

The Oak Hammock Singers

Wow! The Oak Hammock Singers outdid themselves with their concert of Choral Music through the Centuries From Across the Globe held on November 24. It was outstanding! In particular, the soloists including Bernard Van Emden, Ron Hoopes, Lori Hoopes, and John Spindler gave everyone in attendance chills of happiness. It was all absolutely praiseworthy. Ron Burrichter, director, Brenda Smith, co-

director, and Nansi Carroll, concert accompanist, all ably assisted by students of music from the University of Florida, brought out the best in the Oak Hammock Singers.

On December 14, the singers again performed, this time on the stars for a festive sing-along. Please see the article on page 3 for more on this great event.

- Kathryn Clark, content; Bill Castine, photos



Deck the Commons!



- Christine Waters, photos

Christmas Spirit at Oak Hammock

The Christmas spirit is alive and well at Oak Hammock. A secret Santa, to show appreciation for the train display, gave this lovely gift to the "railroad crew". Julie Ann Ariet and Gaye Kirkpatrick, the engineers, and Jerry Kirkpatrick, the design and construction crew, are thrilled as this is another example of how wonderful life is at Oak Hammock. It's an expression of how much people notice and care when others give of their time and effort for something special.

- Bev Cone, content; Patsy Nelms, Susan Young, photos



Idylwild Sings!

The whole second grade came to sing holiday songs on December 12. The children were awestruck by our beautiful Christmas tree. One child asked me if this was a hotel!

A music teacher accompanied on the piano, another on guitar, and a third was on flute. The children joyfully sang songs of the season—Hanukkah, Christmas, and Kwanzaa. After the performance, they stopped to see the train set that Julie Ann was managing, and had class photos taken. There were happy holiday sounds everywhere in the Commons and the Oak Room.

- Bev Cone



The Gift of Learning

As a way of saying thank you, Oak Hammock would like to share our love of learning with our neighborhood school. For just \$1 per child, we can provide a book to each of the second graders. You can donate to the jar at Susan's desk—all gifts are gratefully appreciated.

Community Services, with the help of Janet Janke, will do the rest. We're planning to give the books out after the holidays.

Christmas on the Stairs

Our evening began with members of the Chamber Players group playing as people gathered in the Upper and Lower Commons for Christmas Music on December 15. As people were settling into the many chairs that had been brought in for the occasion, they were served delicious brownies and cookies. At 7:30, the Chamber Players ended their prelude, and the Oak Hammock Singers proceeded to the stairs to lead the singing. We now have a piano on wheels (thanks to several residents) so the piano was downstairs to accompany first the Chamber Players, and then the singing program. Our pianist was from UF. The choral conductor was from UF also, and she sang a solo - "I Wonder as I Wander". Ray Goldwire was our program leader and introduced each part of the program. We sang songs together, and were entertained by many of the Oak Hammock Singers. Lori Hoopes read "The night before Christmas" and Ron sang a solo. Three of the men sang "I Heard the Bells on Christmas Day". Near the end of the sing along, John Spindler sang "O Holy Night".

The evening ended as we all sang "We Wish You a Merry Christmas". Then more treats were served as we chatted together. This took a lot of planning and preparation behind the scenes by many of our Oak Hammock Singers who coordinated this event, making it another special musical spectacular. - Bev Cone

Chamber Players Holiday Concert

Gary Langford once again led this group and they presented a beautiful music experience in the Oak Room on December 13. Gary is an accomplished conductor and Professor of Music Emeritus at UF. The high quality of the performance was enjoyed and appreciated by a full house. Each player had worked diligently to be able to play the difficult music with spirit and joy. They played Christmas selections, a Flower flute Duet, which was beautiful, and a Hanukkah traditional Jewish Medley, then went on to old favorites, like "Up on the Housetop" and "Rudolph". It put all the listeners into a wonderful holiday mood. - Bev Cone, content; Bill Castine, photo



Employee Appreciation Party

Wednesday afternoon, November 20, was a treat for all of Oak Hammock. The employees received their appreciation checks for 2019. Many residents attended as well, and there were wonderful smiles, hugs, and words of appreciation in a very crowded Oak Room. It was an amazing experience to see the staff and the residents celebrate this time of year together.

Residents joined to raise \$238,263 to appreciate 296 Oak Hammock employees and 17 Fitness Center staff. The average check for a full-time employee was \$803.40 (net of taxes). A total of 271 donations was received from residents in all levels of care.

The ice cream, toppings, cookies, and brownies were enjoyed by all, as was the fellowship. Thanks to our wonderful staff, and thanks to the residents who contribute so much to make this a special event for all. What a way to celebrate the beginning of the holiday season! - Bev Cone and Nancy Wood, content; Bill Castine, photo



Welcome New Neighbors

Howard Johnson

Howard M. Johnson, the great grandson of an escaped slave whom he was fortunate enough to know, was born in a small town outside of Annapolis, Maryland. He attended segregated schools, which he labels as being under apartheid governance, until he graduated from Bates High School in Annapolis. He then went on to receive an undergraduate degree in microbiology from The Ohio State University. He met his wife, Nancy, at a dance when he was a senior and she was a freshman. They started dating and were married several months later when she was only 18 and he was 22. Howard continued at Ohio State and received a doctorate in immunology. He did a year of post-doctoral work and then accepted a research post with the Food and Drug Administration in Cincinnati, OH. He worked on a number of projects and has published over 300 papers during his career. For the non-scientist, perhaps his best known work was with interferons, super antigens, autoimmunity (multiple sclerosis), and cancer immunology.



Howard was invited to join the faculty of the Department of Microbiology at the University of Texas Medical Branch at Galveston, Texas, where he remained for 8 years. He was then invited to be a visiting professor at the University of Florida. Once here, he was asked to remain on the faculty as a graduate research professor and has been here until his retirement in 2014. He is now a Professor Emeritus.

Howard has two sons and one granddaughter. He and his wife made plans to move in to Oak Hammock but she, unfortunately, passed away this past summer. Howard continues his daily activities, which include going to the gym seven days a week. In addition to physical fitness, Howard is most interested in science. This stems from his youth and he attributes his love of learning and science to some of his teachers and the fine standards set for him by his parents.

