental/physical self. I used to force myself to go to the gym, doing the same old routine, and to be so exhausted afterward that I would have to take a nap! Now I complete my workouts with a sense of accomplishment and go home energized. My posture has im-

proved along with my low back pain, and I have gained muscle and lost fat. Personal coaching takes into account my needs and abilities."

Anyone interested in personal training with Jen or Tony may call the Oak Hammock Fitness Center at 548-1072 to schedule a free consultation, including fee structure for the services.

—Tony Federico  
Fitness Center Staff



## The Artists Among Us

The Oak Hammock community is privileged to have several accomplished professional artists among our members, as well as many others who paint simply for their own enjoyment. This article is the first in a series for *The Oak Leaf* to focus on our professionals, whom I arbitrarily define as those who have earned significant income from the sale of their work: Dottie Duryea, Marge Hazen, Alice Miller, Karl Schwartz, Marion Siegel, Jean Suber, and Martha Webb. They are all professional artists in my view.

Since Karl and Martha made their careers in art, we will report on them first. The stories of the other professionals will follow in alphabetical order in future issues of *The Oak Leaf*. If I have inadvertently left anyone off the list, please let me know.

### Karl Schwartz

When I rang Karl's doorbell, he appeared in a paint-stained t-shirt. Karl uses his bedroom (in the 2-bedroom apartment he shares with his sister Rhoda Morrison) as his studio for both painting and metal wire sculpture. Rhoda proudly showed me around their apartment filled with his dramatic canvases and sculptures, both recent and from earlier years; then Karl talked to me as he perched on the side of his bed, which was pushed into a corner of the studio.

He remembers his father, a dentist, molding animal figures from dental wax for him to play with, but his earliest memory of his own creativity was in kindergarten, painting a tempera of the famous "Washington Crossing the Delaware." His interest as a child and teenager was in line-drawing in pen and ink, copying illustrations from *Colliers Magazine* and the *Saturday Evening Post*. He still has the sketch pads he accumulated. He had his first sale at

17 in a Greenwich Village art show, and shortly after he was hired to draw illustrations for *Dance Magazine*. As Karl was always interested in the line and movement of dance, this was a perfect fit (except for the low pay, he says.)

In his twenties, Karl's interest in line drawing evolved into three-dimensions with wire sculpture, and that experimentation grew into a major outlet for him as Bergdorff-Goodman Department Stores contracted for his wire sculptures in their store-front display windows. The sculptures were lauded as among the best displays in the past 25 years. They soon became popular among interior designers and other department stores. For Saks Fifth Avenue Karl constructed 100 wire angels, four feet tall, for seasonal displays in their stores across the country.

Karl still constructs wire sculpture (using no solder) in a low-relief style suitable for wall décor, but since moving to Oak Hammock he has invested more time in creating his abstract expressionist canvases in acrylics. He attributes his expressionism to the influence of Franz Kline and Robert Motherwell, both of whom were active in New York in the 1950s. Many of his expressionist works reveal an unintended sub-theme of human motion, referring to his life-long interest in dance.

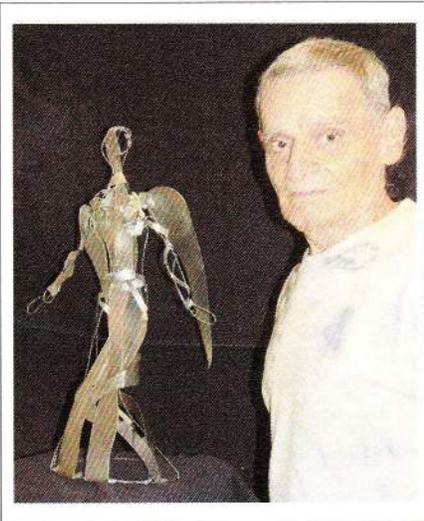
Several of Karl's dramatic black and white works were selected for the décor of a local nearby restaurant, Merlion on SW 13th Street, and both his canvas and wire pieces are shown in a Sharon, Connecticut, gallery. He has recently begun experimenting with more color.

He is very encouraging to neophytes, "Anybody can paint; don't worry about the result. Brush, sponge, water pistol, just do it. You'll enjoy the expression."

