

## The Dog Days of Summer

“Dog Days are approaching; you must, therefore, make both hay and haste while the Sun shines, for when old Sirius takes command of the weather, he is such an unsteady, crazy dog, there is no dependence upon him.”—*The Old Farmer’s Almanac*, 1817

The Dog Days are considered to be the **40 days beginning July 3 and ending August 11**. They are named for the rising of Sirius, the dog star, that is part of the constellation Canis Majoris, the Greater Dog.

— *Beth Paul*

Near right: Wally, the dog park whisperer, dispensing treats to Bebe Crawford, Freya Challoner, Honey Brigham, and Briny Kelley. Lucky dogs! (*David Challoner*); Far right: Receptionist Susan loves our dogs! (*Barbara Dockery*)



### A Few Hammock Hounds...



**Arnie**  
 Ellyn and Tim Ahlstrom



**Bailey**  
 Rhonda and Don Smith



**Bebe**  
 Forrest Crawford



**Billy Donovan Brown**  
 Tallulah and Bob Brown



**Brew**  
 Carol Wershoven  
 and John Biays



**Gabi**  
 Ofelia Schutte



**Shadow**  
 Christine Waters

Continued on page 2



**Dermutt**  
*Susan and Paul Robell*



**Ellie and Boo**  
*Marie and David Brumbaugh*



**Freyja**  
*Jackie and David Challoner*



**Henry**  
*Nancy and David Boyd*



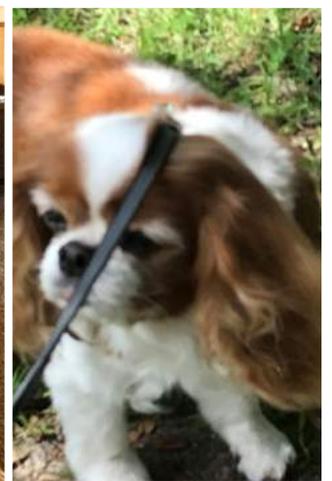
**Maggie**  
*Martha and David Rader*



**Molly**  
*Mary and Richard Grusin*



**Sam and Sky**  
*Granddogs of Margarete Ruth*



**Pumpkin**  
*Gene Ziegler*



**Spencer**  
*Henri and Nelson Logan*



**Sandy**  
*Jim and Nancy Wood*



**Sandy**  
*Anne and Bob Bonus*



**Pixie**  
*Jesse Arnold*



**Niki**  
*Roshan Mehrad*

## Wally and Rae Sawyer

Wally and Rae Sawyer researched and looked at several CCRCs before choosing to move to Oak Hammock with their beautiful dogs, Emmie and Bradley. What attracts them especially to Oak Hammock is our affiliation with UF, the medical center at UF, and especially the possibilities for continuous learning here, as well as the beautiful grounds and walking paths around our lovely community.

They moved from Virginia to Florida twenty-two years ago, and still have a home in Tampa. They have two children, a daughter in California and a son who is a professor at UF, and lives with his family in Gainesville. They have four grandchildren.

Rae has a degree in chemistry, and went on to become a pharmacist and a medical doctor. Wally went to Elon University and graduate school at William and Mary, where he met Rae. His field is aerospace engineering, and he worked at NASA for thirty-eight years.

They are interested in doing a lot of travel as Covid lets up, and Rae enjoys volunteer work at the Moffit Cancer Center in Tampa. They love the opportunity to learn new things—new forms of art, the many different courses offered at UF and through the ILR series here, and new travel opportunities. They do not want their children to worry about them as they age, and appreciate the services at Oak Hammock. Their gorgeous, friendly dogs, Emmie and Bradley, are being retrained to live at Oak Hammock and enjoy a new life, new dog friends, and possibly a run in the dog park soon. Wally and Rae are both positive, interesting, and exciting people. Welcome!

- Bev Cone



## Ellyn and Tim Ahlstrom

Ellyn and Tim are still unpacking but graciously allowed me in for an interview. I was greeted exuberantly by Amie, their miniature poodle, but their ragdoll cat Ziva never even showed her face.

Ellyn lived in Pennsylvania until age 9 when her family moved to Winter Garden, FL. She received her BS in Journalism at the University of Florida and hoped to work in television. She was a social worker in Gainesville and then moved to Tallahassee to work for the state. She earned an MBA from FSU, but remained a loyal Gator.

Tim was a California boy, but moved to Tampa area at age 12 where he happily discovered boats and fishing. Tim joined the Navy Reserve during the Vietnam conflict. He was sent to The Great Lakes Naval Station in Chicago where this sunshine boy spent a shockingly cold winter. He lived in Japan for three years working on air navigation and maintaining charts covering Vietnam and Korea. He was there in 1969 when a reconnaissance plane was shot down by North Korea killing all 31 Americans on board.

