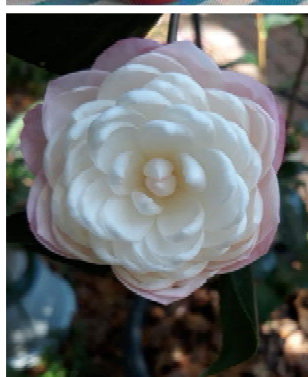
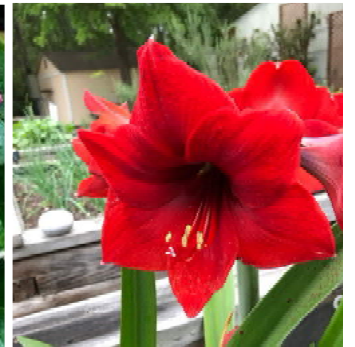


Spring Flowers



Top Row: Snowdrop, Edna Hindson; Milkweed, Danelle Nix, Talisman Rose, Bill Castine; Amaryllis, Pat Harden

Second Row: Azaleas, Karen Arola; Daffodils, Penny Nicholson; George Tabor Lily, Dave Brumbaugh

Third Row: Daffodils, Jeani Valter; Pond and Azaleas, Walter Wynn; Lily of the Valley, Pat Liston

Bottom Left: Camellia, Dick Cofer

Bottom Right: Lilac, Bonnie Umphreys



Mackinaw Island
Lilac Festival

Charlotte Newman

I am a Wisconsin Badger who chose to live among the Gators because I'm not crazy about winter cold. I'm from a midwestern Big Ten family. We have Badgers, Spartans, Wolverines, and Buckeyes.

My move to Oak Hammock has been a long time in the planning. A retired Chicago lawyer, I once worked in the government office that managed the estates of exploited seniors. I decided then that I was going to make sure I had a good place to live when I got older while I was still young enough to control my own destiny. I started looking at university-based continuing care retirement communities in a warm climate and Oak Hammock kept coming up as ranked number one. I visited, felt immediately at home, got on the waiting list, and let the years pass until I was ready to make the move. Then last summer, I got the call that an apartment in the layout I wanted, in the location I wanted, had become available. Although I admit to having some ambivalence about leaving Chicago, I knew this was the right move, at the right time, for me.

I have a B.A. in social work and an M.S. in education. I started out as a prison social worker and adult parole agent for the Wisconsin Division of Cor-

rections. After law school, I worked for a business litigation firm in Los Angeles. I moved back to Chicago and spent the bulk of my career working in the Chicago court system, mostly as a Child Protection Judicial Hearing Officer. On the side, I had an art studio in a West Loop art collective and had great fun. My interest is conceptual art. I like art that makes me laugh, makes me think.

I'm looking forward to everything Oak Hammock has to offer. I'm especially looking forward to taking classes at the university. I was happy to spot the croquet course and am hoping to join in a game even though I am a terrible player. I understand that some might prefer smooth ground, but since I learned to play on a mowed farm field, this is perfect.

- Charlotte Newman, Bev Cone



Kevin's Korner

Hello residents!

Thank you for including me in your monthly newsletter. I was asked to use this space as an opportunity to address various topics that are on the minds of residents while not duplicating information that already has been shared. That said, one question I've been receiving recently is regarding the staffing situation, particularly in the dining room.

Attracting and retaining staff is an important issue that a lot of companies currently are facing. I've challenged our new Director of Human Resources, Kelly George, with the task of discovering some of the reasons it exists at Oak Hammock and providing possible solutions.

Some of the general issues Kelly has shared with me include:

- The lack of individuals to recruit or who want to work. Rebecca Snowden, housekeeping manager, recently had eight interviews scheduled and not one person showed up to the interview.
- Individuals are applying but then are providing us with incorrect numbers or email addresses, leaving us with no way to contact them.
- Candidates giving false references or none at all.
- Some are not able to pass background checks.
- Many have not heard of Oak Hammock and don't know anything about us as an employer.

Regarding our dining staff shortage specifically, the number one reason why we have trouble retaining or attracting staff is the wages. We offer a somewhat competitive hourly wage, but because we observe a "no tipping" policy, those servers don't collect gratuities that sometimes account for more than half of their wages. They can wait tables at a local restaurant and make more in one day than they can make here. Additionally, we recently had a dishwasher resign because he found a higher-paying job as a custodian at UF.

To try to counter that, we began offering hiring bonuses for specific positions, including for servers with no experience. We are offering referral bonuses. Kelly and others have been attending career fairs not only to recruit but also to educate the community about Oak Hammock.

(Continued on page 3)

We started working with a culinary teacher at Santa Fe High School as a pathway to introduce Oak Hammock to those students. Having younger natives of the area join our workforce is extremely attractive to us because they will generally remain in Gainesville for holidays, and we aren't left short-staffed during those times. We also are educating them about the Oak Hammock scholarship program that is a huge bonus.

We are interacting with a variety of community groups such as Peaceful Paths and Displaced Homemakers to recruit new talent.

We have created hospitality cards that tell potential applicants to go to our careers web page and learn more about what we offer. I want to encourage you to take those cards with you to hand out to individuals you encounter who provide outstanding service. If you have a server at a restaurant or someone at a doctor's appointment whom you enjoyed, we encourage you to hand that person one of our hospitality cards. You can pick those up at our human resources office.