### Martha Webb

Martha welcomed me into her home with her characteristic warm smile of greeting. She modestly showed me a series of sketches of people, and a few examples of the work she did as a fashion artist. She developed a career as a fashion artist from a childhood habit of sketching her friends and magazine illustrations. While art was not something encouraged by her chemistry professor

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Karl Schwartz with a recently finished wire sculpture. (Photo by Phyllis Saarinen)

(Artists, Continued from page 7)

father, her uncle in London was the well known architectural renderer, A. C. Webb. She attended the Traphagen School of Fashion in New York and returned home to Nashville to begin a career as an artist and copywriter for advertising agencies and department stores, working mostly in ink, pencil and charcoal to create the stylized drawings expected for fashion at the time. She created beautiful representations of draped and patterned fabrics, highlighting textures and shadows. Her more recent work shows the same talent.

When a close girlfriend moved to Miami in 1955, Martha decided to join her. There she freelanced for hotels and retail shops while attending the University of Miami for a BA in Education. Miami at that time had one of the largest sportswear manufacturing industries in the country, and in 1960 the state organized the new Dade Community College with a Department of Fashion Design. Martha was hired as an instructor, where she taught (at first in leftover WW II un-air-conditioned Quonset huts) 17 different courses over the years, including color and design principles, history of costume, and fashion advertising and display. During summers, she attended New York University and earned an MA in retailing. She enjoyed teaching in the popular community college program and still maintains contact with some of her students. After 30 years with the program, including seven as department chair, she retired but

continued to do freelance and recreational drawing in Miami.

She has always enjoyed drawing people and has several sketches of Oak Hammock residents Bill and Ed Schwinn, with whom she has been friends for over 50 years. Since joining Oak Hammock she has explored watercolor techniques in the in-house painting classes. "I am thrilled to discover that Oak Hammock offered so many opportunities to learn and grow in the arts. Music, painting, writing...so many talented members willing to share their time and expertise. It's great!"

—Phyllis Saarinen



Martha Webb with her unfinished "Goddess of the Silver Bangles" and an example of her fashion illustration work.

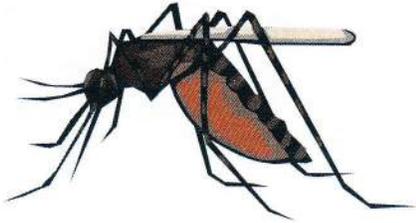
## As Seen at Oak Hammock...



## Oak Hammock Fights the Bite

Help with the mosquito problem may be on the way!

Pesky mosquitoes can be a nuisance at Oak Hammock in late summer and fall. Oak Hammock staff members Roger Mueggenberg and Amanda Reese are working with residents Fred Harden and Merle Kuns to minimize the problem for the rest of 2006 and beyond. Fred worked as an entomologist controlling mosquitoes in the southeastern United States. In his career as a parasitologist, Merle investigated Latin American tropical diseases, many of which were transmitted by mosquitoes. The Oak Hammock team is exploring two approaches to minimizing the nuisance mosquito problem at Oak Hammock.

