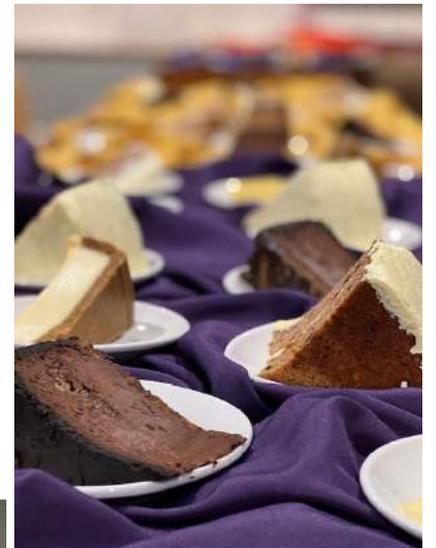


Celebrating Mothers!

The Mother's Day celebration was delicious—a brunch that was a treat for everyone—from salads and fresh fruits, scrambled eggs, bacon and sausage, to NY strip steak and mahi-mahi with mango salsa, mixed veggies, and lots of dessert treats. It was wonderful, especially since Oak Hammock has been short of dining servers lately. Residents were able to celebrate a special day with each other, and some people had family join them. This was an unexpected surprise, after the problems lately finding help. The cooks and servers did a fabulous job.

- Bev Cone, content;
 Bill Castine, Katherine Osman, photos



Sunday, May 8
 11:30 a.m. - 2 p.m.
**MOTHER'S DAY
 BRUNCH BUFFET**

- Bread with Rolls
- Fruit Salad
- Chef Salad
- Scrambled Eggs
- Breakfast Potatoes
- Bacon and Sausage
- Cheese Blintz with Berry Compote
- Chef Carved NY Strip Steak
- Mahi with Mango Salsa
- Vegetable Medley
- Assorted Desserts

Chet
 Salad

Favorite Food My Mother (or Grandmother) Made

My mother's mother - my grandmother, of course - baked the most extraordinary apple pies. Ones for which, sadly, I've never been able to find a match. Not even close. All us grandkids knew these as "green apple pies" because they were made with apples that had not yet fully ripened and had an exceptional balance of apple, acid, and sweet tastes I've not tasted since. Even better, we kids helped collect those green apples ourselves because they all came from just two or three apple trees along side my grandmother's house. These trees had been there as far back as I can remember, no doubt planted by my grandmother - or even earlier. Since you couldn't buy green apples in the store - that is, truly not quite ripe green apples - the number of green apple pies that could be generated was limited as was the time of year they could be made. So we waited all year long until that special time in early fall when Grandma judged it was time. Oh what I would give to be able to have just one more slice of that special pie grandma made!

- Keith Berg

I Think Mothers Are...

♥ Angels awaiting their wings while on earth.... At least mine was!

- Barbara Dockery

♥ My dad called her "Maggie", my uncle called her "the President" because she often made declarative statements, and I called her Mom. Born in Vilnius, Lithuania in 1911, she immigrated to the United States in 1916. She attended New York schools, helped her parents learn English, and married my dad at age 19. My mom was an avid American. She cherished political discussion classes, even in her 90's. Her early activities included picketing the White House, and she eventually met with Eleanor Roosevelt which led to the national free lunch program for poor children. She supported Margaret Sanger's family planning clinics and dodged arrest for that support; she carried signs and gathered signatures on petitions for many causes including the establishment of remedial reading classes, the formation of Senior centers and the development of the Head Start Program. When I was still in grammar school, she had my sister and me distribute campaign flyers door to door for the people she supported. She was the caregiver for her own mother who died of cancer. She was pregnant with me, had her husband, her father, two younger sisters and a brother to care for at age 20. She managed the household with printed job assignments and descriptions for each member of the family and set aside one night a week for a night out with my dad. She had a perpetual smile—teaching us "smile and world smiles with you, cry and you cry alone." She told me that "I could do anything I wanted to do if I wanted to do it bad enough." Everyone that met her learned her favorite mantra: "Have someone to love, something to do, and something to look forward to." She taught me the importance of democracy, fairness and truth, and most of all love.

- June Girard

Welcome Don and Rhonda Smith

Don and Rhonda moved to Oak Hammock in March, after waiting for two years for the pandemic to subside. Don, born in McKeesport, PA, near Pittsburgh, lived in Miami before coming to Gainesville. Rhonda was born in Ft Lauderdale and raised in Miami. They recently celebrated their 43rd anniversary and have one daughter, two grandchildren, and a rescue Shih Tzu, Bailey.

Don attended Miami-Dade College and the University of Florida, earning a degree in accounting; he became a CPA after a two-year stint in the Navy. Rhonda holds bachelor's and master's degrees in nursing from the University of Miami and was a nurse at Jackson Memorial Hospital for 30 years, including 20 as a nurse practitioner. While working as a CPA for a large real estate firm, Don hired a young secretary - Rhonda - who was recovering from injuries after an auto accident. They hit it off and got married.

The Smiths enjoy travel, camping, geocaching and hiking, and have an RV to prove it. Don also enjoys reading, writing, cooking, computing (especially

making videos), pickleball, and NCAA sports. Rhonda stays busy with tennis, reading, Mah Jongg, Scrabble, crosswords, the gym, pickleball, dancing, and gardening—especially orchids. They brought 65 orchids to Oak Hammock, about a quarter of what they had in Miami.