Howard is most concerned that young black students are not given a true opportunity to excel in science, partly due to the poor facilities that many of them must live with, the lack of opportunities, and most importantly self-fulfilling preconceptions concerning intelligence by their peers and authorities. Our society needs more scientists as we face an uncertain future and men like Howard Johnson remind us that equal opportunity for all is still a goal for which we must continue to strive.

- Barbara Herbstman

Pat Blews

Pat was an elementary school teacher, teaching grades 3, 4, and 5 in both private and public schools mostly in Homestead, Florida. She was raised in Miami and lived in southwest Miami in Dade County. She has three sons and two grandchildren who now live in the Atlanta area.



When she retired, she moved to Gainesville and enjoyed living in a large home where she could entertain her family during their visits. This was the beginning of her "life-plan". She chose Gainesville to be near all the Florida Gator sports, as her favorite hobby is following and cheering for all the different sporting events here.

Pat loves children's literature. She also is an avid hiker, which started when she went on her first hiking trip with a tour group to Glacier National Park. This group taught her how to hike and enjoy the outdoors. She wanted to share her experience with her granddaughters Sophie and Kyra, so she wrote a story about her trip. The main character is "Soky", in honor of both their names. This led to a series of stories about the parks that she has hiked. She loves all the National Parks and often hikes with a friend she has known for a long time. The stories for her grandchildren have become her travel stories.

Pat enjoyed living in Gainesville but recently decided that the responsibilities of her house were too much, and Oak Hammock became the next part of her plan. She is still near the University and is enjoying Gator sports as she settles into her apartment in Building One. She's also joining in Oak Hammock's social activities. She appreciates Oak Hammock's emphasis and opportunities for fitness, taking advantage of the beautiful walking areas. Welcome to a new Gator fan in our midst!

- Bev Cone



Brown's Chicken

Another fun outing for delicious chicken and other wonderful southern dishes was enjoyed by a large group from Oak Hammock on December 7.

- Bill Castine, photo

Health Pavilion Happenings



1. Photo sharing in Assisted Living (Monica Ondrick)
2. Catherine Bidgood with Apple (Monica Ondrick)
3. Keith Berg, Drummer Boy, at the Sing-along (Bev Cone)
4. Keith Berg, Bev Cone, and Jan Havre lead a Sing-along (Patsy Nelms)
5. NHS Presentation on Tigers (Monica Ondrick)



You Make the Difference Awards

The following employees received the "You Make the Difference Award". Details of their accomplishments are located on the board by the Oak Room. Congratulations to all!

Crystal Canfall – Activities

Jonathan Mann – Accounting

Chardell Gainey, Myra Jones – Transportation

Teri Milt, Dequan Owens – Housekeeping and Laundry

Oak Hammock Honors

Congratulations for these achievements:

Audrey Alonso - Bachelor of Arts with a major in English

Jasmine Burke - EMT (Emergency Medical Technician)

Jaylyn Harvey - Associate of Arts (AA) in Health Sciences

Quentin Silec - Associate of Science (AS)

Contributions to the Oak Hammock Benevolent Fund, December 1

Since we last reported on the contributions to the Benevolent Fund, a total of \$77,733.00 was received in honor of Pat Liston, Valerie Griffith, Bob Taylor and in memory of Paula Criser, Edith Ellet, Jack Clements. For the 3rd quarter, \$29.65 was posted to the Benevolent account from Amazon Smile

- Marquesha Odom, Lori Fishel

Introducing Oak Hammock's Board of Directors

Did you know the Chairperson of our Board loves motorcycles? Well, she does, though her spouse does not share this interest. In fact, most of us know very little about our Board members, their professions, and why they volunteer to be members of the Board.

So, we have asked all the Board members to answer five questions about themselves and submit an informal photo. Donna Brown, the Chairperson of the Board, is leading off with her responses to the questions. Over the next few months we anticipate all the Board members will send us their responses for publication in *The Oak Leaf*.

I hope this will help residents to have a greater appreciation for the members of the Board and their important role in Oak Hammock's governance.

- Doug Merrey, Residents' Council President and member of the Board of Directors

Donna S. Brown Oak Hammock – Board Member Profile

Please tell us a little about yourself: professional background, current employment, professional or personal interests, anything personal you would like to share.

I am a partner with James Moore & Co., P.L., a regional CPA firm with offices in Gainesville, Tallahassee, Daytona and Deland. I have been with the firm since 1991 and primarily focus on services to nonprofit entities. Pri-



or to that, I worked for 11 years with a chain of convenience stores as their office manager/controller working my way up from being a cashier/receptionist. I graduated from UF with my Bachelors in Accounting and then an MBA from UNF. (Fun fact—I took 27 hours a semester and finished both degrees in a little over 3 years.) I live in Lake City and commute to Gainesville for work. I have been married to Keith for 41 years and have a 40 year old son, Chris, who is a wireless network engineer with Cisco in Raleigh, NC. (Christopher isn't married, so no grandchildren yet - but we do have 2 small dogs that qualify!) Keith worked for the same chain of convenience stores for 42 years and retired 3 years ago. We love to travel now that we have more time and we usually travel to wine areas. I absolutely love accounting and helping my clients with their businesses. It is the perfect career for me.

What is your role on the Oak Hammock Board of Directors? What committees do you participate in or chair? Are there areas of special interest that you focus on?

I am currently the Board Chairperson. I have been on the Board for a little over 10 years. I have also served as the Finance and Audit committee chairs for many years. Of course finance is my specialty, so I

really enjoy participating on the Finance committee, but I am very interested in the strategic planning committees. This year we have the significant responsibility in bringing in a new CEO when Jeff retires in 2020 and in fulfilling our responsibilities related to our strategic plans.

Please tell us why you participate as a member of the Board, and your vision of what the Board contributes to the long-term success of Oak Hammock.

