

## Rockin' (and Swinging!) with the Rockers

Oak Hammock's own "The Rockers" entertained guests at a dance party on February 13. Al Goebel, accordion, Hank Penny-packer, guitar, Keith Berg, drums, and Ron Hoopes, vocal, presented a variety of music from old standards to rock and roll, focusing on love songs. Between dances, guests enjoyed a variety of deserts and beverages. - *Bill Castine*



## Valentine Customs, Traditions, and Excuses!

No doubt Forest Gump will continue to give a "box of chocolates"—keeping the Cadbury chocolatiers in business. Remember those iconic chalky heart-shaped candies with messages printed on them? (Be Mine! I Love You!) They started out as throat lozenges. "Sealed with a Kiss" is rather historic. The use of "X" came to represent Christianity or the cross in the Middle Ages. It also was used to sign off on documents. After marking with an X, the writer would often kiss the mark as a sign of their oath. No mention of legal attorneys. Cupid, the Roman god of Love, is traditionally shown with hearts. First graders loved to use lots of hearts—and lots of paste—to convert old shoe boxes to collect their LOVE on Valentine's Day. They had it right! Ah, such sweet memories of LOVE.



- *Barbara Dockery*

## Winter Wonderland Welcome

February 1 featured a lovely welcome social for new residents to meet and socialize with long-term residents. Assorted beverages were provided to accompany a variety of light hors d'oeuvres. Dan Flok, guitarist, entertained the substantial crowd.  
- Bill Castine



## Dian Castle and Jim Moore

Dian was born and raised in Wisconsin Rapids, WI. After graduating from high school, she attended Mount Mary University in Milwaukee and received a degree in English, Sociology, and Social Work. She moved to Philadelphia and was the first woman to work as a Recreation Leader in the Philadelphia Department of Recreation. During that time, she met and married her first husband. They lived in Lansdowne, PA, where her husband worked for the Archdiocese of Philadelphia and Dian taught. After her husband passed away, she moved to Joliet, IL, and received a Master's Degree in Guidance and Counseling. She served as the Director of Guidance in a high school for four years. She later served as the Director of Staff Development for the Kansas State Department of Education. Dian then attended Vanderbilt University and received a doctorate in Human Resources Development. She has had a varied career, having spent 7 years in the field of social work, 16 in education, and 23 in business management. During her years in education, she served as a varsity basketball coach and softball coach.

Jim was born in Schenectady, NY, and attended Cornell University. He majored in Engineering Physics as an undergraduate and then received a Master's degree in Nuclear Engineering. He worked at the Oak Ridge National Laboratory in Tennessee and received a PhD in physics at the University of Tennessee. He worked in Boston on MRI machines and continued medical research in Chicago, at Northwestern University.

It was in Chicago that Dian and Jim met. They were invited to a mutual friend's birthday party and so began their adventure together. They both enjoyed ballroom dancing as well as each other's company. They have been married for fifteen years and enjoy various outdoor activities. Dian is an avid tennis and bridge player. Jim enjoys woodworking. They noted that they have been on Oak Hammock's waiting list for three years. Glad they finally made it here and have joined the Oak Hammock community. - Barbara Herbstman



## Swan Robinson and Veronica Frazier

One of the new faces in security is familiar to many of us. Swan Robinson (shown at right, top) has been at Oak Hammock for a number of years working in housekeeping, dining, and activities in the Health Pavilion. She grew up in Williston and started her career in the activities department at the Williston rehab center working with Alzheimer's patients.

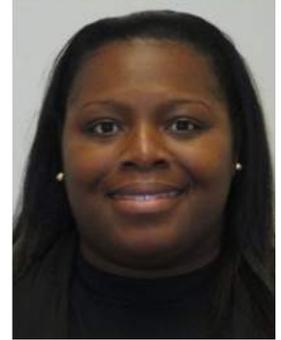
Not wanting to leave Oak Hammock but wanting a change, she transitioned to security where she will be working day shifts. She is very familiar with the campus and the residents and is trained in CPR. She is busy learning all of the reporting requirements she will need to master for success at security.

She spends her spare time with her daughters, the older of whom works at Oak Hammock, and her great nieces.

A new face in security and very new to Oak Hammock is Veronica Frazier (at right, bottom). Veronica, who grew up in Gainesville and graduated from GHS, worked for Corrections for fourteen years at a men's prison. Looking for a change, she found the Oak Hammock opening online and started at the end of January.

Veronica will also be working days and spends her time off with her husband and two boys who are 15 and 11.

- Karen Miller



## Good News: Oak Hammock's New Fitness Intern

Good News in the Fitness Center! We have a new intern who will be available five days a week, Monday - Friday, 8:30-4:30. She will provide help for us in the gym. She said it warms her heart to be there and she is looking forward to meeting each of us.

Essante Johnson is studying physiology and kinesiology at UF. She is in the last semester of her senior year, and will be graduating in May with a BS. Essante is originally from Jacksonville, and moved to Gainesville in 2019 when she started her studies here at the University of Florida.