How they came here is interesting: Don had a client in Miami whose daughter in Gainesville wanted her to move here, so Don explored possibilities for her including Oak Hammock. A decade later, after retiring, Don and Rhonda visited various Central Florida living alternatives and decided that Oak Hammock was the place for them. Let's welcome them to Oak Hammock!

-Bill Castine

Matt Brandon

Matt Brandon has been at Oak Hammock since December as the Social Services Liaison. He joins us after 30 years in plumbing and electrical supply and a stint at Lowes in their plumbing department. His wife, a social worker at another facility, received a call from an administrator looking for an administrative assistant and mentioned it to Matt who decided to explore the opportunity to learn about the industry. He worked in Live Oak, where he still lives, for about five years and for a short time at another rehab facility before coming here. During that time, he completed an online course in health care administration.



Although his responsibility includes both skilled and assisted living, he deals primarily with patients in skilled nursing. He becomes involved in facilitating the execution of advance directives and completes assessments of patients for mental status and depression, which become part of the patient's health records. He does not treat patients but will refer to a licensed provider if appropriate.

Social Services is one of the departments involved in care plan meetings that Matt generally attends. He spends a significant part of his time in admissions and discharges that he estimates average two to four a week. He insures that home health care, if ordered, is set up and that patients leave skilled nursing with medication ordered. Additionally, he serves occasionally as the manager on duty and does chapel services.

While waiting to achieve his career goal of becoming a nursing home administrator, he enjoys spending time with his wife and 37-year-old son and playing golf occasionally.

If you or one of your friends or neighbors may be spending time in skilled nursing either in a rehab or long term stay, give Matt a call and ask him to sit down with you and explain the process and, of course, come to the Residents' Council Health and Wellbeing committee for help with unanswered questions. - Karen Miller

Steven Johnson

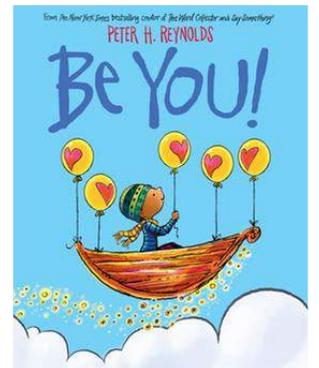
Steven Johnson, who was raised in Nashville, moved to North Central Florida in 2014 because of the horses. He was originally a farrier who had to change careers after an accident resulting in a broken back. Since then, he has been working in security, first in Ocala and now, after an internet search for a position in Gainesville, at Oak Hammock for the last month or so where he will be working primarily evening shifts.



In addition to work, Steve keeps himself occupied as a forty-year-old freshman at Santa Fe where he is studying environmental engineering with the hope of eventually transferring to UF. In his spare time, he enjoys movies, cooking, and video games. Steve has enjoyed his time at Oak Hammock and is glad he joined us. - Karen Miller

Books for Staff Children

At one of their twice weekly Happy Hours, the residents of the First Floor in Building Two decided to purchase 80 copies of the children's book, *Be You*. HR Director Kelly George put copies in each of the staff lounges for employees with young children, grandchildren, or nieces and nephews to take home. Eighty children received a special book that week because someone they knew worked at Oak Hammock! Another way to do something special for our employees. - Janet Janke



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!

Allene Aaron
Samantha Albino
Julie Ann Ariet
Jerry Lynn Bryant
Kathy Cafazzo
Crystal Canfall
Ken Curry
Pat Griffin

Health Care Administration
Skilled Nursing CNA
Community Services
Dining & Food Services Cook
Communications
Assisted Living Team Assistant
Transportation
Dining & Food Services

Tony Iles
Danielle Nix
Mary Salvamoser
Kathy Subak
Karen Van Etten
Kimberly Whigham

Maintenance
Administration
Administration
Community Services
P.T., D.P.T., M. S., O.C.S., OLY
and Director of Rehab
Sales & Marketing

The Art League at Oak Hammock

The Sunday, April 24th art reception, held in the Upper Commons, celebrating the opening of our "Fabrications" show was very well attended. The artwork in this show is an exciting display of fabric creations, ranging from quilts, vases, and jewelry, to knitted shawls and bags. Each is a jewel in its own way. If you have not seen this display, please take a few minutes to visit the Gallery and check out the talent. Many of these items are for sale. Just contact the artist.

The next show in the Gallery, July 10 to Oct. 15, will be the "Resident, Staff, and Family Member" show. Applications can be found at the reception desk in the blue folder. Deadline for submissions is June 13. Applications should be returned to the yellow folder. We encourage our staff members, along with our residents, to enter the show. Anyone entering the show can also use an artwork or two of a family member as part of their submission. Read the application for details. There will be an opening reception on Sunday, July 17, 3 to 5 p.m., in the Upper Commons.

On May 14, you may have heard the happy sound of paint brushes of our artists working busily on their acrylic paintings under the guidance of well-known teacher Jane Slivka.

Be sure to sign up for the last class of the summer, studying 1, 2, and 3 point perspective for artists, using any medium, on Saturday June 11, 1 to 4 p.m., in the art studio. Watch for the announcement.