Out of the service, Tim came to the University of Florida to finish his BS in Zoology and graduate school in Environmental Engineering Sciences. He then worked as an environmental planner in Fort Myers before taking a position in Pinellas County as an environmental scientist where he lived on a sailboat with his two cats. That's where he and Ellyn crossed paths. The two of them must have been quite a team as they were responsible for purchasing and developing thousands of acres of nature preserves throughout the county. Tim worked with air and water quality and land management. Ellyn would procure the land. Their favorite quote is that "Tim made the lists and Ellyn did the shopping." Two of their major accomplishments are the Weedon Island Preserve and Natural History Cultural Center and Brooker Creek Preserve Environmental Education Center.

Tim has joined the Oakwoods (woodworkers) and his home is filled with some of his creations but his special project, which sits on their back porch, is a magnificent canoe that he built. Ellyn's interests include playing the piano and the guitar, yoga, reading, and volunteering. They also enjoy RVing with their pets.

What brought them to Oak Hammock? Ellyn's mom lived here and had excellent care. Those of you who have lived here a while might remember Adele Moody who was a classical pianist.

Tim and Ellyn signed up to move to Oak Hammock 15 years ago and we are happy they finally made it.

- Beth Paul



## Jane Brockmann

We are so fortunate to have Jane Brockmann as a new resident! She and Daisy occupy a lovely apartment in the Atrium of the Building One. Daisy? Well, Daisy is a cross between a Poodle and an Australian Shepherd, and she couldn't be sweeter!

Dr. Brockmann has lived in Gainesville for forty years, employed by the University in Biology, (formerly Botany, and Zoology), and living only 4 blocks from campus! I guess Jane won't miss the football madness that she and her husband Tom Ryder, the owner of Goering's Bookstore, experienced every fall.

Jane was born in Kentucky and went to high school in Chicago. She did her undergraduate degree at Tufts (Jackson College), and received her PhD from the University of Wisconsin in 1976. She received a job offer to come to the University of Florida also in 1976, and the rest is history! Jane was honored by her department upon her retirement as she was the first faculty emerita. Among her interests are "the evolution of alternative strategies and tactics and the economics and mechanisms

of decision making in animals."

Jane has travelled from the Galapagos Islands to Iceland, with many favorites including South Africa. Also, she and her husband, Tom, did try to plan many football weekend trips to other areas, Americus, GA, being one of their favorites.

At Oak Hammock, she is already working with the Bee Project and she loves pickleball! She is a bird watcher and can be found most any day at the Dog Park! She's also interested in theatre, especially the Across Town Repertory Theatre.

When Tom passed away, Oak Hammock seemed like a good fit to her, and we are all the richer for that choice.

- Tallulah Brown



## 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!

Lizzy Alexander (Scheduling Coordinator/Assisted Living)

Iesha Flowers (Restaurant Assistant Manager/  
Food & Dining Services)

Norman Garrison (Floor Tech/Housekeeping)

Francie Lecounte (L.P.N./Skilled Nursing).

Kim Miller (Receptionist/Community Services)

Terri Milt (Move-In Tech/Housekeeping)

Michelle Parker (Director of Nursing)

Luisa Schmelke (Housekeeper/Housekeeping)

Jenna Terry (C.N.A./Skilled Nursing)

David "Wally" Wallace (Maintenance Tech/Maintenance)

Andrew Wilkerson (Maintenance Tech/Maintenance)

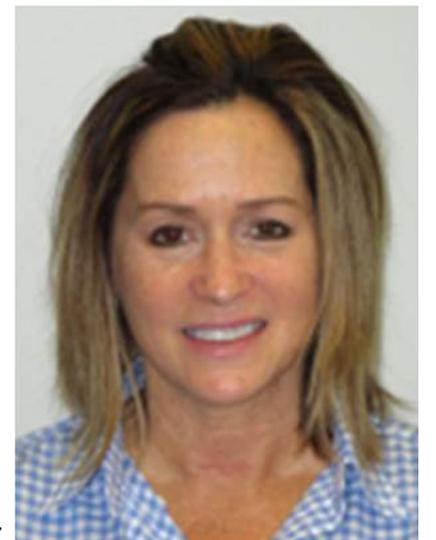
Myra Jones (Driver/Community Services)

## New Security Officer: Carrie Duarte

At the end of June, Carrie Duarte, who grew up in California in a small lake town, started working as a Security Officer at Oak Hammock on a part time basis that is now four days a week on the evening shift. Carrie, who worked for the State of California as a corrections officer, most recently at Fulsom, retired after more than twenty years of service that included working with a population with memory issues. She also worked for Sutter Health, a not for profit California organization, and so is very familiar with the challenges that we encounter at Oak Hammock.