My personal experiences as a caregiver and supporter with family members and friends as they aged is what interested me and brought me to the Oak Hammock community. My mother was diagnosed with Alzheimer's and eventually admitted to a nursing facility. I found that there was quite a lot to learn about this process and how to adequately care for the aging. The Board is comprised of individuals like me, who have backgrounds and interests in the various needs of the aging community. We are constantly striving to ensure that Oak Hammock remains a vibrant and caring community for a very long time. The makeup of the Board is crucial in ensuring we meet our goals. They provide all areas of expertise from their varied backgrounds, including the Resident Board members as well, and they care a great deal about Oak Hammock.

Please tell us something about yourself that others might not know.

Well, I am a pretty open person who loves to have a great conversation! So there is not much that most people don't know about me. However, most people don't know that I love motorcycles! Ok, yes I know they are dangerous (maybe that is why I like them)! My interest came from my youth – my father was a Shriner (mainly due to my sister who had polio from age 2) and we had every make and model of motorcycle since I was born! And I absolutely loved riding! My husband, however, does not share my interest so I do not have one—although I am trying to talk him into it!

(Continued on page 7)

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When I reach retirement would I move to Oak Hammock?

The answer is a resounding yes, but there are caveats. I happen to like the idea of living in a community where it is something like a town center, i.e., coffee shops, cafés, walking distance to shops or restaurants. I absolutely think the ability to access the health center or assisted living is something that my husband and I would want. We have one son, who has “graciously” let us know he doesn’t want to be our caregiver! (And I probably don’t want him to either, just to be honest!) So after many years of assisting others in their retirement and final years, we understand that this is now a very important decision we need to make sooner than later.

2020 Residents’ Council Committees: New Opportunities and Challenges Beckon

In January 2020, the new Residents’ Council takes over. Most members are continuing from 2019 but we have four new faces as well. We have made some changes in the committees: some will continue but with adjustments in their mission and even name. For example, the “Dining and Nutritional Services” Committee will have a special focus on *nutrition* and on improving the quality of food and services in the Health Pavilion. The “Active Lifestyle Committee” (note the new name) will add *recreation* to its mandate, as we will soon have croquet, badminton, and bocce available in addition to pickleball. “Buildings, Grounds and Interior Design” re-combines two committees, with Interior Design as an important subcommittee. “Strategic Planning” will focus on developing our mission, strategic plan, and specific projects for the next 3-5 years and will play an oversight role on our internet service. It will be linked to the Board’s Strategic Planning Committee. “Finance and Cost-effective Management” will emphasize working with Management to make our operations more cost-effective and will continue to link with the Board’s Finance Committee. Health and Wellbeing will also strengthen its links to the relevant Board committees.

We have three new committees to respond to new challenges and take advantage of new opportunities. “Technology and Services Innovation” will explore and evaluate new technologies and services that may be attractive to residents. “Communication and Market-

ing” will combine improving internal communications with supporting the Marketing and Sales Division. This committee will work with the Board’s new committee on the same topic. The third new committee, “Community and University Partnerships”, will explore ways to strengthen our partnerships with the University of Florida, Santa Fe College, and other entities.

You can see we are strengthening our committees’ links to Board committees, hoping to create real synergies.

We have adopted three cross-cutting themes for 2020. First, we will strive to improve accountability at all levels—residents and Residents’ Council, Management and the Board. Second, while we are not continuing the Committee on “Greening of Oak Hammock”, all committees are committed to trying to achieve further advances in environmental impacts and sustainability. Third, the committee chairs have committed themselves to collaborate closely on issues that crosscut two or more committees’ areas of focus.

These are ambitious—but we hope realistic and exciting—steps. We can succeed only if other residents pitch in, join committees, share their knowledge, and in some cases do a bit of legwork.

The list of 2020 Committees, Chairs, and meeting times and places is available on Infoh, and reception has hard copies as well. We look forward to your active participation!

Doug Merrey, President, Residents’ Council

Recycled Riches

Recycled Riches needs your help. We are still doing our sales, but on a smaller scale. This means that we still price, set up and sell. Recycled Riches made \$28,033.91, last year, and only \$5,592.91 came from our big sales. If you would like to be included in our list of volunteers for all our activities, please let me know. We really need more help or we will have to limit our activities even further.

I am pleased to announce that Recycled Riches has raised \$238,687.37 since it started in 2006. We have spent over \$200,000.00 of that money on improvements to Oak Hammock.

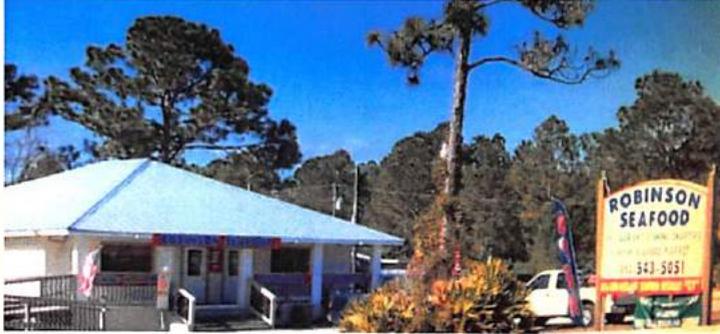
The only way we can continue to help our residents and staff and contribute items that are not covered in the budget is to have the apartment sales. We have lots of different opportunities to contribute, so I hope you will join us so that we can make sure that Recycled Riches can continue.

Our next meeting is Monday, January 27, 11 a.m., in the MPR. We do not meet in December. Everyone is welcome. We have many ways for you to help.

- Valerie Griffith, Chairman, Recycled Riches

Robinson's Seafood is Seriously Fresh

Don't expect anything fancy. It's an out of the way place on the road to Cedar Key. Robinson's is more like fish camp dining, with regulars—mostly men, who fish and enjoy good food. The menu is simple. Ordering can be a bit quirky, but the friendly waitress is helpful to figure it all out. There are specials. The "all you can eat seafood for \$14.95" is hard to pass up. Cheeseburgers, chicken tenders, and fries are available for land-lovers. Vegans will have to settle for lima beans/rice, slaw, and pups (the hush kind).