The Art League will present a film, Edgar Degas' sculpture "The Little Dancer Aged 14", on May 24 at 4 p.m. in the Oak Room.

Remember, artists at Oak Hammock, your art studio is always available for you to come and work on your creations. Of course the exceptions are the days of classes. There is also a wonderful, diverse library, full of helpful and stimulating art books. If you take one home, just leave a note with your name, unit number, and the title of the book. Please return it when you are finished with it. Check it out!

Mini Gallery is preparing for a new show soon and art critique will resume in the fall!

Art hangs on the wall, beckoning bright eyes to a feast!

The child says, "What's that?"...haiku

- Marion Siegel



At the Fabrications Show reception: (1) Midge Smith and Jane Levy; (2) Susan Bankston; (3) Margarete Ruth with Jane and Michael Levy; (4) Joni and Eliot Simon.

John Englander at Oak Hammock

Renowned oceanographer John Englander joined us via zoom on April 30 for his presentation and questions about sea level rise. John's broad background in geology, economics, and business, his CEO experience for the Jacques Cousteau Society and SeaKeepers, and his explorations of Greenland and Antarctica with the US Coast Guard, all give him a unique ability to see the impacts of climate change and rising seas.

The warming and cooling of the planet is a natural process; however, as a chart in the first chapter of his latest book, *Moving to Higher Ground*, shows, CO₂ is going straight up now. Carbon emissions have increased to 400 ppm (parts per million) and are still increasing. Reducing CO₂ must become a global priority. At the same time, we must prepare to live with higher seas.

Climate Change can be better understood as three related but separate areas: Sea Level Rise (SLR); Carbon emissions (CO₂); Water, weather, temperature, disease, ecological conditions, and food

SLR is well underway. Because ocean waters are already warmer than when we started using fossil fuels, rising seas can be slowed but not stopped. Vulnerable property values will be discounted before they go under. It is impossible to predict exactly when, but note that the rise is not linear. Over the last 20,000 years it moved quickly three times to higher levels.

Projections are for seas to rise over 3 feet by mid century and over 8 feet by 2100. A 3-foot rise would put one million people under water in Florida. Each inch makes the short term worse.

We must prepare for the inevitable migration to higher ground, here in the states and across the globe. Along with the risks in the coming decades, John believes there will be enormous opportunities if we begin to plan and adapt now.

If you'd like to check out a food visualization model based in the US, see www.floodfactor.com. For questions about his presentation, contact him at info@johnenglander.net. His non-profit is at www.RisingSeasInstitute.org. Here is the link to John's presentation <https://youtu.be/QIB5KhJHIJk>

- Alice Gridley

The Future is Here!

Engineering staff from UF spoke at the RC Health and Well-Being Committee meeting on Thursday, May 5, about their "social robot" and its potential role at Oak Hammock. Below, Henri Logan meets a new friend.

- Michael Levy



Even the Rocks Are Alive!

Guess what? There's a fish tank in an apartment in building 2. Better yet, make that a saltwater aquarium. This is no goldfish bowl setup.

Technically, it's a thirty-gallon bio cube with filtering system, backup emergency power, and a small pump that sends tiny blasts of water to simulate ocean movement. Preparing for the actual arrival of fish is a major production. Janet Bostrom explained the procedure that she and her husband had to follow.

Everything placed in the tank is a living specimen—even the rocks, which are placed in first. Water from an aquatic supply concern is added. The rocks (remember they're alive) are given a six-week period of adjustment. Finally, the fish, coral, snails, and other assorted animals are introduced, resulting in an amazing presentation! Weekly cleaning and minimal feeding of frozen dried shrimp maintain the necessary balance. Janet shares, "When my husband died, I needed additional help with the tank. A local business assists as needed and answers any s-o-s calls for immediate care. The cycle of life addresses the number of residents in the tank. I try to follow the general rule of thumb: *an inch of fish per one gallon of water.*"

The results are mesmerizing. Except to Janet's two cats. They prefer to sleep.

- Barbara Dockery



Silver Springs Field Trip

Our Natural History Society springs adventure began on Thursday, April 21, when Dr. Bob Knight, Executive Director of the H. T. Odum Florida Springs Institute, spoke to residents. In his talk, "Silver Springs: Past, Present, Future," Dr. Knight described his not-so-rosy picture of the status of Florida's springs. Yes, the water may be clear and beautiful, but the heavy input of nutrients—from farming, lawns, septic tanks, and other sources—has promoted the growth of algae, that in some places covered the eelgrass. And because of groundwater withdrawals, spring flows have been reduced by a third. Silver Springs comprises the flow of the Silver River, which flows into the Ocklawaha River, which flows into the St. Johns River, which flows to the ocean. BUT, because of the Rodman Dam on the Ocklawaha River, originally built in 1968 for the now defunct Cross-Florida Barge Canal, fish and manatees cannot easily migrate between saltwater and the freshwater springs. As a result, Silver Springs has lost 90% of its fish, including striped bass and algae-eating mullet, once highly abundant. His advice: vote for people who will protect the environment, especially our unique and fragile springs—the real Florida.

