

Labor Day Picnic

Labor Day featured an indoor picnic. Tables were laden with hamburgers, hot dogs, ribs, fried chicken, potato salad, watermelon salad, and baked beans, topped off with fruit cobbler and ice cream. Delicious!

- Bill Castine, photos



The Oak Leaf Plan for Saving Paper

Due to the concern about paper usage, *The Oak Leaf* will no longer be distributed to all residents' cubbies in the main building nor doors on the street. It will be automatically sent to everyone's email address on record and by the E-team. It will continue to be posted on infoh.us and on Touchtown. For those residents who need a hard copy, they will be available in the lobby.

The Health Pavilion will continue to receive and distribute hard copies.

-The Oak Leaf Staff

Ariel Martinez

Ariel Martinez joined Oak Hammock in July as the night supervisor in the health pavilion. He is primarily assigned to skilled nursing but is available in the event additional help is needed in assisted living.

Ariel trained as a nurse in Cuba, where his mother still lives, coming to the United States in 2014 where he has been joined by his wife, children, father, and siblings. He has spent several years as an international travel nurse including in Pakistan, Haiti, and Qatar, and has been a travel nurse at both Shands and North Florida Regional. Primarily having worked as an acute care nurse, he is finding long-term care very satisfying because of the greater opportunity to get to know patients and families over an extended period of time.

In his time off, he enjoys spending time with his wife who is in human resources, his 21-year-old son, and his 18-year-old daughter. He spends time at the gym, on the bike, and reading. He also enjoys studying and is currently enrolled to become a legal nurse consultant, work that he can do part time on his own schedule.

We have Tracee Williams, our ARNP, to thank for telling Ariel about Oak Hammock. Ariel is the Nursing Supervisor from 3 p.m.-11 p.m. Feel free to call him at 352-339-4794 if you or a friend or a family member need to reach the Nursing Supervisor at night.

- Karen Miller



Vivian Burnett

Vivian Burnett joined Oak Hammock as a security officer in August on the 3-11 shift weekends. For the last fifteen years she has worked full time, four ten hour shifts per week, at Walmart's distribution center but on the recommendation of a friend and with enough energy to work additional hours, she applied to join our security department.

Vivian grew up in Gainesville as well as in Atlantic City, New Jersey. She enjoys gardening and shopping and mentioned the Oaks Mall and the outlets in St. Augustine and Orlando. We are confident she will enjoy the selections in Special Treasures. Please welcome her to Oak Hammock.

- Karen Miller

Siera Miller – Thank you to The Scholarship Committee and Donors

During my time at Oak Hammock, I developed quite a relationship with residents and staff on campus and found a way to further my career path. As of June, 2021, I became an intern for the sales and marketing department while working part-time as a server and attending school full-time.

It was challenging being a student and working simultaneously to offset costs. I had to figure out a plan to be successful, but I would not be where I am today without the scholarship program. I genuinely thank the scholarship committee and the program's donors for making my dreams a reality.

Now with a Bachelor of Science in advertising, I continue to intern with Oak Hammock but have an exciting journey regarding my future career path! As a marketing and proposal coordinator, I recently started working for a start-up engineering consultant company, ANTHEM Consulting Engineers. I'm excited to see where this opportunity takes me, and I look forward to the future. Thank you, OH I CAN! You've made a world of difference in my college experience!

- Siera Miller



Our Gator Lounge!

There are many different faces behind the bar lately. Our lovely and favorite Gator Lounge is being serviced by several different bartenders. Sarah has been here for a long time, as have most of the other regulars. Then several new bartenders have been added, and more are being trained. Many of us enjoy meeting for drinks in the bar and have noticed the new staff.

The bar is open Sunday through Thursday from 3:30 until 7:00 p.m. and from 3:30 to 8:00 on Friday and Saturday. Manuel is the bartender on weekends; during the week, Carson or Sarah will be serving your drink. On Friday, Val will be serving us. Quinn is also our bartender at certain times, and a new staff person, Ana, is also being trained to help out as needed.

When I went to ask about the changes, I talked with several enthusiastic servers about the new arrangements. Please stop in to welcome them, and enjoy ordering a special drink. Thanks to all who work in the Gator Lounge. It's a fun place.



Sarah and Manuel keep the party going!