Essante is looking forward to new experiences and meeting new people so let's give our new intern a warm welcome, and get busy with our own workouts in the gym, getting lots of encouragement and help from Essante. She is a very joyful person, and wants her joy to rub off on all of us as she meets and helps us.

- Bev Cone



## Sonja Donlin

Sonja Donlin has been at Oak Hammock as a consultant and, since the departure of Sam Tate, as the licensed nursing home administrator as we wait for the State of Florida to award Ashley Davis her final credentials. Originally from Michigan where her three sons and 6 (soon 7) grandchildren live, she moved to Florida after a death in the family and is pleased that she did. Her family is delighted to visit the sunshine and she goes to Michigan where her children live within a very short distance of each other.

Since arriving in Florida with credentials as an RN with a BSN, Gerontology Certification and expertise in wound care, as well as a license as a Nursing Home Administrator, she has worked in several different settings including with Kevin Ahmadi at Gulf Coast Village. New guidelines for skilled nursing facilities have recently become effective, requiring multi-divisional quality improvement efforts and Sonja has been hired to be Oak Hammock's Manager of Quality Improvement, focusing initially on Skilled Nursing and then Assisted Living but ultimately expanding to all areas of the community.

Sonja will be here most of the week until she can permanently relocate to Gainesville. She has made contact with a number of residents including those involved in the Governor's Gold Seal program, as well as Dr. Piedra, our on-site dentist and, of course, the Health Pavilion staff. She is open to hearing suggestions for improvement. If you have stayed in Skilled Nursing or have friends or family in Assisted Living and have ideas on how we can continuously improve, send her an email. Initial efforts include refining the dining experience in the Health Pavilion and suggestions are welcome. We are looking forward to seeing the results of her efforts and are pleased that we will have a manager spearheading this initiative.

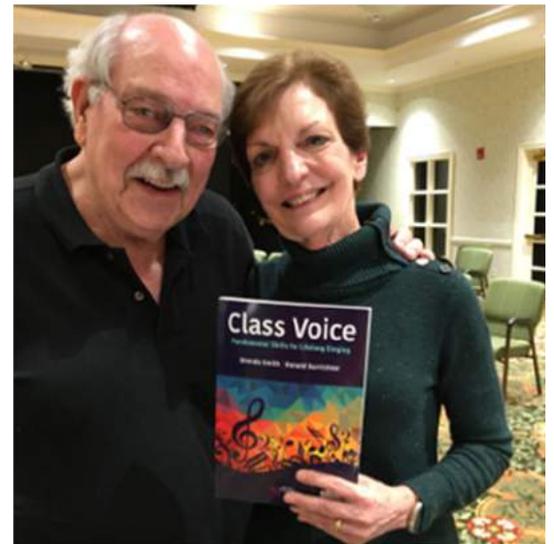
- Karen Miller



## Oak Hammock Singers Rally for Spring Concert

What's more fun than bringing old friends together? Welcoming new people to join in the fun of learning music together. Perhaps sip a beverage while enjoying the outstanding review of the Singers' directors Dr. Brenda Smith and Professor Ron Burrichter's new book—*Class Voice: Fundamental Skills for Lifelong Singing*. Since 2004 (with time out for Covid), these outstanding UF faculty members have been associated with the Oak Hammock Singers, teaching voice building exercises to give a sense of well-being to each participant—at any age. Perfect posture, proper breathing and diction are practiced in the weekly sessions. Singing is a simple priceless gift! There's a special chair awaiting YOU every Monday in the Oak Room at 3:30 p.m. Even a notebook. With your name on it, too.

- Barbara Dockery



## Driveway Social

If a picture is worth a thousand words, then I surely don't need to write a lengthy article to convey that despite a chilly, overcast day, hosts Ann and Dick Elnicki and Charles and Penny Nicholson threw a perfectly swell party for "street people" on Saturday, January, 28! Thanks, neighbors!

- Jan Havre, content; Michael Levy, photo



## Dinner at Oak Hammock, 2023

It is January, 2023, and Oak Hammock is opening up with so many new activities, after such a long time with Covid restrictions for everyone. After enjoying a wonderful dinner last Monday evening, I realized much the dining rooms have changed for evening meals. Now that the Singers are rehearsing again, Monday has returned to being the busiest night of the week in the Dining Room. A group of us had pre-ordered drinks in the bar to enjoy in the Upper Level Commons together after rehearsing.

We then had reservations for five of us in the dark side of the dining room. We were seated promptly and our server was so friendly and welcoming. She took our orders—each of us ordered one of the daily specials. Our food was served in a very timely manner, and our server was so-o-o pleasant and efficient. Each person at the table ate all of the special they had ordered—the meals were the right size, and evidently each item was enjoyed. I know my salmon salad was perfect!

Thank you, Oak Hammock dining, for delicious food and efficient service on a busy Monday night.

- Bev Cone



## Worship Services at Oak Hammock

After nearly three years of COVID-mandated restrictions, interdenominational chapel services have resumed at 10:30 a.m. on Saturday mornings, in the Assisted Living piano room. The thirty-minute service includes corporate prayers, hymns, a brief message, and the celebration of Holy Communion, led by pastors from the local area. All are welcome to attend.