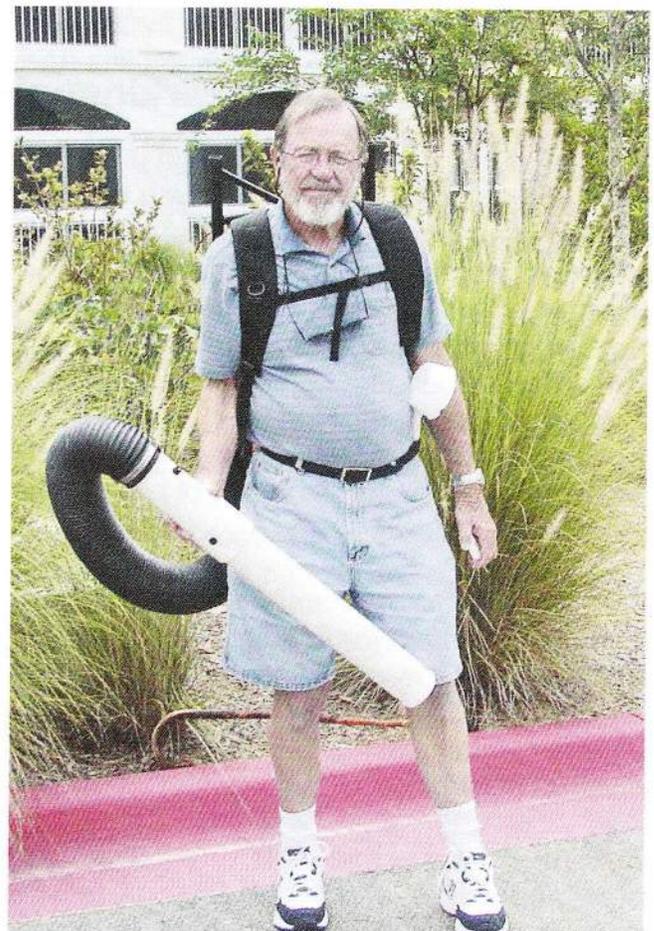


**Traps.** The team strategically placed five traps (Mosquito Magnets) around the building areas. Fred and Merle empty the traps every Monday morning and count and enumerate the catch by species. Of the 19,322 mosquitoes trapped in July and August, we found only nine of the 74 different kinds of mosquitoes known to occur in Florida. The great majority of the pest mosquitoes biting residents here are *Mansonia titillans* and *Coquillettidia perturbans*, both of which are produced in ponds and lakes with aquatic vegetation, which might suggest that our lake is an issue. However, other mosquitoes we collected are dependent on a type of aquatic plant not found on the Oak Hammock property, so we believe that the majority of biting mosquitoes are flying in or being carried by wind from Paynes Prairie to the south and/or Bivens Arm to the northeast. None of the species is an important vector of West Nile virus or other insect-borne diseases.

**Mosquito Barrier.** We are testing a liquid garlic juice concentrate product reported to repel mosquitoes in grassy areas, yards and parks. The landscape crew sprays a diluted 1:100 concentration on vegetation in selected areas. The odor becomes unnoticeable to humans after a few minutes but the plant tissues absorb the natural sulfur compounds

and then release the compounds in quantities unpleasant to mosquitoes for several weeks. Fred has marked a treatment plot and a nearby control plot to test the effectiveness of the Mosquito Barrier product against the species of pest mosquitoes found here. We compare the number of mosquitoes caught in each treated or untreated plot. If the Mosquito Barrier is effective, the Oak Hammock landscape crew will apply the liquid garlic to vegetation around buildings and along walkways.

—Merle Kuns and Fred Harden



Using the battery-powered aspirator (vacuum cleaner) Fred wears, we collect mosquitoes from his head and clothing during 10-minute intervals in each plot beginning about a half-hour after sunset. (Photo by Merle Kuns)

## Mary Jo Davis Sings with John Chapman

In July, Oak Hammock resident Mary Jo Davis shared her beautiful voice with us for the first time ever (and hopefully not the last) as she joined pianist John Chapman for a reprise of his popular program of Broadway show music and songs of the Big Band Era. Formerly known professionally as Big Band singer "Dale Sherman," Mary Jo sang an impromptu set of her memorable vocals from the 1930s and '40s.

This was her first professional performance in more than 60 years. She and John had rehearsed for just an hour earlier in the day, but they brought down the house!



The talented "Dale Sherman" performs with John Chapman. (photo by Sara Lynn McCrea)

## Parkinson's Support Group

An effort is under way to form a Parkinson's Support Group at Oak Hammock. If you have Parkinson's disease or if you are a caregiver for a person who has the disease, you will want to attend a meeting at 10 am, Tuesday, October 10, in the multipurpose room. Each attendee will receive a copy of the widely acclaimed DVD, "Managing Parkinson's: Straight Talk and Honest Hope." The DVD has been reviewed and lives up to its title. Each attendee also will receive a pamphlet of his/her choice from among the following titles:

- ◆ *What You and Your Family Should Know*
- ◆ *Practical Pointers for Activities of Daily Living*
- ◆ *Parkinson's Disease: Speech and Swallowing*
- ◆ *Caring and Coping*
- ◆ *Fitness Matters*
- ◆ *Nutrition Counts*