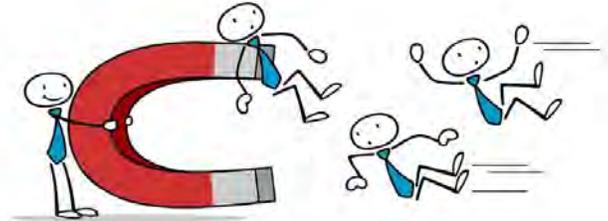
- Bev Cone

Employee Retention and the Appreciation Fund

One of the surprising phenomena, post Covid, is the shift in the labor market. Fewer people have opted to come back to the job market, and there seems to be more "job shopping" within the labor force. Many companies are trying to adjust to this new normal, and Oak Hammock is no exception. There are a limited number of ways to address this: Increased wages, benefits, staff recognition and healthy work culture are among the "tools in the toolbox".

We, as residents, can play our part in employee retention. Simple thank yous and pleasant interactions are very important. We also have another "tool" and that is the Employee Appreciation Fund (EAF).

Last year was a banner year for the EAF. The resident community (Independent Living, Assisted Living, and Skilled Nursing) donated a total of \$318,885.00 to be distributed to qualifying staff. The funds are administered and distributed through Oak Hammock's Accounting Department in conjunction with the HR Department to be sure that proper withholding for taxes is done. Over the years, an equitable system of distribution has been developed so



that the longer term employees receive a larger bonus than the shorter term ones. All full and part time employees must have passed their 90-day probationary period to receive a bonus. Those at the Director level or anyone who receives a bonus or commission, contract workers or UF employees are NOT eligible to receive an EAF award.

We hope that everyone will join in to show staff our appreciation for all that they do for us every day. Since we can't tip or give gifts, this is our one opportunity to express our gratitude in a tangible way that can really make a difference in their lives.

- Marcia and Bill Brant

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!

James Caliendo
Ashley Cantey
Myra Jones
Val Landers
Amber Mann
Kim Miller
Terri Milt
Solana Ortiz

Dining Services
 Skilled Nursing
 Community Services
 Dining Services
 Life Enrichment Activities
 Community Services
 Housekeeping
 Assisted Living

Luisa Schmelke
Letasha Stowers-Allen
Jenna Terry
Andrew Wilkerson

Housekeeping
 Dining Services)
 Skilled Nursing
 Maintenance



How Oak Hammock Can Become Carbon Neutral by 2040

In August, the Oak Leaf published an article entitled "Oak Hammock in 2030," laying out what we could achieve by then if we begin planning now. This is Part 2 of that article, offering a longer term, ambitious but feasible vision. The recent climate change law will support achieving this vision.

Carbon neutrality is a state of net-zero carbon dioxide emissions. It can be achieved by balancing emissions of carbon dioxide with its removal or by eliminating emissions. Carbon neutrality is the agreed international goal for Planet Earth by 2050 to reduce greenhouse gases. Many countries, cities, businesses, and university campuses have plans to achieve carbon neutrality. We should do the same. Our campus has a great deal of carbon-absorbing vegetation. As individuals and as a community, we can reduce our carbon footprint, thereby contributing to leaving our grandchildren a better world.

Achieving carbon neutrality is linked to achieving a "circular economy," which is a framework for managing and reducing emissions. It is a closed loop system involving 4Rs: reduce, reuse, recycle, and remove. The idea is to reduce waste and pollution, keep products and materials in use, and regenerate natural systems. By keeping resources in the loop, we avoid emitting greenhouse gases.

There are now several online carbon footprint calculators. Here is a link to the United Nations' calculator: <https://offset.climateneutralnow.org/footprintcalc>. We should use one of these to calculate our footprint. We have already begun reducing our footprint, for example by installing LED lighting and solar panels. Planning is underway to recycle our kitchen waste.