Since April, 2020, the Reverend Dick Martin has put together a video worship service for viewing on Saturday and Sunday mornings over our in-house television station, Channel 1960. For part of that time, the Reverend Kenneth Curry, Oak Hammock's transportation director, assisted in bringing messages of inspiration and encouragement for the spiritual nourishment and enrichment of our residents. Together, they produced 149 programs. When you see Dick and Ken, please thank them for their faithful service to our community.

- Ron Hoopes

## Fresh Start and Heart Healthy Eating

The first Therapy ILF Lecture series: "A Healthy Start to the New Year" was held in the Oak Room on January 25 by Karen VanEtten, Director of Oak Hammock Therapy Team. Additional lectures will be given monthly. All Oak Hammock residents are encouraged to attend these informative sessions!

A group of residents will work with culinary staff to promote healthy eating—and promote the understanding of healthy items on the present menus (that have made great strides in the past year, especially while dealing with limited staff).

Interested residents are invited to submit suggestions, and to attend the next "Fresh Start" lecture and to follow this space.

- Tallulah Brown and Barbara Dockery



FLICRA helps all of us. That's important because it needs dues-paying members to make it work. We thank all those Oak Hammock residents who have joined. FLICRA helps those who have joined and those who haven't. Think about that. So a big THANK YOU to all the FLICRA members who are helping their neighbors.

- Mary Sanford

## Science Librarians Speak to UF Library Users

In January, Amy Buhler and Laurel Kaminsky from the Marston Science Library described the multiple formats of science information available to patrons including members of the UF Library Users Interest Group as well as other residents planning to open accounts at the UF Libraries.

Their presentation included a look at the many science tools available for check out from the Tool and Technology Lending list, including 3-D scanners, tripods, and a GoPro. The fifth floor features a new Makerspace demonstrating 3-D printing. A field trip for residents to see the renovated Marston Science Library is under discussion.

The two spoke about their educational backgrounds and personal research, listed on the UF Libraries website. Laurel is a biologist working in a library position; her degrees are in biology. On her Publications page, titles revealed her interest in and research studies on lichens. Amy has a MSLA in Library Science, and her page shows her interest in the information-seeking behaviors of students.

Amy estimated that approximately fifty per cent of staff librarians at UF have content-area degrees.

During a walk on our boardwalk, Laurel picked up a dead branch and pointed out five lichens. She indicated interest in conducting a walk on our trails identifying the various examples of lichens.

UF Librarian Paul McDonough will be in Conference Room A from 1 – 3 p.m. on Friday, February 25<sup>th</sup>, to assist residents with establishing library accounts and setting up VPN accounts on portable devices. Any resident may join the group by bringing their Gator 1 card to the UF Librarian Office Hours session.

-Sybil Farwell



## Art League at Oak Hammock

Walking along the corridors around the Duckworth Garden, enjoying the excellent work of the Eastside High school students, glowing under our newly enhanced lighting, reminds us that sometimes a simple act like having art on display as a youngster can make a memorable impression that will serve well as we go along the path of this life. This show will remain until April 1.

It will be followed by a show titled "Portals". The applications for this judged show can be found in the blue folder and returned to the yellow folder on the reception desk. There is still time to figure out what your interpretation of "Portals" will be for the 3 paintings that you enter. The application deadline is March 10.

It is with great pride that our Oak Hammock resident and Gallery Director, Jane Polkowski Levy, was chosen to paint a commission of a double portrait of Charles and Patsy Blount. This amazing work of art was unveiled on January 27. This was a commission by Santa Fe College for the new Santa Fe College Blount Hall, a building offering a variety of courses including art, business, and science. In the photo included with this article, Patsy Blount stands on the left and Jane Polkowski Levy on the right. Congratulations, Jane!



Meanwhile, back in the art studio under the guidance of Susan Bankston, we had two successful classes this month, a watercolor and a drawing class. Susan has arranged for the following classes in the months ahead: the weekend of February 18 and 19, 1 to 4 p.m., an Acrylic painting workshop—all levels. On March 16, a brushless watercolor workshop—all levels—10 a.m. to 3 p.m. and on April 22, all levels watercolor workshop 10 a.m. to 3 p.m. (Lynn Ferris returns!). Watch for announcements and sign up at the Concierge desk.

Plan to attend the February 28 art program at 4 p.m. in the Oak Room. We are fortunate to have Jim McGowan, who had his wood construction artworks in the mini gallery a while ago, returning to show and explain his working process. Speaking of the mini gallery, Midge Smith is planning to install a new show; subject and artist to be announced in the near future.

Beginning in March, Susan Bankston will be our featured artist with a show titled "Acrylic Flow Art". There will be an opening reception from 3 to 5 p.m. on March 5. Please plan to attend to chat with Susan about how this stunning collection of work was created, employing unusual techniques!