Then, on Thursday, April 28, 20 of us plus our wonderful driver Ken Curry, traveled to Silver Springs, Florida's original theme park, to see springs for ourselves. Met by Park Ranger John "Andy" Kilmer, we walked the "Blue Trail" boardwalk to a shady pavilion to learn not only the Park's history but Florida history as well: Silver Springs was known to Florida's First Nations as well as to the Spanish, the French, and later to colonizing Americans.

After his informative talk, Andy led us to our glass-bottom boat, the Osprey, for a restful 30-minute ride around the head of the Silver River, from small feeder springs to the first magnitude Mammoth Spring. Through the glass, we enjoyed the azure springs water, fish, and—best of all—two feeding manatees; adding to the picture were a gator (nearly hidden), turtles (both in the water and sunning on logs), and countless anhingas with nestlings.

Following a relaxing lunch break, with time for walking a trail or socializing, we headed back to our bus. We stopped for delicious ice cream at Jeremiah's and rested on the quiet ride back to Gainesville. We learned a lot about Florida springs, our aquifer, and our state. Join us for our next adventure!

- Elisabeth and Robert Virnstein



Coming Soon: The Marie Okronley Wall of Caring

Because
you have been such a
caring component of life at
Oak Hammock, we are
dedicating a
"Wall of Caring"
in your honor. It will be a
place where staff, residents,
and families, can post
messages of caring, comfort,
and encouragement.
Simple sentiments or deeper
thoughts, this wall will be the
heart of the facility.
Just like you.

Never forget
the difference
you have made.
We won't.

Marie Brown Okronley
Wall of Caring
Oak Hammock at the University of Florida

Mobility Device Safety First!

There will be space left in the Oak Room for residents wishing to remain in their wheelchair or scooter during movies or other presentations using "theater seating." If you're more comfortable transferring into one of the chairs, please make sure your assistive device does not block the aisles.

One Oak Hammock is a safe Oak Hammock for everyone! Thank you for your understanding in this matter.

- Katherine Osman

Get Outside Update

I just reread the articles about getting outside at Oak Hammock from past issues and we still encourage readers to enjoy our beautiful campus. We noted how much Peg Owens and so many others do, especially in the garden areas. This is a reminder to you to get outside regularly if you are able. I was quarantined recently and when I walked the paths on my first free day, I was astounded at the new growth and pretty flowers that had bloomed just in that short time. - *Bev Cone*



Petition to Support Ukraine

A number of residents have signed a petition to support Ukraine.

These are extraordinary times and as members of the community who have had the good fortune to live quite a long time, it was felt we had a duty and obligation to speak out against the war in Ukraine. The petition will be mailed out to the *Gainesville Sun* in the hope that other entities will be encouraged to speak out against this destructive war. The current petition is available at the receptionist's desk. Cited below is a more general version of the same two-sentence petition that can be signed by the general public. All are encouraged to mail this out to friends and relatives across the country so there will be a groundswell of continued support for the people of Ukraine.

We support Ukraine, the people of Ukraine, the government of Ukraine, and particularly the children of Ukraine. We urge this statement to be made public to show that democratic values are to be proudly defended and that we, as dedicated, patriotic Americans, feel that to remain silent in the face of such brutality and destruction is shameful.

- *Barbara Herbstman*



Treats and Treasures Has Come A Long Way

A long time ago—before Covid—there was a small space on the Upper Commons, near the Oak Room, that had limited items for sale, things like toothpaste, greeting cards, and a few snacks. A freezer was added to accommodate four bulk tubs of ice cream. And a new world opened to residents, staff, and guests. The affectionate name of “The Ice Cream Shop” provided an identity that everyone could remember. Dining Services supervised staffing and ordering of products for the shop. The volume of sales increased. Suggested additional items were stocked. Colorful scarves, purses, soft plush animals, costume jewelry, and gift type items met the needs of those no longer driving. Recycled Riches added lighted display cabinets with gift décor and collectables to the area adjoining the Ice Cream Shop. A small shopping mecca was created. And “Treats & Treasures” was born.

Life got even better when Hershey's offered a larger ice cream freezer PLUS assorted ice cream bars, pints, and ice cream sandwiches! Then Covid hit. Multiple changes and innovations evolved everywhere, including the operation of services offered to meet the needs in Oak Hammock, such as Treats & Treasures. Hot food specials, fresh salads, and sandwiches are popular with lots of hungry people at lunch time. Taco Tuesday and Wing Wednesday often pop up as surprise themed lunch items. Cash, credit card, or resident account may be used for payment. Treats & Treasures remains *the place* to go—for a greeting card (remember the postage stamp), necessities of life, food, and snacks. Oh yes! and then there's all that ICE CREAM waiting to be eaten.

- *Barbara Dockery*



Electric Bike Rider Connie Brill



Over Christmas, Stephen designed a biking scavenger hunt for our family (photo below). Our older grandkids loved the bikes. Being a kind of lightweight myself, I was not so proficient on them.