And these are just some of the things we're doing to try to attract new talent. Unfortunately, it doesn't look like this problem is going away soon, so we need to adjust our approach to the hiring process for some positions. We will continue to explore new recruiting efforts and do what we need to in order to procure the workforce we need.

You can help with the retention of staff by being courteous, patient, and appreciative of those who continue to be of service to Oak Hammock. Your actions play a big role in their experience.

Here, I focused specifically on our dining service needs, but we also have a large shortage within our nursing staff and are taking additional steps to acquire interest from those individuals.

Know that we are open to trying new ways of recruiting a workforce that will enhance our community experience. Please share any ideas you may have with us.

Thank you again,

Kevin Ahmadi, President & CEO, Oak Hammock at the University of Florida

Bob Stott's Alaskan Life

Bob Stott, Director of Information Services, moved to remote Kodiak Island, Alaska, at age 3 and remained there throughout his young adult life. Bob's father was in the Coast Guard and on completion of each tour of duty, he could name his top picks of his next assignment and continually picked Kodiak Island, with little competition.

His parents moved to North Carolina after Bob finished high school, but Bob stayed in Kodiak, joining a commercial fishing crew. There was a crew of 8 on a 98-foot boat that fished for pollock, black cod, and halibut. At the end of a year, Bob realized that fishing in cold waters where injuries were rampant and wave swells could reach 35 feet, probably was not the best decision for his life. He entered the University of Alaska-Anchorage where he earned his BA in Management Information Systems and later his MBA. He also met his wife, Andrea, while at UAA.

After graduating, Bob worked for the university for the next 21 years. His daughter Meadow was born in Palmer, a small town outside Anchorage, and the in-laws moved in next door providing a built-in baby-sitter.

Living in Alaska can be challenging, as you might imagine, but Bob explained that the day and night cycles provided people with more difficulty than the snow and cold. During summer months, there are 19+ hours of sunlight and during winter months, 19+ hours of darkness. In addition, most shopping had to be done by catalogue ordering when living in Kodiak. Travel off the island was by plane or boat. To get to Anchorage was a 13-hour ferry ride, so the 35-minute airplane ride was a much better choice.

Bob is an Alaska man sorrowful at having to leave behind a small-town atmosphere that allows kids to ride their bikes to their friends' homes and doesn't require locking doors. He and his family are happy to be in the Gainesville area, however, and he thinks it would be great if Meadow could attend the University of Florida.

We are fortunate to have such talented technical management at Oak Hammock.

- Beth Paul, content; Katherine Osman, photo; stock photo of Kodiak Island



A Winning Mantra

Karen VanEtten, Oak Hammock's new Director of Rehab, gives her mother credit for planting the seed to win. She encouraged Karen to attempt challenges, including ice hockey. The mantra to succeed was *Skate Hard, Have Fun, Hit Back Harder!* And it worked. Karen's proud of winning a silver medal in ice hockey at the 2010 Vancouver Olympic Games. Add winning more medals, plus achieving numerous educational degrees to Karen's successes.

Karen and her husband (who works with VA rehabilitation in northern FL and southern GA) have a nineteen-month-old son. She shares, "We are super excited to enjoy the wonderful outdoor lifestyles that

Florida offers. On week-ends you can find us exploring local parks—especially those with playgrounds. We've just moved into our Gainesville home, so we're busy unpacking and making it home." Welcome, Karen. You've helped Oak Hammock score gold!

- Barbara Dockery



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!

David Whitesides
Jeremy Tetstone
Marquesha Odom
Jonathon Mann

Maintenance
Maintenance
Accounting
Accounting

Tracey Wilbon
Marie Fleming
Rose Omidvar
Teofilo Villagracia

Accounting
Housekeeping
Dining
Housekeeping

Update to *Using Resources and Services of the UF Libraries*

In the February 2022 article on using UF Libraries, the statement was included that Oak Hammock is the only CCRC in Florida affiliated with a university. We have now learned from Pat Harden that another CCRC is also connected with a university. Friends of Pat and Fred are moving into Legacy Pointe at UCF, the University of Central Florida, in the Orlando area. In fact, the first residents moved into Legacy Pointe in February of this year. Only the villas are ready for occupancy at this time and other areas of the facility will open later this year. Thanks to Pat for keeping us current with other CCRCs in our state.

- Sybil Farwell

Political Hot Line

Most people tend to think that November is the time to vote. Here in Florida, the month of August will involve quite a bit of voting too. August is the Florida Primary election. The interesting thing about this election is that your ballot may not be identical to that of your neighbor or even your spouse.

The August Primary has two sections, a partisan section and a non-partisan section. You may vote in the Partisan section of the ballot only if you are a registered Democrat or a registered Republican. All other registered voters will not participate in this section of the election.

Many elected offices are included in this section of the ballot. Examples are governor, senator, members of Congress, members of the state legislature, county commissioners, and others. One example would be the office of the governor. At present, the incumbent is a Republican who will be renominated by his party. There are several Democrats who wish to run for that office so there will be a Democratic Primary for governor. The winner of that race will face all other candidates for governor in the November election. Filing for the Primary is not complete at this time, so we will look at the candidates in a later column.

The non-partisan section of the ballot is for all registered voters. Offices that are non-partisan are judges, school board members and City of Gainesville Commissioners. If there are any issues to be voted on, these, too, are on this section of the ballot.