- Marion Siegel, content; Michael Levy, photos



## Recycled Riches

In spite of difficulties, Recycled Riches had a very successful 2022. Our income for the year was \$32,166.25. This included Vintage Treasures, Apartment Sales, Flash Sales, E-Bay, and Jewelry. Thank you for supporting our sales and please remember us when you have items to donate, gifts to purchase, downsizing events, or if you just want to work with a very rewarding program. Our Grants for 2022 were \$24,236.00. This included donations to our three Oak Hammock Funds. Since our beginning in 2006, we have collected \$337,095.61. These funds are used to purchase items not covered in the Oak Hammock budget. If you see a need for something that will benefit Oak Hammock, please submit a Mini-Grant proposal and our committee will consider the need.

We are starting to have apartment sales again, and we will do Flash Sales on items that are donated between our apartment sales. We do not have staff support to move large items of furniture, so the Flash Sales work for everyone. Give Doris Greene a call, too, if you are looking for something. She keeps our Wish List and we have been able to help residents and staff through this initiative.

Our next meeting is Monday, February 27, at 11 a.m., in the Acorn Room. Please join us and give us your support.

- Valerie Griffith, Chairman, Recycled Riches



## Bugs, Bats, & Orkin

The U.S. census continues to rack up staggering (well, at least large) numbers of newcomers to Florida. There are the creeping, crawling and others that fly. Plus a few to control the former two. Thank goodness that Oak Hammock has a handle on the situation! A contract with the Orkin Extermination Company to service the entire Oak Hammock campus—from front gate to back—enables residents and workers to enjoy a relatively bug-free zone (aside from mosquitoes). Should an unwanted creature be sighted, call Wendy Simonson, Plant Operations Team Assistant (352-548-1062) or submit a work order. This opens the dialogue for personal service to the area of concern.

Bats are welcomed in the Sunshine State. They limit insect populations (think mosquitoes) including those insects that destroy agricultural production. Bats can carry rabies, but raccoons and foxes have a higher percentage. Translation: *don't mess with bats*. Not only are bats welcomed in Florida—they're protected by Florida state law. *It is always illegal to kill them*. During mid-April to mid-August (their mating season) it is illegal to remove bats. This gives pups time to mature and fly out on their own into the real world of survival. Translation: let professionals (think Orkin) do the job. And Oak Hammock connections comBAT the problem.

- Barbara Dockery

## Helpful Smiles from UF Dental School

Many thanks to UF Dental Students Mark Fischer, Shauni Cooley, and Brooke Cary who enlightened a small but engaged audience of Oak Hammock residents on dental care for seniors.

Did you know your medications can affect dry mouth, your mouthwash needs to have fluoride in it, and brushing your teeth only removes 50% of plaque? Water does not remove plaque. Floss or brushes do!

Periodontal disease prevention is the goal of senior adults and a partnership with your dentist is critical. Preventive care is easy with a soft toothbrush used in a circular motion, properly flossing twice a day (floss threaders make it easier) and using gum detoxifying toothpaste. Forget whitening toothpaste; it can be abrasive to aging mouths.

Having trouble gripping your toothbrush? A short section of a pool noodle or cloth wrapped around the handle of your toothbrush can make it easier for arthritic hands to grip. Diet also affects our teeth. Three meals a day are better than snacks throughout the day that can cause an acid challenge to your teeth.

If dentures are not removed nightly, it is equivalent to sleeping with your shoes on! All removable dental appliances need to be placed in water nightly to keep their longevity. Removing them prevents infection in your mouth also.

Today's medical advancements mean we are outliving our teeth. Give your teeth tender, loving care. An ounce of prevention is worth a pound of cure! Thank you, Mark, Shauni, and Brooke, for this and more, including our new toothbrush, paste, and floss.

- Sandy Furches



## OH I CAN! Scholarship Ice Cream Social

The Oak Hammock Employee Scholarship program, launched in 2018, presents a program each February honoring the employees who are receiving financial support for their academic pursuits. This year's ice cream social on February 12 was sponsored by First Federal Bank of Florida, Oak Hammock branch. Nine scholars were honored and served a variety of ice cream treats to their adoring resident fans.

In addition to tasty refreshments, the program included a video featuring statements from individual student employees as well as a sextet singing new lyrics to the tune of Tom Petty's "I Won't Back Down." In case you missed it, watch it here:

<https://youtu.be/yZJdO3Q2m3s>.

- Bill Castine



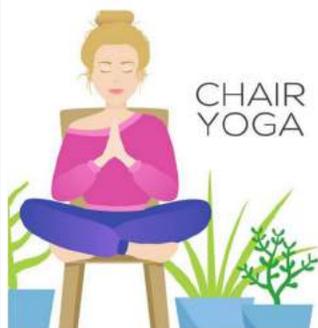
## NEW Chair Yoga and Meditation Class

Using a chair while doing yoga allows you to stay in alignment while holding poses and is an excellent way to be introduced to yoga or to practice after accident or injury.

\* No experience necessary \* Increase stability

\* Reduce stress \* Improve your balance

**Mondays at 2:00 p.m. in the Fitness Center**



## Land Clearing

When Helen and Jack Spencer retired to the Colorado Mountains, where their home at 10,000 feet was on 2.5 acres of heavily treed forest, they were always outside working on the property. Jack and Helen took it upon themselves to beautify and landscape the common area for their mountainside townhome development in Colorado Springs. They also enjoyed enhancing the landscape surrounding them in Houston and Austin, Texas.