Robinson's Seafood is located at 6991 SW State Road 24—about six miles before Cedar Key (352-543-5051). It is closed on Monday and Tuesday. Open on Wednesday and Thursday 4 - 9 p.m.; Friday and Saturday 10 a.m. - 9 p.m.; and Sunday 10 a.m. - 4 p.m. It's always a good idea to call ahead to be sure that they're open! They might be out fishing (they operate charter boats for fishing). There is a small fish market attached to the dining room offering stone crabs, mullet, oyster bushels, and more. They will ice down your purchase for a happy drive back home.

No alcohol or reservations. Credit cards are accepted. Stairs have handrail but no ramp. The bathroom is co-ed.

Robinson's motto: "We serve only fresh seafood—if it was any fresher, it would still be swimming". Be sure to save room for dessert. The pecan pie and fresh coconut cake recipes must have come from Grandma Robinson's recipe collection.

- Barbara Dockery



The 2019 Annual State-Wide Conference for FLiCRA was held at Edgewater at Boca Pointe in Boca Raton on November 7. Thirty-eight CCRC's were represented at the conference.

The keynote speaker was Paul Johns, Financial Administrator, Life & Health Financial Oversight of the Florida Office of Insurance Regulation. Leean Chojnowski, Deputy Director, joined him to answer questions. They reported on the progress of reviewing changes to rules

and forms required to implement House Bill 1033, the CCRC law signed by the Governor as of June 2019. Good discussion followed their talks.

The 2019-2020 officers for the FLiCRA state board were elected. They are: Diane Dalsimer, President; David Bayer, Vice President; Jim Jandreau, Treasurer; and Hugh Strachan, Secretary. David Rader, Oak Hammock, was elected to a three-year term as new Region 8 Director replacing Wayne Forehand, who came off the board due to term limits. Wayne was recognized for his service as Director.

Bennett Napier, FLiCRA Executive Director and our lead lobbyist, gave a brief forecast of the 2020 Legislative Session. The Strategic and Operations Plan for FLiCRA was presented and discussed. Local Chapters are responsible for adding details and goals to the Operational Plan. 2020 will be another busy year.

- Jim Wiltshire for the FLiCRA Board of Directors



Top: David Rader, newly elected Region 8 Director with Bennett Napier, Executive Director of FLiCRA

Bottom: Wayne Forehand, retiring Region 8 Director, being recognized by FLiCRA President Diane Dalsimer

What's on Our Nature Coast?"

Kings Bay River Sea Grass Restoration Project

The Sea Grass Restoration Project was presented in November at Oak Hammock by Dr. Michelle Sivilich. She explained that Lyngbya, an invasive algae, is vacuumed from the bottom of the bay and is mechanically separated from other suspended material. The freed bottom debris is raked by students and then eelgrass can be planted and protected with cages until established. This allows manatees to have access to their beloved food. Eventually the eelgrass will clean the bay and other areas, plus the rivers. She also reminded boaters to please use the round anchors, not the old hook anchors that tear up the helpful eelgrass.

- Margarete Ruth



English Language Institute's Potluck

Eight Oak Hammock residents who volunteer with the ELI students, Larry Lowenthal, Peg Owens, Catherine Morsink, Bill and Deborah Rossi, Pushpa and Satya Kalra, and Margo Pettway attended their annual potluck celebration on Friday, November 22. It was a very lively group of about 200 students from around the world. There was freshly baked and carved turkey,

along with many ethnic foods contributed by the students.

We were pleased to see some of the students who had previously visited Oak Hammock and meet other students who may come here in the future. It is an impressive group of students eager to learn more about our culture and practice their English skills.

- Margo Pettway



Nobody Went Hungry!

Smiling faces and full tummies were to be found in every room, nook, and cranny of the Oak Hammock Upper Level. The 2019 Thanksgiving buffet set a record, with 440 people served. Imagine 45 turkeys roasting, 8 pit hams warming, and 9 New York strips sizzling. And, the feast went from appetizer to dessert. Kudos to all who made it "happen"—the entire dining and wait staff organized and performed as the well-trained team that they are. Thank you for creating delicious memories for residents, family, and friends. Gee, what are you planning for next Thanksgiving?

- Barbara Dockery



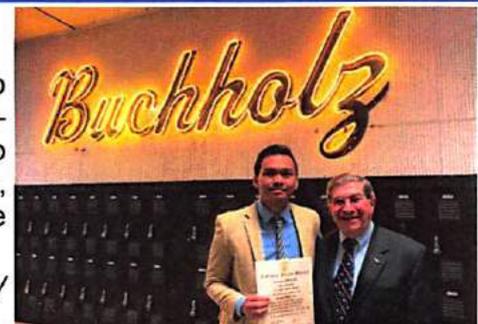
1. Ellie Frost had 5 generations helping celebrate (Dockery)
2. Residents enjoying the meal (Clark)
3. Families help to celebrate (Clark)
4. Over 350 enjoyed the buffet (Clark)
5. Desserts (Castine)
6. Turkey carving (Dockery)



Congratulations!

Congratulations to Carlo Dumpit from all the Oak Hammock residents who put a huge value on the education of our youth through the Take Stock in Children programs offered at our public schools. Our residents give generously to their scholarship efforts. Carlo, with the help of his teachers and his mentor, Michael Plaut, set and achieved goals for himself and is now experiencing the sheer joy of his success. We are so proud of him!

- Nancy Perry



Turpentine and Oranges

Tourists think Floridians have the ocean at their front door and pick oranges from backyard trees. But what about turpentine? In 1913, Florida led the world in turpentine and rosin production from pine gum. And that's no Mickey Mouse. There were as many as 100 turpentine stills within 50 miles of Gainesville!