Therefore, there will be three forms of the ballot for the August Primary. One form will be for registered Democratic voters, one form will be for registered Republicans, and one form for all other registered voters.

There is still time to register or change your current registration. Contact the office of the Supervisor of Elections (votealachua.com) or call 352-374-5252 and stay tuned for more exciting facts about our wonderful electoral system.

- Barbara Herbstman

Around the Health Pavilion



- Chrissy Smoak

Street Party and Driveway Social

There were many happy, smiling faces in evidence on Saturday, February 19, at the first Driveway Social held in months. Robert and Debbie Dean, Joe and Anne Shands and Margaret Boonstra were gracious hosts to the many Street People who gathered in fellowship at the Deans' driveway and Center Island on "Snob Hill." The jolly attendees all agreed that the delightful weather, superb hospitality, delicious snacks, (and of course, adult beverages) made the afternoon absolutely PERFECT! We thank our hosts and look forward to our next get-together!

- Jan Havre, content; Michael Levy, photo



Take Stock in Children

This is the 8th year that Oak Hammock residents will have the opportunity to invest their time, talents, and treasure to reach out into our community and to support education in an attempt to break the cycle of poverty for the disadvantaged. One of the programs our residents have strongly supported is the Education Foundation of Alachua County's Take Stock in Children (TSIC) program. TSIC identifies middle to high school students who are at risk to remain in poverty, but who are good students, good citizens and receptive to mentoring. Once they are accepted into the program, participate in being mentored and graduate from High School with a GPA>2.5, they will receive a 2- year scholarship to any accredited Florida college or trade school worth up to \$8000. Beginning in 2015 some of our residents began to invest their "time and talents" by mentoring at risk children in the program, which continues to the present. Currently we have residents and staff who are mentoring a student 2-4 times per month during the student's 30-minute lunch period. Beyond wanting to make a contribution to improving our community, our mentors typically feel they were blessed to be able to live in the Oak Hammock community through the support of others outside their family. This support allowed them to pursue their education and career that enabled them to provide for themselves and their family and to be able to reach out and help others less fortunate. Mentoring a TSIC student is one way we can say thank you to those who aided us by giving of our "time and talents".

We have about 300 students in the TSIC program and each one requires a mentor. That means we have a constant need for new mentors. Margaret Boonstra, Ray Goldwire, Nelson Logan, Meredith Rowe, Vicki Muhearn, Doug Merrey, Phil Morrison, and others can provide more insight into being a TSIC mentor. Contact us for more information on how you can share your "time and talents" to help others.

In addition, every 2 years, resident Nancy Perry hosts her 60th Birthday Celebration, open to all residents, that benefits the TSIC program. Participation requires a \$60 or greater donation that goes 100% to TSIC and is also matched by Nancy up to \$1000. For residents who are especially blessed, we encourage a \$5000 donation that will purchase a TSIC scholarship after receipt of matching State Funds. So this is an excellent opportunity to invest your "treasure" to help others. This is the 4th time that Nancy has hosted this event that raised over \$170,000 in 2020 and over \$500,000 to date! The party this year will be held at Queen of Peace Catholic Church on March 31st. Party invitations are being mailed to all residents and we encourage you to take this opportunity to join us to provide scholarship support to at-risk children in Alachua County and learn more about TSIC.

- Phil Morrison



Residents Meredith Rowe, Phil Morrison and Ray Goldwire with their TSIC Students

Haile Equestrian Center Field Trip

Participants from the ILR class "Horse Country" were treated to a field trip to the Haile Equestrian Center on February 17. This was the culmination of six sessions that covered the fascinating horse industry in our vicinity that has earned North Central Florida the title of "Horse Capital of the World." Demonstration riding performances featured jumping, barrel racing, and the use of touch and audible commands that are a part of communications between the rider and horse. And the weather was perfect! A special treat was feeding carrots to the horses as a reward for a great show!

- John Spindler



Gainesville Irish Dancers



Wearing green was easy on St. Patrick's Day, thanks to the Gainesville Irish Dancers. This group has been teaching and sharing traditional and non-traditional dances for the past seventeen years. Eight dancers performed jigs, wearing soft and hard shoes, delighting an appreciative audience in the Oak Room. The dancers (aged 12-75!) made it look so easy. They love coming to Oak Hammock. And Oak Hammock loves their annual presentation. *Happy wearin' o' the Green.*

- Barbara Dockery, content; David Brumbaugh, photo

Learning the Steps

Siobhan Cooney, an accomplished Irish dancer and friend of HR Director Kelly George, held a performance and mini dance workshop in the Oak Room to help us celebrate St. Patrick's day. She also shared her joy of dancing and her expertise with some of our residents, teaching them some steps to the dance routine. She has been dancing for about seventeen years, since she was five years old. It was a festive time for all of us because of her enthusiasm and apparent appreciation and pleasure in Irish Dance. She later shared her talents with a group in the Health Pavilion.

- Bev Cone



Watersnakes Around Our Pond

On a typical Oak Hammock walk around the pond and trails in November, I started out later than usual. It was midday when I crossed SW 25th Blvd. alone, starting from Building 1, then on the path around the pond. As usual, I paused to look up to the trees for hawks or other birds, then down to the shoreline, searching for water birds. After walking over the bridge, I started down the walkway to the second deck, which is a good vantage point for viewing both ponds, the waterfalls to the right, and the rocks.