The first article summarized possible carbon-reducing achievements by 2030. The following goals can help us to achieve the next phase of Greening Oak Hammock, i. e., full carbon neutrality by 2040:

- Complete implementation of the innovations initiated during the 2020s: composting, smart air conditioning controls, water-smart plumbing, water-efficient landscaping;
- Incentivize reduced use of water and electricity, for example charging those using significantly more than average amounts;
- Incrementally replace our air conditioning and heating systems with more efficient and environmentally friendly heat pumps;
- Upgrade and expand our solar panels to generate at least 50% of our energy needs;
- Incrementally replace gas-fired water heaters with combination solar-electric heaters;
- Replace gas stoves in main kitchens with induction stoves, which have the same advantages as gas but do not emit greenhouse gas;
- Support GRU to maximize use of renewable energy and encourage localized solar panels; and
- Work with the County and City to support modernizing their waste management systems to reduce land-fill and carbon while increasing recycling.

These are all realistic, feasible actions we can take with current technology. Future technological innovations will reduce costs while achieving even greater results. But we need to start NOW.

- Doug Merrey



Missing Something?

Please remember to check the Lost and Found in the front lobby. You'll be surprised what's there: car keys, glasses, books, small electronics. You name it! So...before you panic, check with us!

Art League

A big welcome back to our Art League leader, Susan Bankston who, after a refreshing summer in the Mountains, is back at Oak Hammock, and ready to go. She has arranged for an Art League program in the Oak room on Tuesday, September 27, at 4 p.m. featuring part one of a documentary trilogy about Salvador Dali, using archival footage, images, and rarely seen documents. What better way can there be to spend a fascinating hour on a late September afternoon. Plan to attend!

Susan is already engaged in arranging for some upcoming art classes, to be announced as soon as possible. Several of our newly arrived residents have inquired about the use of the Art Studio. We want you to know that it is available for anyone who would like to work on an art project. It is probably a good idea to check in with Susan Bankston or Mary Sue Koepfel to make sure the art studio is not in use at that time. We ask you to please respect the space for other artists, clean up when done and please no oil painting since the ventilation is not adequate for the chemicals involved. All other media are acceptable.

We are hoping to be able to change that rule sometime in the future. The art studio is open for anyone to come in and browse. There is a signup sheet on the wall for any artist who would like to do a one-month show featuring his/her own original art.

Jane Polkowski Levy's Open Portrait studio show in the art studio will be coming down on September 13 to be followed by an exciting new show by our own Ginny Schrader. Ginny has been busy these summer months painting away to prepare for this event. We wait with great anticipation to see what her magical brush and great sense of humor will reveal for us. Watch for posters announcing the opening.

Coming up in the Oak Hammock Art Gallery is the GFAA judged art exhibit. The deadline for applications, which are found in the blue folder at reception, is September 16. Entry fee is \$30 for GFAA members and \$60 for nonmembers to cover the costs of the awards and ribbons. The show will open on October 16, 2022 - January 7, 2023. Opening reception is Sunday, November 6, 3-5 p.m. in the Upper Commons.

Take a stroll down the Mini Gallery. Midge Smith is the director of this little gem, and you will be wowed by the amazing photography of Gainesville Wildlife artist Patsy Weingart. It tweaks one's imagination to think about the skill, patience, and steady nerves it takes to capture these stunning photos. If you don't know where the Mini Gallery is, it is the long hall between the Wellness Center desk and the entrance to the Health Pavilion.

"It is never too late to be what you might have been!" George Eliot

- Marion Seigel

Mini-gallery Art Show Artist

Patsy Weingart is a Gainesville "girl" who grew into a distinguished wildlife photographer—as you can attest when viewing her works displayed here. Some might refer to as a "late-er bloomer" because she didn't take up photography until she and her high school sweetheart husband had their 4th child. The first subject of her "picture taking" journey was children—but one trip to Africa was all it took to switch the subject of her photo interests to wildlife and to start investing professionally in the process of photography, e.g., getting better equipment and learning more and better techniques.

She has years of experience photographing wildlife in their native habitats; Africa is one of, if not THE, favorite place she chooses to visit, again and again.

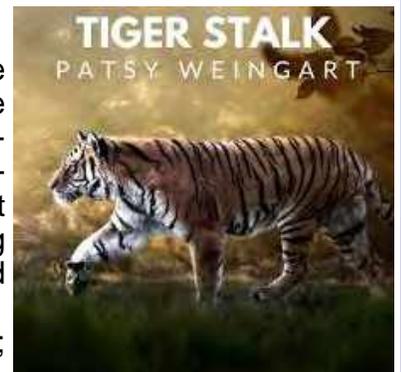
She may sit at one site for hours—before dawn and just before sunset, waiting for something special to unfold. She isn't fearful because she is very, very careful and, she said, *"I tend to forget about danger when I have a camera up to my face."*

For you camera buffs, her safari equipment is: two camera bodies (Nikon D4 and D850), two lenses (a 600 mm, and an 80-400), iPad, chargers, and batteries. Her walk-about camera is the Nikon 24-120 with general purpose lens.