When the Spencers moved from Colorado into Oak Hammock in late September, Jack saw a very dense, overgrown area in front of the Skilled Nursing section of the Health Pavilion on his daily walks around our campus with his puppy, Cheyenne. This large, triangular area was so dense it was impossible to even see the cars and sidewalk on the other side of it. When sitting on the park bench along the sidewalk facing the area, all one could see was the overgrowth of trees, dead wood, and vines, which was not attractive. Jack found a new reason to get outside and work with nature. He wanted to improve the area for all of the residents in their new forever home, Oak Hammock.

Jack contacted Tony Lopiccolo, Director of Plant Operations. He requested permission to clear out the weeds, numerous types of vines, and dead limbs and to prune the trees so that it would open up the landscape.

Jack met with Tony, along with Bob Virnstein, Chair of the subcommittee of Landscape and Grounds, and shared his ideas in mid-November. He got approval to begin the task of clearing out the overgrowth. Bob showed Jack where he could borrow a rake, a lopper, and a saw in the shed next to the greenhouse. Housekeeping provided a huge bin to collect the debris and hauled it away about ten times over the past two months. The area is finally a much more attractive landscape after Jack put in 25 hours of labor.

Jack Spencer's dedication to beautifying that space can now be appreciated by Oak Hammock's residents. When you are out walking around our campus, relax on the park bench along that section of the sidewalk and admire the new view.

- Janice Malkoff, content, photo; Jack Spencer, photo



For a more organized home, make sure everything has a place

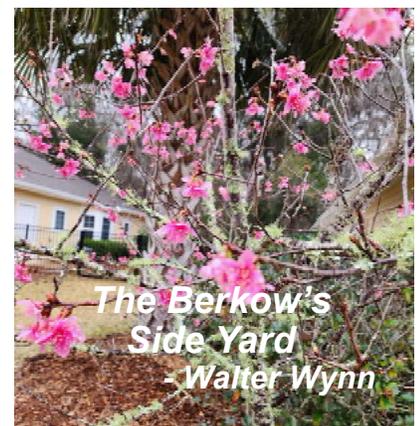


- Submitted by Barbara Dockery

## Did You Know?

The first item sold on eBay was a broken laser pointer.

Mark Fraser knowingly purchased it for \$14.93 from eBay founder Pierre Omidyar in 1995.



The Berkow's Side Yard  
- Walter Wynn

## A Man on a Mission

Shown here is "Johnny ardisia-seed" aka Gene Ziegler. He dispatches to hell as much of the coral ardisia as he can. The first photo shows Gene working in the woods between houses on SW 50<sup>th</sup> Blvd. The second photo shows how much of the thicket of ardisia he has cleared in the last week or so. This plant, coral ardisia, is so invasive that it crowds out all the tiny underbrush that keeps our woods thick with trees. Gene is on a mission to tackle the beast.

- Gail Robinson



## Oak Hammock Takes Stock in Children

Oak Hammock residents have donated over \$196,000 in the last year and sponsored 152 Take Stock in Children scholarships for local students---the single largest contributor in Alachua County. In fact, Oak Hammock residents have donated over half a million dollars toward this award-winning program. Take Stock is about to add more students for the next class of scholars.

**What is Take Stock and how is it so life-changing for local students?** Take Stock in Children is a mentoring and scholarship program where local students are matched with a mentor for up to 6 years and if they keep good grades and behavior, they receive a full ride scholarship for 2 years to any public college in Florida.

### Let's Meet a Student...

Deshawn Johnson is a senior at Eastside High School, and part of the Take Stock in Children program. He meets with his mentors, Oak Hammock residents Ray Goldwire and Phil Morrison, at least twice per month over lunch at Eastside. Deshawn started with Take Stock in 7th grade at Westwood Middle School, when his guidance counselor saw his good grades and good behavior and told him, "You have a unique opportunity to be part of something great [with Take Stock in Children.]"

His mentors were the first people to let him know there was more education possible beyond high school. Each time they met, they supported him, and often encouraged him to keep his grades up and explore what he wanted to do in college. "Ray and Phil have helped me with my ACT/SAT, keeping my grades up, and helping me weigh my options of where I want to go in the future," Deshawn said recently at a Take Stock luncheon. "They also taught me valuable life skills such as following up on appointments, taking notes in meetings, and staying true to my word. These things help me become a better student and better person." He is the Drum Major for Eastside's band this year, and has great grades in the International Baccalaureate program as he prepares to enter college. He states that Take Stock has changed him for the better.

Take Stock in Children needs more mentors. If you can meet with a junior high or high school student weekly at their school, you can change a life over lunch--just like Ray Goldwire and Phil Morrison. Just contact Take Stock staff members at [edfoundationac.org](http://edfoundationac.org) or call 352-955-7250 x 6434 and ask to become a mentor today!

- Jayne M. Moraski



## Waterford Crystal and Oak Hammock Quilters

These two talented groups create beauty from triangles! The 12,000-pound iconic crystal ball, dropped on Times Square, New York City, this past New Year's Eve, featured 2,688 triangles—192 with a new design—"gift of love". The Waterford Crystal artisans etched the designs on both the inside and outside of each triangle.