When looking down to the walkway ahead, I saw a large, dark snake covering the entire width of the sidewalk. As I stopped, dead in my tracks, a sense of panic filled me. This was not a harmless black snake, because of its fuller body, tapering at the head and towards the tail, but I could not identify this snake. I had no idea if it was venomous or not. I immediately turned and left the scene.

The next week, right after Thanksgiving 2021, I was walking in the area with a family member. We went down to the same deck, as I told him about my snake experience. Looking back from the deck, up to the rocks below the waterfalls, we saw a similar snake on a large flat rock, sunning near the overhang. Both of us took photos with our phones to validate the appearance and location of the snakes. It appeared to me to be the same one that I had seen earlier in the month.

After talking with Amanda Reese, Oak Hammock's Grounds Manager, I began searching local online sources. Amanda had said that it was probably a watersnake*, that could be venomous if a cottonmouth, but more likely was a Florida watersnake, that is not venomous. Two other sightings in December added more images to my mind. The first was

the long snakeskin left near the pond's edge along the rocks. Another was in the same flat rock area but this time was a smaller orange colored snake. This was really confusing and raised another question. Could these snakes change colors?

I found a great website affiliated with UF, with the detailed photos and descriptions that I wanted to see from the Amphibians & Reptiles section of the Florida Museum of Natural History: <https://www.floridamuseum.ufl.edu/florida-snake-id/>. Here I could learn about the snakes typically found in various Florida habitats, including coloration. After viewing multiple snakes and discussing them with others, I found myself seeing snakes as I tried to go to sleep! Then I decided to try to tame my fears by systematically learning about them, in hopes of recognizing each as just one more natural creature living in our beautiful community, each with its place in the natural order of things. I thought about creating in my mind a "watersnake zone" in the areas of the pond where I had observed a snake, or had a credible recollection or image from others. If walking alone, I would slow down my pace, looking carefully under plants, around the rocks, and at the sidewalk ahead, to avoid another close encounter with these native creatures.

Usually, when on a walk, sounds by a walkway are created by a lizard or squirrel. One day, when on my way down the ramp to the second deck, I heard the sound of rustling leaves very close to me, but ignored it, and continued my steps. Then, a snake emerged from the leaves and crossed the sidewalk about four or five feet ahead of me, continuing toward the pool of water to the right of the main sidewalk toward the woods. Again I froze, unable to pull



Above, left: Southern Watersnake near the waterfall; Above, right: Snake or snakes curled under a ledge.

(Continued on page 9)

out my iPhone to photograph the snake's passage.

A resident here, Bill Brant, former owner of a reptile business in Gainesville, showed me a photo from another resident of an identical looking snake, next to a distinctive plant just after the bridge. From the photo, Amanda described that plant as *Farugium japonicum* var. *giganteum*, commonly known as a giant leopard plant. That became the western border of my observed "watersnake zone." Based on my own viewing experiences, the eastern border was the walkway to the second deck.

In January, I met with Bill so that he could see the photos that I had assembled into a timeline of my experiences with snakes. Thank goodness for the dates on photos recorded on cellphones! Bill's comment on my collection of photos was that he was surprised at the amount of snake activity visible at this time of the year.

As we talked about his experiences with snakes in his commercial enterprise, my thinking continued to change. He mentioned that he had done "selective breeding" of snakes, to create value for the products he sold. I could relate to this, as I am familiar with the concept of selective breeding of plants to increase their value. Somehow this contributed to normalizing my view of snakes.

When looking at photo 3 of a snake under a coontie, very close to the main sidewalk, Bill identified the dark snake immediately as a Southern Watersnake by the appearance of the scales on his back. The tail of the snake was between two cones of the coontie.

Bill Brant will continue the topic of snakes at Oak Hammock in a future issue, from the perspective of a science teacher. Here are two additional websites on Florida's snakes:

UF Department of Wildlife Ecology & Conservation <https://ufwildlife.ifas.ufl.edu>. Also, U. S. Geological Survey. <https://nas.er.usgs.gov/queries/FactSheet.aspx?speciesID=2271>.

* Spelling note: the UF websites used this spelling of watersnake.

- Sybil Farwell



This snake's tail is positioned between two cones of a coontie.

Oak Hammock Chiliheads Cook for a Cause

Since 1967, the International Chili Society has been bringing people together over America's greatest culinary creation—CHILI! Cook-offs raise millions of dollars for charities. Oak Hammock jumped into the hot sauce with a taste-and-vote for your favorite chili contest, benefiting the Alzheimer's Association. Chrissy Smoak (HP Life Enrichment Activities Manager) and Katherine Osman (Director of Community Services) joined forces, knowing just the right people to make it all happen—apparently, even the weatherman.

The Duckworth Garden buzzed with people organizing crockpots of the seventeen varieties that were offered. Favorite condiments encouraged creative toppings. Cold beverages cooled fiery pepper flavors. Sweet treats made by the H. P. bakery interest group provided the perfect finish, raising over \$1300 for the Alzheimer's Association. Trophies were awarded to Oak Hammock Dining for first place, HP's Vegetarian Chili took second, and Martha Rader's Hillbilly Chili won third. Thank you to all the workers and eaters of this tasty event. *You are all "chiliheads"* ... the affectionate name given to supporters who come together over a fantastic bowl of chili! Looking forward to a Chili 2023.