After the photos are taken, the "real" work begins—editing, editing, editing. While the animals you see in her art are as recorded by her camera, the surrounding environments may be changed or enhanced to try to draw the viewer in, to connect more with the animal in the photo. Prints are on metal or canvas or fine art print (matted and framed).

Patsy donates her skills, images, artwork, time, and funds to support women, orphaned children, and many wildlife causes, especially, orphaned animals. She also provides reference images at no charge to help other artists who share her passion. Midge Smith is her contact person. For info about a print, contact her at: 352-317-2796 or pnweingart@gmail.com

- Midge Smith



Dan Flok Pop Up!

Oak Hammock residents always enjoy an evening with guitarist/singer Dan Flok. The August 30th performance in the Upper Commons brought more delight and esprit de corps than usual, because of a pop-up surprise feature. CEO Kevin Ahmadi, Director of Community Services Katherine Osman, and Oak Hammock staff created a bourbon tasting bar with 6 different bourbons and a cocktail along with delicious appetizers.

The result was the whole crowd (staff included) danced, sang, and warmly interacted with each other. It was a wonderful way for new residents to feel at home.

Bottom line: attend as many Oak Hammock events as possible because you never know if there will be something extra happening!

- Carole Zegel, content;
John Furches and Patsy Nelms, photos



It's Mega Pop Time!

The scent of buttery popcorn wafts through the air, beckoning people to visit the Gator Lounge. Americans love to eat this "granddaddy of all snack foods". And that includes the folks at Oak Hammock. Thanks to Charles Cretors of Chicago for inventing a mobile popcorn cart in the 1880s, creating easier accessibility. The Gator Lounge's commercial "theater pop" machine uses packets of whole grain corn, coconut oil, and salt that produce a dairy/gluten free product. No harsh chemicals are used to clean this wonder machine after each use. The machine is cranked up several times a week. Just follow your nose to get some freshly popped corn—FREE! Yes, that's right. No purchase necessary. But you just might want to sip a favorite beverage while munching.

- Barbara Dockery



Back to School in Orange & Blue

Traffic jams, crowded restaurants, long lines. Three cheers! The students are back, adding zest to life in Gainesville. Might as well join in the fun. A few quick pointers: it's Orange & Blue (not blue & orange). Remember to extend the right arm *over the left* and move arms up and down when doing the Gator Chomp. Just hum the Gator Fight Song as the 450 members of the Pride of the Sunshine State band performs every time the Gators score a touchdown. Finally, at the end of the third quarter, it's *mandatory to sway in your seat*—while singing "We are the Boys from ole Florida" (lip syncing is acceptable). Former alliances matter not. Hey! You're in Gainesville—where It's Great to Be a Florida Gator!

- Barbara Dockery

Gators

Tioga Restaurant Trip

We met for a bus ride to Town of Tioga on August 30 at lunchtime. There are several choices of restaurants in the shopping area where we went. Several people went right away to Dave's New York Deli for sandwiches and cheesesteaks, where we hear that the pastrami sandwich was especially delicious, as well as the fries.

Three of us meandered around the area, checking several of the eating places available, finally deciding on "Local Provisions". We were seated in a lovely, quiet dining area, which was very pleasant. We ordered appetizers, salads, and sandwiches. The French fries were delectable there, too, and the salad—with lots of cherries and other fruit, and big nuts—was a real treat.

Afterward, we got together outside, where people were chatting together. Kenneth brought the bus back for us, and we headed home. I am looking forward to leftovers for dinner! It was fun to be together to share time and a pleasant atmosphere and delicious treats. I love these planned restaurant trips, to be with Oak Hammock residents in a different setting.