Numerous other materials, including books, booklets, and videos, will be available. A few items of business will be discussed, such as when to meet, where, whether or not to include a meal, and what topics are of the greatest interest for future speakers to address. No burdensome chores will be assigned to anyone at this meeting. We are simply trying to identify potential members, learn a few fundamental preferences, and decide whether or not there is sufficient interest in having a support group. We have many advantages here at Oak Hammock

that would make having our own group easier and more responsive than trying to attend the monthly meetings of the Gainesville group which are held on NE 16<sup>th</sup> Avenue.

We anticipate that meetings will be held monthly, maybe on the second Tuesday. We expect to have a speaker each month to discuss an important topic relating to PD. Perhaps the most beneficial aspect of participation in the support group will be the opportunity to interact with other members—making friends, exchanging notes, learning about the latest trends in research and, most importantly, keeping up your optimism. You will meet others who are in the same boat, and it will help you.

In recent years the public has learned that a number of high profile individuals, including the Rev. Billy Graham, Mohammed Ali, Janet Reno, the late Pope Paul, and actor Michael J. Fox have the disease. They are among the 60,000 people who are diagnosed each year with PD. Altogether about 1.5 million people in the United States have the disease. The media have taken up the subject and general awareness has greatly increased. More money is being spent on research, and predictions of eventual success in finding a cure are frequent.

Please call the receptionist at 548-1001 and let her that you are planning to come so she can add your name to the list of attendees. If you need further information, call Ralph Tucker at 376-8405.

—Ralph Tucker

## The Chef's Corner

Kris Krug, Director of Dining Services and Executive Chef at Oak Hammock, was interviewed to bring members up to date on recent developments.

Q: The menus have been revised in the past few weeks. What are some of the new items we can expect to see regularly?

A: Soups—More of the favorite soups being made heart healthy so all can enjoy (split pea and bean soups).

Entrees—More homestyle entrées at night and more repetition of the members' favorite items.

Q: What changes were made as a result of the Vegetarian Survey?

A: We will have a vegetarian dish of the week. It will be available in all dining rooms for lunch and dinner.

Q: A new semester always brings new faces among the serving staff. About how many new employees will we see in the dining rooms?



Dining Room Manager Sean Ferrell with Bruce Bowie at the Ice Cream Social. (Photo by B. Kramer)

A: We will see at least 15 new employees due to schedule changes. At the end of summer school, some moved on to their actual careers and others moved to other schools.

Q: If I want a "special occasion" for friends and family, whom should I call to discuss the catering?

A: You would need to speak with Katherine Osman, the Events Coordinator for Oak Hammock. Katherine sets up all caterings and books the rooms and locations.

Q: Occasionally an item I ordered is not up to my expectations, but I hesitate to send it back. Should I really do so, or am I just making trouble for someone?

A: Members dining at Oak Hammock dine with us much more than they do the local restaurants and we appreciate this. Unfortunately, the more they dine with us the more opportunities they will have to see our downfalls. It is just a fact of life that we make mistakes. The only way we can justify ourselves is for you to give us a second chance to make you happy. Please don't let our mistakes frustrate you. We still feel you will not get the service or care from any other restaurant that we will give you—mistakes or no mistakes.

Q: Are you interested in receiving any recipes to try out? I have some family favorites that other members might enjoy.

A: We love recipes; all we ask is that you remember that we are an industrial kitchen so some of the more complex and long recipes may not be suitable for a restaurant.

Q: Some of your appetizers of the week are so good that I would like to make a meal of them. Is this possible?

A: Yes, it is. The appetizer of the week is \$4.50. For \$9.00 we will give you a larger portion of the appetizer, along with the soup, salad, 2 sides at dinner or 1 side at lunch, and your beverage.