When Carrie was planning to retire, her stepfather, who graduated from UF and who has family in Jacksonville, suggested Gainesville. Carrie came down, found a place to live, and applied to Oak Hammock. She appreciates the beautiful campus and the fact that staff and residents have been both friendly and helpful. If you see Carrie on patrol, please stop and welcome her.

- Karen Miller



## Kathy Cafazzo

One of our newer employees is Communications Specialist, Kathy Cafazzo. Kathy labels herself as a military brat who grew up and lived “all over.” She was born in San Antonio, TX, and eventually graduated from Lakeland High School in Jermyn, PA. Kathy initially attended University of Pittsburgh, studying computer science but transferred to Penn State where she continued as a science major. She joined the softball team and her interests in sports led her to the field of sports information. After graduation, she interned at the Penn State athletics department and was then hired to work in sports information. After a couple years at her alma mater, Kathy moved to the University of Florida’s Athletic Association and was there for more than 22 years, working with teams that won six national championships during her tenure.

She found Oak Hammock through an online job posting and was eventually hired as a Communications Specialist. Kathy enjoys working at Oak Hammock because she loves to meet people from “different worlds” and getting to know them. She finds Oak Hammock a very welcoming community and will be cultivating media, online, printed matter, and video. Kathy was instrumental in obtaining major publicity for Oak Hammock’s recent Candidates Forum. She is an excellent resource for Oak Hammock and a great addition to our staff.



- Barbara Herbstman

## Rachael Romero

Welcome home to Rachel Romero who worked at Oak Hammock as an LPN while earning her RN. She returned because she missed the relationships she had made here even though she spoke of the great team she had worked with at Shands.

After her RN graduation, she transitioned to the Burn/ICU unit at Shands. In late July, she returned to us as the Registered Nurse Supervisor from 7 a.m. to 11 p.m. on Saturday and Sunday. That shift works very well for her plans that include starting to earn her BSN spring semester at Santa Fe. Her shift will permit her to complete her classes and clinical during the week.

For those of us who had friends or relatives in skilled nursing when Rachel was here before, her return is good news. She was accessible, responsible, and very nice! She can be reached at 352 339-4794.

In her spare time, Rachel enjoys gardening and grows vegetables, flowers, and fruit trees. Hopefully, she will explore our wonderful Bonsai group as well, an experience she has not yet had.

- Karen Miller



## Oak Hammock Honors

The residents of Oak Hammock would like to congratulate the staff members for achieving the following honors:

**Chris Rocks - Certified Dietary Manager**

**Joy Wilson - Certified Nursing Assistant**

**Monine Blanc - Certified Nursing Assistant**

**Pattie Shuford - Registered Nurse**

**Congratulations to all!**



The employee break area near the parking lot outside the kitchen recently received an upgrade.

- Margarete Ruth

## Employee Appreciation Fund Reception

**PLEASE SAVE THE DATE: WEDNESDAY, NOVEMBER. 16**

- A way to say, “THANK YOU”! This is our opportunity to show our appreciation through a voluntary program that benefits our Oak Hammock employees. Donations from our grateful residents are distributed to all eligible employees at an annual EAF Reception. This is our chance to show our gratitude to our staff no matter how long we’ve been here.
- Why should I donate? Our employees work without any monetary rewards beyond their basic wages and may not accept tips or gifts from residents. This is our opportunity to express our gratitude in a very practical way.
- Who is eligible? All full-time and part-time employees who have completed a 90-day probationary period. Those at the Director level or who receive a bonus or commission, contract workers, or UF employees are NOT eligible for an award.
- How is the fund administered? Oak Hammock’s Accounting Department administers the fund, insuring strict confidentiality and tax reporting. Payroll, in consultation with HR, prepares the list of eligible employees.
- What about confidentiality? All contributions are strictly confidential. No one outside the business of office has knowledge of gift amounts or donors.
- Is there a suggested donation amount? All donations are gratefully received! \$3-\$4/day per resident or \$100/month or 18% of the monthly fee. No gift is too small OR too large!
- How are awards given? Checks, based upon the employee’s hours worked, are distributed at the annual EAF Reception.
- How can I donate? Place a check in the Fee slot on the wall to the right of the Concierge desk. Envelopes are available for EAF donations at the table in the front of the Concierge desk.
- Important dates? Donations may be made anytime BEFORE Nov. 14, 2022; the EAF Reception will be on Wed., Nov. 16. WE HOPE YOU’LL COME!