- Bev Cone, content;
Margarete Ruth, photos



Phillips Center Preview

Brian Jose, Director of the University of Florida Performing Arts (UFPA), came to Oak Hammock to give us a preview of the 2022-2023 season. He brought a very well organized presentation in which most artists had a moving film clip that was a tempting preview of their work. To see a video, go to <https://performingarts.ufl.edu/> and click "Watch the Preview." The season runs from September 23 - April 23 and includes performances in the various venues, all under the auspices of UFPA.

The best way to buy tickets for productions is to go to the Phillips Center box office and select the seats you'd like. They're open Monday-Friday, noon to 6 p.m., and 2 hours before any UOFA performance. Another "best" way is online 24-7, performingarts.ufl.edu. The box office phone number is 352-392-2787 and that also is a reliable way to contact them during box office hours.

- Tallulah Brown

Learn to Square Dance with a Live Caller!

Our website is www.ohsquares.com

Casual clothing, slacks, shorts, a simple dress, tennis sneakers are all fine.

Begins

**Sunday September 25 , 7:30 p.m.
in the Fitness Center.**

Bring smiles and a partner if you have one. No partner? No worries! You may find one at the teach.

- Don Crosby



UNIVERSITY OF FLORIDA
performing arts

There's Still Time To Tell Us!
If you haven't already taken the Holleran Survey, please do. The survey is live through Monday, September 19

Santa Fe Teaching Zoo

A tortoise, a skink, a snake? At Oak Hammock? Yes, all members of the Santa Fe Zoo! There were two students and a teacher from Santa Fe who gave a wonderful program in the Oak Room about the animals at the zoo, explaining about the outreach and teaching, telling us some of the names of the animals—like Pretzel and Popcorn—and describing how the zoo is managed on a day-to-day basis, working with UF vets, training the animals at the zoo, and animal nutrition. Besides the animals they

brought, they have eagles, alligators, many birds, and other snakes. The students who work there deal with these animals every day, and learn about them that way—first-hand education.

A field trip is being planned by Oak Hammock, perhaps in October, to visit the zoo. Watch for details.

- *Bev Cone, content;*
Sandy Furches, Patsy Nelms,
Margarete Ruth photos



Recycled Riches

Recycled Riches is now divided into two parts. The Special Treasures and Jewelry is in the Treats and Treasures Ice Cream Shop and Judy Plaut will accept your donations for that area. Call her for information.

If you or someone you know is considering moving or downsizing, please call Valerie Griffith or Judy Plaut so that we can give you information about what we can use at Oak Hammock and what other resources are available for donations. The sooner we can visit with you and/or your family, the more help we can give you. We can save you hours of sorting and packing. We also have some resources such as boxes, tape, wrapping supplies, etc. for the items we can use.

At this time, all Flash Sales and Apartment Sales are on pause again. We will let you know when we have more volunteers to continue these events or find another way to help residents dispose of unwanted items. We are always open to suggestions if you are willing to help.

Our next meeting is Monday, September 26, at 11 a.m., in the Acorn Room. We will be discussing the purchase of additional AED's. Please join us.

- *Valerie Griffith, Chairman, Recycled Riches*



Oak Hammock Singers Resume

"At Oak Hammock, we will sing and share our music."

- *Patsy Nelms*

Walking Steadiness as a Fall Prevention Aid

Apple is working on catching a decline in mobility before calamity. They have developed a feature that uses the iPhone's built-in sensors and a specialized algorithm to assess the user's balance, stability, and coordination as they move and walk. This isn't the add-on used only to actively track standalone exercises like a wearable device; instead, Walking Steadiness can capture large amounts of data passively over time and identify trends (just if the user carries the iPhone on their person).

Understanding Walking Steadiness is simple by design. The feature collects data using the iPhone's sensors then provides a score to grade movement: OK, Low, or Very Low. This score was developed using the Apple Heart and Movement Study, which drew from data provided by 100,000 participants of all ages—Apple claims this is the largest data set ever used to study fall risk. Rumor has it that another, more focused study featuring 2,000 participants 55 years and older was also used to develop the feature. Data from users who walked with the phones in many ways were also used, since people commonly hold their devices in pockets, purses, and in their hands.

iPhone calculates Walking Steadiness using walking speed, step length, double support time, and walking asymmetry data stored in the Health app. Steadiness is related to fall risk. As steadiness goes down, risk of falling goes up. Walking steadiness is not an indication of how likely a fall may occur, but an overall sense of fall risk in the next 12 months. Changes in a resident's walking steadiness can be a symptom of other health problems. These can range from issues such as poor vision or arthritis to Parkinson's Disease or depression. Some medications can also affect steadiness.