Meanwhile, Oak Hammock's gifted quilters continue to create new designs using Half-Square-Triangle blocks. The process is a whole new language, that comes with a warning: *'very difficult to plan a quilt if you do not have a design wall to figure out the layout!'* Fortunately, Oak Hammock's Needle Arts room does have such a feature. And it has Brenda Thomas (long time creative quilter) who enjoys reaching beyond traditional design quilts. Using Half-Square-Triangles (HST) quilt blocks offers quilters endless designs, numbering in the thousands. Curious? Google "Beginning Quilting—Half Square Triangle tutorial". It offers a new appreciation for quilting. And the next ball drop? Better check that out too.



- Barbara Dockery, content; Doris Green, photo

## How I Learned to Love Skilled Nursing

Have you ever said, "I'm never going to skilled nursing. They will have to carry me kicking and screaming"? The security of SN was part of Oak Hammock's insurance plan, a way of reassuring me and my family about the future, but I was never going there. I admit my reluctance was based on fear that the barrier between independent living and its more restrictive alternative represented diminishment in my quality of life. IL is a place where "we" live; SN is a place "they" live.

Well, life is full of little surprises. One day in November, as I was packing my suitcase for a bucket list trip to New Zealand, I felt a terrible pain in my back. After a week in Shands I was released to go to Skilled Nursing at Oak Hammock. I'd have to learn to like it.

My room was quiet, with personal controls for lights and temperature. There were multiple outlets to charge a cell phone, adequate storage space and even a bedside drawer that could be locked.

The long holiday weekend was not a good time to check in! But after a difficult first night, the prescriptions arrived. My 3 week Medicare stay included daily PT/OT. Excellent therapists helped me regain strength, move safely, and learn how to put on those stubborn support stockings.

SN staff visited regularly. I learned to ask for what I needed and wanted – caregivers are not mind readers! I also learned the importance of showing sincere appreciation for hard working people whose small services make such a big difference.

The SN activities calendar was full of interesting things to do! My experiences included a chamber music concert, a performance by the marching band, a petting zoo with live lemurs and a kangaroo, even a virtual reality trip to New Zealand designed just for me!

One of my most memorable experiences in SN was the holiday pajama party. A room full of residents and staff sat in the Crossroads area wearing pajamas, drinking hot chocolate and eating cookies, laughing and crying as we watched "White Christmas". Chrissy Smoak, dressed as Mama Claus, served refreshments and administered TLC. It was a marvel to see her how skillful Chrissy was with those who appeared to lack words or expression, seeing how she made them smile and laugh. I remembered then what I thought I'd known before...that an individual's humanity may be masked by scars and disabilities, but it is still there when you look deeply enough to find it.

I no longer fear SN. I've been reminded that all life experiences are shaped by the way you respond to them. And that disparate groups who share common experiences can evolve from "we" and "they", to a deeper understanding of "us".

Do you fear SN? You may want to learn about the "buddies" group, which focuses on finding ways to strengthen the connections between the two parts of our campus.

- Catherine Morsink



## St. Augustine Distillery Tour and Tasting

March 2, 2023 \* Departing at 8:15 a.m.

\$35 per person

Includes Private VIP Tour and Tasting  
plus a Boxed Lunch from Oak Hammock

Space is extremely limited \* Sign up at the concierge desk



*Sandhill Crane Flyover*  
- Walter Wynn



## “Cardinals and Berries” Paint and Sip with Rachel from Pinspiration

Monday, February 27  
2:00 p.m.

The Multipurpose Room  
\$30 per person and includes all  
supplies and instruction, plus a  
libation or two to sip.

Join us for something different!

Sign up with Katherine Osman at  
kosman@oakhammock.org.



## Benevolent Fund

(February 1)

Since we last reported on the contributions to the  
Benevolent Fund, a total of \$ 750 was received.

- Jonathon Mann

## Another Wonderful Concert at the School of Music!

Hsiang Tu, Assistant Professor of Piano at UF, gave a recital on  
February 2. The theme was “Piano Music Inspired by Animals” and  
included pieces about birds, butterflies, a cat, a mouse, and even a  
little white donkey! He explained each piece and while he played,  
images and information were projected on a large screen.

Another WOW Music night that was made super convenient by  
the Oak Hammock transportation service!  
- Bev Cone



## Chinese Year of the Water Rabbit

Ouija Boards, horoscopes, Ann Landers—there's something out there for everyone! The Chinese Year of the Water Rabbit began January 20, 2023 and lasts until February 9, 2024. It embodies yin—the passive principle of the universe—that manifests in relaxation, fluidity, quietness, and contemplation. (Sounding good, so far!)

The rabbit is gentle, quiet, tame, tender, and kind. Yet it moves quickly and is very clever. The Chinese idiom says, “a crafty rabbit has three burrows.” It's good at adapting to the environment, moving quickly to protect itself during times of danger, or when the situation is not favorable. (Sound familiar?)