—Bill Castine



Members enjoyed the gorgeous weather and a delicious Labor Day picnic on the deck. (photo by Betty Kramer)

## Donations to Oak Hammock During July and August

Oak Hammock has received a wide variety of donations from its members. An anonymous donation of \$1,484 will go for the purchase of a rowing machine in the Fitness Center. Another anonymous donation of \$2,500 will buy equipment for the Health Pavilion. Music is in the air with donations to both the Music Fund and the ILR music class. Generous donations totaling \$7,550 were given to the Employee Scholarship Fund. There were several donations to the Memorial Fund in memory of Max Wells.

More than just money was donated. Jim and Dolores Greene donated a beautiful rocking chair to the Library Annex. Many people donated to the recent Recycled Riches sale—everything from computers to TVs to furniture and appliances. These donations raised over \$1,900 for the benefit of Oak Hammock activities. In addition, many books and related materials were donated to the Library, as well as a number of beautiful works of art to the Arts in the Corridors Subcommittee. With each donation a walk through the corridors comes closer to a stroll through an art museum.

—Roanne Coplin

## Library News

- ◆ In the library display case outside the Commons first floor Library Annex are new or special books of interest. The right side of the case currently features Oak Hammock author James Greene plus the new books recently added to the collection with funds from a Recycled Riches grant. The left side features books on loan from Goerings Book Store. This gives members an opportunity to see some of the newly published books that they might be interested in buying, reading, and then hopefully donating to the Oak Hammock Library to expand the ever-growing collection. The library committee thanks all members who continue to donate both old and new books to the Oak Hammock Library.
- ◆ Please don't throw away those unwanted 2007 calendars when they come in the mail. If you put them in the blue tub in the Library Fiction Room, they will be taken to the Health Pavilion for use by the Memory Support residents.

—Janet Janke

## Newest Donation to Oak Hammock: A Gold Mine for History Buffs

Visualize nearly 6,000 years of world history, as it appears before your eyes. Follow world events from the rise of the first civilizations of ancient Egypt and Mesopotamia around 4000 BC to the year 2000 CE. Members can study this 6,000-year time frame in the Multi-Purpose Room, where "The World History Chart," eight feet long and nearly three feet high, has been mounted on the rear wall.

The chart was donated to Oak Hammock by Leland and Virginia Sponholtz. Leland, who graduated from UF with a degree in electrical engineering after serving in the Navy in World War II, purchased it about 20 years ago as a gift to Virginia, who has long been a student of history. It was mounted on the wall of a well-lighted hallway in their former home.

"The World History Chart" is designed as a concise comparative reference source of world civilizations, historical persons and events. The informa-

tion on the chart encompasses data from four key areas of historical research: documented history, archaeology, theology, and mythology. The linear format enables an individual to locate an area or person of interest by reading horizontally across the chart. Then, by reading vertically up or down within the same period, a comparison of contemporary civilizations, events, and other historical persons can easily be made.



Leland and Virginia Sponholtz

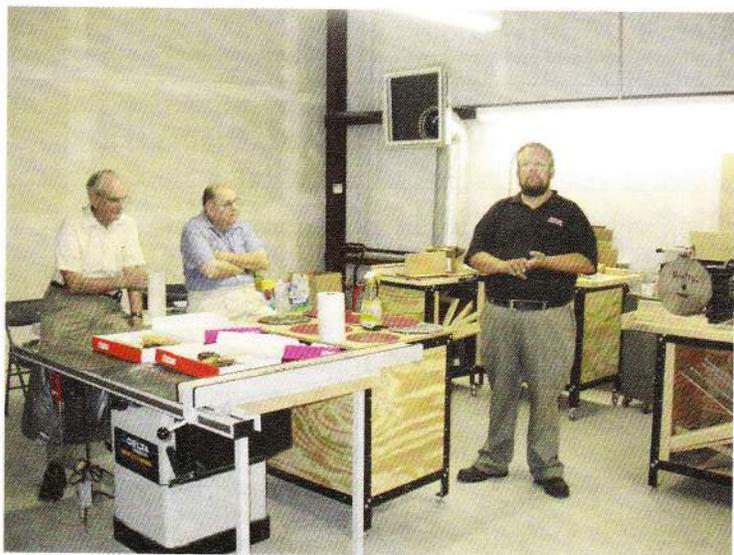
Leland and Virginia Sponholtz have provided members, particularly those with an interest in history, with an exceptional educational resource. Even those with only a passing interest in the distant past may find the history chart well worth a visit.