- Barbara Dockery



Oak Hammock Singers

Dealing with two years of Covid masking and social distancing hasn't been easy for the Oak Hammock Singers. Cancelling the Monday afternoon gatherings to sing and socialize took a lot of joy out of life. The Singers (sporting numerous joint replacements!) sympathized with Director Ron Burrichter needing hip surgery. Dick Martin, fellow Oak Hammock Singer and electronic resource whiz, played upon the chant "Hip-Hip Hooray—there's nothing to it" with comments by various singers.

Through the magic of Zoom (thanks, Julie Ann), Ron Burrichter and wife Brenda Smith joined the Singers in the Oak Room. There was lots of laughter, plus singing Happy Birthday to Brenda on her special day. While the marvels of modern medicine, physical therapy, and world events maneuver into alignment, the Oak Hammock Singers will continue to join forces on Mondays in the Oak Room at 3:30. Various vocal activities will keep voices in shape for the return of Ron and Brenda—ASAP! Hans Christian Andersen probably said it best: *When words fail, music speaks* - Barbara Dockery



Recycled Riches

I want to thank everyone who helped us with our last two apartment sales. Due to current restrictions and a shortage of volunteers, our committee has decided to PAUSE - meaning that for now we will only accept items for our Special Treasures sales. Please do not leave items in any former collection areas as they will be put in the trash. If you have items to donate to Special Treasures or Jewelry, please call Judy Plaut or Valerie Griffith. Alternatively, you can send a picture of your item(s) to Judy Plaut. If you need downsizing help, we will be happy to share the places in Oak Hammock that can accept donations of personal items such as books, office supplies, needlework supplies, etc.

I also want to remind you that we have medical equipment available for residents to use. If you need items for short term rehab, there is no charge for their use. We will sell you equipment if you want to keep it permanently. We currently have walkers, wheelchairs, shower chairs, potty chairs, and canes of all types.

Our next meeting will be on Monday, March 28, 11 a.m., in the Acorn Room. Come join us. Please observe current rules for Covid-19.

- Valerie Griffith, Chairman
Recycled Riches



At left, the hawks of Oak Hammock
Above and right, our neighbors
at Sweetwater.

- Catherine Morsink

Oak Hammock Residents Exercise

About 10% of Independent Living residents responded to questions about what kind of exercise they do on a regular basis. This is not a number that would represent the majority, but I guess it would be the number of people who are concerned about what I asked them, and have computer access to read and respond to my request. I really appreciate those who responded.

There are a number who feel the gym is important in our daily lives. One thing that was mentioned a lot was how exercise habits change over the years; some feel the gym could be larger, with more machines spread wider, and some feel that equipment needs updating. In general, those who responded think the gym and the help from the UF students is excellent for our aging bodies, and they depend on its being available, feeling that when it is closed due Covid, it is a hindrance to our wellness. A few on the street said they would use it more if they lived inside. A few mentioned that Covid and age have made it preferable to do daily exercises in their apartment.

Outside exercise included biking and walking, enjoying the nature sights and sounds, as well as the fresh air, although mosquitoes drive some people inside. Having the paved paths is an advantage for people with walkers, and it's nice to have places to sit and rest by the pond to watch for turtles. The weather was mentioned a lot, and one couple said when the weather is uninviting or during allergy season, they enjoy seeing the art in the halls, and in front of the apartments, as well as seasonal decorations in the Commons. Some people use the garden areas, either enjoying working in their own plot, or as a "non-gardener", looking at other peoples' plants and flowers, outside and in the greenhouse or, if living in a house, gardening in their own yards. Also, pickle ball is important and is regularly enjoyed by residents.

Comments about the swimming pool included, "If Oak Hammock had no pool, it would have no me". Those of you who participate in the Aqua Aerobics class with me know that I am "part fish", so I feel the same way! In general, the people who use the pools enjoy them very much, although it is a small percentage of residents. One person mentioned that salt-water pools would be nice.

And finally, some wish there were new and more opportunities offered but it seems that to each person who does belong to a class, it is very helpful and refreshing.

In conclusion, Oak Hammock residents are all different and use the facilities here in many ways—some because of physical limitations, and some because of personal preferences and priorities about ways to use time each day here at Oak Hammock. The staff members in the fitness center are thinking of new ways to meet our needs after reading the comments from residents. Watch for more information next month. - Bev Cone

Scattered the Bruce

Early St. Paddy's Day came to us on Sunday, March 6, complete with beer and Irish music. Residents enjoyed the revelry of Irish folk songs, played and sung by the fiddlers and singers, with an occasional drum beat, and much clapping and laughter.

Scattered is a slang term describing extreme intoxication and Bruce is a popular Celtic surname; put them together and you have music! They played familiar tunes, like *Danny Boy* and *Charlie on the MTA*, and a Scattered the Bruce Original, *Johnny's Missus*. Their helpful song books were designed by Katherine Osman.

The performers were full of energy, giving unique spirit to all of their pub songs. If you want to read more about this Irish-American Folk Band, look online at www.scattered.com.

- Bev Cone, content; Katherine Osman, photo



Puzzler Headquarters

There have always been puzzle lovers. In fact, jigsaw puzzles go back to the 1760s when European mapmakers pasted maps onto wood and cut them into pieces! That led to puzzles becoming a successful educational toy. Really? So, what's with all those puzzles popping up all over? *The pandemic made us do it.*

Running out of puzzles? Don't panic. The Multipurpose Room is "Puzzler Headquarters"! Open the upper cabinets for a treasure trove of puzzles. Yours to take or to donate towards—operated on the honor system.