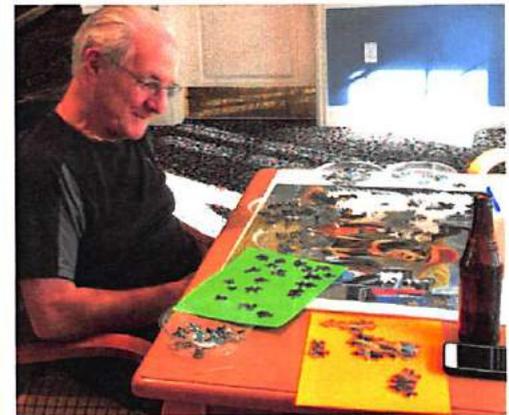
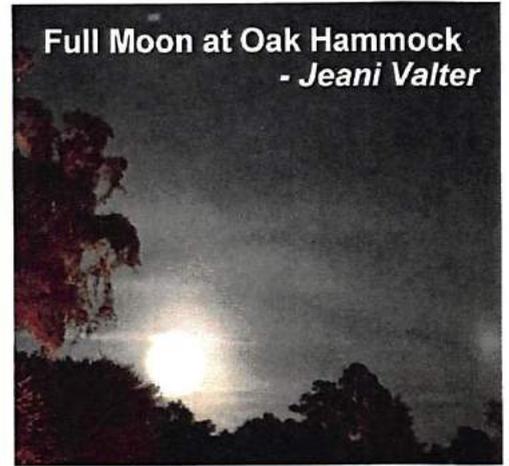
On November 14, Dr. Alan Hodge, Emeritus Scientist at the Austin Cary Forest Turpentine Education Center, was the Natural History Society's presenter. His presentation piqued interest in Florida's turpentine history and the use of turpentine today. Dr. Hodge subsequently led a field trip to the Austin Cary Forest, a 3500-acre School of Forest Resources and Conservation site, with a complete period-authentic turpentine still. Today, the turpentine industries use modern techniques world-wide to harvest turpentine. Who would have thought that turpentine can be found in so many products—including our food?

Thanks to Dr. Hodge for expanding our Florida history. Dr. Hodge is an extension scientist with Food & Resource Economics Dept. and is the son-in-law of Oak Hammock resident Beth Sugalski. The Austin Cary Forest is located at 10625 NE Waldo Road and is open to visitors by appointment only. Additional information: sfrc@ifas.ufl.edu.

- Barbara Dockery, content; Margarete Ruth, photo



Full Moon at Oak Hammock - Jeani Valter



Bill Rossi gets the third floor of Building Two into doing puzzles.

- Barbara Dockery, photo

Macclenny Visitors

We in the large ILR audience this fall were stunned by Alice Gridley's and Joan Anderson's descriptions of their bi-monthly visits to immigrants in the remote Baker County Detention Center in Macclenny, FL, just over an hour north of Oak Hammock. These immigrants, held by Baker County's contract with ICE (Immigration and Customs Enforcement), are awaiting deportation hearings. Most do not have lawyers. Many have lived in the US for decades, and a fair number are parents of US citizens. The 250 or so in Macclenny are among 26,000 held in Florida alone.

We had no idea that this county jail was inhumanely housing men and women in windowless cells with no access to outdoor space and no classes or activities. For many detainees, phone calls are prohibitively expensive, visitors are infrequent because of the remote location, and medical care is usually inadequate. The lack of quality and quantity of food is high on the list of complaints, too.

Without legal representation, some remain in this oppressive building for indefinite periods of up to two years. In short, these immigrants are regarded as criminals despite having committed only a civil offense.

Alice and Joan reported that there is a national movement to implement community-based alternatives to detention that are more effective, economical, and humane. In July, a bicameral bill was introduced in Congress that would put a moratorium on immigration detention and construction and expansion of facilities. They urge calls to legislators to support the DONE Act (Detention Oversight not Expansion). In addition, they urge messages to Congressional leaders to cut funding to ICE and CBP (Customs and Border Patrol) as part of the "Defund Hate" national campaign.

Alice and Joan volunteer with the Baker Interfaith Friends, whose mission is "to alleviate the isolating experience of immigration detention, offering friendship and a connection to the outside world." Joan was one of the founders of this group and key supporters include ILR Curriculum Committee member Richard Macmaster and his wife, Eve. If you would like to learn more about their efforts, contact Alice Gridley at Oak Hammock. Donations to detainees' commissary funds and participation and ideas are all welcome!

- Margaret Boonstra

Garden Groupies

Thirty-six members of the Garden Groupies held their fall social Sunday afternoon, December 1. The party was held in the Acorn Room because of the windy weather and possibility of rain.

Wonderful refreshments of deviled eggs, chicken puffs, and mini quiches were provided, and Tamar Hajian baked us a fabulous cake with fruit and meringue—her mother's special recipe. Thanks, Tamar!

The Garden Groupies is a social group that meets semi-annually to party and to share tips, seeds, plants, and a love of gardening. The information discussed at this get-together focused on exploring solutions to the problem of the deer eating the plants growing in the outdoor plots in the Community gardens. "Lead poisoning" was discussed but the serious solutions offered were repellent pellets or sprays and fencing.

The bonsai gardeners told the group about their new bonsai cage, and Jan Lowenthal showed us a bit about bonsai gardening. She told us about how some of the big ilex bushes that were dug up around Oak Hammock were transformed into small bonsai plants. And finally, in a spirit of support for each other in our gardening endeavors, we began a project where we will replant a small raised garden belonging to one of our residents who has been in skilled nursing and unable to tend to her garden.

A great time was had by all who attended, both outdoor gardeners and greenhouse gardeners alike. If you have an interest in either type of gardening and wish to socialize with us, please contact me.

- Gail Robinson, content; Patsy Nelms, photo



Year-End Appeal

When you began your search for the best senior living community you probably had a few key points that were essential to your decision; continued education, quality care, amenities, services, and any number of other items. You found all of that and more when you moved to Oak Hammock where our dedicated, compassionate team of employees strives to meet, or exceed, your expectations in a warm caring environment.

Over the years your generous donations to the Benevolent Fund, Recycled Riches, Employee Appreciation and most recently our new Employee Scholarship Fund have helped make Oak Hammock a very special place to live and work. Residents are relieved to know that should they outlive their assets, through no fault of their own, there are funds available to provide assistance in their most vulnerable time. Employees have benefited from the many sales of donated items, the annual distribution from the appreciation fund, and now are advancing their education and job skills through the available scholarships.