## Vendor Visits the OH Woodworking Shop

Although the Woodworking Shop is not yet officially open for business, we nevertheless had our first visit by a major manufacturer of carbide saw and other cutting blades. Freud, a company with six manufacturing facilities—all in Western Europe, brought its air-conditioned mobile display and demonstration truck to the front of the Oak Hammock Woodworking Shop on Thursday, August 17. Ten of the OH woodworkers were treated to a 90-minute very informative presentation on how Freud manufactures their extensive line of power saw blades. Many of the various blades were shown so that we could see for ourselves just what goes into this high-end line of blades and other power cutting fixtures.

We were later invited into the truck to see the extensive array of router bits along with a small demonstration. Besides the gentleman giving the presentation, two other Freud people were on hand and provided literature for our shop. A representative from Bernie's Tool and Fastener Services also attended. Bernie's is the local outlet for the Freud line in Gainesville and the supplier of the power tools purchased by Oak Hammock for the Woodworking Shop.

—Bob Taylor, Woodworker



Our vendor discussed the manufacturing processes of the latest equipment.



The Freud truck visits Oak Hammock.



An extensive array of tools were on display inside the Freud truck.

## Classified Advertisements

For sale: Pennsylvania House China Cabinet. Overall dimensions are 69" wide by 75" tall. There is a picture on the bulletin board, or you may see the cabinet in unit 3113, or call 375-2619 for more information.

Magazines are needed in the Wellness Clinic waiting area. If you are willing to donate some recent issues, please leave them on the receptionist's desk in the Wellness Clinic.

## The Versatile Peanut



An unanticipated development was manifested recently when Oak Hammock member E. T. York received a letter from Professor D. W. (Dan) Gorbet of the UF/IFAS North Florida Research and Education Center. The letter stated, in part, "We recently released three new peanut cultivars and have

named one of them 'York' (UF04321), in your honor. The cultivar has strong multiple disease resistance, with excellent yield and quality characteristics. It has 'high oleic' oil chemistry (80% 18:1)

which gives it excellent quality and health benefits."

E. T.'s reaction was straightforward: "Obviously, I have really arrived—to have a peanut variety named for me."

Congratulations, E. T. The characteristics of the York peanut rather describe Oak Hammock members.

—Bill Castine

### YOU'RE INVITED to the GRAND OPENING of the WOODWORKING SHOP

Monday, October 2, 2006  
2:00 – 4:00 P. M.

Light Refreshments  
will be served.



### Tennis Guidebook

The latest addition to the library display case on the first floor of the Commons is a guidebook by resident Jim Greene, titled *Natural Tennis for Everyone*. Originally published in 1979, it outlines a unique style of play, utilizing each hand in shot-making. Jim describes the technique as "releasing" the racket, rather than switching it, from one hand to the other during the course of play.

The library has a copy available for circulation, and Jim also has some copies available for purchase.

—Dave Grundy



### Guest Suite Policy Reminder

Members who wish to accommodate guests in the Oak Hammock guest suites are invited to bear in mind the following limits:

Reservations may be made for a maximum of 3 nights. If you need the room for additional nights we can tentatively hold the room but there is no guarantee. You will be notified the day before if your reservation can be extended.

Basketball/Football Season: Reservations may be made for one "home game" weekend per season per household.

NO smoking

NO pets

## Breakfast with Grace

Wife of US Senator Bill Nelson to Visit Oak Hammock

Grace Nelson has scheduled a visit to Oak Hammock on Tuesday, September 26, and will meet and speak with members from 9-10 am in the Oak Room. She will speak out on her concern for peaceful co-existence, not only among world powers and the world's religions, but also among the parties represented in the US Congress. Observing that the current Congress has accomplished little, Mrs. Nelson, President of the Senate Spouses Club, is pressing for more cooperation and civility among her husband's colleagues.

Mrs. Nelson has spent her



Grace Nelson (File Photo)

several years in Washington bringing attention to the plight of refugees, to the commerce in human slavery, and to the condition of women and children in third world countries. She travels a good deal, including to Africa and the Balkans, to do her own research. She also is concerned with hunger and poverty in America and Florida, working with Farmshare to distribute surplus food to hungry children.