**Thank  
You**

- Marcia Brant

## **CAP Trio Supports Ukrainian Victims**

Classical music lovers gathered in the Oak Room for a performance by the CAP Trio—billed as two violinists and a pianist. Make that *concert quality musicians!* Their music filled the air, followed by enthusiastic appreciative applause. These dedicated Ukraine musicians were performing for a purpose: to help Ukrainian musicians with daily expenses, housing, instrument repairs. Many Ukrainian citizens have lost everything. The CAP Trio’s love of music resounded with the determination of a people who will not give up.



A musical selection and donation information is available at  
<https://www.youtube.com/watch?v=LC9MD8B9Ujk>.

Help keep music alive in Ukraine.

- Barbara Dockery, content; Patsy Nelms, photo

## Hot Summertime Cool Stuff to Do!

Dr. John Gorrie, a physician living in Apalachicola, FL, was granted Patent #8080 (May 16, 1851) crediting him as the inventor of a machine to make ice (leading to air conditioning as well). *Wonder if Mrs. G. ever said, "John, you've just got to do something about this heat?"* Glad he got the message, making life more enjoyable—via thermostats.

Summertime is a great time to check out cool stuff around Oak Hammock. Visit building 2, first floor lobby to be amazed and amused with four looseleaf binders of laugh out loud humor (below, right). Wayne Forehand furnishes fun filled items to Janet Janke to compile into the collection. New material comes out every Monday, Wednesday, and Friday. Comfy chairs and cool air are furnished.

The cool long halls in building 1 and building 2 are treasure troves. Try a different route every day! The hall art is varied and colorful. It's easy to book a trip to local and to far-away places. For starters, try building 1, first floor: "Amsterdam Row". Or maybe "Monet Gathering". Another day try the 4<sup>th</sup> floor photo "This is My Smile!" (shown above right), a photograph guaranteed to cause grins.

On to building 2, second floor: "Animals Last Supper at Uluru" (Australia), a small, interesting work. Figure out the artist's signature for extra credit! The opposite wall invites a ride on the "Goodyear Blimp". No reservations needed.

Meanwhile, back to air conditioning: The John Gorrie Award is awarded each year to a graduate of the UF College of Medicine believed most likely to become a successful general practitioner. Can't get any cooler than that!

- Barbara Dockery



## Second Concert to Benefit Ukraine Musicians

As previously mentioned, the CAP Trio—billed as two violinists and a pianist, performed for us. Make that *concert quality musicians! But we weren't done!*

A second benefit concert, "Music of Sergei Rachmaninoff," featured pianist Anastasiya Naplekova's return to the Oak Room. The waist-length blonde Ukrainian-born acclaimed pianist gave a strong personal performance. Ms. Naplekova, an international performer, earned master and doctorate degrees in piano performance (Kharkov State University) prior to coming to the United States. A second doctoral degree in piano performance and pedagogy was earned at the University of Miami. Ms. Naplekova joined the UF piano faculty in 2019, earning a doctorate degree in music performance and pedagogy. She is an adjunct associate professor, teaching piano. Anastasiya proudly shares becoming a United States citizen. Her heart, of course, remains with those in Ukraine—especially fellow musicians. She will continue playing concerts, sending donated funds to her homeland. Hopefully, the music in their souls will not be silenced.

- Barbara Dockery, content;

photos, Katherine Osman and Main Street Daily News



## The Art League at Oak Hammock

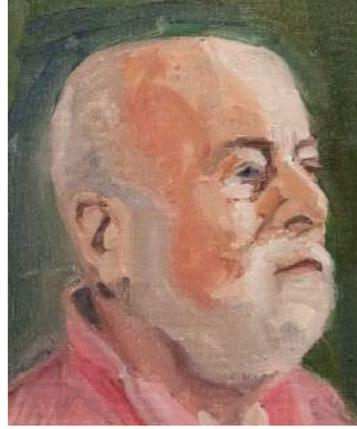
*“Art lives through the imaginations of the people who are using it. Without that contact, there is no art”, - Keith Haring.*

With that phrase in mind, we are always bringing art to Oak Hammock with our art shows in our various venues. The Art Studio, for example, has a brand new show displaying the works of the participants in the Open Portrait studio. The opening reception for this show was Sunday August 14, from 3 to 5 p.m. Jane Polkowski Levy organizes the open portrait painting sessions twice a month, with our Oak Hammock resident volunteers as the models. The artists consist of both Oak Hammock folks and Gainesville artists and is held in the Multipurpose room at 7 p.m. on two Tuesday evenings. We welcome all interested parties to join in, as either an artist or a volunteer. If interested for either role, please check with Jane.