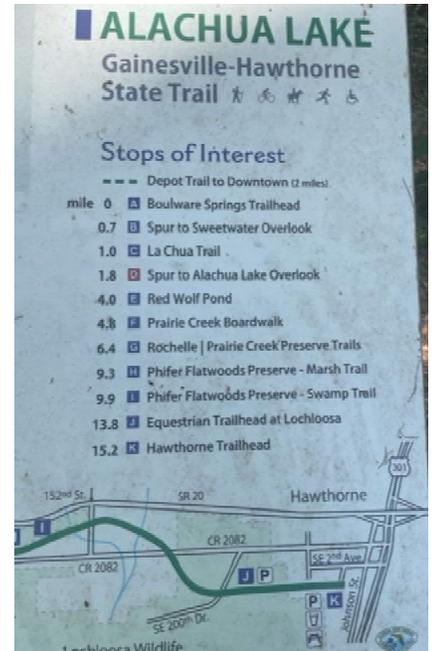
We have several traditional bikers in the Oak Hammock neighborhood—Sonda Dawes, Gail Robinson, and Doug Merrey all like to bike off campus. Mike Plaut and a few others can be seen riding

around our campus. Connie just came back from a 14–15-mile ride along the Alachua Lake area on the Gainesville-Hawthorne State Trail, a ride she said would not be viable on her traditional bike, especially with the presence of a hill. From Oak Hammock, the UF campus can easily be reached riding an electric bike and has the additional benefit of avoiding searching for parking. If you're a biker or interested in getting a bike, you might want to test ride an electric bike.

Connie's bike is a Trek Townie that sells for about \$1600. Her bike has five different speeds or boosts to assist the rider. The assist can be turned off, so that the biker can pedal to save battery power or get more exercise. The bikes are quite heavy, so the rider needs some strength as well as good balance. Getting them onto a lift or into the back of a truck can be quite difficult if you choose to travel with them. Connie's son and family and friends were in northern Italy a few weeks ago and loved the rented electric bikes that allowed them to ride around the hilly/mountainous terrain.

My son Stephen owns 30AElectric Bike Co in Santa Rosa Beach in the Panhandle. His bike renters love this concept and get to enjoy them for a charge of \$75-\$95 a day/cheaper for multiple day rentals. His bikes are all manufactured by Rad and have 5 different speeds or pedal assists. A battery will last for 30 to 50 miles depending on how much pedal assist is used. The throttle is especially helpful to the older generation, who often have painful knees. He also says that over 70 - 90% of his renters plan to go back home and purchase their own electric bikes.

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- Beth Paul



Music Continues to Fill the Air

Birds aren't the only creatures that enjoy getting together to express their happiness in song. A small group of Oak Hammock residents—dubbed the “Ensemble”—met on March 7, 2005, determined to blend voices and perform for others. Their debut public performance was June 14, 2005 (Flag Day). It celebrated the unfurling of the first flag to fly at Oak Hammock (Thank you, Bruce Bowie, for your donation). The Ensemble consisted of 19 residents and two staffers (Johnny Mitchell and Dave Stauffer).

Their singing generated enthusiasm and interest from others. The group organized with Nancy Green, director; Shirley Sutcliffe, accompanist; Rhoda Swerlick and Martha Webb, section leaders; and Ray Sutcliffe as organization person. Soon thereafter, Dr. Brenda Smith and Professor Ron Burrichter from the UF School of Music became the instructors and heart of the Oak Hammock Singers. This dynamic duo continues to give generously of their time and talent to improve voices. And to help make music!

More than 150 residents have sung with the Oak Hammock Singers. Their recent “Thank You for the Music” program paid tribute to the history, accomplishments, and joys of the Oak Hammock Singers. Videographer extraordinaire, Dick Martin, provided visual and musical enjoyment via the Oak Room's large screen. Master of Ceremonies Ron Hoopes introduced various segments and encouraged the audience to join in singing—from “God Bless America” to “Comin' Round the Mountain.”

Interested in enjoying life-long singing and improving your voice? Come join the beginning rehearsals of the Singers on Monday, September 12, at 3:30 in the Oak Room. *Warning: Singers are known to have fun in addition to singing!*

- Barbara Dockery, content; Bill Castine, Kevin Ahmadi, photos



Bell Ringers Celebrate Beauty

The First Presbyterian Church bellringers returned to the Oak Room, adding a new dimension—photographs—celebrating beauty in nature. Beauty to be found above, in, and under the water. Tom Morris, a noted Conservationist, shared his collection of personal favorite nearby places to visit in Florida. The abundance of springs and rivers are home to many creatures, including gators. Nature and music are gifts. The challenge is to protect them.

- Barbara Dockery, content;
Patsy Nelms, photo



From Country to Gangsta Rap

Dr. Charles Sidman and Phil Morrison did it again: filled the Oak Room with ears eager to hear and toes ready to tap. Their challenge to 'go country' followed the various music genres and the stars that made musical history. The Chuck and Phil duo (plus Dick Martin) used dialogue and video to bring back memories, to sharpen awareness of the cultural changes that music presents. One guitar providing backup for a singer is long gone. Country's gone from Gospel to Jazz to Rap. Stay tuned as Garth Brooks is about to pass The Beatles for number of albums sold! An adage from Professor Chuck: *the more you learn, the less you know*. And remember to listen for the sound of trains in Country Music. Allllll aboard!