Hopefully, the energy of 2023 will be gentle and calm—with people looking for a more balanced life—more movement and traveling, just like that of a swift rabbit. It promises a wave of calm confidence and strengthened bonds with loved ones and colleagues. In Chinese culture, the *rabbit is the luckiest of the 12 animals of the zodiac*. It symbolizes energy, elegance, and beauty. (Got a rabbit foot keychain?)

People born in the year of the Rabbit (1951, 1963, 1975, 1987, 1999, 2011, 2023) are called “Rabbits” and are believed to be vigilant, witty, quick-minded, and ingenious.

(Really?) Maybe it's time for those “rabbits” to check on the next Mega Millions American Lottery jackpot! (And share lucky winnings with Oak Hammock friends?)

- Barbara Dockery



## University of Florida Faculty Recital

For me, one of the very best aspects of Oak Hammock at the University of Florida is our great connection with the University of Florida School of Music. The School of Music offers hundreds of concerts, recitals, and chamber music performances. And, Oak Hammock Transportation provides us with a ride to and from most events. What could be better? Here is the faculty recital presenting Rachmaninoff's Piano Trio Number 2. The performers were Jasmin Arakawa - piano, Janna Lower - violin, and Steven Thomas - cello.

What a treat!

- Walter Wynn

## The Shortest Month

The word February comes from the Latin word “februa” which means to clean. It was a month-long festival of purification and atonement. In modern times, this short month is packed with interesting observances.

- February 2 is Groundhog Day when a certain resident of Punxsutawney, PA, determines whether or not there will be six more weeks of winter
- February 12 marks the birthday of our sixteenth president, Abraham Lincoln.
- February 14 is St. Valentine's Day.
- February 15 is the birthday of Susan B. Anthony.
- February 21 is Mardi Gras (2023)
- February 22 marks the birthday of our nation's first president, George Washington.



- Barbara Herbstman

## 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 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 UFPA performance. Another "best" way is online 24-7, [performingarts.ufl.edu](https://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

## A Satisfied Sweet Tooth

Thank you to our Oak Hammock staff and resident bakers who partnered with our generous customers for a good cause on Valentine's Day. The "sweet" effort of a bake sale raised **\$685** for the American Heart Association. A wide variety of mouthwatering treats were available for donations. A win-win!

- Sandy Furches



## Music in the Movies

Ever wonder how to fill a lazy Sunday afternoon? Well, wonder no more! In addition to watching sports, reading, and of course, napping, we are lucky to have a marvelous source of both enlightenment and entertainment.

Don McGlothlin and cohorts have curated a collection of documentary films featuring music, from classical to jazz, to rock and everything in between. We learn the fascinating stories of the people who produce, write, direct, and perform as we travel from the sound stage to the recording studio, to the concert hall, to live theater, even to stadiums.

On selected Sundays at 2pm, Don shares one of his collection, and we are transported to a magical behind-the-scenes world. And there is time for a little nap before dinner!

The next showing of the Music in The Movies series will be later in February, and will feature the life of opera star Maria Callas. I highly recommend that you check your email for E-team notices and the Oak Hammock calendar, as well as the elevator notices for the exact date. You'll be glad you did!

- Jan Havre

## February – More Than Hearts and Flowers

The lag 'tween December holidays and Cupid's February arrival often promotes the humdrums of life. Hopefully, school children continue to celebrate the birthdays of two historical men—George Washington (February 22<sup>nd</sup>) and Abraham Lincoln (February 12<sup>th</sup>). To help adults cope with remembering history, the third Monday in February was legally designated as "Washington's Birthday" in 1879. (Federal policy refers to holidays by the name designated by law.) Adding to the jubilation and celebration—in 1971—Presidents Day was adjusted to create a *three-day weekend* for the nation's workers! This was to celebrate all U.S. presidents, past and present. Merchants joined the merriment, creating "Presidents Day Sales" and bargains.

George and Abe weren't missed by Cupid's arrows. Both men married well-educated women, from wealthy plantation owners. At age 18, Martha married a man 20 years her senior, and bore four children before becoming a widow. Later, as the wife of the first American president, she set standards and customs for proper behavior and treatment of the president's wife. Mary Todd's parents disapproved of Abe's lack of formal education and poor background. But love prevailed and they wed. Nine months later their first child was born. Lincoln felt that he and Mary were a team. After winning his first election, he reportedly cheered "Mary, Mary, we are elected!" His assassination concluded their devotion to each other and to the country they loved.



- Barbara Dockery

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

	Total	Occupied or Reserved	Available to Sell
Houses	57	57	0
Apartments	212	210	2

- Nickie Doria

### Health Pavilion

	Total	Occupied	Available
Assisted	46	41	5
Memory	12	10	2
Skilled*	73	64	9

\* fluctuates daily

- Mary Sabatella

### Mobility Device Caution

Please watch for pedestrians and use slow speeds when on your mobility device.



### Trashformations

On February 13, students from St. Patrick's School displayed their "Trashformations" in the Upper Commons lobby, making interesting objects from recycled and reused items. It was great meeting the students, seeing the fruits of their creative minds, and voting for our favorite. These students see value in recycling. "The future is bright!" - Bill Castine, Sandy Furches



The talented Marilyn Peterson performs in the Upper Level Commons on February 14.