Don't be frightened when you are walking through our mini gallery that is on the walls between the Wellness Center and the Health Pavilion entry. There are tigers, leopards, elephants, and many other creatures watching you from the sidelines. Midge Smith, our mini-gallery director, presents the works of an amazing Gainesville Portrait and Wildlife photographer, Patsy Weingart.

Take a stroll through the “Oak Hammock Residents, Staff and, Family Show”, which will remain until October 15th. The gallery hall by the Oak Room now has enhanced lighting that really improves the viewing pleasure of the art hung there. That is a longtime wish fulfilled. Thanks, Oak Hammock!

The next show planned for the main Oak Ham-



Painted portraits of residents Bob Shaw and Jean D'Costa

mock gallery is 2022 Gainesville Fine Arts show. Applications can be found at the reception desk in the blue folder, and should be returned by the deadline of September 16, to the yellow folder. This show is open to Oak Hammock residents as well as GFAA members. A total of \$1,130 award monies will be given out for 14 awards; that includes 4 specific awards: (1) an art appreciation award for best human portrait or abstract painting, (2) an award for someone recently taking up artwork, (3) an award for artwork best depicting human emotion, (4) artwork depicting the art of voting (non-partisan) and citizen participation, plus 10 other non-specific awards. Art classes will start up again in the fall, so keep an eye out for notifications and sign-up sheets in a few weeks.

- Marion Siegel, content;  
Jane Polkowski Levy, photos

## Around Oak Hammock



1. Our new bus (Janice Malkoff)
2. New signs on campus (Janice Malkoff)
3. Baby Lilly Rocks visits (Magda Berken)
4. Backyard flower (Karen Arola)
5. Armadillos (Ted Koontz)

### Ninety Blue Ribbon Winners!

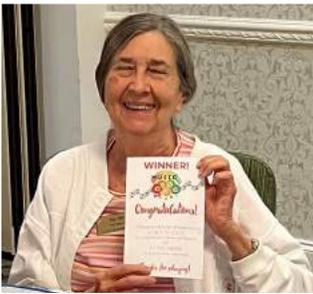
The Oak Hammock Gallery Board thought “outside the box”—inviting Oak Hammock residents and family members + Oak Hammock staff and family members—to submit art works. Ninety works of art, featuring a wide range of art media, are currently on display on the upper lobby gallery. To celebrate (and who doesn't like that?), a reception welcomed artists and lovers of art. Kudos to Jane Polkowski and her volunteers for organization, to Dick Martin for videography, and to Chef Justin (who reportedly started at 3 a.m. to prepare the sumptuous spread). The exhibit will remain until October 15<sup>th</sup> and is available at <https://www.youtube.com/watch?v=Tust4OkoXgc>. No individual awards were given. It's a *Ninety Blue Ribbon* art show!

- Barbara Dockery, content; Michael Levy, Kathy Cafazzo, photos



### Entertaining Times!

From the music by The Bookends, to Trivia, to Music Bingo, to Dan Flock's easy listening style and even Elvis...Oak Hammock has some fun things going on. Check the calendar and join us. You might be surprised at how much fun you'll have!

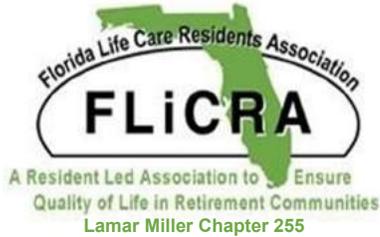


## In the Know

At Oak Hammock, information is often gleaned from other residents or from Susan Young, who seems to know everything, but below are some names and contact information for specific areas.