- Barbara Dockery, content; Bill Castine, photos



Paraffin Wax Hand Therapy at Oak Hammock

Sometimes getting a manicure includes more than painting fingernails. The additional use of a *paraffin wax bath machine* guarantees a smile to aching fingers and hands. The machine heats and holds paraffin wax (the type used for candles) at a set temperature. Dipping hands into the warm wax provides relief from osteoarthritis pain, sore joints, or sore muscles. Oak Hammock Occupational Therapy Department has one of these wonderful machines! No need to travel across town. A physician's script is required and is covered by Medicare. Finger and exercise programs are used to gain strength and flexibility. No guarantee, but manipulating buttons, jar tops, and picking up pills might be possible again. Give it a try.

- Barbara Dockery





The Rockers Rock

Our own Rockers performed again in the Upper Commons on Thursday evening, April 28.

The audience enjoyed listening to some songs and singing along with some songs, starting with *I'm Sitting on Top of the World* and ending with *Good Night, Irene*.

- Patsy Nelms



The Rockers are: Hank Pennypacker - guitar, Ron Hoopes - vocals, Al Goebel - accordion, Keith Berg - drums

The Bookends Perform

Kristin Brewer, a third-year medical student trained in classical music, joined guitarist and singer - and MD - Patrick Duff.

We gathered on the boardwalk with drinks and cookies, a dog or two, and a beautiful breeze, to hear mostly songs about our lives, and how we spend our time, and, as always with very familiar tunes - "Pack Up Your Sorrows," "Take It to the Limit," and "Blowin' in the Wind." "The Altar Boy" was a special song written by one of their friends. What a relaxing way to spend a Sunday afternoon at Oak Hammock.

- Bev Cone



Benevolent Fund

Since our last report, a total of \$1090 was received in memory of Jack Martin and Lawrence Coplin and in honor of Pat Liston and The Needlers. - Jonathon Mann

Survey Says...

We want to know what YOU want to do. Watch for the "Active Lifestyle/Community Services Survey" coming soon.

Retirement Home for Horses

Did you know that there's another retirement community in the area with a campus that rivals ours at Oak Hammock?

The Retirement Home For Horses at Mill Creek Farm is 335 acres of tree-lined, rolling green pastures that is protected by a perpetual conservation easement that prevents the land from being developed, ensuring that the Retirement Home For Horses at Mill Creek Farm will always be a sanctuary for horses in need.

Join us in the Oak Room on Wednesday, May 25 at 4:00 p.m. to meet (two-legged!) representatives from the farm and to learn more about it.



Why Does Oak Hammock Need a Benevolent Fund?

This is a frequently asked question, considering that Oak Hammock does a careful financial screening as a prerequisite for moving in. Finance looks at several types of information when evaluating candidates. At the top of the list is age. This is needed to calculate the actuarial life expectancy. Then income and investments are used to calculate not only the ability to purchase a specific unit and type of contract, but also to evaluate the anticipated cash flow over the years of life expectancy. This provides the level of income risk to make sure the applicant has enough resources to cover maintenance fees and any anticipated increases in those fees. This is not an exact science as there is no way to determine exact needs or no perfect predictor.

If this is all done, why do we need a Benevolent Fund?

There are factors that might cause a resident to need assistance in meeting their maintenance fee:

1. At the top of the list is that they have lived longer than expected and their assets are not sufficient. This is actually a positive as we want to be a place where people are happy and life is extended.
2. There is also the possibility that their investments change in value. The stock market may go down or the interest rate on fixed income may be so low that it does not even keep up with inflation. This is impossible to predict.
3. Underlying these scenarios is the possibility that either the state or the federal government will change the laws/rules/directions that govern CCRCs. Medicare may change the payout rates or the rules under which anyone receives payment and for how long.

There may well be others but this touches on the most frequent reasons residents may need assistance. But there is another dimension to this. The Oak Hammock Board has adopted a policy that any resident who runs short of funds through no fault of their own will be kept at Oak Hammock. This raises the question how to pay for it. In principle, the Board could direct that such support be provided from the fees we all pay. However, this could strain our finances. Therefore, like most other good CCRCs, Oak Hammock has established the Benevolent Fund to cover these possible expenses.

Contributions are tax deductible and offer residents an opportunity to give back to the Community we all love. "Friends Helping Friends"
- Norm Cooney

Outback Street Party

The Outback street party on Saturday, April 23rd was hosted by Ann and Buzz Boyd, Jacki and David Challoner, as well as Glenda and Pat Kelley. The hosts had decorated the buffet tables beautifully in blue and yellow—the colors of Ukraine's flag. The attendees provided a large and eclectic buffet of finger foods. With the very pleasant weather that day, good food, and the company of neighbors, it was a thoroughly enjoyable event.

- Karen Merrey



Acorn Book Club Welcomes Author

We hosted Stacey Goldring, the author of the Holocaust survivor memoir *On Wooden Wheels*, the book group's April book choice.

Stacey graduated with a B.A. in Journalism from Ohio State and is a University of Florida IFAS Certified Master Naturalist. She was a staff reporter and photographer for *The Boca Raton News* and *The South Florida Sun-Sentinel* after graduation. She lives in Jacksonville with her husband and two sons.