As we approach the end of the first decade of the 21st century, you have an opportunity to leave a legacy in your behalf by contributing to any of the above funds. In addition, you may designate your donation to the general Greatest Needs Fund. Your gift can be as simple as a monthly donation added to your bill, a tax-free donation directly from your IRA, a pledge of 50% of your refundable deposit or just write a check. Please contact Andrew Davey if you have any questions on how your donation can be best made. Your continued support will help insure Oak Hammock's premier status for many years to come.

- Jeff Hagen

Floridance

Oak Hammock was privy to a real treat recently, when members of the Floridance company gave a performance in the Oak Room. Floridance is a group of University of Florida students who are not dance majors but love to dance.

The company is strictly student run and they conduct their own auditions for new members. Most of the dancers have had experience dancing in high school or in other productions as youngsters. They choreograph their own dances and we enjoyed a number of original performances. They utilize a number of dance styles and love to experiment and try out different arrangements.

There are about 60 members of the company and they major in a variety of subjects. The main factor uniting this group is a love of dance and the family-like atmosphere they create. They enjoy community volunteering and are looking forward to their show at the Phillips Center for the Performing Arts. We can look forward to the next time they perform at Oak Hammock.

- Barbara Herbstman, content; Patsy Nelms, photo



The Art League at Oak Hammock

We are looking forward to many good things happening in the art studio. During the month of December, Mary Sue Koepfel is displaying her eclectic artworks, which are always eye-catching and worthy of discussion. Mary Sue has stated that any proceeds from sales will be donated to the Benevolent Fund. Be sure to check it out any time. Looking ahead to January, we are delighted that two of our own Oak Hammock watercolorists, Susan Bankston and Martha Rader have teamed up, and will be teaching "The Joy of Watercolor" each Tuesday morning from 10 a.m. to 12 noon in January. Beginning and intermediate watercolor painters are welcome. The total charge will be \$50 and that will include supplies for those who need them. Watch for the announcement of the sign up sheet at the concierge desk a couple of weeks before the classes start.

A great opportunity has arisen for our photographers. Clark Thomas, who has a show up in our mini gallery and is a lifetime professional photographer, has offered to give classes in how to make your photography more exciting. He is planning to teach one evening a month, possibly a Wednesday evening, starting at 7 p.m. There is an Interest sign up sheet at the Concierge desk. Clark wishes to have at least 5 persons on board and can handle many more. Please sign up if interested and we will get back to you. Regarding further arrangements, Clark does stipulate that you will need to bring a camera to the class.

If residents are disposing of materials that they feel our artists can use, please contact one of the members of the Art league, before placing it in the Art Studio. We welcome supplies that are in good condition; however, some rather unusual objects of unknown origin have been showing up there, and we would appreciate knowing from whom the materials came and if they are appropriate.

A new art show will be going up in the Gallery from Tuesday, January 27, until Saturday, April 4. This show is created by students of the Graphics Department of Santa Fe College with an opening reception on Sunday, February 16, from 3 to 5 p.m. in the Upper Commons. Residents and guests are welcome to enjoy the art, good food, and beverages. It is always a fun afternoon.

The planning for our Roaring 20's show in the Gallery is roaring ahead. The dates for the show are April 6 to July 6, 2020, with a deadline for application which is usually 3 to 4 weeks prior. Watch for more information next month. Our artists should be considering what they can create for this show that would in some manner represent the time frame of 1920 to 1929. It is a stimulating challenge for artistic minds. There will be a judge, awards, a reception, refreshments, and, of course, music of the period. There is still time to make a donation for a special award. It will be a good time to honor someone or something! Contact Jane Polkowski Levy if you are interested.

In January, Dr. Charles Sidman has graciously consented to do an ILR lecture, featuring some of the history of the 1920's. His lectures are always very special and we appreciate that he consented to bring life to the era. His program will serve as an inspiration to the creative minds who are pondering what to paint.

What would art be at Oak Hammock without our own Karl Schwartz? A Gallery at 10 East University Ave. called SL8 is showing some of Karl's finest paintings and sculptures. The reception was held Thursday, December 5, but the art is on display now and if you want a great day out, stop by the Gallery and enjoy!

"Art is the only way to run away, without leaving home!" - Twyla Tharp.

- Marion Siegel



From left: Jane Polkowski Levy plein air painting (*Polkowski Levy, supplied photo*)
Karl Schwartz and his art; Rhoda Morrison and Karl Schwartz at his gallery show (*Clark Thomas, photos*)

Clark Thomas... Photographer Extraordinaire!

Born and reared in Gainesville, a product of Westwood Jr. High and Gainesville High, Clark confesses that schooling just didn't set right with him. He took note that a classmate got out of 10th grade classes to take pictures for the yearbook. Sounded good to him. Never having taken pictures, he thought it best to purchase a camera—a Polaroid—to begin a photo collection. Clark seemed to have a knack, a talent, to capture subjects in his own style. Before long, he was photographing UF athletic events and on the UF yearbook staff.

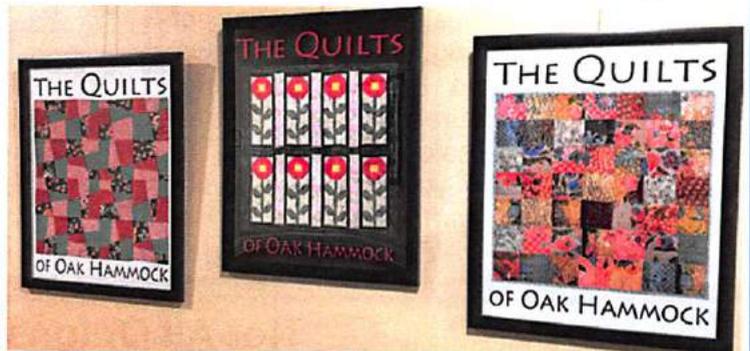
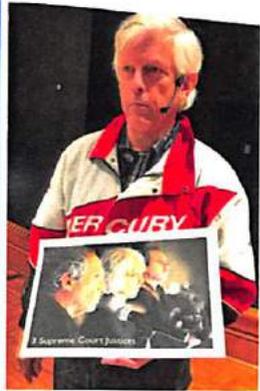
As Clark went off to Vanderbilt University, he was advised to avoid taking photography classes. Jerry Uelsmann, world famous UF photographer, urged Clark to do his own thing, learn the hard way. Today Clark is known worldwide for his outstanding art, most recently on the 2019 PBS 16-hour Ken Burns film, *Country Music*.