Area of interest	Contact person	Telephone	E-mail	Notes
Garden and shed assignments	Peg Owens	352-354-2415	pegowens99@gmail.com	Application required
Greenhouse bench assignments	Ron Schoenau	352-372-6589	ron@ufl.edu	Application required
Needlers	Ann Carlson-Bonus	352-338-9689	carlsonann@aol.com	
Oakwoods (woodworkers)	Leon Glaze	352-378-3586	Leon3223@gmail.com	Annual fee is \$60
Art Room	Marion Siegel	352-373-3192	emeress132@gmail.com	
Bee Buddies	Ray Goldwire	352-375-4480	hrgoldwire@gmail.com	Maintain bee hives and harvest honey
Hammock Electronic Assistance Team (HEAT)	Bill Castine	352-328-0962	bill.castine@gmail.com	Assistance with computers and peripherals
Recycled Riches	Valerie Griffith	352-338-8061	valrx1@gmail.com	Donations for apartment sales
Special and Vintage Treasures	Judy Plaut	352-371-1301	smplaut@gmail.com	Smaller donations of unique or fine quality to go into the ice cream shop cabinets
Jewelry	Judy Plaut	352-371-1301	smplaut@gmail.com	Donation of jewelry, purses or scarves
Art in the Corridors	Chris Kaufman	772-485-6678	Chriskaufman39@gmail.com	Donation of art
<i>The Oak Leaf</i>	Patsy Nelms	352-505-5320	patsynelms1@gmail.com	Monthly resident newsletter
INFOH	Michael Levy	352-377-5979	Levy@ufl.edu	Resident website
Library	Janet Janke	352-372-8610	jrjanke147@gmail	Donate books or help process them
Genealogy	Madeline Mitchell	352-376-5305	Rngmaddy@gmail.com	
E-team	Bill Castine	352-328-0962	bill.castine@gmail.com	Circulate announcements via e-mail
Macintosh User Group (OHMUG)	Bill Castine	352-328-0962	bill.castine@gmail.com	Meets the 4 <sup>th</sup> Thursday of the month except Nov. & Dec.

- Bev Cone, Bill Castine



Oak Hammock is a non-profit. What does that mean?

There are no owners or stockholders. We do have a board made up of both residents and nonresidents of Oak Hammock. This board and residents have to work together to make it work.

The Residents' Council that represents all of us is the liaison between the outside Board and the Residents. This is why it is so important to be an active member of the Residents' Council. Whether running for a place on the RC board or being active on one of the committees, our success depends on all of us taking an active part in our community.

- Mary Sanford

## Holleran Survey 2022

Be on the lookout!

Holleran, an independent research firm used by many CCRCs nationwide, will be conducting an Independent Living satisfaction survey in the very near future. This survey is critical to our continuous improvement process and will provide a comparison to previous surveys and a benchmark to use in the future. You will be able to take the survey electronically or by paper. More information will be forthcoming.

If you have any questions, please contact Katherine Osman at [kosman@oakhammock.org](mailto:kosman@oakhammock.org).



**HOLLERAN**  
COMMUNITY ENGAGEMENT RESEARCH & CONSULTING

## Oak Hammock in 2030

*I wrote this article hoping it would stimulate discussion, interest, and then action. It is not impossible to achieve the goals laid out and for the September 2030 edition of The Oak Leaf to publish this article.*

In September 2030, Oak Hammock is well on its way to becoming carbon-neutral by 2040. In 2022, the community resolved to build on recent progress to reduce its water, energy, and waste footprint significantly.

In 2023, the residents, management, and Board of Directors collaborated to develop a detailed plan to achieve specific measurable goals by 2030 and aim to go completely green by 2040. Oak Hammock is now recognized as a national leader among retirement communities and is sharing its experience with others.

*How did we achieve this goal?*

We started before 2022, with a Residents' Council Greening Oak Hammock Committee. This raised awareness and led to modest improvements. More important was the installation of solar panels on the roof of the main building, which began generating electricity in 2021. In the same year, well before Gainesville adopted its Zero Waste Ordinance focused on reducing food waste, a resident subcommittee began exploring ways to recycle food waste from our main kitchen. The ordinance led to the reconstitution of that committee, and, before the end of 2022, it had identified several options to consider. Management and the Board were supportive, and we began composting all our food waste in 2023.

This led to the achievement of more ambitious goals. We are proud of the following accomplishments:

- All kitchen food waste is now composted, combined with composted landscape and garden waste, and recycled to enhance the soil for all new plantings.
- We have reduced our electricity usage by 20% and increased the proportion generated by solar panels to 25% of total usage. This has saved Oak Hammock hundreds of thousands of dollars, that is being reinvested in smart electricity controls and better insulation.
- We have reduced our total water consumption by 20%, through incremental retrofitting of all our plumbing to be more efficient, and re-landscaping to be "Florida Friendly"; this has enabled us to reduce irrigation by 30%—a significant portion of our total water use.
- Adopting Florida Friendly landscaping and composting has enabled us to reduce fertilizer use to nearly zero and to reduce pesticide use by about 40%. Further, the new shrubbery is absorbing more carbon, offsetting much of what we do emit.
- Our landscapers have adopted battery-operated equipment for blowing, trimming, and mowing, thereby reducing emissions and noise pollution significantly.
- All Oak Hammock vehicles and about 50% of our residents' vehicles are now electric or hybrid. This reduces our automobile emissions significantly.
- Part 2, "How Oak Hammock Can Become Carbon Neutral by 2040", will be submitted soon.