By tracking walking steadiness over time, a resident can see changes before they become pronounced. The sooner a problem is noticed, the sooner the resident can improve steadiness and/or take actions to reduce the probability of falling.

- Bill Zegel



Works of Art in Wood

Woodworking requires inspiration and patience! Remember Pinocchio? He was a wooden puppet carved by Geppetto in a Tuscan village, becoming a much-loved character in children's literature. Oak Hammock's dedicated group of woodworkers (the Oakwoods) are a talented bunch. They create items that are useful—and beautiful.

Fran Woods and Jesse Arnold use woodworking to create a canvas challenging the eye. Fran began carving as a six-year-old, getting more serious when moving to Oak Hammock in 2010. He uses basswood, a southern growing tree that has a fine grain and accepts paints readily. Fran explains, "I sometimes use up to thirty coats—diluted with water—allowing time for each to dry before adding the next coat. I rely on photographs as models and enjoy duplicating nature."

Jesse Arnold started intarsia woodworking after he retired in 2002. This type of woodworking is the art of creating a mosaic like picture from pieces of wood, selected for a particular color and size. Jesse shares, "I also use basswood for its ability to be flexible and accepting stains. It allows you to be creative. The Oak Hammock wood shop is very well equipped to do intarsia woodworking."

Works by Fran and Jesse have been added to the Oakwoods display case, located on the lower lever next to the business office. Wanting to refresh literary memories? The Alachua County Library offers a copy of *The Adventures of Pinocchio*. Happy reading.

- Barbara Dockery, content; Bonnie Umphreys, photos



Library Display Window + Beaches Around the World

The Library Committee chair, Janet Janke, sent out a request for residents who had written a book or two and would like to be included in our display case. The authors who responded were Vicki Bricker, Bernie Van Emden, Hank Pennypacker, and Raymond Gay-Crozier. Kate Wilkinson shared her late husband Ed's book and Adele Graham helped us gather up Bob's many books.

Ann Elnicki is always the artistic designer for the window, and she never disappoints us. Beth Paul is her assistant who helped with the interviews and writing up the authors' biographies. And what a wonderful variety we received. Vicki spent many years studying the Mayan people, culture, and language. Bernie was an engineer and an entrepreneur who put together a laboratory manual for transistor radios. Raymond wrote books in English and French with a specialty on Albert Camus. Hank, a psychologist, wrote about solutions to behavioral problems. Ed Wilkinson had an illustrious career in pathology and put together a book on tips for living well. Everyone knows of Bob Graham's service to his country as a senator and as Florida's governor. His books include some of that service, some gleaned from his experiences while working in government, and even a novel, and a children's book.

Working on the window turned out to be a labor of love as we read over the books that were contributed and met with the authors or their spouses. And, as always, we need to thank Julie Ann Ariet for helping us out. If we missed you this time and you would like us to showcase your book(s), there will be another opportunity to share them with us.

- Beth Paul

Be sure to check out the Beaches display window produced by Julie Ann Ariet. The first half shows interesting and unique beaches that Oak Hammock residents have visited. The second half has fascinating beach collections belonging to residents.

- Patsy Nelms



Outside-Inside Air!

Ever wonder how many times the *same air* is recycled via air conditioning? Take time to enjoy some fresh air without having to go outside by strolling the atriums in Building 1 and 2. A visit to the third floor (in either building) will delight the eyes and other senses. The variety of greenery and art collectibles echoes the personality of people occupying the apartments. Sometimes nature provides "extra" attractions (treefrogs, birds, lizards, skinks – even armadillos). Be sure to check out both sides of the walkway. Look up to the floor above, below, and the ground level too. The residents use nature's colors and seasonal celebrations to enhance their areas. Enjoy the fresh outside air—inside! Warning: It's lovebug time. Best to breathe through the nose. They DO taste awful.

- Barbara Dockery



Benevolent Fund



Since we last reported on the contributions to the Benevolent Fund, a total of \$3,540 was received in memory of Robert Gentry, Ellen Efros, Gary Olsen, and Susan and Paul Robell's dog, and in honor of Susan Young, Jon and Emily Higdon, and Pat Liston.