Clark strives to show the 'being' in his work, saying: "I do love how photography can bring attention to what we overlook or take for granted. Ordinary life, as we often live it, is under-appreciated, but when it's recorded in a wonderful photograph, we respond to it

with new love and appreciation." His website, simple-photographs.com, provides an amazing introduction to *Photographer Extraordinaire*.

And so, Gainesville welcomes home another talented son, Clark Thomas, as does his mother, Oak Hammock resident and quilter Brenda Thomas. When Clark heard that the ambitious Oak Hammock Quilters had no visual record of the quilts being given to folks in skilled nursing, he decided to make a professional photograph of each quilt. Visit the Oak Hammock "Mini Gallery" (in the corridor behind the Oak Room) to view his framed works of photographic art, plus several completed quilts that are hanging in the exhibit. All quilts and photos were made with love—100% guaranteed.

- Barbara Dockery, content;
Barbara Dockery, Margarete Ruth, photos



Celebrating

Old and new Oak Hammock friends of Liz Pantaleon gathered to welcome her back from 14 months as one of the first 2 Fulbright Scholars in Palestine and to celebrate her selection as a Pickering Fellow, which will endow her graduate studies and ensure entrance thereafter into the Foreign Service. We met Liz 4 years ago when she led a panel of Cuban-American students describing their experiences for the ILR Cuba class. Later, she became our liaison with the English Language Institute after summer studies in Jordan, which some of us helped fund. We are so proud of her!

- Margaret Boonstra, content; Ryan Lefort, photo



The Bookends

"The Bookends" brought their own musical prescription to the Oak Room. Dr. Patrick Duff, UF professor of Ob-Gyn, played guitar and sang a wide variety of holiday songs. He was joined by two medical students talented on violin and guitar. Oak Hammock's Keith Berg added the perfect background on drums. They left no doubt that music is medicine—at any time of the year.

- Barbara Dockery



Vintage Treasures

The Acorn Room was host to a special, colorful Holiday Sale. Beginning early in the morning, residents and staff were able to shop for holiday gifts and decorations. These are higher end goods that have been donated to Recycled Riches. This sale is so popular that within the first two hours they made over seven hundred dollars. One interesting donation was from the Gator Boosters who donated Gator Booster T-shirts and Polos. They were originally part of the donation for the Golf Tournament. There was also a selection of jewelry. Each spring and fall there will be a Vintage and Special Treasures sale. These treasures are special and unique and the sale is something to look forward to if you like to browse, shop, or just look for treasures.



- Barbara Herbstman

Oak Hammock by the Numbers (12-1)

Independent Living

	Total	Sold	Available
Houses	57	57	0
Apartments	212	201	11

- Nickie Doria

Health Pavilion

	Total	Occupied	Available
Assisted	46*	45	1
Memory	24	16	8
Skilled	73	65	8

*due to the option for double occupancy, the maximum capacity is 56 people in 46 units

- Mary Sabatella

Gentle Motions

Gentle Motions is for those who find it difficult to exercise while standing. The teacher, Alexa, has been at Oak Hammock since May and is studying physiology at UF. Alexa recommends this class for those who want some movement without using machines. It is open to all ability levels.

The seated routines exercise the core, upper body, lower body and end with gentle stretches.

Gentle Motions meets Tuesday and Thursday at 10:15. It is a half hour class that will bring out the gentle motions in you.

Barbara Herbstman



Not All Onions Are Created Equal

During the Depression, farmers were looking for a fast-growing crop to make money. They accidentally discovered a very special onion: the Vidalia Onion. Since 1986, the law of State of Georgia regulates the thirteen counties, plus portions of seven other counties, to grow Vidalia onions. This area of sandy soil, with a low amount of sulfur, produces the Vidalia's claim to fame for sweetness. Their delicate nature requires harvest by hand, thorough drying, and gentle care during grading and packaging! Sweet Vidalia Onions are world famous—no need to travel to South Georgia. Give your taste buds a treat with "Vidalia Sweet Onion Petals". This delicious golden baked crunchy snack is gluten free and waiting for purchase at food stores. The Williston Plaza Publix usually locates them in the fresh produce section, in the shelving below perishable items. Pick up a bag of these tasty petals—even if they do come from Georgia—to enjoy with a Coke or a glass of wine.



- Barbara Dockery

Arts and Crafts Show and Sale

What talent was displayed at the Craft Fair on November 21! There was everything from quilts to items made from glass, to lots of jewelry, beautiful paintings, purses, and even homemade dog toys for sale. It's overwhelming to see all the creativity.

A steady stream of people enjoyed socializing, admiring, and shopping. At 3:00, Beth Paul's ticket was drawn to win the beautiful Challenge Quilt, "Autumn Joy" which was made by many Oak Hammock residents and staff. The profit of \$463.36 will go to the Quilters/Needlers account and will provide fabric and materials for further use. Thanks to everyone who supported this very worthwhile project. Let's hope they do another one soon.

- Bev Cone, content; Patsy Nelms, photo



UF Acupuncture Comes to Oak Hammock

Acupuncture, which has been in use for thousands of years, and has been studied for relief of a number of conditions including chronic pain, side effects of chemotherapy, migraines, digestive disorders, arthritis, etc., is a treatment offered by UF Health Integrative Medicine as well as the Mayo Clinic, Memorial Sloan Kettering, and other top medical centers. Starting in January 2020, Oak Hammock residents will be able to have their acupuncture appointments at Oak Hammock. One the two treatment rooms near the pool is currently used for massage and the second will be used for acupuncture.

David McMahon is a Nationally Board Certified Practitioner of Acupuncture. He is a graduate of the University of Florida and of Dragon Rises College of Contemporary Oriental Medicine. He has been an integral staff member of the UF Integrative Medicine program for several years and is expected to be at Oak Hammock one day a week starting January 16.