There are puzzles offered online, too. Enter Appleton Museum of Art Puzzles' site (<https://www.appletonmuseum.org/online-resources/online-jigsaw-puzzles/>). Magically, Pandora's offering appears—puzzles of various subject matters and numbers of pieces. The bonus? No need to look for that one puzzle piece that's gotten knocked off the table. Working Jigsaw puzzles can be socializing too. Ever notice their magnetic ability to draw a crowd. Who doesn't want to find "just one piece"—especially the last piece to complete the picture? - Barbara Dockery

Two Boxes

All of us eat and all of us have opinions on the food, the service, the menus, etc. There are ways to communicate your views on these matters with both the Dining Experience Committee as well as the staff. How? Two Boxes. These boxes are located on a table outside of the dining room. One box is set up to receive the comments you make at the bottom of your receipt when you occasionally receive a survey. This goes to Dining Staff. The second box contains a form for compliments, concerns, and recommendations that is sent to the Dining Comments Subcommittee. This form is also located on the table where the boxes are stationed. These forms are reviewed by the subcommittee and reported to the Dining Experience Committee at its monthly meeting.

There is actually another way to communicate with the Dining Experience Committee and that is electronically through Touchtown or Infoh.us. Both have a section where you can enter your comments and they are reviewed by the Dining Comments Subcommittee.

The Dining Experience Committee is anxious to hear from you. Just remember good comments and reviews are just as important as critical ones. Bon Appetit.

- Barbara Herbstman



A Resident Led Association to Ensure
Quality of Life in Retirement Communities
Lamar Miller Chapter 255
Oak Hammock at the University of Florida

The Annual Meeting of FLiCRA was held on February 22, on Zoom and in person in the Oak Room. We all thank Bennett Napier, the Executive Director of the Florida office of FLiCRA, for talking to us, on Zoom, about what is happening in Tallahassee during this session of the legislature.

At the meeting of the local board members following the Annual Meeting, new positions were agreed on:

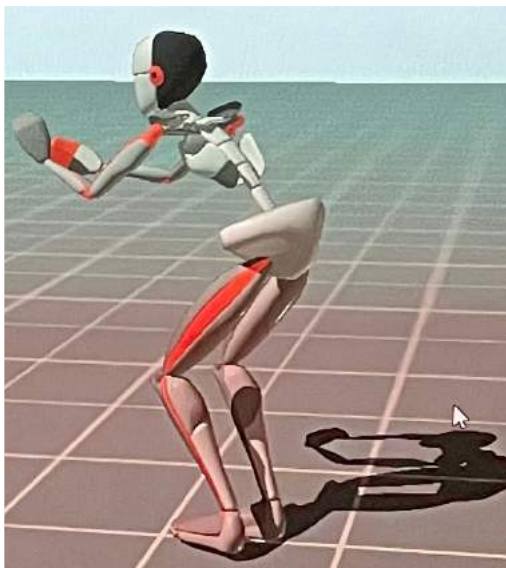
- President - Tom Gire
- Vice President - Vicki Mulhearn
- Secretary - Karen Merrey
- Treasurer - John Spindler
- Membership Chair - Mary Wake
- Oak Leaf Correspondent - Mary Sanford
- Members at large - David Boyd,
Don McGlothlin, Chuck McDonald
- Mary Sanford

University Lighting Study

I thought it would be interesting to sign up for the lighting study that some of the university researchers were involved in. I showed up without any jewelry or loose clothing as instructed. I was connected to about 15 sensors all over my body (see photo), including the bottoms of my shoes and the top of my head. After filling in an abundance of paperwork, I walked while they measured my stability. Several of the walks included stepping over a knee-high barrier. The experiment, as they labeled it, compared night lights to strip lighting installed under the bed and around the door frame. The strip could be made very bright or dimmed to replicate a night light. I even got to choose my favorite colors. As I maneuvered around the room, the computer screen showed a robotic-like figure (see photo) as it collected data.

Signing up for research studies is a great way to involve ourselves in the university life. They can be informative as well as fun.

- Beth Paul



Art League

So who needs Paris in March, when we can cruise around Oak Hammock and watch spring unfold before our eyes. Azaleas, flowering plum, red bud trees, and the beautiful green leaves are enough to inspire the artist in all of us. Moving indoors, Jane Levy, Gallery Director, reminds us that the deadline for the applications for the "Fabrications" show, April 10 to July 9, were due on March 14 and the show promises to be a great one.

The current "Senior Seniors" show will have a lovely reception on Sunday, March 27, 3 to 5 p.m., in the Upper Commons. Please come and meet the photographer, Michael Levy, and his assistant, Jane Polkowski Levy. Let's make this a celebration of the artist and the ninety year olds and beyond that he has honored.

Midge Smith, Director of the mini Gallery, informed me that Sue Kelman has agreed to allow us to extend her show for 3 or 4 more weeks. Now that we can move around more, please bring yourselves, friends, and family to see Sue's delightful, colorful artworks (photos of 3 of her works are included here). They deserve a look and more. Midge is busy arranging a new show to be announced later.