The Bookends perform a mix of pop, folk, and country music in the Oak Room on Friday, February 3.

- Bill Castine

### Free Music CDs

For those of you who didn't have a chance to look through our free music CDs, the remainder will be available on a rack outside the Library Annex only until March 1. Last chance!

- Jan Havre





**Editor:** Patsy Nelms; **Assistant Editor:** Janet Axe;  
**Proofreader:** Bill Castine

**Oak Leaf Committee**

Janet Bostrom, Bill Castine, Bev Cone, Barbara Dockery,  
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**Additional Contributors (This Issue)**

Tallulah Brown, Nickie Doria, Janice Malkoff, Valerie Griffith,  
 Ron Hoopes, Jonathan Mann, Karen Miller, Jayne M. Moraski,  
 Catherine Morsink, Gail Robinson, Mary Sabatella, Mary Sanford,  
 Marion Siegel, Walter Wynn

**Photographers (This Issue)**

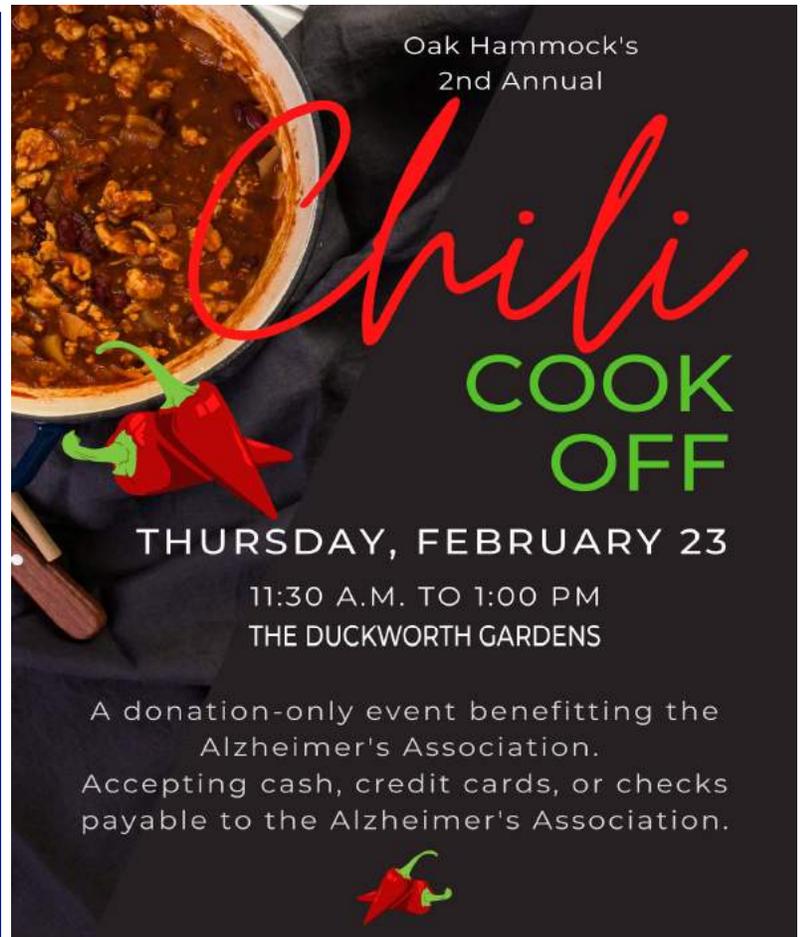
Bill Castine, Bev Cone, Barbara Dockery, Sybil Farwell,  
 Sandy Furches, Doris Greene, Barbara Herbstman, Michael Levy,  
 Janice Malkoff, Gail Robinson, Jack Spencer, Walter Wynn

**Additional Proofreaders**

Sandy Furches, Beth Paul, Martha Rader

**Graphics**

Katherine Osman, Layout



**2023 Residents' Council**

**President:** Martha Rader

**Vice President:** Michael Plaut

**Secretary:** Doug Merrey

**One Oak Hammock Coordinator:** Mary Kilgour

**Assisted Living Representative:** Roger Curtis

Committee	Meeting Time	Chair
Active Lifestyle and Outreach	1 <sup>st</sup> Monday, 11:00am	Marilyn Crosby
Dining Experience	1 <sup>st</sup> Friday, 10:00am	Bruce Blackwell
Planning and Design	2 <sup>nd</sup> Wednesday, 3:15pm	Dick Suttor
Landscape and Grounds	2 <sup>nd</sup> Thursday, 10:00am	Jan Lowenthal
Health and Wellbeing	3 <sup>rd</sup> Tuesday, 3:30pm	Ellyn Ahlstrom
Buildings and Infrastructure	3 <sup>rd</sup> Wednesday, 1:30pm	Bob Brown
Finance and Stewardship	3 <sup>rd</sup> Thursday, 1:30pm	Pat Kelley
Technology Services and Innovation	3 <sup>rd</sup> Friday, 10:00am	Bill Zegel

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

**Committees meet using a variety of formats and in various locations. Please contact the Committee chair for specific information.**