- Jonathon Mann

Ruth Perraud and Her Formerly Feral Cat, Cappy

About 8 or 9 years ago, Ruth Perraud saw a feral cat wandering near her house. She started putting out food for him, and the cat slowly responded to her. Even though the cat was feral, Cappy eventually found his way into Ruth's heart, house, and then even into her bed where he slept with her. Cappy is an outdoor cat, however, so when Ruth transitioned from the street into an apartment, Ruth had to leave him behind. Ramona Frasher now makes sure Cappy gets fed, but Ruth manages to visit him every day and give him some treats.

Ruth misses Cappy, but her granddaughter gave her a new cat, an Angora named Lola. And just as the song claims, "Whatever Lola wants, Lola gets." Another lucky cat!

(Notice the large mushrooms in the lawn behind Ruth and Cappy.)

- Beth Paul content; Patsy Nelms, photo



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

The FLICRA staff in Tallahassee is already gearing up for the next Florida State Legislature that starts on March 7, 2023.

Of the many bills filed, there could be 100 that could impact our quality of life. The staff in the Tallahassee office have been following all the bills that have been filed that could affect us. That's a lot of work and it's all for our benefit.

- Mary Sanford

Have a suggestion for a movie?
Please let Katherine know via email at kosman@oakhammock.org

Beautiful Berries by the Boardwalk



- Karen Arola

Behind the scenes at the McGuire Center

Eighteen Oak Hammock residents went behind the scenes at the Florida Museum's McGuire Center for Lepidoptera and Biodiversity on August 23. This Natural History Society visit was guided by Drs. Keith Willmott and Andrei Sourakov of the Center.

The McGuire Center has one of the largest research collections of butterflies and moths in the world. Andrei showed us a few of its thousands of glass-topped drawers holding pinned specimens and gave informative answers to our many questions.

Keith took us to other parts of the Center and explained how DNA sequences are used for identifying and classifying butterfly and moth species. He introduced us to Dr. Jaret Daniels, whose lab is working to save endangered species like the Miami Blue and the Schaus's Swallowtail. Keith and Jaret also fielded many questions from our group, who found the tour fascinating.

After the tour, members of our group visited the Butterfly Rainforest and other exhibits, then we capped off the outing with a pleasant lunch at the Peach Valley Cafe.

- Tom Gire, content;
Sandy and John Furches,



At left: Andrei Sourakov
Above, from top: The Oak Hammock group at the bus;
Group touring with Keith.

Football Tailgate Party

We gathered in our favorite fan gear and enjoyed an evening of tailgate snacks and Oak Hammock company. Orange and Blue Gator colors were in abundance, but we also were represented by Pitt, Michigan State, and others.

This pop-up party seemed spur of the moment, but our very active staff, chefs, and servers had to go to a lot of trouble to entertain us. And many residents lingered long after the wings, tater skins, and sliders were gone, just to visit with friends. Can we get any luckier? Well, yes, the Gators could have beaten Kentucky on Saturday night, but we will try to stay optimistic about the coming season.

- Beth Paul



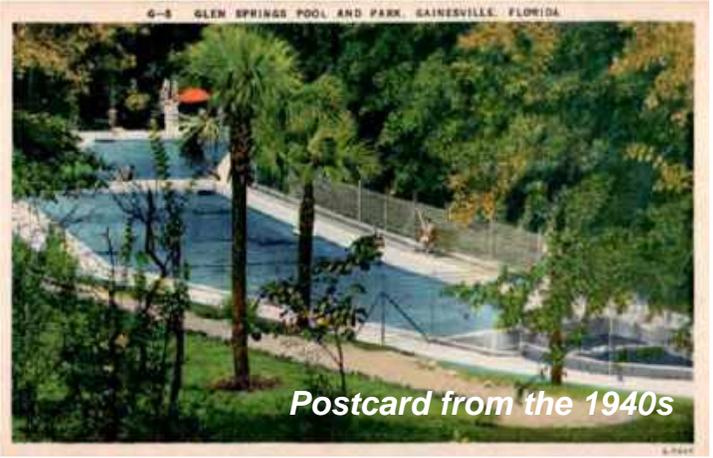
Glen Springs, Gainesville

Since Gainesville was settled in 1854, locals have known about and flocked to the ravine with a beautiful spring and trees surrounding it. Outflow from the spring becomes the 500-foot (150 m) Glen Springs Run, which joins Hogtown Creek. Measurements between 1941 and 1972 reported flows that varied between 26,000 and 36,000 U.S. gallons per day according to Florida Geological Survey Bulletin 66. The most recent test in 2010 showed daily flow at just 6,000 U.S. gallons per day.