Meanwhile, we invite you to show your work in our annual Residents' Spring show in the Oak Hammock Art Studio. The show will run from April 10 to the end of May. We are hoping to entice a lot of our new residents and beginning artists. Don't be shy. Please bring one or two pieces of your art to the art studio on Saturday, April 2. Also, be sure that your creations are signed with your name and phone number, title, medium, on the back. There will be an information sheet in place to fill out. The opening reception will be Sunday, April 10, from 3 to 5 p.m. For questions, contact Susan Bankston or Mary Sue Koeppel.

Have you ever tried silk scarf painting? We did and we made two beautiful scarves under the instruction of Lisa Woodward on Saturday, March 19. Also, the Art League screened the movie, "Loving Vincent" on March 22. Additionally, we invite you to join us on the third Tuesday of each month at 7 p.m. in the multipurpose room for an art critique. Please bring 2 or 3 pieces of art for show and tell, or just come to join in the discussion of the artworks. It is a real learning experience. Any questions, contact Mary Sue Koeppel.

"Art enables us to find ourselves and lose ourselves at the same time." Thomas Merton

- Marion Siegel



Benevolent Fund Contributions

Since we last reported on the contributions to the Benevolent Fund, a total of \$3,910 was received in memory of Lawrence Coplin, Edward Wilkinson, Joyce Piety, and Ginny Riebel.

- Jonathon Mann

The 4th quarter 2021 Amazon Smile donation to the Benevolent Fund is \$100.36.

- Lori Fishel



Oak Hammock Honors

Congratulations to
DERRICK L. SMITH
on receiving his
DOCTOR OF EDUCATION!

- Heather Gilkey

Valentines

Valentine's Day has always been special to me. Surprisingly, it was equally meaningful to my serious, practical husband. (Think flowers, mushy cards, even corny poetry.) Thus it was very poignant when in February, during his final hospitalization 16 years ago, he received a tiny cardboard heart pin made by a hospital staffer. He and I both shed tears when he then gave the pin to me, knowing it was the last Valentine he would be able to bestow. That pin has graced my kitchen wall ever since, reminding me of my husband's love and the precious gift of that hospital staffer, too.

With that background, it's no surprise that the Needlers' most recent endeavor caught my attention. Adapting a national project discovered by Peg Owens, our Oak Hammock ladies once again have brought joy to others with their talents and time. This February, they focused on Valentine's Day, and stitched 140 palm-sized cloth hearts that were snapped up in 24 hours at the Concierge desk by residents and staff eager to give one to a spouse or colleague or friend to brighten THEIR day—or to cherish for themselves, their own little reminder that someone cared.

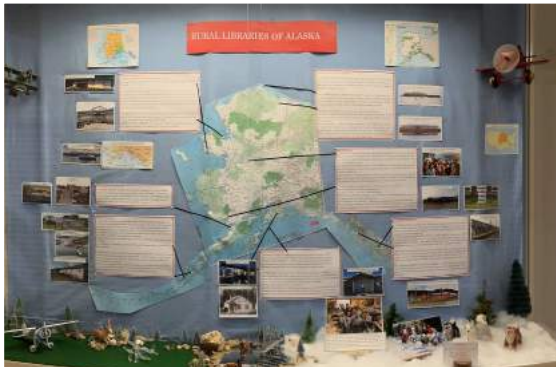
How wonderful of the Needlers to do this!! In her one-hundredth year, Brenda Thomas fashioned 10 hearts and others made even more for the display that Ann Carlson-Bonus set up on an easel. No one knows the many sentiments felt by those who selected a heart from the array, but it's clear that the Needlers once again have shown what big hearts THEY have!

- Margaret Boonstra, content; Pat Collier, photo



Alaska Window Display

Ann Elnicki, our designer, had an inspiration to explore the rural libraries of Alaska for the library window display. She saw some beautiful old rural libraries in Maine during a Google search and considered doing a window of old New England libraries, but when Tamar Hajian suggested Alaska, Ann ran with it. After research, she decided to break up the display into the seven large regions of Alaska. She wanted to include the library's circulation, the number of volumes, and how each one served its community. Many of these remote libraries act as community centers or are housed within neighborhood schools. She gathered old airplanes from Nelson Logan, Bob Stott, and Betty Kramer; many towns are only reachable by air or boat. Lori Hoopes lent animal figurines.



Bob Stott offered that it was the 50th anniversary of the Iditarod. Jan Havre located sled dogs, Tamar Hajian, Betty Kramer, and Janet Janke also helped with the research; Julie Ann Ariet along with Beth Paul and Jan Havre assisted with script and printing.

Ann had help from Jan Havre and Beth Paul with mounting the display. And we thought only Alaska had helpful villages! Many thanks to Ann Elnicki for another thoughtful window.

- Beth Paul, content;
Bonnie Umphreys, photos



Coral Ardisia

You can't imagine how many red berries disappeared from the earth on February 18! There were about 25 residents, along with garden staff Amanda, Demetrik, and Kenny, and our CEO Kevin, pulling plants and cutting off berries of this intrusive plant. The weed warriors were welcomed by Peg Owens' berry picking mascot. During the workday, organized by Gene Ziegler, we worked in the woods beside the dog park, getting rid of as much as possible. Afterward, we were all treated to a delicious picnic lunch in Duckworth Gardens thanks to many generous donors, before going home for a well-deserved shower and nap. This is our fifth time in the past few years to get together, as the plant reproduces at a very fast pace.