Speaking of hunger: pastries, fruit and beverages will be served at Breakfast with Grace. The event is sponsored by Arthur and Phyllis Saarinen.

—Pat Lucoff

## Diabetes Support Group

Did you know that Oak Hammock has a Diabetes Support Group (DSG)? The group meets on the second Thursday of every month at 4 pm in the Multipurpose Room. Its purpose is to help residents manage diabetes more effectively within the Oak Hammock Community. We partner with the UF Shands Diabetes Center of Excellence Education Program to educate people who have diabetes, have a family member who has the condition, or are just interested in the topic. You don't have to be diabetic or pre-diabetic to participate.

Two copies of a videotape, "Walking Down Your Blood Sugar," donated by the Shands Center are in the Library Annex. For more information, please contact Barbara Gilbert, Apt 4117, 264-9905. Check



Channel 71 and the Monthly Calendar for meetings.

—Barbara Gilbert



The August issue of *The Oak Leaf* carried a "Mystery Photo" of a late 1930's Owensboro, Kentucky, baseball team including an Oak Hammock member. Did you guess his identity? It was Hugh Wise (on the right; his brother, K. C., is on the left).



Oak Hammock  
— at the University of Florida —

### Oak Hammock at the University of Florida

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### **The Oak Leaf**

Produced at Oak Hammock at the University of Florida

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#### **Graphics:**

James Janke, Oak Leaf Logo Design  
Katherine Osman, Layout

#### **Contributors:**

As listed per story

### **Upcoming Events:**

#### *The Movies at Oak Hammock*

Continuing weekly based on room availability. The Oak Room or Multipurpose Room.

#### *Oak Hammock Singers Practice*

Mondays at 3:30 p.m., Oak Room

#### *Bridge Club*

Tuesdays at 1:30 p.m., Upper Level Commons

#### *Poker*

Wednesdays at 3:00 p.m., Billiards Room

#### *Duplicate Bridge*

Thursdays at 7:00 p.m., Multipurpose Room

#### *Mahjongg*

Fridays at 1:00 p.m., Building Two, Third Floor Sitting Area

#### *Natural History: New Zealand*

Friday, September 22, 4:00 p.m., Oak Room

#### *Ecumenical Committee Rosh Hashanah*

Friday, September 22, 7:00 p.m., Upper Level Commons

#### *Mini Medical School*

Tuesday, September 26, 3:30 p.m., The Oak Room

#### *Meet the New Dean of Health and Human Performance*

Wednesday, September 27, 6:00 p.m., The Oak Room

#### *Oak Hammock Duo featuring Adele Moody and Graham Hardy*

Thursday, September 28, 4:00 p.m., The Oak Room

### **FLiCRA Chapter News**

Presently 289 of us who live at Oak Hammock are members of the Florida Life Care Residents' Association (FLiCRA). That's an increase of 19 members since the report in the August 2006 issue of *The Oak Leaf*. All Oak Hammock members are encouraged to join the majority of your neighbors in FLiCRA. We need the support of everyone who calls Oak Hammock "home."

On October 6, 2006—mark your calendars—Oak Hammock will have the pleasure of a visit from Dr. Mary Ann Koopman, the Florida State President of FLiCRA. All Oak Hammock residents are invited to the Oak Room at 2:00 p.m.

Dr. Koopman, who lives in Boca Raton, received her Ph.D. in health administration from Temple University. She has done additional graduate study in management, business policy, economics, and finance, and has taught at both Temple University and Philadelphia University. Currently her interests extend to developing strategies to safeguard the cherished way of life of both present and future residents of Florida's continuing care retirement communities (CCRC's) by facilitating the process of maintaining their affordability and quality of care. Dr. Koopman is also Chairman of the Governor's Continuing Care Advisory Council. She is the first resident of a CCRC to serve as chairman in the Council's history.

We at Oak Hammock want to greet Dr. Koopman, to let her know what we like about Oak Hammock, and to give her a warm welcome. You-all come to the Oak Room on Friday, October 6 at 2:00 p.m.

—Bob Denny