- Doug Merrey

## Recycled Riches

Recycled Riches is about to become a consulting group. We simply do not have enough volunteers to sustain our Flash Sales. What are YOU willing to do to keep this program alive and well and helping our members and staff? Most of our sales, including Special Treasures, go to our staff. This is an added benefit for them. A lot of our residents' donations go to areas of Oak Hammock such as the library, art league, needlers, office supplies, dining, catering, furniture for various areas including floor parties, etc. If Recycled Riches does not exist, all of these areas will suffer and our bottom line will increase. HELP!

The alternative to Recycled Riches is that everything will be donated to another charity or put in the trash. Our next meeting will be on Monday, August 29, 11 a.m., in the Acorn Room. Come join us. Please observe current rules for Covid-19.

- Valerie Griffith, Chairman, Recycled Riches

## New Resident Luau

The New Resident Class of 2021-2022 Luau was very festive. People were dressed up, great music, the decorations were beautiful, and the food...Wow! Meatballs, Hawaiian Chicken Kebobs, Tiki Pork Sliders, lots of fresh fruit, and a delicious poke bowl station! And a real treat of fresh Bananas Foster—as well as other goodies, and delicious cocktails and wine to enjoy with the food!

The best part was getting to meet and enjoy the company of all of our neighbors. Smiles and laughter were everywhere, and lots of us had on beautiful scarves, pretty flowers, and were draped with the lovely leis that were given to each person. There were several planned activities—a contest to name all the new neighbors to win a gift card, a big jar with pretty flowers was at the entrance—a prize for the person who guessed how many flowers, and lots of dancing to the beautiful music.

It was a truly exciting, relaxing, and fun time to be together on a Friday night at Oak Hammock. Welcome to our new residents, and let's continue to enjoy each other at our many wonderful parties. Thanks to the staff that did such a beautiful job decorating and arranging this fun time together.

Did you know that we have many talented and experienced new residents? Besides good gator fans and Rhodes Scholar mentors, one has ridden in a Black Hawk helicopter, someone lived on a sailboat for 6 years with his cats, one resident lived and taught in Asia, we have a certified scuba diver, lots of tennis players, bike riders, bridge players, golfers, and others with interesting hobbies. This is what makes Oak Hammock a special place to live.

- Bev Cone, content; Katherine Osman, Kathy Cafazzo, photos



## Political Hot Line

While we eagerly await the results from the Primary Election, it is time to look at the upcoming election in November. There are a number of candidates to consider for national, state, and local offices. Most prominently, we will elect a senator and a congressman at the national level, a governor, a member of the Florida Senate, a member of the Florida House, an Attorney General, a Chief Financial Officer, a Commissioner of Agriculture, a State Attorney, a number of judges at the state level, county commissioners, and members of the Soil and Water Conservation District Groups 1, 2, 3, 4, and 5, at the local level. In addition, there will be a number of issues to vote on; specifically, three Constitutional Amendments, an Alachua County Referendum, and a County Ballot Initiative. This is quite a handful, to say the least.

There are a few places to get help. The League of Women Voters usually prints a guide to the Constitutional Amendments, giving the pros and cons of each amendment. There is also an online site that will be most helpful, also sponsored by the League; it is [vote411.org](http://vote411.org). There, you will be able to get a glimpse of your ballot. You can look up the various candidates and visit their websites to garner information about them. The Alachua County/Gainesville League of Women Voters will be interviewing local candidates and that site will be posted online for you to use at your convenience. These are just a few suggestions to help you vote wisely. It is not an easy task but the price of democracy is, in part, well-informed voters.

-Barbara Herbstman

## Get Ready for the November 8 Election

Save the date: Tuesday September 13, 7-9 p.m., Oak Room, League of Women Voters Meeting featuring Barbara Oberlander, "Why Should I Vote? Your Vote Matters!"

At this meeting, you may also receive a form to update your vote by mail request or sign up for supervised voting to be held October 12 in Assisted Living.

The nonpartisan LWV October 11 Meeting will feature information on the November ballot initiatives.

- Catherine Morsink

## They're At It Again!

What do Meryl Streep, Madonna, and Cher have in common? They crochet to relax! Medical studies have shown that the repetitive motion of crocheting is a healthy activity. It relieves stress and anxiety, lowers blood pressure and heart rate. Crocheting scores extra points for being a natural socializer. Anne Carlson-Bonus and Doris Greene used Oak Hammock Needlers crochet work, creating a display case on the Lower Level (near the pool table). Crocheted clothing dominates high fashion. Perhaps a hidden talent is lurking nearby.