Our beautiful property requires much care and attention. Thanks to everyone who is helping us stay beautiful with outdoor areas for walking and enjoying nature—get outside to appreciate this lovely time of the year.

- Bev Cone



Oak Hammock by the Numbers, March 1

Independent Living

	Total	Sold	Available
Houses	57	57	0
Apartments	212	210	2

- Nickie Doria

Health Pavilion

	Total	Occupied	Available
Assisted	46	36	10
Memory*	24	10	2
Skilled**	73	59	14

* 12 units are set aside for quarantine

** fluctuates daily

- Mary Sabatella

Buffet Week

During UF Spring Break, the dining rooms were short of servers, so we had three great buffets. A delicious BBQ, with short ribs and chicken to go with corn on the cob and salad. Wednesday's buffet was Italian foods - ravioli, eggplant mozzarella, and other goodies, and Friday was the low country boil night, with crab claws, crawfish, shrimp and lots more!

The buffets were available for takeout or to eat on campus in the dining room or Upper Commons. People were enjoying each other's company, laughing together and talking together, as they ate the unusual special treats.

There was much joy and delicious food for the residents during these times, and hopefully this helped with the shortage of servers and kitchen staff. Once again, we appreciate Oak Hammock finding new ways to meet our needs and provide extra treats during this difficult time.

- Bev Cone, content; Bill Castine, photo



The Bookends Perform



March 13, 2022

- Bev Cone

Gainesville Building History

This building, located on the east side of North Main Street in the 600 block, was the Latimer Tire Shop during WW II and the Korean War. Tires and rubber were important war products and hard to come by. Louie Latimer was the owner and he and his family were close friends of my parents. Back then in the South, we kids called adults in the other family Aunt Louise and Uncle Louie even though we were not related. Back to the tire shop. Uncle Louie had the only tire retreading business in the area. Worn-out tires were cleaned and the remaining tread was vigorously scraped away. A strip of rubber as wide as the tread area was cut to fit and cemented to the carcass. The newly retreaded tire was placed in a heated mold for a time to cook the retread to the carcass. A good retread was cheaper than new and few new tires were even available in those years. Retreads could last for the life of the carcass if well done and carefully driven. Some large truck and bus tires still get retreaded. In recent years, we have all seen a retread strip thrown from a semi along the roadside, particularly along high speed highways.

Uncle Louie and Aunt Louise had a lake house on Swan Lake where our families occasionally spent a hot afternoon. The Latimers lived on NW 10th Avenue just east of NW 6th Street. The home still stands, but is much modified. Just to the left lived Aunt Louise's parents, and her grandmother lived across the street. There were four generations of females in that family living within a couple of hundred feet. At one point, I think one of Aunt Louise's girls had a baby and so, possibly five generations of female family members lived there.

- Walter Wynn





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Katherine Osman, Layout

Pilobolus Dance Therapy

Nate Buchsbaum and Paul Liu came to Oak Hammock on March 1, prior to their performance at the Performing Arts Center, to lead an exercise class. The class focused on balance and was open to participants of all abilities. Many of the exercises could be done seated and all could be modified for different levels of ability. Nate, who also serves as the Dance Captain, and Paul led a marvelous class that many of us would like to see replicated here. Many of the class members attended the performance that evening. For those who were unable to attend this year, be certain to put it on your calendar for next year when they will hopefully return.

- Karen Miller, content;
Katherine Osman, photo

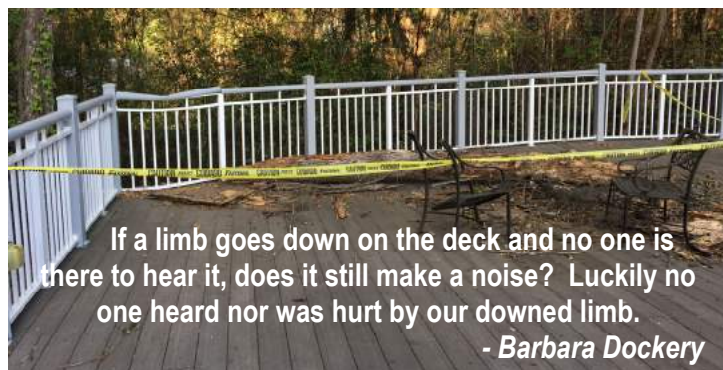


Join us as we celebrate Oak Hammock Residents especially those who have been with us since the beginning!

Founder 15 on Friday the First

(It's April Fool's Day, but this is no joke!)

3:00 p.m. in the Upper Level Commons



If a limb goes down on the deck and no one is there to hear it, does it still make a noise? Luckily no one heard nor was hurt by our downed limb.

- Barbara Dockery

2022 Residents' Council

President

Martha Rader

Vice President

Norm Cooney

Secretary

Elisabeth Virnstein

The Council meets at 10:00 a.m. on the second Friday of each month in the Oak Room and via Zoom.

Committee

Active Lifestyle
Planning and Design
Buildings and Grounds,
Communications and Marketing
Community and University Partnerships
Dining Experience
Finance
Health and Well-being
Technology and Services Innovation
Assisted Living Representative

Meeting Time

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

Chairperson

Keith Berg
Dick Suttor
Jan Lowenthal
Mary Kilgour
Michael Plaut
Bruce Blackwell
Al O'Neill
Henri Logan
Bill Zegel
Jim Piety

**Committees are meeting using a variety of formats.
Please contact the Committee chairs for specific information.**