The surrounding property and spring were purchased by Gainesville businessman Cicero Addison Pound, Sr., in 1924. Architect Guy Fulton designed the first pool and springhouse that was built soon after. The swimming team from the University of Florida even practiced there around 1929 before the University pool was constructed in 1930. At that time, Northwest 23rd Boulevard was known as Glen Springs Road. Pound's son stated that Glen Springs was the "only (public) place to swim near Gainesville" until the pool at Westside Park was completed in 1966. Glen Springs was, however, a segregated swimming area at the time, open only to whites.

This is the way I remember Glen Springs from riding my bike across town to get there. My sisters and I took swimming lessons there in the 1940s. Photo probably 1930s.

- Walter Wynn [Information and photos Wikipedia]



Postcard from the 1940s

Snakes and Orchids

I was getting ready to water my orchids that are hanging in the orchid shade house. To my surprise, a snake was staring back at me, probably a black racer. I backed off and did not water him/her nor the orchids.

- Henri Logan



A heartfelt thank you to each of you (and there are so many of you wonderful friends here) for your condolences and prayers for me and my family during this very sad time. Our support system here has been incredible and for that we are so grateful and appreciative. This is the joy of living here. God bless all of you.

Dona Wager

Steve Sternberg on the Piano

Steve has a totally unique style of presenting a piano concert—he is a pianist, a singer, he plays the harmonica, sometimes all simultaneously, and has the audience snapping fingers and clapping to the music, as well as singing along to familiar tunes. This is his second concert in the Oak Room, and he entertained the audience with lots of familiar songs—from Gershwin, to Scott Joplin and Stephen Foster. He played a beautiful classical piece—Gymnopedie by Erik Satie. And he boogie woogied up "Oh, Susanna".

He had CDs available for sale, and his presentation on a Friday afternoon was a wonderful way to start a weekend of fun with music at Oak Hammock.

- Bev Cone, content;
Sandy and John Furches, photos



Oak Hammock by the Numbers, September 1 Independent Living

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

- Nickie Doria

| | Total | Occupied | Available |
|-----------|-------|----------|-----------|
| Assisted | 46 | 42 | 4 |
| Memory* | 24 | 9 | 3 |
| Skilled** | 73 | 61 | 12 |

Health Pavilion

* 12 units are set aside for quarantine

** fluctuates daily

- Mary Sabatella

September Town Hall Cancelled

Oak Hammock's monthly town hall has been cancelled for September. We will see you in October!

Blue Jay in Our Birdbath



- Karen Arola

Gator Town Gators!

Oak Hammock is home to a lot of Gators! Oak Hammock residents, many in orange and blue, were cheered by the cheer squads, dazzled by the dazzlers, and greeted warmly by Albert and Alberta at an ice cream social sponsored by the Gatortown Gators in the Oak Room Friday, August 19. The event hoped to raise awareness of this UF Athletic Booster Club and its mission to raise scholarship money for the spirit squads. Gatortown Gators are hoping to recruit new members to their group to join in their fun, fellowship, and mission. Meeting these smiling, energetic, and talented young people put a lot of pep in the step of those present! So, "Let's go, Gators!" Be part of the team!

Joining is easy. You don't need a membership application. Annual membership is \$80 and we suggest an additional \$20 for the Scholarship Fund. Simply put a check made out to Gatortown Gators in Bob Blood's cubby, 1106. He will get your personal contact information from the Oak Hammock Member List.

- Pat Blews, Bob Blood, content; Bill Zegel, photo





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Hawk Keeping Watch

- John Furches



Sunrise at Oak Hammock

- Pat Blews



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.

| Committee | Meeting Time | Chairperson |
|---------------------------------------|------------------------|--------------------|
| 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 | | Roger Curtis |

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