Her projects are numerous, including her non-profit organization (Searching for Identity), and being co-creator/instructor of the UF STEM Honors course "Beyond the Memory of the Holocaust," the creator of the Chapter Endnotes Book Groups, and First Coast Connect Book Club on NPR (WJCT, 89.9 FM).

Currently, she is producing documentary films and educational curriculum based on the inherited effects of the Holocaust as experienced by survivors' children. The book group met for lunch in the Fireside Room, a lovely setting for a special guest. Stacey answered questions and gave us many insights into the Holocaust survivor/subject of her book.
- Beth Paul, content; Ilesha Flowers, photo



Oak Hammock's Garden Groupies Spring Garden Social

On Saturday afternoon, April 23, the Garden Groupies met on the porch behind the new garden cottage for their spring garden social. The setting was lovely, shady and cool, with plenty of room for all 27 attending. The Garden Groupies is an interest group consisting of anyone attracted to or active in any type of gardening, and our members include bonsai growers, residents who have garden plots with flowers and vegetables, and residents who only have plants in the greenhouse. Several spouses of members attended the social and they enjoyed the program, refreshments and drinks with us. The Garden Groupies has no officers or meetings other than 2 socials a year, and its purpose is to encourage each other to better success in gardening. We support each other through occasional informational newsletters, a mentoring program, seed and plant swapping, and general socializing in the gardens.



The highlight of the afternoon party was CEO Kevin Ahmadi speaking about his gardening experience, giving an overview and demonstration on growing micro-greens. Micro-greens are many times more vitamin and mineral potent than full-grown vegetables and are a healthy addition to any salad or sandwich. Kevin demonstrated how to plant a micro-green garden and then he gave us soil and seeds and helped each of us start our own mini garden. It was a fun hands-on program. We are all hoping for success in this new garden endeavor and are looking forward to 10 days from now being able to harvest our first micro-green crop.

If you want to learn more about this interest group, contact Gail Robinson at 352-224-5116.

- Gail Robinson, content; Pat Harden, photo

Political Hot Line IV

One area on the ballot, often misunderstood or even overlooked, is the election of judges. The Florida Constitution stipulates that a person seeking to become a judge must qualify as a candidate for a judicial election. Judicial terms are six years and there are no term limits. There are County Judges, Circuit Judges, and Appellate Judges.

County judges hear criminal misdemeanors and civil cases. Circuit judges hear criminal felonies, domestic relations, juvenile matters, probate issues, and civil cases. Appellate judges review decisions of the county and circuit trial courts.

To qualify to run for judicial election, an individual must earn a law degree from a law school accredited by the American Bar Association, be a member of the Florida Bar for five years (for the Appellate court, ten years), and must live in the geographic area in which he/she is to serve. In most cases, voters are to determine whether or not to retain judges who are already serving. Elections are nonpartisan and are held during the Florida Primary. In case of a tie, runoffs are held during the November election.

As of now, the Office of Supervisor of Elections lists nine slots where a judge will be either elected or retained. This list includes six Groups in the Eighth Judicial Circuit and three Alachua County judges. It should be noted that in cases where only one candidate qualifies, that name does not appear on the ballot. In a later column, there will be a list of who will actually appear on the ballot.

A number of people believe that judges should not be elected but rather appointed by a professional panel. This panel could consist of a number of lawyers, judges, law school academics, as well as members of the general public. The selected panel could discuss the individuals who desire to become judges and then make a recommendation to the governor. This writer would welcome your opinion on whether judges should be elected or appointed. But, since we currently elect or vote to retain our judges, it is incumbent upon us to become informed voters.

- Barbara Herbstman



Security --- This Side of the Gate

Derrick Smith, Oak Hammock Chief of Security, knows the importance of obtaining and organizing information about all those wishing to enter Oak Hammock. Ever wonder what information is generated and necessary? For example, the Security Man just inside the gate. He's never gotten outside the gate. He was created for the Pandemic Fall Scarecrow festival in the Oak Hammock Gardens (11-17-21). Folks were skittish about health conditions and welcomed the outdoor event, complete with TV 20 coverage. The festival committee took charge of relocating the lone stick figure. Chief Eric Carrol selected the spot and offered an old uniform. Jeani Valter painted the SLOW DOWN sign. Officer Randall helped set him in place. Peg Owens, event chairman, recalls, "for that reason, Vicki Mulhearn and I named him Randall—a little-known fact." A year or so on the job, his cap had faded, and Magda Berken offered to buy him a new one. "I ordered one that said it would shine in the dark." What an awesome committee! Hope more garden events are on the calendar.

Recently, Security Man Randall was joined by a delightful looking mystery mutt. His, her, its origin: *unknown*. Stray, abandoned, rescue: *unknown*. Appears well fed and happy to be the first in the Oak Hammock canine unit. Name: *none*.

Chief Smith points out, "I think the addition of the officer is a great idea. It helps to remind everyone to slow down while driving on campus. I like the little dog as well. Who knows, maybe someone felt the officer was lonely and needed a companion. Hey, don't we all?" Thanks for keeping us secure, Chief Smith—and proving that following rules can be done with compassion and a sense of humor.

- Barbara Dockery



Beautiful!

New resident Wil Droege in building one on the second floor and his very-well-taken-care of Orchids. They are Dendrobium Aggregatum - dancing ladies. He also has some Vanda Orchids. So very beautiful.