Medicare does not cover acupuncture treatments but the "out of pocket" cost is a discounted amount for cash payments and the price is competitive with acupuncture treatment offered outside of a UF setting. The treatment will be billed to your monthly Oak Hammock bill just as your massage, beauty parlor, etc., charges are now. Because Integrative Medicine is part of UF Health, its practitioners will have access to your UF medical records and will make note of your treatments in your records so that your other physicians will be able to track your progress.

A handout: *UF Health Integrative Medicine Acupuncture Clinic at Oak Hammock Frequently Asked Questions* is available at the front desk.

- Karen Miller

Tensegrity Check

Hopefully tensegrity is what many of us at Oak Hammock have been doing since Greg Shim, L. Ac. was here previously! While he was back visiting his parents, Ray and Anne Goldwire, for his Dad's birthday, he gave a presentation on November 9 in the Acorn Room on his newest study, Somatosensory Input-what it is, why we want it, and then he demonstrated to us how we do it. The three new exercises work the connective tissues, not the muscles, and to be successful, it must be done in tensegrity.

This sounds awfully complicated, but Greg's talk was full of humor and lots of laughter. The main idea is still about the importance of walking with tensegrity, as he shared with us when he was here before. He encourages us to take it to the fullest extent. It was a fun, positive, and exciting morning in the Acorn Room. For more information, check the website, teamprimalhealth.com.

- Bev Cone



Oak Hammock Tour of Homes

How wonderful to see so many residents and potential residents out walking on a beautiful Sunday December afternoon. We were invited to visit three lovely homes. Each one has special photos and paintings that are meaningful to the people who live there. And I saw some beautiful screen porches and lovely views of the walking paths around Oak Hammock. Bus service was available, too. Each open home was identified by a big candy cane.

Then, back to the Commons to wait expectantly to see the newly renovated guest rooms and many apartments. We were invited to meander from the lowest level to the fourth floor in each building, looking for candy canes, with each apartment a special treat.

We were warmly greeted and welcomed by the residents of all the homes and apartments. It's amazing how creative each resident is—beautiful decor and colors special to each person and place.

It was an active event, but then we were rewarded with a huge feast as everyone gathered back in the Commons—all the people who had opened their homes and all of us who had visited their homes. We had fried ravioli, artichoke bruschetta, crab phyllo cups, coconut chicken and coconut shrimp served

with a mango passion fruit chutney sauce, mixed fruit and berries, and an assorted dessert platter. Drinks were available in the bar. While we were eating and visiting, Ron Hoopes entertained us with Christmas carols and songs. It was a truly fantastic celebration.

- Bev Cone, content;

Bev Cone, Dick Martin, Peg Owens, photos





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GETTING (OR STAYING) FIT!

Oak Hammock Fitness Club Staffed Hours

(352) 548-1072 (Staff) * (352) 548-1071 (Program Assistant)
(352) 548-1070 (Director)

Strength/Conditioning, Activity Pool, Lap Pool, and Hot Tub:

M-F: 7 AM – 5 PM; Sat.: 8 AM - 12 PM; Sun.: 12 PM - 4 PM

Class Descriptions:

Pilates is a system of exercises involving controlled movements, stretching and breathing. Focuses on posture and core body strength by developing functionally strong abdominal and low back muscles. *M W F, 8:55 – 9:55 AM; S, 9:00 – 10:00 AM*

Total Body is a full body workout utilizing weights and other equipment to strengthen muscles. *T TH, 9:00 – 10:00 AM*

Tai Chi is a calming and rejuvenating system of slow meditative physical exercise designed for relaxation, balance, and health. *M F, 10:00 – 10:00 AM*

Gentle Motions exercises can be done standing or sitting. *T TH, 10:15 – 10:45 AM*

Yoga is a fun mixture of improving stability, core strength and flexibility. *T TH, 11:00 AM – 12:00 PM*

Guided Stretch is a class where participants are guided through a head-to-toe stretch routine performed in seated and standing positions. *W F, 8:15 – 8:45 AM*

Meditation in Motion is an ancient system of practices for the development of body, mind, and spirit through the use of breath work, relaxation techniques, stretching, and postures. *W, 11:30 AM – 12:30 PM*

Aqua Fitness is aquatics based exercise class that is gentle on your joints, and a fun way to increase your endurance, strength, flexibility, and balance. *M W F, 9:00 – 10:00 AM*

Dance Fitness is an exhilarating class that incorporates social dance, classical dance, and cardio. *T, 3:00 – 4:00 PM*



2020 Residents' Council

President Doug Merrey
Vice President Nancy Wood
Secretary Barbara Francis

Committee (New for 2020)

- ✓ Buildings, Grounds, Interior Design
- ✓ Communications and Marketing
- ✓ Community and University Partnerships
- ✓ Dining and Nutritional Services
- ✓ Finance & Cost-Effective Management
- ✓ Health & Well-being
- ✓ Strategic Planning
- ✓ Technology & Services Innovation
- ✓ Active Lifestyle
- Assisted Living Representative

Meeting Time

- 1st Thursday, 10:00 AM
- 4th Friday, 1:30 PM
- 1st Friday, 10:00 AM
- 1st Friday, 10:00 AM
- 3rd Thursday, 1:30 PM
- 2nd Thursday, 3:30 PM
- 1st Monday, 3:15 PM
- 3rd Thursday, 3:00 PM
- 1st Monday, 11:00 AM

Location

- Acorn
- MPR
- Acorn
- MPR & HP
- MPR
- MPR & HP
- MPR
- MPR
- CRA

Chairperson

- Jan Lowenthal
- Mary Kilgour
- Michael Plaut
- Bruce Blackwell
- Bill Rossi
- Martha Rader
- Ellen Efros
- Bill Zegel
- Joyce Riffe
- Jim Piety



JOIN US FOR SOMETHING DIFFERENT ON NEW YEAR'S EVE

Tuesday, December 31

Cocktails 7:30 p.m. * Dinner Buffet 8:00 * DJ Entertainment begins at 8:30

\$25 per person * Sign up with Dining