Needlers meet weekly at 2:30 on Thursday in the needle arts room, which is open daily for everyone to visit and enjoy using. - Barbara Dockery



## Pony Express to Drones

Mail was delivered via the Pony Express in the 1860's. Maybe the cost of oats and hay ended the service. The United States Postal Service (USPS) faces inflation and increased operating expenses. Adjustments continue to provide *the lowest letter-mail postage rates in the industrialized world*. The FOREVER stamp was created (2007) to assure mailing a First-Class letter, no matter the postal rate, of a normal-size letter weighing one ounce or less to anywhere within the U.S.

Think your letter is heavier? Be sure to weigh it prior to affixing a Forever stamp. Heavier letters will be returned due to lack of postage! It's more economical to purchase added postage than using two Forever stamps.

Not sure **when the mail's been put up** at Oak Hammock? Check the Concierge desk. American flag in the red vase is the clue! Future mail alerts may refer to drone deliveries.

Having trouble with **opening your post office box**? Try turning your key to the LEFT. Should work every time. (Hmm. Do lefties have a problem too?)

- Barbara Dockery



## Rock and Roll with Mark Raisch

The Oak Room was rockin' and rollin' with about 35 residents on the evening of July 26. Mark Raisch sang a variety of songs like Roy Orbison's "Pretty Woman", Jerry Lee Lewis's "Pink Cadillac", and The Drifters' "Up on the Roof". Not only was there singing but the wooden dance floor was getting a good workout...especially from Anne Margoluis. Hopefully when Mark returns, more will join in to enjoy this rockin' show. Be sure to bring your dancing shoes.

- Jeani Valter, content; Jeani Valter, Bill Castine, photos



## The Music Man and Friends!

Chris Patti made his Oak Hammock debut recently. And he brought along special friends—Elvis, Dean Martin, Elton John, to name a few. Chris loves all music and loves to share it. He delighted a receptive audience with renditions of favorites that had folks joining in the chorus. Chris and Neil Diamond's "Sweet Caroline" had folks up on their feet, doing the traditional arm (plus other body) moves.



Frank Sinatra's "New York, New York" concluded the evening. Chris responded to calls of an encore. His rendition of Sinatra's "I Did It My Way" ended a perfect musical evening. Hopefully, Chris Patti will be in the Oak Room again soon.

- Barbara Dockery, content; Bill Castine, photos



## Benevolent Fund

Since we last reported on the contributions to the Benevolent Fund, a total of \$40 was received in memory of Richard Robinson. - Jonathon Mann



## Sundae Sunday

On a sunny Sunday afternoon in July, Oak Hammockers celebrated National Ice Cream Month with treats in the Upper Commons. Ice cream was served with a variety of toppings, as well as cookies and brownies. Can you say, "finger-lickin' good"?

- Bill Castine



### Oak Hammock by the Numbers, August 1 Independent Living

	Total	Occupied or Reserved	Available to Sell
Houses	57	56	0
Apartments	212	211	1

- Nickie Doria

	Total	Occupied	Available
Assisted	46	45	1
Memory*	24	10	2
Skilled**	73	58	13

#### Health Pavilion

\* 12 units are set aside for quarantine

\*\* fluctuates daily

- Mary Sabatella

### Backstage Pass

The Active Lifestyle Committee took a group of 14 for a backstage tour of the Phillips Center for the Performing Arts with Brian Jose, the center’s director. We saw areas of the center that we wouldn’t normally see from the dressing rooms to the Black Box Theater without any seating in it. From the Green Room to center stage, Brian did a masterful job of highlighting the operation of the center and his role in making that happen.

After our tour, we went to Bahama Breeze for a relaxing outdoor lunch with breezes and Reggae music. A great day!

- Joe Gilkey



### 102 Reasons to Celebrate

It takes more than a day to celebrate a birthday—especially number 102!

Stella Makara’s friends got the celebration rolling with Coffee & Treats following Sunday mass. The next day—Stella’s actual birthday—the celebration continued in the private dining room. Knowing that Stella enjoys watching the birds and other critters from her room in skilled nursing, her friends presented Stella with a bird feeder (allegedly squirrel proof). While everyone enjoyed a fabulous birthday cake decorated with fresh fruit, her new bird feeder was being installed by Ray Umphreys (who graciously agreed to keep it filled with birdseed). Happy Birthday, Stella! Plans for a 103<sup>rd</sup> event are under way.

- Barbara Dockery, content; Bonnie Umphreys, photos





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**From Caterpillar to Butterfly**



Monarch caterpillars



Monarch chrysalis



Ready to emerge



Beautiful butterfly!

- George and Karen Arola



Four generations in the Oak Hammock Pool -  
 Mira Rinzler and her family.

- Bev Cone

**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.**