- Margarete Ruth



Board Reception

It was wonderful to see people enjoying each other's company with delicious food and wine after a long Covid time. On April 27th, both new and long-time residents were able to visit and share greetings and smiles with each other and with the Board Members in attendance. This is what makes Oak Hammock a special place to live.

- Bev Cone, content; Bill Castine, photo



Oak Hammock by the Numbers, May 1 Independent Living

	Total	Occupied or Reserved	Available to Sell
Houses	57	56	0
Apartments	212	208	1

- Nickie Doria

	Total	Occupied	Available
Assisted	46	46	0
Memory*	24	12	0
Skilled**	73	59	14

Health Pavilion

* 12 units are set aside for quarantine
** fluctuates daily

- Mary Sabatella



Changes in Latitudes, Changes in Attitude Party!

Friday, May 27, 4:00 p.m.
Oak Room + Duckworth Gardens
*Laid back vibes. Food. Fun.
Specialty drinks. Live Music.
Watch for details.*

Meditation Room

The Meditation Room is available again! And...the chairs are very comfortable, but wear a sweater!. I stop for a few minutes on Tuesday and Thursday mornings at about 9:45. Join us if you are interested, but the room is open whenever you need it. It's a special part of Oak Hammock. - Bev Cone



Idylwild Update

Oak Hammock's neighborhood school, Idylwild, has a new principal, several million dollars' worth of facility improvements, and many excited students looking forward to returning the first week of August! Watch for Oak Hammock's grand opening invitation and continue to think about the many ways we can interact. I am sure they will enjoy their return visit to us for Christmas caroling this coming winter season. - Nancy Perry



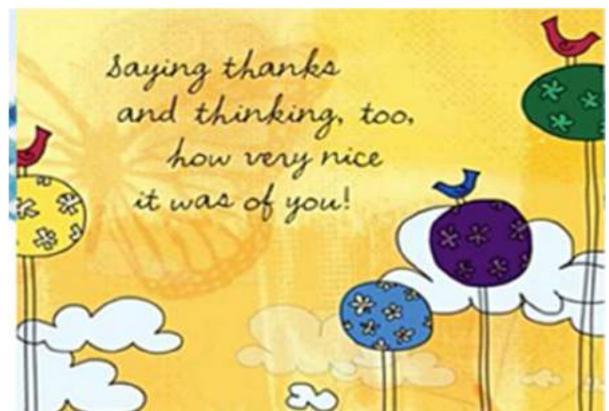
The large area, where in the past we participated in Veterans Day with the students, has been resurfaced and improved. Kenneth especially enjoys the new playground equipment!

Oak Hammock Authors Books in Fireside Library

There is a small collection at the end of the biographies in the Fireside Library of books written by Oak Hammock authors. It has been many years since the Library Committee has updated this collection. We are asking Oak Hammock residents who have had a book published to please let us know so we can add it to this collection. Please respond to Janet Janke, Chair of the Library Committee. - Janet Janke

Thank You Received from the Rural Women's Health Project

Oak Hammock residents donated \$3,100 this year as well as several boxes of long sleeve shirts and hundreds of pairs of socks to reach out to the farmworkers in our area. - Linda Damico, Alice Gridley, and Janet Janke





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A Resident Led Association to Ensure
 Quality of Life in Retirement Communities
 Lamar Miller Chapter 255

We are fortunate here at Oak Hammock. One of the bills passed during the last legislative session is a change in the hours of direct care that are required for a person's care in the nursing home setting.

1. Needs should be based on a care plan.
2. Reduced from 2.5 to 2 hours the required amount of direct care provided by a CNA.
3. Changed the requirement that care must be provided by a CNA but can be provided by any direct care staff.

Florida's Nursing Home law for direct care per person per day is among the highest in the country. We are in a good place.

This bill was passed without a Sunset Review, meaning that since this bill relates to current staffing situations, it would be reviewed when things get back to more normal. This is something that FLICRA will follow closely in the future.

On May 17, FLICRA held a gathering with Yvonne Hayes Hinson, our state representative (at right).

- *Mary Sanford, content;*
Katherine Osman, photo



Our Beautiful Pond



-Karen Arola

2022 Residents' Council

President	Martha Rader
Vice President	Norm Cooney
Secretary	Doug Merrey

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

<u>Committee</u>	<u>Meeting Time</u>	<u>Chairperson</u>
Active Lifestyle	1st Monday, 11:00 AM	Keith Berg
Planning and Design	2nd Wednesday, 3:15 PM	Dick Suttor
Buildings and Grounds,	2nd Thursday, 10:00 AM	Jan Lowenthal
Communications and Marketing	4th Friday, 1:30 PM	Mary Kilgour
Community and University Partnerships	4th Wednesday, 3:00 PM	Michael Plaut
Dining Experience	1st Friday, 10:00 AM	Bruce Blackwell
Finance	3rd Thursday, 1:30 PM	Al O'Neill
Health and Well-being	1st Thursday, 3:30 PM	Henri Logan
Technology and Services Innovation	3rd Friday, 10:00 AM	Bill Zegel
Assisted Living Representative		Jim Piety

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